

25 vrije slag

1. Stins Mariska	84	08-021	14.68	25m	14-4-11	Heemskerk (NED)
2. Butter Anouk	82	08-021	14.76	25m	13-5-07	Grootebroek (NED)
3. ten Cate Joyce	80	08-021	15.60	25m	13-5-07	Grootebroek (NED)
4. Heus Pauline	78	08-021	16.25	25m	27-4-06	Heemskerk

50 vrije slag

1. Palmboom Nicole	91	08-021	30.05	25m	17-5-18	Heemskerk (NED)
2. Spijker Kristel	84	08-021	30.19	25m	27-2-10	Hoor (NED)
3. Stins Mariska	84	08-021	30.30	25m	11-4-10	Zaandam (NED)
4. Hoek Daniëlle	88	08-021	30.31	25m	29-3-15	Zaandam (NED)
5. Jongema Helena	80	08-021	30.48	25m	2-2-08	Heerenveen (NED)
6. Butter Anouk	82	08-021	31.26	25m	8-4-07	Haarlem (NED)
7. van der Gracht Anouk	89	08-021	31.67	25m	18-9-14	Heemskerk (NED)
8. Kleijne Daisy	89	08-021	31.81	25m	17-4-14	Heemskerk (NED)
9. Visser Kelly	89	08-021	31.85	25m	6-3-16	Purmerend (NED)
10. ten Cate Joyce	80	08-021	34.23	25m	9-3-08	Heemskerk (NED)
11. de Ruijter Linda	87	08-021	34.53	25m	11-10-12	Heemskerk (NED)
12. Heus Pauline	78	08-021	34.67	25m	7-11-04	IJmuiden (NED)

100 vrije slag

1. Spijker Kristel	84	08-021	1:06.15	25m	27-3-11	Heemstede (NED)
2. Palmboom Nicole	91	08-021	1:06.28	25m	2-2-17	Heemskerk (NED)
3. Hoek Daniëlle	88	08-021	1:07.46	25m	20-1-13	Heemskerk (NED)
4. van der Gracht Anouk	89	08-021	1:07.65	25m	19-1-14	Zaandam (NED)
5. Visser Kelly	89	08-021	1:07.79	25m	30-1-14	Heemskerk (NED)
6. Kleijne Daisy	89	08-021	1:08.22	25m	17-4-14	Heemskerk (NED)
7. Stins Mariska	84	08-021	1:08.53	25m	9-2-12	Heemskerk (NED)
8. Jongema Helena	80	08-021	1:09.63	25m	24-9-09	Heemskerk (NED)
9. Butter Anouk	82	08-021	1:11.68	25m	17-1-10	Amsterdam-oost (NED)
10. Kramer Miranda	80	08-021	1:12.03	25m	13-3-05	Amsterdam (NED)
11. Heus Pauline	78	08-021	1:13.55	25m	13-3-05	Amsterdam (NED)
12. de Ruijter Linda	87	08-021	1:14.08	25m	9-2-12	Heemskerk (NED)
13. ten Cate Joyce	80	08-021	1:15.85	25m	13-1-08	Heemskerk (NED)

200 vrije slag

1. Hoek Daniëlle	88	08-021	2:24.84	25m	21-3-13	Heemskerk (NED)
2. Spijker Kristel	84	08-021	2:28.19	25m	14-11-10	Castricum (NED)
3. van der Gracht Anouk	89	08-021	2:28.99	25m	16-11-14	Zaandam (NED)
4. Visser Kelly	89	08-021	2:31.54	25m	6-3-14	Heemskerk (NED)
5. Kleijne Daisy	89	08-021	2:32.61	25m	6-3-14	Heemskerk (NED)
6. Jongema Helena	80	08-021	2:33.86	25m	16-3-08	Amersfoort (NED)
7. Stins Mariska	84	08-021	2:34.07	25m	13-11-11	Zaandam (NED)
8. Heus Pauline	78	08-021	2:43.18	25m	9-11-03	Zaandam
9. Butter Anouk	82	08-021	2:44.28	25m	25-11-07	Amsterdam (NED)
10. Palmboom Nicole	91	08-021	2:46.89	25m	17-3-16	Heemskerk (NED)
11. Deiman Caroline	67	08-021	2:51.00	25m	17-2-94	Heemskerk
12. ten Cate Joyce	80	08-021	2:52.20	25m	26-11-06	Heemskerk (NED)

