

14 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2021

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

1. Schelvis Femke	84	08-021	13.50	25m	8-1-98	Heemskerk (NED)	465
2. Schuyt Simone	75	08-021	13.70	25m	31-12-89	Heemskerk (NED)	445
3. Koster Lisa	94	08-021	13.81	25m	31-5-08	Aalsmeer (NED)	434
4. Crok Linda	94	08-021	14.06	25m	29-5-08	Heemskerk (NED)	411
5. Besse Karen	75	08-021	14.10	25m	31-12-89	Heemskerk (NED)	408
6. Schelvis Roos	86	08-021	14.24	25m	4-5-00	Heemskerk (NED)	396
7. Hogema Fabiën	93	08-021	14.43	25m	19-4-07	Heemskerk (NED)	380
8. de Groot Daniëlle	93	08-021	14.46	25m	19-4-07	Heemskerk (NED)	378
9. Hulshof Saskia	73	08-021	14.60	25m	17-12-87	Heemskerk (NED)	367
10. Mallon Danique	94	08-021	14.67	25m	29-5-08	Heemskerk (NED)	362
11. Vink Marjolein	93	08-021	14.68	25m	19-4-07	Heemskerk (NED)	361
12. van der Geest Saskia	73	08-021	14.70	25m	17-12-87	Heemskerk (NED)	360
12. Meijer Linda	77	08-021	14.70	25m	16-5-91	Heemskerk (NED)	360
12. van Ballegoie Simone	84	08-021	14.70	25m	5-2-98	Heemskerk (NED)	360
15. de Vries Chrissie	93	08-021	14.72	25m	19-4-07	Heemskerk (NED)	358
16. de Boer Irene	84	08-021	14.80	25m	5-2-98	Heemskerk (NED)	353
17. Zonneveld Cindy	75	08-021	15.00	25m	31-12-89	Heemskerk (NED)	339
18. Meijer Sylvia	81	08-021	15.10	25m	27-4-95	Heemskerk (NED)	332
18. van der Kroft Nicole	84	08-021	15.10	25m	5-2-98	Heemskerk (NED)	332
20. Hommersen Sandra	84	08-021	15.40	25m	12-2-98	Heemskerk (NED)	313
21. Visser Stacey	87	08-021	15.48	25m	29-3-01	Heemskerk (NED)	308
22. Stins Mariska	84	08-021	15.60	25m	16-4-98	Heemskerk (NED)	301
23. de Vries Cathy	77	08-021	15.70	25m	16-5-91	Heemskerk (NED)	295
24. Niesten Iris	92	08-021	15.78	25m	27-4-06	Heemskerk	291
25. Keessen Pam	62	08-021	15.80	25m	14-9-76	Heemskerk (NED)	290

50 vrije slag

1. Kingma Danae	00	08-021	27.50	25m	31-1-14	Amsterdam (NED)	579
2. Schelvis Femke	84	08-021	28.70	25m	7-5-98	Heemskerk (NED)	509
3. Koster Lisa	94	08-021	28.78	25m	12-5-08	Purmerend (NED)	505
4. Smit Sanne	01	08-021	29.07	25m	24-9-15	Heemskerk (NED)	490
5. Hoekstra Eline	03	08-021	29.20	25m	11-11-17	Hoofddorp (NED)	484
6. Siemerink Laura	04	08-021	29.37	25m	17-11-18	Hoofddorp (NED)	475
7. van de Poll Marianne	89	08-021	29.66	25m	28-12-03	Maastricht (NED)	462
8. Wentink Yara	04	08-021	29.71	25m	17-11-18	Hoofddorp (NED)	459
9. de Groot Daniëlle	93	08-021	29.72	25m	30-12-07	Maastricht (NED)	459
10. Schuyt Simone	75	08-021	29.80	25m	22-1-89	Zaandam (NED)	455
11. Vink Marjolein	93	08-021	29.88	25m	8-4-07	Haarlem (NED)	451

50 vrije slag (sinds 12)

12.	Palmboom Nicole	91	08-021	30.07	25m	20-3-05	Heemstede (NED)	443
13.	Buur Naomi	01	08-021	30.48	25m	1-2-15	Zaandam (NED)	425
14.	Meijer Sylvia	81	08-021	30.50	25m	26-11-95	Heemskerk (NED)	424
15.	van Ballegooie Simone	84	08-021	30.80	25m	19-4-98	Zaandam (NED)	412
16.	Schelvis Roos	86	08-021	30.93	25m	3-12-00	Zaandam (NED)	407
17.	Vink Lidewij	90	08-021	30.96	25m	28-12-04	Maastricht (NED)	406
18.	Besse Karen	75	08-021	31.10	25m	14-12-89	Heemskerk (NED)	400
19.	van 't Veer Iris	03	08-021	31.18	25m	9-11-17	Heemskerk (NED)	397
20.	Stam Sabrina	82	08-021	31.20	25m	24-11-96	Castricum (NED)	396
20.	van der Kroft Nicole	84	08-021	31.20	25m	18-1-98	Zuidoost Beemster (NED)	396
22.	Kleijne Daisy	89	08-021	31.26	25m	28-12-03	Maastricht (NED)	394
23.	Hogema Fabiën	93	08-021	31.44	25m	8-4-07	Haarlem (NED)	387
23.	Crok Linda	94	08-021	31.44	25m	7-12-08	Zaandam (NED)	387
25.	de Boer Irene	84	08-021	31.50	25m	19-4-98	Zaandam (NED)	385

100 vrije slag

1.	Kingma Danae	00	08-021	59.30	25m	2-11-14	Amsterdam (NED)	608
2.	Koster Lisa	94	08-021	1:01.06	25m	11-5-08	Purmerend (NED)	557
3.	Schelvis Femke	84	08-021	1:01.50	25m	9-5-98	Zaandam (NED)	545
4.	Smit Sanne	01	08-021	1:02.16	25m	29-11-15	Heemskerk (NED)	528
5.	Wentink Yara	04	08-021	1:03.47	25m	2-12-18	Zaandam (NED)	496
6.	Hoekstra Eline	03	08-021	1:03.97	25m	18-11-17	Hoofddorp (NED)	484
7.	de Groot Daniëlle	93	08-021	1:05.18	25m	2-12-07	Alkmaar (NED)	458
8.	Vink Marjolein	93	08-021	1:05.86	25m	9-4-07	Haarlem (NED)	444
9.	Schelvis Roos	86	08-021	1:06.07	25m	24-4-00	Haarlem (NED)	439
10.	Siemerink Laura	04	08-021	1:06.23	25m	28-10-18	Den Helder (NED)	436
11.	Buur Naomi	01	08-021	1:06.78	25m	18-1-15	Zaandam (NED)	426
12.	van 't Veer Iris	03	08-021	1:07.09	25m	26-11-17	Purmerend (NED)	420
13.	Besse Karen	75	08-021	1:07.20	25m	2-11-89	Heemskerk (NED)	418
14.	Vink Lidewij	90	08-021	1:07.26	25m	28-11-04	Heemskerk (NED)	417
15.	Palmboom Nicole	91	08-021	1:07.31	25m	30-10-05	Amsterdam (NED)	416
16.	Kleijne Daisy	89	08-021	1:07.70	25m	9-11-03	Zaandam	408
17.	van der Kroft Nicole	84	08-021	1:08.00	25m	19-4-98	Zaandam (NED)	403
18.	Verbree Bets	63	08-021	1:08.20	25m	10-12-77	Heemskerk (NED)	399
18.	Crok Linda	94	08-021	1:08.20	25m	30-11-08	Heemskerk (NED)	399
20.	Mallon Danique	94	08-021	1:08.23	25m	17-2-08	Zaandam (NED)	399
21.	de Boer Irene	84	08-021	1:08.50	25m	9-5-98	Zaandam (NED)	394
22.	Stam Sabrina	82	08-021	1:08.60	25m	15-12-96	Heemskerk (NED)	393
23.	Meijer Sylvia	81	08-021	1:08.80	25m	10-12-95	Heemskerk (NED)	389
24.	Blaauw Yente	03	08-021	1:09.09	25m	15-10-17	Alkmaar (NED)	384
25.	Schuyt Simone	75	08-021	1:09.20	25m	2-11-89	Heemskerk (NED)	382

