

18 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2019

25 vrije slag

1. Vink Lidewij	90	08-021	14.36	25m	29-5-08	Heemskerk (NED)	386
2. Kleijne Daisy	89	08-021	14.43	25m	19-4-07	Heemskerk (NED)	380
3. Crok Annemarie	89	08-021	14.80	25m	19-4-07	Heemskerk (NED)	353
4. van der Gracht Anouk	89	08-021	14.95	25m	19-4-07	Heemskerk (NED)	342
5. Butter Anouk	82	08-021	15.42	25m	4-5-00	Heemskerk (NED)	312
6. Heus Pauline	78	08-021	15.90	25m	14-3-96	Heemskerk (NED)	284
7. Huneke Jolanda	79	08-021	17.30	25m	13-3-97	Heemskerk (NED)	221

50 vrije slag

1. Kingma Danae	00	08-021	27.03	25m	18-3-18	Purmerend (NED)	610
2. Broek Jade	97	08-021	28.47	25m	6-12-15	Purmerend (NED)	522
3. Vink Lidewij	90	08-021	29.17	25m	29-5-08	Heemskerk (NED)	485
4. Crok Linda	94	08-021	29.21	25m	22-1-12	Zaandam (NED)	483
5. Meijer Sylvia	81	08-021	29.58	25m	4-11-99	Heemskerk (NED)	465
6. Palmboom Nicole	91	08-021	29.79	25m	23-4-09	Heemskerk (NED)	456
7. Groen Anne	95	08-021	29.82	25m	2-6-13	Purmerend (NED)	454
8. Verbree Bets	63	08-021	29.90	25m	5-4-81	Heemskerk (NED)	451
9. Hoek Daniëlle	88	08-021	30.00	25m	5-3-06	Purmerend (NED)	446
10. Stam Vanessa	80	08-021	30.10	25m	7-6-98	Zaandam (NED)	442
11. Kleijne Daisy	89	08-021	30.22	25m	25-1-07	Heemskerk (NED)	436
12. Kramer Miranda	80	08-021	30.25	25m	15-11-98	Zaandam (NED)	435
13. Hulshof Saskia	73	08-021	30.60	25m	14-3-91	Heemskerk (NED)	420
14. de Haan Shira	00	08-021	30.71	25m	11-10-18	Heemskerk (NED)	416
15. Crok Annemarie	89	08-021	30.99	25m	28-5-07	Purmerend (NED)	405
16. Essers Sanne	91	08-021	31.06	25m	23-4-09	Heemskerk (NED)	402
17. van der Gracht Anouk	89	08-021	31.57	25m	25-1-07	Heemskerk (NED)	383
18. Windmuller Wendy	69	08-021	31.60	25m	21-5-87	Heemskerk (NED)	382
19. Meijer Linda	77	08-021	31.80	25m	26-1-95	Heemskerk (NED)	374
20. van Rookhuizen Sieta	79	08-021	32.00	25m	6-11-97	Heemskerk (NED)	367
21. Butter Anouk	82	08-021	32.06	25m	26-10-00	Heemskerk (NED)	365
22. de Groot Gitta	60	08-021	32.10	25m	12-2-78	Heemskerk (NED)	364
23. van Duin Margret	60	08-021	32.30	25m	12-2-78	Heemskerk (NED)	357
23. Bakkum Wilma	62	08-021	32.30	25m	27-9-80	Heemskerk (NED)	357
25. van Giezen Sandra	63	08-021	32.60	25m	5-4-81	Heemskerk (NED)	347

100 vrije slag

1. Kingma Danae	00	08-021	58.38	25m	18-3-18	Purmerend (NED)	637
2. Crok Linda	94	08-021	1:02.88	25m	26-4-12	Heemskerk (NED)	510
3. Drubers Mirjam	67	08-021	1:02.90	25m	31-12-85		509
4. Broek Jade	97	08-021	1:03.31	25m	29-11-15	Heemskerk (NED)	500
5. Meijer Sylvia	81	08-021	1:03.78	25m	4-4-99	Haarlem (NED)	489
6. Schelvis Femke	84	08-021	1:03.84	25m	28-2-02	Heemskerk	487
7. van der Kroft Nicole	84	08-021	1:04.50	25m	1-4-02	Haarlem	472
8. Groen Anne	95	08-021	1:04.72	25m	25-4-13	Heemskerk (NED)	468
9. Palmboom Nicole	91	08-021	1:04.92	25m	13-4-09	Haarlem (NED)	463
10. Kleijne Daisy	89	08-021	1:05.36	25m	17-11-07	Barneveld (NED)	454
11. Crok Annemarie	89	08-021	1:05.52	25m	15-12-07	Heemskerk (NED)	451
12. Verbree Bets	63	08-021	1:05.70	25m	19-12-81	Hilversum (NED)	447
13. Stam Vanessa	80	08-021	1:05.90	25m	12-4-98	Haarlem (NED)	443
14. Hoek Daniëlle	88	08-021	1:06.08	25m	9-4-06	Purmerend (NED)	439

100 vrije slag (sinds 15)

15. Vink Lidewij	90	08-021	1:06.65	25m	25-9-08	Heemskerk (NED)	428
16. Kramer Miranda	80	08-021	1:06.94	25m	27-9-98	Assendelft (NED)	423
17. de Haan Shira	00	08-021	1:07.06	25m	17-5-18	Heemskerk (NED)	420
18. Essers Sanne	91	08-021	1:07.12	25m	15-3-09	Haarlem (NED)	419
19. van der Gracht Anouk	89	08-021	1:07.78	25m	25-11-07	Amsterdam (NED)	407
20. Hulshof Saskia	73	08-021	1:08.20	25m	27-1-91	Volendam (NED)	399
21. Stins Mariska	84	08-021	1:09.07	25m	28-2-02	Heemskerk	385
22. de Groot Gitta	60	08-021	1:09.30	25m	19-2-78	Assendelft (NED)	381
23. van Ballegooie Simone	84	08-021	1:09.59	25m	7-4-02	Heemskerk	376
24. Petit Kirsten	00	08-021	1:09.60	25m	18-3-18	Purmerend (NED)	376
25. van Eerden Meike	00	08-021	1:10.24	25m	17-5-18	Heemskerk (NED)	366

