

20 - 24 jaar, Dames

1-1-1900-31-7-2019

**25 vrije slag**

1. Meijer Sylvia	81	08-021	13.74	25m	29-3-01	Heemskerk (NED)	441
2. Hoek Daniëlle	88	08-021	14.12	25m	30-6-11	Heemskerk (NED)	406
3. Kramer Miranda	80	08-021	14.34	25m	4-5-00	Heemskerk (NED)	388
4. van Rookhuizen Sieta	79	08-021	14.35	25m	4-5-00	Heemskerk (NED)	387
5. Stins Mariska	84	08-021	14.42	25m	29-5-08	Heemskerk (NED)	381
6. Visser Kelly	89	08-021	14.45	25m	23-10-10	Emmeloord (NED)	379
7. Kleijne Daisy	89	08-021	14.50	25m	30-6-11	Heemskerk (NED)	375
8. Crok Annemarie	89	08-021	14.65	25m	30-6-11	Heemskerk (NED)	363
9. Palmboom Nicole	91	08-021	14.68	25m	30-6-11	Heemskerk (NED)	361
10. Heus Pauline	78	08-021	14.94	25m	4-5-00	Heemskerk (NED)	343
11. Deiman Caroline	67	08-021	15.40	25m	12-1-89	Heemskerk (NED)	313
12. ten Cate Joyce	80	08-021	16.19	25m	4-5-00	Heemskerk (NED)	269
13. de Ruijter Linda	87	08-021	16.51	25m	19-4-07	Heemskerk (NED)	254
14. ten Cate Ilona	85	08-021	17.14	25m	27-4-06	Heemskerk	227
15. Hunekeer Jolanda	79	08-021	17.27	25m	4-5-00	Heemskerk (NED)	222

**50 vrije slag**

1. Schelvis Femke	84	08-021	27.68	25m	7-11-04	Ijmuiden (NED)	568
2. Broek Jade	97	08-021	28.68	25m	17-11-18	Hoofddorp (NED)	511
3. Groen Anne	95	08-021	28.77	25m	13-10-16	Heemskerk (NED)	506
4. Hoek Daniëlle	88	08-021	29.51	25m	11-4-10	Zaandam (NED)	469
5. Kleijne Daisy	89	08-021	29.57	25m	13-4-09	Haarlem (NED)	466
6. Crok Linda	94	08-021	29.61	25m	13-10-16	Heemskerk (NED)	464
7. van der Kroft Nicole	84	08-021	30.06	25m	29-1-04	Heemskerk (NED)	443
8. Crok Annemarie	89	08-021	30.36	25m	1-4-12	Zaandam (NED)	430
9. Palmboom Nicole	91	08-021	30.43	25m	3-4-11	Zaandam (NED)	427
10. van der Gracht Anouk	89	08-021	30.65	50m	25-5-13	Beverwijk (NED)	460
11. Stins Mariska	84	08-021	30.76	25m	9-3-08	Heemskerk (NED)	414
12. Visser Kelly	89	08-021	30.78	25m	11-10-12	Heemskerk (NED)	413
13. Kramer Miranda	80	08-021	30.92	25m	25-10-01	Heemskerk	407
14. Verbree Bets	63	08-021	31.10	25m	11-12-83	Heemskerk (NED)	400
15. Mallon Danique	94	08-021	31.23	25m	12-3-17	Purmerend (NED)	395
16. van Rookhuizen Sieta	79	08-021	31.36	25m	4-11-99	Heemskerk (NED)	390
17. Butter Anouk	82	08-021	31.39	25m	25-9-05	Etten-Leur (NED)	389
18. ten Bokkel Henrieke	94	08-021	31.82	25m	17-5-18	Heemskerk (NED)	374
19. van Ballegooie Simone	84	08-021	31.92	25m	29-1-04	Heemskerk (NED)	370
20. Heus Pauline	78	08-021	33.04	25m	11-10-98	Alkmaar (NED)	334
21. Vink Marjolein	93	08-021	33.20	25m	11-5-17	Heemskerk (NED)	329
22. Deiman Caroline	67	08-021	33.40	25m	13-12-89		323
23. Peters Yvonne	63	08-021	33.90	25m	11-12-83	Heemskerk (NED)	309
24. van Giezen Sandra	63	08-021	34.30	25m	23-9-84	Heemskerk (NED)	298
25. de Ruijter Linda	87	08-021	34.48	25m	30-9-10	Heemskerk (NED)	294

**100 vrije slag**

1. Schelvis Femke	84	08-021	59.32	25m	9-1-05	Zuidoost Beemster (NED)	607
2. Broek Jade	97	08-021	1:01.74	25m	18-11-17	Hoofddorp (NED)	539
3. Groen Anne	95	08-021	1:02.91	25m	18-12-16	Heemskerk (NED)	509
4. Crok Linda	94	08-021	1:03.21	25m	19-1-14	Zaandam (NED)	502
5. van der Kroft Nicole	84	08-021	1:05.00	25m	14-3-04	Zaandam	462
6. Crok Annemarie	89	08-021	1:05.34	25m	27-11-11	Heemskerk (NED)	454
7. Hoek Daniëlle	88	08-021	1:05.39	25m	10-5-09	Purmerend (NED)	453
8. Meijer Sylvia	81	08-021	1:05.54	25m	15-4-01	Haarlem (NED)	450
9. Kleijne Daisy	89	08-021	1:05.59	25m	29-11-09	Heemskerk (NED)	449
10. Palmboom Nicole	91	08-021	1:05.86	25m	16-1-11	Zaandam (NED)	444
11. ten Bokkel Henriëke	94	08-021	1:06.47	25m	17-5-18	Heemskerk (NED)	432
12. Visser Kelly	89	08-021	1:06.57	25m	28-10-12	Amsterdam-Zuidoost (NED)	430
13. Stins Mariska	84	08-021	1:06.83	25m	11-4-04	Haarlem	425
14. Kramer Miranda	80	08-021	1:07.43	25m	15-4-01	Haarlem (NED)	413
15. van der Gracht Anouk	89	08-021	1:07.45	25m	25-4-13	Heemskerk (NED)	413
16. Butter Anouk	82	08-021	1:08.85	25m	28-11-04	Heemskerk (NED)	388
17. van Rookhuizen Sieta	79	08-021	1:09.10	25m	12-3-00	Heemskerk (NED)	384
18. Mallon Danique	94	08-021	1:09.20	25m	12-2-17	Purmerend (NED)	382
19. van Ballegooie Simone	84	08-021	1:11.74	25m	14-3-04	Zaandam	343
20. Hulshof Saskia	73	08-021	1:11.80	25m	12-12-93	Heemskerk (NED)	342
21. Heus Pauline	78	08-021	1:12.70	25m	8-3-98	Zaandam (NED)	330
22. Vink Marjolein	93	08-021	1:13.57	25m	11-5-17	Heemskerk (NED)	318
23. Peters Yvonne	63	08-021	1:15.10	25m	20-12-86	Hilversum (NED)	299
24. de Ruijter Linda	87	08-021	1:15.90	25m	25-9-08	Heemskerk (NED)	290
25. ten Cate Ilona	85	08-021	1:16.11	25m	16-4-06	Haarlem (NED)	287

