

12 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2022

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	14.00	25m	14-3-96	Heemskerk (NED)	417
2. Meijer Linda	77	08-021	14.90	25m	31-12-89	Heemskerk (NED)	345
3. Schelvis Roos	86	08-021	15.00	25m	16-4-98	Heemskerk (NED)	339
4. Zwarthoed Brenda	96	08-021	15.02	25m	31-5-08	Aalsmeer (NED)	337
5. Schuyt Simone	75	08-021	15.10	25m	17-12-87	Heemskerk (NED)	332
5. Dijkstra Lisette	86	08-021	15.10	25m	10-12-98	Heemskerk (NED)	332
7. van der Kroft Nicole	84	08-021	15.20	25m	14-3-96	Heemskerk (NED)	325
8. de Boer Irene	84	08-021	15.40	25m	14-3-96	Heemskerk (NED)	313
9. Besse Karen	75	08-021	15.60	25m	17-12-87	Heemskerk (NED)	301
9. de Boer Claudia	77	08-021	15.60	25m	31-12-89	Heemskerk (NED)	301
9. van Honk Chantal	80	08-021	15.60	25m	26-9-92		301
12. Visser Kelly	89	08-021	15.61	25m	29-3-01	Heemskerk (NED)	300
13. van Ballegoie Simone	84	08-021	15.70	25m	14-3-96	Heemskerk (NED)	295
14. Crok Linda	94	08-021	15.82	25m	27-4-06	Heemskerk	289
15. Koopman Anitra	89	08-021	15.87	25m	29-3-01	Heemskerk (NED)	286
16. Mallon Danique	94	08-021	15.96	25m	27-4-06	Heemskerk	281
17. Zonneveld Cindy	75	08-021	16.30	25m	17-12-87	Heemskerk (NED)	264
17. van Rookhuizen Sieta	79	08-021	16.30	25m	16-5-91	Heemskerk (NED)	264
19. Hoek Daniëlle	88	08-021	16.33	25m	4-5-00	Heemskerk (NED)	262
20. de Ruijter Linda	87	08-021	16.70	25m	21-12-99	Heemskerk (NED)	245
21. Kleijne Daisy	89	08-021	16.74	25m	29-3-01	Heemskerk (NED)	243
22. Ivens Suzanne	99	08-021	17.01	25m	30-6-11	Heemskerk (NED)	232
23. van der Gracht Anouk	89	08-021	17.45	25m	29-3-01	Heemskerk (NED)	215
24. Reijnders Sandra	64	08-021	18.00	25m	14-9-76	Heemskerk (NED)	196
24. Teunissen Petra	64	08-021	18.00	25m	14-9-76	Heemskerk (NED)	196

50 vrije slag

1. Zwarthoed Brenda	96	08-021	30.08	25m	31-5-08	Aalsmeer (NED)	442
2. Schelvis Femke	84	08-021	30.10	25m	12-12-96	Heemskerk (NED)	442
3. Stel Serena	98	08-021	31.12	25m	5-4-10	Haarlem (NED)	400
4. Schelvis Roos	86	08-021	31.22	25m	26-11-98	Heemskerk (NED)	396
5. Koster Lisa	94	08-021	31.62	25m	28-12-06	Maastricht (NED)	381
6. Dijkstra Lisette	86	08-021	31.70	25m	19-4-98	Zaandam (NED)	378
7. Hoekstra Eline	03	08-021	31.80	25m	24-9-15	Heemskerk (NED)	374
8. Zwaan Melissa	91	08-021	31.88	25m	28-12-03	Maastricht (NED)	372
9. Renkema Iris	04	08-021	32.32	25m	17-1-16	Purmerend (NED)	357
10. Teufer Irene	96	08-021	32.34	25m	13-1-08	Heemskerk (NED)	356
11. van der Kroft Nicole	84	08-021	32.50	25m	12-12-96	Heemskerk (NED)	351

50 vrije slag (sinds 12)

12.	Schuyt Simone	75	08-021	32.60	25m	15-11-87	Assendelft (NED)	347
13.	Mallon Danique	94	08-021	32.68	25m	5-11-06	Zaandam (NED)	345
14.	Hogema Fabiën	93	08-021	32.98	25m	30-12-05	Maastricht (NED)	336
15.	de Boer Irene	84	08-021	33.00	25m	12-12-96	Heemskerk (NED)	335
16.	Petit Kirsten	00	08-021	33.19	25m	7-1-12	Hoorn (NED)	329
17.	Crok Linda	94	08-021	33.21	25m	23-4-06	Zaandam (NED)	329
18.	van Ballegooie Simone	84	08-021	33.30	25m	12-12-96	Heemskerk (NED)	326
19.	Herwegh Binthy	09	08-021	33.40	25m	21-11-21	Den Helder (NED)	323
20.	de Groot Daniëlle	93	08-021	33.56	25m	11-12-05	IJmuiden (NED)	318
21.	Meijer Linda	77	08-021	33.70	25m	5-11-89	Heemskerk (NED)	315
22.	Visser Kelly	89	08-021	33.85	25m	27-9-01	Heemskerk	310
23.	Wentink Yara	04	08-021	33.86	25m	13-10-16	Heemskerk (NED)	310
24.	Vink Marjolein	93	08-021	33.93	25m	6-11-05	Zaandam (NED)	308
25.	Buur Naomi	01	08-021	34.01	25m	31-10-13	Heemskerk (NED)	306

100 vrije slag

1.	Schelvis Femke	84	08-021	1:05.50	25m	15-12-96	Heemskerk (NED)	451
2.	Stel Serena	98	08-021	1:06.46	25m	31-1-10	Heerenveen (NED)	432
3.	Schelvis Roos	86	08-021	1:07.60	25m	9-5-98	Zaandam (NED)	410
4.	Zwarthoed Brenda	96	08-021	1:07.68	25m	27-4-08	Alkmaar (NED)	409
5.	Zwaan Melissa	91	08-021	1:08.99	25m	28-12-03	Maastricht (NED)	386
6.	Dijkstra Lisette	86	08-021	1:09.00	25m	19-4-98	Zaandam (NED)	386
7.	Teufer Irene	96	08-021	1:09.88	25m	9-3-08	Heemskerk (NED)	371
8.	Koster Lisa	94	08-021	1:09.92	25m	28-12-06	Maastricht (NED)	371
9.	Hoekstra Eline	03	08-021	1:10.49	25m	8-11-15	Amsterdam (NED)	362
10.	Hogema Fabiën	93	08-021	1:10.70	25m	4-6-05	Zaandam (NED)	359
11.	de Boer Irene	84	08-021	1:11.70	25m	15-12-96	Heemskerk (NED)	344
12.	Renkema Iris	04	08-021	1:12.06	25m	2-10-16	Purmerend (NED)	339
13.	Mallon Danique	94	08-021	1:12.09	25m	10-6-06	Zaandam (NED)	338
14.	van der Kroft Nicole	84	08-021	1:12.90	25m	15-12-96	Heemskerk (NED)	327
15.	Visser Kelly	89	08-021	1:12.92	25m	25-11-01	Alkmaar (NED)	327
16.	van Honk Chantal	80	08-021	1:13.00	25m	26-4-92	Assendelft (NED)	326
17.	Schuyt Simone	75	08-021	1:13.20	25m	12-12-87		323
18.	Crok Linda	94	08-021	1:13.22	25m	2-4-06	Zaandam (NED)	323
19.	Herwegh Binthy	09	08-021	1:13.43	25m	31-10-21	Heemskerk (NED)	320
20.	van Ballegooie Simone	84	08-021	1:13.80	25m	15-2-96	Heemskerk (NED)	315
21.	Koopman Anitra	89	08-021	1:13.88	25m	9-12-01	Heemskerk	314
22.	Windmuller Wendy	69	08-021	1:14.30	25m	1-11-81	Bergen (NED)	309
23.	Oosterveen Yvonne	80	08-021	1:14.40	25m	3-10-92		308
24.	Buur Naomi	01	08-021	1:14.74	25m	17-11-13	Heemskerk (NED)	303
25.	Vink Marjolein	93	08-021	1:14.82	25m	30-10-05	Amsterdam (NED)	302

