

**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	27.47	50m	9-4-17	Eindhoven (NED)	639
2. Schelvis Femke	84	08-021	28.39	50m	1-4-04	Amsterdam (NED)	579
3. Koster Lisa	94	08-021	28.40	50m	13-6-08	Drachten (NED)	578
4. Smit Sanne	01	08-021	28.65	50m	5-3-17	Alkmaar (NED)	563
5. Broek Jade	97	08-021	28.95	50m	18-5-19	Amersfoort (NED)	546
6. Groen Anne	95	08-021	28.97	50m	12-6-16	Buckeburg (GER)	545
7. Siemerink Laura	04	08-021	29.10	50m	17-3-19	Alkmaar (NED)	538
8. de Groot Daniëlle	93	08-021	29.32	50m	24-5-08	Beverwijk (NED)	526
9. Hoekstra Eline	03	08-021	29.37	50m	17-3-19	Alkmaar (NED)	523
10. Palmboom Nicole	91	08-021	29.38	50m	13-4-08	Antwerpen (BEL)	522
11. Drubers Mirjam	67	08-021	29.41	50m	20-5-84	Kampen (NED)	521
12. Crok Linda	94	08-021	29.42	50m	21-5-11	Beverwijk (NED)	520
13. Wentink Yara	04	08-021	30.13	50m	17-3-19	Alkmaar (NED)	484
14. Kleijne Daisy	89	08-021	30.17	50m	20-5-06	Beverwijk (NED)	482
15. Vink Marjolein	93	08-021	30.51	50m	6-5-07	Eindhoven (NED)	466
16. van der Gracht Anouk	89	08-021	30.65	50m	25-5-13	Beverwijk (NED)	460
17. Hoek Daniëlle	88	08-021	30.71	50m	28-5-05	Beverwijk (NED)	457
18. van 't Veer Iris	03	08-021	30.86	50m	17-3-19	Alkmaar (NED)	451
19. Spijker Kristel	84	08-021	31.00	50m	8-5-10	Eindhoven (NED)	445
20. Vink Lidewij	90	08-021	31.02	50m	19-5-07	Beverwijk (NED)	444
20. van Staveren Marina	78	08-021	31.02	50m	18-3-12	Amersfoort (NED)	444
22. Essers Sanne	91	08-021	31.06	50m	19-5-07	Beverwijk (NED)	442
23. Schelvis Roos	86	08-021	31.08	50m	27-5-00	Beverwijk (NED)	441
24. de Haan Shira	00	08-021	31.09	50m	20-5-17	Alkmaar (NED)	441
25. van der Kroft Nicole	84	08-021	31.15	50m	5-6-99	Beverwijk (NED)	438

**100 vrije slag**

1. Kingma Danae	00	08-021	59.59	50m	8-4-17	Eindhoven (NED)	653
2. Schelvis Femke	84	08-021	1:01.61	50m	25-4-04	Beverwijk (NED)	591
3. Broek Jade	97	08-021	1:02.15	50m	19-5-19	Amersfoort (NED)	575
4. Koster Lisa	94	08-021	1:02.35	50m	25-5-08	Beverwijk (NED)	570
5. Smit Sanne	01	08-021	1:02.54	50m	27-5-18	Amersfoort (NED)	565
6. de Groot Daniëlle	93	08-021	1:03.06	50m	7-6-08	Eindhoven (NED)	551
7. Crok Linda	94	08-021	1:03.27	50m	22-5-11	Beverwijk (NED)	545
8. Groen Anne	95	08-021	1:03.93	50m	18-6-17	Bergbad Bückeburg (GER)	529
9. Drubers Mirjam	67	08-021	1:04.38	50m	20-5-84	Kampen (NED)	518
10. Hoekstra Eline	03	08-021	1:04.65	50m	19-5-19	Amersfoort (NED)	511
11. Palmboom Nicole	91	08-021	1:05.58	50m	12-4-08	Antwerpen (BEL)	490
12. Wentink Yara	04	08-021	1:05.64	50m	17-2-19	Eindhoven (NED)	488
13. Siemerink Laura	04	08-021	1:06.07	50m	10-3-19	Amsterdam (NED)	479
14. Kleijne Daisy	89	08-021	1:06.46	50m	21-5-06	Beverwijk (NED)	471
15. Zwarthoed Brenda	96	08-021	1:07.02	50m	15-6-08	Drachten (NED)	459
16. Crok Annemarie	89	08-021	1:07.21	50m	24-5-08	Beverwijk (NED)	455
17. Vink Marjolein	93	08-021	1:07.30	50m	20-5-07	Beverwijk (NED)	453
18. van der Kroft Nicole	84	08-021	1:07.34	50m	25-5-03	Beverwijk (NED)	452
19. Hoek Daniëlle	88	08-021	1:07.49	50m	21-4-07	Antwerpen (BEL)	449
20. de Haan Shira	00	08-021	1:07.50	50m	27-5-17	Alkmaar (NED)	449
21. Vink Lidewij	90	08-021	1:07.57	50m	21-5-06	Beverwijk (NED)	448
22. Buur Naomi	01	08-021	1:07.60	50m	13-3-16	Alkmaar (NED)	447
23. Spijker Kristel	84	08-021	1:07.68	50m	9-5-10	Eindhoven (NED)	446
24. van Staveren Marina	78	08-021	1:07.70	50m	14-4-12	Kampen (NED)	445
24. van 't Veer Iris	03	08-021	1:07.70	50m	17-3-19	Alkmaar (NED)	445