**200 vrije slag**

1. Schelvis Femke	84	08-021	2:08.52	25m	12-6-04	Zuidbroek (NED)	634
2. Broek Jade	97	08-021	2:17.18	25m	18-11-18	Hoofddorp (NED)	521
3. Groen Anne	95	08-021	2:17.96	25m	13-11-16	Purmerend (NED)	512
4. Crok Linda	94	08-021	2:19.31	25m	15-11-15	Purmerend (NED)	498
5. Hoek Daniëlle	88	08-021	2:20.46	25m	22-3-12	Heemskerk (NED)	485
6. Crok Annemarie	89	08-021	2:25.47	25m	13-11-11	Zaandam (NED)	437
7. van der Gracht Anouk	89	08-021	2:25.87	25m	8-12-13	Amstelveen (NED)	433
8. Kleijne Daisy	89	08-021	2:26.27	25m	15-11-09	Haarlem (NED)	430
9. Palmboom Nicole	91	08-021	2:28.22	25m	22-3-12	Heemskerk (NED)	413
10. Stins Mariska	84	08-021	2:28.53	25m	31-5-07	Heemskerk (NED)	410
11. Visser Kelly	89	08-021	2:29.26	25m	11-11-12	Schagen (NED)	404
12. Verbree Bets	63	08-021	2:29.50	25m	6-2-83		403
13. Kramer Miranda	80	08-021	2:31.59	25m	9-11-03	Zaandam	386
14. van Rookhuizen Sieta	79	08-021	2:32.75	25m	19-11-00	Zaandam (NED)	377
15. Butter Anouk	82	08-021	2:34.05	25m	13-1-02	Zaandam	368
16. Meijer Sylvia	81	08-021	2:37.84	25m	25-1-01	Heemskerk (NED)	342
17. Heus Pauline	78	08-021	2:42.20	25m	5-4-98	Heemskerk (NED)	315
18. ten Cate Ilona	85	08-021	2:43.01	25m	27-11-05	Heemskerk (NED)	310
19. van der Kroft Nicole	84	08-021	2:43.06	50m	25-4-04	Beverwijk (NED)	332
20. ten Cate Joyce	80	08-021	2:48.82	25m	25-4-02	Heemskerk	279
21. Deiman Caroline	67	08-021	2:51.10	25m	5-10-89	Heemskerk (NED)	268
22. Peters Yvonne	63	08-021	2:54.00	25m	12-2-84	Heemskerk (NED)	255
23. Huneke Jolanda	79	08-021	2:55.11	25m	17-1-99	Heemskerk (NED)	250
24. van Giezen Sandra	63	08-021	2:58.10	25m	12-2-84	Heemskerk (NED)	238
25. Pover Karin	67	08-021	2:59.50	25m	29-11-87	Amstelveen (NED)	232

**250 vrije slag****300 vrije slag**

1. Schelvis Femke	84	08-021	3:27.55	25m	17-12-04	Drachten (NED)	573
2. Crok Linda	94	08-021	3:47.91	25m	4-10-15	Purmerend (NED)	433
3. van der Gracht Anouk	89	08-021	3:52.29	25m	18-5-13	Purmerend (NED)	409
4. Groen Anne	95	08-021	3:52.31	25m	4-10-15	Purmerend (NED)	409
5. Stins Mariska	84	08-021	4:01.45	25m	29-4-04	Heemskerk (NED)	364
6. Kleijne Daisy	89	08-021	4:01.48	25m	8-11-09	Zaandam (NED)	364
7. Butter Anouk	82	08-021	4:14.06	25m	29-4-04	Heemskerk (NED)	312
8. ten Cate Ilona	85	08-021	4:25.58	25m	18-5-06	Heemskerk (NED)	273
9. ten Cate Joyce	80	08-021	4:36.25	25m	29-4-04	Heemskerk (NED)	243

**400 vrije slag**

1. Schelvis Femke	84	08-021	4:32.44	25m	14-11-04	Heemskerk (NED)	637
2. Groen Anne	95	08-021	5:01.68	25m	1-10-17	Purmerend (NED)	469
3. Crok Linda	94	08-021	5:02.24	25m	2-10-16	Purmerend (NED)	467
4. Kleijne Daisy	89	08-021	5:10.82	25m	4-10-09	Amsterdam-oost (NED)	429
5. van der Gracht Anouk	89	08-021	5:11.14	25m	18-5-13	Purmerend (NED)	428
6. Hoek Daniëlle	88	08-021	5:16.44	25m	4-10-09	Amsterdam-oost (NED)	407
7. Verbree Bets	63	08-021	5:21.20	25m	27-2-83	Assendelft (NED)	389
8. van Rookhuizen Sieta	79	08-021	5:26.92	25m	28-2-99	Zaandam (NED)	369
9. Stins Mariska	84	08-021	5:27.68	25m	29-4-04	Heemskerk (NED)	366
10. Kramer Miranda	80	08-021	5:29.78	25m	31-5-01	Heemskerk (NED)	359
11. Butter Anouk	82	08-021	5:42.01	25m	29-4-04	Heemskerk (NED)	322
12. ten Cate Ilona	85	08-021	5:47.08	25m	28-4-05	Heemskerk (NED)	308
13. Heus Pauline	78	08-021	5:56.37	25m	30-5-02	Heemskerk	284
14. ten Cate Joyce	80	08-021	6:01.34	25m	30-5-02	Heemskerk	273
15. Pover Karin	67	08-021	6:06.90	25m	22-3-87	Heerhugowaard (NED)	261
16. Deiman Caroline	67	08-021	6:11.80	25m	19-3-89	Zaandam (NED)	250
17. Peters Yvonne	63	08-021	6:18.00	25m	27-2-83	Assendelft (NED)	238
18. Huneker Jolanda	79	08-021	6:40.16	25m	25-5-00	Heemskerk (NED)	201

