

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

1. Schut Bodine	09	08-021	1:09.03	25m	19-1-20	Zaandam (NED)
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**100m borstcrawl benen****25 vrije slag**

1. Petit Kirsten	00	08-021	15.17	25m	30-6-11	Heemskerk (NED)	327
2. Schelvis Femke	84	08-021	15.50	25m	27-4-95	Heemskerk (NED)	307
3. Zwarthoed Brenda	96	08-021	15.91	25m	19-4-07	Heemskerk (NED)	284
4. Schelvis Roos	86	08-021	16.00	25m	13-3-97	Heemskerk (NED)	279
5. van Honk Chantal	80	08-021	16.10	25m	16-5-91	Heemskerk (NED)	274
6. Teufer Irene	96	08-021	16.12	25m	19-4-07	Heemskerk (NED)	273
7. Visser Kelly	89	08-021	16.18	25m	4-5-00	Heemskerk (NED)	270
8. Dijkstra Lisette	86	08-021	16.60	25m	13-3-97	Heemskerk (NED)	250
8. Buur Naomi	01	08-021	16.60	25m	26-4-12	Heemskerk (NED)	250
10. Koopman Anitra	89	08-021	16.69	25m	4-5-00	Heemskerk (NED)	246
11. van der Kroft Nicole	84	08-021	16.90	25m	27-4-95	Heemskerk (NED)	237
12. van Ballegooie Simone	84	08-021	17.00	25m	27-4-95	Heemskerk (NED)	232
13. Bruin Marianne	78	08-021	17.10	25m	31-12-89	Heemskerk (NED)	228
14. de Vriend Sofie	01	08-021	17.16	25m	26-4-12	Heemskerk (NED)	226
15. Koper Fiona	01	08-021	17.19	25m	26-4-12	Heemskerk (NED)	225
16. Steenkamp Ciska	90	08-021	17.25	25m	29-3-01	Heemskerk (NED)	222
16. Kesting Alexandra	00	08-021	17.25	25m	14-4-11	Heemskerk (NED)	222
18. de Boer Irene	84	08-021	17.40	25m	27-4-95	Heemskerk (NED)	217
19. de Haan Shira	00	08-021	17.65	25m	14-4-11	Heemskerk (NED)	208
20. Besse Meta	78	08-021	17.70	25m	31-12-89	Heemskerk (NED)	206
20. Hoogervorst Marlon	84	08-021	17.70	25m	16-2-95	Heemskerk (NED)	206
20. Hoek Daniëlle	88	08-021	17.70	25m	25-3-99	Heemskerk (NED)	206
23. Wissenburg Petra	65	08-021	17.90	25m	14-9-76	Heemskerk (NED)	199
23. Mulder Amy	80	08-021	17.90	25m	16-5-91	Heemskerk (NED)	199
25. Kleijne Daisy	89	08-021	18.16	25m	4-5-00	Heemskerk (NED)	191

**50 vrije slag**

1. Schelvis Femke	84	08-021	31.60	25m	14-12-95	Heemskerk (NED)	382
2. Stel Serena	98	08-021	32.61	25m	25-10-09	Nieuwegein (NED)	347
3. Dijkstra Lisette	86	08-021	32.90	25m	6-11-97	Heemskerk (NED)	338
3. Schelvis Roos	86	08-021	32.90	25m	6-11-97	Heemskerk (NED)	338
5. van Honk Chantal	80	08-021	33.20	25m	22-12-91	Alkmaar (NED)	329
6. Crok Linda	94	08-021	33.38	25m	16-1-05	Zaandam (NED)	324
7. Hoekstra Eline	03	08-021	33.61	25m	16-11-14	Zaandam (NED)	317
8. Renkema Iris	04	08-021	33.64	25m	4-10-15	Purmerend (NED)	316
9. Zwarthoed Brenda	96	08-021	33.78	25m	28-10-07	Zaandam (NED)	312
10. Teufer Irene	96	08-021	33.88	25m	30-9-07	Volendam (NED)	310

50 vrije slag (sinds 11)

11.	Bos Marieke	06	08-021	34.14	25m	5-11-17	Alkmaar (NED)	302
12.	Petit Kirsten	00	08-021	34.18	25m	6-11-11	Zaandam (NED)	301
13.	Koopman Anitra	89	08-021	34.37	25m	3-12-00	Zaandam (NED)	296
14.	Bakker Jesca	79	08-021	34.90	25m	31-5-90	Heemskerk (NED)	283
14.	de Boer Irene	84	08-021	34.90	25m	14-12-95	Heemskerk (NED)	283
16.	van Ballegooie Simone	84	08-021	35.00	25m	14-12-95	Heemskerk (NED)	281
17.	Blaauw Yente	03	08-021	35.20	25m	18-9-14	Heemskerk (NED)	276
18.	de Groot Daniëlle	93	08-021	35.36	25m	21-11-04	Zaandam (NED)	272
19.	Hogema Fabiën	93	08-021	35.45	25m	7-11-04	IJmuiden (NED)	270
20.	Visser Kelly	89	08-021	35.47	25m	23-9-00	Amersfoort (NED)	270
21.	Mallon Danique	94	08-021	35.53	25m	24-2-05	Heemskerk (NED)	268
22.	van der Kroft Nicole	84	08-021	35.80	25m	14-12-95	Heemskerk (NED)	262
23.	Buur Naomi	01	08-021	36.05	25m	11-11-12	Schagen (NED)	257
24.	Scholten Britt	04	08-021	36.11	25m	4-10-15	Purmerend (NED)	256
25.	de Vriend Sofie	01	08-021	36.12	25m	28-10-12	Amsterdam-Zuidoost (NED)	255

