

12 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2018

25 vrije slag

1. Schelvis Femke	84	08-021	14.00	25m	14-3-96	Heemskerk (NED)
2. Meijer Linda	77	08-021	14.90	25m	31-12-89	Heemskerk (NED)
3. Schelvis Roos	86	08-021	15.00	25m	16-4-98	Heemskerk (NED)
4. Zwarthoed Brenda	96	08-021	15.02	25m	31-5-08	Aalsmeer (NED)
5. Schuyt Simone	75	08-021	15.10	25m	17-12-87	Heemskerk (NED)
5. Dijkstra Lisette	86	08-021	15.10	25m	10-12-98	Heemskerk (NED)
7. van der Kroft Nicole	84	08-021	15.20	25m	14-3-96	Heemskerk (NED)
8. de Boer Irene	84	08-021	15.40	25m	14-3-96	Heemskerk (NED)
9. Besse Karen	75	08-021	15.60	25m	17-12-87	Heemskerk (NED)
9. de Boer Claudia	77	08-021	15.60	25m	31-12-89	Heemskerk (NED)
9. van Honk Chantal	80	08-021	15.60	25m	26-9-92	
12. Visser Kelly	89	08-021	15.61	25m	29-3-01	Heemskerk (NED)
13. van Ballegooie Simone	84	08-021	15.70	25m	14-3-96	Heemskerk (NED)
14. Crok Linda	94	08-021	15.82	25m	27-4-06	Heemskerk
15. Koopman Anitra	89	08-021	15.87	25m	29-3-01	Heemskerk (NED)
16. Mallon Danique	94	08-021	15.96	25m	27-4-06	Heemskerk
17. Zonneveld Cindy	75	08-021	16.30	25m	17-12-87	Heemskerk (NED)
17. van Rookhuizen Sieta	79	08-021	16.30	25m	16-5-91	Heemskerk (NED)
19. Hoek Daniëlle	88	08-021	16.33	25m	4-5-00	Heemskerk (NED)
20. de Ruijter Linda	87	08-021	16.70	25m	21-12-99	Heemskerk (NED)
21. Kleijne Daisy	89	08-021	16.74	25m	29-3-01	Heemskerk (NED)
22. Ivens Suzanne	99	08-021	17.01	25m	30-6-11	Heemskerk (NED)
23. van der Gracht Anouk	89	08-021	17.45	25m	29-3-01	Heemskerk (NED)
24. Teunissen Petra	64	08-021	18.00	25m	14-9-76	Heemskerk (NED)
24. Reijnders Sandra	64	08-021	18.00	25m	14-9-76	Heemskerk (NED)

50 vrije slag

1. Zwarthoed Brenda	96	08-021	30.08	25m	31-5-08	Aalsmeer (NED)
2. Schelvis Femke	84	08-021	30.10	25m	12-12-96	Heemskerk (NED)
3. Stel Serena	98	08-021	31.12	25m	5-4-10	Haarlem (NED)
4. Schelvis Roos	86	08-021	31.22	25m	26-11-98	Heemskerk (NED)
5. Koster Lisa	94	08-021	31.62	25m	28-12-06	Maastricht (NED)
6. Dijkstra Lisette	86	08-021	31.70	25m	19-4-98	Zaandam (NED)
7. Hoekstra Eline	03	08-021	31.80	25m	24-9-15	Heemskerk (NED)
8. Zwaan Melissa	91	08-021	31.88	25m	28-12-03	Maastricht (NED)
9. Renkema Iris	04	08-021	32.32	25m	17-1-16	Purmerend (NED)
10. Teufer Irene	96	08-021	32.34	25m	13-1-08	Heemskerk (NED)
11. van der Kroft Nicole	84	08-021	32.50	25m	12-12-96	Heemskerk (NED)
12. Schuyt Simone	75	08-021	32.60	25m	15-11-87	Assendelft (NED)
13. Mallon Danique	94	08-021	32.68	25m	5-11-06	Zaandam (NED)
14. Hogema Fabiën	93	08-021	32.98	25m	30-12-05	Maastricht (NED)
15. de Boer Irene	84	08-021	33.00	25m	12-12-96	Heemskerk (NED)
16. Petit Kirsten	00	08-021	33.19	25m	7-1-12	Hoorn (NED)
17. Crok Linda	94	08-021	33.21	25m	23-4-06	Zaandam (NED)
18. van Ballegooie Simone	84	08-021	33.30	25m	12-12-96	Heemskerk (NED)
19. de Groot Daniëlle	93	08-021	33.56	25m	11-12-05	IJmuiden (NED)
20. Meijer Linda	77	08-021	33.70	25m	5-11-89	Heemskerk (NED)
21. Visser Kelly	89	08-021	33.85	25m	27-9-01	Heemskerk
22. Wentink Yara	04	08-021	33.86	25m	13-10-16	Heemskerk (NED)
23. Vink Marjolein	93	08-021	33.93	25m	6-11-05	Zaandam (NED)
24. Buur Naomi	01	08-021	34.01	25m	31-10-13	Heemskerk (NED)

50 vrije slag (sinds 25)

25.	de Wildt Maud	05	08-021	34.12	25m	9-11-17	Heemskerk (NED)
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100 vrije slag

1.	Schelvis Femke	84	08-021	1:05.50	25m	15-12-96	Heemskerk (NED)
2.	Stel Serena	98	08-021	1:06.46	25m	31-1-10	Heerenveen (NED)
3.	Schelvis Roos	86	08-021	1:07.60	25m	9-5-98	Zaandam (NED)
4.	Zwarthoed Brenda	96	08-021	1:07.68	25m	27-4-08	Alkmaar (NED)
5.	Zwaan Melissa	91	08-021	1:08.99	25m	28-12-03	Maastricht (NED)
6.	Dijkstra Lisette	86	08-021	1:09.00	25m	19-4-98	Zaandam (NED)
7.	Teufer Irene	96	08-021	1:09.88	25m	9-3-08	Heemskerk (NED)
8.	Koster Lisa	94	08-021	1:09.92	25m	28-12-06	Maastricht (NED)
9.	Hoekstra Eline	03	08-021	1:10.49	25m	8-11-15	Amsterdam (NED)
10.	Hogema Fabiën	93	08-021	1:10.70	25m	4-6-05	Zaandam (NED)
11.	de Boer Irene	84	08-021	1:11.70	25m	15-12-96	Heemskerk (NED)
12.	Renkema Iris	04	08-021	1:12.06	25m	2-10-16	Purmerend (NED)
13.	Mallon Danique	94	08-021	1:12.09	25m	10-6-06	Zaandam (NED)
14.	van der Kroft Nicole	84	08-021	1:12.90	25m	15-12-96	Heemskerk (NED)
15.	Visser Kelly	89	08-021	1:12.92	25m	25-11-01	Alkmaar (NED)
16.	van Honk Chantal	80	08-021	1:13.00	25m	26-4-92	Assendelft (NED)
17.	Schuyt Simone	75	08-021	1:13.20	25m	12-12-87	
18.	Crok Linda	94	08-021	1:13.22	25m	2-4-06	Zaandam (NED)
19.	van Ballegooie Simone	84	08-021	1:13.80	25m	15-2-96	Heemskerk (NED)
20.	Koopman Anitra	89	08-021	1:13.88	25m	9-12-01	Heemskerk
21.	Windmuller Wendy	69	08-021	1:14.30	25m	1-11-81	Bergen (NED)
22.	Oosterveen Yvonne	80	08-021	1:14.40	25m	3-10-92	
23.	Buur Naomi	01	08-021	1:14.74	25m	17-11-13	Heemskerk (NED)
24.	Vink Marjolein	93	08-021	1:14.82	25m	30-10-05	Amsterdam (NED)
25.	Besse Karen	75	08-021	1:15.00	25m	12-12-87	