**200 vrije slag**

1. Schelvis Femke	84	08-021	2:11.02	50m	23-4-05	Amsterdam (NED)	641
2. Kingma Danae	00	08-021	2:13.79	50m	21-5-17	Alkmaar (NED)	602
3. Koster Lisa	94	08-021	2:16.81	50m	14-6-08	Drachten (NED)	563
4. Crok Linda	94	08-021	2:18.66	50m	15-5-11	Alkmaar (NED)	540
5. de Groot Daniëlle	93	08-021	2:18.80	50m	6-6-08	Eindhoven (NED)	539
6. Smit Sanne	01	08-021	2:20.31	50m	2-6-18	Amersfoort (NED)	522
7. Hoekstra Eline	03	08-021	2:22.49	50m	8-3-20	Amsterdam (NED)	498
8. Vink Lidewij	90	08-021	2:24.59	50m	27-2-05	Amsterdam (NED)	477
9. Groen Anne	95	08-021	2:24.86	50m	21-5-17	Alkmaar (NED)	474
10. Broek Jade	97	08-021	2:25.52	50m	26-5-19	Amersfoort (NED)	467
11. Wentink Yara	04	08-021	2:26.74	50m	2-6-18	Amersfoort (NED)	456
12. Palmboom Nicole	91	08-021	2:27.29	50m	13-5-07	Alkmaar (NED)	451
13. Hoek Daniëlle	88	08-021	2:27.77	50m	4-5-12	Eindhoven (NED)	446
14. Zwarthoed Brenda	96	08-021	2:28.41	50m	18-5-08	Alkmaar (NED)	441
15. Stel Serena	98	08-021	2:29.93	50m	25-4-10	Drachten (NED)	427
16. Schelvis Roos	86	08-021	2:30.82	50m	18-5-02	Nordhorn (GER)	420
17. van 't Veer Iris	03	08-021	2:30.88	50m	15-6-19	Bückeburg (GER)	419
18. van der Gracht Anouk	89	08-021	2:31.11	50m	29-6-13	Eindhoven (NED)	417
19. Kleijne Daisy	89	08-021	2:31.82	50m	9-5-04	Beverwijk (NED)	412
20. Buur Naomi	01	08-021	2:33.21	50m	29-5-16	Alkmaar (NED)	400
21. Mallon Danique	94	08-021	2:33.54	50m	18-5-08	Alkmaar (NED)	398
22. Koopman Anitra	89	08-021	2:33.70	50m	9-5-04	Beverwijk (NED)	397
23. Essers Sanne	91	08-021	2:33.83	50m	30-3-08	Alkmaar (NED)	396
24. de Haan Shira	00	08-021	2:34.33	50m	21-5-17	Alkmaar (NED)	392
25. Vink Marjolein	93	08-021	2:35.04	50m	13-4-08	Antwerpen (BEL)	386

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

1. Schelvis Femke	84	08-021	3:39.20	50m	4-7-98	Amersfoort (NED)	506
2. Smit Sanne	01	08-021	3:44.38	50m	10-3-19	Amsterdam (NED)	472
3. Vink Lidewij	90	08-021	3:45.26	50m	13-5-06	Beverwijk (NED)	466
4. Crok Linda	94	08-021	3:46.05	50m	14-5-11	Beverwijk (NED)	461
5. Hoekstra Eline	03	08-021	3:47.74	50m	23-2-20	Den Haag (NED)	451
6. Koster Lisa	94	08-021	3:50.85	50m	17-5-08	Beverwijk (NED)	433
7. Wentink Yara	04	08-021	3:54.19	50m	11-5-19	Alkmaar (NED)	415
8. de Groot Daniëlle	93	08-021	3:55.78	50m	11-4-08	Antwerpen (BEL)	406
9. van der Gracht Anouk	89	08-021	4:09.38	50m	11-4-08	Antwerpen (BEL)	343
10. Palmboom Nicole	91	08-021	4:10.32	50m	21-5-05	Beverwijk (NED)	340
11. Jongema Helena	80	08-021	4:17.20	50m	18-9-09	Cadiz (ESP)	313
12. de Wildt Maud	05	08-021	4:19.38	50m	23-2-20	Den Haag (NED)	305
13. Bos Marieke	06	08-021	4:19.91	50m	3-6-18	Amersfoort (NED)	303
14. Butter Anouk	82	08-021	4:43.25	50m	27-3-10	Amersfoort (NED)	234

