

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 Ballegooie 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. Teunissen Petra	64	08-021	18.00	25m	14-9-76	Heemskerk (NED)	196
24. Reijnders Sandra	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.	Zwarthoed Brenda	96	08-021	1:07.02	50m	15-6-08	Drachten (NED)	459
4.	Schelvis Roos	86	08-021	1:07.60	25m	9-5-98	Zaandam (NED)	410
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	1:09.80	50m	12-4-08	Antwerpen (BEL)	406
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. Zwarthoed Brenda	96	08-021	2:28.41	50m	18-5-08	Alkmaar (NED)	441
4. Schelvis Roos	86	08-021	2:30.30	25m	19-4-98	Zaandam (NED)	396
5. Teufer Irene	96	08-021	2:32.38	25m	20-1-08	Zaandam (NED)	380
6. Dijkstra Lisette	86	08-021	2:32.40	25m	19-4-98	Zaandam (NED)	380
7. Hoekstra Eline	03	08-021	2:32.99	25m	13-12-15	Zaandam (NED)	376
8. van Honk Chantal	80	08-021	2:35.30	25m	23-2-92	Zaandam (NED)	359
9. de Boer Irene	84	08-021	2:36.40	25m	24-11-96	Castricum (NED)	352
10. Hogema Fabiën	93	08-021	2:37.98	25m	27-11-05	Heemskerk (NED)	341
11. Buur Naomi	01	08-021	2:39.41	25m	8-12-13	Amstelveen (NED)	332
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. Hoekstra Eline	03	08-021	5:49.20	50m	16-5-15	Beverwijk (NED)	310
12. Essers Sanne	91	08-021	5:52.11	25m	26-10-03	Zaandam	295
13. Mallon Danique	94	08-021	5:53.26	25m	22-10-06	Zaandam (NED)	292
14. Koopman Anitra	89	08-021	5:54.52	25m	31-5-01	Heemskerk (NED)	289
15. Crok Linda	94	08-021	5:55.88	25m	12-1-06	Heemskerk (NED)	286
16. Oosterveen Yvonne	80	08-021	5:58.10	25m	26-9-92		280
17. Hogema Fabiën	93	08-021	5:59.26	25m	23-10-05	Zaandam (NED)	278
18. van Rookhuizen Sieta	79	08-021	5:59.30	25m	28-4-91	Assendelft (NED)	278
19. van Ballegooie Simone	84	08-021	5:59.80	25m	21-4-96	Alkmaar (NED)	276
20. de Groot Daniëlle	93	08-021	6:07.81	25m	23-10-05	Zaandam (NED)	259
21. Scholten Britt	04	08-021	6:09.40	25m	18-9-16	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

1. Vink Marjolein	93	08-021	9:22.60	OW	27-8-05	Tilburg (NED)
2. Bos Marieke	06	08-021	10:07.13	OW	16-9-18	Anna-Paulowna (NED)
3. Buur Cindy	99	08-021	14:05.57	OW	23-7-11	Anna-Paulowna (NED)

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

800 vrije slag (sinds 20)

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
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 slag

1. Koopman Anitra	89	08-021	15:11.73	OW	24-6-01	Breukelen (NED)
2. Visser Kelly	89	08-021	16:23.59	OW	16-6-01	Spaarnwoude (NED)
3. Buur Naomi	01	08-021	17:46.78	OW	25-8-13	Oosterhout (NED)
4. van Huisstede Nikita	01	08-021	19:27.30	OW	17-8-13	Heerjansdam (NED)
5. Buur Cindy	99	08-021	26:22.76	OW	9-7-11	Wijk en Aalburg (NED)

1250 vrije slag

1. Bos Marieke	06	08-021	22:34.57	OW	21-7-18	Hoorl (NED)
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1500 vrije slag

1. Bos Marieke	06	08-021	25:43.38	OW	15-7-18	Amsterdam (NED)
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2000 vrije slag**2500 vrije slag****3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag**

