

25 vrije slag**50 vrije slag**

1.	Kingma Danae	00	08-021	27.47	50m	9-4-17	Eindhoven (NED)	639
2.	Schelvis Femke	84	08-021	28.39	50m	1-4-04	Amsterdam (NED)	579
3.	Koster Lisa	94	08-021	28.40	50m	13-6-08	Drachten (NED)	578
4.	Smit Sanne	01	08-021	28.65	50m	5-3-17	Alkmaar (NED)	563
5.	Groen Anne	95	08-021	28.97	50m	12-6-16	Buckeburg (GER)	545
6.	Broek Jade	97	08-021	29.25	50m	13-3-16	Alkmaar (NED)	529
7.	de Groot Daniëlle	93	08-021	29.32	50m	24-5-08	Beverwijk (NED)	526
8.	Palmboom Nicole	91	08-021	29.38	50m	13-4-08	Antwerpen (BEL)	522
9.	Crok Linda	94	08-021	29.42	50m	21-5-11	Beverwijk (NED)	520
10.	Hoekstra Eline	03	08-021	29.75	50m	25-3-18	Alkmaar (NED)	503
11.	Kleijne Daisy	89	08-021	30.17	50m	20-5-06	Beverwijk (NED)	482
12.	Vink Marjolein	93	08-021	30.51	50m	6-5-07	Eindhoven (NED)	466
13.	Siemerink Laura	04	08-021	30.52	50m	17-6-18	Buckeburg (GER)	466
14.	van der Gracht Anouk	89	08-021	30.65	50m	25-5-13	Beverwijk (NED)	460
15.	Hoek Daniëlle	88	08-021	30.71	50m	28-5-05	Beverwijk (NED)	457
16.	Wentink Yara	04	08-021	30.96	50m	26-5-18	Amersfoort (NED)	446
17.	Spijker Kristel	84	08-021	31.00	50m	8-5-10	Eindhoven (NED)	445
18.	Vink Lidewij	90	08-021	31.02	50m	19-5-07	Beverwijk (NED)	444
18.	van Staveren Marina	78	08-021	31.02	50m	18-3-12	Amersfoort (NED)	444
20.	Essers Sanne	91	08-021	31.06	50m	19-5-07	Beverwijk (NED)	442
21.	Schelvis Roos	86	08-021	31.08	50m	27-5-00	Beverwijk (NED)	441
22.	de Haan Shira	00	08-021	31.09	50m	20-5-17	Alkmaar (NED)	441
23.	van der Kroft Nicole	84	08-021	31.15	50m	5-6-99	Beverwijk (NED)	438
24.	Mallon Danique	94	08-021	31.26	50m	29-5-10	Beverwijk (NED)	434
24.	Buur Naomi	01	08-021	31.26	50m	22-2-15	Alkmaar (NED)	434

100 vrije slag

1.	Kingma Danae	00	08-021	59.59	50m	8-4-17	Eindhoven (NED)	653
2.	Schelvis Femke	84	08-021	1:01.61	50m	25-4-04	Beverwijk (NED)	591
3.	Koster Lisa	94	08-021	1:02.35	50m	25-5-08	Beverwijk (NED)	570
4.	Smit Sanne	01	08-021	1:02.54	50m	27-5-18	Amersfoort (NED)	565
5.	de Groot Daniëlle	93	08-021	1:03.06	50m	7-6-08	Eindhoven (NED)	551
6.	Broek Jade	97	08-021	1:03.11	50m	5-6-16	Alkmaar (NED)	550
7.	Crok Linda	94	08-021	1:03.27	50m	22-5-11	Beverwijk (NED)	545
8.	Groen Anne	95	08-021	1:03.93	50m	18-6-17	Bergbad Bückebug (GER)	529
9.	Palmboom Nicole	91	08-021	1:05.58	50m	12-4-08	Antwerpen (BEL)	490
10.	Hoekstra Eline	03	08-021	1:06.14	50m	29-5-18	Beverwijk (NED)	477
11.	Kleijne Daisy	89	08-021	1:06.46	50m	21-5-06	Beverwijk (NED)	471
12.	Wentink Yara	04	08-021	1:06.66	50m	27-5-18	Amersfoort (NED)	466
13.	Zwarthoed Brenda	96	08-021	1:07.02	50m	15-6-08	Drachten (NED)	459
14.	Crok Annemarie	89	08-021	1:07.21	50m	24-5-08	Beverwijk (NED)	455
15.	Vink Marjolein	93	08-021	1:07.30	50m	20-5-07	Beverwijk (NED)	453
16.	van der Kroft Nicole	84	08-021	1:07.34	50m	25-5-03	Beverwijk (NED)	452
17.	Hoek Daniëlle	88	08-021	1:07.49	50m	21-4-07	Antwerpen (BEL)	449
18.	de Haan Shira	00	08-021	1:07.50	50m	27-5-17	Alkmaar (NED)	449
19.	Vink Lidewij	90	08-021	1:07.57	50m	21-5-06	Beverwijk (NED)	448
20.	Buur Naomi	01	08-021	1:07.60	50m	13-3-16	Alkmaar (NED)	447
21.	Spijker Kristel	84	08-021	1:07.68	50m	9-5-10	Eindhoven (NED)	446

100 vrije slag (sinds 22)