200 vrije slag

1. Stel Serena	98	08-021	2:21.69	25m	18-4-10	Zaandam (NED)	473
2. Schelvis Femke	84	08-021	2:27.30	25m	4-4-96	Heemskerk (NED)	421
3. Schelvis Roos	86	08-021	2:30.30	25m	19-4-98	Zaandam (NED)	396
4. Teufer Irene	96	08-021	2:32.38	25m	20-1-08	Zaandam (NED)	380
5. Dijkstra Lisette	86	08-021	2:32.40	25m	19-4-98	Zaandam (NED)	380
6. Hoekstra Eline	03	08-021	2:32.99	25m	13-12-15	Zaandam (NED)	376
7. van Honk Chantal	80	08-021	2:35.30	25m	23-2-92	Zaandam (NED)	359
8. de Boer Irene	84	08-021	2:36.40	25m	24-11-96	Castricum (NED)	352
9. Hogema Fabiën	93	08-021	2:37.98	25m	27-11-05	Heemskerk (NED)	341
10. Buur Naomi	01	08-021	2:39.41	25m	8-12-13	Amstelveen (NED)	332
11. Zwarthoed Brenda	96	08-021	2:39.51	25m	20-1-08	Zaandam (NED)	331
12. Schuyt Simone	75	08-021	2:40.10	25m	8-11-87	Heemskerk (NED)	328
13. Koopman Anitra	89	08-021	2:41.36	25m	20-12-01	Heemskerk	320
14. Visser Kelly	89	08-021	2:42.50	25m	20-12-01	Heemskerk	313
15. Petit Kirsten	00	08-021	2:42.72	25m	7-10-12	Zaandam (NED)	312
16. Besse Karen	75	08-021	2:43.00	25m	13-12-87	Assendelft (NED)	310
17. Blaauw Yente	03	08-021	2:43.44	25m	13-12-15	Zaandam (NED)	308
18. Crok Linda	94	08-021	2:44.38	25m	12-3-06	Zaandam (NED)	303
19. Essers Sanne	91	08-021	2:45.09	25m	9-11-03	Zaandam	299
20. Bos Marieke	06	08-021	2:45.79	25m	12-4-18	Heemskerk (NED)	295
21. Oosterveen Yvonne	80	08-021	2:45.80	25m	5-4-92	Heemskerk (NED)	295
22. van Ballegooie Simone	84	08-021	2:45.90	25m	17-3-96	Heemskerk (NED)	294
23. Renkema Iris	04	08-021	2:46.23	25m	30-12-16	Leeuwarden (NED)	293
24. de Boer Claudia	77	08-021	2:46.30	25m	12-11-89	Assendelft (NED)	292
25. de Groot Daniëlle	93	08-021	2:46.93	25m	27-11-05	Heemskerk (NED)	289

250 vrije slag**300 vrije slag**

1. Stel Serena	98	08-021	3:50.73	25m	29-1-10	Heerenveen (NED)	417
2. Teufer Irene	96	08-021	3:58.28	25m	30-3-08	Zaandam (NED)	379
3. Bos Marieke	06	08-021	4:17.87	25m	25-11-18	Hoofddorp (NED)	299
4. Mallon Danique	94	08-021	4:26.31	25m	18-5-06	Heemskerk (NED)	271
5. Buur Naomi	01	08-021	4:27.84	25m	18-5-13	Purmerend (NED)	267
6. Visser Kelly	89	08-021	4:28.39	25m	21-1-01	Heemskerk (NED)	265
7. Crok Linda	94	08-021	4:28.41	25m	12-1-06	Heemskerk (NED)	265
8. Koopman Anitra	89	08-021	4:28.85	25m	21-1-01	Heemskerk (NED)	264
9. Hogema Fabiën	93	08-021	4:29.11	25m	23-10-05	Zaandam (NED)	263
10. de Groot Daniëlle	93	08-021	4:36.76	25m	23-10-05	Zaandam (NED)	242
11. Hoek Daniëlle	88	08-021	4:44.50	25m	23-1-00	Heemskerk (NED)	222
12. van Koeveringe Nicole	93	08-021	4:44.73	25m	23-10-05	Zaandam (NED)	222
13. Vink Marjolein	93	08-021	4:52.15	25m	23-10-05	Zaandam (NED)	205
14. van der Gracht Anouk	89	08-021	4:52.93	25m	21-1-01	Heemskerk (NED)	204
15. Kleijne Daisy	89	08-021	4:56.61	25m	21-1-01	Heemskerk (NED)	196
16. Rodenburg Rianne	93	08-021	5:13.29	25m	23-10-05	Zaandam (NED)	166
17. Liefing Sarina	93	08-021	5:15.49	25m	23-10-05	Zaandam (NED)	163

400 vrije slag

1. Stel Serena	98	08-021	5:06.13	25m	28-3-10	Zeist (NED)	449
2. Schelvis Femke	84	08-021	5:11.60	25m	29-9-96	Haarlem (NED)	426
3. Teufer Irene	96	08-021	5:20.06	25m	30-3-08	Zaandam (NED)	393
4. Schelvis Roos	86	08-021	5:23.40	25m	24-5-98	Zaandam (NED)	381
5. Dijkstra Lisette	86	08-021	5:34.30	25m	24-5-98	Zaandam (NED)	345
6. Buur Naomi	01	08-021	5:37.97	25m	22-12-13	Zaandam (NED)	334
7. de Boer Irene	84	08-021	5:42.30	25m	21-4-96	Alkmaar (NED)	321
8. Visser Kelly	89	08-021	5:42.43	25m	31-5-01	Heemskerk (NED)	321
9. van Honk Chantal	80	08-021	5:43.60	25m	19-1-92		317
10. Bos Marieke	06	08-021	5:43.64	25m	25-11-18	Hoofddorp (NED)	317
11. Essers Sanne	91	08-021	5:52.11	25m	26-10-03	Zaandam	295
12. Mallon Danique	94	08-021	5:53.26	25m	22-10-06	Zaandam (NED)	292
13. Koopman Anitra	89	08-021	5:54.52	25m	31-5-01	Heemskerk (NED)	289
14. Crok Linda	94	08-021	5:55.88	25m	12-1-06	Heemskerk (NED)	286
15. Oosterveen Yvonne	80	08-021	5:58.10	25m	26-9-92		280
16. Hogema Fabiën	93	08-021	5:59.26	25m	23-10-05	Zaandam (NED)	278
17. van Rookhuizen Sieta	79	08-021	5:59.30	25m	28-4-91	Assendelft (NED)	278
18. van Ballegooie Simone	84	08-021	5:59.80	25m	21-4-96	Alkmaar (NED)	276
19. de Groot Daniëlle	93	08-021	6:07.81	25m	23-10-05	Zaandam (NED)	259
20. Scholten Britt	04	08-021	6:09.40	25m	18-9-16	Zaandam (NED)	255
21. Hoekstra Eline	03	08-021	6:09.53	25m	8-2-15	Zaandam (NED)	255
22. Renkema Iris	04	08-021	6:09.70	25m	7-2-16	Zaandam (NED)	255
23. Visser Shana	04	08-021	6:10.45	25m	18-9-16	Zaandam (NED)	253
24. Kleijne Daisy	89	08-021	6:15.03	25m	31-5-01	Heemskerk (NED)	244
25. van Koeveringe Nicole	93	08-021	6:17.07	25m	23-10-05	Zaandam (NED)	240

