

16 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2018

25 vrije slag**50 vrije slag**

1. Kingma Danae	00	08-021	27.65	50m	6-4-16	Eindhoven (NED)	627
2. Smit Sanne	01	08-021	28.65	50m	5-3-17	Alkmaar (NED)	563
3. Palmboom Nicole	91	08-021	29.67	50m	6-5-07	Eindhoven (NED)	507
4. Crok Linda	94	08-021	29.94	50m	29-5-10	Beverwijk (NED)	494
5. Kleijne Daisy	89	08-021	30.32	50m	28-5-05	Beverwijk (NED)	475
6. Schelvis Femke	84	08-021	30.34	50m	2-6-00	Drachten (NED)	474
7. Groen Anne	95	08-021	30.98	50m	21-5-11	Beverwijk (NED)	446
8. Essers Sanne	91	08-021	31.06	50m	19-5-07	Beverwijk (NED)	442
9. Mallon Danique	94	08-021	31.26	50m	29-5-10	Beverwijk (NED)	434
10. Hoek Daniëlle	88	08-021	31.48	50m	15-5-04	Beverwijk (NED)	425
11. Stam Vanessa	80	08-021	31.50	50m	2-6-96	Beverwijk (NED)	424
12. de Haan Shira	00	08-021	31.73	50m	21-2-16	Alkmaar (NED)	415
13. Crok Annemarie	89	08-021	31.84	50m	28-5-05	Beverwijk (NED)	410
14. Petit Kirsten	00	08-021	31.93	50m	30-4-16	Alkmaar (NED)	407
15. Koopman Anitra	89	08-021	32.13	50m	28-5-05	Beverwijk (NED)	399
16. Koper Fiona	01	08-021	32.18	50m	20-5-17	Alkmaar (NED)	397
17. Niesten Iris	92	08-021	32.19	50m	13-4-08	Antwerpen (BEL)	397
18. van Vliet Isabel	02	08-021	32.48	50m	25-3-18	Alkmaar (NED)	387
19. van Ballegooie Simone	84	08-021	32.86	50m	4-6-00	Beverwijk (NED)	373
20. van Koeveringe Nicole	93	08-021	33.39	50m	7-6-09	Beverwijk (NED)	356
20. Hofland Yasmin	01	08-021	33.39	50m	20-5-17	Alkmaar (NED)	356
22. Grul Lisanne	97	08-021	35.06	50m	16-6-13	Beverwijk (NED)	307
23. van der Gracht Anouk	89	08-021	35.35	50m	12-6-05	Beverwijk (NED)	300
24. Buur Cindy	99	08-021	36.31	50m	21-6-15	Beverwijk (NED)	277

100 vrije slag

1. Kingma Danae	00	08-021	1:00.03	50m	17-6-16	Dordrecht (NED)	639
2. Schelvis Femke	84	08-021	1:02.19	50m	2-6-00	Drachten (NED)	574
3. Smit Sanne	01	08-021	1:02.58	50m	27-5-17	Alkmaar (NED)	564
4. Crok Linda	94	08-021	1:05.36	50m	30-5-10	Beverwijk (NED)	495
5. Palmboom Nicole	91	08-021	1:07.22	50m	6-5-07	Eindhoven (NED)	455
6. Groen Anne	95	08-021	1:07.39	50m	5-6-11	Beverwijk (NED)	451
7. Vink Lidewij	90	08-021	1:07.57	50m	21-5-06	Beverwijk (NED)	448
8. Mallon Danique	94	08-021	1:08.10	50m	13-6-10	Beverwijk (NED)	437
9. de Haan Shira	00	08-021	1:08.45	50m	5-6-16	Alkmaar (NED)	431
10. Hoek Daniëlle	88	08-021	1:08.46	50m	16-5-04	Beverwijk (NED)	430
11. Schelvis Roos	86	08-021	1:08.61	50m	18-5-02	Nordhorn (GER)	428
12. Essers Sanne	91	08-021	1:08.68	50m	6-5-07	Eindhoven (NED)	426
13. Stam Vanessa	80	08-021	1:09.80	50m	2-6-96	Beverwijk (NED)	406
14. Kleijne Daisy	89	08-021	1:09.95	50m	29-5-05	Beverwijk (NED)	403
15. Petit Kirsten	00	08-021	1:10.30	50m	5-6-16	Alkmaar (NED)	397
16. Koopman Anitra	89	08-021	1:10.70	50m	29-5-05	Beverwijk (NED)	391
17. Niesten Iris	92	08-021	1:11.62	50m	12-4-08	Antwerpen (BEL)	376
18. Koper Fiona	01	08-021	1:13.19	50m	5-2-17	Alkmaar (NED)	352
19. van Koeveringe Nicole	93	08-021	1:13.24	50m	7-6-09	Beverwijk (NED)	351
20. van Ballegooie Simone	84	08-021	1:14.52	50m	4-6-00	Beverwijk (NED)	334
21. van Rookhuizen Sieta	79	08-021	1:14.60	50m	11-6-95	Beverwijk (NED)	333
22. Zonneveld Chantal	84	08-021	1:15.33	50m	7-5-00	Beverwijk (NED)	323

