

**25 vrije slag**

1.	Schelvis Femke	84	08-021	13.11	25m	25-3-99	Heemskerk (NED)	507
2.	de Groot Daniëlle	93	08-021	13.42	25m	31-5-08	Aalsmeer (NED)	473
3.	Meijer Sylvia	81	08-021	13.43	25m	4-5-00	Heemskerk (NED)	472
4.	Crok Linda	94	08-021	13.48	25m	30-6-11	Heemskerk (NED)	467
5.	Hulshof Saskia	73	08-021	13.70	25m	31-12-89	Heemskerk (NED)	445
5.	Schuyt Simone	75	08-021	13.70	25m	31-12-89	Heemskerk (NED)	445
7.	Palmboom Nicole	91	08-021	13.79	25m	27-4-06	Heemskerk	436
8.	Koster Lisa	94	08-021	13.81	25m	31-5-08	Aalsmeer (NED)	434
9.	van der Kroft Nicole	84	08-021	13.95	25m	29-3-01	Heemskerk (NED)	421
10.	van Staveren Marina	78	08-021	14.04	25m	14-4-11	Heemskerk (NED)	413
11.	Schelvis Roos	86	08-021	14.05	25m	29-3-01	Heemskerk (NED)	412
11.	Vink Lidewij	90	08-021	14.05	25m	19-4-07	Heemskerk (NED)	412
13.	Besse Karen	75	08-021	14.10	25m	31-12-89	Heemskerk (NED)	408
14.	Hoek Daniëlle	88	08-021	14.12	25m	30-6-11	Heemskerk (NED)	406
15.	van der Geest Saskia	73	08-021	14.20	25m	12-1-89	Heemskerk (NED)	399
15.	Stam Vanessa	80	08-021	14.20	25m	13-3-97	Heemskerk (NED)	399
17.	van Ballegooie Simone	84	08-021	14.26	25m	29-3-01	Heemskerk (NED)	394
18.	Groen Anne	95	08-021	14.32	25m	30-6-11	Heemskerk (NED)	389
19.	Kleijne Daisy	89	08-021	14.33	25m	27-4-06	Heemskerk	388
20.	Kramer Miranda	80	08-021	14.34	25m	4-5-00	Heemskerk (NED)	388
21.	van Rookhuizen Sieta	79	08-021	14.35	25m	4-5-00	Heemskerk (NED)	387
22.	Vink Marjolein	93	08-021	14.37	25m	29-5-08	Heemskerk (NED)	385
23.	Stam Sabrina	82	08-021	14.40	25m	12-2-98	Heemskerk (NED)	383
24.	Stins Mariska	84	08-021	14.42	25m	29-5-08	Heemskerk (NED)	381
25.	Hogema Fabiën	93	08-021	14.43	25m	19-4-07	Heemskerk (NED)	380

**50 vrije slag**

1.	Kingma Danae	00	08-021	26.92	25m	29-1-16	Amsterdam (NED)	617
2.	Schelvis Femke	84	08-021	27.68	25m	7-11-04	IJmuiden (NED)	568
3.	Smit Sanne	01	08-021	27.94	25m	17-11-18	Hoofddorp (NED)	552
4.	Drubers Mirjam	67	08-021	28.20	25m	31-12-84		537
5.	de Groot Daniëlle	93	08-021	28.39	25m	21-6-08	Alkmaar (NED)	526
6.	Broek Jade	97	08-021	28.47	25m	6-12-15	Purmerend (NED)	522
7.	Palmboom Nicole	91	08-021	28.58	25m	23-3-08	Haarlem (NED)	516
8.	Groen Anne	95	08-021	28.77	25m	13-10-16	Heemskerk (NED)	506
9.	Koster Lisa	94	08-021	28.78	25m	12-5-08	Purmerend (NED)	505
10.	Crok Linda	94	08-021	28.99	25m	24-4-11	Haarlem (NED)	494
11.	Meijer Sylvia	81	08-021	29.10	25m	6-4-97	Heemskerk (NED)	489
12.	Vink Lidewij	90	08-021	29.17	25m	29-5-08	Heemskerk (NED)	485
13.	Hoekstra Eline	03	08-021	29.20	25m	11-11-17	Hoofddorp (NED)	484
14.	Siemerink Laura	04	08-021	29.37	25m	17-11-18	Hoofddorp (NED)	475
15.	Hoek Daniëlle	88	08-021	29.49	25m	28-12-04	Maastricht (NED)	470
16.	van de Poll Marianne	89	08-021	29.52	25m	29-1-04	Heemskerk (NED)	468
17.	Kleijne Daisy	89	08-021	29.57	25m	13-4-09	Haarlem (NED)	466
18.	van Rijn-Hofwegen Wilma	71	08-021	29.61	25m	1-12-13	Vlaardingen (NED)	464
19.	Wentink Yara	04	08-021	29.71	25m	17-11-18	Hoofddorp (NED)	459
20.	Schuyt Simone	75	08-021	29.80	25m	22-1-89	Zaandam (NED)	455
20.	Hulshof Saskia	73	08-021	29.80	25m	11-3-90	Heemskerk (NED)	455
22.	Vink Marjolein	93	08-021	29.88	25m	8-4-07	Haarlem (NED)	451
23.	Verbree Bets	63	08-021	29.90	25m	5-4-81	Heemskerk (NED)	451
23.	van der Kroft Nicole	84	08-021	29.90	25m	27-9-01	Heemskerk	451

50 vrije slag (sinds 25)

25. Koper Fiona	01	08-021	30.05	25m	17-6-18	Alkmaar (NED)	444
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**100 vrije slag**

1. Kingma Danae	00	08-021	58.38	25m	18-3-18	Purmerend (NED)	637
2. Schelvis Femke	84	08-021	59.32	25m	9-1-05	Zuidoost Beemster (NED)	607
3. Smit Sanne	01	08-021	1:00.87	25m	24-11-18	Hoofddorp (NED)	562
4. Koster Lisa	94	08-021	1:01.06	25m	11-5-08	Purmerend (NED)	557
5. Drubers Mirjam	67	08-021	1:01.60	25m	15-12-84	Hilversum (NED)	542
6. Broek Jade	97	08-021	1:01.74	25m	18-11-17	Hoofddorp (NED)	539
7. Crok Linda	94	08-021	1:02.01	25m	3-4-11	Zaandam (NED)	532
8. de Groot Daniëlle	93	08-021	1:02.13	25m	11-5-08	Purmerend (NED)	529
9. Groen Anne	95	08-021	1:02.91	25m	18-12-16	Heemskerk (NED)	509
10. Meijer Sylvia	81	08-021	1:03.20	25m	5-4-98	Heemskerk (NED)	502
11. Wentink Yara	04	08-021	1:03.47	25m	2-12-18	Zaandam (NED)	496
12. Hoekstra Eline	03	08-021	1:03.69	25m	24-11-18	Hoofddorp (NED)	491
13. van der Kroft Nicole	84	08-021	1:03.76	25m	10-12-00	Heemskerk (NED)	489
14. Palmboom Nicole	91	08-021	1:03.79	25m	9-3-08	Heemskerk (NED)	488
15. Vink Lidewij	90	08-021	1:04.70	25m	30-10-05	Amsterdam (NED)	468
16. Hoek Daniëlle	88	08-021	1:05.01	25m	28-12-04	Maastricht (NED)	461
16. Kleijne Daisy	89	08-021	1:05.01	25m	28-3-05	Haarlem (NED)	461
18. Crok Annemarie	89	08-021	1:05.34	25m	27-11-11	Heemskerk (NED)	454
19. van 't Veer Iris	03	08-021	1:05.39	25m	4-2-18	Purmerend (NED)	453
20. Mallon Danique	94	08-021	1:05.55	25m	5-4-10	Haarlem (NED)	450
21. Schelvis Roos	86	08-021	1:05.56	25m	12-12-99	Heemskerk (NED)	450
22. Verbree Bets	63	08-021	1:05.70	25m	19-12-81	Hilversum (NED)	447
22. Hulshof Saskia	73	08-021	1:05.70	25m	5-11-89	Heemskerk (NED)	447
24. Vink Marjolein	93	08-021	1:05.86	25m	9-4-07	Haarlem (NED)	444
25. Stam Vanessa	80	08-021	1:05.90	25m	12-4-98	Haarlem (NED)	443