100 vrije slag

1.	Schelvis Femke	84	08-021	1:08.10	25m	3-12-95	Alkmaar (NED)	401
2.	Stel Serena	98	08-021	1:08.67	25m	29-11-09	Heemskerk (NED)	391
3.	Teufer Irene	96	08-021	1:09.39	25m	2-12-07	Alkmaar (NED)	379
4.	Schelvis Roos	86	08-021	1:10.80	25m	11-12-97	Heemskerk (NED)	357
5.	Dijkstra Lisette	86	08-021	1:11.10	25m	11-12-97	Heemskerk (NED)	353
6.	Zwarthoed Brenda	96	08-021	1:13.43	25m	15-12-07	Heemskerk (NED)	320
7.	Renkema Iris	04	08-021	1:13.92	25m	8-11-15	Amsterdam (NED)	314
8.	Crok Linda	94	08-021	1:14.44	25m	9-1-05	Zuidoost Beemster (NED)	307
9.	van Honk Chantal	80	08-021	1:14.60	25m	15-12-91	Heemskerk (NED)	305
10.	Hoekstra Eline	03	08-021	1:15.44	25m	2-11-14	Amsterdam (NED)	295
11.	Visser Kelly	89	08-021	1:15.56	25m	30-11-00	Heemskerk (NED)	294
12.	Koopman Anitra	89	08-021	1:15.91	25m	17-12-00	Zaandam (NED)	290
13.	Schuyt Simone	75	08-021	1:16.20	25m	30-11-86	Heemskerk (NED)	286
14.	Petit Kirsten	00	08-021	1:16.43	25m	27-11-11	Heemskerk (NED)	284
15.	Bos Marieke	06	08-021	1:16.51	25m	18-11-17	Hoofddorp (NED)	283
16.	Hogema Fabiën	93	08-021	1:16.52	25m	3-10-04	Heemskerk (NED)	283
17.	Mallon Danique	94	08-021	1:17.04	25m	5-6-05	Zaandam (NED)	277
18.	Blaauw Yente	03	08-021	1:17.24	25m	7-12-14	Heemskerk (NED)	275
19.	Essers Sanne	91	08-021	1:17.36	25m	6-10-02	Zaandam	274
20.	Bakker Jesca	79	08-021	1:17.90	25m	31-5-90	Heemskerk (NED)	268
21.	de Graaf Annemiek	70	08-021	1:18.20	25m	29-11-81	Zaandam (NED)	265
22.	de Vriend Sofie	01	08-021	1:18.37	25m	28-10-12	Amsterdam-Zuidoost (NED)	263
23.	van Ballegooie Simone	84	08-021	1:19.10	25m	16-11-95	Heemskerk (NED)	256
23.	van der Kroft Nicole	84	08-021	1:19.10	25m	26-11-95	Heemskerk (NED)	256
25.	de Groot Daniëlle	93	08-021	1:19.53	25m	12-12-04	Zaandam (NED)	252

**200 vrije slag**

1. Stel Serena	98	08-021	2:27.90	25m	11-10-09	Zaandam (NED)	416
2. Teufer Irene	96	08-021	2:33.14	25m	2-12-07	Alkmaar (NED)	374
3. Schelvis Femke	84	08-021	2:34.30	25m	10-12-95	Wormerveer (NED)	366
4. Hoekstra Eline	03	08-021	2:40.61	25m	14-12-14	Zaandam (NED)	325
5. Zwarthoed Brenda	96	08-021	2:44.64	25m	25-10-07	Heemskerk (NED)	301
6. Bos Marieke	06	08-021	2:47.33	25m	19-11-17	Hoofddorp (NED)	287
7. Petit Kirsten	00	08-021	2:48.69	25m	30-10-11	Zaandam (NED)	280
8. Crok Linda	94	08-021	2:48.85	25m	28-4-05	Heemskerk (NED)	279
9. Blaauw Yente	03	08-021	2:48.94	25m	14-12-14	Zaandam (NED)	279
10. Visser Kelly	89	08-021	2:49.03	25m	25-5-00	Heemskerk (NED)	278
11. van Honk Chantal	80	08-021	2:49.20	25m	21-4-91	Heemstede (NED)	278
12. Renkema Iris	04	08-021	2:49.59	25m	13-12-15	Zaandam (NED)	276
13. Koopman Anitra	89	08-021	2:49.74	25m	5-11-00	Zaandam (NED)	275
14. Schuyt Simone	75	08-021	2:52.60	25m	30-11-86	Heemskerk (NED)	261
15. Hogema Fabiën	93	08-021	2:53.01	25m	17-10-04	Zaandam (NED)	260
16. Buur Naomi	01	08-021	2:53.14	25m	2-12-12	Amstelveen (NED)	259
17. Visser Shana	04	08-021	2:53.71	25m	13-12-15	Zaandam (NED)	256
18. Bakker Jesca	79	08-021	2:56.30	25m	1-3-90	Heemskerk (NED)	245
19. Essers Sanne	91	08-021	2:57.07	25m	22-12-02	Zaandam	242
20. Mallon Danique	94	08-021	2:58.06	25m	23-10-05	Zaandam (NED)	238
21. de Vriend Sofie	01	08-021	2:58.33	25m	2-12-12	Amstelveen (NED)	237
22. Steenkamp Ciska	90	08-021	3:00.79	25m	16-9-01	Zaandam (NED)	227
23. de Groot Daniëlle	93	08-021	3:01.20	25m	17-10-04	Zaandam (NED)	226
24. Scholten Britt	04	08-021	3:01.91	25m	13-12-15	Zaandam (NED)	223
25. van Rookhuizen Sieta	79	08-021	3:02.40	25m	9-12-90	Volendam (NED)	221

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

1. Stel Serena	98	08-021	3:51.59	25m	19-12-09	Amsterdam (NED)	413
2. Teufer Irene	96	08-021	4:09.63	25m	9-12-07	Zaandam (NED)	329
3. Visser Kelly	89	08-021	4:45.46	25m	23-1-00	Heemskerk (NED)	220
4. Koopman Anitra	89	08-021	4:46.05	25m	23-1-00	Heemskerk (NED)	219
5. Steenkamp Ciska	90	08-021	4:51.03	25m	4-11-01	Heemskerk	208
6. de Haan Shira	00	08-021	5:02.99	25m	29-5-11	Zaandam (NED)	184
7. Kleijne Daisy	89	08-021	5:10.04	25m	23-1-00	Heemskerk (NED)	172
8. Ivens Suzanne	99	08-021	5:15.62	25m	6-6-10	Zaandam (NED)	163
9. van der Gracht Anouk	89	08-021	5:19.43	25m	23-1-00	Heemskerk (NED)	157
10. Niesten Iris	92	08-021	5:28.11	25m	16-11-03	Heemskerk (NED)	145
11. Schelvis Liselot	92	08-021	5:40.19	25m	16-11-03	Heemskerk (NED)	130
12. Kesting Alexandra	00	08-021	5:41.26	25m	17-4-11	Zaandam (NED)	129