**400 vrije slag**

1. Schelvis Femke	84	08-021	4:52.03	50m	4-7-98	Amersfoort (NED)	530
2. Crok Linda	94	08-021	5:00.42	50m	14-5-11	Beverwijk (NED)	487
3. Vink Lidewij	90	08-021	5:01.21	50m	13-5-06	Beverwijk (NED)	483
4. Smit Sanne	01	08-021	5:01.84	50m	26-3-17	Alkmaar (NED)	480
5. Hoekstra Eline	03	08-021	5:05.73	50m	23-2-20	Den Haag (NED)	462
6. Koster Lisa	94	08-021	5:07.30	50m	17-5-08	Beverwijk (NED)	455
7. Stel Serena	98	08-021	5:07.93	50m	25-4-10	Drachten (NED)	452
8. de Groot Daniëlle	93	08-021	5:08.33	50m	17-5-08	Beverwijk (NED)	451
9. Wentink Yara	04	08-021	5:08.50	50m	11-5-19	Alkmaar (NED)	450
10. van 't Veer Iris	03	08-021	5:17.11	50m	17-2-19	Eindhoven (NED)	414
11. Essers Sanne	91	08-021	5:27.37	50m	20-4-07	Antwerpen (BEL)	376
12. van der Gracht Anouk	89	08-021	5:29.59	50m	30-6-13	Eindhoven (NED)	369
13. Schelvis Roos	86	08-021	5:30.78	50m	29-5-99	Beverwijk (NED)	365
14. Buur Naomi	01	08-021	5:33.54	50m	17-5-14	Beverwijk (NED)	356
15. Mallon Danique	94	08-021	5:35.85	50m	29-3-09	Alkmaar (NED)	349
16. Palmboom Nicole	91	08-021	5:36.95	50m	21-5-05	Beverwijk (NED)	345
17. de Boer Irene	84	08-021	5:41.50	50m	1-6-97	Beverwijk (NED)	331
18. van Koeveringe Nicole	93	08-021	5:43.99	50m	29-3-09	Alkmaar (NED)	324
19. van Staveren Marina	78	08-021	5:44.09	50m	18-3-12	Amersfoort (NED)	324
20. Vink Marjolein	93	08-021	5:44.72	50m	29-3-09	Alkmaar (NED)	322
21. de Wildt Maud	05	08-021	5:44.83	50m	23-2-20	Den Haag (NED)	322
22. Jongema Helena	80	08-021	5:45.56	50m	18-9-09	Cadiz (ESP)	320
23. Bos Marieke	06	08-021	5:48.34	50m	3-6-18	Amersfoort (NED)	312
24. Dijkstra Lisette	86	08-021	6:07.00	50m	1-6-97	Beverwijk (NED)	267
25. Butter Anouk	82	08-021	6:21.81	50m	27-3-10	Amersfoort (NED)	237

**500 vrije slag**

**800 vrije slag**

1. Stel Serena	98	08-021	10:18.62	50m	25-4-10	Drachten (NED)	481
2. Smit Sanne	01	08-021	10:38.10	50m	18-2-18	Alkmaar (NED)	438
3. Schelvis Femke	84	08-021	10:42.20	50m	11-5-97	Beverwijk (NED)	430
4. Hoekstra Eline	03	08-021	10:44.14	50m	19-1-20	Alkmaar (NED)	426
5. van 't Veer Iris	03	08-021	10:55.15	50m	19-1-20	Alkmaar (NED)	405
6. van der Gracht Anouk	89	08-021	11:07.28	50m	11-4-08	Antwerpen (BEL)	383
7. Essers Sanne	91	08-021	11:09.37	50m	20-4-07	Antwerpen (BEL)	379
8. Wentink Yara	04	08-021	11:48.31	50m	19-1-20	Alkmaar (NED)	320
9. Buur Naomi	01	08-021	12:01.21	50m	18-2-14	Beverwijk (NED)	303
10. Jongema Helena	80	08-021	13:10.26	50m	3-6-11	Apeldoorn (NED)	230
11. Geluk Mabelle	73	08-021	20:25.45	50m	4-6-11	Apeldoorn (NED)	61

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

1. Hoekstra Eline	03	08-021	20:25.20	50m	1-3-20	Alkmaar (NED)	431
2. Smit Sanne	01	08-021	20:34.89	50m	15-4-18	Alkmaar (NED)	420
3. Wentink Yara	04	08-021	22:11.17	50m	19-1-20	Alkmaar (NED)	336
4. Jongema Helena	80	08-021	24:45.29	50m	3-6-11	Apeldoorn (NED)	241

**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	31.90	50m	6-4-17	Eindhoven (NED)	610
2. Broek Jade	97	08-021	32.26	50m	13-4-19	Eindhoven (NED)	590
3. Hoekstra Eline	03	08-021	33.62	50m	22-2-20	Den Haag (NED)	521
4. Siemerink Laura	04	08-021	33.96	50m	25-5-19	Amersfoort (NED)	505
5. Kleijne Daisy	89	08-021	34.14	50m	21-5-06	Beverwijk (NED)	497
6. Koper Fiona	01	08-021	34.70	50m	5-2-17	Alkmaar (NED)	474
7. Schelvis Femke	84	08-021	34.90	50m	25-5-97	Beverwijk (NED)	466
8. Koster Lisa	94	08-021	35.08	50m	25-5-08	Beverwijk (NED)	458
9. Wentink Yara	04	08-021	35.26	50m	20-1-19	Alkmaar (NED)	451
10. Groen Anne	95	08-021	35.37	50m	21-5-17	Alkmaar (NED)	447
11. Smit Sanne	01	08-021	35.49	50m	31-5-15	Alkmaar (NED)	443
12. Jongema Helena	80	08-021	35.65	50m	20-1-08	Eindhoven (NED)	437
13. Kramer Miranda	80	08-021	35.70	50m	25-5-97	Beverwijk (NED)	435
14. Crok Linda	94	08-021	35.74	50m	22-5-11	Beverwijk (NED)	434
15. Mallon Danique	94	08-021	36.05	50m	25-5-08	Beverwijk (NED)	422
15. van 't Veer Iris	03	08-021	36.05	50m	21-5-17	Alkmaar (NED)	422
17. Hoek Daniëlle	88	08-021	36.31	50m	16-5-04	Beverwijk (NED)	413
18. Meijer Sylvia	81	08-021	36.40	50m	25-5-97	Beverwijk (NED)	410
19. Schelvis Roos	86	08-021	36.41	50m	28-5-00	Beverwijk (NED)	410
20. Palmboom Nicole	91	08-021	36.54	50m	21-5-06	Beverwijk (NED)	406
21. Buur Naomi	01	08-021	36.57	50m	21-2-16	Alkmaar (NED)	405
22. Meijer Linda	77	08-021	36.70	50m	28-5-94	Beverwijk (NED)	400
23. Koopman Anitra	89	08-021	36.96	50m	29-5-05	Beverwijk (NED)	392
24. Crok Annemarie	89	08-021	36.98	50m	16-5-04	Beverwijk (NED)	391
25. van der Kroft Nicole	84	08-021	37.13	50m	19-5-01	Beverwijk (NED)	387