**200 vrije slag**

1. Schelvis Femke	84	08-021	2:07.73	25m	25-11-99	Heemskerk	646
2. Kingma Danae	00	08-021	2:10.58	25m	12-4-18	Heemskerk (NED)	604
3. Smit Sanne	01	08-021	2:13.76	25m	16-3-17	Heemskerk (NED)	562
4. Drubers Mirjam	67	08-021	2:15.30	25m	31-12-85		543
5. Broek Jade	97	08-021	2:17.18	25m	18-11-18	Hoofddorp (NED)	521
6. Koster Lisa	94	08-021	2:17.53	25m	10-5-08	Purmerend (NED)	517
7. Crok Linda	94	08-021	2:17.72	25m	2-10-11	Heemskerk (NED)	515
8. de Groot Daniëlle	93	08-021	2:17.81	25m	10-5-08	Purmerend (NED)	514
9. Groen Anne	95	08-021	2:17.96	25m	13-11-16	Purmerend (NED)	512
10. Vink Lidewij	90	08-021	2:19.09	25m	12-2-06	Zaandam (NED)	500
11. Hoekstra Eline	03	08-021	2:19.38	25m	29-10-17	Den Helder (NED)	497
12. Hoek Daniëlle	88	08-021	2:20.46	25m	22-3-12	Heemskerk (NED)	485
13. Stel Serena	98	08-021	2:21.69	25m	18-4-10	Zaandam (NED)	473
14. Palmboom Nicole	91	08-021	2:22.48	25m	1-3-08	Hoor (NED)	465
15. Verbree Bets	63	08-021	2:22.60	25m	7-2-82		464
16. Schelvis Roos	86	08-021	2:23.28	25m	26-9-02	Heemskerk	457
17. Mallon Danique	94	08-021	2:23.87	25m	3-10-10	Zaandam (NED)	452
18. van der Kroft Nicole	84	08-021	2:24.05	25m	30-11-00	Heemskerk (NED)	450
19. van 't Veer Iris	03	08-021	2:24.51	25m	12-4-18	Heemskerk (NED)	446
20. Kleijne Daisy	89	08-021	2:24.52	25m	13-3-05	Amsterdam (NED)	446
21. Wentink Yara	04	08-021	2:24.63	25m	2-12-18	Zaandam (NED)	445

**200 vrije slag (sinds 22)**

22. Meijer Sylvia	81	08-021	2:24.70	25m	11-12-97	Heemskerk (NED)	444
23. Crok Annemarie	89	08-021	2:25.47	25m	13-11-11	Zaandam (NED)	437
24. van der Gracht Anouk	89	08-021	2:25.68	25m	25-11-07	Amsterdam (NED)	435
25. Hulshof Saskia	73	08-021	2:25.80	25m	28-2-90		434

**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	3:38.23	25m	25-4-11	Haarlem (NED)	493
3. Vink Lidewij	90	08-021	3:40.07	25m	18-5-06	Heemskerk (NED)	481
4. Hoekstra Eline	03	08-021	3:41.56	25m	25-11-18	Hoofddorp (NED)	471
5. Broek Jade	97	08-021	3:44.41	25m	4-10-15	Purmerend (NED)	453
6. Hoek Daniëlle	88	08-021	3:47.20	25m	18-5-06	Heemskerk (NED)	437
7. Stel Serena	98	08-021	3:50.73	25m	29-1-10	Heerenveen (NED)	417
8. Palmboom Nicole	91	08-021	3:51.10	25m	18-5-06	Heemskerk (NED)	415
9. van de Poll Marianne	89	08-021	3:51.98	25m	29-4-04	Heemskerk (NED)	410
10. Groen Anne	95	08-021	3:52.00	25m	25-4-11	Haarlem (NED)	410
11. van der Gracht Anouk	89	08-021	3:52.29	25m	18-5-13	Purmerend (NED)	409
12. Koster Lisa	94	08-021	3:53.61	25m	14-10-07	Zaandam (NED)	402
13. Kleijne Daisy	89	08-021	3:56.50	25m	29-4-04	Heemskerk (NED)	387
14. Teufer Irene	96	08-021	3:58.28	25m	30-3-08	Zaandam (NED)	379
15. Stins Mariska	84	08-021	4:01.45	25m	29-4-04	Heemskerk (NED)	364
16. Koopman Anitra	89	08-021	4:02.06	25m	29-4-04	Heemskerk (NED)	361
17. Meijer Sylvia	81	08-021	4:02.20	25m	19-4-98	Zaandam (NED)	361
18. Buur Naomi	01	08-021	4:02.95	25m	7-6-14	Purmerend (NED)	357
19. Essers Sanne	91	08-021	4:05.80	25m	14-10-07	Zaandam (NED)	345
20. Wentink Yara	04	08-021	4:05.83	25m	19-5-18	Purmerend (NED)	345
21. de Ruijter Linda	87	08-021	4:07.06	25m	29-4-04	Heemskerk (NED)	340
22. Mallon Danique	94	08-021	4:08.45	25m	14-10-07	Zaandam (NED)	334
23. Hogema Fabiën	93	08-021	4:13.63	25m	18-5-06	Heemskerk (NED)	314
24. Butter Anouk	82	08-021	4:14.06	25m	29-4-04	Heemskerk (NED)	312
25. Vink Marjolein	93	08-021	4:16.78	25m	14-10-07	Zaandam (NED)	303

**400 vrije slag**

1. Schelvis Femke	84	08-021	4:32.44	25m	14-11-04	Heemskerk (NED)	637
2. Crok Linda	94	08-021	4:50.50	25m	25-4-11	Haarlem (NED)	526
3. Vink Lidewij	90	08-021	4:54.59	25m	18-5-06	Heemskerk (NED)	504
4. Drubers Mirjam	67	08-021	4:55.60	25m	26-1-86	Castricum (NED)	499
5. Hoekstra Eline	03	08-021	4:57.62	25m	25-11-18	Hoofddorp (NED)	489
6. Smit Sanne	01	08-021	4:58.85	25m	26-11-17	Amsterdam (NED)	483
7. Hoek Daniëlle	88	08-021	5:01.12	25m	18-5-06	Heemskerk (NED)	472
8. Groen Anne	95	08-021	5:01.68	25m	1-10-17	Purmerend (NED)	469
9. Koster Lisa	94	08-021	5:02.29	25m	18-11-07	Alkmaar (NED)	466
10. Broek Jade	97	08-021	5:04.72	25m	4-10-15	Purmerend (NED)	455
11. de Groot Daniëlle	93	08-021	5:05.33	25m	12-5-08	Purmerend (NED)	453
12. Stel Serena	98	08-021	5:06.13	25m	28-3-10	Zeist (NED)	449
13. Schelvis Roos	86	08-021	5:06.22	25m	30-5-02	Heemskerk	449
14. van 't Veer Iris	03	08-021	5:08.15	25m	2-4-18	Haarlem (NED)	440
15. Wentink Yara	04	08-021	5:08.51	25m	4-11-18	Alkmaar (NED)	439
16. Palmboom Nicole	91	08-021	5:08.81	25m	18-5-06	Heemskerk (NED)	437

**400 vrije slag (sinds 17)**

17. Stam Vanessa	80	08-021	5:09.30	25m	22-2-98	Zaandam (NED)	435
18. Kleijne Daisy	89	08-021	5:10.46	25m	1-5-05	Zaandam (NED)	431
19. van der Gracht Anouk	89	08-021	5:11.00	25m	31-5-07	Heemskerk (NED)	428
20. van de Poll Marianne	89	08-021	5:12.47	25m	9-6-03	Z.o. Beemster	422
21. de Haan Shira	00	08-021	5:13.43	25m	17-4-17	Haarlem (NED)	418
22. Hulshof Saskia	73	08-021	5:15.40	25m	11-3-90	Heemskerk (NED)	411
23. Verbree Bets	63	08-021	5:15.70	25m	5-4-81	Heemskerk (NED)	409
24. Besse Karen	75	08-021	5:16.50	25m	10-3-91	Heemskerk (NED)	406
24. Limmen Karin	76	08-021	5:16.50	25m	24-4-93		406

