

16 jaar, Dames

1-1-1900-31-7-2018

**25 vrije slag**

1. Schelvis Femke	84	08-021	13.59	25m	4-5-00	Heemskerk (NED)	477
2. Hulshof Saskia	73	08-021	13.70	25m	31-12-89	Heemskerk (NED)	465
2. Meijer Sylvia	81	08-021	13.70	25m	13-3-97	Heemskerk (NED)	465
4. Palmboom Nicole	91	08-021	13.97	25m	19-4-07	Heemskerk (NED)	439
5. van der Geest Saskia	73	08-021	14.20	25m	12-1-89	Heemskerk (NED)	418
6. van der Kroft Nicole	84	08-021	14.25	25m	4-5-00	Heemskerk (NED)	413
7. Groen Anne	95	08-021	14.32	25m	30-6-11	Heemskerk (NED)	407
8. Vink Lidewij	90	08-021	14.35	25m	27-4-06	Heemskerk	405
9. Stam Sabrina	82	08-021	14.40	25m	12-2-98	Heemskerk (NED)	401
10. Stins Mariska	84	08-021	14.59	25m	4-5-00	Heemskerk (NED)	385
11. Kramer Miranda	80	08-021	14.60	25m	14-3-96	Heemskerk (NED)	384
12. de Boer Irene	84	08-021	14.84	25m	4-5-00	Heemskerk (NED)	366
13. Essers Sanne	91	08-021	14.87	25m	19-4-07	Heemskerk (NED)	364
14. Limmen Karin	76	08-021	14.90	25m	26-9-92		362
15. van Rookhuizen Sieta	79	08-021	15.20	25m	26-4-95		341
16. Regelink Anneke	83	08-021	15.21	25m	25-3-99	Heemskerk (NED)	340
17. Niesten Iris	92	08-021	15.36	25m	29-5-08	Heemskerk (NED)	330
18. Lindelauf Priscilla	85	08-021	15.79	25m	29-3-01	Heemskerk (NED)	304
19. Oudendijk Bianca	79	08-021	15.90	25m	27-4-95	Heemskerk (NED)	297
20. van Velsen Patricia	79	08-021	16.20	25m	27-4-95	Heemskerk (NED)	281
21. van der Eng Laura	80	08-021	16.30	25m	14-3-96	Heemskerk (NED)	276
22. Groot Tineke	60	08-021	17.00	25m	30-3-76	Heemskerk (NED)	243
22. ten Cate Ilona	85	08-021	17.00	25m	29-3-01	Heemskerk (NED)	243
24. ten Cate Joyce	80	08-021	17.10	25m	14-3-96	Heemskerk (NED)	239
25. Koper Ella	90	08-021	17.47	25m	27-4-06	Heemskerk	224

**50 vrije slag**

1. Kingma Danae	00	08-021	26.92	25m	29-1-16	Amsterdam (NED)	643
2. Schelvis Femke	84	08-021	28.39	25m	12-2-00	Emmen	548
3. Smit Sanne	01	08-021	28.49	25m	11-11-17	Hoofddorp (NED)	542
4. Palmboom Nicole	91	08-021	28.86	25m	8-4-07	Haarlem (NED)	522
5. Meijer Sylvia	81	08-021	29.10	25m	6-4-97	Heemskerk (NED)	509
6. Crok Linda	94	08-021	29.11	25m	4-4-10	Haarlem (NED)	508
7. Hoek Daniëlle	88	08-021	29.49	25m	28-12-04	Maastricht (NED)	489
7. Vink Lidewij	90	08-021	29.49	25m	22-1-06	Purmerend (NED)	489
9. Kleijne Daisy	89	08-021	29.66	25m	30-12-05	Maastricht (NED)	481
10. van der Kroft Nicole	84	08-021	29.99	25m	26-10-00	Heemskerk (NED)	465
11. Verbree Bets	63	08-021	30.20	25m	16-12-79	(NED)	455
11. Hulshof Saskia	73	08-021	30.20	25m	14-12-89	Heemskerk (NED)	455
13. Groen Anne	95	08-021	30.31	25m	29-5-11	Purmerend (NED)	450
14. de Haan Shira	00	08-021	30.39	25m	13-10-16	Heemskerk (NED)	447
15. Mallon Danique	94	08-021	30.47	25m	27-2-10	Hoorndrecht (NED)	443
16. Vink Marjolein	93	08-021	30.48	25m	8-3-09	Purmerend (NED)	443
17. Essers Sanne	91	08-021	30.55	25m	30-12-07	Maastricht (NED)	440
18. Besse Karen	75	08-021	30.70	25m	10-3-91	Heemskerk (NED)	433
18. Stam Sabrina	82	08-021	30.70	25m	7-5-98	Heemskerk (NED)	433
20. Crok Annemarie	89	08-021	30.95	25m	5-6-05	Alkmaar (NED)	423
21. Kramer Miranda	80	08-021	31.00	25m	14-4-96	Zaandam (NED)	421
22. Petit Kirsten	00	08-021	31.01	25m	30-12-16	Leeuwarden (NED)	420
23. van Ballegooye Simone	84	08-021	31.07	25m	26-10-00	Heemskerk (NED)	418
24. Stam Vanessa	80	08-021	31.10	25m	27-10-96	Zaandam (NED)	417
25. Zonneveld Chantal	84	08-021	31.12	25m	26-10-00	Heemskerk (NED)	416

**100 vrije slag**

1. Kingma Danae	00	08-021	58.46	25m	5-11-16	Hoofddorp (NED)	664
2. Schelvis Femke	84	08-021	1:00.44	25m	23-4-00	Haarlem (NED)	601
3. Smit Sanne	01	08-021	1:01.20	25m	8-10-17	Alkmaar (NED)	579
4. Crok Linda	94	08-021	1:02.99	25m	28-11-10	Heemskerk (NED)	531
5. Meijer Sylvia	81	08-021	1:03.60	25m	31-3-97	Haarlem (NED)	515
6. van der Kroft Nicole	84	08-021	1:03.76	25m	10-12-00	Heemskerk (NED)	512
7. Palmboom Nicole	91	08-021	1:03.80	25m	29-4-07	Alkmaar (NED)	511
8. Vink Lidewij	90	08-021	1:04.76	25m	17-4-06	Haarlem (NED)	488
9. Hoek Daniëlle	88	08-021	1:05.01	25m	28-12-04	Maastricht (NED)	483
9. Kleijne Daisy	89	08-021	1:05.01	25m	28-3-05	Haarlem (NED)	483
11. Mallon Danique	94	08-021	1:05.55	25m	5-4-10	Haarlem (NED)	471
12. Hulshof Saskia	73	08-021	1:05.70	25m	5-11-89	Heemskerk (NED)	468
13. Groen Anne	95	08-021	1:05.77	25m	27-11-11	Heemskerk (NED)	466
14. Buur Naomi	01	08-021	1:06.49	25m	17-4-17	Haarlem (NED)	451
15. Verbree Bets	63	08-021	1:06.80	25m	28-10-79	Heerhugowaard (NED)	445
16. Schelvis Roos	86	08-021	1:06.99	25m	17-11-02	Heemskerk	441
17. Besse Karen	75	08-021	1:07.00	25m	24-2-91	Heemskerk (NED)	441
18. Vink Marjolein	93	08-021	1:07.14	25m	11-1-09	Alkmaar (NED)	438
19. Essers Sanne	91	08-021	1:07.16	25m	29-12-07	Maastricht (NED)	438
20. Stam Vanessa	80	08-021	1:07.50	25m	15-12-96	Heemskerk (NED)	431
21. Meijer Linda	77	08-021	1:07.90	25m	7-1-93	Heemskerk (NED)	423
22. Crok Annemarie	89	08-021	1:07.99	25m	11-12-05	Heemskerk (NED)	422
23. de Haan Shira	00	08-021	1:08.25	25m	18-12-16	Heemskerk (NED)	417
24. de Boer Irene	84	08-021	1:08.28	25m	19-11-00	Zaandam (NED)	416
25. van der Geest Saskia	73	08-021	1:08.30	25m	18-2-89		416