**100 rugslag**

1. Broek Jade	97	08-021	1:08.53	50m	16-6-19	Bückeburg (GER)	609
2. Kingma Danae	00	08-021	1:11.68	50m	26-5-19	Amersfoort (NED)	532
3. Schelvis Femke	84	08-021	1:13.83	50m	20-6-99	Amersfoort (NED)	487
4. Hoekstra Eline	03	08-021	1:14.14	50m	8-3-20	Amsterdam (NED)	481
5. Kleijne Daisy	89	08-021	1:14.53	50m	20-5-06	Beverwijk (NED)	473
6. Koster Lisa	94	08-021	1:15.78	50m	12-4-08	Antwerpen (BEL)	450
7. Crok Linda	94	08-021	1:16.15	50m	21-5-11	Beverwijk (NED)	444
8. Schelvis Roos	86	08-021	1:16.46	50m	27-5-00	Beverwijk (NED)	438
9. van 't Veer Iris	03	08-021	1:16.63	50m	16-6-18	Buckeburg (GER)	435
10. Groen Anne	95	08-021	1:17.11	50m	16-6-18	Buckeburg (GER)	427
11. Meijer Sylvia	81	08-021	1:17.30	50m	25-5-97	Beverwijk (NED)	424
12. Koper Fiona	01	08-021	1:17.45	50m	5-6-16	Alkmaar (NED)	422
13. van der Kroft Nicole	84	08-021	1:17.80	50m	25-5-97	Beverwijk (NED)	416
14. Siemerink Laura	04	08-021	1:18.23	50m	23-2-19	Den Haag (NED)	409
15. Smit Sanne	01	08-021	1:18.41	50m	30-5-15	Beverwijk (NED)	406
16. Kramer Miranda	80	08-021	1:19.80	50m	20-5-95	Beverwijk (NED)	385
17. Mallon Danique	94	08-021	1:19.85	50m	24-5-08	Beverwijk (NED)	385
18. Crok Annemarie	89	08-021	1:19.94	50m	28-5-05	Beverwijk (NED)	383
19. Stins Mariska	84	08-021	1:20.10	50m	1-6-02	Beverwijk	381
20. Palmboom Nicole	91	08-021	1:20.24	50m	20-5-06	Beverwijk (NED)	379
21. Jongema Helena	80	08-021	1:20.48	50m	19-9-09	Cadiz (ESP)	376
22. Essers Sanne	91	08-021	1:20.72	50m	12-5-07	Beverwijk (NED)	372
23. Stam Sabrina	82	08-021	1:20.80	50m	7-6-97	Beverwijk (NED)	371
24. Buur Naomi	01	08-021	1:20.81	50m	29-5-16	Alkmaar (NED)	371
25. de Boer Irene	84	08-021	1:20.83	50m	29-4-01	Beverwijk (NED)	371

**200 rugslag**

1. Kingma Danae	00	08-021	2:33.86	50m	4-6-16	Alkmaar (NED)	524
2. Schelvis Femke	84	08-021	2:38.70	50m	31-5-97	Beverwijk (NED)	477
3. Broek Jade	97	08-021	2:38.72	50m	26-1-20	Alkmaar (NED)	477
4. Kleijne Daisy	89	08-021	2:42.36	50m	27-2-05	Amsterdam (NED)	446
5. Hoekstra Eline	03	08-021	2:42.98	50m	8-3-20	Amsterdam (NED)	441
6. Crok Linda	94	08-021	2:43.20	50m	15-5-11	Alkmaar (NED)	439
7. Groen Anne	95	08-021	2:43.66	50m	12-5-13	Beverwijk (NED)	435
8. van 't Veer Iris	03	08-021	2:44.76	50m	16-6-18	Buckeburg (GER)	426
9. Meijer Sylvia	81	08-021	2:45.96	50m	30-5-99	Beverwijk (NED)	417
10. Koster Lisa	94	08-021	2:46.48	50m	18-5-08	Alkmaar (NED)	413
11. Schelvis Roos	86	08-021	2:46.98	50m	21-10-01	Beverwijk (NED)	410
12. Mallon Danique	94	08-021	2:50.17	50m	16-5-10	Alkmaar (NED)	387
13. Crok Annemarie	89	08-021	2:51.30	50m	9-5-04	Beverwijk (NED)	379
14. Essers Sanne	91	08-021	2:51.54	50m	14-5-06	Beverwijk (NED)	378
15. van Assema Eline	05	08-021	2:51.68	50m	11-5-19	Alkmaar (NED)	377
16. de Haan Shira	00	08-021	2:52.09	50m	17-6-17	Bergbad Bückebug (GER)	374
17. Vink Lidewij	90	08-021	2:52.27	50m	14-5-06	Beverwijk (NED)	373
18. Stins Mariska	84	08-021	2:52.41	50m	18-5-03	Beverwijk (NED)	372
19. Koopman Anitra	89	08-021	2:52.65	50m	9-5-04	Beverwijk (NED)	371
20. Stam Sabrina	82	08-021	2:53.50	50m	9-11-97	Beverwijk (NED)	365
21. Buur Naomi	01	08-021	2:53.58	50m	25-4-15	Alkmaar (NED)	365
22. Palmboom Nicole	91	08-021	2:53.65	50m	14-5-06	Beverwijk (NED)	364
23. de Boer Irene	84	08-021	2:54.35	50m	31-10-99	Beverwijk (NED)	360
24. Wentink Yara	04	08-021	2:54.68	50m	15-6-19	Bückebug (GER)	358
25. Niesten Iris	92	08-021	2:55.57	50m	12-4-08	Antwerpen (BEL)	352