200 vrije slag

1.	Stel Serena	98	08-021	2:21.69	25m	18-4-10	Zaandam (NED)
2.	Schelvis Femke	84	08-021	2:27.30	25m	4-4-96	Heemskerk (NED)
3.	Schelvis Roos	86	08-021	2:30.30	25m	19-4-98	Zaandam (NED)
4.	Teufer Irene	96	08-021	2:32.38	25m	20-1-08	Zaandam (NED)
5.	Dijkstra Lisette	86	08-021	2:32.40	25m	19-4-98	Zaandam (NED)
6.	Hoekstra Eline	03	08-021	2:32.99	25m	13-12-15	Zaandam (NED)
7.	van Honk Chantal	80	08-021	2:35.30	25m	23-2-92	Zaandam (NED)
8.	de Boer Irene	84	08-021	2:36.40	25m	24-11-96	Castricum (NED)
9.	Hogema Fabiën	93	08-021	2:37.98	25m	27-11-05	Heemskerk (NED)
10.	Buur Naomi	01	08-021	2:39.41	25m	8-12-13	Amstelveen (NED)
11.	Zwarthoed Brenda	96	08-021	2:39.51	25m	20-1-08	Zaandam (NED)
12.	Schuyt Simone	75	08-021	2:40.10	25m	8-11-87	Heemskerk (NED)
13.	Koopman Anitra	89	08-021	2:41.36	25m	20-12-01	Heemskerk
14.	Visser Kelly	89	08-021	2:42.50	25m	20-12-01	Heemskerk
15.	Petit Kirsten	00	08-021	2:42.72	25m	7-10-12	Zaandam (NED)
16.	Besse Karen	75	08-021	2:43.00	25m	13-12-87	Assendelft (NED)
17.	Blaauw Yente	03	08-021	2:43.44	25m	13-12-15	Zaandam (NED)
18.	Crok Linda	94	08-021	2:44.38	25m	12-3-06	Zaandam (NED)
19.	Essers Sanne	91	08-021	2:45.09	25m	9-11-03	Zaandam
20.	Bos Marieke	06	08-021	2:45.79	25m	12-4-18	Heemskerk (NED)
21.	Oosterveen Yvonne	80	08-021	2:45.80	25m	5-4-92	Heemskerk (NED)

200 vrije slag (sinds 22)

22.	van Ballegooie Simone	84	08-021	2:45.90	25m	17-3-96	Heemskerk (NED)
23.	Renkema Iris	04	08-021	2:46.23	25m	30-12-16	Leeuwarden (NED)
24.	de Boer Claudia	77	08-021	2:46.30	25m	12-11-89	Assendelft (NED)
25.	de Groot Daniëlle	93	08-021	2:46.93	25m	27-11-05	Heemskerk (NED)

250 vrije slag300 vrije slag

1.	Stel Serena	98	08-021	3:50.73	25m	29-1-10	Heerenveen (NED)
2.	Teufer Irene	96	08-021	3:58.28	25m	30-3-08	Zaandam (NED)
3.	Mallon Danique	94	08-021	4:26.31	25m	18-5-06	Heemskerk (NED)
4.	Buur Naomi	01	08-021	4:27.84	25m	18-5-13	Purmerend (NED)
5.	Visser Kelly	89	08-021	4:28.39	25m	21-1-01	Heemskerk (NED)
6.	Crok Linda	94	08-021	4:28.41	25m	12-1-06	Heemskerk (NED)
7.	Koopman Anitra	89	08-021	4:28.85	25m	21-1-01	Heemskerk (NED)
8.	Hogema Fabiën	93	08-021	4:29.11	25m	23-10-05	Zaandam (NED)
9.	de Groot Daniëlle	93	08-021	4:36.76	25m	23-10-05	Zaandam (NED)
10.	Hoek Daniëlle	88	08-021	4:44.50	25m	23-1-00	Heemskerk (NED)
11.	van Koeveringe Nicole	93	08-021	4:44.73	25m	23-10-05	Zaandam (NED)
12.	Vink Marjolein	93	08-021	4:52.15	25m	23-10-05	Zaandam (NED)
13.	van der Gracht Anouk	89	08-021	4:52.93	25m	21-1-01	Heemskerk (NED)
14.	Kleijne Daisy	89	08-021	4:56.61	25m	21-1-01	Heemskerk (NED)
15.	Rodenburg Rianne	93	08-021	5:13.29	25m	23-10-05	Zaandam (NED)
16.	Liefting Sarina	93	08-021	5:15.49	25m	23-10-05	Zaandam (NED)

400 vrije slag

1.	Stel Serena	98	08-021	5:06.13	25m	28-3-10	Zeist (NED)
2.	Schelvis Femke	84	08-021	5:11.60	25m	29-9-96	Haarlem (NED)
3.	Teufer Irene	96	08-021	5:20.06	25m	30-3-08	Zaandam (NED)
4.	Schelvis Roos	86	08-021	5:23.40	25m	24-5-98	Zaandam (NED)
5.	Dijkstra Lisette	86	08-021	5:34.30	25m	24-5-98	Zaandam (NED)
6.	Buur Naomi	01	08-021	5:37.97	25m	22-12-13	Zaandam (NED)
7.	de Boer Irene	84	08-021	5:42.30	25m	21-4-96	Alkmaar (NED)
8.	Visser Kelly	89	08-021	5:42.43	25m	31-5-01	Heemskerk (NED)
9.	van Honk Chantal	80	08-021	5:43.60	25m	19-1-92	
10.	Essers Sanne	91	08-021	5:52.11	25m	26-10-03	Zaandam
11.	Mallon Danique	94	08-021	5:53.26	25m	22-10-06	Zaandam (NED)
12.	Koopman Anitra	89	08-021	5:54.52	25m	31-5-01	Heemskerk (NED)
13.	Crok Linda	94	08-021	5:55.88	25m	12-1-06	Heemskerk (NED)
14.	Oosterveen Yvonne	80	08-021	5:58.10	25m	26-9-92	
15.	Hogema Fabiën	93	08-021	5:59.26	25m	23-10-05	Zaandam (NED)
16.	van Rookhuizen Sieta	79	08-021	5:59.30	25m	28-4-91	Assendelft (NED)
17.	van Ballegooie Simone	84	08-021	5:59.80	25m	21-4-96	Alkmaar (NED)
18.	de Groot Daniëlle	93	08-021	6:07.81	25m	23-10-05	Zaandam (NED)
19.	Scholten Britt	04	08-021	6:09.40	25m	18-9-16	Zaandam (NED)
20.	Hoekstra Eline	03	08-021	6:09.53	25m	8-2-15	Zaandam (NED)
21.	Renkema Iris	04	08-021	6:09.70	25m	7-2-16	Zaandam (NED)
22.	Visser Shana	04	08-021	6:10.45	25m	18-9-16	Zaandam (NED)
23.	Kleijne Daisy	89	08-021	6:15.03	25m	31-5-01	Heemskerk (NED)
24.	van Koeveringe Nicole	93	08-021	6:17.07	25m	23-10-05	Zaandam (NED)
25.	Hoek Daniëlle	88	08-021	6:17.28	25m	23-1-00	Heemskerk (NED)