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

1. Schelvis Femke	84	08-021	9:32.54	25m	28-2-99	Zaandam (NED)	586
2. Crok Linda	94	08-021	10:11.36	25m	16-10-11	Zaandam (NED)	481
3. Vink Lidewij	90	08-021	10:13.37	25m	1-4-06	Zaandam (NED)	477
4. Stel Serena	98	08-021	10:13.69	25m	28-3-10	Zeist (NED)	476
5. Hoek Daniëlle	88	08-021	10:19.78	25m	17-10-04	Zaandam (NED)	462
6. Kingma Danae	00	08-021	10:34.87	25m	19-10-14	Zaandam (NED)	430
7. Kleijne Daisy	89	08-021	10:35.32	25m	1-4-06	Zaandam (NED)	429
8. Stam Vanessa	80	08-021	10:36.50	25m	22-2-98	Zaandam (NED)	427
9. Smit Sanne	01	08-021	10:36.60	25m	8-10-17	Alkmaar (NED)	426
10. Koster Lisa	94	08-021	10:39.38	25m	9-12-07	Zaandam (NED)	421
11. Teufer Irene	96	08-021	10:41.66	25m	30-3-08	Zaandam (NED)	416
12. van der Gracht Anouk	89	08-021	10:43.54	25m	3-2-08	Zaandam (NED)	413
13. Schelvis Roos	86	08-021	10:47.23	25m	4-11-01	Heemskerk	406
14. Essers Sanne	91	08-021	10:56.82	25m	27-10-07	Barneveld (NED)	388
15. Limmen Karin	76	08-021	11:00.20	25m	12-4-92	Heemstede (NED)	382
16. Groen Anne	95	08-021	11:03.36	25m	16-10-11	Zaandam (NED)	377
17. Besse Karen	75	08-021	11:03.90	25m	6-6-91	Heemskerk	376
18. van Rookhuizen Sieta	79	08-021	11:04.30	25m	14-4-94	Heemskerk	375
19. de Groot Daniëlle	93	08-021	11:05.30	25m	9-12-07	Zaandam (NED)	374
20. de Boer Irene	84	08-021	11:09.32	25m	5-11-00	Zaandam (NED)	367
21. Kramer Miranda	80	08-021	11:10.60	25m	22-2-98	Zaandam (NED)	365
22. Mallon Danique	94	08-021	11:12.78	25m	9-12-07	Zaandam (NED)	361
23. Hulshof Saskia	73	08-021	11:15.20	25m	22-4-90	Heemstede (NED)	357
24. Stins Mariska	84	08-021	11:18.69	25m	5-11-00	Zaandam (NED)	352
25. van der Kroft Nicole	84	08-021	11:20.64	25m	26-10-03	Zaandam	349

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

**1500 vrije slag**

1. Schelvis Femke	84	08-021	19:04.76	25m	23-1-00	Heemskerk (NED)	518
2. Crok Linda	94	08-021	19:23.75	25m	4-12-11	Zaandam (NED)	493
3. Vink Lidewij	90	08-021	19:28.97	25m	12-1-06	Heemskerk (NED)	487
4. Hoek Daniëlle	88	08-021	20:03.26	25m	14-11-04	Heemskerk (NED)	446
5. Kleijne Daisy	89	08-021	20:17.52	25m	12-1-06	Heemskerk (NED)	431
6. Schelvis Roos	86	08-021	20:20.21	25m	4-11-01	Heemskerk	428
7. van der Gracht Anouk	89	08-021	20:26.00	25m	3-2-08	Zaandam (NED)	422
8. de Groot Daniëlle	93	08-021	21:01.65	25m	9-12-07	Zaandam (NED)	387
9. de Boer Irene	84	08-021	21:16.67	25m	23-1-00	Heemskerk (NED)	373
10. Limmen Karin	76	08-021	21:25.00	25m	7-2-93	Volendam (NED)	366
11. Groen Anne	95	08-021	21:38.25	25m	19-12-10	Zaandam (NED)	355
12. Stins Mariska	84	08-021	21:41.94	25m	4-1-01	Heemskerk (NED)	352
13. Kramer Miranda	80	08-021	21:44.13	25m	11-2-01	Zaandam (NED)	350
14. Essers Sanne	91	08-021	21:45.01	25m	3-12-06	Zaandam (NED)	350
15. van de Poll Marianne	89	08-021	21:47.89	25m	16-11-03	Heemskerk (NED)	347
16. Koopman Anitra	89	08-021	21:53.80	25m	16-2-03	Zaandam	343
17. de Ruijter Linda	87	08-021	21:56.67	25m	1-12-02	Heemskerk	340
18. Crok Annemarie	89	08-021	22:14.20	25m	16-11-03	Heemskerk (NED)	327
19. Besse Karen	75	08-021	22:20.60	25m	29-12-88	Heemskerk (NED)	322
20. van Rookhuizen Sieta	79	08-021	22:21.97	25m	23-1-00	Heemskerk (NED)	321
21. Zonneveld Chantal	84	08-021	22:25.85	25m	23-1-00	Heemskerk (NED)	319
22. Visser Kelly	89	08-021	22:30.91	25m	10-2-02	Zaandam	315
23. Buur Naomi	01	08-021	22:49.10	25m	9-2-14	Zaandam (NED)	303
24. Hogema Fabiën	93	08-021	22:56.00	25m	28-1-07	Zaandam (NED)	298
25. Butter Anouk	82	08-021	23:04.38	25m	14-11-04	Heemskerk (NED)	293

**2000 vrije slag**

1. Schelvis Femke	84	08-021	25:28.90	25m	5-3-00	Zaandam (NED)	515
2. Crok Linda	94	08-021	26:17.78	25m	13-2-11	Zaandam (NED)	469
3. van de Poll Marianne	89	08-021	26:56.35	25m	7-3-04	Zaandam	436
4. Vink Lidewij	90	08-021	27:03.36	25m	28-1-07	Zaandam (NED)	431
5. Hoek Daniëlle	88	08-021	27:21.57	25m	7-3-04	Zaandam	416
6. van der Gracht Anouk	89	08-021	27:22.08	25m	3-2-08	Zaandam (NED)	416
7. Kleijne Daisy	89	08-021	27:32.48	25m	1-3-09	Zaandam (NED)	408
8. Essers Sanne	91	08-021	28:04.76	25m	28-1-07	Zaandam (NED)	385
9. Schelvis Roos	86	08-021	28:08.75	25m	10-2-02	Zaandam	382
10. Kramer Miranda	80	08-021	29:04.76	25m	11-2-01	Zaandam (NED)	347
11. Stins Mariska	84	08-021	29:08.81	25m	5-3-00	Zaandam (NED)	344
12. de Ruijter Linda	87	08-021	29:15.39	25m	16-2-03	Zaandam	340
13. Crok Annemarie	89	08-021	29:24.89	25m	7-3-04	Zaandam	335
14. van Rookhuizen Sieta	79	08-021	29:42.03	25m	5-3-00	Zaandam (NED)	325
15. Groen Anne	95	08-021	29:43.90	25m	13-2-11	Zaandam (NED)	324
16. Niesten Iris	92	08-021	32:20.51	25m	28-1-07	Zaandam (NED)	252
17. Boekling Annette	85	08-021	34:19.25	25m	5-3-00	Zaandam (NED)	211

**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. Schelvis Femke	84	08-021	15.10	25m	15-1-98	Heemskerk (NED)	512
2. Meijer Sylvia	81	08-021	15.90	25m	13-2-97	Heemskerk (NED)	438
3. Hulshof Saskia	73	08-021	16.00	25m	12-1-89	Heemskerk (NED)	430
4. Palmboom Nicole	91	08-021	16.02	25m	19-4-07	Heemskerk (NED)	428
5. Schelvis Roos	86	08-021	16.39	25m	17-2-00	Heemskerk (NED)	400
6. Meijer Linda	77	08-021	16.40	25m	16-5-91	Heemskerk (NED)	399
6. Kramer Miranda	80	08-021	16.40	25m	15-1-98	Heemskerk (NED)	399
8. Kleijne Daisy	89	08-021	16.57	25m	27-4-06	Heemskerk	387
9. Mallon Danique	94	08-021	16.78	25m	29-5-08	Heemskerk (NED)	373
10. Stins Mariska	84	08-021	16.86	25m	19-4-07	Heemskerk (NED)	367
11. Stam Sabrina	82	08-021	16.90	25m	15-1-98	Heemskerk (NED)	365
11. Vink Lidewij	90	08-021	16.90	25m	19-4-07	Heemskerk (NED)	365
13. Crok Linda	94	08-021	16.95	25m	29-5-08	Heemskerk (NED)	361
14. Schuyt Simone	75	08-021	17.00	25m	12-1-89	Heemskerk (NED)	358
15. van Ballegooie Stefanie	86	08-021	17.07	25m	22-2-01	Heemskerk (NED)	354
16. Koster Lisa	94	08-021	17.13	25m	19-4-07	Heemskerk (NED)	350
17. van der Kroft Nicole	84	08-021	17.20	25m	13-2-97	Heemskerk (NED)	346
17. Stam Vanessa	80	08-021	17.20	25m	15-1-98	Heemskerk (NED)	346
19. Hoek Daniëlle	88	08-021	17.26	25m	29-5-08	Heemskerk (NED)	342
20. Besse Karen	75	08-021	17.40	25m	12-1-89	Heemskerk (NED)	334
20. Bruin Adri	74	08-021	17.40	25m	12-1-89	Heemskerk (NED)	334
20. de Groot Daniëlle	93	08-021	17.40	25m	19-4-07	Heemskerk (NED)	334
23. Crok Annemarie	89	08-021	17.44	25m	27-4-06	Heemskerk	332
24. Boekling Annette	85	08-021	17.45	25m	22-2-01	Heemskerk (NED)	331
25. Zonneveld Chantal	84	08-021	17.48	25m	22-2-01	Heemskerk (NED)	330