**400 vrije slag**

1. Stel Serena	98	08-021	5:11.39	25m	19-12-09	Amsterdam (NED)	427
2. Schelvis Femke	84	08-021	5:14.80	25m	10-12-95	Wormerveer (NED)	413
3. Teufer Irene	96	08-021	5:30.72	25m	9-12-07	Zaandam (NED)	356
4. Schelvis Roos	86	08-021	5:38.50	25m	14-12-97	Zaandam (NED)	332
5. Dijkstra Lisette	86	08-021	5:40.60	25m	14-12-97	Zaandam (NED)	326
6. Bos Marieke	06	08-021	5:44.96	25m	19-11-17	Hoofddorp (NED)	314
7. Hoekstra Eline	03	08-021	5:46.12	25m	21-12-14	Zaandam (NED)	311
8. Renkema Iris	04	08-021	5:57.56	25m	14-6-15	Zaandam (NED)	282
9. Essers Sanne	91	08-021	6:00.98	25m	1-12-02	Heemskerk	274
10. van Honk Chantal	80	08-021	6:11.40	25m	14-4-91	Haarlem (NED)	251
11. Hogema Fabiën	93	08-021	6:12.15	25m	14-11-04	Heemskerk (NED)	250
12. Buur Naomi	01	08-021	6:12.95	25m	21-10-12	Zaandam (NED)	248
13. Visser Kelly	89	08-021	6:18.04	25m	5-3-00	Zaandam (NED)	238
14. Koopman Anitra	89	08-021	6:21.47	25m	23-1-00	Heemskerk (NED)	232
15. Blaauw Yente	03	08-021	6:21.60	25m	15-6-14	Zaandam (NED)	232
16. Crok Linda	94	08-021	6:23.82	25m	20-3-05	Zaandam (NED)	228
17. Steenkamp Ciska	90	08-021	6:27.30	25m	4-11-01	Heemskerk	222
18. de Groot Daniëlle	93	08-021	6:29.54	25m	14-11-04	Heemskerk (NED)	218
19. Scholten Britt	04	08-021	6:31.55	25m	14-6-15	Zaandam (NED)	214
20. van der Kroft Nicole	84	08-021	6:33.50	25m	10-12-95	Wormerveer (NED)	211
21. Hoek Daniëlle	88	08-021	6:38.88	25m	28-2-99	Zaandam (NED)	203
22. de Haan Shira	00	08-021	6:39.90	25m	16-10-11	Zaandam (NED)	201
23. Mallon Danique	94	08-021	6:50.51	25m	20-3-05	Zaandam (NED)	186
24. Kleijne Daisy	89	08-021	6:54.23	25m	23-1-00	Heemskerk (NED)	181
25. van Huisstede Nikita	01	08-021	6:55.18	25m	3-6-12	Zaandam (NED)	180

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

1. Stel Serena	98	08-021	10:23.65	25m	20-12-09	Amsterdam (NED)	454
2. Crok Linda	94	08-021	12:38.46	25m	20-3-05	Zaandam (NED)	252
3. Teufer Irene	96	08-021	12:41.70	25m	28-1-07	Zaandam (NED)	249
4. Visser Kelly	89	08-021	12:49.34	25m	5-3-00	Zaandam (NED)	241
5. Renkema Iris	04	08-021	13:00.42	25m	8-2-15	Zaandam (NED)	231
6. Hoekstra Eline	03	08-021	13:19.73	25m	9-2-14	Zaandam (NED)	215
7. Koopman Anitra	89	08-021	13:25.30	25m	5-3-00	Zaandam (NED)	210
8. Mallon Danique	94	08-021	13:25.90	25m	20-3-05	Zaandam (NED)	210
9. Essers Sanne	91	08-021	13:29.22	25m	10-2-02	Zaandam	207
10. Steenkamp Ciska	90	08-021	13:56.79	25m	11-2-01	Zaandam (NED)	187
11. Kleijne Daisy	89	08-021	14:02.24	25m	5-3-00	Zaandam (NED)	184
12. Buur Naomi	01	08-021	14:31.92	25m	26-2-12	Zaandam (NED)	166
13. de Groot Daniëlle	93	08-021	14:33.16	25m	7-3-04	Zaandam	165
14. de Haan Shira	00	08-021	14:42.26	25m	13-2-11	Zaandam (NED)	160
15. van der Gracht Anouk	89	08-021	14:46.95	25m	5-3-00	Zaandam (NED)	157
16. Liefing Sarina	93	08-021	15:27.70	25m	7-3-04	Zaandam	137

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

**1500 vrije slag****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	17.80	25m	27-4-95	Heemskerk (NED)	312
2. Kleijne Daisy	89	08-021	18.50	25m	17-2-00	Heemskerk (NED)	278
3. Teufer Irene	96	08-021	18.79	25m	19-4-07	Heemskerk (NED)	265
4. van Honk Chantal	80	08-021	18.80	25m	16-5-91	Heemskerk (NED)	265
5. Koopman Anitra	89	08-021	18.83	25m	17-2-00	Heemskerk (NED)	264
6. van der Kroft Nicole	84	08-021	19.30	25m	27-4-95	Heemskerk (NED)	245
6. Schelvis Roos	86	08-021	19.30	25m	6-2-97	Heemskerk (NED)	245
8. Visser Kelly	89	08-021	19.54	25m	17-2-00	Heemskerk (NED)	236
9. Zwarthoed Brenda	96	08-021	19.60	25m	19-4-07	Heemskerk (NED)	234
10. van Ballegooie Simone	84	08-021	20.00	25m	16-3-95	Heemskerk (NED)	220
11. Steenkamp Ciska	90	08-021	20.19	25m	22-2-01	Heemskerk (NED)	214
12. de Boer Irene	84	08-021	20.30	25m	27-4-95	Heemskerk (NED)	210
12. Dijkstra Lisette	86	08-021	20.30	25m	13-2-97	Heemskerk (NED)	210
14. Hoek Daniëlle	88	08-021	20.85	25m	25-3-99	Heemskerk (NED)	194
15. Bruin Marianne	78	08-021	21.00	25m	12-1-89	Heemskerk (NED)	190
15. Besse Meta	78	08-021	21.00	25m	31-12-89	Heemskerk (NED)	190
17. Heus Pauline	78	08-021	21.20	25m	31-12-89	Heemskerk (NED)	185
17. Hoogervorst Marlon	84	08-021	21.20	25m	16-3-95	Heemskerk (NED)	185
19. Bakker Anna	97	08-021	22.95	25m	29-5-08	Heemskerk (NED)	145
20. ten Cate Joyce	80	08-021	23.00	25m	16-5-91	Heemskerk (NED)	144
21. de Boer Angela	80	08-021	23.20	25m	16-5-91	Heemskerk (NED)	141
22. Moolevliet Petra	82	08-021	23.30	25m	16-6-93		139
23. Zonneveld Monica	80	08-021	23.40	25m	16-5-91	Heemskerk (NED)	137
23. Stins Mariska	84	08-021	23.40	25m	16-3-95	Heemskerk (NED)	137
25. Cappelle Carlijn	82	08-021	23.80	25m	16-6-93		130