**200 vrije slag**

1. Schelvis Femke	84	08-021	2:11.23	25m	12-3-00	Heemskerk (NED)	607
2. Kingma Danae	00	08-021	2:12.34	25m	30-1-16	Amsterdam (NED)	592
3. Smit Sanne	01	08-021	2:13.76	25m	16-3-17	Heemskerk (NED)	574
4. Crok Linda	94	08-021	2:17.82	25m	3-10-10	Zaandam (NED)	524
5. Vink Lidewij	90	08-021	2:19.09	25m	12-2-06	Zaandam (NED)	510
6. Schelvis Roos	86	08-021	2:23.28	25m	26-9-02	Heemskerk	467
6. Hoek Daniëlle	88	08-021	2:23.28	25m	30-9-04	Heemskerk (NED)	467
8. Mallon Danique	94	08-021	2:23.87	25m	3-10-10	Zaandam (NED)	461
9. Palmboom Nicole	91	08-021	2:24.04	25m	25-11-07	Amsterdam (NED)	459
10. van der Kroft Nicole	84	08-021	2:24.05	25m	30-11-00	Heemskerk (NED)	459
11. Groen Anne	95	08-021	2:24.10	25m	30-10-11	Zaandam (NED)	459
12. Kleijne Daisy	89	08-021	2:24.52	25m	13-3-05	Amsterdam (NED)	455
13. Meijer Sylvia	81	08-021	2:24.70	25m	11-12-97	Heemskerk (NED)	453
14. Stins Mariska	84	08-021	2:26.63	25m	5-11-00	Zaandam (NED)	435
15. de Haan Shira	00	08-021	2:27.13	25m	13-11-16	Purmerend (NED)	431
16. Hulshof Saskia	73	08-021	2:27.60	25m	5-10-89	Heemskerk (NED)	427
16. Besse Karen	75	08-021	2:27.60	25m	24-3-91	Zaandam (NED)	427
18. Koopman Anitra	89	08-021	2:28.16	25m	16-1-05	Zaandam (NED)	422
19. Buur Naomi	01	08-021	2:28.90	25m	16-3-17	Heemskerk (NED)	416
20. Petit Kirsten	00	08-021	2:30.10	25m	13-11-16	Purmerend (NED)	406
21. Essers Sanne	91	08-021	2:30.76	25m	17-11-07	Barneveld (NED)	400
22. Verbree Bets	63	08-021	2:31.00	25m	21-4-79	Deinze (BEL)	399
22. de Boer Irene	84	08-021	2:31.00	25m	19-11-00	Zaandam (NED)	399
24. Stam Sabrina	82	08-021	2:31.20	25m	15-2-98	Assendelft (NED)	397
25. Limmen Karin	76	08-021	2:31.30	25m	6-2-92	Heemskerk (NED)	396

**250 vrije slag**

**300 vrije slag**

1. Vink Lidewij	90	08-021	3:40.07	25m	18-5-06	Heemskerk (NED)	484
2. Hoek Daniëlle	88	08-021	3:48.01	25m	29-4-04	Heemskerk (NED)	435
3. Groen Anne	95	08-021	3:52.00	25m	25-4-11	Haarlem (NED)	413
4. Crok Linda	94	08-021	3:56.70	25m	7-2-10	Zaandam (NED)	389
5. Essers Sanne	91	08-021	4:05.80	25m	14-10-07	Zaandam (NED)	347

**400 vrije slag**

1. Vink Lidewij	90	08-021	4:54.59	25m	18-5-06	Heemskerk (NED)	504
2. Crok Linda	94	08-021	4:58.56	25m	22-5-10	Purmerend (NED)	484
3. Smit Sanne	01	08-021	4:58.85	25m	26-11-17	Amsterdam (NED)	483
4. Hoek Daniëlle	88	08-021	5:01.19	25m	29-4-04	Heemskerk (NED)	472
5. Schelvis Femke	84	08-021	5:01.35	25m	23-1-00	Heemskerk (NED)	471
6. Schelvis Roos	86	08-021	5:06.22	25m	30-5-02	Heemskerk	449
7. Groen Anne	95	08-021	5:10.16	25m	25-4-11	Haarlem (NED)	432
8. Kleijne Daisy	89	08-021	5:10.46	25m	1-5-05	Zaandam (NED)	431
9. Palmboom Nicole	91	08-021	5:14.30	25m	31-5-07	Heemskerk (NED)	415
10. Besse Karen	75	08-021	5:16.50	25m	10-3-91	Heemskerk (NED)	406
11. Hulshof Saskia	73	08-021	5:17.70	25m	28-12-89	Heemskerk (NED)	402
12. de Haan Shira	00	08-021	5:17.87	25m	29-12-16	Leeuwarden (NED)	401
13. Koopman Anitra	89	08-021	5:18.44	25m	28-4-05	Heemskerk (NED)	399
14. Stam Vanessa	80	08-021	5:19.00	25m	29-9-96	Haarlem (NED)	397
15. Buur Naomi	01	08-021	5:21.08	25m	17-4-17	Haarlem (NED)	389
16. Crok Annemarie	89	08-021	5:22.62	25m	28-4-05	Heemskerk (NED)	384
17. Limmen Karin	76	08-021	5:23.00	25m	27-9-92	Wormerveer (NED)	382
18. Stam Sabrina	82	08-021	5:25.00	25m	22-2-98	Zaandam (NED)	375
19. Essers Sanne	91	08-021	5:27.37	50m	20-4-07	Antwerpen (BEL)	389
20. de Boer Irene	84	08-021	5:27.61	25m	5-11-00	Zaandam (NED)	366
21. Stins Mariska	84	08-021	5:29.69	25m	5-11-00	Zaandam (NED)	359
22. van der Geest Saskia	73	08-021	5:29.80	25m	19-3-89	Zaandam (NED)	359
23. Zonneveld Chantal	84	08-021	5:31.40	25m	30-3-00	Heemskerk (NED)	354
24. Kramer Miranda	80	08-021	5:34.20	25m	4-4-96	Heemskerk (NED)	345
25. Meijer Linda	77	08-021	5:37.20	25m	24-4-93		336

**500 vrije slag****800 vrije slag**

1. Schelvis Femke	84	08-021	10:12.36	25m	23-1-00	Heemskerk (NED)	479
2. Vink Lidewij	90	08-021	10:13.37	25m	1-4-06	Zaandam (NED)	477
3. Crok Linda	94	08-021	10:14.71	25m	28-3-10	Zeist (NED)	474
4. Hoek Daniëlle	88	08-021	10:19.78	25m	17-10-04	Zaandam (NED)	462
5. Kleijne Daisy	89	08-021	10:36.06	25m	1-5-05	Zaandam (NED)	427
6. Smit Sanne	01	08-021	10:36.60	25m	8-10-17	Alkmaar (NED)	426
7. Essers Sanne	91	08-021	10:56.82	25m	27-10-07	Barneveld (NED)	388
8. Limmen Karin	76	08-021	11:00.20	25m	12-4-92	Heemstede (NED)	382
9. Groen Anne	95	08-021	11:03.36	25m	16-10-11	Zaandam (NED)	377
10. Besse Karen	75	08-021	11:03.90	25m	6-6-91	Heemskerk	376
11. de Boer Irene	84	08-021	11:09.32	25m	5-11-00	Zaandam (NED)	367
12. Stins Mariska	84	08-021	11:18.69	25m	5-11-00	Zaandam (NED)	352
13. Stam Sabrina	82	08-021	11:29.30	25m	29-3-98	Heemstede (NED)	336
14. van der Gracht Anouk	89	08-021	11:37.19	25m	23-10-05	Zaandam (NED)	324
15. van der Kroft Nicole	84	08-021	11:48.43	25m	5-11-00	Zaandam (NED)	309
16. Zonneveld Chantal	84	08-021	11:49.67	25m	23-1-00	Heemskerk (NED)	308
17. van Rookhuizen Sieta	79	08-021	11:57.10	25m	5-11-95	Volendam (NED)	298
18. Hermans Liesbeth	66	08-021	12:09.20	25m	10-1-82	Wormerveer (NED)	284