100 vrije slag (sinds 23)

23.	van Vliet Isabel	02	08-021	1:16.20	50m	4-3-18	Amsterdam (NED)	312
24.	van der Gracht Anouk	89	08-021	1:16.68	50m	12-6-05	Beverwijk (NED)	306
25.	Holland Yasmin	01	08-021	1:16.70	50m	5-2-17	Alkmaar (NED)	306

200 vrije slag

1.	Kingma Danae	00	08-021	2:16.34	50m	19-6-16	Dordrecht (NED)	569
2.	Schelvis Femke	84	08-021	2:17.28	50m	2-6-00	Drachten (NED)	557
3.	Vink Lidewij	90	08-021	2:24.76	50m	14-5-06	Beverwijk (NED)	475
4.	Crok Linda	94	08-021	2:26.84	50m	16-5-10	Alkmaar (NED)	455
5.	Palmboom Nicole	91	08-021	2:27.29	50m	13-5-07	Alkmaar (NED)	451
6.	Hoek Daniëlle	88	08-021	2:28.44	50m	9-5-04	Beverwijk (NED)	440
7.	Schelvis Roos	86	08-021	2:30.82	50m	18-5-02	Nordhorn (GER)	420
8.	Smit Sanne	01	08-021	2:30.99	50m	26-3-17	Alkmaar (NED)	418
9.	Kleijne Daisy	89	08-021	2:33.39	50m	22-5-05	Beverwijk (NED)	399
10.	Essers Sanne	91	08-021	2:36.72	50m	20-4-07	Antwerpen (BEL)	374
11.	de Ruijter Linda	87	08-021	2:37.43	50m	29-3-03	Beverwijk (NED)	369
12.	Koopman Anitra	89	08-021	2:37.78	50m	17-4-05	Beverwijk (NED)	367
13.	Zonneveld Chantal	84	08-021	2:42.08	50m	7-5-00	Beverwijk (NED)	338
14.	de Haan Shira	00	08-021	2:44.96	50m	29-5-16	Alkmaar (NED)	321
15.	Vink Marjolein	93	08-021	2:46.53	50m	29-3-09	Alkmaar (NED)	312
16.	van Koeveringe Nicole	93	08-021	2:47.95	50m	29-3-09	Alkmaar (NED)	304
17.	van Vliet Isabel	02	08-021	2:59.00	50m	21-1-18	Alkmaar (NED)	251
18.	Essers Patricia	84	08-021	3:09.74	50m	7-5-00	Beverwijk (NED)	211

250 vrije slag300 vrije slag

1.	Vink Lidewij	90	08-021	3:45.26	50m	13-5-06	Beverwijk (NED)	466
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400 vrije slag

1.	Vink Lidewij	90	08-021	5:01.21	50m	13-5-06	Beverwijk (NED)	483
2.	Smit Sanne	01	08-021	5:01.84	50m	26-3-17	Alkmaar (NED)	480
3.	Crok Linda	94	08-021	5:11.59	50m	15-5-10	Beverwijk (NED)	437
4.	Essers Sanne	91	08-021	5:27.37	50m	20-4-07	Antwerpen (BEL)	376
5.	Buur Naomi	01	08-021	5:36.73	50m	5-2-17	Alkmaar (NED)	346
6.	van Koeveringe Nicole	93	08-021	5:43.99	50m	29-3-09	Alkmaar (NED)	324
7.	Vink Marjolein	93	08-021	5:44.72	50m	29-3-09	Alkmaar (NED)	322