22.	van Staveren Marina	78	08-021	1:07.70	50m	14-4-12	Kampen (NED)	445
23.	Stam Sabrina	82	08-021	1:07.90	50m	9-11-97	Beverwijk (NED)	441
24.	Mallon Danique	94	08-021	1:08.10	50m	13-6-10	Beverwijk (NED)	437
25.	Essers Sanne	91	08-021	1:08.33	50m	28-5-06	Beverwijk (NED)	433

200 vrije slag

1.	Schelvis Femke	84	08-021	2:11.02	50m	23-4-05	Amsterdam (NED)	641
2.	Kingma Danae	00	08-021	2:13.79	50m	21-5-17	Alkmaar (NED)	602
3.	Koster Lisa	94	08-021	2:16.81	50m	14-6-08	Drachten (NED)	563
4.	Crok Linda	94	08-021	2:18.66	50m	15-5-11	Alkmaar (NED)	540
5.	de Groot Daniëlle	93	08-021	2:18.80	50m	6-6-08	Eindhoven (NED)	539
6.	Smit Sanne	01	08-021	2:20.31	50m	2-6-18	Amersfoort (NED)	522
7.	Vink Lidewij	90	08-021	2:24.59	50m	27-2-05	Amsterdam (NED)	477
8.	Groen Anne	95	08-021	2:24.86	50m	21-5-17	Alkmaar (NED)	474
9.	Wentink Yara	04	08-021	2:26.74	50m	2-6-18	Amersfoort (NED)	456
10.	Palmboom Nicole	91	08-021	2:27.29	50m	13-5-07	Alkmaar (NED)	451
11.	Broek Jade	97	08-021	2:27.44	50m	21-5-17	Alkmaar (NED)	449
12.	Hoek Daniëlle	88	08-021	2:27.77	50m	4-5-12	Eindhoven (NED)	446
13.	Zwarthoed Brenda	96	08-021	2:28.41	50m	18-5-08	Alkmaar (NED)	441
14.	Stel Serena	98	08-021	2:29.93	50m	25-4-10	Drachten (NED)	427
15.	Hoekstra Eline	03	08-021	2:30.42	50m	21-5-17	Alkmaar (NED)	423
16.	Schelvis Roos	86	08-021	2:30.82	50m	18-5-02	Nordhorn (GER)	420
17.	van der Gracht Anouk	89	08-021	2:31.11	50m	29-6-13	Eindhoven (NED)	417
18.	Kleijne Daisy	89	08-021	2:31.82	50m	9-5-04	Beverwijk (NED)	412
19.	Buur Naomi	01	08-021	2:33.21	50m	29-5-16	Alkmaar (NED)	400
20.	Mallon Danique	94	08-021	2:33.54	50m	18-5-08	Alkmaar (NED)	398
21.	Koopman Anitra	89	08-021	2:33.70	50m	9-5-04	Beverwijk (NED)	397
22.	Essers Sanne	91	08-021	2:33.83	50m	30-3-08	Alkmaar (NED)	396
23.	de Haan Shira	00	08-021	2:34.33	50m	21-5-17	Alkmaar (NED)	392
24.	Vink Marjolein	93	08-021	2:35.04	50m	13-4-08	Antwerpen (BEL)	386
25.	van 't Veer Iris	03	08-021	2:36.42	50m	21-5-17	Alkmaar (NED)	376

250 vrije slag**300 vrije slag**

1.	Vink Lidewij	90	08-021	3:45.26	50m	13-5-06	Beverwijk (NED)	466
2.	Crok Linda	94	08-021	3:46.05	50m	14-5-11	Beverwijk (NED)	461
3.	Koster Lisa	94	08-021	3:50.85	50m	17-5-08	Beverwijk (NED)	433
4.	de Groot Daniëlle	93	08-021	3:55.78	50m	11-4-08	Antwerpen (BEL)	406
5.	van der Gracht Anouk	89	08-021	4:09.38	50m	11-4-08	Antwerpen (BEL)	343
6.	Palmboom Nicole	91	08-021	4:10.32	50m	21-5-05	Beverwijk (NED)	340
7.	Jongema Helena	80	08-021	4:17.20	50m	18-9-09	Cadiz (ESP)	313
8.	Bos Marieke	06	08-021	4:19.91	50m	3-6-18	Amersfoort (NED)	303
9.	Butter Anouk	82	08-021	4:43.25	50m	27-3-10	Amersfoort (NED)	234