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

1. Schelvis Femke	84	08-021	10:17.25	25m	14-11-04	Heemskerk (NED)	468
2. Kleijne Daisy	89	08-021	10:53.16	25m	1-3-09	Zaandam (NED)	395
3. van Rookhuizen Sieta	79	08-021	11:09.72	25m	28-2-99	Zaandam (NED)	366
4. Kramer Miranda	80	08-021	11:32.29	25m	16-9-01	Zaandam (NED)	331
5. Butter Anouk	82	08-021	11:51.92	25m	17-10-04	Zaandam (NED)	305

**1000 vrije slag**

1. Crok Annemarie	89	08-021	14:53.23	OW	25-7-10	Langedijk (NED)
2. van der Gracht Anouk	89	08-021	14:55.47	OW	5-7-09	Bodegraven (NED)
3. Kleijne Daisy	89	08-021	14:59.73	OW	5-7-09	Bodegraven (NED)
4. Butter Anouk	82	08-021	15:59.15	OW	11-6-05	Gorinchem (NED)

**1250 vrije slag**

**1500 vrije slag**

1. Schelvis Femke	84	08-021	19:37.50	25m	14-11-04	Heemskerk (NED)	476
2. Kleijne Daisy	89	08-021	20:38.23	25m	1-3-09	Zaandam (NED)	409
3. Kramer Miranda	80	08-021	21:44.13	25m	11-2-01	Zaandam (NED)	350
4. van Rookhuizen Sieta	79	08-021	22:21.97	25m	23-1-00	Heemskerk (NED)	321
5. Butter Anouk	82	08-021	23:04.38	25m	14-11-04	Heemskerk (NED)	293
6. van der Gracht Anouk	89	08-021	23:28.37	OW	24-7-10	Anna-Paulowna (NED)	

**2000 vrije slag**

1. Schelvis Femke	84	08-021	26:01.09	25m	7-3-04	Zaandam	484
2. Kleijne Daisy	89	08-021	27:32.48	25m	1-3-09	Zaandam (NED)	408
3. Kramer Miranda	80	08-021	29:04.76	25m	11-2-01	Zaandam (NED)	347
4. van der Gracht Anouk	89	08-021	29:22.21	OW	4-9-10	Wilhelminadorp (NED)	
5. van Rookhuizen Sieta	79	08-021	29:42.03	25m	5-3-00	Zaandam (NED)	325
6. Butter Anouk	82	08-021	30:35.49	OW	20-6-04	Spaarnwoude (NED)	
7. Crok Annemarie	89	08-021	31:18.88	OW	21-6-09	Spaarnwoude (NED)	

**2500 vrije slag**

1. Schelvis Femke	84	08-021	33:53.31	OW	26-6-04	Scheerwolde (NED)	
2. van der Gracht Anouk	89	08-021	39:11.50	OW	4-7-09	Oss (NED)	
3. Butter Anouk	82	08-021	42:59.56	OW	10-7-04	Oss (NED)	

**3000 vrije slag**

1. Schelvis Femke	84	08-021	42:18.93	OW	19-6-04	Vriezenveen (NED)	
2. van der Gracht Anouk	89	08-021	48:05.75	OW	29-8-09	Tilburg (NED)	

**4000 vrije slag****5000 vrije slag**

1. Schelvis Femke	84	08-021	1:10:50.81	OW	4-7-04	Sluis (NED)	
2. van der Gracht Anouk	89	08-021	1:23:35.85	OW	21-6-09	Spaarnwoude (NED)	

**6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag**

**25 rugslag**

1. Stins Mariska	84	08-021	16.86	25m	19-4-07	Heemskerk (NED)	367
2. Kramer Miranda	80	08-021	16.88	25m	22-2-01	Heemskerk (NED)	366
3. Hoek Daniëlle	88	08-021	17.26	25m	29-5-08	Heemskerk (NED)	342
4. Visser Kelly	89	08-021	17.62	25m	21-11-10	Almere-Stad (NED)	322
5. Deiman Caroline	67	08-021	18.20	25m	12-1-89	Heemskerk (NED)	292
5. Heus Pauline	78	08-021	18.20	25m	15-1-98	Heemskerk (NED)	292
7. van Rookhuizen Sieta	79	08-021	18.57	25m	25-3-99	Heemskerk (NED)	275
8. ten Cate Joyce	80	08-021	19.37	25m	17-2-00	Heemskerk (NED)	242
9. de Ruijter Linda	87	08-021	19.42	25m	19-4-07	Heemskerk (NED)	240
10. ten Cate Ilona	85	08-021	20.95	25m	27-4-06	Heemskerk	191

