

25 vrije slag

1. Crok Linda	94	08-021	13.48	25m	30-6-11	Heemskerk (NED)
2. van der Kroft Nicole	84	08-021	13.95	25m	29-3-01	Heemskerk (NED)
3. Vink Lidewij	90	08-021	14.05	25m	19-4-07	Heemskerk (NED)
4. Stam Vanessa	80	08-021	14.20	25m	13-3-97	Heemskerk (NED)
5. van Ballegooie Simone	84	08-021	14.26	25m	29-3-01	Heemskerk (NED)
6. Kleijne Daisy	89	08-021	14.33	25m	27-4-06	Heemskerk
7. Palmboom Nicole	91	08-021	14.41	25m	29-5-08	Heemskerk (NED)
8. Kramer Miranda	80	08-021	14.50	25m	13-3-97	Heemskerk (NED)
9. de Boer Irene	84	08-021	14.70	25m	29-3-01	Heemskerk (NED)
10. Essers Sanne	91	08-021	14.71	25m	29-5-08	Heemskerk (NED)
11. Mallon Danique	94	08-021	14.83	25m	30-6-11	Heemskerk (NED)
12. Stins Mariska	84	08-021	14.84	25m	29-3-01	Heemskerk (NED)
13. Crok Annemarie	89	08-021	14.85	25m	27-4-06	Heemskerk
14. van der Gracht Anouk	89	08-021	14.97	25m	27-4-06	Heemskerk
15. Heus Pauline	78	08-021	15.40	25m	27-4-95	Heemskerk (NED)
16. Butter Anouk	82	08-021	16.39	25m	25-3-99	Heemskerk (NED)
17. van Velsen Patricia	79	08-021	16.40	25m	14-3-96	Heemskerk (NED)
17. Oudendijk Bianca	79	08-021	16.40	25m	14-3-96	Heemskerk (NED)
19. Molenaar Eline	82	08-021	16.51	25m	25-3-99	Heemskerk (NED)
20. ten Cate Joyce	80	08-021	16.70	25m	13-3-97	Heemskerk (NED)
20. Zonneveld Chantal	84	08-021	16.70	25m	22-2-01	Heemskerk (NED)
22. Beentjes Nicolet	80	08-021	19.40	25m	13-3-97	Heemskerk (NED)

50 vrije slag

1. Kingma Danae	00	08-021	27.18	25m	23-12-17	Hoofddorp (NED)
2. Drubers Mirjam	67	08-021	28.20	25m	31-12-84	
3. Palmboom Nicole	91	08-021	28.58	25m	23-3-08	Haarlem (NED)
4. Crok Linda	94	08-021	28.99	25m	24-4-11	Haarlem (NED)
5. Meijer Sylvia	81	08-021	29.10	25m	18-1-98	Zuidoost Beemster (NED)
6. Schelvis Femke	84	08-021	29.60	25m	27-9-01	Heemskerk
7. Hoek Daniëlle	88	08-021	29.78	25m	6-11-05	Zaandam (NED)
8. Hulshof Saskia	73	08-021	29.80	25m	11-3-90	Heemskerk (NED)
9. Kleijne Daisy	89	08-021	29.83	25m	5-3-06	Purmerend (NED)
10. Smit Sanne	01	08-021	29.86	25m	18-3-18	Purmerend (NED)
11. van der Kroft Nicole	84	08-021	29.90	25m	27-9-01	Heemskerk
12. Vink Lidewij	90	08-021	29.97	25m	8-4-07	Haarlem (NED)
13. Groen Anne	95	08-021	30.14	25m	19-2-12	Purmerend (NED)
14. van Ballegooie Simone	84	08-021	30.50	25m	26-4-01	Heemskerk (NED)
15. de Haan Shira	00	08-021	30.61	25m	12-3-17	Purmerend (NED)
16. Verbree Bets	63	08-021	30.80	25m	2-3-80	Heemskerk (NED)
17. Kramer Miranda	80	08-021	30.90	25m	16-11-97	Zaandam (NED)
18. Stam Vanessa	80	08-021	31.00	25m	6-11-97	Heemskerk (NED)
19. Schelvis Roos	86	08-021	31.03	25m	30-1-03	Heemskerk
20. Mallon Danique	94	08-021	31.04	25m	16-1-11	Zaandam (NED)
21. Limmen Karin	76	08-021	31.10	25m	14-4-93	
22. Crok Annemarie	89	08-021	31.15	25m	23-4-06	Zaandam (NED)
23. Stins Mariska	84	08-021	31.38	25m	25-10-01	Heemskerk
24. van Rookhuizen Sieta	79	08-021	31.60	25m	14-4-96	Zaandam (NED)
25. Meijer Linda	77	08-021	31.70	25m	17-9-94	Hoogland (NED)

100 vrije slag

1.	Kingma Danae	00	08-021	58.69	25m	21-10-17	Amsterdam (NED)
2.	Drubers Mirjam	67	08-021	1:01.60	25m	15-12-84	Hilversum (NED)
3.	Crok Linda	94	08-021	1:02.01	25m	3-4-11	Zaandam (NED)
4.	Smit Sanne	01	08-021	1:02.32	25m	18-3-18	Purmerend (NED)
5.	Schelvis Femke	84	08-021	1:02.91	25m	9-12-01	Heemskerk
6.	Meijer Sylvia	81	08-021	1:03.20	25m	5-4-98	Heemskerk (NED)
7.	Palmboom Nicole	91	08-021	1:03.79	25m	9-3-08	Heemskerk (NED)
8.	van der Kroft Nicole	84	08-021	1:03.91	25m	9-12-01	Heemskerk
9.	Groen Anne	95	08-021	1:04.96	25m	1-4-12	Zaandam (NED)
10.	Kleijne Daisy	89	08-021	1:05.14	25m	17-4-06	Haarlem (NED)
11.	Hoek Daniëlle	88	08-021	1:05.60	25m	28-12-05	Maastricht (NED)
12.	Vink Lidewij	90	08-021	1:05.62	25m	18-11-07	Alkmaar (NED)
13.	Hulshof Saskia	73	08-021	1:06.30	25m	3-5-90	Heemskerk (NED)
14.	Stam Vanessa	80	08-021	1:06.70	25m	30-3-97	Haarlem (NED)
15.	de Haan Shira	00	08-021	1:06.80	25m	11-5-17	Heemskerk (NED)
16.	Schelvis Roos	86	08-021	1:06.92	25m	5-1-03	Aalsmeer (NED)
17.	Crok Annemarie	89	08-021	1:06.96	25m	17-4-06	Haarlem (NED)
18.	Verbree Bets	63	08-021	1:07.10	25m	6-9-80	Z.O. Beemster (NED)
19.	Koper Fiona	01	08-021	1:07.37	25m	18-3-18	Purmerend (NED)
20.	Mallon Danique	94	08-021	1:07.52	25m	16-1-11	Zaandam (NED)
21.	Essers Sanne	91	08-021	1:07.56	25m	9-3-08	Heemskerk (NED)
22.	Meijer Linda	77	08-021	1:07.80	25m	5-2-94	
23.	Kramer Miranda	80	08-021	1:08.50	25m	26-10-97	Heemskerk (NED)
24.	Petit Kirsten	00	08-021	1:08.74	25m	12-3-17	Purmerend (NED)
25.	Stins Mariska	84	08-021	1:08.89	25m	22-2-01	Heemskerk (NED)