250 vrije slag**300 vrije slag**

1. Jongema Helena	80	08-021	4:17.20	50m	18-9-09	Cadiz (ESP)	313
2. Heus Pauline	78	08-021	4:23.79	25m	29-4-04	Heemskerk (NED)	
3. Butter Anouk	82	08-021	4:43.25	50m	27-3-10	Amersfoort (NED)	234

400 vrije slag

1. van der Gracht Anouk	89	08-021	5:11.60	25m	21-4-14	Haarlem (NED)	
2. Jongema Helena	80	08-021	5:31.62	25m	25-5-08	Grootebroek (NED)	
3. Stins Mariska	84	08-021	5:36.64	25m	22-5-11	Grootebroek (NED)	
4. Heus Pauline	78	08-021	5:55.73	25m	29-4-04	Heemskerk (NED)	
5. Butter Anouk	82	08-021	6:07.38	25m	30-9-07	Volendam (NED)	

500 vrije slag**800 vrije slag****1000 vrije slag**

1. van der Gracht Anouk	89	08-021	15:43.17	OW	19-7-14	Amstelveen (NED)	
2. Butter Anouk	82	08-021	17:04.91	OW	24-6-07	Breukelen (NED)	

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. Butter Anouk	82	08-021	18.57	25m	19-4-07	Heemskerk (NED)
2. ten Cate Joyce	80	08-021	19.30	25m	29-5-08	Heemskerk (NED)
3. Heus Pauline	78	08-021	19.52	25m	27-4-06	Heemskerk

50 rugslag

1. Jongema Helena	80	08-021	35.08	25m	16-3-08	Amersfoort (NED)
2. Stins Mariska	84	08-021	36.18	25m	22-3-12	Heemskerk (NED)
3. Hoek Daniëlle	88	08-021	36.27	25m	30-1-14	Heemskerk (NED)
4. Palmboom Nicole	91	08-021	36.28	25m	16-3-17	Heemskerk (NED)
5. van der Gracht Anouk	89	08-021	36.76	25m	30-1-14	Heemskerk (NED)
6. Spijker Kristel	84	08-021	36.96	25m	3-3-11	Heemskerk (NED)
7. Visser Kelly	89	08-021	37.88	25m	4-10-15	Purmerend (NED)
8. Butter Anouk	82	08-021	39.98	25m	4-10-09	Amsterdam-oost (NED)
9. de Ruijter Linda	87	08-021	40.04	25m	17-3-16	Heemskerk (NED)
10. ten Cate Joyce	80	08-021	40.46	25m	4-10-09	Amsterdam-oost (NED)
11. Heus Pauline	78	08-021	40.50	25m	30-10-03	Heemskerk

100 rugslag

1. Jongema Helena	80	08-021	1:15.36	25m	3-5-08	Winterswijk (NED)
2. Stins Mariska	84	08-021	1:16.53	25m	20-11-11	Almere-Stad (NED)
3. Kleijne Daisy	89	08-021	1:18.08	25m	9-3-14	Zaandam (NED)
4. van der Gracht Anouk	89	08-021	1:19.30	25m	30-10-14	Heemskerk (NED)
5. Hoek Daniëlle	88	08-021	1:19.41	25m	9-3-14	Zaandam (NED)
6. Palmboom Nicole	91	08-021	1:19.58	25m	17-11-16	Heemskerk (NED)
7. Spijker Kristel	84	08-021	1:20.25	25m	13-3-11	Heemskerk (NED)
8. de Ruijter Linda	87	08-021	1:24.44	25m	10-12-15	Heemskerk (NED)
9. Visser Kelly	89	08-021	1:25.28	25m	17-1-16	Purmerend (NED)
10. Heus Pauline	78	08-021	1:25.30	25m	31-3-05	Heemskerk (NED)
11. ten Cate Joyce	80	08-021	1:25.46	25m	18-3-07	Heemskerk (NED)
12. Butter Anouk	82	08-021	1:25.48	25m	9-3-08	Heemskerk (NED)

200 rugslag

1. Stins Mariska	84	08-021	2:47.34	25m	18-1-09	Haarlem (NED)
2. van der Gracht Anouk	89	08-021	2:47.36	25m	16-11-14	Zaandam (NED)
3. Jongema Helena	80	08-021	2:48.46	25m	23-1-09	Vlissingen (NED)
4. Hoek Daniëlle	88	08-021	2:51.81	25m	10-11-13	Zaandam (NED)
5. Kramer Miranda	80	08-021	2:53.33	25m	13-3-05	Amsterdam (NED)
6. Visser Kelly	89	08-021	3:00.41	25m	17-1-16	Purmerend (NED)
7. Heus Pauline	78	08-021	3:03.89	25m	13-3-05	Amsterdam (NED)
8. Butter Anouk	82	08-021	3:04.26	25m	18-3-07	Heemskerk (NED)
9. ten Cate Joyce	80	08-021	3:04.65	25m	19-3-06	Heemskerk (NED)