**50 rugslag**

1. Kingma Danae	00	08-021	31.06	25m	30-12-17	Leeuwarden (NED)	564
2. Broek Jade	97	08-021	31.43	25m	1-10-17	Purmerend (NED)	544
3. Kleijne Daisy	89	08-021	32.44	25m	5-3-06	Purmerend (NED)	495
4. Koper Fiona	01	08-021	32.46	25m	15-2-18	Heemskerk (NED)	494
5. Schelvis Femke	84	08-021	32.93	25m	14-11-99	Zaandam (NED)	473
6. Hoekstra Eline	03	08-021	33.27	25m	19-5-18	Purmerend (NED)	459
7. Palmboom Nicole	91	08-021	33.39	25m	29-12-07	Maastricht (NED)	454
8. van 't Veer Iris	03	08-021	33.54	25m	15-2-18	Heemskerk (NED)	448
9. Koster Lisa	94	08-021	33.96	25m	13-12-07	Heemskerk (NED)	431
10. Groen Anne	95	08-021	34.04	25m	2-10-16	Purmerend (NED)	428

50 rugslag (sinds 11)

11. Hulshof Saskia	73	08-021	34.10	25m	30-6-88	Heemskerk (NED)	426
12. Crok Linda	94	08-021	34.25	25m	3-3-13	Purmerend (NED)	421
13. Siemerink Laura	04	08-021	34.28	25m	16-9-18	Alkmaar (NED)	419
14. ten Bokkel Henriëke	94	08-021	34.33	25m	12-4-18	Heemskerk (NED)	418
15. Smit Sanne	01	08-021	34.37	25m	15-2-15	Purmerend (NED)	416
16. Kramer Miranda	80	08-021	34.40	25m	5-4-98	Heemskerk (NED)	415
17. Meijer Sylvia	81	08-021	34.50	25m	26-1-97	Zuidoost Beemster (NED)	411
18. Schelvis Roos	86	08-021	34.63	25m	16-4-00	Almelo (NED)	407
19. Wentink Yara	04	08-021	34.69	25m	7-10-18	Purmerend (NED)	405
20. Meijer Linda	77	08-021	34.70	25m	17-2-94	Heemskerk	404
21. Mallon Danique	94	08-021	34.73	25m	22-5-10	Purmerend (NED)	403
22. Buur Naomi	01	08-021	34.76	25m	18-2-16	Heemskerk (NED)	402
23. Vink Lidewij	90	08-021	34.96	25m	5-3-06	Purmerend (NED)	395
24. Jongema Helena	80	08-021	35.08	25m	16-3-08	Amersfoort (NED)	391
25. Stins Mariska	84	08-021	35.29	25m	7-6-03	Z.o. Beemster	384

100 rugslag

1. Broek Jade	97	08-021	1:07.20	25m	8-10-17	Alkmaar (NED)	549
2. Kingma Danae	00	08-021	1:07.40	25m	1-10-17	Purmerend (NED)	544
3. Schelvis Femke	84	08-021	1:09.10	25m	28-11-04	Heemskerk (NED)	505
4. Kleijne Daisy	89	08-021	1:11.62	25m	16-4-06	Haarlem (NED)	453
5. Koper Fiona	01	08-021	1:11.99	25m	17-6-18	Alkmaar (NED)	446
6. Hoekstra Eline	03	08-021	1:12.03	25m	18-3-18	Purmerend (NED)	445
7. Crok Linda	94	08-021	1:12.23	25m	17-11-11	Heemskerk (NED)	442
8. van 't Veer Iris	03	08-021	1:12.48	25m	1-4-18	Haarlem (NED)	437
9. Hulshof Saskia	73	08-021	1:12.60	25m	7-1-89	Hilversum (NED)	435
10. Meijer Sylvia	81	08-021	1:13.00	25m	30-3-97	Haarlem (NED)	428
11. Koster Lisa	94	08-021	1:13.07	25m	17-11-07	Barneveld (NED)	427
12. Schelvis Roos	86	08-021	1:13.34	25m	16-4-00	Almelo (NED)	422
13. Groen Anne	95	08-021	1:13.36	25m	15-1-17	Alkmaar (NED)	422
14. Smit Sanne	01	08-021	1:13.59	25m	10-1-16	Purmerend (NED)	418
15. Mallon Danique	94	08-021	1:14.20	25m	4-11-10	Heemskerk (NED)	407
16. Kramer Miranda	80	08-021	1:14.70	25m	30-3-97	Haarlem (NED)	399
17. Wentink Yara	04	08-021	1:14.96	25m	4-11-18	Alkmaar (NED)	395
18. Poppema Yvonne	68	08-021	1:15.10	25m	12-2-84	Heemskerk (NED)	393
19. van der Kroft Nicole	84	08-021	1:15.16	25m	15-4-01	Haarlem (NED)	392
20. de Graaf Annemiek	70	08-021	1:15.30	25m	31-12-86		390
21. Jongema Helena	80	08-021	1:15.36	25m	3-5-08	Winterswijk (NED)	389
22. Meijer Linda	77	08-021	1:15.80	25m	8-9-91	Assendelft (NED)	382
23. Zonneveld Chantal	84	08-021	1:16.21	25m	28-3-02	Heemskerk	376
24. Buur Naomi	01	08-021	1:16.29	25m	27-3-16	Haarlem (NED)	375
25. Stins Mariska	84	08-021	1:16.36	25m	9-11-03	Zaandam	374

**200 rugslag**

1. Schelvis Femke	84	08-021	2:26.44	25m	10-10-99	Zaandam (NED)	539
2. Kingma Danae	00	08-021	2:27.57	25m	18-3-18	Purmerend (NED)	527
3. Broek Jade	97	08-021	2:31.31	25m	4-2-18	Purmerend (NED)	489
4. van 't Veer Iris	03	08-021	2:35.95	25m	14-1-18	Purmerend (NED)	446
5. Crok Linda	94	08-021	2:36.36	25m	11-4-10	Zaandam (NED)	443
6. Groen Anne	95	08-021	2:36.81	25m	12-2-17	Purmerend (NED)	439
7. Koper Fiona	01	08-021	2:37.77	25m	18-3-18	Purmerend (NED)	431
8. Kleijne Daisy	89	08-021	2:38.20	25m	10-4-05	Zuidoost-Beemster (NED)	428
9. de Graaf Annemiek	70	08-021	2:39.30	25m	13-4-86		419
10. Schelvis Roos	86	08-021	2:39.57	25m	19-11-00	Zaandam (NED)	417
11. Hoekstra Eline	03	08-021	2:40.35	25m	14-1-18	Purmerend (NED)	411
12. Smit Sanne	01	08-021	2:40.69	25m	18-3-18	Purmerend (NED)	408
13. van der Kroft Nicole	84	08-021	2:40.92	25m	14-12-00	Heemskerk (NED)	406
14. Palmboom Nicole	91	08-021	2:41.16	25m	9-3-08	Heemskerk (NED)	404
15. Stel Serena	98	08-021	2:41.22	25m	21-3-10	Zaandam (NED)	404
16. Wentink Yara	04	08-021	2:42.13	25m	21-10-18	Purmerend (NED)	397
17. Meijer Sylvia	81	08-021	2:42.31	25m	24-9-98	Heemskerk (NED)	396
18. Hulshof Saskia	73	08-021	2:42.50	25m	4-11-89		394
19. Koster Lisa	94	08-021	2:42.59	25m	21-10-07	Zaandam (NED)	394
20. Crok Annemarie	89	08-021	2:42.61	25m	14-3-04	Zaandam	394
21. Mallon Danique	94	08-021	2:42.74	25m	11-4-10	Zaandam (NED)	393
22. Poppema Yvonne	68	08-021	2:43.10	25m	31-12-83		390
23. Kramer Miranda	80	08-021	2:43.40	25m	10-10-96	Heemskerk (NED)	388
24. Vink Lidewij	90	08-021	2:43.41	25m	9-3-08	Heemskerk (NED)	388
25. Petit Kirsten	00	08-021	2:43.44	25m	18-3-18	Purmerend (NED)	388