**1000 vrije slag**

1. Vink Lidewij	90	08-021	14:29.79	OW	8-7-06	Oss (NED)
2. Crok Linda	94	08-021	14:29.84	OW	10-7-10	Wijk en Aalburg (NED)
3. Essers Sanne	91	08-021	15:19.80	OW	7-7-07	Oss (NED)
4. van Giezen Corina	68	08-021	17:05.00	OW	17-6-84	Amstelveen (NED)
5. Poppema Yvonne	68	08-021	18:49.50	OW	17-6-84	Amstelveen (NED)

**1250 vrije slag****1500 vrije slag**

1. Schelvis Femke	84	08-021	19:04.76	25m	23-1-00	Heemskerk (NED)	530
2. Vink Lidewij	90	08-021	19:28.97	25m	12-1-06	Heemskerk (NED)	498
3. Crok Linda	94	08-021	19:47.63	25m	19-12-10	Zaandam (NED)	475
4. Hoek Daniëlle	88	08-021	20:03.26	25m	14-11-04	Heemskerk (NED)	457
5. Kleijne Daisy	89	08-021	21:10.83	25m	20-3-05	Zaandam (NED)	388
6. de Boer Irene	84	08-021	21:16.67	25m	23-1-00	Heemskerk (NED)	382
7. Limmen Karin	76	08-021	21:47.50	25m	26-4-92	Assendelft (NED)	356
8. Essers Sanne	91	08-021	21:50.57	25m	9-12-07	Zaandam (NED)	353
9. Stins Mariska	84	08-021	22:04.27	25m	23-1-00	Heemskerk (NED)	342
10. Groen Anne	95	08-021	22:15.43	25m	13-2-11	Zaandam (NED)	334
11. Zonneveld Chantal	84	08-021	22:25.85	25m	23-1-00	Heemskerk (NED)	326

**2000 vrije slag**

1. Schelvis Femke	84	08-021	25:28.90	25m	5-3-00	Zaandam (NED)	528
2. Crok Linda	94	08-021	26:57.04	25m	7-2-10	Zaandam (NED)	446
3. Vink Lidewij	90	08-021	27:05.19	25m	19-2-06	Zaandam (NED)	439
4. Hoek Daniëlle	88	08-021	27:21.57	25m	7-3-04	Zaandam	426
5. Essers Sanne	91	08-021	28:04.76	25m	28-1-07	Zaandam (NED)	394
6. Schelvis Roos	86	08-021	28:08.75	25m	10-2-02	Zaandam	391
7. Kleijne Daisy	89	08-021	28:20.28	25m	20-3-05	Zaandam (NED)	384
8. Stins Mariska	84	08-021	29:08.81	25m	5-3-00	Zaandam (NED)	352
9. de Ruijter Linda	87	08-021	29:15.39	25m	16-2-03	Zaandam	349
10. Groen Anne	95	08-021	29:43.90	25m	13-2-11	Zaandam (NED)	332
11. van Rookhuizen Sieta	79	08-021	34:54.00	OW	1-7-95	Oss (NED)	
12. van der Eng Laura	80	08-021	50:47.00	OW	6-7-96	Oss (NED)	

**2500 vrije slag**

1. Crok Linda	94	08-021	37:25.63	OW	25-7-10	Langedijk (NED)
2. Vink Lidewij	90	08-021	38:03.10	OW	8-7-06	Oss (NED)
3. Essers Sanne	91	08-021	45:43.56	OW	22-7-07	Langedijk (NED)

**3000 vrije slag**

1. Vink Lidewij	90	08-021	44:59.59	OW	15-7-06	Wijk en Aalburg (NED)
2. Crok Linda	94	08-021	45:46.47	OW	10-7-10	Wijk en Aalburg (NED)
3. Essers Sanne	91	08-021	48:59.81	OW	21-7-07	Anna-Paulowna (NED)
4. van Rookhuizen Sieta	79	08-021	51:49.00	OW	2-7-95	Veghel (NED)

**4000 vrije slag****5000 vrije slag**

1. Crok Linda	94	08-021	1:18:13.04	OW	20-6-10	Spaarnwoude (NED)
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**6000 vrije slag**

**6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Meijer Sylvia	81	08-021	15.90	25m	13-2-97	Heemskerk (NED)	440
2. Hulshof Saskia	73	08-021	16.00	25m	12-1-89	Heemskerk (NED)	432
3. Palmboom Nicole	91	08-021	16.02	25m	19-4-07	Heemskerk (NED)	430
4. Schelvis Femke	84	08-021	16.03	25m	17-2-00	Heemskerk (NED)	430
5. Kramer Miranda	80	08-021	16.50	25m	7-2-96		394
6. Stam Sabrina	82	08-021	16.90	25m	15-1-98	Heemskerk (NED)	367
7. Vink Lidewij	90	08-021	17.08	25m	27-4-06	Heemskerk	355
8. Stins Mariska	84	08-021	17.34	25m	17-2-00	Heemskerk (NED)	339
9. Boekling Annette	85	08-021	17.45	25m	22-2-01	Heemskerk (NED)	333
10. de Boer Irene	84	08-021	17.53	25m	17-2-00	Heemskerk (NED)	328
11. van der Kroft Nicole	84	08-021	17.75	25m	17-2-00	Heemskerk (NED)	316
12. van Ballegooie Simone	84	08-021	17.87	25m	17-2-00	Heemskerk (NED)	310
13. van der Geest Saskia	73	08-021	17.90	25m	12-1-89	Heemskerk (NED)	308
14. Essers Sanne	91	08-021	18.07	25m	19-4-07	Heemskerk (NED)	300
15. Niesten Iris	92	08-021	18.13	25m	29-5-08	Heemskerk (NED)	297
16. Zonneveld Chantal	84	08-021	18.50	25m	17-2-00	Heemskerk (NED)	279
17. van Rookhuizen Sieta	79	08-021	18.70	25m	15-3-95		270
17. Oudendijk Bianca	79	08-021	18.70	25m	16-3-95	Heemskerk (NED)	270
19. van Velsen Patricia	79	08-021	19.10	25m	16-3-95	Heemskerk (NED)	254
20. Cappelle Carlijn	82	08-021	19.30	25m	15-1-98	Heemskerk (NED)	246
21. de Boer Angela	80	08-021	19.40	25m	7-2-96		242
22. ten Cate Joyce	80	08-021	19.50	25m	8-2-96	Heemskerk (NED)	238
23. Regelink Anneke	83	08-021	19.76	25m	25-3-99	Heemskerk (NED)	229
24. Lindelauf Priscilla	85	08-021	19.82	25m	22-2-01	Heemskerk (NED)	227
25. Essers Patricia	84	08-021	20.23	25m	17-2-00	Heemskerk (NED)	213