200 vrije slag

1. Kingma Danae	00	08-021	2:10.58	25m	12-4-18	Heemskerk (NED)	604
2. Drubers Mirjam	67	08-021	2:15.30	25m	31-12-85		543
3. Schelvis Femke	84	08-021	2:19.23	25m	26-9-02	Heemskerk	498
4. Crok Linda	94	08-021	2:19.41	25m	22-3-12	Heemskerk (NED)	497
5. Broek Jade	97	08-021	2:20.09	25m	11-10-15	Alkmaar (NED)	489
6. Groen Anne	95	08-021	2:22.85	25m	21-3-13	Heemskerk (NED)	461
7. Hoek Daniëlle	88	08-021	2:24.68	25m	19-3-06	Heemskerk (NED)	444
8. van der Gracht Anouk	89	08-021	2:25.68	25m	25-11-07	Amsterdam (NED)	435
9. Kleijne Daisy	89	08-021	2:25.97	25m	25-11-07	Amsterdam (NED)	432
10. Stam Vanessa	80	08-021	2:26.50	25m	5-4-98	Heemskerk (NED)	428
11. van der Kroft Nicole	84	08-021	2:27.28	25m	25-4-02	Heemskerk	421
12. Meijer Sylvia	81	08-021	2:27.36	25m	7-3-99	Zaandam (NED)	420
13. Verbree Bets	63	08-021	2:27.70	25m	8-2-81	Sassenheim (NED)	417
14. Vink Lidewij	90	08-021	2:27.71	25m	16-11-08	Amsterdam-oost (NED)	417
15. Kramer Miranda	80	08-021	2:28.50	25m	9-4-98	Heemskerk (NED)	411
16. Stins Mariska	84	08-021	2:28.83	25m	17-11-02	Heemskerk	408
17. Crok Annemarie	89	08-021	2:28.94	25m	25-10-07	Heemskerk (NED)	407
18. de Haan Shira	00	08-021	2:29.58	25m	7-10-18	Purmerend (NED)	402
19. Petit Kirsten	00	08-021	2:29.82	25m	12-4-18	Heemskerk (NED)	400
20. Limmen Karin	76	08-021	2:30.00	25m	15-1-94		399
21. Hulshof Saskia	73	08-021	2:30.60	25m	3-2-91	Zaandam (NED)	394
22. Schelvis Roos	86	08-021	2:34.76	25m	28-11-04	Heemskerk (NED)	363
23. van Ballegooie Simone	84	08-021	2:36.36	25m	25-4-02	Heemskerk	352
24. van Rookhuizen Sieta	79	08-021	2:36.90	25m	11-12-97	Heemskerk (NED)	348
25. van Eerden Meike	00	08-021	2:37.35	25m	12-4-18	Heemskerk (NED)	345

250 vrije slag**300 vrije slag**

1. Broek Jade	97	08-021	3:44.41	25m	4-10-15	Purmerend (NED)	453
2. Hoek Daniëlle	88	08-021	3:47.20	25m	18-5-06	Heemskerk (NED)	437
3. van der Gracht Anouk	89	08-021	4:03.34	25m	14-10-07	Zaandam (NED)	356

400 vrije slag

1. Vink Lidewij	90	08-021	4:59.56	25m	24-3-08	Haarlem (NED)	479
2. Hoek Daniëlle	88	08-021	5:01.12	25m	18-5-06	Heemskerk (NED)	472
3. Broek Jade	97	08-021	5:04.72	25m	4-10-15	Purmerend (NED)	455
4. Stam Vanessa	80	08-021	5:09.30	25m	22-2-98	Zaandam (NED)	435
5. van der Gracht Anouk	89	08-021	5:11.00	25m	31-5-07	Heemskerk (NED)	428
6. Kleijne Daisy	89	08-021	5:14.71	25m	31-5-07	Heemskerk (NED)	413
7. Verbree Bets	63	08-021	5:15.70	25m	5-4-81	Heemskerk (NED)	409
8. van der Kroft Nicole	84	08-021	5:18.89	25m	30-5-02	Heemskerk	397
9. Stins Mariska	84	08-021	5:19.17	25m	30-5-02	Heemskerk	396
10. Kramer Miranda	80	08-021	5:20.60	25m	19-3-98	Heemskerk (NED)	391
11. Hulshof Saskia	73	08-021	5:21.90	25m	10-3-91	Heemskerk (NED)	386
12. Schelvis Femke	84	08-021	5:25.42	25m	30-5-02	Heemskerk	374
13. Butter Anouk	82	08-021	5:37.38	25m	25-5-00	Heemskerk (NED)	335
14. van Ballegooie Simone	84	08-021	5:42.35	25m	30-5-02	Heemskerk	321
15. Meijer Sylvia	81	08-021	5:42.50	25m	24-10-99	Zaandam (NED)	321
16. Zonneveld Cindy	75	08-021	5:53.00	25m	30-6-93		293
17. Heus Pauline	78	08-021	5:55.80	25m	29-9-96	Haarlem (NED)	286
18. ten Cate Ilona	85	08-021	6:03.15	25m	12-6-03	Heemskerk	269
19. ten Cate Joyce	80	08-021	6:10.80	25m	19-3-98	Heemskerk (NED)	252
20. Limmen Miriam	75	08-021	6:13.20	25m	30-6-93		248
21. Huneker Jolanda	79	08-021	6:20.60	25m	21-9-97	Alkmaar (NED)	233
22. Walraven Annet	62	08-021	6:28.50	25m	28-9-80	Zaandam (NED)	219
23. van Giezen Sandra	63	08-021	6:30.50	25m	5-4-81	Heemskerk (NED)	216
24. Molenaar Eline	82	08-021	6:32.47	25m	30-3-00	Heemskerk (NED)	213
25. Peters Yvonne	63	08-021	7:09.70	25m	5-4-81	Heemskerk (NED)	162

