

25 vrije slag

1. Crok Linda	94	08-021	13.48	25m	30-6-11	Heemskerk (NED)	467
2. van der Kroft Nicole	84	08-021	13.95	25m	29-3-01	Heemskerk (NED)	421
3. Vink Lidewij	90	08-021	14.05	25m	19-4-07	Heemskerk (NED)	412
4. Stam Vanessa	80	08-021	14.20	25m	13-3-97	Heemskerk (NED)	399
5. van Ballegooie Simone	84	08-021	14.26	25m	29-3-01	Heemskerk (NED)	394
6. Kleijne Daisy	89	08-021	14.33	25m	27-4-06	Heemskerk	388
7. Palmboom Nicole	91	08-021	14.41	25m	29-5-08	Heemskerk (NED)	382
8. Kramer Miranda	80	08-021	14.50	25m	13-3-97	Heemskerk (NED)	375
9. de Boer Irene	84	08-021	14.70	25m	29-3-01	Heemskerk (NED)	360
10. Essers Sanne	91	08-021	14.71	25m	29-5-08	Heemskerk (NED)	359
11. Mallon Danique	94	08-021	14.83	25m	30-6-11	Heemskerk (NED)	350
12. Stins Mariska	84	08-021	14.84	25m	29-3-01	Heemskerk (NED)	350
13. Crok Annemarie	89	08-021	14.85	25m	27-4-06	Heemskerk	349
14. van der Gracht Anouk	89	08-021	14.97	25m	27-4-06	Heemskerk	341
15. Heus Pauline	78	08-021	15.40	25m	27-4-95	Heemskerk (NED)	313
16. Butter Anouk	82	08-021	16.39	25m	25-3-99	Heemskerk (NED)	259
17. van Velsen Patricia	79	08-021	16.40	25m	14-3-96	Heemskerk (NED)	259
17. Oudendijk Bianca	79	08-021	16.40	25m	14-3-96	Heemskerk (NED)	259
19. Molenaar Eline	82	08-021	16.51	25m	25-3-99	Heemskerk (NED)	254
20. ten Cate Joyce	80	08-021	16.70	25m	13-3-97	Heemskerk (NED)	245
20. Zonneveld Chantal	84	08-021	16.70	25m	22-2-01	Heemskerk (NED)	245
22. Beentjes Nicolet	80	08-021	19.40	25m	13-3-97	Heemskerk (NED)	156

50 vrije slag

1. Kingma Danae	00	08-021	27.18	25m	23-12-17	Hoofddorp (NED)	600
2. Smit Sanne	01	08-021	27.94	25m	17-11-18	Hoofddorp (NED)	552
3. Drubers Mirjam	67	08-021	28.20	25m	31-12-84		537
4. Palmboom Nicole	91	08-021	28.58	25m	23-3-08	Haarlem (NED)	516
5. Crok Linda	94	08-021	28.99	25m	24-4-11	Haarlem (NED)	494
6. Meijer Sylvia	81	08-021	29.10	25m	18-1-98	Zuidoost Beemster (NED)	489
7. Schelvis Femke	84	08-021	29.60	25m	27-9-01	Heemskerk	464
8. Hoek Daniëlle	88	08-021	29.78	25m	6-11-05	Zaandam (NED)	456
9. Hulshof Saskia	73	08-021	29.80	25m	11-3-90	Heemskerk (NED)	455
10. Kleijne Daisy	89	08-021	29.83	25m	5-3-06	Purmerend (NED)	454
11. van der Kroft Nicole	84	08-021	29.90	25m	27-9-01	Heemskerk	451
12. Vink Lidewij	90	08-021	29.97	25m	8-4-07	Haarlem (NED)	447
13. Groen Anne	95	08-021	29.98	50m	19-5-12	Beverwijk (NED)	492
14. Koper Fiona	01	08-021	30.05	25m	17-6-18	Alkmaar (NED)	444
15. van Ballegooie Simone	84	08-021	30.50	25m	26-4-01	Heemskerk (NED)	424
16. de Haan Shira	00	08-021	30.61	25m	12-3-17	Purmerend (NED)	420
17. Verbree Bets	63	08-021	30.80	25m	2-3-80	Heemskerk (NED)	412
18. Kramer Miranda	80	08-021	30.90	25m	16-11-97	Zaandam (NED)	408
19. Stam Vanessa	80	08-021	31.00	25m	6-11-97	Heemskerk (NED)	404
20. Schelvis Roos	86	08-021	31.03	25m	30-1-03	Heemskerk	403
21. Mallon Danique	94	08-021	31.04	25m	16-1-11	Zaandam (NED)	403
22. Limmen Karin	76	08-021	31.10	25m	14-4-93		400
23. Crok Annemarie	89	08-021	31.15	25m	23-4-06	Zaandam (NED)	398
24. Stins Mariska	84	08-021	31.38	25m	25-10-01	Heemskerk	390
25. van Rookhuizen Sieta	79	08-021	31.60	25m	14-4-96	Zaandam (NED)	382

100 vrije slag

1. Kingma Danae	00	08-021	58.69	25m	21-10-17	Amsterdam (NED)	627
2. Smit Sanne	01	08-021	1:00.87	25m	24-11-18	Hoofddorp (NED)	562
3. Drubers Mirjam	67	08-021	1:01.60	25m	15-12-84	Hilversum (NED)	542
4. Crok Linda	94	08-021	1:02.01	25m	3-4-11	Zaandam (NED)	532
5. Schelvis Femke	84	08-021	1:02.91	25m	9-12-01	Heemskerk	509
6. Meijer Sylvia	81	08-021	1:03.20	25m	5-4-98	Heemskerk (NED)	502
7. Palmboom Nicole	91	08-021	1:03.79	25m	9-3-08	Heemskerk (NED)	488
8. van der Kroft Nicole	84	08-021	1:03.91	25m	9-12-01	Heemskerk	486
9. Groen Anne	95	08-021	1:04.96	25m	1-4-12	Zaandam (NED)	462
10. Kleijne Daisy	89	08-021	1:05.14	25m	17-4-06	Haarlem (NED)	459
11. Hoek Daniëlle	88	08-021	1:05.60	25m	28-12-05	Maastricht (NED)	449
12. Vink Lidewij	90	08-021	1:05.62	25m	18-11-07	Alkmaar (NED)	449
13. Hulshof Saskia	73	08-021	1:06.30	25m	3-5-90	Heemskerk (NED)	435
14. Stam Vanessa	80	08-021	1:06.70	25m	30-3-97	Haarlem (NED)	427
15. de Haan Shira	00	08-021	1:06.80	25m	11-5-17	Heemskerk (NED)	425
16. Schelvis Roos	86	08-021	1:06.92	25m	5-1-03	Aalsmeer (NED)	423
17. Crok Annemarie	89	08-021	1:06.96	25m	17-4-06	Haarlem (NED)	422
18. Verbree Bets	63	08-021	1:07.10	25m	6-9-80	Z.O. Beemster (NED)	419
19. Koper Fiona	01	08-021	1:07.37	25m	18-3-18	Purmerend (NED)	414
20. Mallon Danique	94	08-021	1:07.52	25m	16-1-11	Zaandam (NED)	412
21. Essers Sanne	91	08-021	1:07.56	25m	9-3-08	Heemskerk (NED)	411
22. Meijer Linda	77	08-021	1:07.80	25m	5-2-94		407
23. Kramer Miranda	80	08-021	1:08.50	25m	26-10-97	Heemskerk (NED)	394
24. Petit Kirsten	00	08-021	1:08.74	25m	12-3-17	Purmerend (NED)	390
25. Stins Mariska	84	08-021	1:08.89	25m	22-2-01	Heemskerk (NED)	388