200 vrije slag

1. Schelvis Femke	84	08-021	2:12.70	25m	15-3-98	Harderwijk (NED)	576
2. Kingma Danae	00	08-021	2:16.31	25m	6-3-14	Heemskerk (NED)	531
3. Koster Lisa	94	08-021	2:17.53	25m	10-5-08	Purmerend (NED)	517
4. Hoekstra Eline	03	08-021	2:19.38	25m	29-10-17	Den Helder (NED)	497
5. Smit Sanne	01	08-021	2:19.53	25m	4-10-15	Purmerend (NED)	495
6. Wentink Yara	04	08-021	2:24.63	25m	2-12-18	Zaandam (NED)	445
7. Crok Linda	94	08-021	2:27.41	25m	5-10-08	Heemskerk (NED)	420
8. Schelvis Roos	86	08-021	2:27.42	25m	30-11-00	Heemskerk (NED)	420
9. Kleijne Daisy	89	08-021	2:28.82	25m	18-12-03	Heemskerk (NED)	408
10. Buur Naomi	01	08-021	2:28.85	25m	19-2-15	Heemskerk (NED)	408
11. Mallon Danique	94	08-021	2:29.16	25m	9-3-08	Heemskerk (NED)	405
12. Besse Karen	75	08-021	2:29.40	25m	5-10-89	Heemskerk (NED)	403
13. van de Poll Marianne	89	08-021	2:29.47	25m	18-12-03	Heemskerk (NED)	403
14. de Boer Irene	84	08-021	2:30.10	25m	19-4-98	Zaandam (NED)	398
15. van 't Veer Iris	03	08-021	2:30.47	25m	7-5-17	Zaandam (NED)	395
16. Vink Lidewij	90	08-021	2:30.54	25m	30-9-04	Heemskerk (NED)	394
17. Vink Marjolein	93	08-021	2:31.36	25m	30-9-07	Volendam (NED)	388
18. van Ballegooie Simone	84	08-021	2:31.40	25m	19-4-98	Zaandam (NED)	388
19. Schuyt Simone	75	08-021	2:31.60	25m	12-11-89	Assendelft (NED)	386
20. Siemerink Laura	04	08-021	2:33.26	25m	30-12-18	Leeuwarden (NED)	374
21. Palmboom Nicole	91	08-021	2:33.36	25m	29-9-05	Heemskerk (NED)	373
22. Vredenburg Roos	95	08-021	2:34.01	25m	15-11-09	Haarlem (NED)	368
23. Hoek Daniëlle	88	08-021	2:34.21	25m	26-9-02	Heemskerk	367
24. Koopman Anitra	89	08-021	2:34.47	25m	18-12-03	Heemskerk (NED)	365
25. Stins Mariska	84	08-021	2:35.06	25m	17-12-98	Heemskerk (NED)	361

250 vrije slag**300 vrije slag**

1. Schelvis Femke	84	08-021	3:44.00	25m	19-4-98	Zaandam (NED)	456
2. Wentink Yara	04	08-021	4:05.83	25m	19-5-18	Purmerend (NED)	345
3. Vink Lidewij	90	08-021	4:06.59	25m	29-4-04	Heemskerk (NED)	342
4. Groen Anne	95	08-021	4:11.68	25m	22-11-09	Purmerend (NED)	321
5. Vink Marjolein	93	08-021	4:16.78	25m	14-10-07	Zaandam (NED)	303
6. Niesten Iris	92	08-021	4:27.05	25m	18-5-06	Heemskerk (NED)	269
7. Ivens Suzanne	99	08-021	4:31.38	25m	18-5-13	Purmerend (NED)	256
8. Nijman José	93	08-021	5:09.99	25m	14-10-07	Zaandam (NED)	172

400 vrije slag

1. Schelvis Femke	84	08-021	4:44.10	25m	8-3-98	Zaandam (NED)	562
2. Wentink Yara	04	08-021	5:08.51	25m	4-11-18	Alkmaar (NED)	439
3. Schelvis Roos	86	08-021	5:12.03	25m	25-5-00	Heemskerk (NED)	424
4. Hoekstra Eline	03	08-021	5:12.09	25m	15-1-17	Alkmaar (NED)	424
5. van de Poll Marianne	89	08-021	5:12.47	25m	9-6-03	Z.o. Beemster	422
6. Smit Sanne	01	08-021	5:14.00	25m	11-10-15	Alkmaar (NED)	416
7. Kingma Danae	00	08-021	5:17.00	25m	19-10-14	Zaandam (NED)	404
8. Buur Naomi	01	08-021	5:17.34	25m	6-4-15	Haarlem (NED)	403
9. Besse Karen	75	08-021	5:17.40	25m	3-12-89	Zaandam (NED)	403
10. de Boer Irene	84	08-021	5:18.40	25m	19-4-98	Zaandam (NED)	399
11. Vink Lidewij	90	08-021	5:18.83	25m	17-10-04	Zaandam (NED)	397

400 vrije slag (sinds 12)

12.	Palmboom Nicole	91	08-021	5:22.75	25m	28-4-05	Heemskerk (NED)	383
13.	van 't Veer Iris	03	08-021	5:24.57	25m	29-10-17	Den Helder (NED)	377
14.	de Groot Daniëlle	93	08-021	5:26.47	25m	9-12-07	Zaandam (NED)	370
15.	Hoek Daniëlle	88	08-021	5:29.70	25m	30-5-02	Heemskerk	359
16.	Crok Linda	94	08-021	5:31.44	25m	28-9-08	Zaandam (NED)	354
17.	de Ruijter Linda	87	08-021	5:33.06	25m	31-5-01	Heemskerk (NED)	349
18.	Bos Marieke	06	08-021	5:34.43	25m	20-9-20	Haarlem (NED)	344
19.	Schuyt Simone	75	08-021	5:35.50	25m	28-12-89	Heemskerk (NED)	341
20.	Groen Anne	95	08-021	5:36.15	25m	22-11-09	Purmerend (NED)	339
21.	de Boer Claudia	77	08-021	5:37.50	25m	10-3-91	Heemskerk (NED)	335
22.	van Ballegooie Simone	84	08-021	5:38.30	25m	19-4-98	Zaandam (NED)	333
23.	Kleijne Daisy	89	08-021	5:38.31	25m	16-11-03	Heemskerk (NED)	333
24.	Siemerink Laura	04	08-021	5:38.76	25m	4-11-18	Alkmaar (NED)	331
25.	Koopman Anitra	89	08-021	5:40.67	25m	16-11-03	Heemskerk (NED)	326