500 vrije slag**800 vrije slag**

1. Stam Vanessa	80	08-021	10:36.50	25m	22-2-98	Zaandam (NED)	427
2. Hoek Daniëlle	88	08-021	10:49.58	25m	12-1-06	Heemskerk (NED)	401
3. van der Gracht Anouk	89	08-021	10:52.68	25m	14-10-07	Zaandam (NED)	396
4. Kramer Miranda	80	08-021	11:10.60	25m	22-2-98	Zaandam (NED)	365
5. Stins Mariska	84	08-021	11:28.67	25m	8-9-02	Heemskerk	337
6. Meijer Sylvia	81	08-021	11:41.68	25m	24-10-99	Zaandam (NED)	318
7. van der Kroft Nicole	84	08-021	11:57.00	25m	8-9-02	Heemskerk	298
8. Butter Anouk	82	08-021	11:59.15	25m	5-11-00	Zaandam (NED)	296
9. van Rookhuizen Sieta	79	08-021	12:11.90	25m	23-2-97	Zaandam (NED)	280

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

1. Hoek Daniëlle	88	08-021	20:17.96	25m	12-1-06	Heemskerk (NED)	430
2. van der Gracht Anouk	89	08-021	20:36.10	25m	9-12-07	Zaandam (NED)	411
3. Stins Mariska	84	08-021	21:41.94	25m	1-12-02	Heemskerk	352

2000 vrije slag

1. van der Gracht Anouk	89	08-021	28:13.88	25m	18-2-07	Alkmaar (NED)	379
2. Stins Mariska	84	08-021	29:19.09	25m	10-2-02	Zaandam	338

2500 vrije slag**3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Kramer Miranda	80	08-021	16.40	25m	15-1-98	Heemskerk (NED)	399
2. Kleijne Daisy	89	08-021	16.76	25m	19-4-07	Heemskerk (NED)	374
3. Stam Vanessa	80	08-021	17.20	25m	15-1-98	Heemskerk (NED)	346
4. Vink Lidewij	90	08-021	17.43	25m	29-5-08	Heemskerk (NED)	332
5. Crok Annemarie	89	08-021	17.69	25m	19-4-07	Heemskerk (NED)	318
6. van der Gracht Anouk	89	08-021	17.88	25m	19-4-07	Heemskerk (NED)	308
7. van Rookhuizen Sieta	79	08-021	18.20	25m	13-2-97	Heemskerk (NED)	292
8. Heus Pauline	78	08-021	18.50	25m	8-2-96	Heemskerk (NED)	278
9. ten Cate Joyce	80	08-021	19.10	25m	15-1-98	Heemskerk (NED)	252
10. Molenaar Eline	82	08-021	19.44	25m	17-2-00	Heemskerk (NED)	239
11. Huneker Jolanda	79	08-021	20.60	25m	13-2-97	Heemskerk (NED)	201
12. Beentjes Nicolet	80	08-021	20.90	25m	15-1-98	Heemskerk (NED)	193

50 rugslag

1. Kingma Danae	00	08-021	31.17	25m	15-2-18	Heemskerk (NED)	558
2. Broek Jade	97	08-021	33.45	25m	6-12-15	Purmerend (NED)	451
3. Kleijne Daisy	89	08-021	33.80	25m	11-3-07	Purmerend (NED)	438
4. Kramer Miranda	80	08-021	34.40	25m	5-4-98	Heemskerk (NED)	415
5. Groen Anne	95	08-021	35.02	25m	31-1-13	Heemskerk (NED)	393
6. Palmboom Nicole	91	08-021	35.11	25m	26-2-09	Heemskerk (NED)	390
7. Schelvis Femke	84	08-021	35.25	25m	31-10-02	Heemskerk	386
8. Crok Linda	94	08-021	35.36	25m	19-2-12	Purmerend (NED)	382
9. Hulshof Saskia	73	08-021	35.60	25m	10-1-91	Heemskerk (NED)	374
9. Meijer Linda	77	08-021	35.60	25m	23-2-95	Heemskerk (NED)	374

50 rugslag (sinds 11)

11. Stam Vanessa	80	08-021	35.70	25m	22-3-98	Assendelft (NED)	371
12. de Haan Shira	00	08-021	35.71	25m	15-2-18	Heemskerk (NED)	371
13. Meijer Sylvia	81	08-021	35.80	25m	14-11-99	Zaandam (NED)	368
14. Zonneveld Chantal	84	08-021	36.56	25m	25-4-02	Heemskerk	346
14. Vink Lidewij	90	08-021	36.56	25m	27-4-08	Alkmaar (NED)	346
16. van der Kroft Nicole	84	08-021	36.59	25m	25-4-02	Heemskerk	345
17. Stins Mariska	84	08-021	36.65	25m	25-4-02	Heemskerk	343
18. Limmen Karin	76	08-021	37.10	25m	16-2-94		331
19. van der Gracht Anouk	89	08-021	37.19	25m	30-9-07	Volendam (NED)	328
19. Niesten Iris	92	08-021	37.19	25m	7-2-10	Heemstede (NED)	328
21. Petit Kirsten	00	08-021	37.20	25m	15-2-18	Heemskerk (NED)	328
22. Crok Annemarie	89	08-021	37.26	25m	13-12-07	Heemskerk (NED)	327
23. Hoek Daniëlle	88	08-021	37.29	25m	19-10-06	Heemskerk	326
24. van Ballegooie Simone	84	08-021	37.48	25m	17-3-02	Zaandam	321
25. Essers Sanne	91	08-021	37.92	25m	26-2-09	Heemskerk (NED)	310