400 vrije slag

1. Schelvis Femke	84	08-021	4:56.03	50m	29-5-99	Beverwijk (NED)	509
2. Crok Linda	94	08-021	5:00.42	50m	14-5-11	Beverwijk (NED)	487
3. Vink Lidewij	90	08-021	5:01.21	50m	13-5-06	Beverwijk (NED)	483
4. Smit Sanne	01	08-021	5:01.84	50m	26-3-17	Alkmaar (NED)	480
5. Koster Lisa	94	08-021	5:07.30	50m	17-5-08	Beverwijk (NED)	455
6. Stel Serena	98	08-021	5:07.93	50m	25-4-10	Drachten (NED)	452
7. de Groot Daniëlle	93	08-021	5:08.33	50m	17-5-08	Beverwijk (NED)	451
8. Hoekstra Eline	03	08-021	5:10.87	50m	15-4-18	Alkmaar (NED)	440
9. Essers Sanne	91	08-021	5:27.37	50m	20-4-07	Antwerpen (BEL)	376
10. van der Gracht Anouk	89	08-021	5:29.59	50m	30-6-13	Eindhoven (NED)	369
11. Schelvis Roos	86	08-021	5:30.78	50m	29-5-99	Beverwijk (NED)	365
12. Buur Naomi	01	08-021	5:33.54	50m	17-5-14	Beverwijk (NED)	356
13. Mallon Danique	94	08-021	5:35.85	50m	29-3-09	Alkmaar (NED)	349
14. Palmboom Nicole	91	08-021	5:36.95	50m	21-5-05	Beverwijk (NED)	345
15. de Boer Irene	84	08-021	5:41.50	50m	1-6-97	Beverwijk (NED)	331
16. van 't Veer Iris	03	08-021	5:43.88	50m	2-4-17	Alkmaar (NED)	325
17. van Koevinge Nicole	93	08-021	5:43.99	50m	29-3-09	Alkmaar (NED)	324
18. van Staveren Marina	78	08-021	5:44.09	50m	18-3-12	Amersfoort (NED)	324
19. Vink Marjolein	93	08-021	5:44.72	50m	29-3-09	Alkmaar (NED)	322
20. Jongema Helena	80	08-021	5:45.56	50m	18-9-09	Cadiz (ESP)	320
21. Bos Marieke	06	08-021	5:48.34	50m	3-6-18	Amersfoort (NED)	312
22. Wentink Yara	04	08-021	5:53.55	50m	15-4-18	Alkmaar (NED)	299
23. Dijkstra Lisette	86	08-021	6:07.00	50m	1-6-97	Beverwijk (NED)	267
24. Butter Anouk	82	08-021	6:21.81	50m	27-3-10	Amersfoort (NED)	237
25. Visser Kelly	89	08-021	6:40.81	50m	31-10-99	Beverwijk (NED)	205

500 vrije slag**800 vrije slag**

1. Stel Serena	98	08-021	10:18.62	50m	25-4-10	Drachten (NED)	481
2. Smit Sanne	01	08-021	10:38.10	50m	18-2-18	Alkmaar (NED)	438
3. Schelvis Femke	84	08-021	10:42.20	50m	11-5-97	Beverwijk (NED)	430
4. van der Gracht Anouk	89	08-021	11:07.28	50m	11-4-08	Antwerpen (BEL)	383
5. Essers Sanne	91	08-021	11:09.37	50m	20-4-07	Antwerpen (BEL)	379
6. Buur Naomi	01	08-021	12:01.21	50m	18-2-14	Beverwijk (NED)	303
7. Wentink Yara	04	08-021	12:02.10	50m	15-4-18	Alkmaar (NED)	302
8. Jongema Helena	80	08-021	13:10.26	50m	3-6-11	Apeldoorn (NED)	230
9. Geluk Mabelle	73	08-021	20:25.45	50m	4-6-11	Apeldoorn (NED)	61

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

1. Smit Sanne	01	08-021	20:34.89	50m	15-4-18	Alkmaar (NED)	420
2. Wentink Yara	04	08-021	22:30.05	50m	15-4-18	Alkmaar (NED)	322
3. Jongema Helena	80	08-021	24:45.29	50m	3-6-11	Apeldoorn (NED)	241

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	31.90	50m	6-4-17	Eindhoven (NED)	610
2. Broek Jade	97	08-021	32.55	50m	18-2-18	Alkmaar (NED)	574
3. Kleijne Daisy	89	08-021	34.14	50m	21-5-06	Beverwijk (NED)	497
4. Koper Fiona	01	08-021	34.70	50m	5-2-17	Alkmaar (NED)	474
5. Schelvis Femke	84	08-021	34.90	50m	25-5-97	Beverwijk (NED)	466
6. Koster Lisa	94	08-021	35.08	50m	25-5-08	Beverwijk (NED)	458
7. Hoekstra Eline	03	08-021	35.14	50m	12-5-18	Alkmaar (NED)	456
8. Groen Anne	95	08-021	35.37	50m	21-5-17	Alkmaar (NED)	447
9. Smit Sanne	01	08-021	35.49	50m	31-5-15	Alkmaar (NED)	443
10. Jongema Helena	80	08-021	35.65	50m	20-1-08	Eindhoven (NED)	437
11. Kramer Miranda	80	08-021	35.70	50m	25-5-97	Beverwijk (NED)	435
12. Crok Linda	94	08-021	35.74	50m	22-5-11	Beverwijk (NED)	434
13. Siemerink Laura	04	08-021	35.75	50m	2-6-18	Amersfoort (NED)	433
14. Mallon Danique	94	08-021	36.05	50m	25-5-08	Beverwijk (NED)	422
14. van 't Veer Iris	03	08-021	36.05	50m	21-5-17	Alkmaar (NED)	422
16. Hoek Daniëlle	88	08-021	36.31	50m	16-5-04	Beverwijk (NED)	413
17. Meijer Sylvia	81	08-021	36.40	50m	25-5-97	Beverwijk (NED)	410
18. Schelvis Roos	86	08-021	36.41	50m	28-5-00	Beverwijk (NED)	410
19. Palmboom Nicole	91	08-021	36.54	50m	21-5-06	Beverwijk (NED)	406
20. Buur Naomi	01	08-021	36.57	50m	21-2-16	Alkmaar (NED)	405
21. Meijer Linda	77	08-021	36.70	50m	28-5-94	Beverwijk (NED)	400
22. Koopman Anitra	89	08-021	36.96	50m	29-5-05	Beverwijk (NED)	392
23. Crok Annemarie	89	08-021	36.98	50m	16-5-04	Beverwijk (NED)	391
24. van der Kroft Nicole	84	08-021	37.13	50m	19-5-01	Beverwijk (NED)	387
25. de Haan Shira	00	08-021	37.54	50m	28-5-16	Alkmaar (NED)	374