500 vrije slag**800 vrije slag**

1.	Schelvis Femke	84	08-021	10:01.40	25m	22-2-98	Zaandam (NED)	506
2.	Kingma Danae	00	08-021	10:34.87	25m	19-10-14	Zaandam (NED)	430
3.	Vink Lidewij	90	08-021	10:49.26	25m	17-10-04	Zaandam (NED)	402
4.	Schelvis Roos	86	08-021	10:49.56	25m	23-1-00	Heemskerk (NED)	401
5.	Smit Sanne	01	08-021	10:58.01	25m	18-10-15	Zaandam (NED)	386
6.	Crok Linda	94	08-021	11:04.28	25m	28-9-08	Zaandam (NED)	375
7.	de Groot Daniëlle	93	08-021	11:05.30	25m	9-12-07	Zaandam (NED)	374
8.	Besse Karen	75	08-021	11:13.40	25m	28-12-89	Heemskerk (NED)	360
9.	Kleijne Daisy	89	08-021	11:14.86	25m	26-10-03	Zaandam	358
10.	van de Poll Marianne	89	08-021	11:29.83	25m	16-11-03	Heemskerk (NED)	335
11.	Koopman Anitra	89	08-021	11:31.66	25m	16-11-03	Heemskerk (NED)	332
12.	Mallon Danique	94	08-021	11:37.15	25m	28-9-08	Zaandam (NED)	325
13.	Vink Marjolein	93	08-021	11:39.17	25m	14-10-07	Zaandam (NED)	322
14.	Crok Annemarie	89	08-021	11:40.31	25m	16-11-03	Heemskerk (NED)	320
15.	Hoek Daniëlle	88	08-021	11:41.73	25m	8-9-02	Heemskerk	318
16.	de Ruijter Linda	87	08-021	11:47.71	25m	4-11-01	Heemskerk	310
17.	Groen Anne	95	08-021	11:48.37	25m	13-9-09	Zaandam (NED)	309
18.	van der Gracht Anouk	89	08-021	11:54.61	25m	26-10-03	Zaandam	301
19.	de Boer Angela	80	08-021	12:02.50	25m	18-12-94	Wormerveer (NED)	292
20.	Niesten Iris	92	08-021	12:06.37	25m	22-10-06	Zaandam (NED)	287
21.	Meijer Linda	77	08-021	12:09.90	25m	27-1-91	Volendam (NED)	283
22.	de Haan Shira	00	08-021	12:13.86	25m	19-10-14	Zaandam (NED)	278
23.	Stins Mariska	84	08-021	12:17.00	25m	29-3-98	Heemstede (NED)	275
24.	Visser Stacey	87	08-021	12:38.83	25m	21-1-01	Heemskerk (NED)	252
25.	van Ballegooie Stefanie	86	08-021	12:57.57	25m	5-11-00	Zaandam (NED)	234

1000 vrije slag**1250 vrije slag**

1500 vrije slag

1. Vink Lidewij	90	08-021	20:04.86	25m	14-11-04	Heemskerk (NED)	444
2. Crok Linda	94	08-021	20:58.60	25m	9-11-08	Zaandam (NED)	390
3. de Groot Daniëlle	93	08-021	21:01.65	25m	9-12-07	Zaandam (NED)	387
4. Schelvis Roos	86	08-021	21:25.88	25m	5-3-00	Zaandam (NED)	365
5. Hoek Daniëlle	88	08-021	21:42.21	25m	1-12-02	Heemskerk	352
6. Kleijne Daisy	89	08-021	21:45.03	25m	16-11-03	Heemskerk (NED)	350
7. van de Poll Marianne	89	08-021	21:47.89	25m	16-11-03	Heemskerk (NED)	347
8. Koopman Anitra	89	08-021	21:53.80	25m	16-2-03	Zaandam	343
9. Crok Annemarie	89	08-021	22:14.20	25m	16-11-03	Heemskerk (NED)	327
10. de Ruijter Linda	87	08-021	22:18.56	25m	4-11-01	Heemskerk	324
11. van der Gracht Anouk	89	08-021	22:53.41	25m	16-2-03	Zaandam	300
12. Hogema Fabiën	93	08-021	22:56.00	25m	28-1-07	Zaandam (NED)	298
13. Groen Anne	95	08-021	23:06.14	25m	8-11-09	Zaandam (NED)	292
14. Vink Marjolein	93	08-021	23:15.85	25m	28-1-07	Zaandam (NED)	286
15. Mallon Danique	94	08-021	23:54.12	25m	9-11-08	Zaandam (NED)	263
16. van Koeveringe Nicole	93	08-021	24:03.62	25m	28-1-07	Zaandam (NED)	258
17. Niesten Iris	92	08-021	24:21.57	25m	3-12-06	Zaandam (NED)	249
18. Hoek Laura	86	08-021	26:25.18	25m	5-3-00	Zaandam (NED)	195
19. Nijman José	93	08-021	27:28.54	25m	28-1-07	Zaandam (NED)	173

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

1.	Schelvis Femke	84	08-021	15.10	25m	15-1-98	Heemskerk (NED)	512
2.	Schelvis Roos	86	08-021	16.39	25m	17-2-00	Heemskerk (NED)	400
3.	Meijer Linda	77	08-021	16.40	25m	16-5-91	Heemskerk (NED)	399
4.	Mallon Danique	94	08-021	16.78	25m	29-5-08	Heemskerk (NED)	373
5.	Crok Linda	94	08-021	16.95	25m	29-5-08	Heemskerk (NED)	361
6.	Schuyt Simone	75	08-021	17.00	25m	12-1-89	Heemskerk (NED)	358
7.	Koster Lisa	94	08-021	17.16	25m	29-5-08	Heemskerk (NED)	348
8.	Hulshof Saskia	73	08-021	17.20	25m	17-12-87	Heemskerk (NED)	346
9.	van der Kroft Nicole	84	08-021	17.30	25m	15-1-98	Heemskerk (NED)	340
10.	Besse Karen	75	08-021	17.40	25m	12-1-89	Heemskerk (NED)	334
10.	de Groot Daniëlle	93	08-021	17.40	25m	19-4-07	Heemskerk (NED)	334
12.	van Ballegooie Simone	84	08-021	17.50	25m	15-1-98	Heemskerk (NED)	328
13.	Zonneveld Cindy	75	08-021	17.80	25m	12-1-89	Heemskerk (NED)	312
14.	de Boer Irene	84	08-021	17.90	25m	15-1-98	Heemskerk (NED)	307
15.	Vink Marjolein	93	08-021	18.08	25m	19-4-07	Heemskerk (NED)	298
16.	Moolevliet Petra	82	08-021	18.10	25m	8-2-96	Heemskerk (NED)	297
17.	van der Geest Saskia	73	08-021	18.30	25m	17-12-87	Heemskerk (NED)	287
18.	Niesten Iris	92	08-021	18.38	25m	27-4-06	Heemskerk	283
19.	van Ballegooie Stefanie	86	08-021	18.51	25m	17-2-00	Heemskerk (NED)	277
20.	Hoek Laura	86	08-021	18.53	25m	17-2-00	Heemskerk (NED)	277
21.	de Ruijter Linda	87	08-021	18.54	25m	22-2-01	Heemskerk (NED)	276
22.	Splinter Nathalie	75	08-021	18.90	25m	12-1-89	Heemskerk (NED)	261
22.	de Vries Justine	83	08-021	18.90	25m	13-2-97	Heemskerk (NED)	261
22.	Zonneveld Chantal	84	08-021	18.90	25m	15-1-98	Heemskerk (NED)	261
25.	Hogema Fabiën	93	08-021	18.93	25m	19-4-07	Heemskerk (NED)	259

