

16 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2020

15m vlinderslag benen onderwater**25m vrije slag met koprol****25m rugslag start****50m borstcrawl benen****100m borstcrawl benen****25 vrije slag****50 vrije slag**

1. Kingma Danae	00	08-021	27.65	50m	6-4-16	Eindhoven (NED)	627
2. Smit Sanne	01	08-021	28.65	50m	5-3-17	Alkmaar (NED)	563
3. Hoekstra Eline	03	08-021	29.37	50m	17-3-19	Alkmaar (NED)	523
4. Palmboom Nicole	91	08-021	29.67	50m	6-5-07	Eindhoven (NED)	507
5. Crok Linda	94	08-021	29.94	50m	29-5-10	Beverwijk (NED)	494
6. Kleijne Daisy	89	08-021	30.32	50m	28-5-05	Beverwijk (NED)	475
7. Schelvis Femke	84	08-021	30.34	50m	2-6-00	Drachten (NED)	474
8. van 't Veer Iris	03	08-021	30.86	50m	17-3-19	Alkmaar (NED)	451
9. Groen Anne	95	08-021	30.98	50m	21-5-11	Beverwijk (NED)	446
10. Essers Sanne	91	08-021	31.06	50m	19-5-07	Beverwijk (NED)	442
11. Mallon Danique	94	08-021	31.26	50m	29-5-10	Beverwijk (NED)	434
12. Hoek Daniëlle	88	08-021	31.48	50m	15-5-04	Beverwijk (NED)	425
13. Stam Vanessa	80	08-021	31.50	50m	2-6-96	Beverwijk (NED)	424
14. de Haan Shira	00	08-021	31.73	50m	21-2-16	Alkmaar (NED)	415
15. Crok Annemarie	89	08-021	31.84	50m	28-5-05	Beverwijk (NED)	410
16. Petit Kirsten	00	08-021	31.93	50m	30-4-16	Alkmaar (NED)	407
17. Koopman Anitra	89	08-021	32.13	50m	28-5-05	Beverwijk (NED)	399
18. Koper Fiona	01	08-021	32.18	50m	20-5-17	Alkmaar (NED)	397
19. Niesten Iris	92	08-021	32.19	50m	13-4-08	Antwerpen (BEL)	397
20. van Vliet Isabel	02	08-021	32.48	50m	25-3-18	Alkmaar (NED)	387
21. van Ballegooie Simone	84	08-021	32.86	50m	4-6-00	Beverwijk (NED)	373
22. de Boer Maia	03	08-021	32.95	50m	30-11-19	Beverwijk (NED)	370
23. van Koeveringe Nicole	93	08-021	33.39	50m	7-6-09	Beverwijk (NED)	356
23. Hoffland Yasmin	01	08-021	33.39	50m	20-5-17	Alkmaar (NED)	356
25. Blaauw Yente	03	08-021	34.92	50m	30-11-19	Beverwijk (NED)	311