500 vrije slag**800 vrije slag**

1. Stel Serena	98	08-021	10:13.69	25m	28-3-10	Zeist (NED)
2. Teufer Irene	96	08-021	10:41.66	25m	30-3-08	Zaandam (NED)
3. Schelvis Femke	84	08-021	10:49.50	25m	11-2-96	Schagen (NED)
4. Schelvis Roos	86	08-021	11:11.50	25m	17-5-98	Den Helder (NED)
5. Dijkstra Lisette	86	08-021	11:29.50	25m	17-5-98	Den Helder (NED)
6. van Honk Chantal	80	08-021	11:30.20	25m	12-4-92	Heemstede (NED)
7. Koopman Anitra	89	08-021	11:31.80	25m	4-1-01	Heemskerk (NED)
8. Crok Linda	94	08-021	11:59.79	25m	3-12-06	Zaandam (NED)
9. Visser Kelly	89	08-021	12:02.72	25m	4-11-01	Heemskerk
10. Essers Sanne	91	08-021	12:15.72	25m	16-11-03	Heemskerk (NED)
11. Buur Naomi	01	08-021	12:15.88	25m	20-10-13	Zaandam (NED)
12. Hoekstra Eline	03	08-021	12:20.36	25m	8-2-15	Zaandam (NED)
13. de Boer Irene	84	08-021	12:21.80	25m	11-2-96	Schagen (NED)
14. Renkema Iris	04	08-021	12:22.14	25m	7-2-16	Zaandam (NED)
15. Mallon Danique	94	08-021	12:56.32	25m	19-2-06	Zaandam (NED)
16. Kleijne Daisy	89	08-021	13:01.88	25m	4-11-01	Heemskerk
17. van Ballegooie Simone	84	08-021	13:02.20	25m	20-1-96	Heemskerk (NED)
18. de Vriend Sofie	01	08-021	13:02.76	25m	24-2-13	Zaandam (NED)
19. van der Gracht Anouk	89	08-021	13:13.19	25m	4-11-01	Heemskerk
20. Hoek Daniëlle	88	08-021	13:21.71	25m	5-3-00	Zaandam (NED)
21. de Haan Shira	00	08-021	13:22.05	25m	21-10-12	Zaandam (NED)
22. van der Kroft Nicole	84	08-021	13:29.40	25m	20-1-96	Heemskerk (NED)
23. Vink Marjolein	93	08-021	13:33.30	25m	20-3-05	Zaandam (NED)
24. de Groot Daniëlle	93	08-021	13:35.73	25m	20-3-05	Zaandam (NED)
25. Liefing Sarina	93	08-021	14:25.95	25m	20-3-05	Zaandam (NED)

1000 vrije slag**1250 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**

1. Schelvis Femke	84	08-021	16.70	25m	8-2-96	Heemskerk (NED)
2. Schelvis Roos	86	08-021	16.80	25m	15-1-98	Heemskerk (NED)
3. Meijer Linda	77	08-021	17.10	25m	31-12-89	Heemskerk (NED)
4. Koopman Anitra	89	08-021	17.83	25m	22-2-01	Heemskerk (NED)
5. Visser Kelly	89	08-021	17.91	25m	22-2-01	Heemskerk (NED)
6. Dijkstra Lisette	86	08-021	18.20	25m	15-1-98	Heemskerk (NED)
7. van Ballegooie Simone	84	08-021	18.40	25m	8-2-96	Heemskerk (NED)
8. Mallon Danique	94	08-021	18.44	25m	27-4-06	Heemskerk
9. Schuyt Simone	75	08-021	18.50	25m	17-12-87	Heemskerk (NED)
10. Besse Karen	75	08-021	18.70	25m	17-12-87	Heemskerk (NED)
11. Dijkstra Janet	77	08-021	18.80	25m	12-1-89	Heemskerk (NED)
11. van der Kroft Nicole	84	08-021	18.80	25m	8-2-96	Heemskerk (NED)
13. de Boer Irene	84	08-021	18.90	25m	8-2-96	Heemskerk (NED)
14. Kleijne Daisy	89	08-021	18.94	25m	22-2-01	Heemskerk (NED)
15. Crok Linda	94	08-021	19.26	25m	27-4-06	Heemskerk
16. Zonneveld Cindy	75	08-021	19.60	25m	17-12-87	Heemskerk (NED)
17. Hoek Daniëlle	88	08-021	19.62	25m	17-2-00	Heemskerk (NED)
18. Stins Mariska	84	08-021	19.90	25m	8-2-96	Heemskerk (NED)
19. de Ruijter Linda	87	08-021	20.00	25m	21-12-99	Heemskerk (NED)
20. de Boer Claudia	77	08-021	20.20	25m	31-12-89	Heemskerk (NED)
20. Hoek Laura	86	08-021	20.20	25m	15-1-98	Heemskerk (NED)
22. van der Gracht Anouk	89	08-021	20.25	25m	22-2-01	Heemskerk (NED)
23. van Rookhuizen Sieta	79	08-021	20.60	25m	16-5-91	Heemskerk (NED)
24. Bakker Daniëlle	96	08-021	20.72	25m	29-5-08	Heemskerk (NED)
25. Limmen Miriam	75	08-021	20.80	25m	17-12-87	Heemskerk (NED)