50 rugslag

1.	Kingma Danae	00	08-021	32.40	25m	7-9-14	Zaandam (NED)	497
2.	Siemerink Laura	04	08-021	33.00	25m	30-12-18	Leeuwarden (NED)	470
3.	Schelvis Femke	84	08-021	33.06	25m	14-2-98	Emmen (NED)	468
4.	Koster Lisa	94	08-021	33.98	25m	10-2-08	Purmerend (NED)	431
5.	Hoekstra Eline	03	08-021	34.16	25m	2-2-17	Heemskerk (NED)	424
6.	Smit Sanne	01	08-021	34.37	25m	15-2-15	Purmerend (NED)	416
7.	Koper Fiona	01	08-021	34.42	25m	8-3-15	Zaandam (NED)	414
8.	Kleijne Daisy	89	08-021	34.51	25m	28-12-03	Maastricht (NED)	411
9.	Schelvis Roos	86	08-021	34.63	25m	16-4-00	Almelo (NED)	407
10.	Wentink Yara	04	08-021	34.69	25m	7-10-18	Purmerend (NED)	405
11.	van 't Veer Iris	03	08-021	35.34	25m	5-11-17	Alkmaar (NED)	383
12.	van Assema Eline	05	08-021	35.57	25m	19-10-19	Barneveld (NED)	375
13.	Palmboom Nicole	91	08-021	35.59	25m	27-10-05	Heemskerk (NED)	375
14.	Crok Linda	94	08-021	35.69	25m	10-2-08	Purmerend (NED)	372
15.	van de Poll Marianne	89	08-021	35.74	25m	25-10-03	Nieuwegein (NED)	370
16.	Meijer Linda	77	08-021	35.80	25m	10-1-91	Heemskerk (NED)	368
17.	Buur Naomi	01	08-021	35.97	25m	20-12-15	Zaandam (NED)	363
18.	Mallon Danique	94	08-021	36.10	25m	23-3-08	Haarlem (NED)	359
19.	Koopman Anitra	89	08-021	36.28	25m	9-3-03	Zuidoostbeemster (NED)	354
20.	Scholten Britt	04	08-021	36.32	25m	15-2-18	Heemskerk (NED)	353
21.	Crok Annemarie	89	08-021	36.40	25m	28-12-03	Maastricht (NED)	350
22.	Kramer Miranda	80	08-021	36.60	25m	16-9-94		345
23.	van Ballegooie Simone	84	08-021	36.61	25m	19-9-98	Amersfoort (NED)	344
24.	van der Kroft Nicole	84	08-021	36.70	25m	18-1-98	Zuidoost Beemster (NED)	342
25.	de Boer Irene	84	08-021	36.80	25m	29-10-98	Heemskerk (NED)	339

100 rugslag

1. Kingma Danae	00	08-021	1:10.40	25m	30-10-14	Heemskerk (NED)	477
2. Schelvis Femke	84	08-021	1:10.80	25m	12-2-98	Heemskerk (NED)	469
3. Koster Lisa	94	08-021	1:13.17	25m	26-1-08	Terneuzen (NED)	425
4. Schelvis Roos	86	08-021	1:13.34	25m	16-4-00	Almelo (NED)	422
5. van 't Veer Iris	03	08-021	1:13.40	25m	5-11-17	Alkmaar (NED)	421
6. Smit Sanne	01	08-021	1:13.67	25m	15-11-15	Purmerend (NED)	416
7. Hoekstra Eline	03	08-021	1:14.07	25m	29-10-17	Den Helder (NED)	410
8. Koper Fiona	01	08-021	1:14.72	25m	15-11-15	Purmerend (NED)	399
9. Wentink Yara	04	08-021	1:14.96	25m	4-11-18	Alkmaar (NED)	395
10. Crok Linda	94	08-021	1:15.47	25m	30-11-08	Heemskerk (NED)	387
11. Meijer Linda	77	08-021	1:15.80	25m	8-9-91	Assendelft (NED)	382
12. Kleijne Daisy	89	08-021	1:15.96	25m	28-12-03	Maastricht (NED)	380
13. van der Kroft Nicole	84	08-021	1:16.00	25m	16-5-98	Zaandam (NED)	379
14. Siemerink Laura	04	08-021	1:16.61	25m	29-12-18	Leeuwarden (NED)	370
15. Buur Naomi	01	08-021	1:17.01	25m	18-1-15	Zaandam (NED)	364
16. Stins Mariska	84	08-021	1:17.08	25m	6-12-98	Zaandam	363
17. van Assema Eline	05	08-021	1:17.11	25m	3-11-19	Purmerend (NED)	363
18. Windmuller Wendy	69	08-021	1:17.30	25m	31-12-83		360
19. Mallon Danique	94	08-021	1:18.16	25m	27-3-08	Heemskerk (NED)	349
20. Kramer Miranda	80	08-021	1:18.30	25m	17-3-94	Heemskerk	347
21. de Boer Irene	84	08-021	1:18.50	25m	16-5-98	Zaandam (NED)	344
22. Scholten Britt	04	08-021	1:19.04	25m	4-2-18	Purmerend (NED)	337
23. van Ballegooie Simone	84	08-021	1:19.05	25m	11-10-98	Alkmaar (NED)	337
24. Crok Annemarie	89	08-021	1:19.08	25m	28-12-03	Maastricht (NED)	336
25. de Graaf Annemiek	70	08-021	1:20.20	25m	12-2-84	Heemskerk (NED)	323

200 rugslag

1. Schelvis Femke	84	08-021	2:30.70	25m	23-5-98	Zaandam (NED)	495
2. Schelvis Roos	86	08-021	2:39.57	25m	19-11-00	Zaandam (NED)	417
3. van 't Veer Iris	03	08-021	2:41.43	25m	15-10-17	Alkmaar (NED)	402
4. Wentink Yara	04	08-021	2:42.13	25m	21-10-18	Purmerend (NED)	397
5. Hoekstra Eline	03	08-021	2:42.71	25m	19-3-17	Zaandam (NED)	393
6. Crok Annemarie	89	08-021	2:43.30	25m	9-11-03	Zaandam	389
7. Crok Linda	94	08-021	2:43.45	25m	16-11-08	Amsterdam-oost (NED)	388
8. Kleijne Daisy	89	08-021	2:44.47	25m	25-9-03	Heemskerk (NED)	380
9. Meijer Linda	77	08-021	2:45.40	25m	7-9-91	Assendelft (NED)	374
10. Vink Lidewij	90	08-021	2:48.14	25m	3-10-04	Heemskerk (NED)	356
11. van der Kroft Nicole	84	08-021	2:48.65	25m	24-9-98	Heemskerk (NED)	353
12. Blaauw Yente	03	08-021	2:49.15	25m	19-3-17	Zaandam (NED)	350
13. van Assema Eline	05	08-021	2:49.34	25m	16-11-19	Hoofddorp (NED)	349
14. Buur Naomi	01	08-021	2:49.99	25m	24-5-15	Purmerend (NED)	345
15. Niesten Iris	92	08-021	2:51.37	25m	1-10-06	Volendam (NED)	336
16. de Boer Irene	84	08-021	2:51.49	25m	24-9-98	Heemskerk (NED)	336
17. Petit Kirsten	00	08-021	2:51.80	25m	8-6-14	Purmerend (NED)	334
18. Koopman Anitra	89	08-021	2:52.12	25m	5-10-03	Heemskerk (NED)	332
19. Windmuller Wendy	69	08-021	2:53.00	25m	10-4-83	Heemskerk (NED)	327
20. Scholten Britt	04	08-021	2:54.33	25m	20-5-18	Purmerend (NED)	319
21. Essers Sanne	91	08-021	2:54.90	25m	2-10-05	Zaandam (NED)	316
22. Stins Mariska	84	08-021	2:55.30	25m	10-12-98	Heemskerk (NED)	314
23. Stam Sabrina	82	08-021	2:55.70	25m	10-10-96	Heemskerk (NED)	312
24. de Graaf Annemiek	70	08-021	2:56.50	25m	23-9-84	Heemskerk (NED)	308
25. van de Poll Marianne	89	08-021	2:57.21	25m	5-10-03	Heemskerk (NED)	304