500 vrije slag**800 vrije slag**

1. Stel Serena	98	08-021	10:13.69	25m	28-3-10	Zeist (NED)	476
2. Teufer Irene	96	08-021	10:41.66	25m	30-3-08	Zaandam (NED)	416
3. Schelvis Femke	84	08-021	10:49.50	25m	11-2-96	Schagen (NED)	401
4. Schelvis Roos	86	08-021	11:11.50	25m	17-5-98	Den Helder (NED)	363
5. Dijkstra Lisette	86	08-021	11:29.50	25m	17-5-98	Den Helder (NED)	335
6. van Honk Chantal	80	08-021	11:30.20	25m	12-4-92	Heemstede (NED)	334
7. Koopman Anitra	89	08-021	11:31.80	25m	4-1-01	Heemskerk (NED)	332
8. Crok Linda	94	08-021	11:59.79	25m	3-12-06	Zaandam (NED)	295
9. Visser Kelly	89	08-021	12:02.72	25m	4-11-01	Heemskerk	291
10. Essers Sanne	91	08-021	12:15.72	25m	16-11-03	Heemskerk (NED)	276
11. Buur Naomi	01	08-021	12:15.88	25m	20-10-13	Zaandam (NED)	276
12. Hoekstra Eline	03	08-021	12:20.36	25m	8-2-15	Zaandam (NED)	271
13. de Boer Irene	84	08-021	12:21.80	25m	11-2-96	Schagen (NED)	269
14. Renkema Iris	04	08-021	12:22.14	25m	7-2-16	Zaandam (NED)	269
15. Mallon Danique	94	08-021	12:56.32	25m	19-2-06	Zaandam (NED)	235
16. Kleijne Daisy	89	08-021	13:01.88	25m	4-11-01	Heemskerk	230
17. van Ballegooie Simone	84	08-021	13:02.20	25m	20-1-96	Heemskerk (NED)	230
18. de Vriend Sofie	01	08-021	13:02.76	25m	24-2-13	Zaandam (NED)	229
19. van der Gracht Anouk	89	08-021	13:13.19	25m	4-11-01	Heemskerk	220
20. Hoek Daniëlle	88	08-021	13:21.71	25m	5-3-00	Zaandam (NED)	213
21. de Haan Shira	00	08-021	13:22.05	25m	21-10-12	Zaandam (NED)	213
22. van der Kroft Nicole	84	08-021	13:29.40	25m	20-1-96	Heemskerk (NED)	207

800 vrije slag (sinds 23)

23. Vink Marjolein	93	08-021	13:33.30	25m	20-3-05	Zaandam (NED)	204
24. de Groot Daniëlle	93	08-021	13:35.73	25m	20-3-05	Zaandam (NED)	202
25. Liefing Sarina	93	08-021	14:25.95	25m	20-3-05	Zaandam (NED)	169

1000 vrije slag1250 vrije slag1500 vrije slag2000 vrije slag2500 vrije slag3000 vrije slag4000 vrije slag5000 vrije slag6000 vrije slag6500 vrije slag10000 vrije slag20000 vrije slag22000 vrije slag25 rugslag

1. Schelvis Femke	84	08-021	16.70	25m	8-2-96	Heemskerk (NED)	378
2. Schelvis Roos	86	08-021	16.80	25m	15-1-98	Heemskerk (NED)	371
3. Meijer Linda	77	08-021	17.10	25m	31-12-89	Heemskerk (NED)	352
4. Koopman Anitra	89	08-021	17.83	25m	22-2-01	Heemskerk (NED)	310
5. Visser Kelly	89	08-021	17.91	25m	22-2-01	Heemskerk (NED)	306
6. Dijkstra Lisette	86	08-021	18.20	25m	15-1-98	Heemskerk (NED)	292
7. van Ballegooie Simone	84	08-021	18.40	25m	8-2-96	Heemskerk (NED)	282
8. Mallon Danique	94	08-021	18.44	25m	27-4-06	Heemskerk	281
9. Schuyt Simone	75	08-021	18.50	25m	17-12-87	Heemskerk (NED)	278
10. Besse Karen	75	08-021	18.70	25m	17-12-87	Heemskerk (NED)	269
11. Dijkstra Janet	77	08-021	18.80	25m	12-1-89	Heemskerk (NED)	265
11. van der Kroft Nicole	84	08-021	18.80	25m	8-2-96	Heemskerk (NED)	265
13. de Boer Irene	84	08-021	18.90	25m	8-2-96	Heemskerk (NED)	261
14. Kleijne Daisy	89	08-021	18.94	25m	22-2-01	Heemskerk (NED)	259
15. Crok Linda	94	08-021	19.26	25m	27-4-06	Heemskerk	246

25 rugslag (sinds 16)

16. Zonneveld Cindy	75	08-021	19.60	25m	17-12-87	Heemskerk (NED)	234
17. Hoek Daniëlle	88	08-021	19.62	25m	17-2-00	Heemskerk (NED)	233
18. Stins Mariska	84	08-021	19.90	25m	8-2-96	Heemskerk (NED)	223
19. de Ruijter Linda	87	08-021	20.00	25m	21-12-99	Heemskerk (NED)	220
20. de Boer Claudia	77	08-021	20.20	25m	31-12-89	Heemskerk (NED)	213
20. Hoek Laura	86	08-021	20.20	25m	15-1-98	Heemskerk (NED)	213
22. van der Gracht Anouk	89	08-021	20.25	25m	22-2-01	Heemskerk (NED)	212
23. van Rookhuizen Sieta	79	08-021	20.60	25m	16-5-91	Heemskerk (NED)	201
24. Bakker Daniëlle	96	08-021	20.72	25m	29-5-08	Heemskerk (NED)	198
25. Limmen Miriam	75	08-021	20.80	25m	17-12-87	Heemskerk (NED)	195