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

1. Kingma Danae	00	08-021	35.43	50m	8-4-16	Eindhoven (NED)	571
2. van Honk Chantal	80	08-021	37.00	50m	21-3-93	Beverwijk (NED)	501
3. Broek Jade	97	08-021	38.39	50m	18-6-17	Bergbad Bückebug (GER)	449
4. Palmboom Nicole	91	08-021	38.70	50m	22-5-05	Beverwijk (NED)	438
5. de Haan Shira	00	08-021	39.34	50m	20-5-17	Alkmaar (NED)	417
6. Smit Sanne	01	08-021	40.14	50m	30-3-19	Amersfoort (NED)	392
7. de Groot Daniëlle	93	08-021	40.27	50m	18-5-08	Alkmaar (NED)	389
8. Siemerink Laura	04	08-021	40.41	50m	27-1-19	Alkmaar (NED)	385
9. Teufer Irene	96	08-021	41.05	50m	26-7-08	Amsterdam (NED)	367
10. van 't Veer Iris	03	08-021	41.10	50m	25-3-18	Alkmaar (NED)	366
11. Crok Linda	94	08-021	41.36	50m	16-5-10	Alkmaar (NED)	359
12. de Boer Maia	03	08-021	41.41	50m	20-5-17	Alkmaar (NED)	357
12. Koper Fiona	01	08-021	41.41	50m	20-5-17	Alkmaar (NED)	357
14. Hoekstra Eline	03	08-021	41.83	50m	25-3-18	Alkmaar (NED)	347
15. van der Gracht Anouk	89	08-021	42.01	50m	22-4-07	Antwerpen (BEL)	342
16. Koster Lisa	94	08-021	42.24	50m	13-4-08	Antwerpen (BEL)	337
17. Schelvis Roos	86	08-021	42.29	50m	21-5-00	Beverwijk (NED)	335
18. Renkema Iris	04	08-021	42.98	50m	29-5-16	Alkmaar (NED)	320
19. Vink Marjolein	93	08-021	43.05	50m	13-5-07	Alkmaar (NED)	318
19. Niesten Iris	92	08-021	43.05	50m	13-4-08	Antwerpen (BEL)	318

**50 schoolslag (sinds 21)**

21.	van Staveren Marina	78	08-021	43.26	50m	14-4-12	Kampen (NED)	313
22.	Buur Naomi	01	08-021	43.39	50m	29-5-16	Alkmaar (NED)	311
23.	de Wildt Maud	05	08-021	43.60	50m	23-2-20	Den Haag (NED)	306
24.	van Huisstede Nikita	01	08-021	44.06	50m	15-3-15	Beverwijk (NED)	297
25.	Hogema Fabiën	93	08-021	44.11	50m	13-5-07	Alkmaar (NED)	296

**100 schoolslag**

1.	Kingma Danae	00	08-021	1:20.02	50m	21-2-16	Alkmaar (NED)	514
2.	Broek Jade	97	08-021	1:23.64	50m	18-6-17	Bergbad Bückebug (GER)	450
3.	de Haan Shira	00	08-021	1:25.72	50m	18-6-17	Bergbad Bückebug (GER)	418
4.	Palmboom Nicole	91	08-021	1:26.05	50m	12-5-07	Beverwijk (NED)	413
5.	Stam Vanessa	80	08-021	1:27.90	50m	2-6-96	Beverwijk (NED)	388
6.	van der Kroft Nicole	84	08-021	1:28.00	50m	31-5-97	Beverwijk (NED)	387
7.	de Groot Daniëlle	93	08-021	1:28.60	50m	17-5-08	Beverwijk (NED)	379
8.	van 't Veer Iris	03	08-021	1:29.25	50m	25-3-18	Alkmaar (NED)	370
9.	van Rookhuizen Sieta	79	08-021	1:29.45	50m	25-10-98	Beverwijk (NED)	368
10.	Kramer Miranda	80	08-021	1:30.36	50m	29-4-01	Beverwijk (NED)	357
11.	Teufer Irene	96	08-021	1:30.47	50m	27-7-08	Amsterdam (NED)	356
12.	Hoekstra Eline	03	08-021	1:30.68	50m	23-2-20	Den Haag (NED)	353
13.	Koster Lisa	94	08-021	1:31.45	50m	12-5-07	Beverwijk (NED)	344
14.	Schelvis Roos	86	08-021	1:31.67	50m	29-5-99	Beverwijk (NED)	342
15.	van der Gracht Anouk	89	08-021	1:31.69	50m	6-5-07	Eindhoven (NED)	342
16.	Siemerink Laura	04	08-021	1:32.04	50m	24-2-19	Den Haag (NED)	338
17.	Heus Pauline	78	08-021	1:32.20	50m	2-6-96	Beverwijk (NED)	336
18.	Mallon Danique	94	08-021	1:32.61	50m	13-6-10	Beverwijk (NED)	332
19.	Niesten Iris	92	08-021	1:32.78	50m	1-6-08	Beverwijk (NED)	330
20.	Crok Linda	94	08-021	1:33.55	50m	15-5-10	Beverwijk (NED)	322
21.	Smit Sanne	01	08-021	1:33.72	50m	22-2-15	Alkmaar (NED)	320
22.	de Wildt Maud	05	08-021	1:33.86	50m	23-2-20	Den Haag (NED)	318
23.	Crok Annemarie	89	08-021	1:34.02	50m	1-6-08	Beverwijk (NED)	317
24.	Moolevliet Petra	82	08-021	1:34.10	50m	2-6-96	Beverwijk (NED)	316
25.	Vink Marjolein	93	08-021	1:34.18	50m	12-4-08	Antwerpen (BEL)	315