500 rugslag**25 schoolslag**

1.	Hogema Fabiën	93	08-021	18.32	25m	19-4-07	Heemskerk (NED)	384
2.	van der Geest Saskia	73	08-021	18.40	25m	17-12-87	Heemskerk (NED)	379
3.	Koster Lisa	94	08-021	18.58	25m	29-5-08	Heemskerk (NED)	368
4.	Schelvis Femke	84	08-021	18.60	25m	19-3-98	Heemskerk (NED)	367
5.	Crok Linda	94	08-021	18.68	25m	29-5-08	Heemskerk (NED)	362
6.	van der Kroft Nicole	84	08-021	18.80	25m	19-3-98	Heemskerk (NED)	355
7.	de Groot Daniëlle	93	08-021	19.05	25m	19-4-07	Heemskerk (NED)	341
8.	Vink Marjolein	93	08-021	19.06	25m	19-4-07	Heemskerk (NED)	341
9.	Schuyt Simone	75	08-021	19.10	25m	12-1-89	Heemskerk (NED)	339
10.	van Rookhuizen Sieta	79	08-021	19.30	25m	16-6-93		328
11.	Schelvis Roos	86	08-021	19.34	25m	17-2-00	Heemskerk (NED)	326
12.	Besse Karen	75	08-021	19.40	25m	12-1-89	Heemskerk (NED)	323
13.	Boekling Annette	85	08-021	19.55	25m	25-3-99	Heemskerk (NED)	316
14.	Niesten Annet	62	08-021	19.90	25m	14-9-76	Heemskerk (NED)	299
14.	Limmen Miriam	75	08-021	19.90	25m	31-12-89	Heemskerk (NED)	299
16.	Stins Mariska	84	08-021	20.00	25m	19-3-98	Heemskerk (NED)	295
17.	van Kooten Cynthia	93	08-021	20.28	25m	19-4-07	Heemskerk (NED)	283
18.	Meijer Sylvia	81	08-021	20.30	25m	27-4-95	Heemskerk (NED)	282
19.	Niesten Iris	92	08-021	20.31	25m	27-4-06	Heemskerk	282
20.	Splinter Nathalie	75	08-021	20.40	25m	12-1-89	Heemskerk (NED)	278
20.	Meijer Linda	77	08-021	20.40	25m	16-5-91	Heemskerk (NED)	278
20.	Moolevliet Petra	82	08-021	20.40	25m	14-3-96	Heemskerk (NED)	278
23.	Hulshof Saskia	73	08-021	20.60	25m	17-12-87	Heemskerk (NED)	270
24.	van Ballegooie Stefanie	86	08-021	20.61	25m	17-2-00	Heemskerk (NED)	269
25.	Zonneveld Cindy	75	08-021	20.70	25m	12-1-89	Heemskerk (NED)	266

50 schoolslag

1.	Kingma Danae	00	08-021	36.07	25m	7-9-14	Zaandam (NED)	500
2.	Palmboom Nicole	91	08-021	38.23	25m	5-6-05	Alkmaar (NED)	420
3.	de Groot Daniëlle	93	08-021	40.17	25m	30-12-07	Maastricht (NED)	362
4.	van Rookhuizen Sieta	79	08-021	40.30	25m	14-10-93	Heemskerk	358
5.	Hoekstra Eline	03	08-021	40.35	25m	5-11-17	Alkmaar (NED)	357
6.	Koster Lisa	94	08-021	40.53	25m	10-2-08	Purmerend (NED)	352
7.	Schelvis Roos	86	08-021	40.77	25m	3-12-00	Zaandam (NED)	346
8.	van der Kroft Nicole	84	08-021	40.80	25m	9-4-98	Heemskerk (NED)	345
9.	Siemerink Laura	04	08-021	40.82	25m	4-11-18	Alkmaar (NED)	345
10.	Kramer Miranda	80	08-021	40.90	25m	5-3-94		343
11.	Smit Sanne	01	08-021	40.95	25m	15-2-15	Purmerend (NED)	342
12.	Vink Marjolein	93	08-021	40.99	25m	8-4-07	Haarlem (NED)	341
13.	van 't Veer Iris	03	08-021	41.00	25m	9-11-17	Heemskerk (NED)	340
14.	Hogema Fabiën	93	08-021	41.02	25m	8-4-07	Haarlem (NED)	340
15.	de Haan Shira	00	08-021	41.52	25m	7-12-14	Heemskerk (NED)	328
16.	van Huisstede Nikita	01	08-021	41.62	25m	19-2-15	Heemskerk (NED)	325
17.	Crok Linda	94	08-021	41.63	25m	10-2-08	Purmerend (NED)	325
18.	de Boer Maia	03	08-021	41.76	25m	7-5-17	Zaandam (NED)	322
19.	Stam Sabrina	82	08-021	41.80	25m	27-10-96	Zaandam (NED)	321
20.	Schelvis Femke	84	08-021	41.82	25m	24-9-98	Heemskerk (NED)	321
21.	de Wildt Maud	05	08-021	41.92	25m	6-10-19	Purmerend (NED)	318
22.	Buur Naomi	01	08-021	41.97	25m	1-2-15	Zaandam (NED)	317

50 schoolslag (sinds 23)

23. Stins Mariska	84	08-021	42.10	25m	15-11-98	Zaandam (NED)	314
24. Boekling Annette	85	08-021	42.13	25m	16-12-99	Heemskerk	314
25. van Langelaar Tessa	97	08-021	42.52	25m	29-5-11	Purmerend (NED)	305

100 schoolslag

1. Kingma Danae	00	08-021	1:19.25	25m	16-11-14	Zaandam (NED)	487
2. Palmboom Nicole	91	08-021	1:25.25	25m	27-3-05	Haarlem (NED)	391
3. van 't Veer Iris	03	08-021	1:26.58	25m	9-11-17	Heemskerk (NED)	373
4. Hoekstra Eline	03	08-021	1:26.69	25m	3-12-17	Heemskerk (NED)	372
5. van der Geest Saskia	73	08-021	1:26.70	25m	13-12-87	Assendelft (NED)	372
6. de Groot Daniëlle	93	08-021	1:27.15	25m	29-12-07	Maastricht (NED)	366
7. van der Kroft Nicole	84	08-021	1:27.85	25m	29-10-98	Heemskerk (NED)	357
8. Kramer Miranda	80	08-021	1:28.10	25m	4-4-94	Haarlem (NED)	354
9. Schelvis Roos	86	08-021	1:28.19	25m	24-4-00	Haarlem (NED)	353
10. van Galen Angela	65	08-021	1:28.50	25m	25-11-79	Heemskerk (NED)	349
11. Plokker Sylvia	68	08-021	1:28.70	25m	21-3-82		347
12. Schelvis Femke	84	08-021	1:28.79	25m	29-10-98	Heemskerk (NED)	346
13. de Haan Shira	00	08-021	1:28.94	25m	7-12-14	Heemskerk (NED)	344
14. Koster Lisa	94	08-021	1:29.59	25m	24-3-08	Haarlem (NED)	337
15. Smit Sanne	01	08-021	1:29.78	25m	8-3-15	Zaandam (NED)	335
16. Vink Marjolein	93	08-021	1:29.86	25m	30-9-07	Volendam (NED)	334
17. Siemerink Laura	04	08-021	1:30.22	25m	2-12-18	Zaandam (NED)	330
18. de Wildt Maud	05	08-021	1:30.30	25m	6-10-19	Purmerend (NED)	329
19. Stam Sabrina	82	08-021	1:30.40	25m	3-11-96	Zaandam (NED)	328
20. Niesten Iris	92	08-021	1:30.60	25m	16-4-06	Haarlem (NED)	326
21. Boekling Annette	85	08-021	1:31.04	25m	12-12-99	Heemskerk (NED)	321
22. Buur Naomi	01	08-021	1:31.22	25m	4-10-15	Purmerend (NED)	319
23. Crok Linda	94	08-021	1:31.40	25m	24-3-08	Haarlem (NED)	317
24. Hogema Fabiën	93	08-021	1:31.50	25m	9-4-07	Haarlem (NED)	316
25. de Graaf Dinie	71	08-021	1:31.80	25m	29-9-85	Heemskerk (NED)	313