100 rugslag

1. Broek Jade	97	08-021	1:09.61	50m	17-6-18	Buckeburg (GER)	581
2. Kingma Danae	00	08-021	1:12.31	50m	26-6-15	Alkmaar (NED)	518
3. Schelvis Femke	84	08-021	1:14.20	50m	31-5-97	Beverwijk (NED)	480
4. Kleijne Daisy	89	08-021	1:14.53	50m	20-5-06	Beverwijk (NED)	473
5. Koster Lisa	94	08-021	1:15.78	50m	12-4-08	Antwerpen (BEL)	450
6. Crok Linda	94	08-021	1:16.15	50m	21-5-11	Beverwijk (NED)	444
7. Hoekstra Eline	03	08-021	1:16.23	50m	15-4-18	Alkmaar (NED)	442
8. Schelvis Roos	86	08-021	1:16.46	50m	27-5-00	Beverwijk (NED)	438
9. van 't Veer Iris	03	08-021	1:16.63	50m	16-6-18	Buckeburg (GER)	435
10. Groen Anne	95	08-021	1:17.11	50m	16-6-18	Buckeburg (GER)	427
11. Meijer Sylvia	81	08-021	1:17.30	50m	25-5-97	Beverwijk (NED)	424
12. Koper Fiona	01	08-021	1:17.45	50m	5-6-16	Alkmaar (NED)	422
13. van der Kroft Nicole	84	08-021	1:17.80	50m	25-5-97	Beverwijk (NED)	416
14. Smit Sanne	01	08-021	1:18.41	50m	30-5-15	Beverwijk (NED)	406
15. Kramer Miranda	80	08-021	1:19.80	50m	20-5-95	Beverwijk (NED)	385
16. Mallon Danique	94	08-021	1:19.85	50m	24-5-08	Beverwijk (NED)	385
17. Crok Annemarie	89	08-021	1:19.94	50m	28-5-05	Beverwijk (NED)	383
18. Stins Mariska	84	08-021	1:20.10	50m	1-6-02	Beverwijk	381
19. Palmboom Nicole	91	08-021	1:20.24	50m	20-5-06	Beverwijk (NED)	379
20. Jongema Helena	80	08-021	1:20.48	50m	19-9-09	Cadiz (ESP)	376
21. Essers Sanne	91	08-021	1:20.72	50m	12-5-07	Beverwijk (NED)	372
22. Stam Sabrina	82	08-021	1:20.80	50m	7-6-97	Beverwijk (NED)	371
23. Buur Naomi	01	08-021	1:20.81	50m	29-5-16	Alkmaar (NED)	371
24. de Boer Irene	84	08-021	1:20.83	50m	29-4-01	Beverwijk (NED)	371
25. Koopman Anitra	89	08-021	1:21.04	50m	25-4-04	Beverwijk (NED)	368

200 rugslag

1. Kingma Danae	00	08-021	2:33.86	50m	4-6-16	Alkmaar (NED)	524
2. Schelvis Femke	84	08-021	2:38.70	50m	31-5-97	Beverwijk (NED)	477
3. Broek Jade	97	08-021	2:39.17	50m	4-6-16	Alkmaar (NED)	473
4. Kleijne Daisy	89	08-021	2:42.36	50m	27-2-05	Amsterdam (NED)	446
5. Crok Linda	94	08-021	2:43.20	50m	15-5-11	Alkmaar (NED)	439
6. Groen Anne	95	08-021	2:43.66	50m	12-5-13	Beverwijk (NED)	435
7. van 't Veer Iris	03	08-021	2:44.76	50m	16-6-18	Buckeburg (GER)	426
8. Meijer Sylvia	81	08-021	2:45.96	50m	30-5-99	Beverwijk (NED)	417
9. Koster Lisa	94	08-021	2:46.48	50m	18-5-08	Alkmaar (NED)	413
10. Schelvis Roos	86	08-021	2:46.98	50m	21-10-01	Beverwijk (NED)	410
11. Mallon Danique	94	08-021	2:50.17	50m	16-5-10	Alkmaar (NED)	387
12. Crok Annemarie	89	08-021	2:51.30	50m	9-5-04	Beverwijk (NED)	379
13. Essers Sanne	91	08-021	2:51.54	50m	14-5-06	Beverwijk (NED)	378
14. de Haan Shira	00	08-021	2:52.09	50m	17-6-17	Bergbad Bückebug (GER)	374
15. Vink Lidewij	90	08-021	2:52.27	50m	14-5-06	Beverwijk (NED)	373
16. Stins Mariska	84	08-021	2:52.41	50m	18-5-03	Beverwijk (NED)	372
17. Hoekstra Eline	03	08-021	2:52.46	50m	27-5-17	Alkmaar (NED)	372
18. Koopman Anitra	89	08-021	2:52.65	50m	9-5-04	Beverwijk (NED)	371
19. Stam Sabrina	82	08-021	2:53.50	50m	9-11-97	Beverwijk (NED)	365
20. Buur Naomi	01	08-021	2:53.58	50m	25-4-15	Alkmaar (NED)	365
21. Palmboom Nicole	91	08-021	2:53.65	50m	14-5-06	Beverwijk (NED)	364
22. de Boer Irene	84	08-021	2:54.35	50m	31-10-99	Beverwijk (NED)	360
23. Niesten Iris	92	08-021	2:55.57	50m	12-4-08	Antwerpen (BEL)	352
24. van der Kroft Nicole	84	08-021	2:57.00	50m	31-5-97	Beverwijk (NED)	344
25. van der Gracht Anouk	89	08-021	2:57.28	50m	21-4-07	Antwerpen (BEL)	342