**200 schoolslag**

1.	de Haan Shira	00	08-021	3:01.71	50m	28-5-17	Alkmaar (NED)	448
2.	Kingma Danae	00	08-021	3:04.77	50m	24-5-14	Beverwijk (NED)	426
3.	Broek Jade	97	08-021	3:05.06	50m	5-6-16	Alkmaar (NED)	424
4.	Stam Vanessa	80	08-021	3:09.60	50m	24-5-97	Beverwijk (NED)	394
5.	de Groot Daniëlle	93	08-021	3:11.88	50m	24-5-08	Beverwijk (NED)	381
6.	van 't Veer Iris	03	08-021	3:12.10	50m	25-3-18	Alkmaar (NED)	379
7.	van der Kroft Nicole	84	08-021	3:13.20	50m	29-4-01	Beverwijk (NED)	373
8.	Palmboom Nicole	91	08-021	3:13.60	50m	20-5-06	Beverwijk (NED)	370
9.	Schelvis Roos	86	08-021	3:14.58	50m	5-6-99	Beverwijk (NED)	365
10.	Niesten Annet	62	08-021	3:16.30	50m	11-6-78	Beverwijk (NED)	355
11.	Kramer Miranda	80	08-021	3:17.00	50m	13-5-95	Beverwijk (NED)	352
12.	Vink Marjolein	93	08-021	3:17.85	50m	19-5-07	Beverwijk (NED)	347
13.	Crok Linda	94	08-021	3:18.11	50m	29-5-10	Beverwijk (NED)	346
14.	Crok Annemarie	89	08-021	3:18.70	50m	21-5-11	Beverwijk (NED)	343
15.	Moolevliet Petra	82	08-021	3:20.00	50m	13-5-95	Beverwijk (NED)	336
16.	Teufer Irene	96	08-021	3:21.06	50m	25-7-08	Amsterdam (NED)	331
17.	Niesten Iris	92	08-021	3:22.18	50m	24-5-08	Beverwijk (NED)	325

200 schoolslag (sinds 18)

18. Siemerink Laura	04	08-021	3:22.72	50m	23-2-19	Den Haag (NED)	323
19. de Wildt Maud	05	08-021	3:22.83	50m	17-6-18	Buckeburg (GER)	322
20. Buur Naomi	01	08-021	3:22.86	50m	22-2-15	Alkmaar (NED)	322
21. Hoekstra Eline	03	08-021	3:23.77	50m	5-2-17	Alkmaar (NED)	318
22. Nijholt Carin	60	08-021	3:23.80	50m	11-6-78	Beverwijk (NED)	318
23. Lund Karin	63	08-021	3:23.90	50m	11-6-78	Beverwijk (NED)	317
23. Schelvis Femke	84	08-021	3:23.90	50m	24-5-97	Beverwijk (NED)	317
25. de Ruijter Linda	87	08-021	3:24.01	50m	25-5-02	Beverwijk (NED)	317

500 schoolslag800 schoolslag1000 schoolslag1250 schoolslag1500 schoolslag2000 schoolslag2500 schoolslag3000 schoolslag4000 schoolslag5000 schoolslag25 vlinderslag50 vlinderslag

1. Kingma Danae	00	08-021	29.93	50m	26-5-19	Amersfoort (NED)	543
2. Broek Jade	97	08-021	31.18	50m	15-4-18	Alkmaar (NED)	480
3. Siemerink Laura	04	08-021	31.35	50m	26-5-19	Amersfoort (NED)	473
4. Schelvis Femke	84	08-021	31.52	50m	29-5-99	Beverwijk (NED)	465
5. Hoekstra Eline	03	08-021	31.73	50m	26-1-20	Alkmaar (NED)	456
6. Palmboom Nicole	91	08-021	31.78	50m	12-4-08	Antwerpen (BEL)	454
7. de Haan Shira	00	08-021	31.88	50m	28-5-17	Alkmaar (NED)	450
8. van der Gracht Anouk	89	08-021	32.18	50m	24-3-13	Beverwijk (NED)	437
8. Wentink Yara	04	08-021	32.18	50m	30-11-19	Beverwijk (NED)	437
10. Smit Sanne	01	08-021	32.98	50m	26-5-19	Amersfoort (NED)	406
11. Teufer Irene	96	08-021	33.06	50m	12-4-08	Antwerpen (BEL)	403
12. de Groot Daniëlle	93	08-021	33.42	50m	17-5-08	Beverwijk (NED)	390
13. Groen Anne	95	08-021	33.48	50m	3-12-16	Beverwijk (NED)	388
14. Vink Lidewij	90	08-021	33.75	50m	12-5-07	Beverwijk (NED)	379
15. Essers Sanne	91	08-021	33.76	50m	12-5-07	Beverwijk (NED)	378