100 rugslag

1. Broek Jade	97	08-021	1:08.29	25m	10-12-15	Heemskerk (NED)	523
2. Kingma Danae	00	08-021	1:09.71	25m	18-1-18	Heemskerk (NED)	491
3. Kleijne Daisy	89	08-021	1:11.64	25m	7-1-07	Alkmaar (NED)	453
4. Crok Linda	94	08-021	1:14.06	25m	13-12-12	Heemskerk (NED)	410
5. Hulshof Saskia	73	08-021	1:14.30	25m	15-12-91	Heemskerk (NED)	406
6. Schelvis Femke	84	08-021	1:14.95	25m	28-3-02	Heemskerk	395
7. Meijer Sylvia	81	08-021	1:15.54	25m	28-1-99	Heemskerk (NED)	386
8. Groen Anne	95	08-021	1:15.77	25m	10-3-13	Schagen (NED)	383
9. Kramer Miranda	80	08-021	1:15.90	25m	13-4-98	Haarlem (NED)	381
10. Zonneveld Chantal	84	08-021	1:16.21	25m	28-3-02	Heemskerk	376
11. Drubers Mirjam	67	08-021	1:16.50	25m	6-10-85	Wormerveer (NED)	372
12. de Haan Shira	00	08-021	1:17.09	25m	18-1-18	Heemskerk (NED)	363
13. Stins Mariska	84	08-021	1:17.47	25m	31-3-02	Haarlem	358
14. Crok Annemarie	89	08-021	1:17.54	25m	15-12-07	Heemskerk (NED)	357
15. van der Kroft Nicole	84	08-021	1:17.62	25m	24-3-02	Heemstede	356
16. van der Gracht Anouk	89	08-021	1:17.74	25m	18-3-07	Heemskerk (NED)	354
17. Petit Kirsten	00	08-021	1:18.07	25m	18-3-18	Purmerend (NED)	350
18. Vink Lidewij	90	08-021	1:18.13	25m	27-3-08	Heemskerk (NED)	349
19. Hoek Daniëlle	88	08-021	1:18.57	25m	16-2-06	Heemskerk (NED)	343
20. Stam Vanessa	80	08-021	1:18.60	25m	12-2-98	Heemskerk (NED)	343
21. Niesten Iris	92	08-021	1:19.13	25m	11-4-10	Zaandam (NED)	336
22. Palmboom Nicole	91	08-021	1:19.33	25m	24-9-09	Heemskerk (NED)	333
23. Essers Sanne	91	08-021	1:19.40	25m	24-9-09	Heemskerk (NED)	332
24. Verbree Bets	63	08-021	1:19.80	25m	10-1-81	Hilversum (NED)	327
25. van Duin Margret	60	08-021	1:19.90	25m	21-5-78	Heemskerk (NED)	326

200 rugslag

1. Kingma Danae	00	08-021	2:27.57	25m	18-3-18	Purmerend (NED)	527
2. Crok Linda	94	08-021	2:38.79	25m	22-1-12	Zaandam (NED)	423
3. Groen Anne	95	08-021	2:40.06	25m	21-4-13	Heemskerk (NED)	413
4. Schelvis Femke	84	08-021	2:41.01	25m	31-1-02	Heemskerk	406
5. Vink Lidewij	90	08-021	2:43.41	25m	9-3-08	Heemskerk (NED)	388
6. Petit Kirsten	00	08-021	2:43.44	25m	18-3-18	Purmerend (NED)	388
7. Kleijne Daisy	89	08-021	2:44.10	25m	21-10-07	Zaandam (NED)	383
8. Kramer Miranda	80	08-021	2:44.76	25m	24-9-98	Heemskerk (NED)	378
9. Niesten Iris	92	08-021	2:45.90	25m	14-3-10	Heemskerk (NED)	371
10. Hulshof Saskia	73	08-021	2:46.80	25m	3-11-91	Assendelft (NED)	365
11. van der Kroft Nicole	84	08-021	2:46.91	25m	31-1-02	Heemskerk	364
12. Essers Sanne	91	08-021	2:47.76	25m	15-3-09	Haarlem (NED)	358
13. Stins Mariska	84	08-021	2:48.40	25m	31-1-02	Heemskerk	354
14. Zonneveld Chantal	84	08-021	2:49.17	25m	31-1-02	Heemskerk	350
15. Hoek Daniëlle	88	08-021	2:49.42	25m	26-1-06	Heemskerk (NED)	348
16. Crok Annemarie	89	08-021	2:49.51	25m	25-1-07	Heemskerk (NED)	347
17. Palmboom Nicole	91	08-021	2:49.80	25m	23-4-09	Heemskerk (NED)	346
18. van Eerden Meike	00	08-021	2:51.40	25m	18-3-18	Purmerend (NED)	336
19. Verbree Bets	63	08-021	2:51.60	25m	11-4-81	Heemskerk (NED)	335
20. van der Gracht Anouk	89	08-021	2:52.03	25m	25-1-07	Heemskerk (NED)	332
21. Groot Tineke	60	08-021	2:53.00	25m	12-3-78	Zaandam (NED)	327
22. van Duin Margret	60	08-021	2:54.20	25m	12-3-78	Zaandam (NED)	320
23. Meijer Linda	77	08-021	2:54.60	25m	22-1-95	Castricum (NED)	318
24. Stam Vanessa	80	08-021	2:55.12	25m	11-10-98	Alkmaar (NED)	315
25. van Ballegooie Simone	84	08-021	2:59.07	25m	17-3-02	Zaandam	295