**50 rugslag**

1. Schelvis Femke	84	08-021	36.10	25m	9-11-95	Heemskerk (NED)	359
2. Teufer Irene	96	08-021	37.32	25m	13-12-07	Heemskerk (NED)	325
3. Dijkstra Lisette	86	08-021	37.40	25m	9-10-97	Heemskerk (NED)	323
4. Hoekstra Eline	03	08-021	38.04	25m	26-10-14	Zaandam (NED)	307
5. Koopman Anitra	89	08-021	38.43	25m	3-12-00	Zaandam (NED)	298
6. Schelvis Roos	86	08-021	38.50	25m	9-10-97	Heemskerk (NED)	296
7. Stel Serena	98	08-021	38.75	25m	25-10-09	Nieuwegein (NED)	290
8. van der Kroft Nicole	84	08-021	39.30	25m	9-11-95	Heemskerk (NED)	278
9. Buur Naomi	01	08-021	40.47	25m	2-12-12	Amstelveen (NED)	255
10. Zwarthoed Brenda	96	08-021	40.57	25m	13-12-07	Heemskerk (NED)	253
11. Petit Kirsten	00	08-021	40.59	25m	3-3-11	Heemskerk (NED)	252
11. de Vriend Sofie	01	08-021	40.59	25m	26-5-12	Purmerend (NED)	252
13. Scholten Britt	04	08-021	40.61	25m	6-9-15	Zaandam (NED)	252
14. Mallon Danique	94	08-021	40.62	25m	27-10-05	Heemskerk (NED)	252
15. Blaauw Yente	03	08-021	40.66	25m	30-11-14	Zaandam (NED)	251
16. Koper Fiona	01	08-021	40.70	25m	28-10-12	Amsterdam-Zuidoost (NED)	250
17. Renkema Iris	04	08-021	40.78	25m	14-6-15	Zaandam (NED)	249
18. Essers Sanne	91	08-021	40.87	25m	31-10-02	Heemskerk	247
19. Visser Kelly	89	08-021	41.03	25m	3-12-00	Zaandam (NED)	244
20. Crok Linda	94	08-021	41.08	25m	26-5-05	Heemskerk (NED)	243
21. van Ballegooie Simone	84	08-021	41.10	25m	16-9-95	Hoogeland (NED)	243
22. Steenkamp Ciska	90	08-021	41.56	25m	7-10-01	Zaandam (NED)	235
23. van Honk Chantal	80	08-021	41.70	25m	10-1-91	Heemskerk (NED)	233
24. de Haan Shira	00	08-021	41.87	25m	2-10-11	Heemskerk (NED)	230
25. Bakker Jesca	79	08-021	42.00	25m	31-5-90	Heemskerk (NED)	228

**100 rugslag**

1. Schelvis Femke	84	08-021	1:17.20	25m	17-12-95	Volendam (NED)	362
2. Schelvis Roos	86	08-021	1:18.20	25m	14-12-97	Zaandam (NED)	348
3. Stel Serena	98	08-021	1:18.84	25m	22-11-09	Purmerend (NED)	340
4. Teufer Irene	96	08-021	1:21.82	25m	25-11-07	Amsterdam (NED)	304
5. Hoekstra Eline	03	08-021	1:23.60	25m	2-11-14	Amsterdam (NED)	285
6. Dijkstra Lisette	86	08-021	1:24.00	25m	28-9-97	Zaandam (NED)	281
7. Crok Linda	94	08-021	1:24.28	25m	27-11-05	Heemskerk (NED)	278
8. Renkema Iris	04	08-021	1:24.82	25m	14-6-15	Zaandam (NED)	273
9. Essers Sanne	91	08-021	1:25.66	25m	17-11-02	Heemskerk	265
10. Koopman Anitra	89	08-021	1:25.72	25m	17-12-00	Zaandam (NED)	264
11. de Vriend Sofie	01	08-021	1:26.36	25m	3-6-12	Zaandam (NED)	258
12. Zwarthoed Brenda	96	08-021	1:26.52	25m	25-11-07	Amsterdam (NED)	257
13. Koper Fiona	01	08-021	1:26.62	25m	3-6-12	Zaandam (NED)	256
14. Scholten Britt	04	08-021	1:26.72	25m	14-6-15	Zaandam (NED)	255
15. Visser Kelly	89	08-021	1:26.79	25m	17-12-00	Zaandam (NED)	254
16. Bakker Jesca	79	08-021	1:27.60	25m	31-5-90	Heemskerk (NED)	247
17. Buur Naomi	01	08-021	1:27.62	25m	13-12-12	Heemskerk (NED)	247
18. Windmuller Wendy	69	08-021	1:28.40	25m	16-11-80	Haarlem (NED)	241
19. de Boer Irene	84	08-021	1:28.50	25m	17-12-95	Volendam (NED)	240
20. Blaauw Yente	03	08-021	1:28.60	25m	30-10-14	Heemskerk (NED)	239
21. de Graaf Annemiek	70	08-021	1:28.90	25m	29-11-81	Zaandam (NED)	237
22. van Ballegooie Simone	84	08-021	1:29.00	25m	17-12-95	Volendam (NED)	236
23. van Honk Chantal	80	08-021	1:29.40	25m	7-4-91	Assendelft (NED)	233
24. Petit Kirsten	00	08-021	1:29.72	25m	13-2-11	Purmerend (NED)	230
25. van der Kroft Nicole	84	08-021	1:29.90	25m	29-10-95	Castricum (NED)	229

**200 rugslag**

1. Stel Serena	98	08-021	2:46.41	25m	13-12-09	Zaandam (NED)	367
2. Teufer Irene	96	08-021	2:57.19	25m	16-12-07	Zaandam (NED)	304
3. Hoekstra Eline	03	08-021	2:57.83	25m	5-10-14	Zaandam (NED)	301
4. de Vriend Sofie	01	08-021	2:59.87	25m	9-12-12	Zaandam (NED)	291
5. Blaauw Yente	03	08-021	3:05.28	25m	5-10-14	Zaandam (NED)	266
6. Zwarthoed Brenda	96	08-021	3:07.62	25m	16-12-07	Zaandam (NED)	256
7. Koper Fiona	01	08-021	3:07.86	25m	9-12-12	Zaandam (NED)	255
8. Petit Kirsten	00	08-021	3:08.16	25m	11-12-11	Zaandam (NED)	254
9. Bakker Jesca	79	08-021	3:08.20	25m	3-5-90	Heemskerk (NED)	254
10. Buur Naomi	01	08-021	3:16.88	25m	9-12-12	Zaandam (NED)	222
11. Visser Shana	04	08-021	3:22.37	25m	11-10-15	Zaandam (NED)	204
12. van Assema Eline	05	08-021	3:22.44	25m	11-12-16	Alkmaar (NED)	204
13. de Haan Shira	00	08-021	3:23.59	25m	11-12-11	Zaandam (NED)	200
14. Visser Robin	05	08-021	3:24.09	25m	11-12-16	Alkmaar (NED)	199
15. Angenent Nienke	01	08-021	3:25.22	25m	9-12-12	Zaandam (NED)	196
16. de Graaf Annemiek	70	08-021	3:26.10	25m	28-11-81	Heemskerk (NED)	193
17. van Huisstede Nikita	01	08-021	3:27.90	25m	9-12-12	Zaandam (NED)	188
18. Wentink Yara	04	08-021	3:37.74	25m	11-10-15	Zaandam (NED)	164
19. van Giezen Wendy	70	08-021	3:38.20	25m	28-11-81	Heemskerk (NED)	163
20. Bruin Marianne	78	08-021	3:38.80	25m	2-11-89	Heemskerk (NED)	161
21. Sobh Shaime	03	08-021	3:38.88	25m	5-10-14	Zaandam (NED)	161
22. Knight Kayleigh	00	08-021	3:41.59	25m	11-12-11	Zaandam (NED)	155
23. Ivens Suzanne	99	08-021	3:42.35	25m	12-12-10	Zaandam (NED)	154
24. van Rijn Sydney	03	08-021	3:45.84	25m	5-10-14	Zaandam (NED)	147
25. de Roode Xara	08	08-021	3:50.21	25m	6-10-19	Purmerend (NED)	138