50 rugslag

1. Schelvis Femke	84	08-021	35.20	25m	7-11-96	Heemskerk (NED)
2. Schelvis Roos	86	08-021	35.80	25m	13-4-98	Haarlem (NED)
3. Stel Serena	98	08-021	36.24	25m	27-2-10	Hoom (NED)
4. Teufer Irene	96	08-021	36.75	25m	23-3-08	Haarlem (NED)
5. Koopman Anitra	89	08-021	37.09	25m	16-4-01	Haarlem (NED)
6. Hoekstra Eline	03	08-021	37.10	25m	29-11-15	Heemskerk (NED)
7. van der Kroft Nicole	84	08-021	37.30	25m	7-11-96	Heemskerk (NED)
8. Dijkstra Lisette	86	08-021	37.40	25m	9-4-98	Heemskerk (NED)
9. Meijer Linda	77	08-021	37.60	25m	14-12-89	Heemskerk (NED)
10. Koper Fiona	01	08-021	37.88	25m	10-2-13	Haarlem (NED)
11. Crok Linda	94	08-021	38.18	25m	17-4-06	Haarlem (NED)
12. Zwaan Melissa	91	08-021	38.31	25m	28-12-03	Maastricht (NED)
13. Koster Lisa	94	08-021	38.33	25m	28-12-06	Maastricht (NED)
14. Mallon Danique	94	08-021	38.45	25m	23-4-06	Zaandam (NED)
15. Windmuller Wendy	69	08-021	38.50	25m	7-11-81	Heemskerk (NED)
16. Essers Sanne	91	08-021	38.77	25m	24-4-03	Heemskerk
17. van Ballegooie Simone	84	08-021	38.80	25m	7-11-96	Heemskerk (NED)

50 rugslag (sinds 18)

18. de Boer Irene	84	08-021	38.90	25m	7-11-96	Heemskerk (NED)
19. Zwarthoed Brenda	96	08-021	39.10	25m	10-2-08	Purmerend (NED)
20. Renkema Iris	04	08-021	39.14	25m	18-2-16	Heemskerk (NED)
21. Buur Naomi	01	08-021	39.47	25m	8-12-13	Amstelveen (NED)
22. de Groot Daniëlle	93	08-021	39.57	25m	11-12-05	IJmuiden (NED)
23. Visser Kelly	89	08-021	39.60	25m	29-11-01	Heemskerk
24. de Vriend Sofie	01	08-021	39.68	25m	20-1-13	Heemskerk (NED)
25. Petit Kirsten	00	08-021	39.79	25m	19-2-12	Purmerend (NED)

100 rugslag

1. Schelvis Femke	84	08-021	1:14.80	25m	30-5-96	Heemskerk (NED)
2. Schelvis Roos	86	08-021	1:14.88	25m	7-11-98	
3. Stel Serena	98	08-021	1:16.75	25m	5-4-10	Haarlem (NED)
4. Hoekstra Eline	03	08-021	1:18.82	25m	29-11-15	Heemskerk (NED)
5. Meijer Linda	77	08-021	1:19.80	25m	7-12-89	Heemskerk (NED)
6. van Honk Chantal	80	08-021	1:20.40	25m	7-10-92	
7. Windmuller Wendy	69	08-021	1:20.50	25m	19-12-81	Hilversum (NED)
8. Koper Fiona	01	08-021	1:21.12	25m	17-11-13	Heemskerk (NED)
9. Koopman Anitra	89	08-021	1:21.32	25m	9-6-01	Zaandam (NED)
10. Dijkstra Lisette	86	08-021	1:21.50	25m	8-3-98	Zaandam (NED)
11. van der Kroft Nicole	84	08-021	1:21.60	25m	2-11-96	
12. Mallon Danique	94	08-021	1:22.07	25m	10-6-06	Zaandam (NED)
13. Crok Linda	94	08-021	1:22.16	25m	26-11-06	Heemskerk (NED)
14. Visser Kelly	89	08-021	1:22.42	25m	9-12-01	Heemskerk
15. van 't Veer Iris	03	08-021	1:22.67	25m	8-11-15	Amsterdam (NED)
16. van der Horst Sacha	69	08-021	1:22.70	25m	15-3-81	Z.O. Beemster (NED)
17. Zwaan Melissa	91	08-021	1:23.08	25m	28-12-03	Maastricht (NED)
18. Koster Lisa	94	08-021	1:23.22	25m	28-12-06	Maastricht (NED)
19. Teufer Irene	96	08-021	1:23.36	25m	16-3-08	Zaandam (NED)
20. Buur Naomi	01	08-021	1:23.50	25m	17-11-13	Heemskerk (NED)
21. de Graaf Annemiek	70	08-021	1:23.60	25m	31-12-82	
22. Zwarthoed Brenda	96	08-021	1:24.08	25m	27-3-08	Heemskerk (NED)
23. de Boer Irene	84	08-021	1:24.10	25m	24-11-96	Castricum (NED)
24. van Ballegooie Simone	84	08-021	1:24.20	25m	8-12-96	Heerhugowaard (NED)
25. Essers Sanne	91	08-021	1:25.19	25m	9-11-03	Zaandam

200 rugslag

1. Stel Serena	98	08-021	2:41.22	25m	21-3-10	Zaandam (NED)
2. Schelvis Femke	84	08-021	2:41.60	25m	24-11-96	Castricum (NED)
3. Schelvis Roos	86	08-021	2:47.24	25m	24-9-98	Heemskerk (NED)
4. van Honk Chantal	80	08-021	2:48.80	25m	18-4-92	Volendam (NED)
5. Hoekstra Eline	03	08-021	2:50.98	25m	11-10-15	Zaandam (NED)
6. Zwarthoed Brenda	96	08-021	2:55.06	25m	16-3-08	Zaandam (NED)
7. Koopman Anitra	89	08-021	2:58.86	25m	11-3-01	Zaandam (NED)
8. Essers Sanne	91	08-021	2:59.48	25m	25-9-03	Heemskerk (NED)
9. Buur Naomi	01	08-021	2:59.50	25m	15-12-13	Zaandam (NED)
10. van 't Veer Iris	03	08-021	2:59.88	25m	11-10-15	Zaandam (NED)
11. van der Kroft Nicole	84	08-021	3:00.80	25m	10-10-96	Heemskerk (NED)
12. Dijkstra Lisette	86	08-021	3:01.78	25m	24-9-98	Heemskerk (NED)
13. Crok Linda	94	08-021	3:02.87	25m	12-3-06	Zaandam (NED)
14. de Boer Irene	84	08-021	3:03.10	25m	10-10-96	Heemskerk (NED)

200 rugslag (sinds 15)