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

1. Palmboom Nicole	91	08-021	17.22	25m	27-4-06	Heemskerk	462
2. Kramer Miranda	80	08-021	17.60	25m	19-3-98	Heemskerk (NED)	433
3. van Honk Chantal	80	08-021	17.80	25m	16-5-91	Heemskerk (NED)	419
3. van Rookhuizen Sieta	79	08-021	17.80	25m	13-3-97	Heemskerk (NED)	419
5. de Groot Daniëlle	93	08-021	17.83	25m	29-5-08	Heemskerk (NED)	416
6. Hulshof Saskia	73	08-021	17.90	25m	12-1-89	Heemskerk (NED)	412
6. Stam Vanessa	80	08-021	17.90	25m	13-3-97	Heemskerk (NED)	412
8. van der Geest Saskia	73	08-021	18.10	25m	12-1-89	Heemskerk (NED)	398
9. Hogema Fabiën	93	08-021	18.32	25m	19-4-07	Heemskerk (NED)	384
10. van der Kroft Nicole	84	08-021	18.40	25m	13-3-97	Heemskerk (NED)	379
11. van der Gracht Anouk	89	08-021	18.41	25m	27-4-06	Heemskerk	378
12. Koster Lisa	94	08-021	18.50	25m	19-4-07	Heemskerk (NED)	373
13. Schelvis Femke	84	08-021	18.60	25m	19-3-98	Heemskerk (NED)	367
14. Schelvis Roos	86	08-021	18.63	25m	22-2-01	Heemskerk (NED)	365
15. Crok Linda	94	08-021	18.68	25m	29-5-08	Heemskerk (NED)	362
16. Boekling Annette	85	08-021	18.72	25m	22-2-01	Heemskerk (NED)	360
17. Vink Lidewij	90	08-021	18.88	25m	19-4-07	Heemskerk (NED)	351
18. Stins Mariska	84	08-021	18.89	25m	25-3-99	Heemskerk (NED)	350
19. Crok Annemarie	89	08-021	19.04	25m	27-4-06	Heemskerk	342
20. Vink Marjolein	93	08-021	19.06	25m	19-4-07	Heemskerk (NED)	341
21. Schuyt Simone	75	08-021	19.10	25m	12-1-89	Heemskerk (NED)	339
21. Stam Sabrina	82	08-021	19.10	25m	13-3-97	Heemskerk (NED)	339



25 schoolslag (sinds 23)

23. Besse Karen	75	08-021	19.40	25m	12-1-89	Heemskerk (NED)	323
23. Beentjes Nicolet	80	08-021	19.40	25m	14-3-96	Heemskerk (NED)	323
25. de Boer Irene	84	08-021	19.43	25m	25-3-99	Heemskerk (NED)	322

50 schoolslag

1. Kingma Danae	00	08-021	34.17	25m	13-11-16	Purmerend (NED)	588
2. Broek Jade	97	08-021	36.51	25m	13-11-16	Purmerend (NED)	482
3. van Honk Chantal	80	08-021	37.00	25m	12-5-93		463
4. Palmboom Nicole	91	08-021	37.64	25m	30-12-07	Maastricht (NED)	440
5. de Haan Shira	00	08-021	38.14	25m	7-10-18	Purmerend (NED)	423
6. van der Geest Saskia	73	08-021	38.90	25m	31-12-88		399
7. Kramer Miranda	80	08-021	38.91	25m	16-4-00	Almelo (NED)	398
8. Stam Vanessa	80	08-021	39.00	25m	26-1-97	Zuidoost Beemster (NED)	396
9. de Groot Daniëlle	93	08-021	39.29	25m	10-2-08	Purmerend (NED)	387
10. Crok Linda	94	08-021	39.33	25m	3-3-13	Purmerend (NED)	386
11. van Rookhuizen Sieta	79	08-021	39.42	25m	24-9-98	Heemskerk (NED)	383
12. Groen Anne	95	08-021	39.62	25m	16-3-17	Heemskerk (NED)	377
13. Hoekstra Eline	03	08-021	39.99	25m	1-4-18	Haarlem (NED)	367
14. Koster Lisa	94	08-021	40.10	25m	30-12-07	Maastricht (NED)	364
15. Schelvis Femke	84	08-021	40.22	25m	25-11-04	Heemskerk (NED)	361
16. Koper Fiona	01	08-021	40.24	25m	12-4-18	Heemskerk (NED)	360
17. van 't Veer Iris	03	08-021	40.31	25m	12-4-18	Heemskerk (NED)	358
18. van der Kroft Nicole	84	08-021	40.32	25m	17-3-02	Zaandam	358
19. Hulshof Saskia	73	08-021	40.40	25m	14-12-88		356
20. Vink Lidewij	90	08-021	40.57	25m	5-3-06	Purmerend (NED)	351
21. Crok Annemarie	89	08-021	40.71	25m	15-11-09	Haarlem (NED)	348
22. van der Gracht Anouk	89	08-021	40.72	25m	8-4-07	Haarlem (NED)	347
23. Schelvis Roos	86	08-021	40.77	25m	3-12-00	Zaandam (NED)	346
24. Siemerink Laura	04	08-021	40.82	25m	4-11-18	Alkmaar (NED)	345
25. Smit Sanne	01	08-021	40.95	25m	15-2-15	Purmerend (NED)	342

100 schoolslag

1. Kingma Danae	00	08-021	1:16.62	25m	13-11-16	Purmerend (NED)	539
2. van Honk Chantal	80	08-021	1:19.80	25m	13-12-92	Heemskerk (NED)	477
3. Broek Jade	97	08-021	1:19.98	25m	11-11-17	Hoofddorp (NED)	473
4. Drubers Mirjam	67	08-021	1:20.90	25m	31-12-85		458
5. de Haan Shira	00	08-021	1:21.89	25m	7-10-18	Purmerend (NED)	441
6. Palmboom Nicole	91	08-021	1:22.16	25m	25-11-07	Amsterdam (NED)	437
7. van der Geest Saskia	73	08-021	1:22.60	25m	7-2-88	Heemskerk (NED)	430
8. Stam Vanessa	80	08-021	1:24.30	25m	7-11-96	Heemskerk (NED)	404
9. van Rookhuizen Sieta	79	08-021	1:24.87	25m	5-4-99	Haarlem (NED)	396
9. de Groot Daniëlle	93	08-021	1:24.87	25m	27-3-08	Heemskerk (NED)	396
11. Kramer Miranda	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
12. Crok Linda	94	08-021	1:25.35	25m	1-10-17	Purmerend (NED)	390
13. Hoekstra Eline	03	08-021	1:25.81	25m	7-10-18	Purmerend (NED)	383
14. Teufer Irene	96	08-021	1:25.82	25m	24-3-08	Haarlem (NED)	383
15. Schelvis Femke	84	08-021	1:25.84	25m	28-1-99	Heemskerk (NED)	383
16. van der Kroft Nicole	84	08-021	1:25.98	25m	28-3-02	Heemskerk	381
17. Groen Anne	95	08-021	1:26.47	25m	13-10-16	Heemskerk (NED)	375
18. Stam Sabrina	82	08-021	1:26.50	25m	14-12-97	Heemskerk (NED)	374
19. van 't Veer Iris	03	08-021	1:26.58	25m	9-11-17	Heemskerk (NED)	373

100 schoolslag (sinds 20)

20. Schelvis Roos	86	08-021	1:26.96	25m	28-3-02	Heemskerk	368
21. Crok Annemarie	89	08-021	1:27.24	25m	19-11-09	Heemskerk (NED)	365
22. Peters Yvonne	63	08-021	1:27.40	25m	6-10-85	Wormerveer (NED)	363
23. Koster Lisa	94	08-021	1:28.10	25m	17-11-07	Barneveld (NED)	354
24. van Galen Angela	65	08-021	1:28.20	25m	14-3-82		353
25. Mallon Danique	94	08-021	1:28.39	25m	14-3-10	Heemskerk (NED)	351