50 vlinderslag (sinds 16)

16.	van Staveren Marina	78	08-021	33.87	50m	24-3-13	Amersfoort (NED)	375
17.	Koper Fiona	01	08-021	34.12	50m	11-5-19	Alkmaar (NED)	367
18.	van der Kroft Nicole	84	08-021	34.39	50m	29-5-99	Beverwijk (NED)	358
19.	Crok Annemarie	89	08-021	34.62	50m	15-5-10	Beverwijk (NED)	351
20.	Hoek Daniëlle	88	08-021	34.69	50m	11-5-13	Beverwijk (NED)	349
21.	Koster Lisa	94	08-021	34.73	50m	12-4-08	Antwerpen (BEL)	348
22.	Spijker Kristel	84	08-021	34.80	50m	9-5-10	Eindhoven (NED)	345
23.	Mallon Danique	94	08-021	34.99	50m	16-5-09	Beverwijk (NED)	340
24.	Jongema Helena	80	08-021	35.00	50m	20-1-08	Eindhoven (NED)	340
25.	Buur Naomi	01	08-021	35.05	50m	5-6-16	Alkmaar (NED)	338

100 vlinderslag

1.	Broek Jade	97	08-021	1:10.87	50m	18-5-19	Amersfoort (NED)	479
2.	Smit Sanne	01	08-021	1:12.40	50m	26-3-17	Alkmaar (NED)	449
3.	Kingma Danae	00	08-021	1:12.66	50m	16-6-18	Buckeburg (GER)	445
4.	Schelvis Femke	84	08-021	1:13.69	50m	4-7-98	Amersfoort (NED)	426
5.	van der Gracht Anouk	89	08-021	1:14.52	50m	29-6-13	Eindhoven (NED)	412
6.	Palmboom Nicole	91	08-021	1:15.79	50m	18-5-08	Alkmaar (NED)	392
7.	Teufer Irene	96	08-021	1:16.12	50m	13-4-08	Antwerpen (BEL)	387
8.	Vink Lidewij	90	08-021	1:16.13	50m	13-5-07	Alkmaar (NED)	387
9.	Hoekstra Eline	03	08-021	1:17.10	50m	17-2-19	Eindhoven (NED)	372
10.	Wentink Yara	04	08-021	1:17.36	50m	15-6-19	Bückeburg (GER)	368
11.	de Groot Daniëlle	93	08-021	1:17.63	50m	13-5-07	Alkmaar (NED)	365
12.	Mallon Danique	94	08-021	1:18.44	50m	18-5-08	Alkmaar (NED)	353
13.	Stins Mariska	84	08-021	1:18.47	50m	25-4-04	Beverwijk (NED)	353
14.	de Haan Shira	00	08-021	1:18.66	50m	17-6-17	Bergbad Bückeburg (GER)	350
15.	Essers Sanne	91	08-021	1:19.59	50m	18-5-08	Alkmaar (NED)	338
16.	van der Kroft Nicole	84	08-021	1:19.94	50m	29-4-01	Beverwijk (NED)	334
17.	Stam Vanessa	80	08-021	1:20.20	50m	9-11-97	Beverwijk (NED)	331
18.	Spijker Kristel	84	08-021	1:20.74	50m	9-5-10	Eindhoven (NED)	324
19.	Hoek Daniëlle	88	08-021	1:21.38	50m	13-5-12	Beverwijk (NED)	316
20.	Siemerink Laura	04	08-021	1:21.63	50m	15-6-19	Bückeburg (GER)	313
21.	van Staveren Marina	78	08-021	1:21.95	50m	14-4-12	Kampen (NED)	310
22.	van de Poll Marianne	89	08-021	1:22.09	50m	25-4-04	Beverwijk (NED)	308
23.	Crok Annemarie	89	08-021	1:22.91	50m	22-4-07	Antwerpen (BEL)	299
24.	Schelvis Roos	86	08-021	1:25.02	50m	20-10-02	Beverwijk (NED)	277
25.	de Ruijter Linda	87	08-021	1:25.47	50m	12-10-03	Beverwijk (NED)	273

200 vlinderslag

1.	Hoekstra Eline	03	08-021	2:49.42	50m	22-2-20	Den Haag (NED)	371
2.	Teufer Irene	96	08-021	2:49.76	50m	12-4-08	Antwerpen (BEL)	369
3.	Mallon Danique	94	08-021	2:54.66	50m	30-5-10	Beverwijk (NED)	339
4.	Schelvis Femke	84	08-021	2:56.87	50m	17-4-05	Beverwijk (NED)	326
5.	Wentink Yara	04	08-021	2:57.31	50m	17-3-19	Alkmaar (NED)	324
6.	Vink Lidewij	90	08-021	2:57.39	50m	25-5-08	Beverwijk (NED)	323
7.	van der Gracht Anouk	89	08-021	3:05.89	50m	25-5-08	Beverwijk (NED)	281
8.	Spijker Kristel	84	08-021	3:09.31	50m	8-5-10	Eindhoven (NED)	266
9.	Stins Mariska	84	08-021	3:12.70	50m	17-4-05	Beverwijk (NED)	252
10.	van de Poll Marianne	89	08-021	3:12.94	50m	25-4-04	Beverwijk (NED)	251
11.	Kleijne Daisy	89	08-021	3:18.03	50m	16-5-04	Beverwijk (NED)	232
12.	Butter Anouk	82	08-021	3:19.27	50m	21-4-02	Beverwijk (NED)	228