500 rugslag**25 schoolslag**

1. Kramer Miranda	80	08-021	17.60	25m	19-3-98	Heemskerk (NED)	433
2. van Rookhuizen Sieta	79	08-021	17.80	25m	13-3-97	Heemskerk (NED)	419
3. Stam Vanessa	80	08-021	18.10	25m	19-3-98	Heemskerk (NED)	398
4. van der Gracht Anouk	89	08-021	18.82	25m	19-4-07	Heemskerk (NED)	354
5. Vink Lidewij	90	08-021	19.13	25m	29-5-08	Heemskerk (NED)	337
6. Kleijne Daisy	89	08-021	19.45	25m	19-4-07	Heemskerk (NED)	321
7. Crok Annemarie	89	08-021	19.88	25m	19-4-07	Heemskerk (NED)	300
8. Heus Pauline	78	08-021	20.30	25m	14-3-96	Heemskerk (NED)	282
9. Beentjes Nicolet	80	08-021	20.50	25m	19-3-98	Heemskerk (NED)	274
10. Molenaar Eline	82	08-021	21.07	25m	17-2-00	Heemskerk (NED)	252
11. ten Cate Joyce	80	08-021	22.40	25m	19-3-98	Heemskerk (NED)	210
12. Hunekeker Jolanda	79	08-021	23.80	25m	13-3-97	Heemskerk (NED)	175

50 schoolslag

1.	Kingma Danae	00	08-021	35.79	25m	18-11-18	Hoofddorp (NED)	512
2.	Broek Jade	97	08-021	36.80	25m	4-10-15	Purmerend (NED)	471
3.	de Haan Shira	00	08-021	38.14	25m	7-10-18	Purmerend (NED)	423
4.	Kramer Miranda	80	08-021	38.93	25m	24-9-98	Heemskerk (NED)	398
5.	Stam Vanessa	80	08-021	39.20	25m	9-4-98	Heemskerk (NED)	389
6.	Palmboom Nicole	91	08-021	39.31	25m	31-5-09	Purmerend (NED)	386
7.	Crok Linda	94	08-021	39.81	25m	30-9-12	Heemskerk (NED)	372
8.	van Rookhuizen Sieta	79	08-021	40.00	25m	5-10-97	Zaandam (NED)	367
9.	van der Kroft Nicole	84	08-021	40.32	25m	17-3-02	Zaandam	358
10.	van der Gracht Anouk	89	08-021	40.72	25m	8-4-07	Haarlem (NED)	347
11.	Crok Annemarie	89	08-021	41.18	25m	25-11-07	Amsterdam (NED)	336
12.	van Giezen Sandra	63	08-021	41.70	25m	14-3-81	Heemskerk (NED)	323
13.	Petit Kirsten	00	08-021	41.84	25m	12-4-18	Heemskerk (NED)	320
14.	Kleijne Daisy	89	08-021	41.93	25m	29-4-07	Alkmaar (NED)	318
15.	Vink Lidewij	90	08-021	42.15	25m	31-1-08	Heemskerk (NED)	313
16.	Groen Anne	95	08-021	42.19	25m	21-3-13	Heemskerk (NED)	312
17.	Heus Pauline	78	08-021	42.50	25m	27-10-96	Zaandam (NED)	306
18.	Stins Mariska	84	08-021	42.93	25m	28-11-02	Heemskerk	296
19.	Knight Kayleigh	00	08-021	43.90	25m	12-4-18	Heemskerk (NED)	277
20.	Hulshof Saskia	73	08-021	44.10	25m	13-6-91	Heemskerk (NED)	273
21.	Hoek Daniëlle	88	08-021	44.26	25m	23-4-06	Zaandam (NED)	270
22.	Schelvis Roos	86	08-021	44.44	25m	25-11-04	Heemskerk (NED)	267
23.	Verbree Bets	63	08-021	44.50	25m	14-3-81	Heemskerk (NED)	266
24.	Essers Sanne	91	08-021	44.54	25m	15-11-09	Haarlem (NED)	265
25.	Peters Yvonne	63	08-021	44.70	25m	14-3-81	Heemskerk (NED)	263

100 schoolslag

1.	Kingma Danae	00	08-021	1:19.52	25m	14-1-18	Purmerend (NED)	482
2.	Drubers Mirjam	67	08-021	1:20.90	25m	31-12-85		458
2.	Broek Jade	97	08-021	1:20.90	25m	4-10-15	Purmerend (NED)	458
4.	de Haan Shira	00	08-021	1:21.89	25m	7-10-18	Purmerend (NED)	441
5.	Kramer Miranda	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
5.	Stam Vanessa	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
7.	van der Kroft Nicole	84	08-021	1:25.98	25m	28-3-02	Heemskerk	381
8.	van Rookhuizen Sieta	79	08-021	1:26.90	25m	26-10-97	Heemskerk (NED)	369
9.	Crok Linda	94	08-021	1:27.46	25m	11-10-12	Heemskerk (NED)	362
10.	Palmboom Nicole	91	08-021	1:28.38	25m	10-5-09	Purmerend (NED)	351
11.	van der Gracht Anouk	89	08-021	1:29.12	25m	29-4-07	Alkmaar (NED)	342
12.	Crok Annemarie	89	08-021	1:29.88	25m	30-9-07	Volendam (NED)	333
13.	Heus Pauline	78	08-021	1:30.60	25m	28-1-96	Zaandam (NED)	326
14.	Groen Anne	95	08-021	1:31.28	25m	31-10-13	Heemskerk (NED)	318
15.	Vink Lidewij	90	08-021	1:31.29	25m	30-10-08	Heemskerk (NED)	318
16.	Stins Mariska	84	08-021	1:31.59	25m	28-3-02	Heemskerk	315
17.	van Giezen Sandra	63	08-021	1:32.40	25m	6-9-81	Heemskerk (NED)	307
18.	de Groot Gitta	60	08-021	1:32.70	25m	26-2-78	Castricum (NED)	304
19.	Hoek Daniëlle	88	08-021	1:33.50	25m	16-4-06	Haarlem (NED)	296
20.	Hulshof Saskia	73	08-021	1:34.10	25m	10-1-91	Heemskerk (NED)	291
21.	Nijholt Carin	60	08-021	1:34.20	25m	27-5-78	IJmuiden (NED)	290
22.	Knight Kayleigh	00	08-021	1:34.91	25m	14-1-18	Purmerend (NED)	283
23.	de Ruijter Linda	87	08-021	1:35.36	25m	27-3-05	Haarlem (NED)	279
24.	Petit Kirsten	00	08-021	1:35.51	25m	11-10-18	Heemskerk (NED)	278
25.	Beentjes Nicolet	80	08-021	1:35.60	25m	15-1-98	Heemskerk (NED)	277