200 vrije slag

1. Kingma Danae	00	08-021	2:13.76	25m	16-3-17	Heemskerk (NED)	562
2. Smit Sanne	01	08-021	2:15.57	25m	12-4-18	Heemskerk (NED)	540
3. Schelvis Femke	84	08-021	2:17.19	25m	25-1-01	Heemskerk (NED)	521
4. Crok Linda	94	08-021	2:17.72	25m	2-10-11	Heemskerk (NED)	515
5. Drubers Mirjam	67	08-021	2:18.20	25m	7-10-84	Volendam (NED)	510
6. Hoek Daniëlle	88	08-021	2:20.84	25m	27-11-05	Heemskerk (NED)	482
7. Palmboom Nicole	91	08-021	2:22.48	25m	1-3-08	Hoorl (NED)	465
8. Groen Anne	95	08-021	2:22.72	25m	2-12-12	Amstelveen (NED)	463
9. Meijer Sylvia	81	08-021	2:24.70	25m	9-4-98	Heemskerk (NED)	444
10. Vink Lidewij	90	08-021	2:24.79	25m	18-3-07	Heemskerk (NED)	443
11. Kleijne Daisy	89	08-021	2:25.19	25m	12-2-06	Zaandam (NED)	439
12. Hulshof Saskia	73	08-021	2:25.80	25m	28-2-90		434
13. Schelvis Roos	86	08-021	2:27.51	25m	27-2-03	Heemskerk	419
14. van der Kroft Nicole	84	08-021	2:27.92	25m	27-9-01	Heemskerk	416
15. Crok Annemarie	89	08-021	2:27.94	25m	12-2-06	Zaandam (NED)	415
16. Verbree Bets	63	08-021	2:28.10	25m	16-3-80	Zandvoort (NED)	414
16. Stam Vanessa	80	08-021	2:28.10	25m	23-1-97	Heemskerk	414
18. Koper Fiona	01	08-021	2:28.50	25m	12-4-18	Heemskerk (NED)	411
19. Mallon Danique	94	08-021	2:29.10	25m	27-1-11	Heemskerk (NED)	406
20. de Boer Irene	84	08-021	2:29.14	25m	11-3-01	Zaandam (NED)	405
21. de Haan Shira	00	08-021	2:29.21	25m	16-3-17	Heemskerk (NED)	405
22. Kramer Miranda	80	08-021	2:30.60	25m	23-1-97	Heemskerk	394
23. Stins Mariska	84	08-021	2:30.95	25m	27-9-01	Heemskerk	391
24. Meijer Linda	77	08-021	2:32.20	25m	15-1-94		381
25. Essers Sanne	91	08-021	2:33.83	50m	30-3-08	Alkmaar (NED)	396

250 vrije slag**300 vrije slag**

1. Crok Linda	94	08-021	3:38.23	25m	25-4-11	Haarlem (NED)	493
2. Vink Lidewij	90	08-021	3:52.99	25m	14-10-07	Zaandam (NED)	405
3. Meijer Sylvia	81	08-021	4:02.20	25m	19-4-98	Zaandam (NED)	361
4. van der Gracht Anouk	89	08-021	4:03.64	25m	18-5-06	Heemskerk (NED)	354
5. de Ruijter Linda	87	08-021	4:07.06	25m	29-4-04	Heemskerk (NED)	340

400 vrije slag

1. Crok Linda	94	08-021	4:50.50	25m	25-4-11	Haarlem (NED)	526
2. Vink Lidewij	90	08-021	4:58.33	25m	9-4-07	Haarlem (NED)	485
3. Smit Sanne	01	08-021	5:05.21	25m	16-9-18	Alkmaar (NED)	453
4. Schelvis Femke	84	08-021	5:08.19	25m	31-5-01	Heemskerk (NED)	440
5. de Haan Shira	00	08-021	5:13.43	25m	17-4-17	Haarlem (NED)	418
6. Kleijne Daisy	89	08-021	5:13.87	25m	1-4-06	Zaandam (NED)	417
7. Hoek Daniëlle	88	08-021	5:14.06	25m	23-10-05	Zaandam (NED)	416
8. Stam Vanessa	80	08-021	5:15.20	25m	23-2-97	Zaandam (NED)	411
9. Hulshof Saskia	73	08-021	5:15.40	25m	11-3-90	Heemskerk (NED)	411
10. Limmen Karin	76	08-021	5:16.50	25m	24-4-93		406
11. Meijer Sylvia	81	08-021	5:20.40	25m	19-3-98	Heemskerk (NED)	392
12. de Boer Irene	84	08-021	5:21.69	25m	31-5-01	Heemskerk (NED)	387
13. Verbree Bets	63	08-021	5:23.00	25m	13-4-80	Zaandam (NED)	382
14. Essers Sanne	91	08-021	5:27.54	25m	5-10-08	Heemskerk (NED)	367
15. van der Gracht Anouk	89	08-021	5:27.82	25m	18-5-06	Heemskerk (NED)	366
16. de Ruijter Linda	87	08-021	5:31.42	25m	29-4-04	Heemskerk (NED)	354
17. Stins Mariska	84	08-021	5:31.58	25m	4-11-01	Heemskerk	353
18. van Rookhuizen Sieta	79	08-021	5:34.10	25m	4-4-96	Heemskerk (NED)	345
19. van der Kroft Nicole	84	08-021	5:35.02	25m	31-5-01	Heemskerk (NED)	343
20. de Graaf Annemiek	70	08-021	5:36.10	25m	22-3-87	Heerhugowaard (NED)	339
21. Zonneveld Chantal	84	08-021	5:40.92	25m	31-5-01	Heemskerk (NED)	325
22. Tholen Kirsten	66	08-021	5:51.00	25m	27-2-83	Assendelft (NED)	298
23. Heus Pauline	78	08-021	5:59.00	25m	18-5-95	Heemskerk (NED)	278
24. Oudendijk Bianca	79	08-021	6:03.80	25m	4-4-96	Heemskerk (NED)	267
25. ten Cate Ilona	85	08-021	6:05.57	25m	30-5-02	Heemskerk	264