200 vrije slag

1.	Kingma Danae	00	08-021	2:13.76	25m	16-3-17	Heemskerk (NED)
2.	Smit Sanne	01	08-021	2:15.57	25m	12-4-18	Heemskerk (NED)
3.	Schelvis Femke	84	08-021	2:17.19	25m	25-1-01	Heemskerk (NED)
4.	Crok Linda	94	08-021	2:17.72	25m	2-10-11	Heemskerk (NED)
5.	Drubers Mirjam	67	08-021	2:18.20	25m	7-10-84	Volendam (NED)
6.	Hoek Daniëlle	88	08-021	2:20.84	25m	27-11-05	Heemskerk (NED)
7.	Palmboom Nicole	91	08-021	2:22.48	25m	1-3-08	Horn (NED)
8.	Groen Anne	95	08-021	2:22.72	25m	2-12-12	Amstelveen (NED)
9.	Meijer Sylvia	81	08-021	2:24.70	25m	9-4-98	Heemskerk (NED)
10.	Vink Lidewij	90	08-021	2:24.79	25m	18-3-07	Heemskerk (NED)
11.	Kleijne Daisy	89	08-021	2:25.19	25m	12-2-06	Zaandam (NED)
12.	Hulshof Saskia	73	08-021	2:25.80	25m	28-2-90	
13.	Schelvis Roos	86	08-021	2:27.51	25m	27-2-03	Heemskerk
14.	van der Kroft Nicole	84	08-021	2:27.92	25m	27-9-01	Heemskerk
15.	Crok Annemarie	89	08-021	2:27.94	25m	12-2-06	Zaandam (NED)
16.	Verbree Bets	63	08-021	2:28.10	25m	16-3-80	Zandvoort (NED)
16.	Stam Vanessa	80	08-021	2:28.10	25m	23-1-97	Heemskerk
18.	Koper Fiona	01	08-021	2:28.50	25m	12-4-18	Heemskerk (NED)
19.	Mallon Danique	94	08-021	2:29.10	25m	27-1-11	Heemskerk (NED)
20.	de Boer Irene	84	08-021	2:29.14	25m	11-3-01	Zaandam (NED)
21.	de Haan Shira	00	08-021	2:29.21	25m	16-3-17	Heemskerk (NED)
22.	Kramer Miranda	80	08-021	2:30.60	25m	23-1-97	Heemskerk
23.	Stins Mariska	84	08-021	2:30.95	25m	27-9-01	Heemskerk
24.	Meijer Linda	77	08-021	2:32.20	25m	15-1-94	
25.	Koopman Anitra	89	08-021	2:34.13	25m	19-3-06	Heemskerk (NED)

250 vrije slag**300 vrije slag**

1. Crok Linda	94	08-021	3:38.23	25m	25-4-11	Haarlem (NED)
2. Vink Lidewij	90	08-021	3:52.99	25m	14-10-07	Zaandam (NED)
3. Meijer Sylvia	81	08-021	4:02.20	25m	19-4-98	Zaandam (NED)
4. van der Gracht Anouk	89	08-021	4:03.64	25m	18-5-06	Heemskerk (NED)
5. de Ruijter Linda	87	08-021	4:07.06	25m	29-4-04	Heemskerk (NED)

400 vrije slag

1. Crok Linda	94	08-021	4:50.50	25m	25-4-11	Haarlem (NED)
2. Vink Lidewij	90	08-021	4:58.33	25m	9-4-07	Haarlem (NED)
3. Schelvis Femke	84	08-021	5:08.19	25m	31-5-01	Heemskerk (NED)
4. de Haan Shira	00	08-021	5:13.43	25m	17-4-17	Haarlem (NED)
5. Kleijne Daisy	89	08-021	5:13.87	25m	1-4-06	Zaandam (NED)
6. Hoek Daniëlle	88	08-021	5:14.06	25m	23-10-05	Zaandam (NED)
7. Stam Vanessa	80	08-021	5:15.20	25m	23-2-97	Zaandam (NED)
8. Hulshof Saskia	73	08-021	5:15.40	25m	11-3-90	Heemskerk (NED)
9. Limmen Karin	76	08-021	5:16.50	25m	24-4-93	
10. Meijer Sylvia	81	08-021	5:20.40	25m	19-3-98	Heemskerk (NED)
11. de Boer Irene	84	08-021	5:21.69	25m	31-5-01	Heemskerk (NED)
12. Verbree Bets	63	08-021	5:23.00	25m	13-4-80	Zaandam (NED)
13. Essers Sanne	91	08-021	5:27.54	25m	5-10-08	Heemskerk (NED)
14. van der Gracht Anouk	89	08-021	5:27.82	25m	18-5-06	Heemskerk (NED)
15. de Ruijter Linda	87	08-021	5:31.42	25m	29-4-04	Heemskerk (NED)
16. Stins Mariska	84	08-021	5:31.58	25m	4-11-01	Heemskerk
17. van Rookhuizen Sieta	79	08-021	5:34.10	25m	4-4-96	Heemskerk (NED)
18. van der Kroft Nicole	84	08-021	5:35.02	25m	31-5-01	Heemskerk (NED)
19. de Graaf Annemiek	70	08-021	5:36.10	25m	22-3-87	Heerhugowaard (NED)
20. Zonneveld Chantal	84	08-021	5:40.92	25m	31-5-01	Heemskerk (NED)
21. Tholen Kirsten	66	08-021	5:51.00	25m	27-2-83	Assendelft (NED)
22. Heus Pauline	78	08-021	5:59.00	25m	18-5-95	Heemskerk (NED)
23. Oudendijk Bianca	79	08-021	6:03.80	25m	4-4-96	Heemskerk (NED)
24. ten Cate Ilona	85	08-021	6:05.57	25m	30-5-02	Heemskerk
25. van Velsen Patricia	79	08-021	6:17.20	25m	4-4-96	Heemskerk (NED)