200 schoolslag

1. de Haan Shira	00	08-021	2:59.63	25m	4-2-18	Purmerend (NED)	420
2. Stam Vanessa	80	08-021	3:01.40	25m	26-4-98	Alkmaar (NED)	408
3. Crok Linda	94	08-021	3:05.75	25m	11-3-12	Zaandam (NED)	380
4. van der Kroft Nicole	84	08-021	3:07.53	25m	13-1-02	Zaandam	369
5. van Rookhuizen Sieta	79	08-021	3:07.70	25m	6-4-97	Heemskerk (NED)	368
6. Crok Annemarie	89	08-021	3:14.46	25m	13-12-07	Heemskerk (NED)	331
7. Kleijne Daisy	89	08-021	3:18.16	25m	13-12-07	Heemskerk (NED)	313
8. Stins Mariska	84	08-021	3:19.12	25m	31-10-02	Heemskerk	308
9. Schelvis Roos	86	08-021	3:19.76	25m	18-1-04	IJmuiden (NED)	305
10. Nijholt Carin	60	08-021	3:21.40	25m	22-1-78	Zaandam (NED)	298
11. van der Gracht Anouk	89	08-021	3:21.50	25m	14-1-07	Amsterdam (NED)	297
12. de Ruijter Linda	87	08-021	3:22.48	25m	16-1-05	Zaandam (NED)	293
13. Limmen Miriam	75	08-021	3:22.80	25m	7-1-93	Heemskerk (NED)	292
14. Hoek Daniëlle	88	08-021	3:23.54	25m	19-10-06	Heemskerk	288
15. Hulshof Saskia	73	08-021	3:23.60	25m	22-9-91	Zaandam (NED)	288
16. van Giezen Sandra	63	08-021	3:25.30	25m	31-5-81	Heerhugowaard (NED)	281
17. de Groot Gitta	60	08-021	3:27.00	25m	3-6-78	Z.O. Beemster (NED)	274
18. Peters Yvonne	63	08-021	3:28.20	25m	18-10-81	Heemskerk (NED)	270
19. Groot Tineke	60	08-021	3:29.00	25m	22-1-78	Zaandam (NED)	266
20. Schelvis Femke	84	08-021	3:31.58	25m	31-10-02	Heemskerk	257
21. Verbree Bets	63	08-021	3:38.10	25m	18-10-81	Heemskerk (NED)	234
22. Meijer Sylvia	81	08-021	3:39.35	25m	10-10-99	Zaandam (NED)	230
23. de Groot Linda	81	08-021	3:47.84	25m	10-10-99	Zaandam (NED)	206
24. Zonneveld Cindy	75	08-021	3:48.80	25m	7-1-93	Heemskerk (NED)	203
25. Bakkum Wilma	62	08-021	3:49.60	25m	19-10-80	Heemskerk (NED)	201

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

25 vlinderslag

1.	van der Gracht Anouk	89	08-021	15.55	25m	19-4-07	Heemskerk (NED)	372
2.	Vink Lidewij	90	08-021	15.57	25m	29-5-08	Heemskerk (NED)	371
3.	Stam Vanessa	80	08-021	15.80	25m	15-1-98	Heemskerk (NED)	355
4.	Butter Anouk	82	08-021	15.93	25m	4-5-00	Heemskerk (NED)	346
5.	Kramer Miranda	80	08-021	16.00	25m	15-1-98	Heemskerk (NED)	342
6.	Crok Annemarie	89	08-021	16.28	25m	19-4-07	Heemskerk (NED)	324
7.	Kleijne Daisy	89	08-021	16.40	25m	19-4-07	Heemskerk (NED)	317
8.	Heus Pauline	78	08-021	17.80	25m	8-2-96	Heemskerk (NED)	248
9.	van Rookhuizen Sieta	79	08-021	18.80	25m	13-2-97	Heemskerk (NED)	210
10.	Huneker Jolanda	79	08-021	19.70	25m	13-2-97	Heemskerk (NED)	183
11.	ten Cate Joyce	80	08-021	20.10	25m	15-1-98	Heemskerk (NED)	172
12.	Beentjes Nicolet	80	08-021	21.60	25m	15-1-98	Heemskerk (NED)	139