**50 rugslag**

1. Kingma Danae	00	08-021	31.76	25m	18-2-16	Heemskerk (NED)	529
2. Kleijne Daisy	89	08-021	33.04	25m	28-12-05	Maastricht (NED)	470
3. Palmboom Nicole	91	08-021	33.39	25m	29-12-07	Maastricht (NED)	455
4. Koper Fiona	01	08-021	33.41	25m	2-2-17	Heemskerk (NED)	455
5. Schelvis Femke	84	08-021	33.47	25m	27-1-00	Heemskerk (NED)	452
6. Hulshof Saskia	73	08-021	34.50	25m	14-12-89	Heemskerk (NED)	413
6. Kramer Miranda	80	08-021	34.50	25m	7-11-96	Heemskerk (NED)	413
6. Meijer Sylvia	81	08-021	34.50	25m	26-1-97	Zuidoost Beemster (NED)	413
9. Mallon Danique	94	08-021	34.73	25m	22-5-10	Purmerend (NED)	405
10. Crok Linda	94	08-021	34.86	25m	5-4-10	Haarlem (NED)	400
11. Vink Lidewij	90	08-021	34.96	25m	5-3-06	Purmerend (NED)	397
12. Smit Sanne	01	08-021	35.18	25m	2-2-17	Heemskerk (NED)	389
13. Hoek Daniëlle	88	08-021	35.31	25m	28-10-04	Heemskerk (NED)	385
14. Groen Anne	95	08-021	35.46	25m	13-11-11	Zaandam (NED)	380
15. Poppema Yvonne	68	08-021	35.70	25m	2-9-84	Heemskerk (NED)	373
16. Schelvis Roos	86	08-021	35.75	25m	17-3-02	Zaandam	371
17. Stam Sabrina	82	08-021	36.00	25m	18-1-98	Zuidoost Beemster (NED)	363
18. Koopman Anitra	89	08-021	36.05	25m	6-2-05	Zuidoost-Beemster (NED)	362
19. Buur Naomi	01	08-021	36.16	25m	2-2-17	Heemskerk (NED)	359
20. de Haan Shira	00	08-021	36.40	25m	18-2-16	Heemskerk (NED)	351

**50 rugslag (sinds 21)**

21. Petit Kirsten	00	08-021	36.47	25m	30-12-16	Leeuwarden (NED)	349
22. Stins Mariska	84	08-021	36.62	25m	25-5-00	Heemskerk (NED)	345
23. Crok Annemarie	89	08-021	36.66	25m	5-6-05	Alkmaar (NED)	344
24. Boekling Annette	85	08-021	36.70	25m	25-1-01	Heemskerk (NED)	343
25. van Duin Margret	60	08-021	37.10	25m	14-9-76	Heemskerk (NED)	332

**100 rugslag**

1. Kingma Danae	00	08-021	1:08.59	25m	17-11-16	Heemskerk (NED)	522
2. Schelvis Femke	84	08-021	1:11.37	25m	10-12-00	Heemskerk (NED)	463
3. Hulshof Saskia	73	08-021	1:12.60	25m	7-1-89	Hilversum (NED)	440
4. Kleijne Daisy	89	08-021	1:12.62	25m	13-3-05	Amsterdam (NED)	439
5. Meijer Sylvia	81	08-021	1:13.00	25m	30-3-97	Haarlem (NED)	433
6. Schelvis Roos	86	08-021	1:13.67	25m	10-3-02	Heemskerk	421
7. Crok Linda	94	08-021	1:13.68	25m	14-3-10	Heemskerk (NED)	421
8. Smit Sanne	01	08-021	1:13.90	25m	12-3-17	Purmerend (NED)	417
9. Groen Anne	95	08-021	1:14.00	25m	13-6-11	Purmerend (NED)	415
10. Koper Fiona	01	08-021	1:14.02	25m	1-10-17	Purmerend (NED)	415
11. Mallon Danique	94	08-021	1:14.20	25m	4-11-10	Heemskerk (NED)	412
12. Poppema Yvonne	68	08-021	1:15.10	25m	12-2-84	Heemskerk (NED)	397
13. de Graaf Annemiek	70	08-021	1:15.30	25m	31-12-86		394
14. Kramer Miranda	80	08-021	1:15.40	25m	6-4-96	Haarlem (NED)	393
15. Essers Sanne	91	08-021	1:16.44	25m	8-4-07	Haarlem (NED)	377
16. Palmboom Nicole	91	08-021	1:16.47	25m	30-9-07	Volendam (NED)	376
17. van der Kroft Nicole	84	08-021	1:16.55	25m	10-12-00	Heemskerk (NED)	375
18. Vink Lidewij	90	08-021	1:16.77	25m	16-4-06	Haarlem (NED)	372
19. Koopman Anitra	89	08-021	1:17.16	25m	16-1-05	Zaandam (NED)	366
20. Petit Kirsten	00	08-021	1:17.19	25m	6-3-16	Purmerend (NED)	366
21. de Haan Shira	00	08-021	1:17.22	25m	2-10-16	Purmerend (NED)	365
22. Meijer Linda	77	08-021	1:17.40	25m	12-12-93	Heemskerk (NED)	363
23. Zonneveld Chantal	84	08-021	1:17.55	25m	10-12-00	Heemskerk (NED)	361
24. Crok Annemarie	89	08-021	1:17.83	25m	31-3-05	Heemskerk (NED)	357
25. Stam Sabrina	82	08-021	1:18.00	25m	12-2-98	Heemskerk (NED)	355

**200 rugslag**

1. Schelvis Femke	84	08-021	2:29.72	25m	12-3-00	Heemskerk (NED)	515
2. Kingma Danae	00	08-021	2:31.58	25m	30-12-16	Leeuwarden (NED)	496
3. Crok Linda	94	08-021	2:36.36	25m	11-4-10	Zaandam (NED)	452
4. Kleijne Daisy	89	08-021	2:38.20	25m	10-4-05	Zuidoost-Beemster (NED)	436
5. de Graaf Annemiek	70	08-021	2:39.30	25m	13-4-86		427
6. van der Kroft Nicole	84	08-021	2:40.92	25m	14-12-00	Heemskerk (NED)	414
7. Schelvis Roos	86	08-021	2:41.09	25m	17-11-02	Heemskerk	413
8. Groen Anne	95	08-021	2:41.40	25m	3-4-11	Zaandam (NED)	411
9. Hulshof Saskia	73	08-021	2:42.50	25m	4-11-89		403
10. Mallon Danique	94	08-021	2:42.74	25m	11-4-10	Zaandam (NED)	401
11. Kramer Miranda	80	08-021	2:43.40	25m	10-10-96	Heemskerk (NED)	396
12. Meijer Linda	77	08-021	2:43.60	25m	14-10-93	Heemskerk	394
13. Vink Lidewij	90	08-021	2:44.24	25m	26-1-06	Heemskerk (NED)	390
14. Meijer Sylvia	81	08-021	2:44.80	25m	11-9-97	Heemskerk (NED)	386
15. Koopman Anitra	89	08-021	2:45.89	25m	27-11-05	Heemskerk (NED)	378
16. Koper Fiona	01	08-021	2:46.50	25m	12-3-17	Purmerend (NED)	374
17. Stins Mariska	84	08-021	2:47.27	25m	14-12-00	Heemskerk (NED)	369
18. Crok Annemarie	89	08-021	2:47.31	25m	27-11-05	Heemskerk (NED)	369
19. Essers Sanne	91	08-021	2:47.45	25m	21-10-07	Zaandam (NED)	368
20. de Haan Shira	00	08-021	2:47.64	25m	30-12-16	Leeuwarden (NED)	367
21. Palmboom Nicole	91	08-021	2:48.55	25m	25-1-07	Heemskerk (NED)	361
22. de Boer Irene	84	08-021	2:50.11	25m	7-5-00	Zaandam (NED)	351
23. Hoek Daniëlle	88	08-021	2:50.13	25m	23-12-04	Heemskerk (NED)	351