50 rugslag

1. Schelvis Femke	84	08-021	35.20	25m	7-11-96	Heemskerk (NED)	387
2. Schelvis Roos	86	08-021	35.80	25m	13-4-98	Haarlem (NED)	368
3. Stel Serena	98	08-021	36.24	25m	27-2-10	Hoom (NED)	355
4. Teufer Irene	96	08-021	36.75	25m	23-3-08	Haarlem (NED)	340
5. Koopman Anitra	89	08-021	37.09	25m	16-4-01	Haarlem (NED)	331
6. Hoekstra Eline	03	08-021	37.10	25m	29-11-15	Heemskerk (NED)	331
7. van der Kroft Nicole	84	08-021	37.30	25m	7-11-96	Heemskerk (NED)	325
8. Dijkstra Lisette	86	08-021	37.40	25m	9-4-98	Heemskerk (NED)	323
9. Meijer Linda	77	08-021	37.60	25m	14-12-89	Heemskerk (NED)	318
10. Koper Fiona	01	08-021	37.88	25m	10-2-13	Haarlem (NED)	311
11. Crok Linda	94	08-021	38.18	25m	17-4-06	Haarlem (NED)	303
12. Zwaan Melissa	91	08-021	38.31	25m	28-12-03	Maastricht (NED)	300
13. Koster Lisa	94	08-021	38.33	25m	28-12-06	Maastricht (NED)	300
14. Mallon Danique	94	08-021	38.45	25m	23-4-06	Zaandam (NED)	297
15. Windmuller Wendy	69	08-021	38.50	25m	7-11-81	Heemskerk (NED)	296
16. Essers Sanne	91	08-021	38.77	25m	24-4-03	Heemskerk	290
17. van Ballegooye Simone	84	08-021	38.80	25m	7-11-96	Heemskerk (NED)	289
18. de Boer Irene	84	08-021	38.90	25m	7-11-96	Heemskerk (NED)	287
19. Zwarthoed Brenda	96	08-021	39.10	25m	10-2-08	Purmerend (NED)	282
20. Renkema Iris	04	08-021	39.14	25m	18-2-16	Heemskerk (NED)	282
21. Buur Naomi	01	08-021	39.47	25m	8-12-13	Amstelveen (NED)	275
22. de Groot Daniëlle	93	08-021	39.57	25m	11-12-05	IJmuiden (NED)	273
23. Visser Kelly	89	08-021	39.60	25m	29-11-01	Heemskerk	272
24. de Vriend Sofie	01	08-021	39.68	25m	20-1-13	Heemskerk (NED)	270
25. Petit Kirsten	00	08-021	39.79	25m	19-2-12	Purmerend (NED)	268

100 rugslag

1. Schelvis Femke	84	08-021	1:14.80	25m	30-5-96	Heemskerk (NED)	398
2. Schelvis Roos	86	08-021	1:14.88	25m	7-11-98		396
3. Stel Serena	98	08-021	1:16.75	25m	5-4-10	Haarlem (NED)	368
4. Hoekstra Eline	03	08-021	1:18.82	25m	29-11-15	Heemskerk (NED)	340
5. Meijer Linda	77	08-021	1:19.80	25m	7-12-89	Heemskerk (NED)	327
6. van Honk Chantal	80	08-021	1:20.40	25m	7-10-92		320
7. Windmuller Wendy	69	08-021	1:20.50	25m	19-12-81	Hilversum (NED)	319
8. Koper Fiona	01	08-021	1:21.12	25m	17-11-13	Heemskerk (NED)	312
9. Koopman Anitra	89	08-021	1:21.32	25m	9-6-01	Zaandam (NED)	309
10. Dijkstra Lisette	86	08-021	1:21.50	25m	8-3-98	Zaandam (NED)	307
11. van der Kroft Nicole	84	08-021	1:21.60	25m	2-11-96		306
12. Mallon Danique	94	08-021	1:22.07	25m	10-6-06	Zaandam (NED)	301

100 rugslag (sinds 13)

13. Crok Linda	94	08-021	1:22.16	25m	26-11-06	Heemskerk (NED)	300
14. Visser Kelly	89	08-021	1:22.42	25m	9-12-01	Heemskerk	297
15. van 't Veer Iris	03	08-021	1:22.67	25m	8-11-15	Amsterdam (NED)	294
16. van der Horst Sacha	69	08-021	1:22.70	25m	15-3-81	Z.O. Beemster (NED)	294
17. Zwaan Melissa	91	08-021	1:23.08	25m	28-12-03	Maastricht (NED)	290
18. Koster Lisa	94	08-021	1:23.22	25m	28-12-06	Maastricht (NED)	289
19. Teufer Irene	96	08-021	1:23.36	25m	16-3-08	Zaandam (NED)	287
20. Buur Naomi	01	08-021	1:23.50	25m	17-11-13	Heemskerk (NED)	286
21. de Graaf Annemiek	70	08-021	1:23.60	25m	31-12-82		285
22. Zwarthoed Brenda	96	08-021	1:24.08	25m	27-3-08	Heemskerk (NED)	280
23. de Boer Irene	84	08-021	1:24.10	25m	24-11-96	Castricum (NED)	280
24. van Ballegooie Simone	84	08-021	1:24.20	25m	8-12-96	Heerhugowaard (NED)	279
25. Essers Sanne	91	08-021	1:25.19	25m	9-11-03	Zaandam	269

200 rugslag

1. Stel Serena	98	08-021	2:41.22	25m	21-3-10	Zaandam (NED)	404
2. Schelvis Femke	84	08-021	2:41.60	25m	24-11-96	Castricum (NED)	401
3. Schelvis Roos	86	08-021	2:47.24	25m	24-9-98	Heemskerk (NED)	362
4. van Honk Chantal	80	08-021	2:48.80	25m	18-4-92	Volendam (NED)	352
5. Hoekstra Eline	03	08-021	2:50.98	25m	11-10-15	Zaandam (NED)	339
6. Zwarthoed Brenda	96	08-021	2:55.06	25m	16-3-08	Zaandam (NED)	315
7. Koopman Anitra	89	08-021	2:58.86	25m	11-3-01	Zaandam (NED)	296
8. Essers Sanne	91	08-021	2:59.48	25m	25-9-03	Heemskerk (NED)	293
9. Buur Naomi	01	08-021	2:59.50	25m	15-12-13	Zaandam (NED)	293
10. van 't Veer Iris	03	08-021	2:59.88	25m	11-10-15	Zaandam (NED)	291
11. van der Kroft Nicole	84	08-021	3:00.80	25m	10-10-96	Heemskerk (NED)	286
12. Dijkstra Lisette	86	08-021	3:01.78	25m	24-9-98	Heemskerk (NED)	282
13. Crok Linda	94	08-021	3:02.87	25m	12-3-06	Zaandam (NED)	277
14. de Boer Irene	84	08-021	3:03.10	25m	10-10-96	Heemskerk (NED)	276
15. Blaauw Yente	03	08-021	3:03.93	25m	11-10-15	Zaandam (NED)	272
16. Angenent Nienke	01	08-021	3:04.56	25m	15-12-13	Zaandam (NED)	269
17. de Haan Shira	00	08-021	3:04.58	25m	9-12-12	Zaandam (NED)	269
18. Meijer Linda	77	08-021	3:04.70	25m	2-11-89	Heemskerk (NED)	269
19. Renkema Iris	04	08-021	3:05.23	25m	2-10-16	Purmerend (NED)	266
20. Scholten Britt	04	08-021	3:05.74	25m	2-10-16	Purmerend (NED)	264
21. Visser Kelly	89	08-021	3:06.48	25m	11-3-01	Zaandam (NED)	261
22. van Ballegooie Simone	84	08-021	3:10.10	25m	10-10-96	Heemskerk (NED)	246
23. Mallon Danique	94	08-021	3:10.20	25m	12-3-06	Zaandam (NED)	246
24. Moolevliet Petra	82	08-021	3:13.10	25m	20-10-94	Heemskerk (NED)	235
25. Raszinski Nienke	01	08-021	3:15.07	25m	22-12-13	Zaandam (NED)	228