500 rugslag**25 schoolslag****50 schoolslag**

1. Kingma Danae	00	08-021	35.43	50m	8-4-16	Eindhoven (NED)	571
2. van Honk Chantal	80	08-021	37.00	50m	21-3-93	Beverwijk (NED)	501
3. Broek Jade	97	08-021	38.39	50m	18-6-17	Bergbad Bückeberg (GER)	449
4. Palmboom Nicole	91	08-021	38.70	50m	22-5-05	Beverwijk (NED)	438
5. de Haan Shira	00	08-021	39.34	50m	20-5-17	Alkmaar (NED)	417
6. de Groot Daniëlle	93	08-021	40.27	50m	18-5-08	Alkmaar (NED)	389
7. Teufer Irene	96	08-021	41.05	50m	26-7-08	Amsterdam (NED)	367
8. van 't Veer Iris	03	08-021	41.10	50m	25-3-18	Alkmaar (NED)	366
9. Crok Linda	94	08-021	41.36	50m	16-5-10	Alkmaar (NED)	359
10. de Boer Maia	03	08-021	41.41	50m	20-5-17	Alkmaar (NED)	357
10. Koper Fiona	01	08-021	41.41	50m	20-5-17	Alkmaar (NED)	357
12. Hoekstra Eline	03	08-021	41.83	50m	25-3-18	Alkmaar (NED)	347
13. van der Gracht Anouk	89	08-021	42.01	50m	22-4-07	Antwerpen (BEL)	342
14. Siemerink Laura	04	08-021	42.04	50m	17-6-18	Buckeberg (GER)	342
15. Koster Lisa	94	08-021	42.24	50m	13-4-08	Antwerpen (BEL)	337
16. Schelvis Roos	86	08-021	42.29	50m	21-5-00	Beverwijk (NED)	335
16. Smit Sanne	01	08-021	42.29	50m	29-5-16	Alkmaar (NED)	335
18. Renkema Iris	04	08-021	42.98	50m	29-5-16	Alkmaar (NED)	320
19. Vink Marjolein	93	08-021	43.05	50m	13-5-07	Alkmaar (NED)	318
19. Niesten Iris	92	08-021	43.05	50m	13-4-08	Antwerpen (BEL)	318
21. van Staveren Marina	78	08-021	43.26	50m	14-4-12	Kampen (NED)	313
22. Buur Naomi	01	08-021	43.39	50m	29-5-16	Alkmaar (NED)	311
23. van Huisstede Nikita	01	08-021	44.06	50m	15-3-15	Beverwijk (NED)	297
24. Hogema Fabiën	93	08-021	44.11	50m	13-5-07	Alkmaar (NED)	296
25. Crok Annemarie	89	08-021	44.39	50m	22-4-07	Antwerpen (BEL)	290

100 schoolslag

1. Kingma Danae	00	08-021	1:20.02	50m	21-2-16	Alkmaar (NED)	514
2. Broek Jade	97	08-021	1:23.64	50m	18-6-17	Bergbad Bückeberg (GER)	450
3. de Haan Shira	00	08-021	1:25.72	50m	18-6-17	Bergbad Bückeberg (GER)	418
4. Palmboom Nicole	91	08-021	1:26.05	50m	12-5-07	Beverwijk (NED)	413
5. Stam Vanessa	80	08-021	1:27.90	50m	2-6-96	Beverwijk (NED)	388
6. van der Kroft Nicole	84	08-021	1:28.00	50m	31-5-97	Beverwijk (NED)	387
7. de Groot Daniëlle	93	08-021	1:28.60	50m	17-5-08	Beverwijk (NED)	379
8. van 't Veer Iris	03	08-021	1:29.25	50m	25-3-18	Alkmaar (NED)	370
9. van Rookhuizen Sieta	79	08-021	1:29.45	50m	25-10-98	Beverwijk (NED)	368
10. Kramer Miranda	80	08-021	1:30.36	50m	29-4-01	Beverwijk (NED)	357
11. Teufer Irene	96	08-021	1:30.47	50m	27-7-08	Amsterdam (NED)	356
12. Koster Lisa	94	08-021	1:31.45	50m	12-5-07	Beverwijk (NED)	344
13. Schelvis Roos	86	08-021	1:31.67	50m	29-5-99	Beverwijk (NED)	342
14. van der Gracht Anouk	89	08-021	1:31.69	50m	6-5-07	Eindhoven (NED)	342
15. Heus Pauline	78	08-021	1:32.20	50m	2-6-96	Beverwijk (NED)	336
16. Mallon Danique	94	08-021	1:32.61	50m	13-6-10	Beverwijk (NED)	332
17. Niesten Iris	92	08-021	1:32.78	50m	1-6-08	Beverwijk (NED)	330
18. Crok Linda	94	08-021	1:33.55	50m	15-5-10	Beverwijk (NED)	322
19. Siemerink Laura	04	08-021	1:33.68	50m	16-6-18	Buckeberg (GER)	320
20. Smit Sanne	01	08-021	1:33.72	50m	22-2-15	Alkmaar (NED)	320