200 schoolslag

1. Kingma Danae	00	08-021	2:58.86	25m	26-10-14	Zaandam (NED)	425
2. van der Geest Saskia	73	08-021	3:05.90	25m	4-10-87	Zaandam (NED)	379
3. de Groot Daniëlle	93	08-021	3:07.48	25m	13-12-07	Heemskerk (NED)	369
4. Palmboom Nicole	91	08-021	3:07.75	25m	27-10-05	Heemskerk (NED)	368
5. Schelvis Roos	86	08-021	3:08.06	25m	27-1-00	Heemskerk (NED)	366
6. van 't Veer Iris	03	08-021	3:08.59	25m	29-10-17	Den Helder (NED)	363
7. Vink Marjolein	93	08-021	3:10.04	25m	18-11-07	Alkmaar (NED)	355
8. Kramer Miranda	80	08-021	3:10.20	25m	24-11-94	Heemskerk (NED)	354
9. Schelvis Femke	84	08-021	3:10.30	25m	9-5-98	Zaandam (NED)	353
10. van der Kroft Nicole	84	08-021	3:10.50	25m	9-5-98	Zaandam (NED)	352
11. Hoekstra Eline	03	08-021	3:11.69	25m	12-2-17	Purmerend (NED)	345
12. Crok Linda	94	08-021	3:12.45	25m	13-1-08	Heemskerk (NED)	341
13. Niesten Iris	92	08-021	3:13.54	25m	26-11-06	Heemskerk (NED)	336
14. de Haan Shira	00	08-021	3:14.14	25m	26-10-14	Zaandam (NED)	333
15. van Galen Angela	65	08-021	3:15.30	25m	28-10-79	Heerhugowaard (NED)	327
16. Plokker Sylvia	68	08-021	3:15.90	25m	21-3-82		324
17. van Rookhuizen Sieta	79	08-021	3:16.10	25m	7-1-93	Heemskerk (NED)	323
18. Moolevliet Petra	82	08-021	3:16.40	25m	4-2-96	Heerhugowaard (NED)	321
19. Oudendijk Bianca	79	08-021	3:16.80	25m	17-11-93		319

200 schoolslag (sinds 20)

20. Siemerink Laura	04	08-021	3:17.15	25m	7-10-18	Purmerend (NED)	318
21. Mallon Danique	94	08-021	3:17.59	25m	13-1-08	Heemskerk (NED)	315
22. Limmen Miriam	75	08-021	3:18.30	25m	1-10-89	Zaandam (NED)	312
23. Vink Lidewij	90	08-021	3:18.51	25m	28-11-04	Heemskerk (NED)	311
24. Crok Annemarie	89	08-021	3:18.59	25m	30-10-03	Heemskerk	311
25. de Ruijter Linda	87	08-021	3:19.00	25m	18-11-01	Heemskerk	309

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

1. Schelvis Femke	84	08-021	15.00	25m	15-1-98	Heemskerk (NED)	415
2. Besse Karen	75	08-021	15.30	25m	12-1-89	Heemskerk (NED)	391
2. de Groot Daniëlle	93	08-021	15.30	25m	19-4-07	Heemskerk (NED)	391
4. Koster Lisa	94	08-021	15.51	25m	29-5-08	Heemskerk (NED)	375
5. Meijer Linda	77	08-021	15.60	25m	16-5-91	Heemskerk (NED)	369
6. Schuyt Simone	75	08-021	15.90	25m	31-12-89	Heemskerk (NED)	348
7. Crok Linda	94	08-021	16.08	25m	29-5-08	Heemskerk (NED)	337
8. Vink Marjolein	93	08-021	16.11	25m	19-4-07	Heemskerk (NED)	335
8. Mallon Danique	94	08-021	16.11	25m	29-5-08	Heemskerk (NED)	335
10. Schelvis Roos	86	08-021	16.25	25m	4-5-00	Heemskerk (NED)	326
11. de Vries Chrissie	93	08-021	16.40	25m	19-4-07	Heemskerk (NED)	317
12. Visser Stacey	87	08-021	16.59	25m	29-3-01	Heemskerk (NED)	306
13. Moolevliet Petra	82	08-021	16.60	25m	8-2-96	Heemskerk (NED)	306
14. de Boer Irene	84	08-021	16.70	25m	15-1-98	Heemskerk (NED)	300
14. van der Kroft Nicole	84	08-021	16.70	25m	15-1-98	Heemskerk (NED)	300
16. Hogema Fabiën	93	08-021	17.16	25m	19-4-07	Heemskerk (NED)	277
17. van Ballegooie Simone	84	08-021	17.20	25m	15-1-98	Heemskerk (NED)	275
18. van Rookhuizen Sieta	79	08-021	17.50	25m	16-6-93		261
19. Meijer Sylvia	81	08-021	17.60	25m	16-3-95	Heemskerk (NED)	257

25 vlinderslag (sinds 20)

20. Boekling Annette	85	08-021	17.71	25m	25-3-99	Heemskerk (NED)	252
21. van der Geest Saskia	73	08-021	17.80	25m	17-12-87	Heemskerk (NED)	248
22. Hulshof Saskia	73	08-021	17.90	25m	17-12-87	Heemskerk (NED)	244
23. de Vries Justine	83	08-021	18.20	25m	13-2-97	Heemskerk (NED)	232
24. Zonneveld Cindy	75	08-021	18.30	25m	12-1-89	Heemskerk (NED)	228
25. Hoek Laura	86	08-021	18.50	25m	4-5-00	Heemskerk (NED)	221

50 vlinderslag

1. Kingma Danae	00	08-021	30.86	25m	30-10-14	Heemskerk (NED)	493
2. Schelvis Femke	84	08-021	31.90	25m	24-5-98	Zaandam (NED)	446
3. Hoekstra Eline	03	08-021	32.04	25m	19-11-17	Hoofddorp (NED)	440
4. Siemerink Laura	04	08-021	32.38	25m	25-11-18	Hoofddorp (NED)	426
5. Wentink Yara	04	08-021	32.53	25m	1-7-18	Den Helder (NED)	420
6. van de Poll Marianne	89	08-021	33.05	25m	22-6-03	Amsterdam (NED)	401
7. de Groot Daniëlle	93	08-021	33.34	25m	29-12-07	Maastricht (NED)	391
8. Smit Sanne	01	08-021	34.55	25m	6-9-15	Zaandam (NED)	351
9. Koster Lisa	94	08-021	34.65	25m	10-2-08	Purmerend (NED)	348
10. Schelvis Roos	86	08-021	34.67	25m	30-11-00	Heemskerk (NED)	347
11. Buur Naomi	01	08-021	34.78	25m	15-2-15	Purmerend (NED)	344
12. Vink Lidewij	90	08-021	34.90	25m	23-12-04	Heemskerk (NED)	340
13. Palmboom Nicole	91	08-021	34.94	25m	29-12-05	Maastricht (NED)	339
14. Verbree Bets	63	08-021	35.00	25m	27-11-77	IJmuiden (NED)	337
15. Besse Karen	75	08-021	35.10	25m	9-3-89	Heemskerk (NED)	335
16. de Haan Shira	00	08-021	35.16	25m	30-10-14	Heemskerk (NED)	333
17. Vink Marjolein	93	08-021	35.31	25m	29-12-07	Maastricht (NED)	329
18. Mallon Danique	94	08-021	35.62	25m	10-2-08	Purmerend (NED)	320
19. van Ballegoie Simone	84	08-021	36.00	25m	9-4-98	Heemskerk (NED)	310
20. Schuyt Simone	75	08-021	36.40	25m	1-11-89		300
20. Meijer Linda	77	08-021	36.40	25m	13-1-91	Z.O. Beemster (NED)	300
22. van der Kroft Nicole	84	08-021	36.58	25m	27-9-98	Assendelft (NED)	296
23. Koopman Anitra	89	08-021	36.66	25m	9-2-03	Zaandam (NED)	294
24. Hogema Fabiën	93	08-021	36.68	25m	11-3-07	Purmerend (NED)	293
25. Crok Annemarie	89	08-021	36.84	25m	18-12-03	Heemskerk (NED)	289