200 schoolslag

1. Kingma Danae	00	08-021	2:53.96	25m	4-10-15	Purmerend (NED)	462
2. de Haan Shira	00	08-021	2:54.99	25m	15-1-17	Alkmaar (NED)	454
3. van Honk Chantal	80	08-021	2:55.20	25m	9-1-93	Zuidoost Beemster (NED)	453
4. Broek Jade	97	08-021	2:57.88	25m	12-2-17	Purmerend (NED)	432
5. van der Geest Saskia	73	08-021	2:58.90	25m	31-12-88		425
6. Stam Vanessa	80	08-021	2:59.80	25m	6-4-97	Heemskerk (NED)	419
7. van Rookhuizen Sieta	79	08-021	3:02.04	25m	10-10-99	Zaandam (NED)	403
8. van der Kroft Nicole	84	08-021	3:02.41	25m	25-1-01	Heemskerk (NED)	401
9. Kramer Miranda	80	08-021	3:02.52	25m	27-1-00	Heemskerk (NED)	400
10. Palmboom Nicole	91	08-021	3:02.96	25m	13-12-07	Heemskerk (NED)	397
11. de Groot Daniëlle	93	08-021	3:04.53	25m	9-3-08	Heemskerk (NED)	387
12. Schelvis Femke	84	08-021	3:05.36	25m	3-10-04	Heemskerk (NED)	382
13. Crok Linda	94	08-021	3:05.44	25m	19-1-14	Zaandam (NED)	382
14. Crok Annemarie	89	08-021	3:05.90	25m	16-1-11	Zaandam (NED)	379
15. Hoekstra Eline	03	08-021	3:06.31	25m	18-3-18	Purmerend (NED)	376
16. Teufer Irene	96	08-021	3:06.47	25m	20-1-08	Zaandam (NED)	375
17. Schelvis Roos	86	08-021	3:07.13	25m	21-11-99	Heemskerk (NED)	371
18. Smit Sanne	01	08-021	3:08.36	25m	12-3-17	Purmerend (NED)	364
19. Vink Lidewij	90	08-021	3:08.43	25m	27-10-05	Heemskerk (NED)	364
20. van 't Veer Iris	03	08-021	3:08.59	25m	29-10-17	Den Helder (NED)	363
21. van Galen Angela	65	08-021	3:09.00	25m	5-4-81	Heemskerk (NED)	360
22. Niesten Iris	92	08-021	3:09.37	25m	5-10-08	Heemskerk (NED)	358
23. Vink Marjolein	93	08-021	3:10.04	25m	18-11-07	Alkmaar (NED)	355
24. Niesten Annet	62	08-021	3:11.10	25m	7-5-78	Assendelft (NED)	349
25. Mallon Danique	94	08-021	3:11.53	25m	25-3-10	Heemskerk (NED)	346

500 schoolslag800 schoolslag1000 schoolslag1250 schoolslag1500 schoolslag2000 schoolslag2500 schoolslag

**3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Schelvis Femke	84	08-021	13.74	25m	4-5-00	Heemskerk (NED)	540
2. van Rijn-Hofwegen Wilma	71	08-021	14.72	25m	1-12-13	Vlaardingen (NED)	439
3. Crok Annemarie	89	08-021	14.93	25m	30-6-11	Heemskerk (NED)	421
4. Palmboom Nicole	91	08-021	15.02	25m	19-4-07	Heemskerk (NED)	413
5. van Staveren Marina	78	08-021	15.06	25m	17-11-11	Heemskerk (NED)	410
6. de Groot Daniëlle	93	08-021	15.10	25m	29-5-08	Heemskerk (NED)	406
7. Vink Lidewij	90	08-021	15.14	25m	19-4-07	Heemskerk (NED)	403
8. van der Kroft Nicole	84	08-021	15.23	25m	29-3-01	Heemskerk (NED)	396
9. Besse Karen	75	08-021	15.30	25m	12-1-89	Heemskerk (NED)	391
9. Butter Anouk	82	08-021	15.30	25m	29-3-01	Heemskerk (NED)	391
9. Stins Mariska	84	08-021	15.30	25m	19-4-07	Heemskerk (NED)	391
12. Schelvis Roos	86	08-021	15.39	25m	29-3-01	Heemskerk (NED)	384
13. Hulshof Saskia	73	08-021	15.40	25m	31-12-89	Heemskerk (NED)	383
13. van der Gracht Anouk	89	08-021	15.40	25m	29-5-08	Heemskerk (NED)	383
15. Meijer Sylvia	81	08-021	15.41	25m	29-3-01	Heemskerk (NED)	382
15. Hoek Daniëlle	88	08-021	15.41	25m	30-6-11	Heemskerk (NED)	382
17. de Boer Irene	84	08-021	15.46	25m	29-3-01	Heemskerk (NED)	379
18. Koster Lisa	94	08-021	15.51	25m	29-5-08	Heemskerk (NED)	375
19. Vink Marjolein	93	08-021	15.54	25m	29-5-08	Heemskerk (NED)	373
19. Kleijne Daisy	89	08-021	15.54	25m	30-6-11	Heemskerk (NED)	373
21. Meijer Linda	77	08-021	15.60	25m	16-5-91	Heemskerk (NED)	369
21. Kramer Miranda	80	08-021	15.60	25m	8-2-96	Heemskerk (NED)	369
23. van Rookhuizen Sieta	79	08-021	15.65	25m	4-5-00	Heemskerk (NED)	365
24. Essers Sanne	91	08-021	15.68	25m	27-4-06	Heemskerk	363
25. Stam Sabrina	82	08-021	15.70	25m	15-1-98	Heemskerk (NED)	362

**50 vlinderslag**

1. Kingma Danae	00	08-021	29.36	25m	20-10-17	Amsterdam (NED)	572
2. Broek Jade	97	08-021	30.60	25m	10-12-15	Heemskerk (NED)	505
3. Schelvis Femke	84	08-021	30.83	25m	17-10-99	Zaandam (NED)	494
4. Hoekstra Eline	03	08-021	31.61	25m	25-11-18	Hoofddorp (NED)	458
5. Palmboom Nicole	91	08-021	31.87	25m	24-3-08	Haarlem (NED)	447
6. van der Gracht Anouk	89	08-021	31.89	25m	12-12-13	Heemskerk (NED)	446
7. van de Poll Marianne	89	08-021	32.31	25m	4-4-04	Zaandam	429
8. Smit Sanne	01	08-021	32.36	25m	29-11-18	Heemskerk (NED)	427
9. Crok Annemarie	89	08-021	32.37	25m	17-11-11	Heemskerk (NED)	427
10. Siemerink Laura	04	08-021	32.38	25m	25-11-18	Hoofddorp (NED)	426
11. Drubers Mirjam	67	08-021	32.50	25m	10-11-85		422
12. Wentink Yara	04	08-021	32.53	25m	1-7-18	Den Helder (NED)	420
13. Groen Anne	95	08-021	32.57	25m	12-2-17	Purmerend (NED)	419
14. Vink Lidewij	90	08-021	32.65	25m	5-3-06	Purmerend (NED)	416
15. de Haan Shira	00	08-021	32.66	25m	25-11-18	Hoofddorp (NED)	415
16. van der Kroft Nicole	84	08-021	32.95	25m	18-12-03	Heemskerk (NED)	405
17. Verbree Bets	63	08-021	33.00	25m	17-5-81	Castricum (NED)	403

**50 vlinderslag (sinds 18)**

18.	Hoek Daniëlle	88	08-021	33.06	25m	19-2-12	Purmerend (NED)	401
19.	van Staveren Marina	78	08-021	33.15	25m	22-3-12	Heemskerk (NED)	397
20.	Teufer Irene	96	08-021	33.18	25m	9-3-08	Heemskerk (NED)	396
21.	Koper Fiona	01	08-021	33.19	25m	18-1-18	Heemskerk (NED)	396
22.	Stam Vanessa	80	08-021	33.30	25m	24-5-98	Zaandam (NED)	392
23.	de Groot Daniëlle	93	08-021	33.34	25m	29-12-07	Maastricht (NED)	391
24.	Mallon Danique	94	08-021	33.41	25m	23-5-10	Purmerend (NED)	388
25.	Essers Sanne	91	08-021	33.72	25m	28-12-07	Maastricht (NED)	377