**50 rugslag**

1. Broek Jade	97	08-021	31.43	25m	1-10-17	Purmerend (NED)	544
2. Schelvis Femke	84	08-021	33.29	25m	28-10-04	Heemskerk (NED)	458
3. Kleijne Daisy	89	08-021	33.68	25m	6-12-09	Zaandam (NED)	442
4. Groen Anne	95	08-021	34.04	25m	2-10-16	Purmerend (NED)	428
5. ten Bokkel Henriëke	94	08-021	34.33	25m	12-4-18	Heemskerk (NED)	418
6. Crok Linda	94	08-021	35.00	25m	30-1-14	Heemskerk (NED)	394
7. Kramer Miranda	80	08-021	35.31	25m	18-3-01	Zaandam (NED)	384
8. Stins Mariska	84	08-021	35.57	25m	15-5-05	Zuidoost-Beemster (NED)	375
9. Palmboom Nicole	91	08-021	35.65	25m	9-2-12	Heemskerk (NED)	373
10. van der Gracht Anouk	89	08-021	35.78	25m	18-5-13	Purmerend (NED)	369
11. Meijer Sylvia	81	08-021	35.80	25m	25-1-01	Heemskerk (NED)	368
12. Mallon Danique	94	08-021	35.86	25m	16-3-17	Heemskerk (NED)	366
13. Hoek Daniëlle	88	08-021	36.09	25m	3-3-11	Heemskerk (NED)	359
14. Crok Annemarie	89	08-021	36.75	25m	9-2-12	Heemskerk (NED)	340
15. Butter Anouk	82	08-021	37.87	25m	7-11-04	IJmuiden (NED)	311
16. Visser Kelly	89	08-021	38.06	25m	22-3-12	Heemskerk (NED)	306
17. Hulshof Saskia	73	08-021	38.10	25m	4-2-93	Heemskerk (NED)	305
18. Heus Pauline	78	08-021	39.10	25m	22-3-98	Assendelft (NED)	282
19. Deiman Caroline	67	08-021	39.30	25m	10-1-91	Heemskerk (NED)	278
20. ten Cate Joyce	80	08-021	39.60	25m	27-1-00	Heemskerk (NED)	272
21. van Rookhuizen Sieta	79	08-021	39.70	25m	14-11-99	Zaandam (NED)	270
22. de Ruijter Linda	87	08-021	40.56	25m	3-3-11	Heemskerk (NED)	253
23. ten Cate Ilona	85	08-021	41.62	25m	23-4-06	Zaandam (NED)	234
24. van Eif Lia	60	08-021	43.80	25m	16-3-80	Heemskerk (NED)	201

**100 rugslag**

1. Broek Jade	97	08-021	1:07.20	25m	8-10-17	Alkmaar (NED)	549
2. Schelvis Femke	84	08-021	1:09.10	25m	28-11-04	Heemskerk (NED)	505
3. Kleijne Daisy	89	08-021	1:12.92	25m	15-3-09	Haarlem (NED)	429
4. Groen Anne	95	08-021	1:13.36	25m	15-1-17	Alkmaar (NED)	422
5. Crok Linda	94	08-021	1:13.87	25m	17-11-16	Heemskerk (NED)	413
6. Kramer Miranda	80	08-021	1:15.72	25m	16-4-01	Haarlem (NED)	383
7. Crok Annemarie	89	08-021	1:16.44	25m	17-11-11	Heemskerk (NED)	373
8. Meijer Sylvia	81	08-021	1:16.51	25m	29-3-01	Heemskerk (NED)	372
9. Hoek Daniëlle	88	08-021	1:16.53	25m	11-3-12	Zaandam (NED)	371
10. Stins Mariska	84	08-021	1:16.69	25m	26-2-04	Heemskerk (NED)	369
11. Palmboom Nicole	91	08-021	1:17.43	25m	17-11-11	Heemskerk (NED)	358
12. Groot Tineke	60	08-021	1:18.30	25m	27-1-80	Zaandam (NED)	347
13. van der Gracht Anouk	89	08-021	1:18.90	25m	21-4-13	Heemskerk (NED)	339

100 rugslag (sinds 14)

14. Verbree Bets	63	08-021	1:19.70	25m	10-4-83	Heemskerk (NED)	329
15. Pover Karin	67	08-021	1:19.90	25m	4-10-87	Zaandam (NED)	326
16. Visser Kelly	89	08-021	1:20.89	25m	11-11-12	Schagen (NED)	314
17. Mallon Danique	94	08-021	1:20.96	25m	18-1-18	Heemskerk (NED)	314
18. van der Kroft Nicole	84	08-021	1:21.44	25m	26-2-04	Heemskerk (NED)	308
19. Butter Anouk	82	08-021	1:21.54	25m	26-2-04	Heemskerk (NED)	307
20. Heus Pauline	78	08-021	1:21.90	25m	17-5-98	Heemskerk (NED)	303
21. Deiman Caroline	67	08-021	1:24.90	25m	18-2-89		272
22. ten Cate Joyce	80	08-021	1:25.11	25m	4-5-00	Heemskerk (NED)	270
23. Krouwels Tanja	79	08-021	1:25.89	25m	7-3-99	Zaandam (NED)	263
24. de Ruijter Linda	87	08-021	1:26.18	25m	17-11-11	Heemskerk (NED)	260
25. van Rookhuizen Sieta	79	08-021	1:27.63	25m	7-3-99	Zaandam (NED)	247

200 rugslag

1. Broek Jade	97	08-021	2:31.31	25m	4-2-18	Purmerend (NED)	489
2. Schelvis Femke	84	08-021	2:32.47	25m	23-12-04	Heemskerk (NED)	478
3. Groen Anne	95	08-021	2:36.81	25m	12-2-17	Purmerend (NED)	439
4. Kleijne Daisy	89	08-021	2:40.67	25m	31-5-09	Purmerend (NED)	408
5. Crok Linda	94	08-021	2:41.34	25m	17-1-16	Purmerend (NED)	403
6. Crok Annemarie	89	08-021	2:45.79	25m	13-11-11	Zaandam (NED)	371
7. Hoek Daniëlle	88	08-021	2:45.92	25m	13-11-11	Zaandam (NED)	371
8. Kramer Miranda	80	08-021	2:47.05	25m	31-1-02	Heemskerk	363
9. Stins Mariska	84	08-021	2:48.38	25m	19-3-06	Heemskerk (NED)	355
10. Verbree Bets	63	08-021	2:49.20	25m	13-3-83	Castricum (NED)	349
11. van der Gracht Anouk	89	08-021	2:49.32	25m	10-11-13	Zaandam (NED)	349
12. Meijer Sylvia	81	08-021	2:49.45	25m	11-3-01	Zaandam (NED)	348
13. Palmboom Nicole	91	08-021	2:49.80	25m	13-11-11	Zaandam (NED)	346
14. Groot Tineke	60	08-021	2:50.90	25m	2-11-80	Castricum (NED)	339
15. Mallon Danique	94	08-021	2:55.22	25m	4-2-18	Purmerend (NED)	315
16. van der Kroft Nicole	84	08-021	2:56.29	25m	14-3-04	Zaandam	309
17. Visser Kelly	89	08-021	2:58.26	25m	10-11-13	Zaandam (NED)	299
18. Heus Pauline	78	08-021	3:00.37	25m	11-10-98	Alkmaar (NED)	288
19. Butter Anouk	82	08-021	3:00.58	25m	28-10-04	Heemskerk (NED)	287
20. ten Cate Joyce	80	08-021	3:07.32	25m	14-3-04	Zaandam	257
21. van Ballegooie Simone	84	08-021	3:08.01	25m	14-3-04	Zaandam	255
22. Deiman Caroline	67	08-021	3:09.50	25m	1-11-89		249
23. van Rookhuizen Sieta	79	08-021	3:13.09	25m	12-3-00	Heemskerk (NED)	235
24. de Ruijter Linda	87	08-021	3:13.16	25m	25-1-07	Heemskerk (NED)	235
25. ten Cate Ilona	85	08-021	3:13.34	25m	19-3-06	Heemskerk (NED)	234