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

1. van Honk Chantal	80	08-021	17.80	25m	16-5-91	Heemskerk (NED)	419
2. van der Kroft Nicole	84	08-021	20.40	25m	16-3-95	Heemskerk (NED)	278
3. Teufer Irene	96	08-021	20.57	25m	19-4-07	Heemskerk (NED)	271
4. Schelvis Roos	86	08-021	21.10	25m	13-3-97	Heemskerk (NED)	251
5. Koopman Anitra	89	08-021	21.13	25m	17-2-00	Heemskerk (NED)	250
6. Hoogervorst Marlon	84	08-021	21.40	25m	16-3-95	Heemskerk (NED)	241
7. Schelvis Femke	84	08-021	21.60	25m	27-4-95	Heemskerk (NED)	234
8. Bruin Marianne	78	08-021	21.70	25m	31-12-89	Heemskerk (NED)	231
9. Dijkstra Lisette	86	08-021	22.00	25m	13-3-97	Heemskerk (NED)	221
10. Steenkamp Ciska	90	08-021	22.08	25m	22-2-01	Heemskerk (NED)	219
11. Wissenburg Petra	65	08-021	22.10	25m	14-9-76	Heemskerk (NED)	218
11. de Boer Irene	84	08-021	22.10	25m	16-3-95	Heemskerk (NED)	218
13. Hoek Daniëlle	88	08-021	22.19	25m	25-3-99	Heemskerk (NED)	216
14. Moolevliet Petra	82	08-021	22.40	25m	13-10-93		210
15. Limmen Corina	65	08-021	22.50	25m	30-3-76	Heemskerk (NED)	207
16. de Boer Angela	80	08-021	22.60	25m	16-5-91	Heemskerk (NED)	204
17. Zonneveld Monica	80	08-021	22.90	25m	16-5-91	Heemskerk (NED)	196
18. van Ballegooie Simone	84	08-021	23.00	25m	16-3-95	Heemskerk (NED)	194
19. van der Gracht Anouk	89	08-021	23.10	25m	17-2-00	Heemskerk (NED)	191
20. van Galen Angela	65	08-021	23.30	25m	14-9-76	Heemskerk (NED)	186
21. Visser Kelly	89	08-021	23.39	25m	17-2-00	Heemskerk (NED)	184
22. Tahti Sandra	65	08-021	23.40	25m	14-9-76	Heemskerk (NED)	184

25 schoolslag (sinds 23)

23. Heus Pauline	78	08-021	23.60	25m	31-12-89	Heemskerk (NED)	179
24. Zwarthoed Brenda	96	08-021	23.68	25m	19-4-07	Heemskerk (NED)	177
25. van Rijn Ilona	65	08-021	23.70	25m	14-9-76	Heemskerk (NED)	177

50 schoolslag

1. van Honk Chantal	80	08-021	40.20	25m	13-6-91	Heemskerk (NED)	361
2. Teufer Irene	96	08-021	41.02	25m	25-11-07	Amsterdam (NED)	340
3. Renkema Iris	04	08-021	43.05	25m	6-9-15	Zaandam (NED)	294
4. van der Kroft Nicole	84	08-021	43.90	25m	12-10-95	Heemskerk (NED)	277
5. Crok Linda	94	08-021	44.02	25m	6-11-05	Zaandam (NED)	275
6. van Rookhuizen Sieta	79	08-021	44.10	25m	8-11-90	Heemskerk (NED)	273
7. Schelvis Femke	84	08-021	44.30	25m	12-10-95	Heemskerk (NED)	270
8. Hoekstra Eline	03	08-021	44.34	25m	26-10-14	Zaandam (NED)	269
9. Hogema Fabiën	93	08-021	44.43	25m	7-11-04	IJmuiden (NED)	267
10. Stel Serena	98	08-021	44.44	25m	15-11-09	Haarlem (NED)	267
11. Schelvis Roos	86	08-021	44.80	25m	11-9-97	Heemskerk (NED)	261
12. Dijkstra Lisette	86	08-021	45.00	25m	11-9-97	Heemskerk (NED)	257
13. Koopman Anitra	89	08-021	45.22	25m	14-12-00	Heemskerk (NED)	254
14. Zeeman Judith	70	08-021	45.70	25m	3-5-81	Zaandam (NED)	246
15. de Haan Shira	00	08-021	46.09	25m	2-10-11	Heemskerk (NED)	239
16. Bos Marieke	06	08-021	46.13	25m	5-11-17	Alkmaar (NED)	239
17. Dijkstra Janet	77	08-021	46.30	25m	15-12-88	Heemskerk (NED)	236
18. van der Gracht Anouk	89	08-021	46.41	25m	19-11-00	Zaandam (NED)	235
19. de Groot Daniëlle	93	08-021	46.45	25m	25-11-04	Heemskerk (NED)	234
20. Bakker Jesca	79	08-021	46.70	25m	3-5-90	Heemskerk (NED)	230
21. van Huisstede Nikita	01	08-021	46.72	25m	2-12-12	Amstelveen (NED)	230
22. Beentjes Daphne	91	08-021	46.75	25m	17-11-02	Heemskerk	229
23. de Boer Irene	84	08-021	47.00	25m	12-10-95	Heemskerk (NED)	226
24. Mallon Danique	94	08-021	47.08	25m	27-11-05	Heemskerk (NED)	225
25. Palmboom Nicole	91	08-021	47.09	25m	28-11-02	Heemskerk	224