500 rugslag

25 schoolslag

1.	Schelvis Roos	86	08-021	19.20	25m	19-3-98	Heemskerk (NED)	333
2.	van der Kroft Nicole	84	08-021	19.30	25m	14-3-96	Heemskerk (NED)	328
3.	van Rookhuizen Sieta	79	08-021	19.60	25m	16-5-91	Heemskerk (NED)	313
4.	Dijkstra Lisette	86	08-021	19.80	25m	19-3-98	Heemskerk (NED)	304
5.	Schelvis Femke	84	08-021	20.20	25m	14-3-96	Heemskerk (NED)	286
6.	Hoek Daniëlle	88	08-021	20.50	25m	17-2-00	Heemskerk (NED)	274
7.	Crok Linda	94	08-021	20.66	25m	27-4-06	Heemskerk	267
8.	Koopman Anitra	89	08-021	20.67	25m	22-2-01	Heemskerk (NED)	267
9.	de Boer Irene	84	08-021	20.70	25m	14-3-96	Heemskerk (NED)	266
10.	de Ruijter Linda	87	08-021	20.90	25m	21-12-99	Heemskerk (NED)	258
11.	Besse Karen	75	08-021	21.00	25m	17-12-87	Heemskerk (NED)	255
12.	Schuyt Simone	75	08-021	21.40	25m	17-12-87	Heemskerk (NED)	241
12.	Meijer Linda	77	08-021	21.40	25m	31-12-89	Heemskerk (NED)	241
12.	de Boer Claudia	77	08-021	21.40	25m	31-12-89	Heemskerk (NED)	241
12.	Visser Kelly	89	08-021	21.40	25m	22-2-01	Heemskerk (NED)	241
16.	Dijkstra Janet	77	08-021	21.60	25m	12-1-89	Heemskerk (NED)	234
17.	Zonneveld Cindy	75	08-021	21.90	25m	17-12-87	Heemskerk (NED)	224
17.	van der Gracht Anouk	89	08-021	21.90	25m	22-2-01	Heemskerk (NED)	224
19.	Limmen Miriam	75	08-021	22.00	25m	17-12-87	Heemskerk (NED)	221
20.	Mallon Danique	94	08-021	22.04	25m	27-4-06	Heemskerk	220
21.	van Zwieten Jacqueline	64	08-021	22.20	25m	14-9-76	Heemskerk (NED)	215
21.	Teunissen Petra	64	08-021	22.20	25m	14-9-76	Heemskerk (NED)	215
21.	Boekling Annette	85	08-021	22.20	25m	13-3-97	Heemskerk (NED)	215
24.	Gerritsen Jolanda	64	08-021	22.60	25m	14-9-76	Heemskerk (NED)	204
25.	Kleijne Daisy	89	08-021	22.72	25m	22-2-01	Heemskerk (NED)	201

50 schoolslag

1.	van Honk Chantal	80	08-021	37.40	25m	2-2-92		449
2.	van der Kroft Nicole	84	08-021	40.40	25m	27-10-96	Zaandam (NED)	356
3.	Teufer Irene	96	08-021	41.40	25m	31-1-08	Heemskerk (NED)	331
4.	Schelvis Roos	86	08-021	41.50	25m	19-9-98	Amersfoort (NED)	328
5.	Stel Serena	98	08-021	41.52	25m	4-4-10	Haarlem (NED)	328
6.	de Groot Daniëlle	93	08-021	41.97	25m	11-12-05	IJmuiden (NED)	317
7.	van Rookhuizen Sieta	79	08-021	42.00	25m	13-6-91	Heemskerk (NED)	317
8.	Hoekstra Eline	03	08-021	42.12	25m	24-9-15	Heemskerk (NED)	314
9.	Hogema Fabiën	93	08-021	42.80	25m	24-11-05	Heemskerk (NED)	299
10.	Crok Linda	94	08-021	42.87	25m	16-2-06	Heemskerk (NED)	298
11.	Moolevliet Petra	82	08-021	43.10	25m	20-10-94	Heemskerk (NED)	293
12.	Herwegh Binthy	09	08-021	43.25	25m	7-10-21	Heemskerk (NED)	290
13.	Renkema Iris	04	08-021	43.54	25m	17-3-16	Heemskerk (NED)	284
14.	Koster Lisa	94	08-021	43.83	25m	28-12-06	Maastricht (NED)	279
15.	Schelvis Femke	84	08-021	43.90	25m	8-2-96	Heemskerk (NED)	277
16.	de Haan Shira	00	08-021	43.99	25m	2-12-12	Amstelveen (NED)	275
17.	Koopman Anitra	89	08-021	44.16	25m	20-12-01	Heemskerk	272
18.	Vink Marjolein	93	08-021	44.19	25m	24-11-05	Heemskerk (NED)	272
19.	Plokker Sylvia	68	08-021	44.40	25m	4-10-80	Heemskerk (NED)	268
19.	de Boer Claudia	77	08-021	44.40	25m	5-10-89	Heemskerk (NED)	268
21.	Palmboom Nicole	91	08-021	44.42	25m	27-11-03	Heemskerk (NED)	268
22.	Siemerink Laura	04	08-021	44.50	25m	11-12-16	Alkmaar (NED)	266
23.	Mallon Danique	94	08-021	44.61	25m	30-11-06	Heemskerk	264
24.	de Boer Irene	84	08-021	44.90	25m	17-3-96	Heemskerk (NED)	259
25.	Zwaan Melissa	91	08-021	44.96	25m	28-12-03	Maastricht (NED)	258