200 rugslag (sinds 24)

24. Smit Sanne	01	08-021	2:50.80	25m	14-1-17	Alkmaar (NED)	347
25. Boekling Annette	85	08-021	2:53.35	25m	18-11-01	Heemskerk	331

500 rugslag25 schoolslag

1. Palmboom Nicole	91	08-021	17.65	25m	19-4-07	Heemskerk (NED)	437
2. Hulshof Saskia	73	08-021	17.90	25m	12-1-89	Heemskerk (NED)	419
3. van der Geest Saskia	73	08-021	18.10	25m	12-1-89	Heemskerk (NED)	405
4. Boekling Annette	85	08-021	18.72	25m	22-2-01	Heemskerk (NED)	366
5. Kramer Miranda	80	08-021	18.90	25m	14-3-96	Heemskerk (NED)	356
6. van Rookhuizen Sieta	79	08-021	19.10	25m	26-4-95		345
7. van der Kroft Nicole	84	08-021	19.11	25m	17-2-00	Heemskerk (NED)	344
8. Vink Lidewij	90	08-021	19.29	25m	27-4-06	Heemskerk	335
9. Beentjes Nicolet	80	08-021	19.40	25m	14-3-96	Heemskerk (NED)	329
10. Stins Mariska	84	08-021	19.44	25m	17-2-00	Heemskerk (NED)	327
11. Schelvis Femke	84	08-021	19.59	25m	17-2-00	Heemskerk (NED)	320
12. van Duin Margret	60	08-021	19.60	25m	14-9-76	Heemskerk (NED)	319
12. Nijholt Carin	60	08-021	19.60	25m	14-9-76	Heemskerk (NED)	319
12. Meijer Sylvia	81	08-021	19.60	25m	13-3-97	Heemskerk (NED)	319
12. Cappelle Carlijn	82	08-021	19.60	25m	19-3-98	Heemskerk (NED)	319
16. Niesten Iris	92	08-021	19.70	25m	29-5-08	Heemskerk (NED)	314
17. Oudendijk Bianca	79	08-021	20.00	25m	27-4-95	Heemskerk (NED)	300
18. Meijer Linda	77	08-021	20.30	25m	16-6-93		287
19. Essers Sanne	91	08-021	20.47	25m	19-4-07	Heemskerk (NED)	280
20. Groot Tineke	60	08-021	20.50	25m	30-3-76	Heemskerk (NED)	279
21. Koper Ella	90	08-021	21.06	25m	27-4-06	Heemskerk	257
22. Regelink Anneke	83	08-021	21.31	25m	25-3-99	Heemskerk (NED)	248
23. Butter Anouk	82	08-021	21.70	25m	19-3-98	Heemskerk (NED)	235
24. Lindelauf Priscilla	85	08-021	21.81	25m	22-2-01	Heemskerk (NED)	231
25. van Velsen Patricia	79	08-021	22.30	25m	27-4-95	Heemskerk (NED)	216

50 schoolslag

1. Kingma Danae	00	08-021	34.17	25m	13-11-16	Purmerend (NED)	598
2. Palmboom Nicole	91	08-021	37.64	25m	30-12-07	Maastricht (NED)	447
3. de Haan Shira	00	08-021	38.19	25m	29-12-16	Leeuwarden (NED)	428
4. Stam Vanessa	80	08-021	39.10	25m	10-10-96	Heemskerk (NED)	399
5. Crok Linda	94	08-021	39.44	25m	7-3-10	Purmerend (NED)	389
6. van der Geest Saskia	73	08-021	40.20	25m	9-2-89	Heemskerk (NED)	367
7. Kramer Miranda	80	08-021	40.50	25m	17-3-96	Heemskerk (NED)	359
8. Vink Lidewij	90	08-021	40.57	25m	5-3-06	Purmerend (NED)	357
9. Hulshof Saskia	73	08-021	40.70	25m	9-2-89	Heemskerk (NED)	354
10. van Rookhuizen Sieta	79	08-021	40.80	25m	12-10-95	Heemskerk (NED)	351
11. Smit Sanne	01	08-021	41.23	25m	16-3-17	Heemskerk (NED)	340
12. Koper Fiona	01	08-021	41.35	25m	16-3-17	Heemskerk (NED)	337
13. van der Kroft Nicole	84	08-021	41.38	25m	14-12-00	Heemskerk (NED)	337
14. van Galen Angela	65	08-021	41.50	25m	14-3-81	Heemskerk (NED)	334
15. Crok Annemarie	89	08-021	41.53	25m	5-6-05	Alkmaar (NED)	333
16. Petit Kirsten	00	08-021	41.59	25m	13-11-16	Purmerend (NED)	332
17. van der Gracht Anouk	89	08-021	41.60	25m	11-12-05	IJmuiden (NED)	331
18. Mallon Danique	94	08-021	41.66	25m	14-3-10	Heemskerk (NED)	330
19. Boekling Annette	85	08-021	41.70	25m	20-12-01	Heemskerk	329
20. Vink Marjolein	93	08-021	41.72	25m	8-3-09	Purmerend (NED)	328
20. van Langelaar Tessa	97	08-021	41.72	25m	10-3-13	Schagen (NED)	328
22. Hoek Daniëlle	88	08-021	41.78	25m	28-12-04	Maastricht (NED)	327
23. Niesten Annet	62	08-021	41.80	25m	22-1-78	Zaandam (NED)	327

50 schoolslag (sinds 24)

24. Kleijne Daisy	89	08-021	42.16	25m	30-12-05	Maastricht (NED)	318
25. Stins Mariska	84	08-021	42.27	25m	14-12-00	Heemskerk (NED)	316

100 schoolslag

1. Kingma Danae	00	08-021	1:16.62	25m	13-11-16	Purmerend (NED)	539
2. Palmboom Nicole	91	08-021	1:22.16	25m	25-11-07	Amsterdam (NED)	437
3. de Haan Shira	00	08-021	1:22.78	25m	11-9-16	Purmerend (NED)	427
4. Stam Vanessa	80	08-021	1:24.30	25m	7-11-96	Heemskerk (NED)	404
5. van der Geest Saskia	73	08-021	1:26.00	25m	19-3-89	Zaandam (NED)	381
6. Crok Linda	94	08-021	1:26.54	25m	14-3-10	Heemskerk (NED)	374
7. van der Kroft Nicole	84	08-021	1:26.87	25m	8-10-00	Heemskerk (NED)	369
8. Schelvis Roos	86	08-021	1:26.96	25m	28-3-02	Heemskerk	368
9. van Rookhuizen Sieta	79	08-021	1:28.00	25m	16-3-95	Heemskerk (NED)	355
10. Mallon Danique	94	08-021	1:28.39	25m	14-3-10	Heemskerk (NED)	351
11. Smit Sanne	01	08-021	1:28.41	25m	1-10-17	Purmerend (NED)	350
12. Kramer Miranda	80	08-021	1:28.50	25m	8-2-96	Heemskerk (NED)	349
13. Niesten Iris	92	08-021	1:29.36	25m	30-10-08	Heemskerk (NED)	339
14. Oudendijk Bianca	79	08-021	1:29.60	25m	5-3-95	Heemskerk (NED)	337
15. Crok Annemarie	89	08-021	1:29.62	25m	14-5-05	Zuidoost-Beemster (NED)	336
16. Groen Anne	95	08-021	1:29.63	25m	27-11-11	Heemskerk (NED)	336
17. Vink Lidewij	90	08-021	1:29.92	25m	17-4-06	Haarlem (NED)	333
18. Stam Sabrina	82	08-021	1:30.00	25m	15-1-98	Heemskerk (NED)	332
19. Petit Kirsten	00	08-021	1:30.01	25m	13-11-16	Purmerend (NED)	332
20. Boekling Annette	85	08-021	1:30.63	25m	16-4-01	Haarlem (NED)	325
21. Schelvis Femke	84	08-021	1:30.76	25m	4-5-00	Heemskerk (NED)	324
22. Niesten Annet	62	08-021	1:30.80	25m	26-2-78	Castricum (NED)	323
22. van Galen Angela	65	08-021	1:30.80	25m	18-1-81	Zaandam (NED)	323
24. Hoek Daniëlle	88	08-021	1:31.06	25m	3-10-04	Heemskerk (NED)	321
25. Essers Sanne	91	08-021	1:31.26	25m	18-3-07	Heemskerk (NED)	319