500 vrije slag**800 vrije slag**

1. Crok Linda	94	08-021	10:11.36	25m	16-10-11	Zaandam (NED)
2. Kleijne Daisy	89	08-021	10:35.32	25m	1-4-06	Zaandam (NED)
3. Hoek Daniëlle	88	08-021	10:36.26	25m	23-10-05	Zaandam (NED)
4. Schelvis Femke	84	08-021	10:38.63	25m	16-9-01	Zaandam (NED)
5. Vink Lidewij	90	08-021	10:41.57	25m	14-10-07	Zaandam (NED)
6. Stam Vanessa	80	08-021	11:12.20	25m	16-2-97	Volendam (NED)
7. Hulshof Saskia	73	08-021	11:15.20	25m	22-4-90	Heemstede (NED)
8. Kramer Miranda	80	08-021	11:16.00	25m	23-2-97	Zaandam (NED)
9. van der Gracht Anouk	89	08-021	11:18.02	25m	22-10-06	Zaandam (NED)
10. Stins Mariska	84	08-021	11:27.66	25m	16-9-01	Zaandam (NED)
11. van der Kroft Nicole	84	08-021	11:41.28	25m	16-9-01	Zaandam (NED)

1000 vrije slag**1250 vrije slag****1500 vrije slag**

1. Crok Linda	94	08-021	19:23.75	25m	4-12-11	Zaandam (NED)
2. Kleijne Daisy	89	08-021	20:17.52	25m	12-1-06	Heemskerk (NED)
3. Limmen Karin	76	08-021	21:25.00	25m	7-2-93	Volendam (NED)
4. van der Gracht Anouk	89	08-021	21:37.64	25m	3-12-06	Zaandam (NED)
5. de Boer Irene	84	08-021	21:38.10	25m	21-1-01	Heemskerk (NED)
6. Stins Mariska	84	08-021	21:41.94	25m	4-1-01	Heemskerk (NED)

2000 vrije slag

1. Crok Linda	94	08-021	26:17.78	25m	13-2-11	Zaandam (NED)
2. Vink Lidewij	90	08-021	27:03.36	25m	28-1-07	Zaandam (NED)
3. Schelvis Roos	86	08-021	28:11.96	25m	16-2-03	Zaandam
4. Stins Mariska	84	08-021	29:45.17	25m	11-2-01	Zaandam (NED)

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. Kramer Miranda	80	08-021	16.50	25m	13-2-97	Heemskerk (NED)
2. Kleijne Daisy	89	08-021	16.57	25m	27-4-06	Heemskerk
3. Palmboom Nicole	91	08-021	16.58	25m	29-5-08	Heemskerk (NED)
4. Schelvis Femke	84	08-021	16.86	25m	22-2-01	Heemskerk (NED)
5. Vink Lidewij	90	08-021	16.90	25m	19-4-07	Heemskerk (NED)
6. Stam Vanessa	80	08-021	17.30	25m	13-2-97	Heemskerk (NED)
7. Crok Annemarie	89	08-021	17.44	25m	27-4-06	Heemskerk
8. Stins Mariska	84	08-021	17.46	25m	22-2-01	Heemskerk (NED)
9. Zonneveld Chantal	84	08-021	17.48	25m	22-2-01	Heemskerk (NED)
10. Limmen Karin	76	08-021	17.50	25m	16-6-93	
11. de Boer Irene	84	08-021	17.51	25m	22-2-01	Heemskerk (NED)
12. van der Gracht Anouk	89	08-021	17.72	25m	27-4-06	Heemskerk
13. van der Kroft Nicole	84	08-021	17.79	25m	22-2-01	Heemskerk (NED)
14. van Rookhuizen Sieta	79	08-021	17.80	25m	8-2-96	Heemskerk (NED)
15. Heus Pauline	78	08-021	18.00	25m	16-3-95	Heemskerk (NED)
16. Oudendijk Bianca	79	08-021	18.30	25m	8-2-96	Heemskerk (NED)
17. Essers Sanne	91	08-021	18.41	25m	29-5-08	Heemskerk (NED)
18. ten Cate Joyce	80	08-021	18.80	25m	13-2-97	Heemskerk (NED)
19. Butter Anouk	82	08-021	19.02	25m	25-3-99	Heemskerk (NED)
20. van Velsen Patricia	79	08-021	19.10	25m	7-2-96	
21. Molenaar Eline	82	08-021	19.98	25m	25-3-99	Heemskerk (NED)
22. Essers Patricia	84	08-021	20.50	25m	22-2-01	Heemskerk (NED)
23. Beentjes Nicolet	80	08-021	20.70	25m	13-2-97	Heemskerk (NED)
24. Huneke Jolanda	79	08-021	23.30	25m	8-2-96	Heemskerk (NED)

50 rugslag

1. Kingma Danae	00	08-021	31.06	25m	30-12-17	Leeuwarden (NED)
2. Kleijne Daisy	89	08-021	32.44	25m	5-3-06	Purmerend (NED)
3. Koper Fiona	01	08-021	32.46	25m	15-2-18	Heemskerk (NED)
4. Schelvis Femke	84	08-021	33.93	25m	25-1-01	Heemskerk (NED)
5. Hulshof Saskia	73	08-021	34.30	25m	22-4-90	Heemstede (NED)
6. Palmboom Nicole	91	08-021	34.58	25m	10-2-08	Purmerend (NED)
7. Meijer Linda	77	08-021	34.70	25m	17-2-94	Heemskerk
7. Kramer Miranda	80	08-021	34.70	25m	9-10-97	Heemskerk (NED)
9. Crok Linda	94	08-021	34.78	25m	3-3-11	Heemskerk (NED)
10. Groen Anne	95	08-021	34.86	25m	9-2-12	Heemskerk (NED)
11. Meijer Sylvia	81	08-021	35.00	25m	22-3-98	Assendelft (NED)
12. Smit Sanne	01	08-021	35.33	25m	15-2-18	Heemskerk (NED)
13. van der Kroft Nicole	84	08-021	35.60	25m	29-11-01	Heemskerk
14. de Haan Shira	00	08-021	36.04	25m	2-2-17	Heemskerk (NED)
15. Hoek Daniëlle	88	08-021	36.06	25m	5-6-05	Alkmaar (NED)
16. Mallon Danique	94	08-021	36.18	25m	3-3-11	Heemskerk (NED)
17. Stam Vanessa	80	08-021	36.40	25m	9-10-97	Heemskerk (NED)
18. Crok Annemarie	89	08-021	36.70	25m	7-5-06	Zaandam
19. Petit Kirsten	00	08-021	36.77	25m	2-2-17	Heemskerk (NED)
20. Vink Lidewij	90	08-021	36.81	25m	13-12-07	Heemskerk (NED)
20. Niesten Iris	92	08-021	36.81	25m	1-3-09	Heemstede (NED)
22. Schelvis Roos	86	08-021	36.92	25m	5-1-03	Aalsmeer (NED)
23. Stins Mariska	84	08-021	36.95	25m	25-1-01	Heemskerk (NED)
24. Koopman Anitra	89	08-021	37.09	25m	5-11-06	Zaandam (NED)
25. Verbree Bets	63	08-021	37.10	25m	22-11-80	Heemskerk (NED)