500 vrije slag**800 vrije slag**

1. Crok Linda	94	08-021	10:11.36	25m	16-10-11	Zaandam (NED)	481
2. Kleijne Daisy	89	08-021	10:35.32	25m	1-4-06	Zaandam (NED)	429
3. Hoek Daniëlle	88	08-021	10:36.26	25m	23-10-05	Zaandam (NED)	427
4. Smit Sanne	01	08-021	10:38.10	50m	18-2-18	Alkmaar (NED)	438
5. Schelvis Femke	84	08-021	10:38.63	25m	16-9-01	Zaandam (NED)	422
6. Vink Lidewij	90	08-021	10:41.57	25m	14-10-07	Zaandam (NED)	417
7. Stam Vanessa	80	08-021	11:12.20	25m	16-2-97	Volendam (NED)	362
8. Hulshof Saskia	73	08-021	11:15.20	25m	22-4-90	Heemstede (NED)	357
9. Kramer Miranda	80	08-021	11:16.00	25m	23-2-97	Zaandam (NED)	356
10. van der Gracht Anouk	89	08-021	11:18.02	25m	22-10-06	Zaandam (NED)	353
11. Stins Mariska	84	08-021	11:27.66	25m	16-9-01	Zaandam (NED)	338
12. van der Kroft Nicole	84	08-021	11:41.28	25m	16-9-01	Zaandam (NED)	319

1000 vrije slag

1. de Haan Shira	00	08-021	16:59.66	OW	26-8-17	Eindhoven (NED)
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1250 vrije slag**1500 vrije slag**

1. Crok Linda	94	08-021	19:23.75	25m	4-12-11	Zaandam (NED)	493
2. Kleijne Daisy	89	08-021	20:17.52	25m	12-1-06	Heemskerk (NED)	431
3. Smit Sanne	01	08-021	20:34.89	50m	15-4-18	Alkmaar (NED)	420
4. Limmen Karin	76	08-021	21:25.00	25m	7-2-93	Volendam (NED)	366
5. van der Gracht Anouk	89	08-021	21:37.64	25m	3-12-06	Zaandam (NED)	356
6. de Boer Irene	84	08-021	21:38.10	25m	21-1-01	Heemskerk (NED)	355
7. Stins Mariska	84	08-021	21:41.94	25m	4-1-01	Heemskerk (NED)	352

2000 vrije slag

1. Crok Linda	94	08-021	26:17.78	25m	13-2-11	Zaandam (NED)	469
2. Vink Lidewij	90	08-021	27:03.36	25m	28-1-07	Zaandam (NED)	431
3. Schelvis Roos	86	08-021	28:11.96	25m	16-2-03	Zaandam	380
4. Stins Mariska	84	08-021	29:45.17	25m	11-2-01	Zaandam (NED)	324
5. Kramer Miranda	80	08-021	31:00.10	OW	29-6-97	Breukelen (NED)	
6. Oudendijk Bianca	79	08-021	50:45.90	OW	6-7-96	Oss (NED)	

2500 vrije slag

1. Vink Lidewij	90	08-021	43:27.35	OW	22-7-07	Langedijk (NED)
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3000 vrije slag

1. Vink Lidewij	90	08-021	48:43.54	OW	21-7-07	Anna-Paulowna (NED)
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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)	392
2. Kleijne Daisy	89	08-021	16.57	25m	27-4-06	Heemskerk	387
3. Palmboom Nicole	91	08-021	16.58	25m	29-5-08	Heemskerk (NED)	386
4. Schelvis Femke	84	08-021	16.86	25m	22-2-01	Heemskerk (NED)	367
5. Vink Lidewij	90	08-021	16.90	25m	19-4-07	Heemskerk (NED)	365
6. Stam Vanessa	80	08-021	17.30	25m	13-2-97	Heemskerk (NED)	340
7. Crok Annemarie	89	08-021	17.44	25m	27-4-06	Heemskerk	332
8. Stins Mariska	84	08-021	17.46	25m	22-2-01	Heemskerk (NED)	331
9. Zonneveld Chantal	84	08-021	17.48	25m	22-2-01	Heemskerk (NED)	330
10. Limmen Karin	76	08-021	17.50	25m	16-6-93		328
11. de Boer Irene	84	08-021	17.51	25m	22-2-01	Heemskerk (NED)	328
12. van der Gracht Anouk	89	08-021	17.72	25m	27-4-06	Heemskerk	316
13. van der Kroft Nicole	84	08-021	17.79	25m	22-2-01	Heemskerk (NED)	313
14. van Rookhuizen Sieta	79	08-021	17.80	25m	8-2-96	Heemskerk (NED)	312
15. Heus Pauline	78	08-021	18.00	25m	16-3-95	Heemskerk (NED)	302
16. Oudendijk Bianca	79	08-021	18.30	25m	8-2-96	Heemskerk (NED)	287
17. Essers Sanne	91	08-021	18.41	25m	29-5-08	Heemskerk (NED)	282
18. ten Cate Joyce	80	08-021	18.80	25m	13-2-97	Heemskerk (NED)	265
19. Butter Anouk	82	08-021	19.02	25m	25-3-99	Heemskerk (NED)	256
20. van Velsen Patricia	79	08-021	19.10	25m	7-2-96		252
21. Molenaar Eline	82	08-021	19.98	25m	25-3-99	Heemskerk (NED)	221
22. Essers Patricia	84	08-021	20.50	25m	22-2-01	Heemskerk (NED)	204
23. Beentjes Nicolet	80	08-021	20.70	25m	13-2-97	Heemskerk (NED)	198
24. Huneke Jolanda	79	08-021	23.30	25m	8-2-96	Heemskerk (NED)	139

50 rugslag

1. Kingma Danae	00	08-021	31.06	25m	30-12-17	Leeuwarden (NED)	564
2. Kleijne Daisy	89	08-021	32.44	25m	5-3-06	Purmerend (NED)	495
3. Koper Fiona	01	08-021	32.46	25m	15-2-18	Heemskerk (NED)	494
4. Schelvis Femke	84	08-021	33.93	25m	25-1-01	Heemskerk (NED)	433
5. Hulshof Saskia	73	08-021	34.30	25m	22-4-90	Heemstede (NED)	419
6. Palmboom Nicole	91	08-021	34.58	25m	10-2-08	Purmerend (NED)	409
7. Meijer Linda	77	08-021	34.70	25m	17-2-94	Heemskerk	404
7. Kramer Miranda	80	08-021	34.70	25m	9-10-97	Heemskerk (NED)	404
9. Crok Linda	94	08-021	34.78	25m	3-3-11	Heemskerk (NED)	402
10. Groen Anne	95	08-021	34.86	25m	9-2-12	Heemskerk (NED)	399
11. Meijer Sylvia	81	08-021	35.00	25m	22-3-98	Assendelft (NED)	394
12. Smit Sanne	01	08-021	35.33	25m	15-2-18	Heemskerk (NED)	383
13. van der Kroft Nicole	84	08-021	35.60	25m	29-11-01	Heemskerk	374
14. de Haan Shira	00	08-021	36.04	25m	2-2-17	Heemskerk (NED)	361
15. Hoek Daniëlle	88	08-021	36.06	25m	5-6-05	Alkmaar (NED)	360
16. Mallon Danique	94	08-021	36.18	25m	3-3-11	Heemskerk (NED)	357
17. Stam Vanessa	80	08-021	36.40	25m	9-10-97	Heemskerk (NED)	350
18. Crok Annemarie	89	08-021	36.70	25m	7-5-06	Zaandam	342
19. Petit Kirsten	00	08-021	36.77	25m	2-2-17	Heemskerk (NED)	340
20. Vink Lidewij	90	08-021	36.81	25m	13-12-07	Heemskerk (NED)	339
20. Niesten Iris	92	08-021	36.81	25m	1-3-09	Heemstede (NED)	339
22. Schelvis Roos	86	08-021	36.92	25m	5-1-03	Aalsmeer (NED)	336
23. Stins Mariska	84	08-021	36.95	25m	25-1-01	Heemskerk (NED)	335
24. Koopman Anitra	89	08-021	37.09	25m	5-11-06	Zaandam (NED)	331
25. Verbree Bets	63	08-021	37.10	25m	22-11-80	Heemskerk (NED)	331