500 rugslag

**25 schoolslag**

1. Kramer Miranda	80	08-021	17.81	25m	17-2-00	Heemskerk (NED)	418
2. van Rookhuizen Sieta	79	08-021	17.86	25m	22-2-01	Heemskerk (NED)	414
3. Heus Pauline	78	08-021	19.50	25m	19-3-98	Heemskerk (NED)	318
4. Stins Mariska	84	08-021	19.56	25m	19-4-07	Heemskerk (NED)	315
5. Hoek Daniëlle	88	08-021	20.30	25m	29-5-08	Heemskerk (NED)	282
6. de Ruijter Linda	87	08-021	20.43	25m	19-2-11	Heerenveen (NED)	277
7. Visser Kelly	89	08-021	21.57	25m	19-2-11	Heerenveen (NED)	235
8. Deiman Caroline	67	08-021	21.80	25m	17-12-87	Heemskerk (NED)	228
9. ten Cate Ilona	85	08-021	21.98	25m	19-4-07	Heemskerk (NED)	222
10. ten Cate Joyce	80	08-021	23.30	25m	17-2-00	Heemskerk (NED)	186

**50 schoolslag**

1. Broek Jade	97	08-021	36.58	25m	11-11-17	Hoofddorp (NED)	479
2. Kramer Miranda	80	08-021	38.91	25m	16-4-00	Almelo (NED)	398
3. Groen Anne	95	08-021	39.62	25m	16-3-17	Heemskerk (NED)	377
4. Crok Linda	94	08-021	39.79	25m	1-10-17	Purmerend (NED)	372
5. van Rookhuizen Sieta	79	08-021	40.14	25m	14-11-99	Zaandam (NED)	363
6. Schelvis Femke	84	08-021	40.22	25m	25-11-04	Heemskerk (NED)	361
7. Crok Annemarie	89	08-021	40.71	25m	15-11-09	Haarlem (NED)	348
8. Palmboom Nicole	91	08-021	40.94	25m	22-3-12	Heemskerk (NED)	342
9. van der Gracht Anouk	89	08-021	41.40	25m	12-4-09	Haarlem (NED)	331
10. Kleijne Daisy	89	08-021	42.24	25m	22-1-09	Heemskerk (NED)	311
11. Heus Pauline	78	08-021	42.30	25m	15-11-98	Zaandam (NED)	310
12. Stins Mariska	84	08-021	42.46	25m	27-5-07	Purmerend (NED)	306
13. Hoek Daniëlle	88	08-021	42.72	25m	11-5-08	Purmerend (NED)	301
14. Mallon Danique	94	08-021	43.91	25m	9-11-17	Heemskerk (NED)	277
15. de Ruijter Linda	87	08-021	45.25	25m	27-1-11	Heemskerk (NED)	253
15. Visser Kelly	89	08-021	45.25	25m	30-9-12	Heemskerk (NED)	253
17. Pover Karin	67	08-021	48.20	25m	8-3-87	Zaandam (NED)	209
18. Deiman Caroline	67	08-021	48.30	25m	8-2-89		208
19. ten Cate Joyce	80	08-021	48.77	25m	7-11-04	IJmuiden (NED)	202
20. ten Cate Ilona	85	08-021	49.78	25m	30-11-06	Heemskerk	190
21. Huneke Jolanda	79	08-021	52.97	25m	14-12-00	Heemskerk (NED)	158

**100 schoolslag**

1. Broek Jade	97	08-021	1:19.98	25m	11-11-17	Hoofddorp (NED)	473
2. van Rookhuizen Sieta	79	08-021	1:24.87	25m	5-4-99	Haarlem (NED)	396
3. Kramer Miranda	80	08-021	1:25.06	25m	16-4-01	Haarlem (NED)	394
4. Crok Linda	94	08-021	1:25.35	25m	1-10-17	Purmerend (NED)	390
5. Schelvis Femke	84	08-021	1:26.08	25m	31-3-05	Heemskerk (NED)	380
6. Groen Anne	95	08-021	1:26.47	25m	13-10-16	Heemskerk (NED)	375
7. Crok Annemarie	89	08-021	1:27.24	25m	19-11-09	Heemskerk (NED)	365
8. Peters Yvonne	63	08-021	1:27.40	25m	6-10-85	Wormerveer (NED)	363
9. van der Kroft Nicole	84	08-021	1:28.90	25m	18-1-04	IJmuiden (NED)	345
10. Palmboom Nicole	91	08-021	1:30.22	25m	6-10-13	Heemskerk (NED)	330
11. Heus Pauline	78	08-021	1:30.50	25m	13-4-98	Haarlem (NED)	327
12. Kleijne Daisy	89	08-021	1:31.66	25m	19-11-09	Heemskerk (NED)	314
13. Hoek Daniëlle	88	08-021	1:31.78	25m	5-10-08	Heemskerk (NED)	313
14. Stins Mariska	84	08-021	1:32.07	25m	26-2-04	Heemskerk (NED)	310
15. van Giezen Sandra	63	08-021	1:32.10	25m	28-10-84	Egmond (NED)	310
16. Nijholt Carin	60	08-021	1:33.50	25m	16-3-80	Zandvoort (NED)	296