100 schoolslag

1. van Honk Chantal	80	08-021	1:23.70	25m	15-12-91	Heemskerk (NED)	413
2. Teufer Irene	96	08-021	1:27.09	25m	15-12-07	Heemskerk (NED)	367
3. van Rookhuizen Sieta	79	08-021	1:33.20	25m	16-12-90	Heemskerk (NED)	299
3. Schelvis Roos	86	08-021	1:33.20	25m	23-11-97	Zaandam (NED)	299
5. Dijkstra Lisette	86	08-021	1:33.50	25m	9-10-97	Heemskerk (NED)	296
6. Stel Serena	98	08-021	1:33.70	25m	19-11-09	Heemskerk (NED)	294
7. van der Kroft Nicole	84	08-021	1:34.50	25m	26-11-95	Heemskerk (NED)	287
8. Schelvis Femke	84	08-021	1:34.60	25m	10-12-95	Wormerveer (NED)	286
9. Hoekstra Eline	03	08-021	1:34.66	25m	26-10-14	Zaandam (NED)	285
10. de Boer Irene	84	08-021	1:35.20	25m	17-12-95	Volendam (NED)	281
10. Crok Linda	94	08-021	1:35.20	25m	4-6-05	Zaandam (NED)	281
12. de Graaf Annemiek	70	08-021	1:36.40	25m	17-5-81	Castricum (NED)	270
13. Bakker Jesca	79	08-021	1:37.10	25m	1-3-90	Heemskerk (NED)	264
14. Willemse Renee	75	08-021	1:37.50	25m	31-12-86		261
14. Renkema Iris	04	08-021	1:37.50	25m	29-11-15	Heemskerk (NED)	261
16. Plokker Sylvia	68	08-021	1:37.80	25m	4-11-79	Zaandam (NED)	259
17. van Giezen Wendy	70	08-021	1:37.90	25m	29-11-81	Zaandam (NED)	258
18. Zeeman Judith	70	08-021	1:38.70	25m	1-11-81	Bergen (NED)	252
18. Moolevliet Petra	82	08-021	1:38.70	25m	12-12-93	Heemskerk (NED)	252



**100 schoolslag (sinds 20)**

20. de Haan Shira	00	08-021	1:38.81	25m	2-10-11	Heemskerk (NED)	251
21. van Huisstede Nikita	01	08-021	1:39.02	25m	25-11-12	Heemskerk (NED)	249
22. Bos Marieke	06	08-021	1:39.04	25m	15-10-17	Alkmaar (NED)	249
23. Hogema Fabiën	93	08-021	1:39.95	25m	10-10-04	Zaandam (NED)	242
24. Koopman Anitra	89	08-021	1:40.25	25m	1-10-00	Zaandam (NED)	240
25. de Wildt Maud	05	08-021	1:40.59	25m	13-10-16	Heemskerk (NED)	238

**200 schoolslag**

1. Teufer Irene	96	08-021	3:07.74	25m	27-10-07	Barneveld (NED)	368
2. van Honk Chantal	80	08-021	3:08.00	25m	14-3-91	Heemskerk (NED)	366
3. Bakker Jesca	79	08-021	3:22.60	25m	11-3-90	Heemskerk (NED)	293
4. Hoekstra Eline	03	08-021	3:26.24	25m	21-9-14	Purmerend (NED)	277
5. van Rookhuizen Sieta	79	08-021	3:28.60	25m	6-12-90	Heemskerk (NED)	268
6. Stel Serena	98	08-021	3:29.15	25m	11-10-09	Zaandam (NED)	266
7. de Haan Shira	00	08-021	3:31.01	25m	18-12-11	Zaandam (NED)	259
8. Bos Marieke	06	08-021	3:31.34	25m	29-10-17	Den Helder (NED)	258
9. de Wildt Maud	05	08-021	3:37.55	25m	29-12-16	Leeuwarden (NED)	236
10. Renkema Iris	04	08-021	3:41.08	25m	11-10-15	Zaandam (NED)	225
11. de Graaf Annemiek	70	08-021	3:42.60	25m	7-11-81	Heemskerk (NED)	220
12. Zeeman Judith	70	08-021	3:43.00	25m	7-11-81	Heemskerk (NED)	219
13. van Huisstede Nikita	01	08-021	3:43.07	25m	7-10-12	Zaandam (NED)	219
14. Blaauw Yente	03	08-021	3:44.05	25m	5-10-14	Zaandam (NED)	216
15. Buur Naomi	01	08-021	3:46.50	25m	7-10-12	Zaandam (NED)	209
16. van der Geest Saskia	73	08-021	3:49.30	25m	2-9-84	Heemskerk (NED)	202
17. de Boer Maia	03	08-021	3:50.17	25m	28-9-14	Zaandam (NED)	199
18. de Boer Angela	80	08-021	3:50.30	25m	22-9-91	Zaandam (NED)	199
19. Visser Shana	04	08-021	3:51.37	25m	11-10-15	Zaandam (NED)	196
20. Kleijne Daisy	89	08-021	3:52.15	25m	20-2-00	Assendelft (NED)	194
21. van der Gracht Anouk	89	08-021	3:52.44	25m	20-2-00	Assendelft (NED)	194
22. Koper Fiona	01	08-021	3:52.63	25m	7-10-12	Zaandam (NED)	193
23. Visser Kelly	89	08-021	3:53.53	25m	20-2-00	Assendelft (NED)	191
24. Zwarthoed Brenda	96	08-021	3:54.02	25m	13-12-07	Heemskerk (NED)	190
25. Visser Robin	05	08-021	3:56.13	25m	18-9-16	Zaandam (NED)	185

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

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

1. Teufer Irene	96	08-021	16.45	25m	19-4-07	Heemskerk (NED)	314
2. Schelvis Femke	84	08-021	17.30	25m	27-4-95	Heemskerk (NED)	270
3. Petit Kirsten	00	08-021	18.22	25m	30-6-11	Heemskerk (NED)	231
4. Visser Kelly	89	08-021	18.33	25m	4-5-00	Heemskerk (NED)	227
5. van der Kroft Nicole	84	08-021	18.50	25m	27-4-95	Heemskerk (NED)	221
6. van Honk Chantal	80	08-021	18.70	25m	16-5-91	Heemskerk (NED)	214
7. Bruin Marianne	78	08-021	19.10	25m	31-12-89	Heemskerk (NED)	201
7. Dijkstra Lisette	86	08-021	19.10	25m	13-2-97	Heemskerk (NED)	201
9. Zwarthoed Brenda	96	08-021	19.22	25m	19-4-07	Heemskerk (NED)	197
10. de Haan Shira	00	08-021	19.62	25m	30-6-11	Heemskerk (NED)	185
11. Schelvis Roos	86	08-021	19.70	25m	20-3-97	Heemskerk (NED)	183
12. Moolevliet Petra	82	08-021	19.90	25m	18-11-93	Heemskerk	177
13. Koopman Anitra	89	08-021	20.14	25m	4-5-00	Heemskerk (NED)	171
14. Hoek Daniëlle	88	08-021	20.50	25m	25-2-99	Heemskerk (NED)	162
15. Kleijne Daisy	89	08-021	20.99	25m	4-5-00	Heemskerk (NED)	151
16. van Ballegooie Simone	84	08-021	21.00	25m	16-2-95	Heemskerk (NED)	151
17. Hoogervorst Marlon	84	08-021	21.50	25m	16-2-95	Heemskerk (NED)	140
18. Stins Mariska	84	08-021	21.60	25m	16-3-95	Heemskerk (NED)	139
19. Besse Meta	78	08-021	22.00	25m	31-12-89	Heemskerk (NED)	131
19. de Boer Irene	84	08-021	22.00	25m	16-2-95	Heemskerk (NED)	131
21. van der Gracht Anouk	89	08-021	22.57	25m	4-5-00	Heemskerk (NED)	121
22. van Rijn Sydney	03	08-021	22.62	25m	13-4-14	Zaandam (NED)	121
23. Elghandor Kiyaan	03	08-021	22.85	25m	13-4-14	Zaandam (NED)	117
24. Steenkamp Ciska	90	08-021	22.98	25m	29-3-01	Heemskerk (NED)	115
25. Knight Kayleigh	00	08-021	23.11	25m	30-6-11	Heemskerk (NED)	113