100 rugslag

1. Kingma Danae	00	08-021	1:07.40	25m	1-10-17	Purmerend (NED)
2. Schelvis Femke	84	08-021	1:11.40	25m	26-4-01	Heemskerk (NED)
3. Kleijne Daisy	89	08-021	1:11.62	25m	16-4-06	Haarlem (NED)
4. Crok Linda	94	08-021	1:12.23	25m	17-11-11	Heemskerk (NED)
5. Koper Fiona	01	08-021	1:12.37	25m	18-1-18	Heemskerk (NED)
6. Hulshof Saskia	73	08-021	1:13.80	25m	22-3-90	Heemskerk (NED)
6. Meijer Sylvia	81	08-021	1:13.80	25m	12-4-98	Haarlem (NED)
8. Groen Anne	95	08-021	1:14.64	25m	11-3-12	Zaandam (NED)
9. Kramer Miranda	80	08-021	1:14.70	25m	30-3-97	Haarlem (NED)
10. van der Kroft Nicole	84	08-021	1:15.16	25m	15-4-01	Haarlem (NED)
11. Schelvis Roos	86	08-021	1:15.34	25m	5-1-03	Aalsmeer (NED)
12. Meijer Linda	77	08-021	1:15.80	25m	6-2-94	Wormerveer (NED)
13. Smit Sanne	01	08-021	1:15.94	25m	18-1-18	Heemskerk (NED)
14. de Haan Shira	00	08-021	1:16.55	25m	5-6-17	Purmerend (NED)
15. Mallon Danique	94	08-021	1:16.68	25m	9-1-11	Alkmaar (NED)
16. de Graaf Annemiek	70	08-021	1:16.70	25m	22-3-87	Heerhugowaard (NED)
17. Vink Lidewij	90	08-021	1:16.71	25m	30-9-07	Volendam (NED)
18. Zonneveld Chantal	84	08-021	1:17.76	25m	26-4-01	Heemskerk (NED)
18. Palmboom Nicole	91	08-021	1:17.76	25m	25-9-08	Heemskerk (NED)
20. Stam Vanessa	80	08-021	1:17.80	25m	29-5-97	Heemskerk
21. de Boer Irene	84	08-021	1:17.95	25m	11-3-01	Zaandam (NED)
21. Stins Mariska	84	08-021	1:17.95	25m	15-4-01	Haarlem (NED)
21. Hoek Daniëlle	88	08-021	1:17.95	25m	31-3-05	Heemskerk (NED)
24. Crok Annemarie	89	08-021	1:18.17	25m	26-3-06	Purmerend (NED)
25. Petit Kirsten	00	08-021	1:18.41	25m	1-10-17	Purmerend (NED)

200 rugslag

1. Kingma Danae	00	08-021	2:30.65	25m	12-3-17	Purmerend (NED)
2. Koper Fiona	01	08-021	2:37.77	25m	18-3-18	Purmerend (NED)
3. Crok Linda	94	08-021	2:40.05	25m	16-1-11	Zaandam (NED)
4. Groen Anne	95	08-021	2:40.59	25m	16-12-12	Zaandam (NED)
5. Smit Sanne	01	08-021	2:40.69	25m	18-3-18	Purmerend (NED)
6. Kleijne Daisy	89	08-021	2:40.93	25m	26-1-06	Heemskerk (NED)
7. Palmboom Nicole	91	08-021	2:41.16	25m	9-3-08	Heemskerk (NED)
8. Schelvis Femke	84	08-021	2:41.19	25m	18-11-01	Heemskerk
9. Meijer Sylvia	81	08-021	2:42.31	25m	24-9-98	Heemskerk (NED)
10. Schelvis Roos	86	08-021	2:44.28	25m	16-3-03	Heemskerk
11. Kramer Miranda	80	08-021	2:45.80	25m	11-9-97	Heemskerk (NED)
12. van der Kroft Nicole	84	08-021	2:45.88	25m	18-11-01	Heemskerk
13. Hulshof Saskia	73	08-021	2:45.90	25m	3-5-90	Heemskerk (NED)
14. Petit Kirsten	00	08-021	2:48.03	25m	12-3-17	Purmerend (NED)
15. Essers Sanne	91	08-021	2:48.06	25m	9-3-08	Heemskerk (NED)
16. Crok Annemarie	89	08-021	2:48.19	25m	26-1-06	Heemskerk (NED)
17. Vink Lidewij	90	08-021	2:48.22	25m	25-1-07	Heemskerk (NED)
18. Drubers Mirjam	67	08-021	2:48.60	25m	7-10-84	Volendam (NED)
19. Mallon Danique	94	08-021	2:48.64	25m	16-1-11	Zaandam (NED)
20. de Haan Shira	00	08-021	2:48.85	25m	4-6-17	Purmerend (NED)
21. Verbree Bets	63	08-021	2:49.30	25m	16-11-80	Haarlem (NED)
22. Hoek Daniëlle	88	08-021	2:49.37	25m	10-4-05	Zuidoost-Beemster (NED)
23. Niesten Iris	92	08-021	2:49.43	25m	15-3-09	Haarlem (NED)
24. Stins Mariska	84	08-021	2:49.44	25m	18-11-01	Heemskerk
25. Boekling Annette	85	08-021	2:50.40	25m	31-1-02	Heemskerk