100 schoolslag (sinds 17)

17. van der Gracht Anouk	89	08-021	1:33.81	25m	10-5-09	Purmerend (NED)	293
18. Mallon Danique	94	08-021	1:33.97	25m	9-11-17	Heemskerk (NED)	292
19. Groot Tineke	60	08-021	1:35.00	25m	31-8-80	Heemskerk (NED)	282
20. de Ruijter Linda	87	08-021	1:36.50	25m	30-9-10	Heemskerk (NED)	269
21. Krouwels Tanja	79	08-021	1:36.74	25m	28-1-99	Heemskerk (NED)	267
22. Visser Kelly	89	08-021	1:38.57	25m	11-10-12	Heemskerk (NED)	253
23. Verbree Bets	63	08-021	1:39.50	25m	22-1-84	Zandvoort (NED)	246
24. Meijer Sylvia	81	08-021	1:43.48	25m	16-4-01	Haarlem (NED)	218
25. ten Cate Joyce	80	08-021	1:43.77	25m	1-4-02	Haarlem	217

200 schoolslag

1. Broek Jade	97	08-021	2:57.88	25m	12-2-17	Purmerend (NED)	432
2. van Rookhuizen Sieta	79	08-021	3:02.04	25m	10-10-99	Zaandam (NED)	403
3. Kramer Miranda	80	08-021	3:02.52	25m	27-1-00	Heemskerk (NED)	400
4. Schelvis Femke	84	08-021	3:05.36	25m	3-10-04	Heemskerk (NED)	382
5. Crok Linda	94	08-021	3:05.44	25m	19-1-14	Zaandam (NED)	382
6. Crok Annemarie	89	08-021	3:05.90	25m	16-1-11	Zaandam (NED)	379
7. Palmboom Nicole	91	08-021	3:10.18	25m	16-1-11	Zaandam (NED)	354
8. Groen Anne	95	08-021	3:13.13	25m	18-1-15	Zaandam (NED)	338
9. Heus Pauline	78	08-021	3:15.38	25m	7-3-99	Zaandam (NED)	326
10. Stins Mariska	84	08-021	3:18.54	25m	3-10-04	Heemskerk (NED)	311
11. Kleijne Daisy	89	08-021	3:20.52	25m	25-3-10	Heemskerk (NED)	302
12. van der Gracht Anouk	89	08-021	3:22.21	25m	17-1-10	Amsterdam-oost (NED)	294
13. Hoek Daniëlle	88	08-021	3:22.24	25m	16-1-11	Zaandam (NED)	294
14. Peters Yvonne	63	08-021	3:22.40	25m	15-3-87	Heemskerk (NED)	293
15. Groot Tineke	60	08-021	3:25.10	25m	21-9-80	Heemskerk (NED)	282
16. de Ruijter Linda	87	08-021	3:36.97	25m	13-12-07	Heemskerk (NED)	238
17. ten Cate Joyce	80	08-021	3:43.95	25m	28-10-04	Heemskerk (NED)	216
18. Deiman Caroline	67	08-021	3:53.80	25m	15-3-87	Heemskerk (NED)	190

500 schoolslag800 schoolslag1000 schoolslag1250 schoolslag1500 schoolslag2000 schoolslag

1. van Rookhuizen Sieta	79	08-021	37:11.40	OW	25-6-00	Breukelen (NED)
2. Kramer Miranda	80	08-021	38:12.80	OW	18-6-00	Spaarnwoude (NED)

2500 schoolslag3000 schoolslag

1. van Rookhuizen Sieta	79	08-021	57:26.50	OW	5-9-99	Vlissingen (NED)
-------------------------	----	--------	----------	----	--------	------------------



**4000 schoolslag****5000 schoolslag**

1. van Rookhuizen Sieta	79	08-021	1:35:09.71	OW	7-7-01	Vriezenveen (NED)
-------------------------	----	--------	------------	----	--------	-------------------

**25 vlinderslag**

1. Crok Annemarie	89	08-021	14.93	25m	30-6-11	Heemskerk (NED)	421
2. Butter Anouk	82	08-021	15.30	25m	25-9-05	Etten-Leur (NED)	391
2. Stins Mariska	84	08-021	15.30	25m	19-4-07	Heemskerk (NED)	391
4. Meijer Sylvia	81	08-021	15.41	25m	29-3-01	Heemskerk (NED)	382
4. Hoek Daniëlle	88	08-021	15.41	25m	30-6-11	Heemskerk (NED)	382
6. Palmboom Nicole	91	08-021	15.49	25m	30-6-11	Heemskerk (NED)	376
7. Kleijne Daisy	89	08-021	15.54	25m	30-6-11	Heemskerk (NED)	373
8. van Rookhuizen Sieta	79	08-021	15.65	25m	4-5-00	Heemskerk (NED)	365
9. Kramer Miranda	80	08-021	15.90	25m	4-5-00	Heemskerk (NED)	348
10. Visser Kelly	89	08-021	16.37	25m	4-11-10	Heemskerk (NED)	319
11. Heus Pauline	78	08-021	16.81	25m	25-3-99	Heemskerk (NED)	294
12. Deiman Caroline	67	08-021	16.90	25m	12-1-89	Heemskerk (NED)	290
13. de Ruijter Linda	87	08-021	17.37	25m	17-11-11	Heemskerk (NED)	267
14. ten Cate Ilona	85	08-021	18.43	25m	29-5-08	Heemskerk (NED)	223
15. ten Cate Joyce	80	08-021	19.12	25m	4-5-00	Heemskerk (NED)	200
16. Huneker Jolanda	79	08-021	20.10	25m	4-5-00	Heemskerk (NED)	172