500 vrije slag800 vrije slag

1.	Smit Sanne	01	08-021	10:49.15	50m	5-3-17	Alkmaar (NED)	416
2.	Essers Sanne	91	08-021	11:09.37	50m	20-4-07	Antwerpen (BEL)	379

1000 vrije slag1250 vrije slag

1500 vrije slag**2000 vrije slag****2500 vrije slag****3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag****50 rugslag**

1. Kingma Danae	00	08-021	32.35	50m	10-4-16	Eindhoven (NED)	585
2. Kleijne Daisy	89	08-021	34.30	50m	29-5-05	Beverwijk (NED)	491
3. Koper Fiona	01	08-021	34.70	50m	5-2-17	Alkmaar (NED)	474
4. Schelvis Femke	84	08-021	35.06	50m	28-5-00	Beverwijk (NED)	459
5. Groen Anne	95	08-021	36.28	50m	22-5-11	Beverwijk (NED)	414
6. Hoek Daniëlle	88	08-021	36.31	50m	16-5-04	Beverwijk (NED)	413
7. Meijer Sylvia	81	08-021	36.40	50m	25-5-97	Beverwijk (NED)	410
8. Crok Linda	94	08-021	36.68	50m	30-5-10	Beverwijk (NED)	401
9. Palmboom Nicole	91	08-021	36.80	50m	22-4-07	Antwerpen (BEL)	397
10. Koopman Anitra	89	08-021	36.96	50m	29-5-05	Beverwijk (NED)	392
11. Mallon Danique	94	08-021	37.27	50m	30-5-10	Beverwijk (NED)	382
12. Crok Annemarie	89	08-021	37.54	50m	29-5-05	Beverwijk (NED)	374
12. de Haan Shira	00	08-021	37.54	50m	28-5-16	Alkmaar (NED)	374
14. Buur Naomi	01	08-021	38.02	50m	5-2-17	Alkmaar (NED)	360
15. Petit Kirsten	00	08-021	38.24	50m	3-12-16	Beverwijk (NED)	354
16. Niesten Iris	92	08-021	38.71	50m	13-4-08	Antwerpen (BEL)	341
17. Vink Lidewij	90	08-021	38.82	50m	21-5-06	Beverwijk (NED)	338
18. Boekling Annette	85	08-021	39.21	50m	19-5-01	Beverwijk (NED)	328
19. Essers Sanne	91	08-021	39.27	50m	22-4-07	Antwerpen (BEL)	327
20. Smit Sanne	01	08-021	39.29	50m	19-2-17	Amsterdam (NED)	326
21. Hofland Yasmin	01	08-021	40.10	50m	5-2-17	Alkmaar (NED)	307
22. van Vliet Isabel	02	08-021	41.56	50m	21-1-18	Alkmaar (NED)	276

100 rugslag

1. Kingma Danae	00	08-021	1:12.38	50m	4-6-16	Alkmaar (NED)	517
2. Kleijne Daisy	89	08-021	1:15.03	50m	27-2-05	Amsterdam (NED)	464
3. Groen Anne	95	08-021	1:17.26	50m	4-6-11	Beverwijk (NED)	425
4. Meijer Sylvia	81	08-021	1:17.30	50m	25-5-97	Beverwijk (NED)	424
5. Koper Fiona	01	08-021	1:17.69	50m	28-5-17	Alkmaar (NED)	418
6. Schelvis Roos	86	08-021	1:18.59	50m	25-5-02	Beverwijk (NED)	404
7. Crok Linda	94	08-021	1:19.39	50m	29-5-10	Beverwijk (NED)	391
8. Smit Sanne	01	08-021	1:19.81	50m	5-3-17	Alkmaar (NED)	385
9. Crok Annemarie	89	08-021	1:19.94	50m	28-5-05	Beverwijk (NED)	383
10. Essers Sanne	91	08-021	1:20.72	50m	12-5-07	Beverwijk (NED)	372
11. Koopman Anitra	89	08-021	1:21.07	50m	28-5-05	Beverwijk (NED)	368
12. Hoek Daniëlle	88	08-021	1:21.57	50m	25-4-04	Beverwijk (NED)	361
13. Niesten Iris	92	08-021	1:21.74	50m	12-4-08	Antwerpen (BEL)	359
14. Zonneveld Chantal	84	08-021	1:22.19	50m	7-5-00	Beverwijk (NED)	353
15. Mallon Danique	94	08-021	1:22.30	50m	16-5-10	Alkmaar (NED)	351
16. de Haan Shira	00	08-021	1:24.81	50m	4-6-16	Alkmaar (NED)	321
17. van Koevinge Nicole	93	08-021	1:25.45	50m	6-6-09	Beverwijk (NED)	314
18. Bakkum Wilma	62	08-021	1:25.50	50m	11-6-78	Beverwijk (NED)	313
19. Stam Vanessa	80	08-021	1:27.60	50m	1-6-96	Beverwijk (NED)	291
20. de Ruijter Linda	87	08-021	1:27.90	50m	31-5-03	Beverwijk	288
21. van der Gracht Anouk	89	08-021	1:29.29	50m	11-6-05	Beverwijk (NED)	275
22. van Vliet Isabel	02	08-021	1:31.35	50m	4-3-18	Amsterdam (NED)	257
23. Schaaper Margriet	62	08-021	1:34.40	50m	11-6-78	Beverwijk (NED)	233
24. Essers Patricia	84	08-021	1:45.03	50m	7-5-00	Beverwijk (NED)	169
25. Butter Anouk	82	08-021	1:53.29	50m	25-10-98	Beverwijk (NED)	134