200 vlinderslag (sinds 13)

13. de Ruijter Linda	87	08-021	3:20.51	50m	26-5-02	Beverwijk (NED)	224
14. Visser Stacey	87	08-021	3:27.93	50m	29-4-01	Beverwijk (NED)	201
15. Siemerink Laura	04	08-021	3:41.76	50m	2-4-17	Alkmaar (NED)	165
16. Koopman Anitra	89	08-021	3:46.94	50m	29-3-03	Beverwijk (NED)	154

1000 vlinderslag100 wisselslag200 wisselslag

1. Kingma Danae	00	08-021	2:34.82	50m	20-5-17	Alkmaar (NED)	540
2. Schelvis Femke	84	08-021	2:39.69	50m	31-10-99	Beverwijk (NED)	492
3. Broek Jade	97	08-021	2:41.99	50m	4-6-16	Alkmaar (NED)	471
4. Groen Anne	95	08-021	2:44.09	50m	5-3-17	Alkmaar (NED)	454
5. Crok Linda	94	08-021	2:44.33	50m	21-5-11	Beverwijk (NED)	452
6. Hoekstra Eline	03	08-021	2:45.63	50m	23-2-19	Den Haag (NED)	441
7. Smit Sanne	01	08-021	2:47.94	50m	5-2-17	Alkmaar (NED)	423
8. Crok Annemarie	89	08-021	2:48.29	50m	24-5-08	Beverwijk (NED)	420
9. de Haan Shira	00	08-021	2:48.62	50m	17-6-17	Bergbad Bückeberg (GER)	418
10. van der Gracht Anouk	89	08-021	2:49.18	50m	30-3-08	Alkmaar (NED)	414
11. Vink Lidewij	90	08-021	2:49.65	50m	19-5-07	Beverwijk (NED)	410
12. Palmboom Nicole	91	08-021	2:50.86	50m	20-5-06	Beverwijk (NED)	402
13. van der Kroft Nicole	84	08-021	2:51.82	50m	21-10-01	Beverwijk (NED)	395
14. Schelvis Roos	86	08-021	2:52.42	50m	25-5-02	Beverwijk (NED)	391
15. Wentink Yara	04	08-021	2:52.58	50m	15-6-19	Bückeberg (GER)	390
16. Vink Marjolein	93	08-021	2:52.66	50m	24-5-08	Beverwijk (NED)	389
17. Mallon Danique	94	08-021	2:52.70	50m	24-5-08	Beverwijk (NED)	389
18. Kleijne Daisy	89	08-021	2:52.72	50m	28-5-05	Beverwijk (NED)	389
19. Hoek Daniëlle	88	08-021	2:52.89	50m	17-4-05	Beverwijk (NED)	388
20. Siemerink Laura	04	08-021	2:52.98	50m	30-3-19	Amersfoort (NED)	387
21. de Groot Daniëlle	93	08-021	2:53.15	50m	19-5-07	Beverwijk (NED)	386
22. Kramer Miranda	80	08-021	2:53.86	50m	22-10-00	Beverwijk (NED)	381
23. Koopman Anitra	89	08-021	2:55.01	50m	25-4-04	Beverwijk (NED)	374
24. Buur Naomi	01	08-021	2:55.94	50m	30-5-15	Beverwijk (NED)	368
25. Meijer Sylvia	81	08-021	2:56.40	50m	2-5-99	Beverwijk (NED)	365

300 wisselslag400 wisselslag

1. Hoekstra Eline	03	08-021	5:52.33	50m	24-2-19	Den Haag (NED)	432
2. Schelvis Femke	84	08-021	5:56.50	50m	27-4-97	Beverwijk (NED)	417
3. Smit Sanne	01	08-021	5:56.97	50m	21-5-17	Alkmaar (NED)	415
4. Wentink Yara	04	08-021	5:57.98	50m	8-3-20	Amsterdam (NED)	411
5. Broek Jade	97	08-021	5:58.94	50m	1-3-20	Alkmaar (NED)	408
6. de Haan Shira	00	08-021	6:14.47	50m	28-5-16	Alkmaar (NED)	359
7. de Wildt Maud	05	08-021	6:29.01	50m	8-3-20	Amsterdam (NED)	321
8. van der Kroft Nicole	84	08-021	6:31.60	50m	27-4-97	Beverwijk (NED)	314
9. van Ballegooie Simone	84	08-021	6:39.30	50m	27-4-97	Beverwijk (NED)	296
10. de Boer Irene	84	08-021	6:40.00	50m	27-4-97	Beverwijk (NED)	295
11. Blaauw Yente	03	08-021	6:43.16	50m	21-1-18	Alkmaar (NED)	288

400 wisselslag (sinds 12)

12. Siemerink Laura	04	08-021	6:46.58	50m	21-1-18	Alkmaar (NED)	281
13. Veldhuis Amelia	03	08-021	7:06.09	50m	20-1-19	Alkmaar (NED)	244