15. Blaauw Yente	03	08-021	3:03.93	25m	11-10-15	Zaandam (NED)
16. Angenent Nienke	01	08-021	3:04.56	25m	15-12-13	Zaandam (NED)
17. de Haan Shira	00	08-021	3:04.58	25m	9-12-12	Zaandam (NED)
18. Meijer Linda	77	08-021	3:04.70	25m	2-11-89	Heemskerk (NED)
19. Renkema Iris	04	08-021	3:05.23	25m	2-10-16	Purmerend (NED)
20. Scholten Britt	04	08-021	3:05.74	25m	2-10-16	Purmerend (NED)
21. Visser Kelly	89	08-021	3:06.48	25m	11-3-01	Zaandam (NED)
22. van Ballegooie Simone	84	08-021	3:10.10	25m	10-10-96	Heemskerk (NED)
23. Mallon Danique	94	08-021	3:10.20	25m	12-3-06	Zaandam (NED)
24. Moolevliet Petra	82	08-021	3:13.10	25m	20-10-94	Heemskerk (NED)
25. Raszinski Nienke	01	08-021	3:15.07	25m	22-12-13	Zaandam (NED)

500 rugslag25 schoolslag

1. Schelvis Roos	86	08-021	19.20	25m	19-3-98	Heemskerk (NED)
2. van der Kroft Nicole	84	08-021	19.30	25m	14-3-96	Heemskerk (NED)
3. van Rookhuizen Sieta	79	08-021	19.60	25m	16-5-91	Heemskerk (NED)
4. Dijkstra Lisette	86	08-021	19.80	25m	19-3-98	Heemskerk (NED)
5. Schelvis Femke	84	08-021	20.20	25m	14-3-96	Heemskerk (NED)
6. Hoek Daniëlle	88	08-021	20.50	25m	17-2-00	Heemskerk (NED)
7. Crok Linda	94	08-021	20.66	25m	27-4-06	Heemskerk
8. Koopman Anitra	89	08-021	20.67	25m	22-2-01	Heemskerk (NED)
9. de Boer Irene	84	08-021	20.70	25m	14-3-96	Heemskerk (NED)
10. de Ruijter Linda	87	08-021	20.90	25m	21-12-99	Heemskerk (NED)
11. Besse Karen	75	08-021	21.00	25m	17-12-87	Heemskerk (NED)
12. Schuyt Simone	75	08-021	21.40	25m	17-12-87	Heemskerk (NED)
12. de Boer Claudia	77	08-021	21.40	25m	31-12-89	Heemskerk (NED)
12. Meijer Linda	77	08-021	21.40	25m	31-12-89	Heemskerk (NED)
12. Visser Kelly	89	08-021	21.40	25m	22-2-01	Heemskerk (NED)
16. Dijkstra Janet	77	08-021	21.60	25m	12-1-89	Heemskerk (NED)
17. Zonneveld Cindy	75	08-021	21.90	25m	17-12-87	Heemskerk (NED)
17. van der Gracht Anouk	89	08-021	21.90	25m	22-2-01	Heemskerk (NED)
19. Limmen Miriam	75	08-021	22.00	25m	17-12-87	Heemskerk (NED)
20. Mallon Danique	94	08-021	22.04	25m	27-4-06	Heemskerk
21. van Zwieten Jacqueline	64	08-021	22.20	25m	14-9-76	Heemskerk (NED)
21. Teunissen Petra	64	08-021	22.20	25m	14-9-76	Heemskerk (NED)
21. Boekling Annette	85	08-021	22.20	25m	13-3-97	Heemskerk (NED)
24. Gerritsen Jolanda	64	08-021	22.60	25m	14-9-76	Heemskerk (NED)
25. Kleijne Daisy	89	08-021	22.72	25m	22-2-01	Heemskerk (NED)

50 schoolslag

1.	van Honk Chantal	80	08-021	37.40	25m	2-2-92	
2.	van der Kroft Nicole	84	08-021	40.40	25m	27-10-96	Zaandam (NED)
3.	Teufer Irene	96	08-021	41.40	25m	31-1-08	Heemskerk (NED)
4.	Schelvis Roos	86	08-021	41.50	25m	19-9-98	Amersfoort (NED)
5.	Stel Serena	98	08-021	41.52	25m	4-4-10	Haarlem (NED)
6.	de Groot Daniëlle	93	08-021	41.97	25m	11-12-05	IJmuiden (NED)
7.	van Rookhuizen Sieta	79	08-021	42.00	25m	13-6-91	Heemskerk (NED)
8.	Hoekstra Eline	03	08-021	42.12	25m	24-9-15	Heemskerk (NED)
9.	Hogema Fabiën	93	08-021	42.80	25m	24-11-05	Heemskerk (NED)
10.	Crok Linda	94	08-021	42.87	25m	16-2-06	Heemskerk (NED)
11.	Moolevliet Petra	82	08-021	43.10	25m	20-10-94	Heemskerk (NED)
12.	Renkema Iris	04	08-021	43.54	25m	17-3-16	Heemskerk (NED)
13.	Koster Lisa	94	08-021	43.83	25m	28-12-06	Maastricht (NED)
14.	Schelvis Femke	84	08-021	43.90	25m	8-2-96	Heemskerk (NED)
15.	de Haan Shira	00	08-021	43.99	25m	2-12-12	Amstelveen (NED)
16.	Koopman Anitra	89	08-021	44.16	25m	20-12-01	Heemskerk
17.	Vink Marjolein	93	08-021	44.19	25m	24-11-05	Heemskerk (NED)
18.	Plokker Sylvia	68	08-021	44.40	25m	4-10-80	Heemskerk (NED)
18.	de Boer Claudia	77	08-021	44.40	25m	5-10-89	Heemskerk (NED)
20.	Palmboom Nicole	91	08-021	44.42	25m	27-11-03	Heemskerk (NED)
21.	Siemerink Laura	04	08-021	44.50	25m	11-12-16	Alkmaar (NED)
22.	Mallon Danique	94	08-021	44.61	25m	30-11-06	Heemskerk
23.	de Boer Irene	84	08-021	44.90	25m	17-3-96	Heemskerk (NED)
24.	Zwaan Melissa	91	08-021	44.96	25m	28-12-03	Maastricht (NED)
25.	Dijkstra Lisette	86	08-021	45.16	25m	24-9-98	Heemskerk (NED)