200 rugslag

1. Kingma Danae	00	08-021	2:33.86	50m	4-6-16	Alkmaar (NED)	524
2. Schelvis Femke	84	08-021	2:39.89	50m	21-5-00	Beverwijk (NED)	467
3. Kleijne Daisy	89	08-021	2:42.36	50m	27-2-05	Amsterdam (NED)	446
4. Crok Linda	94	08-021	2:45.49	50m	16-5-10	Alkmaar (NED)	421
5. Groen Anne	95	08-021	2:47.34	50m	15-5-11	Alkmaar (NED)	407
6. Mallon Danique	94	08-021	2:50.17	50m	16-5-10	Alkmaar (NED)	387
7. Vink Lidewij	90	08-021	2:52.27	50m	14-5-06	Beverwijk (NED)	373
8. de Haan Shira	00	08-021	2:53.04	50m	4-6-16	Alkmaar (NED)	368
9. Koopman Anitra	89	08-021	2:53.48	50m	17-4-05	Beverwijk (NED)	365
10. Schelvis Roos	86	08-021	2:53.49	50m	18-5-02	Nordhorn (GER)	365
11. Niesten Iris	92	08-021	2:55.57	50m	12-4-08	Antwerpen (BEL)	352
12. Essers Sanne	91	08-021	3:05.67	50m	21-4-07	Antwerpen (BEL)	298

500 rugslag**25 schools slag**

50 schoolslag

1. Kingma Danae	00	08-021	35.43	50m	8-4-16	Eindhoven (NED)	571
2. Palmboom Nicole	91	08-021	38.82	50m	13-5-07	Alkmaar (NED)	434
3. de Haan Shira	00	08-021	40.67	50m	29-5-16	Alkmaar (NED)	377
4. Crok Linda	94	08-021	41.36	50m	16-5-10	Alkmaar (NED)	359
5. Koper Fiona	01	08-021	41.41	50m	20-5-17	Alkmaar (NED)	357
6. Niesten Iris	92	08-021	43.05	50m	13-4-08	Antwerpen (BEL)	318
7. Vink Lidewij	90	08-021	44.65	50m	14-5-06	Beverwijk (NED)	285
8. Groen Anne	95	08-021	44.84	50m	3-12-11	Beverwijk (NED)	281
9. Essers Sanne	91	08-021	44.96	50m	22-4-07	Antwerpen (BEL)	279
10. Petit Kirsten	00	08-021	45.43	50m	3-12-16	Beverwijk (NED)	271
11. van Vliet Isabel	02	08-021	47.37	50m	4-3-18	Amsterdam (NED)	239
12. Hofland Yasmin	01	08-021	50.63	50m	9-12-17	Beverwijk (NED)	195