100 rugslag

1. Kingma Danae	00	08-021	1:07.40	25m	1-10-17	Purmerend (NED)	544
2. Schelvis Femke	84	08-021	1:11.40	25m	26-4-01	Heemskerk (NED)	457
3. Kleijne Daisy	89	08-021	1:11.62	25m	16-4-06	Haarlem (NED)	453
4. Koper Fiona	01	08-021	1:11.99	25m	17-6-18	Alkmaar (NED)	446
5. Crok Linda	94	08-021	1:12.23	25m	17-11-11	Heemskerk (NED)	442
6. Hulshof Saskia	73	08-021	1:13.80	25m	22-3-90	Heemskerk (NED)	414
6. Meijer Sylvia	81	08-021	1:13.80	25m	12-4-98	Haarlem (NED)	414
8. Smit Sanne	01	08-021	1:14.25	25m	7-10-18	Purmerend (NED)	407
9. Groen Anne	95	08-021	1:14.64	25m	11-3-12	Zaandam (NED)	400
10. Kramer Miranda	80	08-021	1:14.70	25m	30-3-97	Haarlem (NED)	399
11. van der Kroft Nicole	84	08-021	1:15.16	25m	15-4-01	Haarlem (NED)	392
12. Schelvis Roos	86	08-021	1:15.34	25m	5-1-03	Aalsmeer (NED)	389
13. Meijer Linda	77	08-021	1:15.80	25m	6-2-94	Wormerveer (NED)	382
14. de Haan Shira	00	08-021	1:16.55	25m	5-6-17	Purmerend (NED)	371
15. Mallon Danique	94	08-021	1:16.68	25m	9-1-11	Alkmaar (NED)	369
16. de Graaf Annemiek	70	08-021	1:16.70	25m	22-3-87	Heerhugowaard (NED)	369
17. Vink Lidewij	90	08-021	1:16.71	25m	30-9-07	Volendam (NED)	369
18. Zonneveld Chantal	84	08-021	1:17.76	25m	26-4-01	Heemskerk (NED)	354
18. Palmboom Nicole	91	08-021	1:17.76	25m	25-9-08	Heemskerk (NED)	354
20. Stam Vanessa	80	08-021	1:17.80	25m	29-5-97	Heemskerk	353
21. de Boer Irene	84	08-021	1:17.95	25m	11-3-01	Zaandam (NED)	351
21. Stins Mariska	84	08-021	1:17.95	25m	15-4-01	Haarlem (NED)	351
21. Hoek Daniëlle	88	08-021	1:17.95	25m	31-3-05	Heemskerk (NED)	351
24. Crok Annemarie	89	08-021	1:18.17	25m	26-3-06	Purmerend (NED)	348
25. Petit Kirsten	00	08-021	1:18.41	25m	1-10-17	Purmerend (NED)	345

200 rugslag

1. Kingma Danae	00	08-021	2:30.65	25m	12-3-17	Purmerend (NED)	495
2. Koper Fiona	01	08-021	2:37.77	25m	18-3-18	Purmerend (NED)	431
3. Crok Linda	94	08-021	2:40.05	25m	16-1-11	Zaandam (NED)	413
4. Groen Anne	95	08-021	2:40.59	25m	16-12-12	Zaandam (NED)	409
5. Smit Sanne	01	08-021	2:40.69	25m	18-3-18	Purmerend (NED)	408
6. Kleijne Daisy	89	08-021	2:40.93	25m	26-1-06	Heemskerk (NED)	406
7. Palmboom Nicole	91	08-021	2:41.16	25m	9-3-08	Heemskerk (NED)	404
8. Schelvis Femke	84	08-021	2:41.19	25m	18-11-01	Heemskerk	404
9. Meijer Sylvia	81	08-021	2:42.31	25m	24-9-98	Heemskerk (NED)	396
10. Schelvis Roos	86	08-021	2:44.28	25m	16-3-03	Heemskerk	382
11. Kramer Miranda	80	08-021	2:45.80	25m	11-9-97	Heemskerk (NED)	371
12. van der Kroft Nicole	84	08-021	2:45.88	25m	18-11-01	Heemskerk	371
13. Hulshof Saskia	73	08-021	2:45.90	25m	3-5-90	Heemskerk (NED)	371
14. Petit Kirsten	00	08-021	2:48.03	25m	12-3-17	Purmerend (NED)	357
15. Essers Sanne	91	08-021	2:48.06	25m	9-3-08	Heemskerk (NED)	357
16. Crok Annemarie	89	08-021	2:48.19	25m	26-1-06	Heemskerk (NED)	356
17. Vink Lidewij	90	08-021	2:48.22	25m	25-1-07	Heemskerk (NED)	356
18. Drubers Mirjam	67	08-021	2:48.60	25m	7-10-84	Volendam (NED)	353
19. Mallon Danique	94	08-021	2:48.64	25m	16-1-11	Zaandam (NED)	353
20. de Haan Shira	00	08-021	2:48.85	25m	4-6-17	Purmerend (NED)	352
21. Verbree Bets	63	08-021	2:49.30	25m	16-11-80	Haarlem (NED)	349
22. Hoek Daniëlle	88	08-021	2:49.37	25m	10-4-05	Zuidoost-Beemster (NED)	348
23. Niesten Iris	92	08-021	2:49.43	25m	15-3-09	Haarlem (NED)	348
24. Stins Mariska	84	08-021	2:49.44	25m	18-11-01	Heemskerk	348
25. Boekling Annette	85	08-021	2:50.40	25m	31-1-02	Heemskerk	342