100 schoolslag

1.	van Honk Chantal	80	08-021	1:19.80	25m	13-12-92	Heemskerk (NED)
2.	Teufer Irene	96	08-021	1:25.82	25m	24-3-08	Haarlem (NED)
3.	van Rookhuizen Sieta	79	08-021	1:27.10	25m	15-12-91	Heemskerk (NED)
4.	Stel Serena	98	08-021	1:28.72	25m	5-4-10	Haarlem (NED)
5.	de Graaf Dinie	71	08-021	1:29.60	25m	31-12-83	
5.	Schelvis Roos	86	08-021	1:29.60	25m	23-5-98	Zaandam (NED)
7.	Hoekstra Eline	03	08-021	1:29.61	25m	24-9-15	Heemskerk (NED)
8.	van der Kroft Nicole	84	08-021	1:30.00	25m	15-12-96	Heemskerk (NED)
9.	de Haan Shira	00	08-021	1:32.64	25m	2-12-12	Amstelveen (NED)
10.	Schelvis Femke	84	08-021	1:32.70	25m	15-12-96	Heemskerk (NED)
11.	Plokker Sylvia	68	08-021	1:33.20	25m	19-10-80	Heemskerk (NED)
12.	Dijkstra Lisette	86	08-021	1:33.50	25m	9-4-98	Heemskerk (NED)
13.	Moolevliet Petra	82	08-021	1:33.70	25m	16-10-94	Heemskerk (NED)
14.	Crok Linda	94	08-021	1:33.72	25m	19-3-06	Heemskerk (NED)
15.	de Boer Irene	84	08-021	1:34.00	25m	28-1-96	Zaandam (NED)
16.	van der Horst Sacha	69	08-021	1:34.30	25m	17-5-81	Castricum (NED)
17.	Renkema Iris	04	08-021	1:34.36	25m	17-1-16	Purmerend (NED)
18.	van 't Veer Iris	03	08-021	1:35.13	25m	24-9-15	Heemskerk (NED)
19.	Koster Lisa	94	08-021	1:35.21	25m	28-12-06	Maastricht (NED)
20.	de Groot Daniëlle	93	08-021	1:35.32	25m	4-6-05	Zaandam (NED)
21.	Hogema Fabiën	93	08-021	1:35.68	25m	29-12-05	Maastricht (NED)
22.	Bruin Marianne	78	08-021	1:35.70	25m	16-12-90	Heemskerk (NED)
23.	van Galen Angela	65	08-021	1:35.90	25m	27-11-77	IJmuiden (NED)
24.	Windmuller Wendy	69	08-021	1:36.10	25m	29-11-81	Zaandam (NED)
24.	van Giezen Wendy	70	08-021	1:36.10	25m	7-2-82	

200 schoolslag

1. van Honk Chantal	80	08-021	2:57.30	25m	22-3-92	Heemskerk (NED)
2. Teufer Irene	96	08-021	3:06.47	25m	20-1-08	Zaandam (NED)
3. Schelvis Roos	86	08-021	3:14.44	25m	22-11-98	Zaandam (NED)
4. Hoekstra Eline	03	08-021	3:16.79	25m	11-10-15	Zaandam (NED)
5. Moolevliet Petra	82	08-021	3:18.50	25m	24-11-94	Heemskerk (NED)
6. Stel Serena	98	08-021	3:18.60	25m	25-3-10	Heemskerk (NED)
7. Crok Linda	94	08-021	3:21.20	25m	19-10-06	Heemskerk
8. van Rookhuizen Sieta	79	08-021	3:21.30	25m	14-3-91	Heemskerk (NED)
9. de Boer Irene	84	08-021	3:21.40	25m	8-12-96	Heerhugowaard (NED)
10. Schelvis Femke	84	08-021	3:22.70	25m	8-12-96	Heerhugowaard (NED)
11. van 't Veer Iris	03	08-021	3:24.52	25m	11-10-15	Zaandam (NED)
12. Mallon Danique	94	08-021	3:24.95	25m	19-10-06	Heemskerk
13. de Boer Claudia	77	08-021	3:25.10	25m	30-9-89	
14. de Wildt Maud	05	08-021	3:25.18	25m	29-12-17	Leeuwarden (NED)
15. de Haan Shira	00	08-021	3:25.40	25m	7-10-12	Zaandam (NED)
16. Hogema Fabiën	93	08-021	3:25.78	25m	27-10-05	Heemskerk (NED)
17. Koopman Anitra	89	08-021	3:27.34	25m	29-11-01	Heemskerk
18. de Groot Daniëlle	93	08-021	3:28.35	25m	27-10-05	Heemskerk (NED)
19. Palmboom Nicole	91	08-021	3:29.37	25m	30-10-03	Heemskerk
20. Scholten Britt	04	08-021	3:29.38	25m	18-9-16	Zaandam (NED)
21. Schuyt Simone	75	08-021	3:29.40	25m	29-11-87	Amstelveen (NED)
22. Bruin Marianne	78	08-021	3:30.10	25m	6-12-90	Heemskerk (NED)
23. Buur Naomi	01	08-021	3:30.48	25m	13-10-13	Zaandam (NED)
24. Visser Kelly	89	08-021	3:30.96	25m	29-11-01	Heemskerk
25. Vink Marjolein	93	08-021	3:32.18	25m	27-10-05	Heemskerk (NED)

500 schoolslag**800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag**

25 vlinderslag

1. Schelvis Femke	84	08-021	16.10	25m	8-2-96	Heemskerk (NED)
2. Besse Karen	75	08-021	16.60	25m	17-12-87	Heemskerk (NED)
3. Meijer Linda	77	08-021	16.80	25m	31-12-89	Heemskerk (NED)
4. Schelvis Roos	86	08-021	17.20	25m	15-1-98	Heemskerk (NED)
5. Dijkstra Lisette	86	08-021	17.60	25m	15-1-98	Heemskerk (NED)
6. Mallon Danique	94	08-021	17.74	25m	27-4-06	Heemskerk
7. van der Kroft Nicole	84	08-021	17.90	25m	8-2-96	Heemskerk (NED)
8. Visser Kelly	89	08-021	18.06	25m	29-3-01	Heemskerk (NED)
9. Ivens Suzanne	99	08-021	18.16	25m	30-6-11	Heemskerk (NED)
10. Crok Linda	94	08-021	18.20	25m	27-4-06	Heemskerk
11. Koopman Anitra	89	08-021	18.66	25m	29-3-01	Heemskerk (NED)
12. Schuyt Simone	75	08-021	19.10	25m	17-12-87	Heemskerk (NED)
13. Zonneveld Cindy	75	08-021	19.30	25m	17-12-87	Heemskerk (NED)
14. Hoek Daniëlle	88	08-021	19.39	25m	4-5-00	Heemskerk (NED)
15. de Boer Claudia	77	08-021	19.40	25m	31-12-89	Heemskerk (NED)
16. van Ballegooye Simone	84	08-021	19.90	25m	8-2-96	Heemskerk (NED)
17. van Rookhuizen Sieta	79	08-021	20.00	25m	16-5-91	Heemskerk (NED)
18. Limmen Miriam	75	08-021	20.40	25m	17-12-87	Heemskerk (NED)
19. Bakker Daniëlle	96	08-021	20.63	25m	29-5-08	Heemskerk (NED)
20. de Ruijter Linda	87	08-021	20.70	25m	21-12-99	Heemskerk (NED)
21. Kleijne Daisy	89	08-021	20.92	25m	29-3-01	Heemskerk (NED)
22. van der Gracht Anouk	89	08-021	21.01	25m	29-3-01	Heemskerk (NED)
23. de Boer Irene	84	08-021	21.20	25m	8-2-96	Heemskerk (NED)
24. Hommersen Sandra	84	08-021	21.40	25m	8-2-96	Heemskerk (NED)
25. Dijkstra Janet	77	08-021	22.00	25m	12-1-89	Heemskerk (NED)