100 schoolslag

1. Kingma Danae	00	08-021	1:20.02	50m	21-2-16	Alkmaar (NED)	514
2. Palmboom Nicole	91	08-021	1:26.05	50m	12-5-07	Beverwijk (NED)	413
3. de Haan Shira	00	08-021	1:26.64	50m	28-5-16	Alkmaar (NED)	405
4. Stam Vanessa	80	08-021	1:27.90	50m	2-6-96	Beverwijk (NED)	388
5. Mallon Danique	94	08-021	1:32.61	50m	13-6-10	Beverwijk (NED)	332
6. Niesten Iris	92	08-021	1:32.78	50m	1-6-08	Beverwijk (NED)	330
7. van Rookhuizen Sieta	79	08-021	1:32.90	50m	11-6-95	Beverwijk (NED)	328
8. Schelvis Roos	86	08-021	1:33.54	50m	20-10-02	Beverwijk (NED)	322
9. Crok Linda	94	08-021	1:33.55	50m	15-5-10	Beverwijk (NED)	322
10. de Ruijter Linda	87	08-021	1:36.03	50m	12-10-03	Beverwijk (NED)	297
11. Groen Anne	95	08-021	1:36.98	50m	5-6-11	Beverwijk (NED)	289
12. van der Gracht Anouk	89	08-021	1:37.70	50m	12-6-05	Beverwijk (NED)	282
13. Knight Kayleigh	00	08-021	1:39.76	50m	28-5-16	Alkmaar (NED)	265
14. van Vliet Isabel	02	08-021	1:41.09	50m	4-3-18	Amsterdam (NED)	255
15. Essers Sanne	91	08-021	1:41.46	50m	3-6-07	Beverwijk (NED)	252
16. Stam Sabrina	82	08-021	1:42.97	50m	25-10-98	Beverwijk (NED)	241

200 schoolslag

1. de Haan Shira	00	08-021	3:07.12	50m	5-6-16	Alkmaar (NED)	410
2. Palmboom Nicole	91	08-021	3:13.63	50m	21-4-07	Antwerpen (BEL)	370
3. Niesten Annet	62	08-021	3:16.30	50m	11-6-78	Beverwijk (NED)	355
4. Schelvis Roos	86	08-021	3:16.78	50m	25-5-02	Beverwijk (NED)	353
5. Crok Linda	94	08-021	3:18.11	50m	29-5-10	Beverwijk (NED)	346
6. Niesten Iris	92	08-021	3:22.18	50m	24-5-08	Beverwijk (NED)	325
7. van der Kroft Nicole	84	08-021	3:22.65	50m	22-10-00	Beverwijk (NED)	323
8. Crok Annemarie	89	08-021	3:24.61	50m	17-4-05	Beverwijk (NED)	314
9. Stins Mariska	84	08-021	3:30.70	50m	22-10-00	Beverwijk (NED)	287
10. van der Gracht Anouk	89	08-021	3:34.62	50m	17-4-05	Beverwijk (NED)	272

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

1250 schoolslag**1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag****50 vlinderslag**

1. Kingma Danae	00	08-021	30.48	50m	5-6-16	Alkmaar (NED)	514
2. Palmboom Nicole	91	08-021	32.17	50m	12-5-07	Beverwijk (NED)	437
3. Schelvis Femke	84	08-021	32.70	50m	2-6-00	Drachten (NED)	416
4. Essers Sanne	91	08-021	33.76	50m	12-5-07	Beverwijk (NED)	378
5. Vink Lidewij	90	08-021	33.83	50m	13-5-06	Beverwijk (NED)	376
6. de Haan Shira	00	08-021	34.38	50m	3-12-16	Beverwijk (NED)	358
7. Crok Annemarie	89	08-021	34.92	50m	21-5-05	Beverwijk (NED)	342
8. Mallon Danique	94	08-021	35.36	50m	15-5-10	Beverwijk (NED)	329
9. Kleijne Daisy	89	08-021	35.78	50m	21-5-05	Beverwijk (NED)	318
10. Koper Fiona	01	08-021	35.79	50m	9-12-17	Beverwijk (NED)	318
11. Petit Kirsten	00	08-021	35.93	50m	5-6-16	Alkmaar (NED)	314
12. Hoek Daniëlle	88	08-021	36.04	50m	8-5-04	Beverwijk (NED)	311
13. Crok Linda	94	08-021	36.06	50m	15-5-10	Beverwijk (NED)	310
14. Koopman Anitra	89	08-021	36.94	50m	21-5-05	Beverwijk (NED)	289
15. Vink Marjolein	93	08-021	37.29	50m	16-5-09	Beverwijk (NED)	281
16. Groen Anne	95	08-021	37.30	50m	3-12-11	Beverwijk (NED)	280
17. Meijer Sylvia	81	08-021	37.60	50m	9-11-97	Beverwijk (NED)	274
18. Stam Sabrina	82	08-021	37.66	50m	25-10-98	Beverwijk (NED)	272
19. Hoffland Yasmin	01	08-021	42.04	50m	9-12-17	Beverwijk (NED)	196
20. Butter Anouk	82	08-021	44.12	50m	25-10-98	Beverwijk (NED)	169