**50 vlinderslag**

1. Broek Jade	97	08-021	31.18	50m	15-4-18	Alkmaar (NED)	480
2. van der Gracht Anouk	89	08-021	31.89	25m	12-12-13	Heemskerk (NED)	446
3. Schelvis Femke	84	08-021	32.21	25m	23-12-04	Heemskerk (NED)	433
4. Crok Annemarie	89	08-021	32.37	25m	17-11-11	Heemskerk (NED)	427
5. Groen Anne	95	08-021	32.57	25m	12-2-17	Purmerend (NED)	419
6. Hoek Daniëlle	88	08-021	33.06	25m	19-2-12	Purmerend (NED)	401
7. Palmboom Nicole	91	08-021	33.85	25m	17-11-11	Heemskerk (NED)	373
8. Kleijne Daisy	89	08-021	33.96	25m	15-3-09	Haarlem (NED)	369
9. ten Bokkel Henriëke	94	08-021	34.32	25m	12-4-18	Heemskerk (NED)	358
10. Stins Mariska	84	08-021	34.69	25m	28-4-05	Heemskerk (NED)	347
11. Crok Linda	94	08-021	34.73	25m	17-11-16	Heemskerk (NED)	345
12. Butter Anouk	82	08-021	34.87	25m	23-12-04	Heemskerk (NED)	341
13. Mallon Danique	94	08-021	35.08	25m	16-3-17	Heemskerk (NED)	335
14. Kramer Miranda	80	08-021	35.09	25m	31-1-02	Heemskerk	335
15. van der Kroft Nicole	84	08-021	35.37	25m	18-1-04	Ijmuiden (NED)	327
16. van Rookhuizen Sieta	79	08-021	35.93	25m	17-10-99	Zaandam (NED)	312
17. van Giezen Sandra	63	08-021	36.60	25m	28-10-84	Egmond (NED)	295
18. Visser Kelly	89	08-021	36.99	25m	12-12-13	Heemskerk (NED)	286
19. Heus Pauline	78	08-021	37.97	25m	14-11-99	Zaandam (NED)	264
20. Deiman Caroline	67	08-021	38.80	25m	1-11-89		248
21. ten Cate Ilona	85	08-021	39.82	25m	23-4-06	Zaandam (NED)	229
22. de Ruijter Linda	87	08-021	40.00	25m	3-3-11	Heemskerk (NED)	226
23. ten Cate Joyce	80	08-021	43.63	25m	31-1-02	Heemskerk	174
24. Peters Yvonne	63	08-021	45.70	25m	28-10-84	Egmond (NED)	151
25. Huneker Jolanda	79	08-021	47.54	25m	30-11-00	Heemskerk (NED)	134

**100 vlinderslag**

1. Schelvis Femke	84	08-021	1:10.87	25m	24-2-05	Heemskerk (NED)	457
2. Crok Annemarie	89	08-021	1:14.05	25m	29-11-09	Heemskerk (NED)	401
3. van der Gracht Anouk	89	08-021	1:14.52	50m	29-6-13	Eindhoven (NED)	412
4. Verbree Bets	63	08-021	1:14.60	25m	13-3-83	Castricum (NED)	392
5. Hoek Daniëlle	88	08-021	1:15.40	25m	9-2-12	Heemskerk (NED)	379
6. Stins Mariska	84	08-021	1:15.83	25m	27-5-04	Heemskerk (NED)	373
7. Groen Anne	95	08-021	1:16.26	25m	2-2-17	Heemskerk (NED)	367
8. Crok Linda	94	08-021	1:17.58	25m	13-11-16	Purmerend (NED)	348
9. Palmboom Nicole	91	08-021	1:17.65	25m	31-1-13	Heemskerk (NED)	347
10. van der Kroft Nicole	84	08-021	1:19.36	25m	25-3-04	Heemskerk	325
11. Kramer Miranda	80	08-021	1:20.35	25m	28-2-02	Heemskerk	313
12. Butter Anouk	82	08-021	1:20.45	25m	25-3-04	Heemskerk	312
13. Kleijne Daisy	89	08-021	1:21.46	25m	26-2-09	Heemskerk (NED)	301
14. Mallon Danique	94	08-021	1:23.15	25m	14-1-18	Purmerend (NED)	283
15. van Rookhuizen Sieta	79	08-021	1:24.50	25m	10-10-99	Zaandam (NED)	269
16. van Ballegooie Simone	84	08-021	1:28.28	25m	25-3-04	Heemskerk	236
17. ten Cate Ilona	85	08-021	1:29.56	25m	16-4-06	Haarlem (NED)	226
18. de Ruijter Linda	87	08-021	1:29.75	25m	29-3-07	Heemskerk (NED)	225
19. Deiman Caroline	67	08-021	1:29.90	25m	6-12-89		224
20. van Giezen Sandra	63	08-021	1:30.20	25m	12-2-84	Heemskerk (NED)	221
21. Meijer Sylvia	81	08-021	1:32.85	25m	31-5-01	Heemskerk (NED)	203
22. Peters Yvonne	63	08-021	1:33.00	25m	30-11-86	Heemskerk (NED)	202
23. Nijholt Carin	60	08-021	1:35.20	25m	13-4-80	Zaandam (NED)	188
24. ten Cate Joyce	80	08-021	1:35.87	25m	25-11-04	Heemskerk (NED)	184
25. Huneker Jolanda	79	08-021	1:36.96	25m	17-1-99	Heemskerk (NED)	178

**200 vlinderslag**

1. Schelvis Femke	84	08-021	2:35.87	25m	25-11-04	Heemskerk (NED)	451
2. Crok Annemarie	89	08-021	2:49.30	25m	14-3-10	Heemskerk (NED)	352
3. Stins Mariska	84	08-021	2:58.73	25m	15-5-05	Zuidoost-Beemster (NED)	299
4. van der Gracht Anouk	89	08-021	3:01.83	25m	15-3-09	Haarlem (NED)	284
5. Groen Anne	95	08-021	3:05.24	25m	12-3-17	Purmerend (NED)	269
6. Butter Anouk	82	08-021	3:06.69	25m	12-6-04	Zuidbroek (NED)	262
7. Mallon Danique	94	08-021	3:06.70	25m	12-3-17	Purmerend (NED)	262
8. Kleijne Daisy	89	08-021	3:07.59	25m	18-2-10	Heemskerk (NED)	259
9. Hoek Daniëlle	88	08-021	3:07.93	25m	31-1-08	Heemskerk (NED)	257
10. Kramer Miranda	80	08-021	3:09.21	25m	27-11-03	Heemskerk (NED)	252