500 rugslag**25 schoolslag**

1. Kramer Miranda	80	08-021	17.70	25m	13-3-97	Heemskerk (NED)
2. Stam Vanessa	80	08-021	17.90	25m	13-3-97	Heemskerk (NED)
3. Palmboom Nicole	91	08-021	18.13	25m	29-5-08	Heemskerk (NED)
4. van der Gracht Anouk	89	08-021	18.41	25m	27-4-06	Heemskerk
5. van der Kroft Nicole	84	08-021	18.62	25m	22-2-01	Heemskerk (NED)
6. Vink Lidewij	90	08-021	18.88	25m	19-4-07	Heemskerk (NED)
7. Crok Annemarie	89	08-021	19.04	25m	27-4-06	Heemskerk
8. Essers Sanne	91	08-021	19.60	25m	29-5-08	Heemskerk (NED)
9. Oudendijk Bianca	79	08-021	19.90	25m	14-3-96	Heemskerk (NED)
10. Stins Mariska	84	08-021	20.05	25m	22-2-01	Heemskerk (NED)
11. Heus Pauline	78	08-021	20.10	25m	27-4-95	Heemskerk (NED)
11. Meijer Sylvia	81	08-021	20.10	25m	19-3-98	Heemskerk (NED)
13. Molenaar Eline	82	08-021	20.17	25m	25-3-99	Heemskerk (NED)
14. Butter Anouk	82	08-021	20.25	25m	25-3-99	Heemskerk (NED)
15. Beentjes Nicolet	80	08-021	20.70	25m	13-3-97	Heemskerk (NED)
16. de Boer Irene	84	08-021	20.77	25m	22-2-01	Heemskerk (NED)
17. Schelvis Femke	84	08-021	20.78	25m	22-2-01	Heemskerk (NED)
18. Kleijne Daisy	89	08-021	22.22	25m	27-4-06	Heemskerk
19. van Velsen Patricia	79	08-021	22.60	25m	14-3-96	Heemskerk (NED)
20. ten Cate Joyce	80	08-021	22.90	25m	13-3-97	Heemskerk (NED)
21. Essers Patricia	84	08-021	23.56	25m	22-2-01	Heemskerk (NED)

50 schoolslag

1. Kingma Danae	00	08-021	34.92	25m	29-12-17	Leeuwarden (NED)
2. Palmboom Nicole	91	08-021	37.87	25m	23-3-08	Haarlem (NED)
3. de Haan Shira	00	08-021	38.36	25m	16-4-17	Haarlem (NED)
4. Stam Vanessa	80	08-021	39.00	25m	26-1-97	Zuidoost Beemster (NED)
5. Kramer Miranda	80	08-021	39.70	25m	11-9-97	Heemskerk (NED)
6. Koper Fiona	01	08-021	40.24	25m	12-4-18	Heemskerk (NED)
7. Crok Linda	94	08-021	40.35	25m	6-2-11	Purmerend (NED)
8. van der Kroft Nicole	84	08-021	41.23	25m	20-12-01	Heemskerk
9. van Rookhuizen Sieta	79	08-021	41.40	25m	17-3-96	Heemskerk (NED)
10. van der Gracht Anouk	89	08-021	41.46	25m	30-12-06	Maastricht (NED)
11. Hoek Daniëlle	88	08-021	41.52	25m	5-6-05	Alkmaar (NED)
12. Crok Annemarie	89	08-021	41.64	25m	23-4-06	Zaandam (NED)
13. Stins Mariska	84	08-021	41.73	25m	15-4-01	Haarlem (NED)
14. Mallon Danique	94	08-021	41.78	25m	27-1-11	Heemskerk (NED)
15. van der Geest Saskia	73	08-021	41.90	25m	3-5-90	Heemskerk (NED)
16. Smit Sanne	01	08-021	41.92	25m	14-1-18	Purmerend (NED)
17. Niesten Iris	92	08-021	41.93	25m	12-4-09	Haarlem (NED)
18. Nijholt Carin	60	08-021	42.00	25m	27-11-77	IJmuiden (NED)
19. de Groot Gitta	60	08-021	42.50	25m	27-11-77	IJmuiden (NED)
19. Knight Kayleigh	00	08-021	42.50	25m	16-3-17	Heemskerk (NED)
21. Petit Kirsten	00	08-021	42.59	25m	16-3-17	Heemskerk (NED)
22. Hulshof Saskia	73	08-021	42.60	25m	3-5-90	Heemskerk (NED)
23. Groen Anne	95	08-021	42.63	25m	5-2-12	Zaandam (NED)
24. Heus Pauline	78	08-021	42.70	25m	8-10-95	Assendelft (NED)
25. Kleijne Daisy	89	08-021	42.91	25m	30-11-06	Heemskerk

100 schoolslag

1.	Kingma Danae	00	08-021	1:18.34	25m	9-11-17	Heemskerk (NED)
2.	Drubers Mirjam	67	08-021	1:21.90	25m	15-12-84	Hilversum (NED)
3.	de Haan Shira	00	08-021	1:22.34	25m	8-1-17	Purmerend (NED)
4.	Palmboom Nicole	91	08-021	1:24.29	25m	24-3-08	Haarlem (NED)
5.	Stam Vanessa	80	08-021	1:25.90	25m	19-1-97	Zaandam (NED)
6.	Kramer Miranda	80	08-021	1:26.10	25m	30-8-97	Assendelft (NED)
7.	Crok Linda	94	08-021	1:26.75	25m	27-11-11	Heemskerk (NED)
8.	van der Kroft Nicole	84	08-021	1:27.11	25m	29-3-01	Heemskerk (NED)
9.	van Galen Angela	65	08-021	1:28.20	25m	14-3-82	
10.	Hulshof Saskia	73	08-021	1:28.80	25m	28-2-90	
11.	van Rookhuizen Sieta	79	08-021	1:29.00	25m	7-4-96	Haarlem (NED)
12.	Niesten Iris	92	08-021	1:29.23	25m	29-11-09	Heemskerk (NED)
13.	van der Geest Saskia	73	08-021	1:29.50	25m	25-11-90	Heemskerk (NED)
14.	Kleijne Daisy	89	08-021	1:30.08	25m	16-2-06	Heemskerk (NED)
15.	Smit Sanne	01	08-021	1:30.50	25m	14-1-18	Purmerend (NED)
16.	Groen Anne	95	08-021	1:30.61	25m	5-2-12	Zaandam (NED)
17.	van der Gracht Anouk	89	08-021	1:30.77	25m	28-12-06	Maastricht (NED)
18.	Koper Fiona	01	08-021	1:30.88	25m	14-1-18	Purmerend (NED)
19.	Crok Annemarie	89	08-021	1:30.96	25m	15-1-06	Zaandam (NED)
20.	de Groot Gitta	60	08-021	1:31.00	25m	23-10-77	Zandvoort (NED)
20.	van Giezen Sandra	63	08-021	1:31.00	25m	16-3-80	Zandvoort (NED)
22.	Nijholt Carin	60	08-021	1:31.10	25m	23-10-77	Zandvoort (NED)
23.	Stins Mariska	84	08-021	1:31.42	25m	7-10-01	Zaandam (NED)
24.	Oudendijk Bianca	79	08-021	1:31.50	25m	7-4-96	Haarlem (NED)
25.	Heus Pauline	78	08-021	1:31.70	25m	17-12-95	Volendam (NED)