500 rugslag

25 schoolslag

1. Jongema Helena	80	08-021	19.59	25m	21-2-09	Heerenveen (NED)
2. Heus Pauline	78	08-021	19.80	25m	27-4-06	Heemskerk
3. ten Cate Joyce	80	08-021	22.05	25m	29-5-08	Heemskerk (NED)

50 schoolslag

1. Palmboom Nicole	91	08-021	39.84	25m	13-11-16	Purmerend (NED)
2. Stins Mariska	84	08-021	42.56	25m	9-2-12	Heemskerk (NED)
3. Heus Pauline	78	08-021	42.76	25m	7-11-04	IJmuiden (NED)
4. van der Gracht Anouk	89	08-021	42.77	25m	15-11-15	Purmerend (NED)
5. Spijker Kristel	84	08-021	42.93	25m	5-2-12	Zaandam (NED)
6. Jongema Helena	80	08-021	43.60	25m	16-11-08	Amsterdam-oost (NED)
7. Hoek Daniëlle	88	08-021	44.28	25m	21-3-13	Heemskerk (NED)
8. de Ruijter Linda	87	08-021	44.48	25m	9-2-12	Heemskerk (NED)
9. Visser Kelly	89	08-021	46.12	25m	6-3-14	Heemskerk (NED)
10. ten Cate Joyce	80	08-021	47.74	25m	22-1-09	Heemskerk (NED)

100 schoolslag

1. Kramer Miranda	80	08-021	1:27.70	25m	16-1-05	Zaandam (NED)
2. Palmboom Nicole	91	08-021	1:29.22	25m	9-11-17	Heemskerk (NED)
3. Spijker Kristel	84	08-021	1:29.97	25m	19-11-09	Heemskerk (NED)
4. Heus Pauline	78	08-021	1:30.88	25m	17-4-06	Haarlem (NED)
5. Peters Yvonne	63	08-021	1:32.20	25m	7-2-88	Heemskerk (NED)
6. Stins Mariska	84	08-021	1:34.22	25m	11-10-12	Heemskerk (NED)
7. de Ruijter Linda	87	08-021	1:34.96	25m	11-10-12	Heemskerk (NED)
8. Jongema Helena	80	08-021	1:36.85	25m	19-11-09	Heemskerk (NED)
9. Hoek Daniëlle	88	08-021	1:37.00	25m	20-1-13	Heemskerk (NED)
10. van der Gracht Anouk	89	08-021	1:37.98	25m	13-10-16	Heemskerk (NED)
11. ten Cate Joyce	80	08-021	1:42.76	25m	27-3-08	Heemskerk (NED)
12. Visser Kelly	89	08-021	1:46.77	25m	9-11-17	Heemskerk (NED)

200 schoolslag

1. Palmboom Nicole	91	08-021	3:16.12	25m	12-2-17	Purmerend (NED)
2. Heus Pauline	78	08-021	3:17.29	25m	25-1-04	Zaandam
3. de Ruijter Linda	87	08-021	3:21.72	25m	17-1-16	Purmerend (NED)
4. Stins Mariska	84	08-021	3:21.77	25m	18-1-09	Haarlem (NED)
5. Hoek Daniëlle	88	08-021	3:30.86	25m	19-1-14	Zaandam (NED)
6. ten Cate Joyce	80	08-021	3:41.08	25m	19-10-06	Heemskerk

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

1. Oudendijk Bianca	79	08-021	19:12.90	OW	4-9-05	Vlissingen (NED)
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1250 schoolslag

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

1. Stins Mariska	84	08-021	15.44	25m	17-11-11	Heemskerk (NED)
2. Butter Anouk	82	08-021	16.13	25m	19-4-07	Heemskerk (NED)
3. Heus Pauline	78	08-021	17.50	25m	27-4-06	Heemskerk
4. ten Cate Joyce	80	08-021	19.42	25m	29-5-08	Heemskerk (NED)