500 rugslag**25 schoolslag**

1. Kramer Miranda	80	08-021	17.70	25m	13-3-97	Heemskerk (NED)	426
2. Stam Vanessa	80	08-021	17.90	25m	13-3-97	Heemskerk (NED)	412
3. Palmboom Nicole	91	08-021	18.13	25m	29-5-08	Heemskerk (NED)	396
4. van der Gracht Anouk	89	08-021	18.41	25m	27-4-06	Heemskerk	378
5. van der Kroft Nicole	84	08-021	18.62	25m	22-2-01	Heemskerk (NED)	366
6. Vink Lidewij	90	08-021	18.88	25m	19-4-07	Heemskerk (NED)	351
7. Crok Annemarie	89	08-021	19.04	25m	27-4-06	Heemskerk	342
8. Essers Sanne	91	08-021	19.60	25m	29-5-08	Heemskerk (NED)	313
9. Oudendijk Bianca	79	08-021	19.90	25m	14-3-96	Heemskerk (NED)	299
10. Stins Mariska	84	08-021	20.05	25m	22-2-01	Heemskerk (NED)	293
11. Heus Pauline	78	08-021	20.10	25m	27-4-95	Heemskerk (NED)	291
11. Meijer Sylvia	81	08-021	20.10	25m	19-3-98	Heemskerk (NED)	291
13. Molenaar Eline	82	08-021	20.17	25m	25-3-99	Heemskerk (NED)	288
14. Butter Anouk	82	08-021	20.25	25m	25-3-99	Heemskerk (NED)	284
15. Beentjes Nicolet	80	08-021	20.70	25m	13-3-97	Heemskerk (NED)	266
16. de Boer Irene	84	08-021	20.77	25m	22-2-01	Heemskerk (NED)	263
17. Schelvis Femke	84	08-021	20.78	25m	22-2-01	Heemskerk (NED)	263
18. Kleijne Daisy	89	08-021	22.22	25m	27-4-06	Heemskerk	215
19. van Velsen Patricia	79	08-021	22.60	25m	14-3-96	Heemskerk (NED)	204
20. ten Cate Joyce	80	08-021	22.90	25m	13-3-97	Heemskerk (NED)	196
21. Essers Patricia	84	08-021	23.56	25m	22-2-01	Heemskerk (NED)	180

50 schoolslag

1. Kingma Danae	00	08-021	34.92	25m	29-12-17	Leeuwarden (NED)	551
2. Palmboom Nicole	91	08-021	37.87	25m	23-3-08	Haarlem (NED)	432
3. de Haan Shira	00	08-021	38.36	25m	16-4-17	Haarlem (NED)	416
4. Stam Vanessa	80	08-021	39.00	25m	26-1-97	Zuidoost Beemster (NED)	396
5. Kramer Miranda	80	08-021	39.70	25m	11-9-97	Heemskerk (NED)	375
6. Koper Fiona	01	08-021	40.24	25m	12-4-18	Heemskerk (NED)	360
7. Crok Linda	94	08-021	40.35	25m	6-2-11	Purmerend (NED)	357
8. van der Kroft Nicole	84	08-021	41.23	25m	20-12-01	Heemskerk	335
9. van Rookhuizen Sieta	79	08-021	41.40	25m	17-3-96	Heemskerk (NED)	331
10. van der Gracht Anouk	89	08-021	41.46	25m	30-12-06	Maastricht (NED)	329
11. Hoek Daniëlle	88	08-021	41.52	25m	5-6-05	Alkmaar (NED)	328
12. Crok Annemarie	89	08-021	41.64	25m	23-4-06	Zaandam (NED)	325
13. Stins Mariska	84	08-021	41.73	25m	15-4-01	Haarlem (NED)	323
14. Mallon Danique	94	08-021	41.78	25m	27-1-11	Heemskerk (NED)	322
15. van der Geest Saskia	73	08-021	41.90	25m	3-5-90	Heemskerk (NED)	319
16. Smit Sanne	01	08-021	41.92	25m	14-1-18	Purmerend (NED)	318
17. Niesten Iris	92	08-021	41.93	25m	12-4-09	Haarlem (NED)	318
18. Nijholt Carin	60	08-021	42.00	25m	27-11-77	IJmuiden (NED)	317
19. de Groot Gitta	60	08-021	42.50	25m	27-11-77	IJmuiden (NED)	306
19. Knight Kayleigh	00	08-021	42.50	25m	16-3-17	Heemskerk (NED)	306
21. Petit Kirsten	00	08-021	42.59	25m	16-3-17	Heemskerk (NED)	304
22. Hulshof Saskia	73	08-021	42.60	25m	3-5-90	Heemskerk (NED)	303
23. Groen Anne	95	08-021	42.63	25m	5-2-12	Zaandam (NED)	303
24. Heus Pauline	78	08-021	42.70	25m	8-10-95	Assendelft (NED)	301
25. Kleijne Daisy	89	08-021	42.91	25m	30-11-06	Heemskerk	297

100 schoolslag

1. Kingma Danae	00	08-021	1:18.34	25m	9-11-17	Heemskerk (NED)	504
2. Drubers Mirjam	67	08-021	1:21.90	25m	15-12-84	Hilversum (NED)	441
3. de Haan Shira	00	08-021	1:22.34	25m	8-1-17	Purmerend (NED)	434
4. Palmboom Nicole	91	08-021	1:24.29	25m	24-3-08	Haarlem (NED)	404
5. Stam Vanessa	80	08-021	1:25.90	25m	19-1-97	Zaandam (NED)	382
6. Kramer Miranda	80	08-021	1:26.10	25m	30-8-97	Assendelft (NED)	379
7. Crok Linda	94	08-021	1:26.75	25m	27-11-11	Heemskerk (NED)	371
8. van der Kroft Nicole	84	08-021	1:27.11	25m	29-3-01	Heemskerk (NED)	366
9. van Galen Angela	65	08-021	1:28.20	25m	14-3-82		353
10. Hulshof Saskia	73	08-021	1:28.80	25m	28-2-90		346
11. van Rookhuizen Sieta	79	08-021	1:29.00	25m	7-4-96	Haarlem (NED)	343
12. Niesten Iris	92	08-021	1:29.23	25m	29-11-09	Heemskerk (NED)	341
13. Smit Sanne	01	08-021	1:29.45	25m	11-10-18	Heemskerk (NED)	338
14. van der Geest Saskia	73	08-021	1:29.50	25m	25-11-90	Heemskerk (NED)	338
15. Kleijne Daisy	89	08-021	1:30.08	25m	16-2-06	Heemskerk (NED)	331
16. Groen Anne	95	08-021	1:30.61	25m	5-2-12	Zaandam (NED)	325
17. van der Gracht Anouk	89	08-021	1:30.77	25m	28-12-06	Maastricht (NED)	324
18. Koper Fiona	01	08-021	1:30.88	25m	14-1-18	Purmerend (NED)	323
19. Crok Annemarie	89	08-021	1:30.96	25m	15-1-06	Zaandam (NED)	322
20. de Groot Gitta	60	08-021	1:31.00	25m	23-10-77	Zandvoort (NED)	321
20. van Giezen Sandra	63	08-021	1:31.00	25m	16-3-80	Zandvoort (NED)	321
22. Nijholt Carin	60	08-021	1:31.10	25m	23-10-77	Zandvoort (NED)	320
23. Stins Mariska	84	08-021	1:31.42	25m	7-10-01	Zaandam (NED)	317
24. Oudendijk Bianca	79	08-021	1:31.50	25m	7-4-96	Haarlem (NED)	316
25. Heus Pauline	78	08-021	1:31.70	25m	17-12-95	Volendam (NED)	314