100 schoolslag (sinds 21)

21. Crok Annemarie	89	08-021	1:34.02	50m	1-6-08	Beverwijk (NED)	317
22. Moolevliet Petra	82	08-021	1:34.10	50m	2-6-96	Beverwijk (NED)	316
23. Vink Marjolein	93	08-021	1:34.18	50m	12-4-08	Antwerpen (BEL)	315
24. Hoekstra Eline	03	08-021	1:34.38	50m	28-5-16	Alkmaar (NED)	313
25. Stins Mariska	84	08-021	1:34.74	50m	29-5-99	Beverwijk (NED)	310

200 schoolslag

1. de Haan Shira	00	08-021	3:01.71	50m	28-5-17	Alkmaar (NED)	448
2. Kingma Danae	00	08-021	3:04.77	50m	24-5-14	Beverwijk (NED)	426
3. Broek Jade	97	08-021	3:05.06	50m	5-6-16	Alkmaar (NED)	424
4. Stam Vanessa	80	08-021	3:09.60	50m	24-5-97	Beverwijk (NED)	394
5. de Groot Daniëlle	93	08-021	3:11.88	50m	24-5-08	Beverwijk (NED)	381
6. van 't Veer Iris	03	08-021	3:12.10	50m	25-3-18	Alkmaar (NED)	379
7. van der Kroft Nicole	84	08-021	3:13.20	50m	29-4-01	Beverwijk (NED)	373
8. Palmboom Nicole	91	08-021	3:13.60	50m	20-5-06	Beverwijk (NED)	370
9. Schelvis Roos	86	08-021	3:14.58	50m	5-6-99	Beverwijk (NED)	365
10. Niesten Annet	62	08-021	3:16.30	50m	11-6-78	Beverwijk (NED)	355
11. Kramer Miranda	80	08-021	3:17.00	50m	13-5-95	Beverwijk (NED)	352
12. Vink Marjolein	93	08-021	3:17.85	50m	19-5-07	Beverwijk (NED)	347
13. Crok Linda	94	08-021	3:18.11	50m	29-5-10	Beverwijk (NED)	346
14. Crok Annemarie	89	08-021	3:18.70	50m	21-5-11	Beverwijk (NED)	343
15. Moolevliet Petra	82	08-021	3:20.00	50m	13-5-95	Beverwijk (NED)	336
16. Teufer Irene	96	08-021	3:21.06	50m	25-7-08	Amsterdam (NED)	331
17. Niesten Iris	92	08-021	3:22.18	50m	24-5-08	Beverwijk (NED)	325
18. de Wildt Maud	05	08-021	3:22.83	50m	17-6-18	Buckeburg (GER)	322
19. Buur Naomi	01	08-021	3:22.86	50m	22-2-15	Alkmaar (NED)	322
20. Hoekstra Eline	03	08-021	3:23.77	50m	5-2-17	Alkmaar (NED)	318
21. Nijholt Carin	60	08-021	3:23.80	50m	11-6-78	Beverwijk (NED)	318
22. Lund Karin	63	08-021	3:23.90	50m	11-6-78	Beverwijk (NED)	317
22. Schelvis Femke	84	08-021	3:23.90	50m	24-5-97	Beverwijk (NED)	317
24. de Ruijter Linda	87	08-021	3:24.01	50m	25-5-02	Beverwijk (NED)	317
25. Scholten Britt	04	08-021	3:25.13	50m	17-6-18	Buckeburg (GER)	311

500 schoolslag800 schoolslag1000 schoolslag1250 schoolslag1500 schoolslag2000 schoolslag2500 schoolslag3000 schoolslag