50 vlinderslag

1. Teufer Irene	96	08-021	33.18	25m	9-3-08	Heemskerk (NED)
2. Hoekstra Eline	03	08-021	36.10	25m	10-12-15	Heemskerk (NED)
3. Schelvis Femke	84	08-021	36.20	25m	11-1-96	Heemskerk (NED)
4. Zwaan Melissa	91	08-021	36.29	25m	28-12-03	Maastricht (NED)
5. Zwarthoed Brenda	96	08-021	36.36	25m	9-3-08	Heemskerk (NED)
6. Moolevliet Petra	82	08-021	36.40	25m	16-9-94	
7. Dijkstra Lisette	86	08-021	36.60	25m	7-5-98	Heemskerk (NED)
8. Mallon Danique	94	08-021	36.75	25m	5-3-06	Purmerend (NED)
9. Renkema Iris	04	08-021	37.17	25m	9-10-16	Alkmaar (NED)
10. Stel Serena	98	08-021	37.21	25m	18-4-10	Zaandam (NED)
11. Windmuller Wendy	69	08-021	37.30	25m	11-10-81	Heemskerk (NED)
12. Hogema Fabiën	93	08-021	37.31	25m	29-12-05	Maastricht (NED)
13. Koster Lisa	94	08-021	37.63	25m	28-12-06	Maastricht (NED)
14. Buur Naomi	01	08-021	37.75	25m	12-12-13	Heemskerk (NED)
15. van der Kroft Nicole	84	08-021	38.10	25m	3-11-96	Zaandam (NED)
16. Besse Karen	75	08-021	38.20	25m	10-12-87	Heemskerk (NED)
17. Schelvis Roos	86	08-021	38.22	25m	17-12-98	Heemskerk (NED)
18. de Haan Shira	00	08-021	38.99	25m	13-12-12	Heemskerk (NED)
19. de Groot Daniëlle	93	08-021	39.01	25m	31-12-05	Hoorn (NED)
20. Siemerink Laura	04	08-021	39.22	25m	17-11-16	Heemskerk (NED)
21. Vink Marjolein	93	08-021	39.24	25m	15-12-05	Heemskerk (NED)
22. Palmboom Nicole	91	08-021	39.29	25m	18-12-03	Heemskerk (NED)
23. Wentink Yara	04	08-021	39.38	25m	17-11-16	Heemskerk (NED)
24. Crok Linda	94	08-021	39.81	25m	30-3-06	Heemskerk (NED)
25. Rodenburg Rianne	93	08-021	39.89	25m	15-12-05	Heemskerk (NED)

100 vlinderslag

1. Teufer Irene	96	08-021	1:17.25	25m	17-2-08	Zaandam (NED)
2. Mallon Danique	94	08-021	1:23.88	25m	10-12-06	Heemskerk (NED)
3. Schelvis Femke	84	08-021	1:24.30	25m	7-4-96	Haarlem (NED)
4. Zwaan Melissa	91	08-021	1:25.28	25m	28-12-03	Maastricht (NED)
5. Dijkstra Lisette	86	08-021	1:26.80	25m	24-5-98	Zaandam (NED)
6. Schelvis Roos	86	08-021	1:26.90	25m	24-5-98	Zaandam (NED)
7. van Rookhuizen Sieta	79	08-021	1:28.00	25m	1-12-91	Heemskerk (NED)
8. Stel Serena	98	08-021	1:28.51	25m	18-2-10	Heemskerk (NED)
9. Moolevliet Petra	82	08-021	1:28.60	25m	11-12-94	Heemskerk (NED)
10. Siemerink Laura	04	08-021	1:28.69	25m	11-12-16	Alkmaar (NED)
11. Zwarthoed Brenda	96	08-021	1:28.87	25m	3-2-08	Purmerend (NED)
12. Windmuller Wendy	69	08-021	1:29.40	25m	18-10-81	Heemskerk (NED)
13. Plokker Sylvia	68	08-021	1:30.20	25m	16-11-80	Haarlem (NED)
14. Crok Linda	94	08-021	1:30.54	25m	30-11-06	Heemskerk
15. Hogema Fabiën	93	08-021	1:30.64	25m	24-11-05	Heemskerk (NED)
16. Koster Lisa	94	08-021	1:31.21	25m	28-12-06	Maastricht (NED)
17. Hoekstra Eline	03	08-021	1:31.88	25m	4-10-15	Purmerend (NED)
18. Meijer Linda	77	08-021	1:32.40	25m	12-11-89	Assendelft (NED)
18. Visser Kelly	89	08-021	1:32.40	25m	7-10-01	Zaandam (NED)
20. Besse Karen	75	08-021	1:33.00	25m	27-9-87	Zaandam (NED)
21. van der Kroft Nicole	84	08-021	1:33.30	25m	21-4-96	Alkmaar (NED)
22. Schuyt Simone	75	08-021	1:33.80	25m	27-9-87	Zaandam (NED)
23. Renkema Iris	04	08-021	1:33.88	25m	11-12-16	Alkmaar (NED)
24. de Haan Shira	00	08-021	1:34.89	25m	16-12-12	Zaandam (NED)
25. Essers Sanne	91	08-021	1:35.13	25m	5-10-03	Heemskerk (NED)

200 vlinderslag

1. Teufer Irene	96	08-021	2:58.64	25m	31-1-08	Heemskerk (NED)
2. Stel Serena	98	08-021	3:07.06	25m	18-2-10	Heemskerk (NED)
3. Hoekstra Eline	03	08-021	3:17.58	25m	13-12-15	Zaandam (NED)
4. Wentink Yara	04	08-021	3:35.42	25m	27-11-16	Zaandam (NED)
5. Siemerink Laura	04	08-021	3:37.20	25m	27-11-16	Zaandam (NED)
6. Petit Kirsten	00	08-021	3:40.30	25m	28-10-12	Amsterdam-Zuidoost (NED)
7. de Haan Shira	00	08-021	3:42.95	25m	9-12-12	Zaandam (NED)
8. Scholten Britt	04	08-021	3:45.13	25m	27-11-16	Zaandam (NED)
9. Venema Jalina	04	08-021	3:45.14	25m	24-4-16	Zaandam (NED)
10. Blaauw Yente	03	08-021	3:48.33	25m	19-4-15	Zaandam (NED)
11. Buur Naomi	01	08-021	3:49.56	25m	15-12-13	Zaandam (NED)
12. van 't Veer Iris	03	08-021	3:59.09	25m	13-12-15	Zaandam (NED)
13. Knight Kayleigh	00	08-021	4:18.31	25m	18-3-12	Zaandam (NED)
14. Ivens Suzanne	99	08-021	4:26.14	25m	13-6-11	Purmerend (NED)