200 schoolslag

1. Kingma Danae	00	08-021	2:56.62	25m	2-10-16	Purmerend (NED)	442
2. de Haan Shira	00	08-021	2:58.17	25m	2-10-16	Purmerend (NED)	430
3. Palmboom Nicole	91	08-021	3:02.96	25m	13-12-07	Heemskerk (NED)	397
4. Schelvis Roos	86	08-021	3:07.14	25m	13-1-02	Zaandam	371
5. Smit Sanne	01	08-021	3:08.36	25m	12-3-17	Purmerend (NED)	364
6. Crok Linda	94	08-021	3:08.77	25m	25-3-10	Heemskerk (NED)	362
7. van Galen Angela	65	08-021	3:09.00	25m	5-4-81	Heemskerk (NED)	360
8. Niesten Iris	92	08-021	3:09.37	25m	5-10-08	Heemskerk (NED)	358
9. van der Kroft Nicole	84	08-021	3:10.31	25m	27-1-00	Heemskerk (NED)	353
10. van Rookhuizen Sieta	79	08-021	3:10.80	25m	24-4-95	Castricum (NED)	350
11. Niesten Annet	62	08-021	3:11.10	25m	7-5-78	Assendelft (NED)	349
12. Mallon Danique	94	08-021	3:11.53	25m	25-3-10	Heemskerk (NED)	346
13. Hulshof Saskia	73	08-021	3:11.80	25m	30-9-89		345
14. Kramer Miranda	80	08-021	3:12.20	25m	4-2-96	Heerhugowaard (NED)	343
15. Schelvis Femke	84	08-021	3:13.88	25m	27-1-00	Heemskerk (NED)	334
16. van Huisstede Nikita	01	08-021	3:15.53	25m	12-3-17	Purmerend (NED)	325
17. Stins Mariska	84	08-021	3:15.82	25m	16-1-00	Zaandam (NED)	324
18. Crok Annemarie	89	08-021	3:16.01	25m	16-1-05	Zaandam (NED)	323
19. Essers Sanne	91	08-021	3:16.79	25m	13-12-07	Heemskerk (NED)	319
20. Oudendijk Bianca	79	08-021	3:17.00	25m	9-11-95	Heemskerk (NED)	318
21. Hoek Daniëlle	88	08-021	3:18.97	25m	28-10-04	Heemskerk (NED)	309
22. Limmen Miriam	75	08-021	3:19.30	25m	14-3-91	Heemskerk (NED)	307
23. Vink Marjolein	93	08-021	3:19.60	25m	15-3-09	Haarlem (NED)	306
24. Heus Pauline	78	08-021	3:19.80	25m	24-11-94	Heemskerk (NED)	305
25. Boekling Annette	85	08-021	3:20.06	25m	29-11-01	Heemskerk	304



**500 schoolslag**

1. Palmboom Nicole	91	08-021	9:24.22	OW	7-7-07	Oss (NED)
2. Essers Sanne	91	08-021	9:55.46	OW	7-7-07	Oss (NED)

**800 schoolslag****1000 schoolslag**

1. van der Gracht Anouk	89	08-021	21:47.56	OW	30-7-05	Hoorn (NED)
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**1250 schoolslag****1500 schoolslag****2000 schoolslag**

1. de Haan Shira	00	08-021	37:10.13	OW	23-7-16	Amstelveen (NED)
2. Stam Vanessa	80	08-021	37:13.80	OW	10-8-96	Amsterdam (NED)
3. van Rookhuizen Sieta	79	08-021	39:08.90	OW	16-7-95	Amsterdam (NED)
4. Kramer Miranda	80	08-021	39:38.30	OW	10-8-96	Amsterdam (NED)
5. Niesten Iris	92	08-021	41:20.29	OW	7-9-08	Vlissingen (NED)
6. van Galen Angela	65	08-021	41:41.50	OW	14-6-81	Amstelveen (NED)
7. van der Gracht Anouk	89	08-021	42:08.83	OW	3-9-05	Wilhelminadorp (NED)
8. Essers Sanne	91	08-021	42:58.86	OW	11-8-07	Heerjansdam (NED)

**2500 schoolslag****3000 schoolslag**

1. Niesten Iris	92	08-021	1:08:36.23	OW	30-8-08	Tilburg (NED)
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**4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Schelvis Femke	84	08-021	13.74	25m	4-5-00	Heemskerk (NED)	540
2. Palmboom Nicole	91	08-021	15.02	25m	19-4-07	Heemskerk (NED)	413
3. Hulshof Saskia	73	08-021	15.40	25m	31-12-89	Heemskerk (NED)	383
4. Vink Lidewij	90	08-021	15.51	25m	27-4-06	Heemskerk	375
5. Kramer Miranda	80	08-021	15.60	25m	8-2-96	Heemskerk (NED)	369
5. Meijer Sylvia	81	08-021	15.60	25m	13-2-97	Heemskerk (NED)	369
7. Stam Sabrina	82	08-021	15.70	25m	15-1-98	Heemskerk (NED)	362
8. van der Kroft Nicole	84	08-021	15.84	25m	4-5-00	Heemskerk (NED)	352
9. Stins Mariska	84	08-021	15.91	25m	4-5-00	Heemskerk (NED)	347
10. de Boer Irene	84	08-021	16.00	25m	4-5-00	Heemskerk (NED)	342
11. Essers Sanne	91	08-021	16.40	25m	19-4-07	Heemskerk (NED)	317
12. Groen Anne	95	08-021	16.50	25m	30-6-11	Heemskerk (NED)	311
13. van Rookhuizen Sieta	79	08-021	16.70	25m	16-3-95	Heemskerk (NED)	300
14. van der Geest Saskia	73	08-021	17.00	25m	12-1-89	Heemskerk (NED)	285
15. Niesten Iris	92	08-021	17.32	25m	29-5-08	Heemskerk (NED)	269
16. Regelink Anneke	83	08-021	17.52	25m	25-3-99	Heemskerk (NED)	260
17. Oudendijk Bianca	79	08-021	17.70	25m	16-3-95	Heemskerk (NED)	252
18. Cappelle Carlijn	82	08-021	18.00	25m	15-1-98	Heemskerk (NED)	240
19. Lindelauf Priscilla	85	08-021	18.87	25m	29-3-01	Heemskerk (NED)	208
20. van Velsen Patricia	79	08-021	18.90	25m	16-3-95	Heemskerk (NED)	207

25 vlinderslag (sinds 21)

21. de Boer Angela	80	08-021	19.20	25m	7-2-96		197
22. Koopman Anitra	89	08-021	20.00	25m	27-3-05	Haarlem (NED)	175
23. Koper Ella	90	08-021	20.22	25m	27-4-06	Heemskerk	169
24. ten Cate Ilona	85	08-021	20.32	25m	29-3-01	Heemskerk (NED)	167
25. ten Cate Joyce	80	08-021	20.70	25m	8-2-96	Heemskerk (NED)	157