100 schoolslag

1.	van Honk Chantal	80	08-021	1:19.80	25m	13-12-92	Heemskerk (NED)	477
2.	Teufer Irene	96	08-021	1:25.82	25m	24-3-08	Haarlem (NED)	383
3.	van Rookhuizen Sieta	79	08-021	1:27.10	25m	15-12-91	Heemskerk (NED)	366
4.	Stel Serena	98	08-021	1:28.72	25m	5-4-10	Haarlem (NED)	347
5.	de Graaf Dinie	71	08-021	1:29.60	25m	31-12-83		337
5.	Schelvis Roos	86	08-021	1:29.60	25m	23-5-98	Zaandam (NED)	337
7.	Hoekstra Eline	03	08-021	1:29.61	25m	24-9-15	Heemskerk (NED)	337
8.	van der Kroft Nicole	84	08-021	1:30.00	25m	15-12-96	Heemskerk (NED)	332
9.	de Haan Shira	00	08-021	1:32.64	25m	2-12-12	Amstelveen (NED)	305
10.	Schelvis Femke	84	08-021	1:32.70	25m	15-12-96	Heemskerk (NED)	304
11.	Plokker Sylvia	68	08-021	1:33.20	25m	19-10-80	Heemskerk (NED)	299
12.	Dijkstra Lisette	86	08-021	1:33.50	25m	9-4-98	Heemskerk (NED)	296
13.	Moolevliet Petra	82	08-021	1:33.70	25m	16-10-94	Heemskerk (NED)	294
14.	Crok Linda	94	08-021	1:33.72	25m	19-3-06	Heemskerk (NED)	294
15.	de Boer Irene	84	08-021	1:34.00	25m	28-1-96	Zaandam (NED)	291
16.	van der Horst Sacha	69	08-021	1:34.30	25m	17-5-81	Castricum (NED)	289
17.	Renkema Iris	04	08-021	1:34.36	25m	17-1-16	Purmerend (NED)	288
18.	van 't Veer Iris	03	08-021	1:35.13	25m	24-9-15	Heemskerk (NED)	281
19.	Koster Lisa	94	08-021	1:35.21	25m	28-12-06	Maastricht (NED)	280
20.	de Groot Daniëlle	93	08-021	1:35.32	25m	4-6-05	Zaandam (NED)	280
21.	Hogema Fabiën	93	08-021	1:35.68	25m	29-12-05	Maastricht (NED)	276
22.	Bruin Marianne	78	08-021	1:35.70	25m	16-12-90	Heemskerk (NED)	276
23.	van Galen Angela	65	08-021	1:35.90	25m	27-11-77	IJmuiden (NED)	274
24.	Windmuller Wendy	69	08-021	1:36.10	25m	29-11-81	Zaandam (NED)	273
24.	van Giezen Wendy	70	08-021	1:36.10	25m	7-2-82		273

200 schoolslag

1.	van Honk Chantal	80	08-021	2:57.30	25m	22-3-92	Heemskerk (NED)	437
2.	Teufer Irene	96	08-021	3:06.47	25m	20-1-08	Zaandam (NED)	375
3.	Schelvis Roos	86	08-021	3:14.44	25m	22-11-98	Zaandam (NED)	331
4.	Hoekstra Eline	03	08-021	3:16.79	25m	11-10-15	Zaandam (NED)	319
5.	Moolevliet Petra	82	08-021	3:18.50	25m	24-11-94	Heemskerk (NED)	311
6.	Stel Serena	98	08-021	3:18.60	25m	25-3-10	Heemskerk (NED)	311
7.	Crok Linda	94	08-021	3:21.20	25m	19-10-06	Heemskerk	299
8.	van Rookhuizen Sieta	79	08-021	3:21.30	25m	14-3-91	Heemskerk (NED)	298
9.	de Boer Irene	84	08-021	3:21.40	25m	8-12-96	Heerhugowaard (NED)	298
10.	Schelvis Femke	84	08-021	3:22.70	25m	8-12-96	Heerhugowaard (NED)	292
11.	van 't Veer Iris	03	08-021	3:24.52	25m	11-10-15	Zaandam (NED)	284
12.	Mallon Danique	94	08-021	3:24.95	25m	19-10-06	Heemskerk	283
13.	de Boer Claudia	77	08-021	3:25.10	25m	30-9-89		282
14.	de Wildt Maud	05	08-021	3:25.18	25m	29-12-17	Leeuwarden (NED)	282
15.	de Haan Shira	00	08-021	3:25.40	25m	7-10-12	Zaandam (NED)	281
16.	Hogema Fabiën	93	08-021	3:25.78	25m	27-10-05	Heemskerk (NED)	279
17.	Koopman Anitra	89	08-021	3:27.34	25m	29-11-01	Heemskerk	273
18.	de Groot Daniëlle	93	08-021	3:28.35	25m	27-10-05	Heemskerk (NED)	269
19.	Palmboom Nicole	91	08-021	3:29.37	25m	30-10-03	Heemskerk	265
20.	Scholten Britt	04	08-021	3:29.38	25m	18-9-16	Zaandam (NED)	265
21.	Schuyt Simone	75	08-021	3:29.40	25m	29-11-87	Amstelveen (NED)	265
22.	Bruin Marianne	78	08-021	3:30.10	25m	6-12-90	Heemskerk (NED)	262
23.	Buur Naomi	01	08-021	3:30.48	25m	13-10-13	Zaandam (NED)	261
24.	Visser Kelly	89	08-021	3:30.96	25m	29-11-01	Heemskerk	259
25.	Vink Marjolein	93	08-021	3:32.18	25m	27-10-05	Heemskerk (NED)	255

500 schoolslag**800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Schelvis Femke	84	08-021	16.10	25m	8-2-96	Heemskerk (NED)	335
2. Besse Karen	75	08-021	16.60	25m	17-12-87	Heemskerk (NED)	306
3. Meijer Linda	77	08-021	16.80	25m	31-12-89	Heemskerk (NED)	295
4. Schelvis Roos	86	08-021	17.20	25m	15-1-98	Heemskerk (NED)	275
5. Dijkstra Lisette	86	08-021	17.60	25m	15-1-98	Heemskerk (NED)	257
6. Mallon Danique	94	08-021	17.74	25m	27-4-06	Heemskerk	250
7. van der Kroft Nicole	84	08-021	17.90	25m	8-2-96	Heemskerk (NED)	244
8. Visser Kelly	89	08-021	18.06	25m	29-3-01	Heemskerk (NED)	237
9. Ivens Suzanne	99	08-021	18.16	25m	30-6-11	Heemskerk (NED)	233
10. Crok Linda	94	08-021	18.20	25m	27-4-06	Heemskerk	232
11. Koopman Anitra	89	08-021	18.66	25m	29-3-01	Heemskerk (NED)	215
12. Schuyt Simone	75	08-021	19.10	25m	17-12-87	Heemskerk (NED)	201
13. Zonneveld Cindy	75	08-021	19.30	25m	17-12-87	Heemskerk (NED)	194
14. Hoek Daniëlle	88	08-021	19.39	25m	4-5-00	Heemskerk (NED)	192
15. de Boer Claudia	77	08-021	19.40	25m	31-12-89	Heemskerk (NED)	191
16. van Ballegoie Simone	84	08-021	19.90	25m	8-2-96	Heemskerk (NED)	177
17. van Rookhuizen Sieta	79	08-021	20.00	25m	16-5-91	Heemskerk (NED)	175
18. Limmen Miriam	75	08-021	20.40	25m	17-12-87	Heemskerk (NED)	165
19. Bakker Daniëlle	96	08-021	20.63	25m	29-5-08	Heemskerk (NED)	159
20. de Ruijter Linda	87	08-021	20.70	25m	21-12-99	Heemskerk (NED)	157
21. Kleijne Daisy	89	08-021	20.92	25m	29-3-01	Heemskerk (NED)	153
22. van der Gracht Anouk	89	08-021	21.01	25m	29-3-01	Heemskerk (NED)	151
23. de Boer Irene	84	08-021	21.20	25m	8-2-96	Heemskerk (NED)	147
24. Hommersen Sandra	84	08-021	21.40	25m	8-2-96	Heemskerk (NED)	142
25. Dijkstra Janet	77	08-021	22.00	25m	12-1-89	Heemskerk (NED)	131