**100 vlinderslag**

1.	Schelvis Femke	84	08-021	1:08.80	25m	10-10-99	Zaandam (NED)	500
2.	Kingma Danae	00	08-021	1:09.75	25m	12-2-17	Purmerend (NED)	479
3.	Broek Jade	97	08-021	1:10.25	25m	18-2-16	Heemskerk (NED)	469
4.	Drubers Mirjam	67	08-021	1:10.80	25m	31-12-85		458
5.	Smit Sanne	01	08-021	1:11.71	25m	18-11-18	Hoofddorp (NED)	441
6.	Hoekstra Eline	03	08-021	1:12.84	25m	18-11-18	Hoofddorp (NED)	421
7.	Vink Lidewij	90	08-021	1:12.85	25m	10-12-06	Heemskerk (NED)	421
8.	de Groot Daniëlle	93	08-021	1:13.13	25m	25-11-07	Amsterdam (NED)	416
9.	Palmboom Nicole	91	08-021	1:13.63	25m	17-11-07	Barneveld (NED)	407
10.	Mallon Danique	94	08-021	1:13.93	25m	23-5-10	Purmerend (NED)	403
10.	van der Gracht Anouk	89	08-021	1:13.93	25m	9-3-14	Zaandam (NED)	403
12.	Crok Annemarie	89	08-021	1:14.05	25m	29-11-09	Heemskerk (NED)	401
13.	Verbree Bets	63	08-021	1:14.50	25m	7-2-82		393
14.	de Haan Shira	00	08-021	1:14.89	25m	12-2-17	Purmerend (NED)	387
15.	Hoek Daniëlle	88	08-021	1:15.40	25m	9-2-12	Heemskerk (NED)	379
16.	van de Poll Marianne	89	08-021	1:15.65	25m	14-12-03	Heemskerk (NED)	376
17.	Stins Mariska	84	08-021	1:15.83	25m	27-5-04	Heemskerk (NED)	373
18.	Wentink Yara	04	08-021	1:15.94	25m	2-12-18	Zaandam (NED)	371
19.	Groen Anne	95	08-021	1:16.26	25m	2-2-17	Heemskerk (NED)	367
20.	Stam Vanessa	80	08-021	1:16.60	25m	15-12-96	Heemskerk (NED)	362
21.	Essers Sanne	91	08-021	1:16.69	25m	21-10-07	Zaandam (NED)	361
22.	van der Kroft Nicole	84	08-021	1:16.86	25m	14-1-01	Heemskerk (NED)	358
23.	Besse Karen	75	08-021	1:17.20	25m	24-2-91	Heemskerk (NED)	353
24.	Teufer Irene	96	08-021	1:17.25	25m	17-2-08	Zaandam (NED)	353
25.	Crok Linda	94	08-021	1:17.58	25m	13-11-16	Purmerend (NED)	348

**200 vlinderslag**

1.	Schelvis Femke	84	08-021	2:35.87	25m	25-11-04	Heemskerk (NED)	451
2.	Vink Lidewij	90	08-021	2:46.45	25m	21-1-07	Zaandam (NED)	371
3.	Mallon Danique	94	08-021	2:48.96	25m	18-2-10	Heemskerk (NED)	354
4.	Stam Vanessa	80	08-021	2:49.10	25m	29-3-98	Heemstede (NED)	353
5.	Crok Annemarie	89	08-021	2:49.30	25m	14-3-10	Heemskerk (NED)	352
6.	Palmboom Nicole	91	08-021	2:51.40	25m	31-1-08	Heemskerk (NED)	339
7.	van der Gracht Anouk	89	08-021	2:52.59	25m	9-3-08	Heemskerk (NED)	332
8.	Teufer Irene	96	08-021	2:54.51	25m	16-12-07	Zaandam (NED)	321
9.	Verbree Bets	63	08-021	2:54.70	25m	31-12-81		320
10.	Wentink Yara	04	08-021	2:55.31	25m	18-3-18	Purmerend (NED)	317
11.	de Groot Daniëlle	93	08-021	2:56.23	25m	26-5-07	Purmerend (NED)	312
12.	Stins Mariska	84	08-021	2:58.47	25m	15-3-09	Haarlem (NED)	301
13.	de Haan Shira	00	08-021	2:58.95	25m	12-3-17	Purmerend (NED)	298
14.	van de Poll Marianne	89	08-021	2:59.51	25m	7-6-03	Z.o. Beemster	295

200 vlinderslag (sinds 15)

15. Spijker Kristel	84	08-021	3:01.28	25m	14-3-10	Heemskerk (NED)	287
16. Hoekstra Eline	03	08-021	3:02.29	25m	27-11-16	Zaandam (NED)	282
17. van der Kroft Nicole	84	08-021	3:02.96	25m	26-4-01	Heemskerk (NED)	279
18. Schelvis Roos	86	08-021	3:03.76	25m	20-12-01	Heemskerk	275
19. Butter Anouk	82	08-021	3:04.98	25m	26-4-01	Heemskerk (NED)	270
20. Groen Anne	95	08-021	3:05.24	25m	12-3-17	Purmerend (NED)	269
21. Meijer Linda	77	08-021	3:06.00	25m	7-2-93	Volendam (NED)	265
21. Kleijne Daisy	89	08-021	3:06.00	25m	31-1-08	Heemskerk (NED)	265
23. Crok Linda	94	08-021	3:06.01	25m	18-2-10	Heemskerk (NED)	265
24. Stel Serena	98	08-021	3:07.06	25m	18-2-10	Heemskerk (NED)	261
25. de Ruijter Linda	87	08-021	3:07.60	25m	22-12-02	Zaandam	259

1000 vlinderslag100 wisselslag

1. Kingma Danae	00	08-021	1:07.44	25m	23-12-17	Hoofddorp (NED)	588
2. Broek Jade	97	08-021	1:09.81	25m	2-1-16	Hoorn (NED)	530
3. Schelvis Femke	84	08-021	1:09.84	25m	18-2-99	Heemskerk (NED)	529
4. ten Bokkel Henriëke	94	08-021	1:11.34	25m	17-5-18	Heemskerk (NED)	497
5. Palmboom Nicole	91	08-021	1:12.94	25m	10-2-08	Purmerend (NED)	465
6. Crok Linda	94	08-021	1:12.98	25m	11-4-10	Zaandam (NED)	464
7. Groen Anne	95	08-021	1:13.00	25m	2-10-16	Purmerend (NED)	463
8. Hoekstra Eline	03	08-021	1:13.97	25m	15-10-17	Alkmaar (NED)	445
9. Koster Lisa	94	08-021	1:13.98	25m	12-5-08	Purmerend (NED)	445
10. van der Kroft Nicole	84	08-021	1:14.28	25m	27-9-01	Heemskerk	440
11. Schelvis Roos	86	08-021	1:15.00	25m	12-12-99	Heemskerk (NED)	427
12. Smit Sanne	01	08-021	1:15.06	25m	11-12-16	Alkmaar (NED)	426
13. de Haan Shira	00	08-021	1:15.07	25m	11-5-17	Heemskerk (NED)	426
14. de Groot Daniëlle	93	08-021	1:15.39	25m	6-1-08	Alkmaar (NED)	421
15. Crok Annemarie	89	08-021	1:15.40	25m	19-11-09	Heemskerk (NED)	420
16. Kramer Miranda	80	08-021	1:15.65	25m	15-11-98	Zaandam (NED)	416
17. van 't Veer Iris	03	08-021	1:15.66	25m	17-5-18	Heemskerk (NED)	416
18. Mallon Danique	94	08-021	1:15.90	25m	11-4-10	Zaandam (NED)	412
19. Kleijne Daisy	89	08-021	1:15.95	25m	30-12-05	Maastricht (NED)	411
20. Wentink Yara	04	08-021	1:16.09	25m	17-5-18	Heemskerk (NED)	409
21. Besse Karen	75	08-021	1:16.10	25m	14-3-91	Heemskerk (NED)	409
22. van der Gracht Anouk	89	08-021	1:16.15	25m	20-5-13	Purmerend (NED)	408
23. Hulshof Saskia	73	08-021	1:16.20	25m	31-12-89	Heemskerk (NED)	407
24. Vink Lidewij	90	08-021	1:16.36	25m	26-3-06	Purmerend (NED)	405
25. van Staveren Marina	78	08-021	1:16.71	25m	13-5-12	Grootebroek (NED)	399