**50 vlinderslag**

1. Teufer Irene	96	08-021	34.41	25m	28-10-07	Zaandam (NED)	355
2. Schelvis Femke	84	08-021	37.10	25m	26-11-95	Heemskerk (NED)	283
3. Mallon Danique	94	08-021	37.81	25m	5-6-05	Zaandam (NED)	268
4. Crok Linda	94	08-021	38.98	25m	6-11-05	Zaandam (NED)	244
5. Buur Naomi	01	08-021	39.04	25m	13-12-12	Heemskerk (NED)	243
6. Petit Kirsten	00	08-021	39.09	25m	17-11-11	Heemskerk (NED)	242
7. Stel Serena	98	08-021	39.26	25m	15-3-09	Haarlem (NED)	239
8. Dijkstra Lisette	86	08-021	39.30	25m	11-12-97	Heemskerk (NED)	238
9. Schelvis Roos	86	08-021	39.60	25m	11-12-97	Heemskerk (NED)	233
10. Hoekstra Eline	03	08-021	39.68	25m	7-9-14	Zaandam (NED)	231
11. van der Kroft Nicole	84	08-021	40.70	25m	26-11-95	Heemskerk (NED)	214
12. Windmuller Wendy	69	08-021	40.80	25m	12-10-80	Wormerveer (NED)	213
13. de Vriend Sofie	01	08-021	40.81	25m	1-4-12	Zaandam (NED)	213
14. Renkema Iris	04	08-021	40.82	25m	13-6-15	Zaandam (NED)	213
14. Bos Marieke	06	08-021	40.82	25m	10-12-17	Zaandam (NED)	213
16. Visser Kelly	89	08-021	40.93	25m	30-11-00	Heemskerk (NED)	211
17. Zwarthoed Brenda	96	08-021	41.04	25m	28-10-07	Zaandam (NED)	209

**50 vlinderslag (sinds 18)**

18.	van Honk Chantal	80	08-021	41.50	25m	13-6-91	Heemskerk (NED)	202
19.	Essers Sanne	91	08-021	41.57	25m	10-11-02	Zaandam (NED)	201
20.	Bakker Jesca	79	08-021	41.70	25m	21-1-90	Zaandam (NED)	199
21.	Scholten Britt	04	08-021	41.78	25m	6-9-15	Zaandam (NED)	198
22.	Plokker Sylvia	68	08-021	42.50	25m	7-10-79	Heemskerk (NED)	188
23.	Hogema Fabiën	93	08-021	42.85	25m	21-11-04	Zaandam (NED)	184
24.	de Groot Daniëlle	93	08-021	42.96	25m	21-11-04	Zaandam (NED)	182
25.	de Haan Shira	00	08-021	43.10	25m	17-11-11	Heemskerk (NED)	180

**100 vlinderslag**

1.	Teufer Irene	96	08-021	1:18.72	25m	21-10-07	Zaandam (NED)	333
2.	Mallon Danique	94	08-021	1:26.53	25m	9-10-05	Zaandam (NED)	251
3.	Bakker Jesca	79	08-021	1:28.50	25m	22-4-90	Heemstede (NED)	234
4.	Schelvis Femke	84	08-021	1:28.70	25m	16-11-95	Heemskerk (NED)	233
5.	Crok Linda	94	08-021	1:32.31	25m	9-10-05	Zaandam (NED)	207
6.	Stel Serena	98	08-021	1:33.07	25m	4-10-09	Amsterdam-oost (NED)	202
7.	Dijkstra Lisette	86	08-021	1:34.40	25m	23-11-97	Zaandam (NED)	193
8.	van Honk Chantal	80	08-021	1:35.10	25m	4-4-91	Heemskerk (NED)	189
9.	Windmuller Wendy	69	08-021	1:35.80	25m	19-10-80	Heemskerk (NED)	185
10.	Schelvis Roos	86	08-021	1:36.90	25m	23-11-97	Zaandam (NED)	178
11.	van der Kroft Nicole	84	08-021	1:37.60	25m	16-11-95	Heemskerk (NED)	175
12.	de Vriend Sofie	01	08-021	1:37.77	25m	2-6-12	Zaandam (NED)	174
13.	Zwarthoed Brenda	96	08-021	1:37.99	25m	18-11-07	Alkmaar (NED)	173
14.	Petit Kirsten	00	08-021	1:38.04	25m	18-12-11	Zaandam (NED)	172
15.	Visser Kelly	89	08-021	1:38.35	25m	24-4-00	Haarlem (NED)	171
16.	Plokker Sylvia	68	08-021	1:39.10	25m	15-9-79	Heemskerk (NED)	167
17.	Hoekstra Eline	03	08-021	1:41.59	25m	6-4-14	Zaandam (NED)	155
18.	Bruin Marianne	78	08-021	1:42.90	25m	7-12-89	Heemskerk (NED)	149
19.	Renkema Iris	04	08-021	1:43.83	25m	13-6-15	Zaandam (NED)	145
20.	de Groot Daniëlle	93	08-021	1:44.01	25m	25-11-04	Heemskerk (NED)	144
21.	de Haan Shira	00	08-021	1:45.06	25m	30-10-11	Zaandam (NED)	140
22.	Hogema Fabiën	93	08-021	1:45.11	25m	10-10-04	Zaandam (NED)	140
23.	Essers Sanne	91	08-021	1:45.60	25m	28-11-02	Heemskerk	138
24.	van Rookhuizen Sieta	79	08-021	1:45.90	25m	25-11-90	Heemskerk (NED)	137
25.	Herwegh Binthy	09	08-021	1:47.07	25m	4-10-20	Heemskerk (NED)	132