50 vlinderslag

1. Teufer Irene	96	08-021	33.18	25m	9-3-08	Heemskerk (NED)	396
2. Hoekstra Eline	03	08-021	36.10	25m	10-12-15	Heemskerk (NED)	308
3. Schelvis Femke	84	08-021	36.20	25m	11-1-96	Heemskerk (NED)	305
4. Zwaan Melissa	91	08-021	36.29	25m	28-12-03	Maastricht (NED)	303
5. Zwarthoed Brenda	96	08-021	36.36	25m	9-3-08	Heemskerk (NED)	301
6. Moolevliet Petra	82	08-021	36.40	25m	16-9-94		300
7. Dijkstra Lisette	86	08-021	36.60	25m	7-5-98	Heemskerk (NED)	295
8. Mallon Danique	94	08-021	36.75	25m	5-3-06	Purmerend (NED)	291
9. Renkema Iris	04	08-021	37.17	25m	9-10-16	Alkmaar (NED)	282
10. Stel Serena	98	08-021	37.21	25m	18-4-10	Zaandam (NED)	281
11. Windmuller Wendy	69	08-021	37.30	25m	11-10-81	Heemskerk (NED)	279
12. Hogema Fabiën	93	08-021	37.31	25m	29-12-05	Maastricht (NED)	279
13. Koster Lisa	94	08-021	37.63	25m	28-12-06	Maastricht (NED)	271
14. Buur Naomi	01	08-021	37.75	25m	12-12-13	Heemskerk (NED)	269
15. van der Kroft Nicole	84	08-021	38.10	25m	3-11-96	Zaandam (NED)	262
16. Besse Karen	75	08-021	38.20	25m	10-12-87	Heemskerk (NED)	259
17. Schelvis Roos	86	08-021	38.22	25m	17-12-98	Heemskerk (NED)	259
18. de Haan Shira	00	08-021	38.99	25m	13-12-12	Heemskerk (NED)	244
19. de Groot Daniëlle	93	08-021	39.01	25m	31-12-05	Hoorn (NED)	244
20. Siemerink Laura	04	08-021	39.22	25m	17-11-16	Heemskerk (NED)	240
21. Vink Marjolein	93	08-021	39.24	25m	15-12-05	Heemskerk (NED)	239
22. Palmboom Nicole	91	08-021	39.29	25m	18-12-03	Heemskerk (NED)	238
23. Wentink Yara	04	08-021	39.38	25m	17-11-16	Heemskerk (NED)	237
24. Crok Linda	94	08-021	39.81	25m	30-3-06	Heemskerk (NED)	229
25. Rodenburg Rianne	93	08-021	39.89	25m	15-12-05	Heemskerk (NED)	228

100 vlinderslag

1. Teufer Irene	96	08-021	1:17.25	25m	17-2-08	Zaandam (NED)	353
2. Mallon Danique	94	08-021	1:23.88	25m	10-12-06	Heemskerk (NED)	275
3. Schelvis Femke	84	08-021	1:24.30	25m	7-4-96	Haarlem (NED)	271
4. Zwaan Melissa	91	08-021	1:25.28	25m	28-12-03	Maastricht (NED)	262
5. Dijkstra Lisette	86	08-021	1:26.80	25m	24-5-98	Zaandam (NED)	249
6. Schelvis Roos	86	08-021	1:26.90	25m	24-5-98	Zaandam (NED)	248
7. van Rookhuizen Sieta	79	08-021	1:28.00	25m	1-12-91	Heemskerk (NED)	238
8. Stel Serena	98	08-021	1:28.51	25m	18-2-10	Heemskerk (NED)	234
9. Moolevliet Petra	82	08-021	1:28.60	25m	11-12-94	Heemskerk (NED)	234
10. Siemerink Laura	04	08-021	1:28.69	25m	11-12-16	Alkmaar (NED)	233
11. Zwarthoed Brenda	96	08-021	1:28.87	25m	3-2-08	Purmerend (NED)	232
12. Windmuller Wendy	69	08-021	1:29.40	25m	18-10-81	Heemskerk (NED)	227
13. Plokker Sylvia	68	08-021	1:30.20	25m	16-11-80	Haarlem (NED)	221
14. Crok Linda	94	08-021	1:30.54	25m	30-11-06	Heemskerk	219
15. Hogema Fabiën	93	08-021	1:30.64	25m	24-11-05	Heemskerk (NED)	218
16. Koster Lisa	94	08-021	1:31.21	25m	28-12-06	Maastricht (NED)	214
17. Hoekstra Eline	03	08-021	1:31.88	25m	4-10-15	Purmerend (NED)	209
18. Meijer Linda	77	08-021	1:32.40	25m	12-11-89	Assendelft (NED)	206
18. Visser Kelly	89	08-021	1:32.40	25m	7-10-01	Zaandam (NED)	206
20. Besse Karen	75	08-021	1:33.00	25m	27-9-87	Zaandam (NED)	202
21. van der Kroft Nicole	84	08-021	1:33.30	25m	21-4-96	Alkmaar (NED)	200
22. Schuyt Simone	75	08-021	1:33.80	25m	27-9-87	Zaandam (NED)	197
23. Renkema Iris	04	08-021	1:33.88	25m	11-12-16	Alkmaar (NED)	196
24. de Haan Shira	00	08-021	1:34.89	25m	16-12-12	Zaandam (NED)	190
25. Essers Sanne	91	08-021	1:35.13	25m	5-10-03	Heemskerk (NED)	189

200 vlinderslag

1. Teufer Irene	96	08-021	2:58.64	25m	31-1-08	Heemskerk (NED)	300
2. Stel Serena	98	08-021	3:07.06	25m	18-2-10	Heemskerk (NED)	261
3. Hoekstra Eline	03	08-021	3:17.58	25m	13-12-15	Zaandam (NED)	221
4. Wentink Yara	04	08-021	3:35.42	25m	27-11-16	Zaandam (NED)	171
5. Siemerink Laura	04	08-021	3:37.20	25m	27-11-16	Zaandam (NED)	167
6. Petit Kirsten	00	08-021	3:40.30	25m	28-10-12	Amsterdam-Zuidoost (NED)	160
7. de Haan Shira	00	08-021	3:42.95	25m	9-12-12	Zaandam (NED)	154
8. Scholten Britt	04	08-021	3:45.13	25m	27-11-16	Zaandam (NED)	149
9. Venema Jalina	04	08-021	3:45.14	25m	24-4-16	Zaandam (NED)	149
10. Blaauw Yente	03	08-021	3:48.33	25m	19-4-15	Zaandam (NED)	143
11. Buur Naomi	01	08-021	3:49.56	25m	15-12-13	Zaandam (NED)	141
12. van 't Veer Iris	03	08-021	3:59.09	25m	13-12-15	Zaandam (NED)	125
13. Knight Kayleigh	00	08-021	4:18.31	25m	18-3-12	Zaandam (NED)	99
14. Ivens Suzanne	99	08-021	4:26.14	25m	13-6-11	Purmerend (NED)	90