50 vlinderslag

1. Kingma Danae	00	08-021	30.48	50m	5-6-16	Alkmaar (NED)	556
2. Schelvis Femke	84	08-021	31.46	25m	16-4-00	Almelo (NED)	465
3. Palmboom Nicole	91	08-021	32.01	25m	27-10-07	Barneveld (NED)	441
4. Vink Lidewij	90	08-021	32.65	25m	5-3-06	Purmerend (NED)	416
5. Mallon Danique	94	08-021	33.41	25m	23-5-10	Purmerend (NED)	388
6. Crok Annemarie	89	08-021	33.48	25m	14-5-05	Zuidoost-Beemster (NED)	386
7. de Haan Shira	00	08-021	33.65	25m	4-12-16	Zaandam (NED)	380
8. van der Kroft Nicole	84	08-021	33.69	25m	30-11-00	Heemskerk (NED)	378
9. Essers Sanne	91	08-021	33.72	25m	28-12-07	Maastricht (NED)	377
10. Verbree Bets	63	08-021	34.00	25m	31-12-79		368
11. Smit Sanne	01	08-021	34.14	25m	12-2-17	Purmerend (NED)	364
12. Stins Mariska	84	08-021	34.23	25m	30-11-00	Heemskerk (NED)	361
13. Crok Linda	94	08-021	34.37	25m	7-3-10	Purmerend (NED)	356
14. de Boer Irene	84	08-021	34.53	25m	30-11-00	Heemskerk (NED)	351
15. Besse Karen	75	08-021	34.60	25m	10-1-91	Heemskerk (NED)	349
15. Meijer Linda	77	08-021	34.60	25m	24-4-93		349
17. Hulshof Saskia	73	08-021	34.80	25m	14-12-89	Heemskerk (NED)	343
18. Buur Naomi	01	08-021	34.85	25m	17-4-17	Haarlem (NED)	342
19. Stam Sabrina	82	08-021	34.90	25m	18-1-98	Zuidoost Beemster (NED)	340
20. Kleijne Daisy	89	08-021	34.92	25m	5-6-05	Alkmaar (NED)	340
21. Schelvis Roos	86	08-021	35.04	25m	31-1-02	Heemskerk	336
22. Hoek Daniëlle	88	08-021	35.07	25m	28-12-04	Maastricht (NED)	335
22. Vink Marjolein	93	08-021	35.07	25m	8-3-09	Purmerend (NED)	335
24. Kramer Miranda	80	08-021	35.20	25m	21-1-96	Zuidoost Beemster (NED)	332
24. Meijer Sylvia	81	08-021	35.20	25m	26-1-97	Zuidoost Beemster (NED)	332

100 vlinderslag

1. Schelvis Femke	84	08-021	1:11.10	25m	17-2-00	Heemskerk (NED)	464
2. Kingma Danae	00	08-021	1:11.97	25m	18-2-16	Heemskerk (NED)	447
3. Smit Sanne	01	08-021	1:12.40	50m	26-3-17	Alkmaar (NED)	462
4. Vink Lidewij	90	08-021	1:12.85	25m	10-12-06	Heemskerk (NED)	431
5. Palmboom Nicole	91	08-021	1:13.63	25m	17-11-07	Barneveld (NED)	417
6. Mallon Danique	94	08-021	1:13.93	25m	23-5-10	Purmerend (NED)	412
7. Stam Vanessa	80	08-021	1:16.60	25m	15-12-96	Heemskerk (NED)	371
8. Essers Sanne	91	08-021	1:16.69	25m	21-10-07	Zaandam (NED)	369
9. de Haan Shira	00	08-021	1:16.99	25m	4-12-16	Zaandam (NED)	365
10. Besse Karen	75	08-021	1:17.20	25m	24-2-91	Heemskerk (NED)	362
11. Verbree Bets	63	08-021	1:17.30	25m	25-11-79	Heemskerk (NED)	361
12. Hulshof Saskia	73	08-021	1:18.90	25m	18-2-89		339
13. Crok Linda	94	08-021	1:19.56	25m	20-5-10	Heemskerk (NED)	331
14. Crok Annemarie	89	08-021	1:19.86	25m	27-3-05	Haarlem (NED)	327
15. Stam Sabrina	82	08-021	1:20.70	25m	26-4-98	Alkmaar (NED)	317
16. van der Kroft Nicole	84	08-021	1:20.78	25m	24-4-00	Haarlem (NED)	316
17. de Boer Irene	84	08-021	1:21.10	25m	8-10-00	Heemskerk (NED)	312
18. Stins Mariska	84	08-021	1:21.15	25m	11-6-00	Haarlem (NED)	312
19. Kleijne Daisy	89	08-021	1:21.29	25m	28-12-05	Maastricht (NED)	310
20. Schelvis Roos	86	08-021	1:21.55	25m	31-3-02	Haarlem	307
21. Kramer Miranda	80	08-021	1:21.80	25m	7-4-96	Haarlem (NED)	304
22. Meijer Linda	77	08-021	1:22.10	25m	27-11-93		301
23. Vink Marjolein	93	08-021	1:22.18	25m	26-2-09	Heemskerk (NED)	300

100 vlinderslag (sinds 24)

24. Hoek Daniëlle	88	08-021	1:22.57	25m	31-10-04	Zuidoostbeemster (NED)	296
25. Koopman Anitra	89	08-021	1:22.99	25m	20-2-05	Aalsmeer (NED)	291

200 vlinderslag

1. Mallon Danique	94	08-021	2:48.96	25m	18-2-10	Heemskerk (NED)	365
2. Vink Lidewij	90	08-021	2:53.55	25m	30-11-06	Heemskerk	337
3. Stam Vanessa	80	08-021	3:03.10	25m	8-12-96	Heerhugowaard (NED)	287
4. Schelvis Roos	86	08-021	3:03.76	25m	25-4-02	Heemskerk	283
5. Meijer Linda	77	08-021	3:06.00	25m	7-2-93	Volendam (NED)	273
6. Crok Linda	94	08-021	3:06.01	25m	18-2-10	Heemskerk (NED)	273
7. Kleijne Daisy	89	08-021	3:07.53	25m	24-11-05	Heemskerk (NED)	267
8. Crok Annemarie	89	08-021	3:08.98	25m	24-11-05	Heemskerk (NED)	261
9. de Boer Irene	84	08-021	3:15.15	25m	16-4-00	Zaandam (NED)	237
10. Boekling Annette	85	08-021	3:19.10	25m	20-12-01	Heemskerk	223
11. de Ruijter Linda	87	08-021	3:21.96	50m	29-3-03	Beverwijk (NED)	219
12. Koopman Anitra	89	08-021	3:24.89	25m	24-11-05	Heemskerk (NED)	204
13. Hermans Liesbeth	66	08-021	3:30.20	25m	7-3-82		189
14. Verbree Bets	63	08-021	3:35.60	25m	2-12-79	Zaandam (NED)	175
15. Tholen Kirsten	66	08-021	3:36.30	25m	7-3-82		174