50 vlinderslag

1.	Kingma Danae	00	08-021	29.91	25m	18-1-18	Heemskerk (NED)	541
2.	Broek Jade	97	08-021	30.60	25m	10-12-15	Heemskerk (NED)	505
3.	Drubers Mirjam	67	08-021	32.50	25m	10-11-85		422
4.	de Haan Shira	00	08-021	32.66	25m	25-11-18	Hoofddorp (NED)	415
5.	Palmboom Nicole	91	08-021	32.87	25m	13-4-09	Haarlem (NED)	408
6.	Verbree Bets	63	08-021	33.00	25m	17-5-81	Castricum (NED)	403
7.	Stam Vanessa	80	08-021	33.30	25m	24-5-98	Zaandam (NED)	392
8.	Schelvis Femke	84	08-021	33.66	25m	31-1-02	Heemskerk	379
9.	Vink Lidewij	90	08-021	33.71	25m	24-3-08	Haarlem (NED)	378
10.	van der Kroft Nicole	84	08-021	33.80	25m	24-3-02	Heemstede	375
11.	van der Gracht Anouk	89	08-021	33.92	25m	28-12-07	Maastricht (NED)	371
12.	Crok Annemarie	89	08-021	34.27	25m	11-3-07	Purmerend (NED)	360
13.	Hoek Daniëlle	88	08-021	34.30	25m	14-12-06	Heemskerk (NED)	359
14.	Crok Linda	94	08-021	34.53	25m	13-12-12	Heemskerk (NED)	351
15.	Kleijne Daisy	89	08-021	34.98	25m	28-10-07	Zaandam (NED)	338
16.	Stins Mariska	84	08-021	35.11	25m	17-3-02	Zaandam	334
17.	Kramer Miranda	80	08-021	35.26	25m	27-9-98	Assendelft (NED)	330
18.	Groen Anne	95	08-021	35.42	25m	5-1-13	Hoorndijk (NED)	326
19.	Meijer Sylvia	81	08-021	35.59	25m	20-5-99	Heemskerk (NED)	321
20.	Butter Anouk	82	08-021	35.61	25m	14-12-00	Heemskerk (NED)	320
21.	Petit Kirsten	00	08-021	36.01	25m	4-2-18	Purmerend (NED)	310
22.	de Groot Gitta	60	08-021	36.10	25m	22-4-78	Heemskerk (NED)	308
23.	Zonneveld Chantal	84	08-021	36.49	25m	31-1-02	Heemskerk	298
24.	Hulshof Saskia	73	08-021	36.80	25m	10-1-91	Heemskerk (NED)	290
25.	van Eerden Meike	00	08-021	37.75	25m	29-11-18	Heemskerk (NED)	269

100 vlinderslag

1.	Kingma Danae	00	08-021	1:09.90	25m	18-11-18	Hoofddorp (NED)	476
2.	Drubers Mirjam	67	08-021	1:10.80	25m	31-12-85		458
3.	de Haan Shira	00	08-021	1:15.55	25m	18-11-18	Hoofddorp (NED)	377
4.	Vink Lidewij	90	08-021	1:15.73	25m	23-3-08	Haarlem (NED)	374
5.	Palmboom Nicole	91	08-021	1:16.33	25m	12-4-09	Haarlem (NED)	366
6.	Schelvis Femke	84	08-021	1:16.63	25m	6-10-02	Zaandam	361
7.	Stam Vanessa	80	08-021	1:16.90	25m	6-6-98	Zaandam (NED)	358
8.	van der Gracht Anouk	89	08-021	1:17.07	25m	21-10-07	Zaandam (NED)	355
9.	Verbree Bets	63	08-021	1:17.90	25m	15-11-81	Assendelft (NED)	344
10.	Stins Mariska	84	08-021	1:18.72	25m	17-3-02	Zaandam	333

100 vlinderslag (sinds 11)

11. Crok Annemarie	89	08-021	1:18.91	25m	27-5-07	Purmerend (NED)	331
12. van der Kroft Nicole	84	08-021	1:19.20	25m	1-4-02	Haarlem	327
13. Hulshof Saskia	73	08-021	1:19.30	25m	24-3-91	Zaandam (NED)	326
14. Essers Sanne	91	08-021	1:19.74	25m	26-2-09	Heemskerk (NED)	321
15. Kramer Miranda	80	08-021	1:20.90	25m	8-3-98	Zaandam (NED)	307
16. Butter Anouk	82	08-021	1:21.56	25m	23-4-00	Haarlem (NED)	300
17. Crok Linda	94	08-021	1:21.65	25m	25-11-12	Heemskerk (NED)	299
18. Hoek Daniëlle	88	08-021	1:22.83	25m	30-3-06	Heemskerk (NED)	286
19. Kleijne Daisy	89	08-021	1:23.48	25m	29-3-07	Heemskerk (NED)	279
20. Zonneveld Chantal	84	08-021	1:23.73	25m	28-2-02	Heemskerk	277
21. Meijer Sylvia	81	08-021	1:24.65	25m	12-12-99	Heemskerk (NED)	268
22. van Ballegooie Simone	84	08-021	1:24.79	25m	28-2-02	Heemskerk	267
23. van Rookhuizen Sieta	79	08-021	1:25.90	25m	31-8-97	Assendelft (NED)	256
24. Groen Anne	95	08-021	1:27.12	25m	31-1-13	Heemskerk (NED)	246
25. van Duin Margret	60	08-021	1:27.40	25m	12-2-78	Heemskerk (NED)	243

200 vlinderslag

1. Stam Vanessa	80	08-021	2:49.10	25m	29-3-98	Heemstede (NED)	353
2. Verbree Bets	63	08-021	2:54.70	25m	31-12-81		320
3. Stins Mariska	84	08-021	2:59.69	25m	28-11-02	Heemskerk	294
4. Schelvis Femke	84	08-021	3:00.84	25m	28-11-02	Heemskerk	289
5. de Haan Shira	00	08-021	3:08.04	25m	18-3-18	Purmerend (NED)	257
6. Hoek Daniëlle	88	08-021	3:10.65	25m	30-11-06	Heemskerk	246
7. Kramer Miranda	80	08-021	3:10.90	25m	29-3-98	Heemstede (NED)	245
8. van der Kroft Nicole	84	08-021	3:19.60	25m	28-11-02	Heemskerk	215