100 vrije slag

1. Kingma Danae	00	08-021	1:00.03	50m	17-6-16	Dordrecht (NED)	639
2. Schelvis Femke	84	08-021	1:02.19	50m	2-6-00	Drachten (NED)	574
3. Smit Sanne	01	08-021	1:02.58	50m	27-5-17	Alkmaar (NED)	564
4. Hoekstra Eline	03	08-021	1:04.65	50m	19-5-19	Amersfoort (NED)	511
5. Crok Linda	94	08-021	1:05.36	50m	30-5-10	Beverwijk (NED)	495
6. Palmboom Nicole	91	08-021	1:07.22	50m	6-5-07	Eindhoven (NED)	455
7. Groen Anne	95	08-021	1:07.39	50m	5-6-11	Beverwijk (NED)	451
8. Vink Lidewij	90	08-021	1:07.57	50m	21-5-06	Beverwijk (NED)	448
9. van 't Veer Iris	03	08-021	1:07.70	50m	17-3-19	Alkmaar (NED)	445
10. Mallon Danique	94	08-021	1:08.10	50m	13-6-10	Beverwijk (NED)	437
11. de Haan Shira	00	08-021	1:08.45	50m	5-6-16	Alkmaar (NED)	431
12. Hoek Daniëlle	88	08-021	1:08.46	50m	16-5-04	Beverwijk (NED)	430
13. Schelvis Roos	86	08-021	1:08.61	50m	18-5-02	Nordhorn (GER)	428
14. Essers Sanne	91	08-021	1:08.68	50m	6-5-07	Eindhoven (NED)	426
15. Siemerink Laura	04	08-021	1:09.24	50m	26-1-20	Alkmaar (NED)	416
16. Stam Vanessa	80	08-021	1:09.80	50m	2-6-96	Beverwijk (NED)	406
17. Kleijne Daisy	89	08-021	1:09.95	50m	29-5-05	Beverwijk (NED)	403
18. Petit Kirsten	00	08-021	1:10.30	50m	5-6-16	Alkmaar (NED)	397
19. Koopman Anitra	89	08-021	1:10.70	50m	29-5-05	Beverwijk (NED)	391
20. Niesten Iris	92	08-021	1:11.62	50m	12-4-08	Antwerpen (BEL)	376
21. Koper Fiona	01	08-021	1:13.19	50m	5-2-17	Alkmaar (NED)	352
22. van Koeveringe Nicole	93	08-021	1:13.24	50m	7-6-09	Beverwijk (NED)	351
23. van Ballegooie Simone	84	08-021	1:14.52	50m	4-6-00	Beverwijk (NED)	334
24. van Rookhuizen Sieta	79	08-021	1:14.60	50m	11-6-95	Beverwijk (NED)	333
25. Zonneveld Chantal	84	08-021	1:15.33	50m	7-5-00	Beverwijk (NED)	323

200 vrije slag

1. Kingma Danae	00	08-021	2:16.34	50m	19-6-16	Dordrecht (NED)	569
2. Schelvis Femke	84	08-021	2:17.28	50m	2-6-00	Drachten (NED)	557
3. Vink Lidewij	90	08-021	2:24.76	50m	14-5-06	Beverwijk (NED)	475
4. Crok Linda	94	08-021	2:26.84	50m	16-5-10	Alkmaar (NED)	455
5. Palmboom Nicole	91	08-021	2:27.29	50m	13-5-07	Alkmaar (NED)	451
6. Hoek Daniëlle	88	08-021	2:28.44	50m	9-5-04	Beverwijk (NED)	440
7. Schelvis Roos	86	08-021	2:30.82	50m	18-5-02	Nordhorn (GER)	420
8. van 't Veer Iris	03	08-021	2:30.88	50m	15-6-19	Bückeburg (GER)	419
9. Smit Sanne	01	08-021	2:30.99	50m	26-3-17	Alkmaar (NED)	418
10. Hoekstra Eline	03	08-021	2:32.77	50m	27-1-19	Alkmaar (NED)	404
11. Kleijne Daisy	89	08-021	2:33.39	50m	22-5-05	Beverwijk (NED)	399
12. Essers Sanne	91	08-021	2:36.72	50m	20-4-07	Antwerpen (BEL)	374
13. de Ruijter Linda	87	08-021	2:37.43	50m	29-3-03	Beverwijk (NED)	369
14. Koopman Anitra	89	08-021	2:37.78	50m	17-4-05	Beverwijk (NED)	367
15. Zonneveld Chantal	84	08-021	2:42.08	50m	7-5-00	Beverwijk (NED)	338
16. de Haan Shira	00	08-021	2:44.96	50m	29-5-16	Alkmaar (NED)	321
17. Wentink Yara	04	08-021	2:46.45	50m	19-1-20	Alkmaar (NED)	312
18. Vink Marjolein	93	08-021	2:46.53	50m	29-3-09	Alkmaar (NED)	312
19. van Koeveringe Nicole	93	08-021	2:47.95	50m	29-3-09	Alkmaar (NED)	304
20. van Vliet Isabel	02	08-021	2:59.00	50m	21-1-18	Alkmaar (NED)	251
21. Essers Patricia	84	08-021	3:09.74	50m	7-5-00	Beverwijk (NED)	211

250 vrije slag

300 vrije slag

1. Vink Lidewij	90	08-021	3:45.26	50m	13-5-06	Beverwijk (NED)	466
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400 vrije slag