**1000 vlinderslag**

**100 wisselslag**

1. Broek Jade	97	08-021	1:09.81	25m	7-10-18	Purmerend (NED)	530
2. Schelvis Femke	84	08-021	1:10.47	25m	9-1-05	Zuidoost Beemster (NED)	515
3. ten Bokkel Henriëke	94	08-021	1:11.34	25m	17-5-18	Heemskerk (NED)	497
4. Groen Anne	95	08-021	1:13.00	25m	2-10-16	Purmerend (NED)	463
5. Crok Linda	94	08-021	1:15.12	25m	11-5-17	Heemskerk (NED)	425
6. Crok Annemarie	89	08-021	1:15.40	25m	19-11-09	Heemskerk (NED)	420
7. van der Gracht Anouk	89	08-021	1:16.15	25m	20-5-13	Purmerend (NED)	408
8. Kramer Miranda	80	08-021	1:16.28	25m	27-9-01	Heemskerk	406
9. Hoek Daniëlle	88	08-021	1:16.84	25m	12-2-12	Heemstede (NED)	397
10. van Rookhuizen Sieta	79	08-021	1:18.07	25m	14-11-99	Zaandam (NED)	379
11. Stins Mariska	84	08-021	1:18.48	25m	29-9-05	Heemskerk (NED)	373
12. Palmboom Nicole	91	08-021	1:18.59	25m	14-4-11	Heemskerk (NED)	371
13. Kleijne Daisy	89	08-021	1:18.76	25m	2-10-11	Heemskerk (NED)	369
14. Heus Pauline	78	08-021	1:21.28	25m	10-12-00	Heemskerk (NED)	336
15. Hulshof Saskia	73	08-021	1:21.60	25m	12-12-93	Heemskerk (NED)	332
16. Butter Anouk	82	08-021	1:22.29	25m	29-9-05	Heemskerk (NED)	323
17. Mallon Danique	94	08-021	1:23.17	25m	1-10-17	Purmerend (NED)	313
18. Visser Kelly	89	08-021	1:23.59	25m	14-4-11	Heemskerk (NED)	308
19. de Ruijter Linda	87	08-021	1:24.79	25m	14-4-11	Heemskerk (NED)	296
20. Krouwels Tanja	79	08-021	1:26.24	25m	18-2-99	Heemskerk (NED)	281
21. Nijholt Carin	60	08-021	1:27.70	25m	31-5-80	Heemskerk (NED)	267
21. Groot Tineke	60	08-021	1:27.70	25m	27-9-80	Heemskerk (NED)	267
23. Deiman Caroline	67	08-021	1:27.90	25m	31-12-88		265
24. ten Cate Joyce	80	08-021	1:29.35	25m	30-9-04	Heemskerk (NED)	252
25. ten Cate Ilona	85	08-021	1:29.63	25m	29-9-05	Heemskerk (NED)	250

**200 wisselslag**

1. Schelvis Femke	84	08-021	2:35.57	25m	16-1-05	Zaandam (NED)	480
2. Broek Jade	97	08-021	2:37.82	25m	12-3-17	Purmerend (NED)	460
3. Groen Anne	95	08-021	2:37.83	25m	12-3-17	Purmerend (NED)	460
4. Crok Annemarie	89	08-021	2:40.68	25m	3-4-11	Zaandam (NED)	436
5. Crok Linda	94	08-021	2:42.09	25m	13-11-16	Purmerend (NED)	424
6. Kramer Miranda	80	08-021	2:45.04	25m	13-1-02	Zaandam	402
7. van der Gracht Anouk	89	08-021	2:45.63	25m	15-3-09	Haarlem (NED)	398
8. Kleijne Daisy	89	08-021	2:46.20	25m	11-4-10	Zaandam (NED)	394
9. Palmboom Nicole	91	08-021	2:46.29	25m	1-4-12	Zaandam (NED)	393
10. Hoek Daniëlle	88	08-021	2:47.36	25m	16-11-08	Amsterdam-oost (NED)	386
11. Stins Mariska	84	08-021	2:48.06	25m	9-3-08	Heemskerk (NED)	381
12. Verbree Bets	63	08-021	2:49.80	25m	10-4-83	Heemskerk (NED)	369
13. van der Kroft Nicole	84	08-021	2:51.47	25m	18-1-04	Ijmuiden (NED)	358
14. Meijer Sylvia	81	08-021	2:54.47	25m	14-1-01	Heemskerk (NED)	340
15. van Rookhuizen Sieta	79	08-021	2:56.28	25m	4-11-99	Heemskerk (NED)	330
16. Heus Pauline	78	08-021	2:57.20	25m	5-4-98	Heemskerk (NED)	325
17. Mallon Danique	94	08-021	3:01.48	25m	14-1-18	Purmerend (NED)	302
18. van Ballegooie Simone	84	08-021	3:05.09	25m	29-1-04	Heemskerk (NED)	285
19. Peters Yvonne	63	08-021	3:08.50	25m	30-11-86	Heemskerk (NED)	270
20. de Ruijter Linda	87	08-021	3:09.50	25m	22-1-09	Heemskerk (NED)	265
21. Groot Tineke	60	08-021	3:10.00	25m	27-4-80	Assendelft (NED)	263
22. Nijholt Carin	60	08-021	3:10.60	25m	27-4-80	Assendelft (NED)	261
23. Deiman Caroline	67	08-021	3:13.30	25m	18-2-89		250
24. ten Cate Ilona	85	08-021	3:15.69	25m	14-12-06	Heemskerk (NED)	241
25. ten Cate Joyce	80	08-021	3:18.11	25m	29-1-04	Heemskerk (NED)	232

**300 wisselslag**

1. Heus Pauline	78	08-021	4:44.97	25m	23-1-00	Heemskerk (NED)	
-----------------	----	--------	---------	-----	---------	-----------------	--

**400 wisselslag**

1. Schelvis Femke	84	08-021	5:43.59	25m	29-5-04	Z.o. Beemster	428
2. Kramer Miranda	80	08-021	6:01.21	25m	25-2-01	Heemskerk (NED)	368
3. van Rookhuizen Sieta	79	08-021	6:19.17	25m	30-3-00	Heemskerk (NED)	318
4. ten Cate Ilona	85	08-021	6:45.60	25m	15-6-06	Heemskerk (NED)	260