1000 vlinderslag

100 wisselslag

1.	Schelvis Femke	84	08-021	1:17.60	25m	27-10-96	Zaandam (NED)
2.	Dijkstra Lisette	86	08-021	1:19.13	25m	13-12-98	Heemskerk (NED)
3.	Stel Serena	98	08-021	1:19.33	25m	4-4-10	Haarlem (NED)
4.	Teufer Irene	96	08-021	1:19.40	25m	6-1-08	Alkmaar (NED)
5.	Schelvis Roos	86	08-021	1:19.70	25m	13-12-98	Heemskerk (NED)
6.	van der Kroft Nicole	84	08-021	1:19.90	25m	27-10-96	Zaandam (NED)
7.	van Honk Chantal	80	08-021	1:20.30	25m	14-5-92	Heemskerk (NED)
8.	Zwarthoed Brenda	96	08-021	1:21.93	25m	12-5-08	Purmerend (NED)
9.	Renkema Iris	04	08-021	1:22.47	25m	9-10-16	Alkmaar (NED)
10.	Koster Lisa	94	08-021	1:22.67	25m	28-12-06	Maastricht (NED)
11.	Mallon Danique	94	08-021	1:22.98	25m	14-12-06	Heemskerk (NED)
12.	Crok Linda	94	08-021	1:23.08	25m	14-12-06	Heemskerk (NED)
13.	Hoekstra Eline	03	08-021	1:23.13	25m	6-9-15	Zaandam (NED)
14.	Zwaan Melissa	91	08-021	1:23.64	25m	28-12-03	Maastricht (NED)
15.	Buur Naomi	01	08-021	1:23.70	25m	6-10-13	Heemskerk (NED)
16.	Besse Karen	75	08-021	1:24.60	25m	31-12-87	
16.	van Rookhuizen Sieta	79	08-021	1:24.60	25m	22-9-91	Zaandam (NED)
18.	Petit Kirsten	00	08-021	1:24.95	25m	15-1-12	Alkmaar (NED)
18.	Scholten Britt	04	08-021	1:24.95	25m	9-10-16	Alkmaar (NED)
20.	Hogema Fabiën	93	08-021	1:25.01	25m	11-12-05	Heemskerk (NED)
21.	de Haan Shira	00	08-021	1:25.21	25m	16-12-12	Zaandam (NED)
22.	Essers Sanne	91	08-021	1:25.35	25m	14-12-03	Heemskerk (NED)
23.	Visser Kelly	89	08-021	1:25.54	25m	27-9-01	Heemskerk
24.	Moolevliet Petra	82	08-021	1:26.00	25m	27-11-94	Alkmaar (NED)
25.	Koopman Anitra	89	08-021	1:26.01	25m	26-4-01	Heemskerk (NED)

200 wisselslag

1.	Stel Serena	98	08-021	2:44.06	25m	18-4-10	Zaandam (NED)
2.	Schelvis Femke	84	08-021	2:45.60	25m	12-12-96	Heemskerk (NED)
3.	Teufer Irene	96	08-021	2:45.65	25m	24-2-08	Zaandam (NED)
4.	Schelvis Roos	86	08-021	2:49.69	25m	26-11-98	Heemskerk (NED)
5.	Hoekstra Eline	03	08-021	2:53.55	25m	15-11-15	Purmerend (NED)
6.	Crok Linda	94	08-021	2:56.92	25m	2-4-06	Zaandam (NED)
7.	Dijkstra Lisette	86	08-021	2:57.30	25m	26-4-98	Alkmaar (NED)
8.	van der Kroft Nicole	84	08-021	2:59.70	25m	12-12-96	Heemskerk (NED)
9.	Renkema Iris	04	08-021	3:01.92	25m	7-2-16	Zaandam (NED)
10.	van Rookhuizen Sieta	79	08-021	3:02.70	25m	3-11-91	Assendelft (NED)
11.	Koopman Anitra	89	08-021	3:03.24	25m	10-6-01	Zaandam (NED)
12.	Besse Karen	75	08-021	3:04.00	25m	8-11-87	Heemskerk (NED)
13.	Schuyt Simone	75	08-021	3:05.30	25m	21-5-87	Heemskerk (NED)
14.	Essers Sanne	91	08-021	3:05.72	25m	23-2-03	Heemskerk
15.	Mallon Danique	94	08-021	3:05.76	25m	11-6-06	Zaandam (NED)
16.	Windmuller Wendy	69	08-021	3:05.90	25m	1-11-81	Bergen (NED)
17.	Hogema Fabiën	93	08-021	3:06.65	25m	23-10-05	Zaandam (NED)
18.	van Ballegooie Simone	84	08-021	3:06.70	25m	12-12-96	Heemskerk (NED)
19.	Buur Naomi	01	08-021	3:07.76	25m	22-9-13	Purmerend (NED)
20.	Petit Kirsten	00	08-021	3:07.98	25m	11-3-12	Zaandam (NED)
21.	van Leeuwen Andrea	71	08-021	3:08.00	25m	11-12-83	Heemskerk (NED)
21.	Vink Marjolein	93	08-021	3:08.00	25m	15-12-05	Heemskerk (NED)
23.	Visser Kelly	89	08-021	3:08.23	25m	1-4-01	Zaandam (NED)
24.	de Groot Daniëlle	93	08-021	3:08.56	25m	15-12-05	Heemskerk (NED)
25.	de Boer Irene	84	08-021	3:09.00	25m	12-12-96	Heemskerk (NED)

300 wisselslag

1. Koopman Anitra	89	08-021	4:49.39	25m	23-12-01	Amsterdam
2. Essers Sanne	91	08-021	4:52.53	25m	30-11-03	Heemskerk (NED)
3. Hogema Fabiën	93	08-021	5:00.83	25m	13-11-05	Zaandam (NED)
4. Vink Marjolein	93	08-021	5:05.15	25m	13-11-05	Zaandam (NED)
5. Kleijne Daisy	89	08-021	5:05.86	25m	23-12-01	Amsterdam
6. van der Gracht Anouk	89	08-021	5:10.88	25m	23-12-01	Amsterdam
7. Rodenburg Rianne	93	08-021	5:16.57	25m	13-11-05	Zaandam (NED)
8. Liefing Sarina	93	08-021	5:23.74	25m	13-11-05	Zaandam (NED)

400 wisselslag

1. Schelvis Roos	86	08-021	6:10.60	25m	10-5-98	Zaandam (NED)
2. Dijkstra Lisette	86	08-021	6:25.30	25m	22-2-98	Zaandam (NED)
3. Crok Linda	94	08-021	6:31.68	25m	15-6-06	Heemskerk (NED)
4. Mallon Danique	94	08-021	6:43.17	25m	15-6-06	Heemskerk (NED)
5. Wentink Yara	04	08-021	6:55.07	25m	11-12-16	Alkmaar (NED)
6. de Wildt Maud	05	08-021	7:03.06	25m	19-3-17	Zaandam (NED)
7. Renkema Iris	04	08-021	7:04.01	25m	11-12-16	Alkmaar (NED)