1. Vink Lidewij	90	08-021	5:01.21	50m	13-5-06	Beverwijk (NED)	483
2. Smit Sanne	01	08-021	5:01.84	50m	26-3-17	Alkmaar (NED)	480
3. Crok Linda	94	08-021	5:11.59	50m	15-5-10	Beverwijk (NED)	437
4. Hoekstra Eline	03	08-021	5:11.80	50m	27-1-19	Alkmaar (NED)	436
5. van 't Veer Iris	03	08-021	5:17.11	50m	17-2-19	Eindhoven (NED)	414
6. Essers Sanne	91	08-021	5:27.37	50m	20-4-07	Antwerpen (BEL)	376
7. Buur Naomi	01	08-021	5:36.73	50m	5-2-17	Alkmaar (NED)	346
8. van Koeveringe Nicole	93	08-021	5:43.99	50m	29-3-09	Alkmaar (NED)	324
9. Vink Marjolein	93	08-021	5:44.72	50m	29-3-09	Alkmaar (NED)	322
10. Wentink Yara	04	08-021	5:45.67	50m	19-1-20	Alkmaar (NED)	320

500 vrije slag**800 vrije slag**

1. Smit Sanne	01	08-021	10:49.15	50m	5-3-17	Alkmaar (NED)	416
2. Essers Sanne	91	08-021	11:09.37	50m	20-4-07	Antwerpen (BEL)	379
3. Wentink Yara	04	08-021	11:48.31	50m	19-1-20	Alkmaar (NED)	320

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

1. Wentink Yara	04	08-021	22:11.17	50m	19-1-20	Alkmaar (NED)	336
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2000 vrije slag**2500 vrije slag****3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag**

22000 vrije slag**25 rugslag****50 rugslag**

1. Kingma Danae	00	08-021	32.35	50m	10-4-16	Eindhoven (NED)	585
2. Hoekstra Eline	03	08-021	33.89	50m	25-5-19	Amersfoort (NED)	509
3. Kleijne Daisy	89	08-021	34.30	50m	29-5-05	Beverwijk (NED)	491
4. Koper Fiona	01	08-021	34.70	50m	5-2-17	Alkmaar (NED)	474
5. Schelvis Femke	84	08-021	35.06	50m	28-5-00	Beverwijk (NED)	459
6. Groen Anne	95	08-021	36.28	50m	22-5-11	Beverwijk (NED)	414
7. Hoek Daniëlle	88	08-021	36.31	50m	16-5-04	Beverwijk (NED)	413
8. Meijer Sylvia	81	08-021	36.40	50m	25-5-97	Beverwijk (NED)	410
9. Crok Linda	94	08-021	36.68	50m	30-5-10	Beverwijk (NED)	401
10. Palmboom Nicole	91	08-021	36.80	50m	22-4-07	Antwerpen (BEL)	397
11. van 't Veer Iris	03	08-021	36.84	50m	17-2-19	Eindhoven (NED)	396
12. Koopman Anitra	89	08-021	36.96	50m	29-5-05	Beverwijk (NED)	392
13. Mallon Danique	94	08-021	37.27	50m	30-5-10	Beverwijk (NED)	382
14. Crok Annemarie	89	08-021	37.54	50m	29-5-05	Beverwijk (NED)	374
14. de Haan Shira	00	08-021	37.54	50m	28-5-16	Alkmaar (NED)	374
16. Buur Naomi	01	08-021	38.02	50m	5-2-17	Alkmaar (NED)	360
17. Siemerink Laura	04	08-021	38.14	50m	23-2-20	Den Haag (NED)	357
18. Petit Kirsten	00	08-021	38.24	50m	3-12-16	Beverwijk (NED)	354
19. Niesten Iris	92	08-021	38.71	50m	13-4-08	Antwerpen (BEL)	341
20. Vink Lidewij	90	08-021	38.82	50m	21-5-06	Beverwijk (NED)	338
21. Boekling Annette	85	08-021	39.21	50m	19-5-01	Beverwijk (NED)	328
22. Essers Sanne	91	08-021	39.27	50m	22-4-07	Antwerpen (BEL)	327
23. Smit Sanne	01	08-021	39.29	50m	19-2-17	Amsterdam (NED)	326
24. de Boer Maia	03	08-021	39.85	50m	30-11-19	Beverwijk (NED)	313
25. Hofland Yasmin	01	08-021	40.10	50m	5-2-17	Alkmaar (NED)	307