4000 schoolslag**5000 schoolslag****25 vlinderslag****50 vlinderslag**

1. Kingma Danae	00	08-021	30.46	50m	6-4-17	Eindhoven (NED)	515
2. Broek Jade	97	08-021	31.18	50m	15-4-18	Alkmaar (NED)	480
3. Schelvis Femke	84	08-021	31.52	50m	29-5-99	Beverwijk (NED)	465
4. Palmboom Nicole	91	08-021	31.78	50m	12-4-08	Antwerpen (BEL)	454
5. de Haan Shira	00	08-021	31.88	50m	28-5-17	Alkmaar (NED)	450
6. van der Gracht Anouk	89	08-021	32.18	50m	24-3-13	Beverwijk (NED)	437
7. Hoekstra Eline	03	08-021	32.31	50m	3-6-18	Amersfoort (NED)	432
8. Siemerink Laura	04	08-021	32.75	50m	3-6-18	Amersfoort (NED)	415
9. Teufer Irene	96	08-021	33.06	50m	12-4-08	Antwerpen (BEL)	403
10. Wentink Yara	04	08-021	33.35	50m	3-6-18	Amersfoort (NED)	393
11. de Groot Daniëlle	93	08-021	33.42	50m	17-5-08	Beverwijk (NED)	390
12. Groen Anne	95	08-021	33.48	50m	3-12-16	Beverwijk (NED)	388
13. Vink Lidewij	90	08-021	33.75	50m	12-5-07	Beverwijk (NED)	379
14. Essers Sanne	91	08-021	33.76	50m	12-5-07	Beverwijk (NED)	378
15. van Staveren Marina	78	08-021	33.87	50m	24-3-13	Amersfoort (NED)	375
16. van der Kroft Nicole	84	08-021	34.39	50m	29-5-99	Beverwijk (NED)	358
17. Crok Annemarie	89	08-021	34.62	50m	15-5-10	Beverwijk (NED)	351
18. Hoek Daniëlle	88	08-021	34.69	50m	11-5-13	Beverwijk (NED)	349
19. Koster Lisa	94	08-021	34.73	50m	12-4-08	Antwerpen (BEL)	348
20. Spijker Kristel	84	08-021	34.80	50m	9-5-10	Eindhoven (NED)	345
21. Mallon Danique	94	08-021	34.99	50m	16-5-09	Beverwijk (NED)	340
22. Jongema Helena	80	08-021	35.00	50m	20-1-08	Eindhoven (NED)	340
23. Buur Naomi	01	08-021	35.05	50m	5-6-16	Alkmaar (NED)	338
24. Vink Marjolein	93	08-021	35.32	50m	12-4-08	Antwerpen (BEL)	330
25. Smit Sanne	01	08-021	35.63	50m	16-5-15	Beverwijk (NED)	322

100 vlinderslag

1. Smit Sanne	01	08-021	1:12.40	50m	26-3-17	Alkmaar (NED)	449
2. Kingma Danae	00	08-021	1:12.66	50m	16-6-18	Buckeburg (GER)	445
3. Broek Jade	97	08-021	1:12.70	50m	29-5-16	Alkmaar (NED)	444
4. Schelvis Femke	84	08-021	1:14.27	50m	30-5-99	Beverwijk (NED)	416
5. van der Gracht Anouk	89	08-021	1:14.52	50m	29-6-13	Eindhoven (NED)	412
6. Palmboom Nicole	91	08-021	1:15.79	50m	18-5-08	Alkmaar (NED)	392
7. Teufer Irene	96	08-021	1:16.12	50m	13-4-08	Antwerpen (BEL)	387
8. Vink Lidewij	90	08-021	1:16.13	50m	13-5-07	Alkmaar (NED)	387
9. de Groot Daniëlle	93	08-021	1:17.63	50m	13-5-07	Alkmaar (NED)	365
10. Mallon Danique	94	08-021	1:18.44	50m	18-5-08	Alkmaar (NED)	353
11. Stins Mariska	84	08-021	1:18.47	50m	25-4-04	Beverwijk (NED)	353
12. de Haan Shira	00	08-021	1:18.66	50m	17-6-17	Bergbad Bückebug (GER)	350
13. Wentink Yara	04	08-021	1:19.41	50m	25-3-18	Alkmaar (NED)	341
14. Hoekstra Eline	03	08-021	1:19.50	50m	16-6-18	Buckeburg (GER)	339
15. Essers Sanne	91	08-021	1:19.59	50m	18-5-08	Alkmaar (NED)	338
16. van der Kroft Nicole	84	08-021	1:19.94	50m	29-4-01	Beverwijk (NED)	334
17. Stam Vanessa	80	08-021	1:20.20	50m	9-11-97	Beverwijk (NED)	331

100 vlinderslag (sinds 18)

18. Spijker Kristel	84	08-021	1:20.74	50m	9-5-10	Eindhoven (NED)	324
19. Hoek Daniëlle	88	08-021	1:21.38	50m	13-5-12	Beverwijk (NED)	316
20. van Staveren Marina	78	08-021	1:21.95	50m	14-4-12	Kampen (NED)	310
21. van de Poll Marianne	89	08-021	1:22.09	50m	25-4-04	Beverwijk (NED)	308
22. Crok Annemarie	89	08-021	1:22.91	50m	22-4-07	Antwerpen (BEL)	299
23. Siemerink Laura	04	08-021	1:23.41	50m	15-4-18	Alkmaar (NED)	294
24. Schelvis Roos	86	08-021	1:25.02	50m	20-10-02	Beverwijk (NED)	277
25. de Ruijter Linda	87	08-021	1:25.47	50m	12-10-03	Beverwijk (NED)	273