200 schoolslag

1. de Haan Shira	00	08-021	2:54.99	25m	15-1-17	Alkmaar (NED)	454
2. Kingma Danae	00	08-021	2:55.27	25m	1-10-17	Purmerend (NED)	452
3. Stam Vanessa	80	08-021	2:59.80	25m	6-4-97	Heemskerk (NED)	419
4. van der Kroft Nicole	84	08-021	3:02.41	25m	25-1-01	Heemskerk (NED)	401
5. Kramer Miranda	80	08-021	3:05.70	25m	9-10-97	Heemskerk (NED)	380
6. Crok Linda	94	08-021	3:07.61	25m	13-3-11	Heemskerk (NED)	369
7. Palmboom Nicole	91	08-021	3:08.02	25m	5-10-08	Heemskerk (NED)	366
8. Schelvis Roos	86	08-021	3:09.18	25m	19-1-03	Zaandam	359
9. van Galen Angela	65	08-021	3:10.60	25m	7-3-82		351
10. Crok Annemarie	89	08-021	3:11.04	25m	15-1-06	Zaandam (NED)	349
11. Koper Fiona	01	08-021	3:12.94	25m	7-10-18	Purmerend (NED)	339
12. Smit Sanne	01	08-021	3:12.96	25m	7-10-18	Purmerend (NED)	339
13. van der Geest Saskia	73	08-021	3:13.30	25m	22-3-90	Heemskerk (NED)	337
14. Niesten Iris	92	08-021	3:13.79	25m	31-5-09	Purmerend (NED)	334
15. Hulshof Saskia	73	08-021	3:14.50	25m	22-3-90	Heemskerk (NED)	331
16. Vink Lidewij	90	08-021	3:15.38	25m	30-9-07	Volendam (NED)	326
17. Heus Pauline	78	08-021	3:15.70	25m	23-4-95	Castricum (NED)	325
18. Groen Anne	95	08-021	3:15.79	25m	11-3-12	Zaandam (NED)	324
19. van Rookhuizen Sieta	79	08-021	3:15.80	25m	31-3-96	Castricum (NED)	324
20. van der Gracht Anouk	89	08-021	3:17.06	25m	1-10-06	Volendam (NED)	318
21. Stins Mariska	84	08-021	3:17.92	25m	29-11-01	Heemskerk	314
22. Besse Karen	75	08-021	3:18.90	25m	4-10-92	Assendelft (NED)	309
23. Hoek Daniëlle	88	08-021	3:18.93	25m	27-10-05	Heemskerk (NED)	309
24. de Ruijter Linda	87	08-021	3:19.32	25m	28-10-04	Heemskerk (NED)	307
25. Limmen Miriam	75	08-021	3:21.00	25m	4-10-92	Assendelft (NED)	300

500 schoolslag

1. van der Gracht Anouk	89	08-021	9:24.99	OW	8-7-06	Oss (NED)
2. de Haan Shira	00	08-021	10:22.42	OW	26-8-17	Eindhoven (NED)

800 schoolslag**1000 schoolslag**

1. van der Gracht Anouk	89	08-021	19:10.26	OW	29-7-06	Horn (NED)
2. Niesten Iris	92	08-021	21:11.80	OW	1-8-09	Horn (NED)

1250 schoolslag**1500 schoolslag****2000 schoolslag**

1. Stam Vanessa	80	08-021	36:35.10	OW	15-6-97	Spaarnwoude (NED)
2. van der Gracht Anouk	89	08-021	37:31.31	OW	25-6-06	Breukelen (NED)
3. de Haan Shira	00	08-021	37:31.83	OW	29-7-17	Amstelveen (NED)
4. van Galen Angela	65	08-021	38:42.40	OW	30-6-82	Amstelveen (NED)
5. van Rookhuizen Sieta	79	08-021	39:37.20	OW	10-8-96	Amsterdam (NED)
6. Rasch Monique	66	08-021	42:12.50	OW	30-6-83	Amstelveen (NED)
7. Niesten Iris	92	08-021	42:22.52	OW	2-8-09	Horn (NED)

2500 schoolslag**3000 schoolslag**

1. van der Gracht Anouk	89	08-021	58:40.50	OW	22-7-06	Anna-Paulowna (NED)
2. Stam Vanessa	80	08-021	58:56.80	OW	21-7-97	Anna-Paulowna (NED)
3. de Haan Shira	00	08-021	59:23.60	OW	2-9-17	Wilhelminadorp (NED)

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

1. Vink Lidewij	90	08-021	15.14	25m	19-4-07	Heemskerk (NED)	403
2. van der Kroft Nicole	84	08-021	15.23	25m	29-3-01	Heemskerk (NED)	396
3. de Boer Irene	84	08-021	15.46	25m	29-3-01	Heemskerk (NED)	379
4. Palmboom Nicole	91	08-021	15.61	25m	29-5-08	Heemskerk (NED)	368
5. Mallon Danique	94	08-021	15.70	25m	30-6-11	Heemskerk (NED)	362
6. Essers Sanne	91	08-021	15.87	25m	29-5-08	Heemskerk (NED)	350
7. Kramer Miranda	80	08-021	15.90	25m	13-2-97	Heemskerk (NED)	348
7. Stam Vanessa	80	08-021	15.90	25m	13-2-97	Heemskerk (NED)	348
9. Stins Mariska	84	08-021	15.94	25m	29-3-01	Heemskerk (NED)	345
10. van Ballegooie Simone	84	08-021	15.96	25m	29-3-01	Heemskerk (NED)	344
11. Crok Linda	94	08-021	15.98	25m	30-6-11	Heemskerk (NED)	343
12. Crok Annemarie	89	08-021	16.02	25m	27-4-06	Heemskerk	340

25 vlinderslag (sinds 13)

13.	Limmen Karin	76	08-021	16.70	25m	16-6-93		300
13.	van Rookhuizen Sieta	79	08-021	16.70	25m	7-2-96		300
15.	Butter Anouk	82	08-021	16.74	25m	25-3-99	Heemskerk (NED)	298
16.	van der Gracht Anouk	89	08-021	16.83	25m	27-4-06	Heemskerk	293
17.	Kleijne Daisy	89	08-021	16.96	25m	27-4-06	Heemskerk	287
18.	Oudendijk Bianca	79	08-021	17.10	25m	8-2-96	Heemskerk (NED)	280
19.	van Velsen Patricia	79	08-021	18.00	25m	8-2-96	Heemskerk (NED)	240
20.	Heus Pauline	78	08-021	18.40	25m	16-3-95	Heemskerk (NED)	224
21.	Molenaar Eline	82	08-021	19.32	25m	25-3-99	Heemskerk (NED)	194
22.	ten Cate Joyce	80	08-021	20.90	25m	13-2-97	Heemskerk (NED)	153
23.	Beentjes Nicolet	80	08-021	21.10	25m	13-2-97	Heemskerk (NED)	149
24.	Huneker Jolanda	79	08-021	22.10	25m	8-2-96	Heemskerk (NED)	129