100 rugslag

1. Kingma Danae	00	08-021	1:12.38	50m	4-6-16	Alkmaar (NED)	517
2. Kleijne Daisy	89	08-021	1:15.03	50m	27-2-05	Amsterdam (NED)	464
3. Hoekstra Eline	03	08-021	1:15.92	50m	10-3-19	Amsterdam (NED)	448
4. Groen Anne	95	08-021	1:17.26	50m	4-6-11	Beverwijk (NED)	425
5. Meijer Sylvia	81	08-021	1:17.30	50m	25-5-97	Beverwijk (NED)	424
6. Koper Fiona	01	08-021	1:17.69	50m	28-5-17	Alkmaar (NED)	418
7. Schelvis Roos	86	08-021	1:18.59	50m	25-5-02	Beverwijk (NED)	404
8. van 't Veer Iris	03	08-021	1:18.75	50m	20-1-19	Alkmaar (NED)	401
9. Siemerink Laura	04	08-021	1:19.05	50m	26-1-20	Alkmaar (NED)	397
10. Crok Linda	94	08-021	1:19.39	50m	29-5-10	Beverwijk (NED)	391
11. Smit Sanne	01	08-021	1:19.81	50m	5-3-17	Alkmaar (NED)	385
12. Crok Annemarie	89	08-021	1:19.94	50m	28-5-05	Beverwijk (NED)	383
13. Essers Sanne	91	08-021	1:20.72	50m	12-5-07	Beverwijk (NED)	372
14. Koopman Anitra	89	08-021	1:21.07	50m	28-5-05	Beverwijk (NED)	368
15. Hoek Daniëlle	88	08-021	1:21.57	50m	25-4-04	Beverwijk (NED)	361
16. Niesten Iris	92	08-021	1:21.74	50m	12-4-08	Antwerpen (BEL)	359
17. Zonneveld Chantal	84	08-021	1:22.19	50m	7-5-00	Beverwijk (NED)	353
18. Mallon Danique	94	08-021	1:22.30	50m	16-5-10	Alkmaar (NED)	351
19. de Haan Shira	00	08-021	1:24.81	50m	4-6-16	Alkmaar (NED)	321
20. van Koevinge Nicole	93	08-021	1:25.45	50m	6-6-09	Beverwijk (NED)	314

100 rugslag (sinds 21)

21. Bakkum Wilma	62	08-021	1:25.50	50m	11-6-78	Beverwijk (NED)	313
22. Stam Vanessa	80	08-021	1:27.60	50m	1-6-96	Beverwijk (NED)	291
23. de Ruijter Linda	87	08-021	1:27.90	50m	31-5-03	Beverwijk	288
24. van der Gracht Anouk	89	08-021	1:29.29	50m	11-6-05	Beverwijk (NED)	275
25. van Vliet Isabel	02	08-021	1:31.35	50m	4-3-18	Amsterdam (NED)	257

200 rugslag

1. Kingma Danae	00	08-021	2:33.86	50m	4-6-16	Alkmaar (NED)	524
2. Schelvis Femke	84	08-021	2:39.89	50m	21-5-00	Beverwijk (NED)	467
3. Kleijne Daisy	89	08-021	2:42.36	50m	27-2-05	Amsterdam (NED)	446
4. Crok Linda	94	08-021	2:45.49	50m	16-5-10	Alkmaar (NED)	421
5. Groen Anne	95	08-021	2:47.34	50m	15-5-11	Alkmaar (NED)	407
6. van 't Veer Iris	03	08-021	2:48.65	50m	17-2-19	Eindhoven (NED)	398
7. Mallon Danique	94	08-021	2:50.17	50m	16-5-10	Alkmaar (NED)	387
8. Vink Lidewij	90	08-021	2:52.27	50m	14-5-06	Beverwijk (NED)	373
9. de Haan Shira	00	08-021	2:53.04	50m	4-6-16	Alkmaar (NED)	368
10. Koopman Anitra	89	08-021	2:53.48	50m	17-4-05	Beverwijk (NED)	365
11. Schelvis Roos	86	08-021	2:53.49	50m	18-5-02	Nordhorn (GER)	365
12. Niesten Iris	92	08-021	2:55.57	50m	12-4-08	Antwerpen (BEL)	352
13. Siemerink Laura	04	08-021	2:55.89	50m	23-2-20	Den Haag (NED)	350
14. Essers Sanne	91	08-021	3:05.67	50m	21-4-07	Antwerpen (BEL)	298