1000 vlinderslag**100 wisselslag**

1. Schelvis Femke	84	08-021	1:17.60	25m	27-10-96	Zaandam (NED)	386
2. Dijkstra Lisette	86	08-021	1:19.13	25m	13-12-98	Heemskerk (NED)	364
3. Stel Serena	98	08-021	1:19.33	25m	4-4-10	Haarlem (NED)	361
4. Teufer Irene	96	08-021	1:19.40	25m	6-1-08	Alkmaar (NED)	360
5. Schelvis Roos	86	08-021	1:19.70	25m	13-12-98	Heemskerk (NED)	356
6. van der Kroft Nicole	84	08-021	1:19.90	25m	27-10-96	Zaandam (NED)	353
7. van Honk Chantal	80	08-021	1:20.30	25m	14-5-92	Heemskerk (NED)	348
8. Zwarthoed Brenda	96	08-021	1:21.93	25m	12-5-08	Purmerend (NED)	328
9. Renkema Iris	04	08-021	1:22.47	25m	9-10-16	Alkmaar (NED)	321
10. Koster Lisa	94	08-021	1:22.67	25m	28-12-06	Maastricht (NED)	319
11. Mallon Danique	94	08-021	1:22.98	25m	14-12-06	Heemskerk (NED)	315
12. Crok Linda	94	08-021	1:23.08	25m	14-12-06	Heemskerk (NED)	314
13. Hoekstra Eline	03	08-021	1:23.13	25m	6-9-15	Zaandam (NED)	314
14. Zwaan Melissa	91	08-021	1:23.64	25m	28-12-03	Maastricht (NED)	308
15. Buur Naomi	01	08-021	1:23.70	25m	6-10-13	Heemskerk (NED)	307
16. Besse Karen	75	08-021	1:24.60	25m	31-12-87		298
16. van Rookhuizen Sieta	79	08-021	1:24.60	25m	22-9-91	Zaandam (NED)	298
18. Petit Kirsten	00	08-021	1:24.95	25m	15-1-12	Alkmaar (NED)	294
18. Scholten Britt	04	08-021	1:24.95	25m	9-10-16	Alkmaar (NED)	294
20. Hogema Fabiën	93	08-021	1:25.01	25m	11-12-05	Heemskerk (NED)	293
21. de Haan Shira	00	08-021	1:25.21	25m	16-12-12	Zaandam (NED)	291
22. Essers Sanne	91	08-021	1:25.35	25m	14-12-03	Heemskerk (NED)	290
23. Visser Kelly	89	08-021	1:25.54	25m	27-9-01	Heemskerk	288
24. Moolevliet Petra	82	08-021	1:26.00	25m	27-11-94	Alkmaar (NED)	283
25. Koopman Anitra	89	08-021	1:26.01	25m	26-4-01	Heemskerk (NED)	283

200 wisselslag

1. Stel Serena	98	08-021	2:44.06	25m	18-4-10	Zaandam (NED)	409
2. Schelvis Femke	84	08-021	2:45.60	25m	12-12-96	Heemskerk (NED)	398
3. Teufer Irene	96	08-021	2:45.65	25m	24-2-08	Zaandam (NED)	398
4. Schelvis Roos	86	08-021	2:49.69	25m	26-11-98	Heemskerk (NED)	370
5. Hoekstra Eline	03	08-021	2:53.55	25m	15-11-15	Purmerend (NED)	346
6. Crok Linda	94	08-021	2:56.92	25m	2-4-06	Zaandam (NED)	326
7. Dijkstra Lisette	86	08-021	2:57.30	25m	26-4-98	Alkmaar (NED)	324
8. van der Kroft Nicole	84	08-021	2:59.70	25m	12-12-96	Heemskerk (NED)	311
9. Renkema Iris	04	08-021	3:01.92	25m	7-2-16	Zaandam (NED)	300
10. van Rookhuizen Sieta	79	08-021	3:02.70	25m	3-11-91	Assendelft (NED)	296
11. Koopman Anitra	89	08-021	3:03.24	25m	10-6-01	Zaandam (NED)	294
12. Besse Karen	75	08-021	3:04.00	25m	8-11-87	Heemskerk (NED)	290
13. Schuyt Simone	75	08-021	3:05.30	25m	21-5-87	Heemskerk (NED)	284
14. Essers Sanne	91	08-021	3:05.72	25m	23-2-03	Heemskerk	282
15. Mallon Danique	94	08-021	3:05.76	25m	11-6-06	Zaandam (NED)	282
16. Windmuller Wendy	69	08-021	3:05.90	25m	1-11-81	Bergen (NED)	281
17. Hogema Fabiën	93	08-021	3:06.65	25m	23-10-05	Zaandam (NED)	278
18. van Ballegooie Simone	84	08-021	3:06.70	25m	12-12-96	Heemskerk (NED)	278
19. Buur Naomi	01	08-021	3:07.76	25m	22-9-13	Purmerend (NED)	273
20. Petit Kirsten	00	08-021	3:07.98	25m	11-3-12	Zaandam (NED)	272
21. van Leeuwen Andrea	71	08-021	3:08.00	25m	11-12-83	Heemskerk (NED)	272
21. Vink Marjolein	93	08-021	3:08.00	25m	15-12-05	Heemskerk (NED)	272
23. Visser Kelly	89	08-021	3:08.23	25m	1-4-01	Zaandam (NED)	271
24. de Groot Daniëlle	93	08-021	3:08.56	25m	15-12-05	Heemskerk (NED)	269
25. de Boer Irene	84	08-021	3:09.00	25m	12-12-96	Heemskerk (NED)	268

300 wisselslag

1. Koopman Anitra	89	08-021	4:49.39	25m	23-12-01	Amsterdam
2. Essers Sanne	91	08-021	4:52.53	25m	30-11-03	Heemskerk (NED)
3. Hogema Fabiën	93	08-021	5:00.83	25m	13-11-05	Zaandam (NED)
4. Vink Marjolein	93	08-021	5:05.15	25m	13-11-05	Zaandam (NED)
5. Kleijne Daisy	89	08-021	5:05.86	25m	23-12-01	Amsterdam
6. van der Gracht Anouk	89	08-021	5:10.88	25m	23-12-01	Amsterdam
7. Rodenburg Rianne	93	08-021	5:16.57	25m	13-11-05	Zaandam (NED)
8. Liefing Sarina	93	08-021	5:23.74	25m	13-11-05	Zaandam (NED)

400 wisselslag

1. Schelvis Roos	86	08-021	6:10.60	25m	10-5-98	Zaandam (NED)	341
2. Dijkstra Lisette	86	08-021	6:25.30	25m	22-2-98	Zaandam (NED)	303
3. Crok Linda	94	08-021	6:31.68	25m	15-6-06	Heemskerk (NED)	288
4. Mallon Danique	94	08-021	6:43.17	25m	15-6-06	Heemskerk (NED)	264
5. Wentink Yara	04	08-021	6:55.07	25m	11-12-16	Alkmaar (NED)	242
6. de Wildt Maud	05	08-021	7:03.06	25m	19-3-17	Zaandam (NED)	229
7. Renkema Iris	04	08-021	7:04.01	25m	11-12-16	Alkmaar (NED)	227