200 schoolslag

1.	de Haan Shira	00	08-021	2:54.99	25m	15-1-17	Alkmaar (NED)
2.	Kingma Danae	00	08-021	2:55.27	25m	1-10-17	Purmerend (NED)
3.	Stam Vanessa	80	08-021	2:59.80	25m	6-4-97	Heemskerk (NED)
4.	van der Kroft Nicole	84	08-021	3:02.41	25m	25-1-01	Heemskerk (NED)
5.	Kramer Miranda	80	08-021	3:05.70	25m	9-10-97	Heemskerk (NED)
6.	Crok Linda	94	08-021	3:07.61	25m	13-3-11	Heemskerk (NED)
7.	Palmboom Nicole	91	08-021	3:08.02	25m	5-10-08	Heemskerk (NED)
8.	Schelvis Roos	86	08-021	3:09.18	25m	19-1-03	Zaandam
9.	van Galen Angela	65	08-021	3:10.60	25m	7-3-82	
10.	Crok Annemarie	89	08-021	3:11.04	25m	15-1-06	Zaandam (NED)
11.	van der Geest Saskia	73	08-021	3:13.30	25m	22-3-90	Heemskerk (NED)
12.	Niesten Iris	92	08-021	3:13.79	25m	31-5-09	Purmerend (NED)
13.	Hulshof Saskia	73	08-021	3:14.50	25m	22-3-90	Heemskerk (NED)
14.	Vink Lidewij	90	08-021	3:15.38	25m	30-9-07	Volendam (NED)
15.	Heus Pauline	78	08-021	3:15.70	25m	23-4-95	Castricum (NED)
16.	Groen Anne	95	08-021	3:15.79	25m	11-3-12	Zaandam (NED)
17.	van Rookhuizen Sieta	79	08-021	3:15.80	25m	31-3-96	Castricum (NED)
18.	van der Gracht Anouk	89	08-021	3:17.06	25m	1-10-06	Volendam (NED)
19.	Stins Mariska	84	08-021	3:17.92	25m	29-11-01	Heemskerk
20.	Besse Karen	75	08-021	3:18.90	25m	4-10-92	Assendelft (NED)
21.	Hoek Daniëlle	88	08-021	3:18.93	25m	27-10-05	Heemskerk (NED)
22.	de Ruijter Linda	87	08-021	3:19.32	25m	28-10-04	Heemskerk (NED)
23.	Limmen Miriam	75	08-021	3:21.00	25m	4-10-92	Assendelft (NED)
24.	Oudendijk Bianca	79	08-021	3:21.10	25m	4-2-96	Heerhugowaard (NED)
25.	Kleijne Daisy	89	08-021	3:21.63	25m	19-10-06	Heemskerk

500 schoolslag**800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Vink Lidewij	90	08-021	15.14	25m	19-4-07	Heemskerk (NED)
2. van der Kroft Nicole	84	08-021	15.23	25m	29-3-01	Heemskerk (NED)
3. de Boer Irene	84	08-021	15.46	25m	29-3-01	Heemskerk (NED)
4. Palmboom Nicole	91	08-021	15.61	25m	29-5-08	Heemskerk (NED)
5. Mallon Danique	94	08-021	15.70	25m	30-6-11	Heemskerk (NED)
6. Essers Sanne	91	08-021	15.87	25m	29-5-08	Heemskerk (NED)
7. Kramer Miranda	80	08-021	15.90	25m	13-2-97	Heemskerk (NED)
7. Stam Vanessa	80	08-021	15.90	25m	13-2-97	Heemskerk (NED)
9. Stins Mariska	84	08-021	15.94	25m	29-3-01	Heemskerk (NED)
10. van Ballegooie Simone	84	08-021	15.96	25m	29-3-01	Heemskerk (NED)
11. Crok Linda	94	08-021	15.98	25m	30-6-11	Heemskerk (NED)
12. Crok Annemarie	89	08-021	16.02	25m	27-4-06	Heemskerk
13. Limmen Karin	76	08-021	16.70	25m	16-6-93	
13. van Rookhuizen Sieta	79	08-021	16.70	25m	7-2-96	
15. Butter Anouk	82	08-021	16.74	25m	25-3-99	Heemskerk (NED)
16. van der Gracht Anouk	89	08-021	16.83	25m	27-4-06	Heemskerk
17. Kleijne Daisy	89	08-021	16.96	25m	27-4-06	Heemskerk
18. Oudendijk Bianca	79	08-021	17.10	25m	8-2-96	Heemskerk (NED)
19. van Velsen Patricia	79	08-021	18.00	25m	8-2-96	Heemskerk (NED)
20. Heus Pauline	78	08-021	18.40	25m	16-3-95	Heemskerk (NED)
21. Molenaar Eline	82	08-021	19.32	25m	25-3-99	Heemskerk (NED)
22. ten Cate Joyce	80	08-021	20.90	25m	13-2-97	Heemskerk (NED)
23. Beentjes Nicolet	80	08-021	21.10	25m	13-2-97	Heemskerk (NED)
24. Huneker Jolanda	79	08-021	22.10	25m	8-2-96	Heemskerk (NED)