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

1. Kingma Danae	00	08-021	35.43	50m	8-4-16	Eindhoven (NED)	571
2. Palmboom Nicole	91	08-021	38.82	50m	13-5-07	Alkmaar (NED)	434
3. de Haan Shira	00	08-021	40.67	50m	29-5-16	Alkmaar (NED)	377
4. Crok Linda	94	08-021	41.36	50m	16-5-10	Alkmaar (NED)	359
5. Koper Fiona	01	08-021	41.41	50m	20-5-17	Alkmaar (NED)	357
6. Hoekstra Eline	03	08-021	42.93	50m	30-11-19	Beverwijk (NED)	321
7. Niesten Iris	92	08-021	43.05	50m	13-4-08	Antwerpen (BEL)	318
8. Vink Lidewij	90	08-021	44.65	50m	14-5-06	Beverwijk (NED)	285
9. Groen Anne	95	08-021	44.84	50m	3-12-11	Beverwijk (NED)	281
10. Essers Sanne	91	08-021	44.96	50m	22-4-07	Antwerpen (BEL)	279
11. Petit Kirsten	00	08-021	45.43	50m	3-12-16	Beverwijk (NED)	271
12. de Boer Maia	03	08-021	46.01	50m	30-11-19	Beverwijk (NED)	260
13. van Vliet Isabel	02	08-021	47.37	50m	4-3-18	Amsterdam (NED)	239
14. Blaauw Yente	03	08-021	47.47	50m	30-11-19	Beverwijk (NED)	237
15. Hofland Yasmin	01	08-021	50.63	50m	9-12-17	Beverwijk (NED)	195

100 schoolslag

1. Kingma Danae	00	08-021	1:20.02	50m	21-2-16	Alkmaar (NED)	514
2. Palmboom Nicole	91	08-021	1:26.05	50m	12-5-07	Beverwijk (NED)	413
3. de Haan Shira	00	08-021	1:26.64	50m	28-5-16	Alkmaar (NED)	405
4. Stam Vanessa	80	08-021	1:27.90	50m	2-6-96	Beverwijk (NED)	388
5. Hoekstra Eline	03	08-021	1:32.19	50m	10-3-19	Amsterdam (NED)	336
6. Mallon Danique	94	08-021	1:32.61	50m	13-6-10	Beverwijk (NED)	332
7. Niesten Iris	92	08-021	1:32.78	50m	1-6-08	Beverwijk (NED)	330
8. van Rookhuizen Sieta	79	08-021	1:32.90	50m	11-6-95	Beverwijk (NED)	328
9. Schelvis Roos	86	08-021	1:33.54	50m	20-10-02	Beverwijk (NED)	322
10. Crok Linda	94	08-021	1:33.55	50m	15-5-10	Beverwijk (NED)	322
11. van 't Veer Iris	03	08-021	1:35.01	50m	17-3-19	Alkmaar (NED)	307
12. de Ruijter Linda	87	08-021	1:36.03	50m	12-10-03	Beverwijk (NED)	297
13. Groen Anne	95	08-021	1:36.98	50m	5-6-11	Beverwijk (NED)	289
14. van der Gracht Anouk	89	08-021	1:37.70	50m	12-6-05	Beverwijk (NED)	282
15. Knight Kayleigh	00	08-021	1:39.76	50m	28-5-16	Alkmaar (NED)	265
16. van Vliet Isabel	02	08-021	1:41.09	50m	4-3-18	Amsterdam (NED)	255
17. Essers Sanne	91	08-021	1:41.46	50m	3-6-07	Beverwijk (NED)	252
18. Stam Sabrina	82	08-021	1:42.97	50m	25-10-98	Beverwijk (NED)	241