25 rugslag

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
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	Hoorl (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 Ballegooie 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	50m	4-5-96	Beverwijk (NED)	360
12. Mallon Danique	94	08-021	1:22.07	25m	10-6-06	Zaandam (NED)	301
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. de Vriend Sofie	01	08-021	3:02.09	50m	12-5-13	Beverwijk (NED)	316
14. Crok Linda	94	08-021	3:02.87	25m	12-3-06	Zaandam (NED)	277
15. Teufer Irene	96	08-021	3:03.00	50m	27-7-08	Amsterdam (NED)	311
16. de Boer Irene	84	08-021	3:03.10	25m	10-10-96	Heemskerk (NED)	276
17. Blaauw Yente	03	08-021	3:03.93	25m	11-10-15	Zaandam (NED)	272
18. Angenent Nienke	01	08-021	3:04.56	25m	15-12-13	Zaandam (NED)	269
19. de Haan Shira	00	08-021	3:04.58	25m	9-12-12	Zaandam (NED)	269
20. Meijer Linda	77	08-021	3:04.70	25m	2-11-89	Heemskerk (NED)	269
21. Renkema Iris	04	08-021	3:05.23	25m	2-10-16	Purmerend (NED)	266
22. Scholten Britt	04	08-021	3:05.74	25m	2-10-16	Purmerend (NED)	264
23. Visser Kelly	89	08-021	3:06.48	25m	11-3-01	Zaandam (NED)	261
24. Koper Fiona	01	08-021	3:07.75	50m	12-5-13	Beverwijk (NED)	288
25. van Ballegooie Simone	84	08-021	3:10.10	25m	10-10-96	Heemskerk (NED)	246

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. Oortwijn Jytte	10	08-021	21.26	25m	7-7-22	Heemskerk (NED)	245
13. Schuyt Simone	75	08-021	21.40	25m	17-12-87	Heemskerk (NED)	241
13. Meijer Linda	77	08-021	21.40	25m	31-12-89	Heemskerk (NED)	241
13. de Boer Claudia	77	08-021	21.40	25m	31-12-89	Heemskerk (NED)	241
13. Visser Kelly	89	08-021	21.40	25m	22-2-01	Heemskerk (NED)	241
17. Dijkstra Janet	77	08-021	21.60	25m	12-1-89	Heemskerk (NED)	234
18. Zonneveld Cindy	75	08-021	21.90	25m	17-12-87	Heemskerk (NED)	224
18. van der Gracht Anouk	89	08-021	21.90	25m	22-2-01	Heemskerk (NED)	224
20. Limmen Miriam	75	08-021	22.00	25m	17-12-87	Heemskerk (NED)	221
21. Mallon Danique	94	08-021	22.04	25m	27-4-06	Heemskerk	220
22. Teunissen Petra	64	08-021	22.20	25m	14-9-76	Heemskerk (NED)	215
22. van Zwieten Jacqueline	64	08-021	22.20	25m	14-9-76	Heemskerk (NED)	215
22. Boekling Annette	85	08-021	22.20	25m	13-3-97	Heemskerk (NED)	215
25. Gerritsen Jolanda	64	08-021	22.60	25m	14-9-76	Heemskerk (NED)	204

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	41.05	50m	26-7-08	Amsterdam (NED)	367
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. Renkema Iris	04	08-021	42.98	50m	29-5-16	Alkmaar (NED)	320
12. Moolevliet Petra	82	08-021	43.10	25m	20-10-94	Heemskerk (NED)	293
13. Herwegh Binthy	09	08-021	43.25	25m	7-10-21	Heemskerk (NED)	290
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

50 schoolslag (sinds 23)

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

200 schoolslag (sinds 20)

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

1. Kleijne Daisy	89	08-021	10:59.95	OW	14-7-01	Oss (NED)	
2. Buur Naomi	01	08-021	11:10.50	OW	17-8-13	Heerjansdam (NED)	
3. van der Gracht Anouk	89	08-021	11:31.66	OW	12-8-01	Eersel (NED)	
4. Buur Cindy	99	08-021	12:05.97	OW	3-9-11	Wilhelminadorp (NED)	

800 schoolslag**1000 schoolslag**

1. Bos Marieke	06	08-021	23:37.46	OW	16-9-18	Anna-Paulowna (NED)	
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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

25 vlinderslag (sinds 15)

15.	de Boer Claudia	77	08-021	19.40	25m	31-12-89	Heemskerk (NED)	191
16.	van Ballegooie 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	33.06	50m	12-4-08	Antwerpen (BEL)	403
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	1:16.12	50m	13-4-08	Antwerpen (BEL)	387
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

100 vlinderslag (sinds 12)

12.	Windmuller Wendy	69	08-021	1:29.40	25m	18-10-81	Heemskerk (NED)	227
13.	Hoekstra Eline	03	08-021	1:30.10	50m	20-6-15	Beverwijk (NED)	233
14.	Plokker Sylvia	68	08-021	1:30.20	25m	16-11-80	Haarlem (NED)	221
15.	Crok Linda	94	08-021	1:30.54	25m	30-11-06	Heemskerk	219
16.	Hogema Fabiën	93	08-021	1:30.64	25m	24-11-05	Heemskerk (NED)	218
17.	Koster Lisa	94	08-021	1:31.21	25m	28-12-06	Maastricht (NED)	214
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	2:49.76	50m	12-4-08	Antwerpen (BEL)	369
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 vlinderslag100 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

100 wisselslag (sinds 18)

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