1000 vlinderslag100 wisselslag

1. Kingma Danae	00	08-021	1:07.82	25m	7-10-18	Purmerend (NED)	578
2. Crok Linda	94	08-021	1:15.01	25m	30-9-12	Heemskerk (NED)	427
3. de Haan Shira	00	08-021	1:15.10	25m	16-9-18	Alkmaar (NED)	426
4. Kramer Miranda	80	08-021	1:15.65	25m	15-11-98	Zaandam (NED)	416
5. Schelvis Femke	84	08-021	1:15.81	25m	26-9-02	Heemskerk	414
6. Palmboom Nicole	91	08-021	1:16.07	25m	6-12-09	Zaandam (NED)	409
7. Groen Anne	95	08-021	1:16.52	25m	25-4-13	Heemskerk (NED)	402
8. van der Gracht Anouk	89	08-021	1:16.69	25m	25-10-07	Heemskerk (NED)	400
9. Vink Lidewij	90	08-021	1:16.88	25m	27-4-08	Alkmaar (NED)	397
10. Hulshof Saskia	73	08-021	1:16.90	25m	14-3-91	Heemskerk (NED)	396
11. Kleijne Daisy	89	08-021	1:17.25	25m	7-1-07	Alkmaar (NED)	391
12. Crok Annemarie	89	08-021	1:17.39	25m	25-10-07	Heemskerk (NED)	389
13. Meijer Sylvia	81	08-021	1:18.16	25m	18-2-99	Heemskerk (NED)	377
14. Hoek Daniëlle	88	08-021	1:18.83	25m	5-11-06	Zaandam (NED)	368
15. van der Kroft Nicole	84	08-021	1:18.88	25m	26-9-02	Heemskerk	367
16. Stins Mariska	84	08-021	1:19.37	25m	26-9-02	Heemskerk	360
17. Stam Vanessa	80	08-021	1:19.60	25m	15-11-98	Zaandam (NED)	357
18. Windmuller Wendy	69	08-021	1:20.20	25m	15-3-87	Heemskerk (NED)	349
19. Niesten Iris	92	08-021	1:20.38	25m	7-2-10	Heemstede (NED)	347
20. Heus Pauline	78	08-021	1:20.70	25m	15-12-96	Heemskerk (NED)	343
21. van Rookhuizen Sieta	79	08-021	1:21.10	25m	5-10-97	Zaandam (NED)	338
22. Essers Sanne	91	08-021	1:21.67	25m	4-10-09	Amsterdam-oost (NED)	331

100 wisselslag (sinds 23)

23.	van Ballegooie Simone	84	08-021	1:22.04	25m	26-9-02	Heemskerk	326
24.	Besse Karen	75	08-021	1:22.10	25m	12-12-93	Heemskerk (NED)	326
25.	Schelvis Roos	86	08-021	1:22.27	25m	30-9-04	Heemskerk (NED)	324

200 wisselslag

1.	Kingma Danae	00	08-021	2:31.72	25m	24-11-18	Hoofddorp (NED)	518
2.	Broek Jade	97	08-021	2:35.38	25m	15-11-15	Purmerend (NED)	482
3.	Drubers Mirjam	67	08-021	2:35.70	25m	18-5-85	(NED)	479
4.	Crok Linda	94	08-021	2:39.90	25m	26-4-12	Heemskerk (NED)	442
5.	Stam Vanessa	80	08-021	2:41.90	25m	5-4-98	Heemskerk (NED)	426
6.	Crok Annemarie	89	08-021	2:42.44	25m	25-11-07	Amsterdam (NED)	422
7.	Palmboom Nicole	91	08-021	2:43.69	25m	18-1-09	Haarlem (NED)	412
8.	de Haan Shira	00	08-021	2:44.34	25m	14-1-18	Purmerend (NED)	407
9.	Schelvis Femke	84	08-021	2:44.51	25m	13-1-02	Zaandam	406
10.	van der Gracht Anouk	89	08-021	2:45.65	25m	2-12-07	Alkmaar (NED)	398
11.	Kramer Miranda	80	08-021	2:46.30	25m	26-4-98	Alkmaar (NED)	393
12.	Hulshof Saskia	73	08-021	2:47.00	25m	3-2-91	Zaandam (NED)	388
13.	Kleijne Daisy	89	08-021	2:48.15	25m	25-11-07	Amsterdam (NED)	380
14.	Vink Lidewij	90	08-021	2:49.08	25m	13-1-08	Heemskerk (NED)	374
15.	Verbree Bets	63	08-021	2:49.30	25m	22-3-81	Wieringerwerf (NED)	372
16.	Hoek Daniëlle	88	08-021	2:50.46	25m	9-4-06	Purmerend (NED)	365
17.	Petit Kirsten	00	08-021	2:52.13	25m	4-2-18	Purmerend (NED)	354
18.	Meijer Sylvia	81	08-021	2:55.68	25m	24-10-99	Zaandam (NED)	333
19.	van Rookhuizen Sieta	79	08-021	2:55.90	25m	6-11-97	Heemskerk (NED)	332
20.	van Duin Margret	60	08-021	2:56.50	25m	31-12-78		329
21.	Stins Mariska	84	08-021	2:56.61	25m	8-9-02	Heemskerk	328
22.	Niesten Iris	92	08-021	2:56.85	25m	17-1-10	Amsterdam-oost (NED)	327
23.	Heus Pauline	78	08-021	2:57.80	25m	2-5-96	Heemskerk (NED)	321
24.	de Ruijter Linda	87	08-021	2:58.75	25m	27-1-05	Heemskerk (NED)	316
25.	Essers Sanne	91	08-021	2:59.97	25m	22-1-09	Heemskerk (NED)	310

300 wisselslag400 wisselslag

1.	Vink Lidewij	90	08-021	5:47.07	25m	24-2-08	Zaandam (NED)	415
2.	Stins Mariska	84	08-021	5:55.41	25m	24-2-02	Heemskerk	386
3.	van der Kroft Nicole	84	08-021	5:55.50	25m	24-2-02	Heemskerk	386
4.	van der Gracht Anouk	89	08-021	6:05.54	25m	11-2-07	Zaandam (NED)	355
5.	Hoek Daniëlle	88	08-021	6:06.11	25m	29-1-06	Zaandam (NED)	353
6.	de Haan Shira	00	08-021	6:07.31	25m	17-11-18	Hoofddorp (NED)	350