200 schoolslag

1. de Haan Shira	00	08-021	3:07.12	50m	5-6-16	Alkmaar (NED)	410
2. Palmboom Nicole	91	08-021	3:13.63	50m	21-4-07	Antwerpen (BEL)	370
3. Niesten Annet	62	08-021	3:16.30	50m	11-6-78	Beverwijk (NED)	355
4. van 't Veer Iris	03	08-021	3:16.77	50m	17-3-19	Alkmaar (NED)	353
5. Schelvis Roos	86	08-021	3:16.78	50m	25-5-02	Beverwijk (NED)	353
6. Crok Linda	94	08-021	3:18.11	50m	29-5-10	Beverwijk (NED)	346
7. Niesten Iris	92	08-021	3:22.18	50m	24-5-08	Beverwijk (NED)	325
8. van der Kroft Nicole	84	08-021	3:22.65	50m	22-10-00	Beverwijk (NED)	323
9. Crok Annemarie	89	08-021	3:24.61	50m	17-4-05	Beverwijk (NED)	314
10. Stins Mariska	84	08-021	3:30.70	50m	22-10-00	Beverwijk (NED)	287
11. van der Gracht Anouk	89	08-021	3:34.62	50m	17-4-05	Beverwijk (NED)	272

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

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

1. Kingma Danae	00	08-021	30.48	50m	5-6-16	Alkmaar (NED)	514
2. Palmboom Nicole	91	08-021	32.17	50m	12-5-07	Beverwijk (NED)	437
3. Siemerink Laura	04	08-021	32.38	50m	26-1-20	Alkmaar (NED)	429
4. Hoekstra Eline	03	08-021	32.48	50m	30-11-19	Beverwijk (NED)	425
5. Schelvis Femke	84	08-021	32.70	50m	2-6-00	Drachten (NED)	416
6. Essers Sanne	91	08-021	33.76	50m	12-5-07	Beverwijk (NED)	378
7. Vink Lidewij	90	08-021	33.83	50m	13-5-06	Beverwijk (NED)	376
8. de Haan Shira	00	08-021	34.38	50m	3-12-16	Beverwijk (NED)	358
9. Crok Annemarie	89	08-021	34.92	50m	21-5-05	Beverwijk (NED)	342
10. Mallon Danique	94	08-021	35.36	50m	15-5-10	Beverwijk (NED)	329
11. Kleijne Daisy	89	08-021	35.78	50m	21-5-05	Beverwijk (NED)	318
12. Koper Fiona	01	08-021	35.79	50m	9-12-17	Beverwijk (NED)	318
13. Petit Kirsten	00	08-021	35.93	50m	5-6-16	Alkmaar (NED)	314
14. Hoek Daniëlle	88	08-021	36.04	50m	8-5-04	Beverwijk (NED)	311
15. Crok Linda	94	08-021	36.06	50m	15-5-10	Beverwijk (NED)	310
16. Koopman Anitra	89	08-021	36.94	50m	21-5-05	Beverwijk (NED)	289
17. Vink Marjolein	93	08-021	37.29	50m	16-5-09	Beverwijk (NED)	281
18. Groen Anne	95	08-021	37.30	50m	3-12-11	Beverwijk (NED)	280
19. Meijer Sylvia	81	08-021	37.60	50m	9-11-97	Beverwijk (NED)	274
20. Stam Sabrina	82	08-021	37.66	50m	25-10-98	Beverwijk (NED)	272
21. Blaauw Yente	03	08-021	39.60	50m	30-11-19	Beverwijk (NED)	234
22. Hofland Yasmin	01	08-021	42.04	50m	9-12-17	Beverwijk (NED)	196
23. de Boer Maia	03	08-021	43.01	50m	30-11-19	Beverwijk (NED)	183
24. Butter Anouk	82	08-021	44.12	50m	25-10-98	Beverwijk (NED)	169