50 vlinderslag

1.	Kingma Danae	00	08-021	29.36	25m	20-10-17	Amsterdam (NED)	572
2.	Palmboom Nicole	91	08-021	31.78	50m	12-4-08	Antwerpen (BEL)	454
3.	de Haan Shira	00	08-021	31.88	50m	28-5-17	Alkmaar (NED)	450
4.	Smit Sanne	01	08-021	32.36	25m	29-11-18	Heemskerk (NED)	427
5.	Drubers Mirjam	67	08-021	33.00	25m	28-10-84	Egmond (NED)	403
6.	Koper Fiona	01	08-021	33.19	25m	18-1-18	Heemskerk (NED)	396
7.	van der Kroft Nicole	84	08-021	33.36	25m	7-1-01	Zuidoostbeemster (NED)	390
8.	Vink Lidewij	90	08-021	33.71	25m	11-3-07	Purmerend (NED)	378
9.	Verbree Bets	63	08-021	33.80	25m	8-11-80	Heemskerk (NED)	375
10.	Crok Annemarie	89	08-021	33.86	25m	22-1-06	Purmerend (NED)	373
11.	Crok Linda	94	08-021	34.09	25m	12-6-11	Purmerend (NED)	365
12.	Hoek Daniëlle	88	08-021	34.13	25m	29-12-05	Maastricht (NED)	364
13.	Stam Vanessa	80	08-021	34.30	25m	11-12-97	Heemskerk (NED)	359
14.	Mallon Danique	94	08-021	34.53	25m	6-2-11	Purmerend (NED)	351
15.	Kleijne Daisy	89	08-021	34.67	25m	5-3-06	Purmerend (NED)	347
16.	Kramer Miranda	80	08-021	35.30	25m	23-1-97	Heemskerk	329
17.	van der Gracht Anouk	89	08-021	35.33	25m	14-12-06	Heemskerk (NED)	328
18.	Meijer Sylvia	81	08-021	35.60	25m	18-1-98	Zuidoost Beemster (NED)	321
19.	Groen Anne	95	08-021	35.61	25m	13-12-12	Heemskerk (NED)	320
20.	de Groot Gitta	60	08-021	35.80	25m	23-10-77	Zandvoort (NED)	315
21.	Butter Anouk	82	08-021	35.95	25m	25-11-99	Heemskerk	311
22.	Petit Kirsten	00	08-021	36.18	25m	4-6-17	Purmerend (NED)	305
23.	Essers Sanne	91	08-021	36.53	50m	17-5-08	Beverwijk (NED)	299
24.	Boekling Annette	85	08-021	36.65	25m	31-1-02	Heemskerk	294
25.	Stins Mariska	84	08-021	36.68	50m	13-5-01	Beverwijk (NED)	295

100 vlinderslag

1.	Kingma Danae	00	08-021	1:09.75	25m	12-2-17	Purmerend (NED)	479
2.	Smit Sanne	01	08-021	1:11.71	25m	18-11-18	Hoofddorp (NED)	441
3.	Drubers Mirjam	67	08-021	1:13.40	25m	23-9-84	Heemskerk (NED)	411
4.	Vink Lidewij	90	08-021	1:14.28	25m	29-3-07	Heemskerk (NED)	397
5.	Palmboom Nicole	91	08-021	1:14.43	25m	23-3-08	Haarlem (NED)	394
6.	de Haan Shira	00	08-021	1:14.89	25m	12-2-17	Purmerend (NED)	387
7.	Schelvis Femke	84	08-021	1:15.58	25m	14-1-01	Heemskerk (NED)	377
8.	Verbree Bets	63	08-021	1:16.60	25m	30-11-80	Heemskerk (NED)	362
9.	van der Kroft Nicole	84	08-021	1:16.86	25m	14-1-01	Heemskerk (NED)	358
10.	Stam Vanessa	80	08-021	1:16.90	25m	14-12-97	Heemskerk (NED)	358

100 vlinderslag (sinds 11)

11. Mallon Danique	94	08-021	1:17.56	25m	13-3-11	Heemskerk (NED)	349
12. Crok Linda	94	08-021	1:17.75	25m	2-10-11	Heemskerk (NED)	346
13. Essers Sanne	91	08-021	1:17.96	25m	13-1-08	Heemskerk (NED)	343
14. de Boer Irene	84	08-021	1:18.99	25m	16-4-01	Haarlem (NED)	330
15. Crok Annemarie	89	08-021	1:19.04	25m	17-4-06	Haarlem (NED)	329
16. Hulshof Saskia	73	08-021	1:19.30	25m	1-4-90	Zaandam (NED)	326
17. Stins Mariska	84	08-021	1:19.70	25m	22-2-01	Heemskerk (NED)	321
18. Kleijne Daisy	89	08-021	1:19.75	25m	12-2-06	Zaandam (NED)	321
19. Hoek Daniëlle	88	08-021	1:20.74	25m	28-12-05	Maastricht (NED)	309
20. van der Gracht Anouk	89	08-021	1:21.97	25m	29-12-06	Maastricht (NED)	295
21. Meijer Sylvia	81	08-021	1:22.50	25m	13-4-98	Haarlem (NED)	290
22. Kramer Miranda	80	08-021	1:22.70	25m	14-12-97	Heemskerk (NED)	287
23. van Ballegooie Simone	84	08-021	1:23.91	25m	16-4-01	Haarlem (NED)	275
24. Meijer Linda	77	08-021	1:24.20	25m	16-10-94	Heemskerk (NED)	272
25. Windmuller Wendy	69	08-021	1:24.40	25m	30-11-86	Heemskerk (NED)	270

200 vlinderslag

1. Vink Lidewij	90	08-021	2:46.45	25m	21-1-07	Zaandam (NED)	371
2. Palmboom Nicole	91	08-021	2:51.40	25m	31-1-08	Heemskerk (NED)	339
3. Mallon Danique	94	08-021	2:56.37	25m	13-6-11	Purmerend (NED)	311
4. de Haan Shira	00	08-021	2:58.95	25m	12-3-17	Purmerend (NED)	298
5. Schelvis Femke	84	08-021	2:59.93	25m	20-12-01	Heemskerk	293
6. Stins Mariska	84	08-021	3:02.02	25m	26-4-01	Heemskerk (NED)	283
7. van der Kroft Nicole	84	08-021	3:02.96	25m	26-4-01	Heemskerk (NED)	279
8. Kleijne Daisy	89	08-021	3:09.42	25m	30-11-06	Heemskerk	251
9. Crok Annemarie	89	08-021	3:09.88	25m	30-11-06	Heemskerk	249
10. Hoek Daniëlle	88	08-021	3:11.29	25m	24-11-05	Heemskerk (NED)	244
11. van der Gracht Anouk	89	08-021	3:16.87	25m	30-11-06	Heemskerk	224
12. Schelvis Roos	86	08-021	3:17.95	25m	27-11-03	Heemskerk (NED)	220
13. de Ruijter Linda	87	08-021	3:19.34	25m	25-11-04	Heemskerk (NED)	216
14. Oudendijk Bianca	79	08-021	3:21.60	25m	4-2-96	Heerhugowaard (NED)	208
15. Meijer Sylvia	81	08-021	3:23.30	25m	29-3-98	Heemstede (NED)	203
16. van Galen Angela	65	08-021	3:32.40	25m	18-4-82		178