50 vlinderslag

1. Kingma Danae	00	08-021	29.36	25m	20-10-17	Amsterdam (NED)
2. Palmboom Nicole	91	08-021	31.87	25m	24-3-08	Haarlem (NED)
3. Drubers Mirjam	67	08-021	33.00	25m	28-10-84	Egmond (NED)
4. Smit Sanne	01	08-021	33.05	25m	18-1-18	Heemskerk (NED)
5. Koper Fiona	01	08-021	33.19	25m	18-1-18	Heemskerk (NED)
6. de Haan Shira	00	08-021	33.35	25m	12-2-17	Purmerend (NED)
7. van der Kroft Nicole	84	08-021	33.36	25m	7-1-01	Zuidoostbeemster (NED)
8. Vink Lidewij	90	08-021	33.71	25m	11-3-07	Purmerend (NED)
9. Verbree Bets	63	08-021	33.80	25m	8-11-80	Heemskerk (NED)
10. Crok Annemarie	89	08-021	33.86	25m	22-1-06	Purmerend (NED)
11. Crok Linda	94	08-021	34.09	25m	12-6-11	Purmerend (NED)
12. Hoek Daniëlle	88	08-021	34.13	25m	29-12-05	Maastricht (NED)
13. Stam Vanessa	80	08-021	34.30	25m	11-12-97	Heemskerk (NED)
14. Mallon Danique	94	08-021	34.53	25m	6-2-11	Purmerend (NED)
15. Kleijne Daisy	89	08-021	34.67	25m	5-3-06	Purmerend (NED)
16. Kramer Miranda	80	08-021	35.30	25m	23-1-97	Heemskerk
17. van der Gracht Anouk	89	08-021	35.33	25m	14-12-06	Heemskerk (NED)
18. Meijer Sylvia	81	08-021	35.60	25m	18-1-98	Zuidoost Beemster (NED)
19. Groen Anne	95	08-021	35.61	25m	13-12-12	Heemskerk (NED)
20. de Groot Gitta	60	08-021	35.80	25m	23-10-77	Zandvoort (NED)
21. Butter Anouk	82	08-021	35.95	25m	25-11-99	Heemskerk
22. Petit Kirsten	00	08-021	36.18	25m	4-6-17	Purmerend (NED)
23. Boekling Annette	85	08-021	36.65	25m	31-1-02	Heemskerk
24. van Duin Margret	60	08-021	37.00	25m	23-10-77	Zandvoort (NED)
25. Essers Sanne	91	08-021	37.02	25m	28-9-08	Zaandam (NED)

100 vlinderslag

1. Kingma Danae	00	08-021	1:09.75	25m	12-2-17	Purmerend (NED)
2. Smit Sanne	01	08-021	1:12.75	25m	15-2-18	Heemskerk (NED)
3. Drubers Mirjam	67	08-021	1:13.40	25m	23-9-84	Heemskerk (NED)
4. Vink Lidewij	90	08-021	1:14.28	25m	29-3-07	Heemskerk (NED)
5. Palmboom Nicole	91	08-021	1:14.43	25m	23-3-08	Haarlem (NED)
6. de Haan Shira	00	08-021	1:14.89	25m	12-2-17	Purmerend (NED)
7. Schelvis Femke	84	08-021	1:15.58	25m	14-1-01	Heemskerk (NED)
8. Verbree Bets	63	08-021	1:16.60	25m	30-11-80	Heemskerk (NED)
9. van der Kroft Nicole	84	08-021	1:16.86	25m	14-1-01	Heemskerk (NED)
10. Stam Vanessa	80	08-021	1:16.90	25m	14-12-97	Heemskerk (NED)
11. Mallon Danique	94	08-021	1:17.56	25m	13-3-11	Heemskerk (NED)
12. Crok Linda	94	08-021	1:17.75	25m	2-10-11	Heemskerk (NED)
13. Essers Sanne	91	08-021	1:17.96	25m	13-1-08	Heemskerk (NED)
14. de Boer Irene	84	08-021	1:18.99	25m	16-4-01	Haarlem (NED)
15. Crok Annemarie	89	08-021	1:19.04	25m	17-4-06	Haarlem (NED)
16. Hulshof Saskia	73	08-021	1:19.30	25m	1-4-90	Zaandam (NED)
17. Stins Mariska	84	08-021	1:19.70	25m	22-2-01	Heemskerk (NED)
18. Kleijne Daisy	89	08-021	1:19.75	25m	12-2-06	Zaandam (NED)
19. Hoek Daniëlle	88	08-021	1:20.74	25m	28-12-05	Maastricht (NED)
20. van der Gracht Anouk	89	08-021	1:21.97	25m	29-12-06	Maastricht (NED)
21. Meijer Sylvia	81	08-021	1:22.50	25m	13-4-98	Haarlem (NED)
22. Kramer Miranda	80	08-021	1:22.70	25m	14-12-97	Heemskerk (NED)
23. van Ballegooie Simone	84	08-021	1:23.91	25m	16-4-01	Haarlem (NED)
24. Meijer Linda	77	08-021	1:24.20	25m	16-10-94	Heemskerk (NED)
25. Windmuller Wendy	69	08-021	1:24.40	25m	30-11-86	Heemskerk (NED)

200 vlinderslag

1. Vink Lidewij	90	08-021	2:46.45	25m	21-1-07	Zaandam (NED)
2. Palmboom Nicole	91	08-021	2:51.40	25m	31-1-08	Heemskerk (NED)
3. Mallon Danique	94	08-021	2:56.37	25m	13-6-11	Purmerend (NED)
4. de Haan Shira	00	08-021	2:58.95	25m	12-3-17	Purmerend (NED)
5. Schelvis Femke	84	08-021	2:59.93	25m	20-12-01	Heemskerk
6. Stins Mariska	84	08-021	3:02.02	25m	26-4-01	Heemskerk (NED)
7. van der Kroft Nicole	84	08-021	3:02.96	25m	26-4-01	Heemskerk (NED)
8. Kleijne Daisy	89	08-021	3:09.42	25m	30-11-06	Heemskerk
9. Crok Annemarie	89	08-021	3:09.88	25m	30-11-06	Heemskerk
10. Hoek Daniëlle	88	08-021	3:11.29	25m	24-11-05	Heemskerk (NED)
11. van der Gracht Anouk	89	08-021	3:16.87	25m	30-11-06	Heemskerk
12. Schelvis Roos	86	08-021	3:17.95	25m	27-11-03	Heemskerk (NED)
13. de Ruijter Linda	87	08-021	3:19.34	25m	25-11-04	Heemskerk (NED)
14. Oudendijk Bianca	79	08-021	3:21.60	25m	4-2-96	Heerhugowaard (NED)
15. Meijer Sylvia	81	08-021	3:23.30	25m	29-3-98	Heemstede (NED)
16. van Galen Angela	65	08-021	3:32.40	25m	18-4-82	