100 vlinderslag

1. Smit Sanne	01	08-021	1:12.40	50m	26-3-17	Alkmaar (NED)	449
2. Schelvis Femke	84	08-021	1:14.80	50m	2-6-00	Drachten (NED)	408
3. Palmboom Nicole	91	08-021	1:15.80	50m	13-5-07	Alkmaar (NED)	392
4. Hoekstra Eline	03	08-021	1:17.10	50m	17-2-19	Eindhoven (NED)	372
5. Vink Lidewij	90	08-021	1:17.20	50m	14-5-06	Beverwijk (NED)	371
6. Essers Sanne	91	08-021	1:20.03	50m	22-4-07	Antwerpen (BEL)	333
7. Mallon Danique	94	08-021	1:21.16	50m	16-5-10	Alkmaar (NED)	319
8. Wentink Yara	04	08-021	1:21.52	50m	8-3-20	Amsterdam (NED)	315
9. Crok Annemarie	89	08-021	1:22.94	50m	22-5-05	Beverwijk (NED)	299
10. van der Kroft Nicole	84	08-021	1:22.95	50m	21-5-00	Beverwijk (NED)	299
11. Siemerink Laura	04	08-021	1:23.58	50m	23-2-20	Den Haag (NED)	292
12. Stins Mariska	84	08-021	1:23.59	50m	22-10-00	Beverwijk (NED)	292
13. Stam Vanessa	80	08-021	1:24.60	50m	1-6-96	Beverwijk (NED)	282
14. Schelvis Roos	86	08-021	1:25.02	50m	20-10-02	Beverwijk (NED)	277
15. de Ruijter Linda	87	08-021	1:25.47	50m	12-10-03	Beverwijk (NED)	273
16. Veldhuis Amelia	03	08-021	1:27.85	50m	20-1-19	Alkmaar (NED)	251
17. de Haan Shira	00	08-021	1:28.50	50m	28-5-16	Alkmaar (NED)	246
18. van Koevinge Nicole	93	08-021	1:32.43	50m	6-6-09	Beverwijk (NED)	216

100 vlinderslag (sinds 19)

19. Groen Anne	95	08-021	1:32.76	50m	4-6-11	Beverwijk (NED)	213
20. van der Gracht Anouk	89	08-021	1:40.41	50m	11-6-05	Beverwijk (NED)	168

200 vlinderslag

1. Mallon Danique	94	08-021	2:54.66	50m	30-5-10	Beverwijk (NED)	339
2. Vink Lidewij	90	08-021	2:57.91	50m	21-5-06	Beverwijk (NED)	320
3. de Ruijter Linda	87	08-021	3:21.96	50m	29-3-03	Beverwijk (NED)	219

1000 vlinderslag100 wisselslag200 wisselslag

1. Kingma Danae	00	08-021	2:35.74	50m	30-4-16	Alkmaar (NED)	531
2. Hoekstra Eline	03	08-021	2:45.63	50m	23-2-19	Den Haag (NED)	441
3. Smit Sanne	01	08-021	2:47.94	50m	5-2-17	Alkmaar (NED)	423
4. de Haan Shira	00	08-021	2:51.24	50m	4-6-16	Alkmaar (NED)	399
5. Crok Linda	94	08-021	2:52.37	50m	29-5-10	Beverwijk (NED)	391
6. Schelvis Roos	86	08-021	2:52.42	50m	25-5-02	Beverwijk (NED)	391
7. Kleijne Daisy	89	08-021	2:52.72	50m	28-5-05	Beverwijk (NED)	389
8. Meijer Sylvia	81	08-021	3:05.40	50m	9-11-97	Beverwijk (NED)	314
9. Hofland Yasmin	01	08-021	3:19.57	50m	5-2-17	Alkmaar (NED)	252
10. van Vliet Isabel	02	08-021	3:29.57	50m	16-6-18	Buckeburg (GER)	217
11. Essers Patricia	84	08-021	3:38.38	50m	7-5-00	Beverwijk (NED)	192

300 wisselslag400 wisselslag

1. Hoekstra Eline	03	08-021	5:52.33	50m	24-2-19	Den Haag (NED)	432
2. Smit Sanne	01	08-021	5:56.97	50m	21-5-17	Alkmaar (NED)	415
3. Wentink Yara	04	08-021	5:57.98	50m	8-3-20	Amsterdam (NED)	411
4. de Haan Shira	00	08-021	6:14.47	50m	28-5-16	Alkmaar (NED)	359
5. Veldhuis Amelia	03	08-021	7:06.09	50m	20-1-19	Alkmaar (NED)	244