100 vlinderslag

1. Schelvis Femke	84	08-021	1:10.93	25m	13-12-98	Heemskerk (NED)	456
2. Kingma Danae	00	08-021	1:11.61	25m	7-12-14	Heemskerk (NED)	443
3. de Groot Daniëlle	93	08-021	1:13.13	25m	25-11-07	Amsterdam (NED)	416
4. van de Poll Marianne	89	08-021	1:15.65	25m	14-12-03	Heemskerk (NED)	376
5. Wentink Yara	04	08-021	1:15.94	25m	2-12-18	Zaandam (NED)	371
6. Hoekstra Eline	03	08-021	1:17.32	25m	29-10-17	Den Helder (NED)	352
7. Mallon Danique	94	08-021	1:17.75	25m	23-3-08	Haarlem (NED)	346
8. Besse Karen	75	08-021	1:18.50	25m	1-10-89	Zaandam (NED)	336
9. Vink Lidewij	90	08-021	1:18.70	25m	28-11-04	Heemskerk (NED)	334
10. Smit Sanne	01	08-021	1:18.91	25m	15-11-15	Purmerend (NED)	331
11. Siemerink Laura	04	08-021	1:20.19	25m	2-12-18	Zaandam (NED)	315
12. Schelvis Roos	86	08-021	1:20.39	25m	23-4-00	Haarlem (NED)	313
13. Moolevliet Petra	82	08-021	1:21.80	25m	6-4-96	Haarlem (NED)	297
14. Palmboom Nicole	91	08-021	1:21.91	25m	27-11-05	Heemskerk (NED)	296
15. Koster Lisa	94	08-021	1:21.95	25m	6-1-08	Alkmaar (NED)	295
16. van Ballegoie Simone	84	08-021	1:22.69	25m	11-10-98	Alkmaar (NED)	288

100 vlinderslag (sinds 17)

17.	van Rookhuizen Sieta	79	08-021	1:23.10	25m	17-1-93	Zaandam	283
18.	Meijer Linda	77	08-021	1:23.60	25m	4-4-91	Heemskerk (NED)	278
19.	Vink Marjolein	93	08-021	1:23.80	25m	25-11-07	Amsterdam (NED)	276
20.	Scholten Britt	04	08-021	1:24.06	25m	11-2-18	Zaandam (NED)	274
21.	Visser Stacey	87	08-021	1:24.15	25m	31-5-01	Heemskerk (NED)	273
22.	Koopman Anitra	89	08-021	1:24.85	25m	27-3-03	Heemskerk	266
23.	van der Kroft Nicole	84	08-021	1:25.49	25m	11-10-98	Alkmaar (NED)	260
24.	Crok Annemarie	89	08-021	1:25.61	25m	9-11-03	Zaandam	259
25.	Plokker Sylvia	68	08-021	1:25.70	25m	18-4-82		258

200 vlinderslag

1.	Wentink Yara	04	08-021	2:55.31	25m	18-3-18	Purmerend (NED)	317
2.	de Groot Daniëlle	93	08-021	2:56.23	25m	26-5-07	Purmerend (NED)	312
3.	van de Poll Marianne	89	08-021	2:59.51	25m	7-6-03	Z.o. Beemster	295
4.	Mallon Danique	94	08-021	3:01.16	25m	31-1-08	Heemskerk (NED)	287
5.	Vink Lidewij	90	08-021	3:01.85	25m	25-11-04	Heemskerk (NED)	284
6.	Koster Lisa	94	08-021	3:11.30	25m	31-1-08	Heemskerk (NED)	244
7.	Palmboom Nicole	91	08-021	3:12.94	25m	24-11-05	Heemskerk (NED)	238
8.	Crok Linda	94	08-021	3:13.67	25m	31-1-08	Heemskerk (NED)	235
9.	Crok Annemarie	89	08-021	3:15.06	25m	27-11-03	Heemskerk (NED)	230
10.	Moolevliet Petra	82	08-021	3:15.30	25m	4-2-96	Heerhugowaard (NED)	229
11.	Kleijne Daisy	89	08-021	3:15.66	25m	27-11-03	Heemskerk (NED)	228
12.	Vink Marjolein	93	08-021	3:18.05	25m	31-5-07	Heemskerk (NED)	220
13.	de Ruijter Linda	87	08-021	3:19.17	25m	20-12-01	Heemskerk	216
14.	Koopman Anitra	89	08-021	3:29.51	25m	27-11-03	Heemskerk (NED)	186
15.	Niesten Iris	92	08-021	3:31.96	25m	30-11-06	Heemskerk	179
16.	Visser Stacey	87	08-021	3:34.79	25m	18-3-01	Zaandam (NED)	172
17.	Hoek Daniëlle	88	08-021	3:35.56	25m	28-11-02	Heemskerk	170
18.	Essers Sanne	91	08-021	3:36.64	25m	15-5-05	Zuidoost-Beemster (NED)	168

1000 vlinderslag100 wisselslag

1.	Kingma Danae	00	08-021	1:09.82	25m	7-12-14	Heemskerk (NED)	530
2.	Schelvis Femke	84	08-021	1:12.27	25m	15-2-98	Emmen (NED)	478
3.	Hoekstra Eline	03	08-021	1:13.97	25m	15-10-17	Alkmaar (NED)	445
4.	Koster Lisa	94	08-021	1:13.98	25m	12-5-08	Purmerend (NED)	445
5.	Smit Sanne	01	08-021	1:15.51	25m	23-4-15	Heemskerk (NED)	419
6.	Wentink Yara	04	08-021	1:16.09	25m	17-5-18	Heemskerk (NED)	409
7.	de Groot Daniëlle	93	08-021	1:16.88	25m	2-12-07	Alkmaar (NED)	397
8.	Buur Naomi	01	08-021	1:17.39	25m	23-4-15	Heemskerk (NED)	389
9.	Palmboom Nicole	91	08-021	1:17.86	25m	29-9-05	Heemskerk (NED)	382
10.	Schelvis Roos	86	08-021	1:18.15	25m	26-11-00	Alkmaar (NED)	378
11.	Siemerink Laura	04	08-021	1:18.24	25m	17-5-18	Heemskerk (NED)	376
12.	Vink Marjolein	93	08-021	1:18.37	25m	2-12-07	Alkmaar (NED)	374
13.	Crok Linda	94	08-021	1:18.50	25m	7-12-08	Zaandam (NED)	373
14.	Vink Lidewij	90	08-021	1:18.66	25m	30-9-04	Heemskerk (NED)	370
15.	van 't Veer Iris	03	08-021	1:18.80	25m	11-5-17	Heemskerk (NED)	368
16.	Mallon Danique	94	08-021	1:19.36	25m	29-5-08	Heemskerk (NED)	361
17.	van der Kroft Nicole	84	08-021	1:19.37	25m	15-11-98	Zaandam (NED)	360
17.	Kleijne Daisy	89	08-021	1:19.37	25m	25-9-03	Heemskerk (NED)	360