1000 vlinderslag**100 wisselslag**

1. Kingma Danae	00	08-021	1:07.44	25m	23-12-17	Hoofddorp (NED)
2. Palmboom Nicole	91	08-021	1:12.94	25m	10-2-08	Purmerend (NED)
3. Crok Linda	94	08-021	1:13.98	25m	14-4-11	Heemskerk (NED)
4. van der Kroft Nicole	84	08-021	1:14.28	25m	27-9-01	Heemskerk
5. de Haan Shira	00	08-021	1:15.07	25m	11-5-17	Heemskerk (NED)
6. Schelvis Femke	84	08-021	1:15.87	25m	27-9-01	Heemskerk
7. Kleijne Daisy	89	08-021	1:16.50	25m	26-3-06	Purmerend (NED)
8. Vink Lidewij	90	08-021	1:16.58	25m	19-4-07	Heemskerk (NED)
9. Kramer Miranda	80	08-021	1:16.80	25m	5-10-97	Zaandam (NED)
10. Groen Anne	95	08-021	1:16.86	25m	12-2-12	Heemstede (NED)
11. Hoek Daniëlle	88	08-021	1:17.68	25m	30-12-05	Maastricht (NED)
12. Stam Vanessa	80	08-021	1:17.70	25m	5-10-97	Zaandam (NED)
13. Crok Annemarie	89	08-021	1:17.76	25m	23-4-06	Zaandam (NED)
14. Mallon Danique	94	08-021	1:17.88	25m	9-1-11	Alkmaar (NED)
15. Stins Mariska	84	08-021	1:18.50	25m	27-9-01	Heemskerk
16. Verbree Bets	63	08-021	1:18.60	25m	31-5-80	Heemskerk (NED)
17. Niesten Iris	92	08-021	1:18.63	25m	19-11-09	Heemskerk (NED)
18. van der Gracht Anouk	89	08-021	1:18.72	25m	30-12-06	Maastricht (NED)
19. Meijer Sylvia	81	08-021	1:19.21	25m	15-11-98	Zaandam (NED)
20. Schelvis Roos	86	08-021	1:19.53	25m	12-1-03	Zuidoostbeemster (NED)
21. Petit Kirsten	00	08-021	1:19.75	25m	11-5-17	Heemskerk (NED)
22. Limmen Karin	76	08-021	1:20.80	25m	11-12-93	
23. Koopman Anitra	89	08-021	1:22.17	25m	5-11-06	Zaandam (NED)
24. van Ballegooie Simone	84	08-021	1:23.06	25m	27-9-01	Heemskerk
25. Zonneveld Chantal	84	08-021	1:23.87	25m	27-9-01	Heemskerk

200 wisselslag

1. Kingma Danae	00	08-021	2:30.72	25m	12-2-17	Purmerend (NED)
2. Crok Linda	94	08-021	2:38.33	25m	24-4-11	Haarlem (NED)
3. Palmboom Nicole	91	08-021	2:39.09	25m	13-1-08	Heemskerk (NED)
4. Schelvis Femke	84	08-021	2:42.22	25m	14-1-01	Heemskerk (NED)
5. de Haan Shira	00	08-021	2:42.93	25m	12-2-17	Purmerend (NED)
6. Drubers Mirjam	67	08-021	2:43.40	25m	2-9-84	Heemskerk (NED)
7. Kleijne Daisy	89	08-021	2:43.70	25m	9-4-06	Purmerend (NED)
8. Stam Vanessa	80	08-021	2:44.10	25m	6-11-97	Heemskerk (NED)
9. van der Kroft Nicole	84	08-021	2:44.29	25m	7-10-01	Zaandam (NED)
10. Smit Sanne	01	08-021	2:44.85	25m	4-2-18	Purmerend (NED)
11. Hulshof Saskia	73	08-021	2:45.40	25m	11-2-90	Heemskerk (NED)
12. Hoek Daniëlle	88	08-021	2:45.72	25m	16-1-05	Zaandam (NED)
13. Kramer Miranda	80	08-021	2:46.00	25m	6-11-97	Heemskerk (NED)
14. Besse Karen	75	08-021	2:46.40	25m	12-1-92	Assendelft (NED)
15. Vink Lidewij	90	08-021	2:46.93	25m	14-10-07	Zaandam (NED)
16. Crok Annemarie	89	08-021	2:46.98	25m	9-4-06	Purmerend (NED)
17. Schelvis Roos	86	08-021	2:47.60	25m	30-1-03	Heemskerk
18. Groen Anne	95	08-021	2:48.39	25m	26-4-12	Heemskerk (NED)
19. Stins Mariska	84	08-021	2:49.43	25m	7-10-01	Zaandam (NED)
20. van der Gracht Anouk	89	08-021	2:49.55	25m	14-12-06	Heemskerk (NED)
21. Verbree Bets	63	08-021	2:50.80	25m	27-4-80	Assendelft (NED)
22. Meijer Sylvia	81	08-021	2:51.60	25m	26-4-98	Alkmaar (NED)
23. Petit Kirsten	00	08-021	2:52.65	25m	12-2-17	Purmerend (NED)
24. de Graaf Annemiek	70	08-021	2:53.20	25m	21-5-87	Heemskerk (NED)
25. Essers Sanne	91	08-021	2:54.22	25m	13-1-08	Heemskerk (NED)

300 wisselslag

1. Hoek Daniëlle	88	08-021	4:24.44	25m	13-11-05	Zaandam (NED)
2. Stins Mariska	84	08-021	4:28.22	25m	20-1-01	Amsterdam (NED)
3. van der Gracht Anouk	89	08-021	4:30.13	25m	3-12-06	Zaandam (NED)

400 wisselslag

1. de Haan Shira	00	08-021	5:51.41	25m	4-6-17	Purmerend (NED)
2. van der Kroft Nicole	84	08-021	5:54.96	25m	25-2-01	Heemskerk (NED)
3. Kleijne Daisy	89	08-021	5:55.59	25m	1-4-06	Zaandam (NED)
4. Stam Vanessa	80	08-021	5:56.80	25m	12-1-97	Heemskerk (NED)
5. Stins Mariska	84	08-021	5:58.47	25m	25-2-01	Heemskerk (NED)
6. Vink Lidewij	90	08-021	6:04.82	25m	11-2-07	Zaandam (NED)
7. Hoek Daniëlle	88	08-021	6:05.19	25m	30-1-05	Zaandam (NED)
8. Kramer Miranda	80	08-021	6:08.40	25m	12-1-97	Heemskerk (NED)
9. Essers Sanne	91	08-021	6:10.33	25m	24-2-08	Zaandam (NED)
10. Crok Annemarie	89	08-021	6:16.65	25m	15-6-06	Heemskerk (NED)
11. van Rookhuizen Sieta	79	08-021	6:23.30	25m	17-3-96	Heemskerk (NED)
12. van der Gracht Anouk	89	08-021	6:30.63	25m	29-1-06	Zaandam (NED)
13. de Ruijter Linda	87	08-021	6:31.38	25m	29-2-04	Wormerveer
14. van Galen Angela	65	08-021	6:35.50	25m	28-2-82	