100 wisselslag

1. Kingma Danae	00	08-021	1:08.21	25m	29-12-16	Leeuwarden (NED)	597
2. Schelvis Femke	84	08-021	1:12.53	25m	12-2-00	Emmen	496
3. Crok Linda	94	08-021	1:12.98	25m	11-4-10	Zaandam (NED)	487
4. Palmboom Nicole	91	08-021	1:13.60	25m	30-12-07	Maastricht (NED)	475
5. de Haan Shira	00	08-021	1:15.49	25m	11-9-16	Purmerend (NED)	440
6. Smit Sanne	01	08-021	1:15.76	25m	11-5-17	Heemskerk (NED)	436
7. Mallon Danique	94	08-021	1:15.90	25m	11-4-10	Zaandam (NED)	433
8. Kleijne Daisy	89	08-021	1:15.95	25m	30-12-05	Maastricht (NED)	432
9. Schelvis Roos	86	08-021	1:16.04	25m	26-9-02	Heemskerk	431
10. Besse Karen	75	08-021	1:16.10	25m	14-3-91	Heemskerk (NED)	430
11. Hulshof Saskia	73	08-021	1:16.20	25m	31-12-89	Heemskerk (NED)	428
11. Kramer Miranda	80	08-021	1:16.20	25m	15-12-96	Heemskerk (NED)	428
13. Vink Lidewij	90	08-021	1:16.36	25m	26-3-06	Purmerend (NED)	425
14. Hoek Daniëlle	88	08-021	1:17.14	25m	30-9-04	Heemskerk (NED)	413
15. Groen Anne	95	08-021	1:17.54	25m	14-4-11	Heemskerk (NED)	406
16. Petit Kirsten	00	08-021	1:17.74	25m	4-12-16	Zaandam (NED)	403
17. Essers Sanne	91	08-021	1:17.84	25m	21-1-07	Zaandam (NED)	402
18. Crok Annemarie	89	08-021	1:18.48	25m	29-9-05	Heemskerk (NED)	392
19. Stam Vanessa	80	08-021	1:18.70	25m	27-10-96	Zaandam (NED)	388
20. Buur Naomi	01	08-021	1:19.25	25m	11-5-17	Heemskerk (NED)	380
21. Koopman Anitra	89	08-021	1:19.33	25m	9-1-05	Zuidoost Beemster (NED)	379
22. Vink Marjolein	93	08-021	1:19.46	25m	11-1-09	Alkmaar (NED)	377
23. van Rookhuizen Sieta	79	08-021	1:19.70	25m	10-12-95	Heemskerk (NED)	374
24. Meijer Linda	77	08-021	1:20.20	25m	16-6-93		367
25. Verbree Bets	63	08-021	1:20.30	25m	8-12-79	Heemskerk (NED)	366

**200 wisselslag**

1. Schelvis Femke	84	08-021	2:35.06	25m	12-3-00	Heemskerk (NED)	501
2. Kingma Danae	00	08-021	2:35.07	25m	17-1-16	Purmerend (NED)	501
3. Smit Sanne	01	08-021	2:39.42	25m	12-2-17	Purmerend (NED)	461
4. Crok Linda	94	08-021	2:41.16	25m	4-4-10	Haarlem (NED)	446
5. Palmboom Nicole	91	08-021	2:43.90	25m	18-3-07	Heemskerk (NED)	424
6. Vink Lidewij	90	08-021	2:44.06	25m	14-12-06	Heemskerk (NED)	423
7. Stam Sabrina	82	08-021	2:44.60	25m	7-5-98	Heemskerk (NED)	419
8. Schelvis Roos	86	08-021	2:44.66	25m	10-3-02	Heemskerk	418
9. de Haan Shira	00	08-021	2:45.73	25m	4-12-16	Zaandam (NED)	410
10. Mallon Danique	94	08-021	2:45.92	25m	26-9-10	Zaandam (NED)	409
11. Kleijne Daisy	89	08-021	2:46.06	25m	10-4-05	Zuidoost-Beemster (NED)	408
12. Groen Anne	95	08-021	2:46.41	25m	11-6-11	Purmerend (NED)	405
13. Crok Annemarie	89	08-021	2:46.62	25m	15-12-05	Heemskerk (NED)	404
14. van der Kroft Nicole	84	08-021	2:47.18	25m	8-10-00	Heemskerk (NED)	400
15. Hulshof Saskia	73	08-021	2:47.20	25m	16-12-89		400
16. Essers Sanne	91	08-021	2:47.50	25m	24-2-07	Hoor (NED)	397
17. Stins Mariska	84	08-021	2:47.95	25m	26-10-00	Heemskerk (NED)	394
18. Stam Vanessa	80	08-021	2:48.10	25m	12-12-96	Heemskerk (NED)	393
19. van der Geest Saskia	73	08-021	2:48.30	25m	18-2-89		392
20. Kramer Miranda	80	08-021	2:48.40	25m	2-5-96	Heemskerk (NED)	391
20. Hoek Daniëlle	88	08-021	2:48.40	25m	3-10-04	Heemskerk (NED)	391
22. Koopman Anitra	89	08-021	2:48.74	25m	27-1-05	Heemskerk (NED)	389
23. Besse Karen	75	08-021	2:49.20	25m	24-3-91	Zaandam (NED)	386
24. Buur Naomi	01	08-021	2:49.45	25m	12-2-17	Purmerend (NED)	384
25. Verbree Bets	63	08-021	2:50.80	25m	9-9-79	Wormerveer (NED)	375

**300 wisselslag**

1. Kleijne Daisy	89	08-021	4:23.11	25m	13-11-05	Zaandam (NED)
2. Crok Annemarie	89	08-021	4:23.42	25m	13-11-05	Zaandam (NED)
3. Hoek Daniëlle	88	08-021	4:25.43	25m	19-12-04	Heemskerk (NED)
4. van der Kroft Nicole	84	08-021	4:26.28	25m	23-1-00	Heemskerk (NED)
5. Essers Sanne	91	08-021	4:31.53	25m	9-12-07	Zaandam (NED)
6. van Ballegooie Simone	84	08-021	4:41.34	25m	23-1-00	Heemskerk (NED)
7. van der Gracht Anouk	89	08-021	4:45.41	25m	13-11-05	Zaandam (NED)

**400 wisselslag**

1. Schelvis Femke	84	08-021	5:30.02	25m	30-3-00	Heemskerk (NED)	493
2. Vink Lidewij	90	08-021	5:43.03	25m	1-4-06	Zaandam (NED)	439
3. Smit Sanne	01	08-021	5:47.60	25m	8-1-17	Purmerend (NED)	422
4. Kleijne Daisy	89	08-021	5:55.34	25m	30-1-05	Zaandam (NED)	395
5. Schelvis Roos	86	08-021	5:57.41	25m	24-2-02	Heemskerk	388
6. de Haan Shira	00	08-021	5:58.80	25m	30-12-16	Leeuwarden (NED)	384
7. Essers Sanne	91	08-021	6:00.29	25m	11-2-07	Zaandam (NED)	379
8. Crok Annemarie	89	08-021	6:07.86	25m	30-1-05	Zaandam (NED)	356
9. van der Kroft Nicole	84	08-021	6:11.31	25m	30-3-00	Heemskerk (NED)	346
10. Kramer Miranda	80	08-021	6:12.10	25m	17-3-96	Heemskerk (NED)	344
10. Hoek Daniëlle	88	08-021	6:12.10	25m	29-2-04	Wormerveer	344
12. Stins Mariska	84	08-021	6:12.28	25m	30-3-00	Heemskerk (NED)	344
13. de Boer Irene	84	08-021	6:14.76	25m	30-3-00	Heemskerk (NED)	337
14. de Ruijter Linda	87	08-021	6:18.75	25m	23-2-03	Heemskerk	326
15. Tholen Kirsten	66	08-021	6:27.30	25m	3-4-82	Heemskerk (NED)	305
16. Hermans Liesbeth	66	08-021	6:31.10	25m	3-4-82	Heemskerk (NED)	296
17. van der Gracht Anouk	89	08-021	6:35.47	25m	30-1-05	Zaandam (NED)	286
18. van Tellingen Ingrid	66	08-021	7:34.70	25m	3-4-82	Heemskerk (NED)	188