200 vlinderslag

1. Teufer Irene	96	08-021	2:49.76	50m	12-4-08	Antwerpen (BEL)	369
2. Mallon Danique	94	08-021	2:54.66	50m	30-5-10	Beverwijk (NED)	339
3. Schelvis Femke	84	08-021	2:56.87	50m	17-4-05	Beverwijk (NED)	326
4. Vink Lidewij	90	08-021	2:57.39	50m	25-5-08	Beverwijk (NED)	323
5. Wentink Yara	04	08-021	3:03.78	50m	25-3-18	Alkmaar (NED)	291
6. van der Gracht Anouk	89	08-021	3:05.89	50m	25-5-08	Beverwijk (NED)	281
7. Spijker Kristel	84	08-021	3:09.31	50m	8-5-10	Eindhoven (NED)	266
8. Stins Mariska	84	08-021	3:12.70	50m	17-4-05	Beverwijk (NED)	252
9. van de Poll Marianne	89	08-021	3:12.94	50m	25-4-04	Beverwijk (NED)	251
10. Kleijne Daisy	89	08-021	3:18.03	50m	16-5-04	Beverwijk (NED)	232
11. Butter Anouk	82	08-021	3:19.27	50m	21-4-02	Beverwijk (NED)	228
12. de Ruijter Linda	87	08-021	3:20.51	50m	26-5-02	Beverwijk (NED)	224
13. Visser Stacey	87	08-021	3:27.93	50m	29-4-01	Beverwijk (NED)	201
14. Siemerink Laura	04	08-021	3:41.76	50m	2-4-17	Alkmaar (NED)	165
15. Koopman Anitra	89	08-021	3:46.94	50m	29-3-03	Beverwijk (NED)	154

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

1. Kingma Danae	00	08-021	2:34.82	50m	20-5-17	Alkmaar (NED)	540
2. Schelvis Femke	84	08-021	2:39.69	50m	31-10-99	Beverwijk (NED)	492
3. Broek Jade	97	08-021	2:41.99	50m	4-6-16	Alkmaar (NED)	471
4. Groen Anne	95	08-021	2:44.09	50m	5-3-17	Alkmaar (NED)	454
5. Crok Linda	94	08-021	2:44.33	50m	21-5-11	Beverwijk (NED)	452
6. Smit Sanne	01	08-021	2:47.94	50m	5-2-17	Alkmaar (NED)	423
7. Crok Annemarie	89	08-021	2:48.29	50m	24-5-08	Beverwijk (NED)	420
8. de Haan Shira	00	08-021	2:48.62	50m	17-6-17	Bergbad Bückeberg (GER)	418
9. van der Gracht Anouk	89	08-021	2:49.18	50m	30-3-08	Alkmaar (NED)	414
10. Hoekstra Eline	03	08-021	2:49.32	50m	21-1-18	Alkmaar (NED)	413
11. Vink Lidewij	90	08-021	2:49.65	50m	19-5-07	Beverwijk (NED)	410
12. Palmboom Nicole	91	08-021	2:50.86	50m	20-5-06	Beverwijk (NED)	402
13. van der Kroft Nicole	84	08-021	2:51.82	50m	21-10-01	Beverwijk (NED)	395
14. Schelvis Roos	86	08-021	2:52.42	50m	25-5-02	Beverwijk (NED)	391
15. Vink Marjolein	93	08-021	2:52.66	50m	24-5-08	Beverwijk (NED)	389
16. Mallon Danique	94	08-021	2:52.70	50m	24-5-08	Beverwijk (NED)	389
17. Kleijne Daisy	89	08-021	2:52.72	50m	28-5-05	Beverwijk (NED)	389
18. Hoek Daniëlle	88	08-021	2:52.89	50m	17-4-05	Beverwijk (NED)	388
19. de Groot Daniëlle	93	08-021	2:53.15	50m	19-5-07	Beverwijk (NED)	386

200 wisselslag (sinds 20)

20. Kramer Miranda	80	08-021	2:53.86	50m	22-10-00	Beverwijk (NED)	381
21. Koopman Anitra	89	08-021	2:55.01	50m	25-4-04	Beverwijk (NED)	374
22. Buur Naomi	01	08-021	2:55.94	50m	30-5-15	Beverwijk (NED)	368
23. Meijer Sylvia	81	08-021	2:56.40	50m	2-5-99	Beverwijk (NED)	365
24. Wentink Yara	04	08-021	2:56.86	50m	16-6-18	Buckeburg (GER)	362
25. van Rookhuizen Sieta	79	08-021	2:57.65	50m	31-10-99	Beverwijk (NED)	357

300 wisselslag400 wisselslag

1. Schelvis Femke	84	08-021	5:56.50	50m	27-4-97	Beverwijk (NED)	417
2. Smit Sanne	01	08-021	5:56.97	50m	21-5-17	Alkmaar (NED)	415
3. Hoekstra Eline	03	08-021	5:59.08	50m	2-6-18	Amersfoort (NED)	408
4. de Haan Shira	00	08-021	6:14.47	50m	28-5-16	Alkmaar (NED)	359
5. van der Kroft Nicole	84	08-021	6:31.60	50m	27-4-97	Beverwijk (NED)	314
6. van Ballegooie Simone	84	08-021	6:39.30	50m	27-4-97	Beverwijk (NED)	296
7. de Boer Irene	84	08-021	6:40.00	50m	27-4-97	Beverwijk (NED)	295
8. Blaauw Yente	03	08-021	6:43.16	50m	21-1-18	Alkmaar (NED)	288
9. Siemerink Laura	04	08-021	6:46.58	50m	21-1-18	Alkmaar (NED)	281