50 vlinderslag

1. van der Gracht Anouk	89	08-021	31.92	25m	8-6-14	Purmerend (NED)
2. Palmboom Nicole	91	08-021	33.76	25m	17-11-16	Heemskerk (NED)
3. Butter Anouk	82	08-021	34.10	25m	17-1-10	Amsterdam-oost (NED)
4. Hoek Daniëlle	88	08-021	34.30	25m	3-3-13	Purmerend (NED)
5. Stins Mariska	84	08-021	34.39	25m	18-2-10	Heemskerk (NED)
6. Jongema Helena	80	08-021	34.59	25m	4-5-08	Winterswijk (NED)
7. Spijker Kristel	84	08-021	34.80	50m	9-5-10	Eindhoven (NED)
8. Visser Kelly	89	08-021	37.87	25m	17-3-16	Heemskerk (NED)
9. de Ruijter Linda	87	08-021	38.65	25m	10-12-15	Heemskerk (NED)
10. Heus Pauline	78	08-021	40.82	25m	18-1-04	IJmuiden (NED)
11. ten Cate Joyce	80	08-021	42.50	25m	30-10-08	Heemskerk (NED)

345

100 vlinderslag

1. van der Gracht Anouk	89	08-021	1:13.93	25m	9-3-14	Zaandam (NED)
2. Hoek Daniëlle	88	08-021	1:17.22	25m	10-3-13	Schagen (NED)
3. Spijker Kristel	84	08-021	1:17.92	25m	13-3-11	Heemskerk (NED)
4. Stins Mariska	84	08-021	1:20.60	25m	14-3-10	Heemskerk (NED)
5. Butter Anouk	82	08-021	1:23.65	25m	29-3-07	Heemskerk (NED)
6. Jongema Helena	80	08-021	1:24.21	25m	16-11-08	Amsterdam-oost (NED)
7. Palmboom Nicole	91	08-021	1:30.20	25m	18-2-16	Heemskerk (NED)
8. Peters Yvonne	63	08-021	1:32.20	25m	7-2-88	Heemskerk (NED)
9. Heus Pauline	78	08-021	1:32.49	25m	25-3-04	Heemskerk
10. ten Cate Joyce	80	08-021	1:35.29	25m	26-2-09	Heemskerk (NED)

200 vlinderslag

1. Stins Mariska	84	08-021	2:58.47	25m	15-3-09	Haarlem (NED)
2. Spijker Kristel	84	08-021	3:01.28	25m	14-3-10	Heemskerk (NED)
3. van der Gracht Anouk	89	08-021	3:27.47	25m	6-3-16	Purmerend (NED)

1000 vlinderslag**100 wisselslag**

1. van der Gracht Anouk	89	08-021	1:16.32	25m	26-10-14	Zaandam (NED)
2. Palmboom Nicole	91	08-021	1:16.50	25m	11-5-17	Heemskerk (NED)
3. Stins Mariska	84	08-021	1:18.36	25m	25-4-13	Heemskerk (NED)
4. Spijker Kristel	84	08-021	1:18.48	25m	6-12-09	Zaandam (NED)
5. Jongema Helena	80	08-021	1:18.86	25m	2-2-08	Heerenveen (NED)
6. Hoek Daniëlle	88	08-021	1:18.98	25m	25-4-13	Heemskerk (NED)
7. Visser Kelly	89	08-021	1:23.18	25m	17-4-14	Heemskerk (NED)
8. de Ruijter Linda	87	08-021	1:23.79	25m	4-10-15	Purmerend (NED)
9. Heus Pauline	78	08-021	1:24.03	25m	4-4-04	Zaandam
10. Butter Anouk	82	08-021	1:25.57	25m	19-4-07	Heemskerk (NED)
11. ten Cate Joyce	80	08-021	1:28.63	25m	27-4-06	Heemskerk

200 wisselslag

1. van der Gracht Anouk	89	08-021	2:46.37	25m	30-3-14	Zaandam (NED)
2. Stins Mariska	84	08-021	2:47.46	25m	11-4-10	Zaandam (NED)
3. Kramer Miranda	80	08-021	2:49.48	25m	16-1-05	Zaandam (NED)
4. Spijker Kristel	84	08-021	2:51.21	25m	14-3-10	Heemskerk (NED)
5. Palmboom Nicole	91	08-021	2:51.44	25m	13-11-16	Purmerend (NED)
6. Hoek Daniëlle	88	08-021	2:52.00	25m	30-3-14	Zaandam (NED)
7. Jongema Helena	80	08-021	2:53.73	25m	12-1-08	Zwolle (NED)
8. Heus Pauline	78	08-021	3:01.97	25m	18-1-04	IJmuiden (NED)
9. Visser Kelly	89	08-021	3:08.44	25m	6-3-16	Purmerend (NED)
10. ten Cate Joyce	80	08-021	3:10.38	25m	9-3-08	Heemskerk (NED)

300 wisselslag**400 wisselslag**