**200 wisselslag**

1.	Schelvis Femke	84	08-021	2:29.81	25m	4-11-99	Heemskerk (NED)	538
2.	Kingma Danae	00	08-021	2:30.72	25m	12-2-17	Purmerend (NED)	528
3.	Broek Jade	97	08-021	2:35.38	25m	15-11-15	Purmerend (NED)	482
4.	Drubers Mirjam	67	08-021	2:35.70	25m	18-5-85	(NED)	479
5.	Groen Anne	95	08-021	2:37.83	25m	12-3-17	Purmerend (NED)	460
6.	Crok Linda	94	08-021	2:38.33	25m	24-4-11	Haarlem (NED)	455
7.	Hoekstra Eline	03	08-021	2:38.93	25m	24-11-18	Hoofddorp (NED)	450
8.	Palmboom Nicole	91	08-021	2:39.09	25m	13-1-08	Heemskerk (NED)	449
9.	Smit Sanne	01	08-021	2:39.42	25m	12-2-17	Purmerend (NED)	446
10.	Crok Annemarie	89	08-021	2:40.68	25m	3-4-11	Zaandam (NED)	436
11.	Stam Vanessa	80	08-021	2:41.90	25m	5-4-98	Heemskerk (NED)	426
12.	van 't Veer Iris	03	08-021	2:42.47	25m	4-2-18	Purmerend (NED)	421
13.	de Haan Shira	00	08-021	2:42.93	25m	12-2-17	Purmerend (NED)	418
14.	Kleijne Daisy	89	08-021	2:43.70	25m	9-4-06	Purmerend (NED)	412
15.	Vink Lidewij	90	08-021	2:44.06	25m	14-12-06	Heemskerk (NED)	409
15.	Stel Serena	98	08-021	2:44.06	25m	18-4-10	Zaandam (NED)	409
17.	van der Kroft Nicole	84	08-021	2:44.29	25m	7-10-01	Zaandam (NED)	408
18.	Stam Sabrina	82	08-021	2:44.60	25m	7-5-98	Heemskerk (NED)	405
19.	Koster Lisa	94	08-021	2:44.63	25m	25-11-07	Amsterdam (NED)	405
20.	Schelvis Roos	86	08-021	2:44.66	25m	10-3-02	Heemskerk	405
21.	van der Gracht Anouk	89	08-021	2:45.00	25m	1-3-08	Hoorndorp (NED)	402
22.	Kramer Miranda	80	08-021	2:45.04	25m	13-1-02	Zaandam	402
23.	Hulshof Saskia	73	08-021	2:45.40	25m	11-2-90	Heemskerk (NED)	399
23.	van Honk Chantal	80	08-021	2:45.40	25m	25-3-93	Heemskerk (NED)	399
25.	Teufer Irene	96	08-021	2:45.65	25m	24-2-08	Zaandam (NED)	398

**300 wisselslag**

1.	Schelvis Femke	84	08-021	4:07.83	25m	30-11-03	Heemskerk (NED)
2.	Vink Lidewij	90	08-021	4:12.63	25m	13-11-05	Zaandam (NED)
3.	Schelvis Roos	86	08-021	4:19.22	25m	20-1-01	Amsterdam (NED)
4.	Kleijne Daisy	89	08-021	4:20.65	25m	19-12-04	Heemskerk (NED)
5.	Essers Sanne	91	08-021	4:22.14	25m	3-12-06	Zaandam (NED)
6.	Crok Annemarie	89	08-021	4:23.42	25m	13-11-05	Zaandam (NED)
7.	Hoek Daniëlle	88	08-021	4:24.44	25m	13-11-05	Zaandam (NED)
8.	Crok Linda	94	08-021	4:25.22	25m	9-11-08	Zaandam (NED)
9.	van der Kroft Nicole	84	08-021	4:26.28	25m	23-1-00	Heemskerk (NED)
10.	van de Poll Marianne	89	08-021	4:28.07	25m	30-11-03	Heemskerk (NED)
11.	Stins Mariska	84	08-021	4:28.22	25m	20-1-01	Amsterdam (NED)
12.	de Groot Daniëlle	93	08-021	4:29.29	25m	9-12-07	Zaandam (NED)
13.	van der Gracht Anouk	89	08-021	4:30.13	25m	3-12-06	Zaandam (NED)
14.	Koopman Anitra	89	08-021	4:34.08	25m	30-11-03	Heemskerk (NED)
15.	de Ruijter Linda	87	08-021	4:39.73	25m	24-11-02	Amsterdam
16.	van Ballegooie Simone	84	08-021	4:41.34	25m	23-1-00	Heemskerk (NED)
17.	Mallon Danique	94	08-021	4:41.82	25m	9-11-08	Zaandam (NED)
18.	Palmboom Nicole	91	08-021	4:42.54	25m	19-12-04	Heemskerk (NED)
19.	Heus Pauline	78	08-021	4:44.97	25m	23-1-00	Heemskerk (NED)
20.	Niesten Iris	92	08-021	4:47.61	25m	3-12-06	Zaandam (NED)
21.	Visser Stacey	87	08-021	4:50.92	25m	20-1-01	Amsterdam (NED)
22.	Hogema Fabiën	93	08-021	5:00.83	25m	13-11-05	Zaandam (NED)
23.	Vink Marjolein	93	08-021	5:05.15	25m	13-11-05	Zaandam (NED)
24.	van Ballegooie Stefanie	86	08-021	5:05.52	25m	20-1-01	Amsterdam (NED)
25.	Hoek Laura	86	08-021	5:12.22	25m	23-1-00	Heemskerk (NED)

**400 wisselslag**

1. Schelvis Femke	84	08-021	5:29.20	25m	10-5-98	Zaandam (NED)	486
2. Hoekstra Eline	03	08-021	5:42.35	25m	11-11-17	Hoofddorp (NED)	432
3. Vink Lidewij	90	08-021	5:43.03	25m	1-4-06	Zaandam (NED)	430
4. Smit Sanne	01	08-021	5:43.46	25m	17-11-18	Hoofddorp (NED)	428
5. de Haan Shira	00	08-021	5:51.41	25m	4-6-17	Purmerend (NED)	400
6. van der Gracht Anouk	89	08-021	5:52.01	25m	24-2-08	Zaandam (NED)	398
7. Schelvis Roos	86	08-021	5:54.48	25m	25-2-01	Heemskerk (NED)	389
8. van der Kroft Nicole	84	08-021	5:54.96	25m	25-2-01	Heemskerk (NED)	388
9. Palmboom Nicole	91	08-021	5:55.32	25m	15-6-06	Heemskerk (NED)	387
10. Kleijne Daisy	89	08-021	5:55.34	25m	30-1-05	Zaandam (NED)	386
11. Stins Mariska	84	08-021	5:55.41	25m	24-2-02	Heemskerk	386
12. Stam Vanessa	80	08-021	5:56.80	25m	12-1-97	Heemskerk (NED)	382
13. Crok Linda	94	08-021	5:58.13	25m	24-2-08	Zaandam (NED)	377
14. Essers Sanne	91	08-021	6:00.29	25m	11-2-07	Zaandam (NED)	371
15. Kramer Miranda	80	08-021	6:01.21	25m	25-2-01	Heemskerk (NED)	368
16. Verbree Bets	63	08-021	6:03.30	25m	3-4-82	Heemskerk (NED)	362
17. Besse Karen	75	08-021	6:03.50	25m	4-2-90	Volendam (NED)	361
18. Mallon Danique	94	08-021	6:04.26	25m	24-2-08	Zaandam (NED)	359
19. Hoek Daniëlle	88	08-021	6:05.19	25m	30-1-05	Zaandam (NED)	356
20. van de Poll Marianne	89	08-021	6:06.21	25m	29-2-04	Wormerveer	353
21. Crok Annemarie	89	08-021	6:07.62	25m	29-2-04	Wormerveer	349
22. Koopman Anitra	89	08-021	6:09.20	25m	23-2-03	Heemskerk	344
23. Stam Sabrina	82	08-021	6:13.60	25m	23-2-97	Zaandam (NED)	332
24. de Boer Irene	84	08-021	6:14.76	25m	30-3-00	Heemskerk (NED)	329
25. Blaauw Yente	03	08-021	6:17.24	25m	19-3-17	Zaandam (NED)	323