100 wisselslag (sinds 19)

19. Stam Sabrina	82	08-021	1:19.60	25m	3-11-96	Zaandam (NED)	357
20. Crok Annemarie	89	08-021	1:20.11	25m	28-12-03	Maastricht (NED)	351
21. Besse Karen	75	08-021	1:20.20	25m	30-12-89		349
22. de Haan Shira	00	08-021	1:20.22	25m	30-3-14	Zaandam (NED)	349
23. van de Poll Marianne	89	08-021	1:20.27	25m	25-9-03	Heemskerk (NED)	348
24. Niesten Iris	92	08-021	1:20.40	25m	28-9-06	Heemskerk (NED)	347
25. Petit Kirsten	00	08-021	1:20.41	25m	7-12-14	Heemskerk (NED)	347

200 wisselslag

1. Schelvis Femke	84	08-021	2:33.30	25m	9-5-98	Zaandam (NED)	502
2. Kingma Danae	00	08-021	2:33.95	25m	16-11-14	Zaandam (NED)	495
3. Hoekstra Eline	03	08-021	2:39.18	25m	5-11-17	Alkmaar (NED)	448
4. Schelvis Roos	86	08-021	2:46.58	25m	5-11-00	Zaandam (NED)	391
5. Buur Naomi	01	08-021	2:47.74	25m	8-3-15	Zaandam (NED)	383
6. Palmboom Nicole	91	08-021	2:47.78	25m	15-12-05	Heemskerk (NED)	383
7. Wentink Yara	04	08-021	2:48.26	25m	14-1-18	Purmerend (NED)	379
8. van 't Veer Iris	03	08-021	2:49.22	25m	5-11-17	Alkmaar (NED)	373
9. Vink Marjolein	93	08-021	2:49.25	25m	14-10-07	Zaandam (NED)	373
10. Smit Sanne	01	08-021	2:49.64	25m	18-1-15	Zaandam (NED)	370
11. Koster Lisa	94	08-021	2:49.85	25m	23-3-08	Haarlem (NED)	369
12. van der Kroft Nicole	84	08-021	2:49.86	25m	26-11-98	Heemskerk (NED)	369
13. Crok Linda	94	08-021	2:50.06	25m	28-9-08	Zaandam (NED)	367
14. Mallon Danique	94	08-021	2:50.16	25m	28-9-08	Zaandam (NED)	367
15. Vink Lidewij	90	08-021	2:50.27	25m	17-10-04	Zaandam (NED)	366
16. de Groot Daniëlle	93	08-021	2:51.12	25m	8-4-07	Haarlem (NED)	361
17. Verbree Bets	63	08-021	2:52.00	25m	10-12-77	Heemskerk (NED)	355
17. Besse Karen	75	08-021	2:52.00	25m	3-12-89	Zaandam (NED)	355
19. Siemerink Laura	04	08-021	2:52.87	25m	2-12-18	Zaandam (NED)	350
20. Crok Annemarie	89	08-021	2:53.14	25m	26-10-03	Zaandam	348
21. Kleijne Daisy	89	08-021	2:53.17	25m	26-10-03	Zaandam	348
22. van Ballegooye Simone	84	08-021	2:53.90	25m	8-3-98	Zaandam (NED)	344
23. Koopman Anitra	89	08-021	2:54.28	25m	30-1-03	Heemskerk	341
24. Stins Mariska	84	08-021	2:54.78	25m	26-11-98	Heemskerk (NED)	338
25. Essers Sanne	91	08-021	2:54.97	25m	15-12-05	Heemskerk (NED)	337

300 wisselslag

1. Vink Lidewij	90	08-021	4:24.09	25m	19-12-04	Heemskerk (NED)
2. Crok Linda	94	08-021	4:25.22	25m	9-11-08	Zaandam (NED)
3. van de Poll Marianne	89	08-021	4:28.07	25m	30-11-03	Heemskerk (NED)
4. de Groot Daniëlle	93	08-021	4:29.29	25m	9-12-07	Zaandam (NED)
5. Koopman Anitra	89	08-021	4:34.08	25m	30-11-03	Heemskerk (NED)
6. Kleijne Daisy	89	08-021	4:34.95	25m	30-11-03	Heemskerk (NED)
7. Crok Annemarie	89	08-021	4:35.29	25m	30-11-03	Heemskerk (NED)
8. Hoek Daniëlle	88	08-021	4:40.53	25m	24-11-02	Amsterdam
9. Mallon Danique	94	08-021	4:41.82	25m	9-11-08	Zaandam (NED)
10. de Ruijter Linda	87	08-021	4:45.36	25m	20-1-01	Amsterdam (NED)
11. Niesten Iris	92	08-021	4:47.61	25m	3-12-06	Zaandam (NED)
12. Visser Stacey	87	08-021	4:50.92	25m	20-1-01	Amsterdam (NED)
13. van der Gracht Anouk	89	08-021	4:59.68	25m	30-11-03	Heemskerk (NED)
14. Hoek Laura	86	08-021	5:12.22	25m	23-1-00	Heemskerk (NED)
15. van Ballegooye Stefanie	86	08-021	5:14.28	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. Crok Linda	94	08-021	5:58.13	25m	24-2-08	Zaandam (NED)	377
4. Schelvis Roos	86	08-021	6:03.57	25m	30-3-00	Heemskerk (NED)	361
5. Mallon Danique	94	08-021	6:04.26	25m	24-2-08	Zaandam (NED)	359
6. Koopman Anitra	89	08-021	6:09.20	25m	23-2-03	Heemskerk	344
7. van der Kroft Nicole	84	08-021	6:12.00	25m	10-5-98	Zaandam (NED)	337
8. Stins Mariska	84	08-021	6:14.70	25m	10-12-98	Heemskerk (NED)	330
9. Blaauw Yente	03	08-021	6:17.24	25m	19-3-17	Zaandam (NED)	323
10. van Ballegooie Simone	84	08-021	6:18.60	25m	29-3-98	Heemstede (NED)	319
11. de Wildt Maud	05	08-021	6:19.36	25m	24-11-19	Hoofddorp (NED)	318
12. Palmboom Nicole	91	08-021	6:21.08	25m	30-1-05	Zaandam (NED)	313
13. Vink Marjolein	93	08-021	6:21.35	25m	11-2-07	Zaandam (NED)	313
14. Essers Sanne	91	08-021	6:22.32	25m	30-1-05	Zaandam (NED)	310
15. de Boer Irene	84	08-021	6:28.40	25m	29-3-98	Heemstede (NED)	296
16. Hoek Daniëlle	88	08-021	6:29.23	25m	24-2-02	Heemskerk	294
17. Dijkstra Ingrid	68	08-021	6:31.20	25m	3-4-82	Heemskerk (NED)	290
18. Visser Stacey	87	08-021	6:32.17	25m	25-2-01	Heemskerk (NED)	287
19. de Haan Shira	00	08-021	6:32.23	25m	9-2-14	Zaandam (NED)	287
20. de Ruijter Linda	87	08-021	6:32.90	25m	25-2-01	Heemskerk (NED)	286
21. Vink Lidewij	90	08-021	6:36.96	25m	29-2-04	Wormerveer	277
22. van der Gracht Anouk	89	08-021	6:38.51	25m	23-2-03	Heemskerk	274
23. Niesten Iris	92	08-021	6:43.96	25m	29-1-06	Zaandam (NED)	263
24. Plokker Sylvia	68	08-021	6:45.00	25m	3-4-82	Heemskerk (NED)	261
25. Hoek Laura	86	08-021	6:56.08	25m	30-3-00	Heemskerk (NED)	241