1000 vlinderslag**100 wisselslag**

1. Kingma Danae	00	08-021	1:07.44	25m	23-12-17	Hoofddorp (NED)	588
2. Palmboom Nicole	91	08-021	1:12.94	25m	10-2-08	Purmerend (NED)	465
3. Crok Linda	94	08-021	1:13.98	25m	14-4-11	Heemskerk (NED)	445
4. van der Kroft Nicole	84	08-021	1:14.28	25m	27-9-01	Heemskerk	440
5. de Haan Shira	00	08-021	1:15.07	25m	11-5-17	Heemskerk (NED)	426
6. Schelvis Femke	84	08-021	1:15.87	25m	27-9-01	Heemskerk	413
7. Smit Sanne	01	08-021	1:16.03	25m	17-5-18	Heemskerk (NED)	410
8. Kleijne Daisy	89	08-021	1:16.50	25m	26-3-06	Purmerend (NED)	403
9. Vink Lidewij	90	08-021	1:16.58	25m	19-4-07	Heemskerk (NED)	401
10. Kramer Miranda	80	08-021	1:16.80	25m	5-10-97	Zaandam (NED)	398
11. Groen Anne	95	08-021	1:16.86	25m	12-2-12	Heemstede (NED)	397
12. Hoek Daniëlle	88	08-021	1:17.68	25m	30-12-05	Maastricht (NED)	384
13. Stam Vanessa	80	08-021	1:17.70	25m	5-10-97	Zaandam (NED)	384
14. Crok Annemarie	89	08-021	1:17.76	25m	23-4-06	Zaandam (NED)	383

100 wisselslag (sinds 15)

15. Mallon Danique	94	08-021	1:17.88	25m	9-1-11	Alkmaar (NED)	382
16. Stins Mariska	84	08-021	1:18.50	25m	27-9-01	Heemskerk	373
17. Verbree Bets	63	08-021	1:18.60	25m	31-5-80	Heemskerk (NED)	371
18. Niesten Iris	92	08-021	1:18.63	25m	19-11-09	Heemskerk (NED)	371
19. van der Gracht Anouk	89	08-021	1:18.72	25m	30-12-06	Maastricht (NED)	369
20. Meijer Sylvia	81	08-021	1:19.21	25m	15-11-98	Zaandam (NED)	363
21. Schelvis Roos	86	08-021	1:19.53	25m	12-1-03	Zuidoostbeemster (NED)	358
22. Petit Kirsten	00	08-021	1:19.75	25m	11-5-17	Heemskerk (NED)	355
23. Limmen Karin	76	08-021	1:20.80	25m	11-12-93		342
24. Koopman Anitra	89	08-021	1:22.17	25m	5-11-06	Zaandam (NED)	325
25. van Ballegooie Simone	84	08-021	1:23.06	25m	27-9-01	Heemskerk	314

200 wisselslag

1. Kingma Danae	00	08-021	2:30.72	25m	12-2-17	Purmerend (NED)	528
2. Crok Linda	94	08-021	2:38.33	25m	24-4-11	Haarlem (NED)	455
3. Palmboom Nicole	91	08-021	2:39.09	25m	13-1-08	Heemskerk (NED)	449
4. Schelvis Femke	84	08-021	2:42.22	25m	14-1-01	Heemskerk (NED)	423
5. de Haan Shira	00	08-021	2:42.93	25m	12-2-17	Purmerend (NED)	418
6. Drubers Mirjam	67	08-021	2:43.40	25m	2-9-84	Heemskerk (NED)	414
7. Kleijne Daisy	89	08-021	2:43.70	25m	9-4-06	Purmerend (NED)	412
8. Stam Vanessa	80	08-021	2:44.10	25m	6-11-97	Heemskerk (NED)	409
9. van der Kroft Nicole	84	08-021	2:44.29	25m	7-10-01	Zaandam (NED)	408
10. Smit Sanne	01	08-021	2:44.45	25m	17-6-18	Alkmaar (NED)	406
11. Hulshof Saskia	73	08-021	2:45.40	25m	11-2-90	Heemskerk (NED)	399
12. Hoek Daniëlle	88	08-021	2:45.72	25m	16-1-05	Zaandam (NED)	397
13. Kramer Miranda	80	08-021	2:46.00	25m	6-11-97	Heemskerk (NED)	395
14. Besse Karen	75	08-021	2:46.40	25m	12-1-92	Assendelft (NED)	392
15. Vink Lidewij	90	08-021	2:46.93	25m	14-10-07	Zaandam (NED)	389
16. Crok Annemarie	89	08-021	2:46.98	25m	9-4-06	Purmerend (NED)	388
17. Schelvis Roos	86	08-021	2:47.60	25m	30-1-03	Heemskerk	384
18. Groen Anne	95	08-021	2:48.39	25m	26-4-12	Heemskerk (NED)	378
19. Stins Mariska	84	08-021	2:49.43	25m	7-10-01	Zaandam (NED)	372
20. van der Gracht Anouk	89	08-021	2:49.55	25m	14-12-06	Heemskerk (NED)	371
21. Verbree Bets	63	08-021	2:50.80	25m	27-4-80	Assendelft (NED)	363
22. Meijer Sylvia	81	08-021	2:51.60	25m	26-4-98	Alkmaar (NED)	358
23. Petit Kirsten	00	08-021	2:52.65	25m	12-2-17	Purmerend (NED)	351
24. de Graaf Annemiek	70	08-021	2:53.20	25m	21-5-87	Heemskerk (NED)	348
25. Essers Sanne	91	08-021	2:54.22	25m	13-1-08	Heemskerk (NED)	342

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. Smit Sanne	01	08-021	5:43.46	25m	17-11-18	Hoofddorp (NED)	428
2. de Haan Shira	00	08-021	5:51.41	25m	4-6-17	Purmerend (NED)	400
3. van der Kroft Nicole	84	08-021	5:54.96	25m	25-2-01	Heemskerk (NED)	388
4. Kleijne Daisy	89	08-021	5:55.59	25m	1-4-06	Zaandam (NED)	386
5. Stam Vanessa	80	08-021	5:56.80	25m	12-1-97	Heemskerk (NED)	382
6. Stins Mariska	84	08-021	5:58.47	25m	25-2-01	Heemskerk (NED)	376
7. Vink Lidewij	90	08-021	6:04.82	25m	11-2-07	Zaandam (NED)	357
8. Hoek Daniëlle	88	08-021	6:05.19	25m	30-1-05	Zaandam (NED)	356
9. Kramer Miranda	80	08-021	6:08.40	25m	12-1-97	Heemskerk (NED)	347
10. Essers Sanne	91	08-021	6:10.33	25m	24-2-08	Zaandam (NED)	341
11. Crok Annemarie	89	08-021	6:16.65	25m	15-6-06	Heemskerk (NED)	324
12. van Rookhuizen Sieta	79	08-021	6:23.30	25m	17-3-96	Heemskerk (NED)	308
13. van der Gracht Anouk	89	08-021	6:30.63	25m	29-1-06	Zaandam (NED)	291
14. de Ruijter Linda	87	08-021	6:31.38	25m	29-2-04	Wormerveer	289
15. van Galen Angela	65	08-021	6:35.50	25m	28-2-82		280