**200 vlinderslag**

1.	Teufer Irene	96	08-021	2:54.51	25m	16-12-07	Zaandam (NED)	321
2.	Hoekstra Eline	03	08-021	3:39.54	25m	14-12-14	Zaandam (NED)	161
3.	Petit Kirsten	00	08-021	3:44.69	25m	11-12-11	Zaandam (NED)	150
4.	Renkema Iris	04	08-021	3:50.96	25m	13-12-15	Zaandam (NED)	138
5.	Blaauw Yente	03	08-021	3:51.27	25m	14-12-14	Zaandam (NED)	138
6.	de Haan Shira	00	08-021	3:52.53	25m	11-12-11	Zaandam (NED)	136
7.	de Wildt Maud	05	08-021	3:53.68	25m	27-11-16	Zaandam (NED)	134
8.	Buur Naomi	01	08-021	4:08.22	25m	9-12-12	Zaandam (NED)	111
9.	Scholten Britt	04	08-021	4:11.68	25m	13-12-15	Zaandam (NED)	107
10.	Ivens Suzanne	99	08-021	4:25.21	25m	12-12-10	Zaandam (NED)	91

**1000 vlinderslag**

**100 wisselslag**

1. Schelvis Femke	84	08-021	1:19.40	25m	3-12-95	Alkmaar (NED)	360
2. Teufer Irene	96	08-021	1:19.78	25m	25-10-07	Heemskerk (NED)	355
3. Stel Serena	98	08-021	1:20.73	25m	8-11-09	Zaandam (NED)	342
4. Crok Linda	94	08-021	1:23.11	25m	13-11-05	Zaandam (NED)	314
5. Schelvis Roos	86	08-021	1:23.90	25m	30-11-97	Alkmaar (NED)	305
6. Dijkstra Lisette	86	08-021	1:24.30	25m	30-11-97	Alkmaar (NED)	301
7. Hoekstra Eline	03	08-021	1:24.62	25m	16-11-14	Zaandam (NED)	297
8. van Honk Chantal	80	08-021	1:24.70	25m	22-9-91	Zaandam (NED)	296
9. van der Kroft Nicole	84	08-021	1:25.70	25m	14-12-95	Heemskerk (NED)	286
10. Mallon Danique	94	08-021	1:26.06	25m	27-11-05	Heemskerk (NED)	283
11. Renkema Iris	04	08-021	1:26.44	25m	4-10-15	Purmerend (NED)	279
12. Koopman Anitra	89	08-021	1:26.90	25m	26-11-00	Alkmaar (NED)	274
13. Petit Kirsten	00	08-021	1:27.56	25m	27-11-11	Heemskerk (NED)	268
14. Schuyt Simone	75	08-021	1:28.70	25m	20-12-86	Hilversum (NED)	258
15. Hogema Fabiën	93	08-021	1:29.01	25m	30-9-04	Heemskerk (NED)	255
16. Visser Kelly	89	08-021	1:29.70	25m	26-10-00	Heemskerk (NED)	250
16. Bos Marieke	06	08-021	1:29.70	25m	10-12-17	Zaandam (NED)	250
18. van Ballegooie Simone	84	08-021	1:30.00	25m	14-12-95	Heemskerk (NED)	247
19. Zwarthoed Brenda	96	08-021	1:30.04	25m	28-10-07	Zaandam (NED)	247
20. Blaauw Yente	03	08-021	1:30.13	25m	16-11-14	Zaandam (NED)	246
21. de Groot Daniëlle	93	08-021	1:30.27	25m	19-12-04	Heemskerk (NED)	245
22. Buur Naomi	01	08-021	1:30.35	25m	16-12-12	Zaandam (NED)	244
23. Scholten Britt	04	08-021	1:30.45	25m	23-4-15	Heemskerk (NED)	243
24. de Haan Shira	00	08-021	1:30.78	25m	18-12-11	Zaandam (NED)	241
24. de Vriend Sofie	01	08-021	1:30.78	25m	11-11-12	Schagen (NED)	241

**200 wisselslag**

1. Teufer Irene	96	08-021	2:53.74	25m	17-11-07	Barneveld (NED)	345
2. Stel Serena	98	08-021	2:56.56	25m	13-6-09	Zaandam (NED)	328
3. Schelvis Femke	84	08-021	3:00.60	25m	17-9-95	Schagen (NED)	307
4. Dijkstra Lisette	86	08-021	3:02.10	25m	16-11-97	Zaandam (NED)	299
5. Schelvis Roos	86	08-021	3:03.90	25m	16-11-97	Zaandam (NED)	290
6. Crok Linda	94	08-021	3:03.92	25m	27-2-05	Zaandam (NED)	290
7. van Honk Chantal	80	08-021	3:06.00	25m	24-3-91	Zaandam (NED)	281
8. Hoekstra Eline	03	08-021	3:06.93	25m	6-4-14	Zaandam (NED)	277
9. Renkema Iris	04	08-021	3:07.34	25m	13-6-15	Zaandam (NED)	275
10. Mallon Danique	94	08-021	3:09.81	25m	18-12-05	Alkmaar (NED)	264
11. Koopman Anitra	89	08-021	3:12.22	25m	17-12-00	Zaandam (NED)	254
12. Visser Kelly	89	08-021	3:13.64	25m	17-12-00	Zaandam (NED)	249
13. Petit Kirsten	00	08-021	3:15.13	25m	20-3-11	Zaandam (NED)	243
14. Scholten Britt	04	08-021	3:15.44	25m	19-4-15	Zaandam (NED)	242
15. van der Kroft Nicole	84	08-021	3:16.50	25m	17-9-95	Schagen (NED)	238
16. Bos Marieke	06	08-021	3:17.70	25m	15-10-17	Alkmaar (NED)	234
17. de Haan Shira	00	08-021	3:19.76	25m	16-10-11	Zaandam (NED)	227
18. Windmuller Wendy	69	08-021	3:20.00	25m	16-11-80	Haarlem (NED)	226
19. de Wildt Maud	05	08-021	3:20.05	25m	30-12-16	Leeuwarden (NED)	226
20. Essers Sanne	91	08-021	3:20.17	25m	3-2-02	Zaandam (NED)	225
21. Buur Naomi	01	08-021	3:20.95	25m	21-10-12	Zaandam (NED)	223
22. de Groot Daniëlle	93	08-021	3:21.03	25m	12-12-04	Zaandam (NED)	222
23. Plokker Sylvia	68	08-021	3:21.10	25m	4-11-79	Zaandam (NED)	222
24. de Vriend Sofie	01	08-021	3:22.51	25m	18-3-12	Zaandam (NED)	217
25. van der Gracht Anouk	89	08-021	3:22.64	25m	17-12-00	Zaandam (NED)	217

**300 wisselslag**

**400 wisselslag**

1. de Wildt Maud	05	08-021	7:19.60	25m	11-12-16	Alkmaar (NED)	204
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