100 vlinderslag

1. Smit Sanne	01	08-021	1:12.40	50m	26-3-17	Alkmaar (NED)	449
2. Schelvis Femke	84	08-021	1:14.80	50m	2-6-00	Drachten (NED)	408
3. Palmboom Nicole	91	08-021	1:15.80	50m	13-5-07	Alkmaar (NED)	392
4. Vink Lidewij	90	08-021	1:17.20	50m	14-5-06	Beverwijk (NED)	371
5. Essers Sanne	91	08-021	1:20.03	50m	22-4-07	Antwerpen (BEL)	333
6. Mallon Danique	94	08-021	1:21.16	50m	16-5-10	Alkmaar (NED)	319
7. Crok Annemarie	89	08-021	1:22.94	50m	22-5-05	Beverwijk (NED)	299
8. van der Kroft Nicole	84	08-021	1:22.95	50m	21-5-00	Beverwijk (NED)	299
9. Stins Mariska	84	08-021	1:23.59	50m	22-10-00	Beverwijk (NED)	292
10. Stam Vanessa	80	08-021	1:24.60	50m	1-6-96	Beverwijk (NED)	282

100 vlinderslag (sinds 11)

11. Schelvis Roos	86	08-021	1:25.02	50m	20-10-02	Beverwijk (NED)	277
12. de Ruijter Linda	87	08-021	1:25.47	50m	12-10-03	Beverwijk (NED)	273
13. de Haan Shira	00	08-021	1:28.50	50m	28-5-16	Alkmaar (NED)	246
14. van Koeveeringe Nicole	93	08-021	1:32.43	50m	6-6-09	Beverwijk (NED)	216
15. Groen Anne	95	08-021	1:32.76	50m	4-6-11	Beverwijk (NED)	213
16. van der Gracht Anouk	89	08-021	1:40.41	50m	11-6-05	Beverwijk (NED)	168

200 vlinderslag

1. Mallon Danique	94	08-021	2:54.66	50m	30-5-10	Beverwijk (NED)	339
2. Vink Lidewij	90	08-021	2:57.91	50m	21-5-06	Beverwijk (NED)	320
3. de Ruijter Linda	87	08-021	3:21.96	50m	29-3-03	Beverwijk (NED)	219

1000 vlinderslag**100 wisselslag****200 wisselslag**

1. Kingma Danae	00	08-021	2:35.74	50m	30-4-16	Alkmaar (NED)	531
2. Smit Sanne	01	08-021	2:47.94	50m	5-2-17	Alkmaar (NED)	423
3. de Haan Shira	00	08-021	2:51.24	50m	4-6-16	Alkmaar (NED)	399
4. Crok Linda	94	08-021	2:52.37	50m	29-5-10	Beverwijk (NED)	391
5. Schelvis Roos	86	08-021	2:52.42	50m	25-5-02	Beverwijk (NED)	391
6. Kleijne Daisy	89	08-021	2:52.72	50m	28-5-05	Beverwijk (NED)	389
7. Meijer Sylvia	81	08-021	3:05.40	50m	9-11-97	Beverwijk (NED)	314
8. Hoffland Yasmin	01	08-021	3:19.57	50m	5-2-17	Alkmaar (NED)	252
9. Essers Patricia	84	08-021	3:38.38	50m	7-5-00	Beverwijk (NED)	192

300 wisselslag**400 wisselslag**

1. Smit Sanne	01	08-021	5:56.97	50m	21-5-17	Alkmaar (NED)	415
2. de Haan Shira	00	08-021	6:14.47	50m	28-5-16	Alkmaar (NED)	359