

alg. leeftijdsgroep, Dames

1-8-2021-31-7-2022

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

1. Hoekstra Eline	03	08-021	13.42	25m	7-7-22	Heemskerk (NED)	473
2. Wentink Yara	04	08-021	13.63	25m	7-7-22	Heemskerk (NED)	451
3. van 't Veer Iris	03	08-021	14.35	25m	7-7-22	Heemskerk (NED)	387
4. Broek Jade	97	08-021	14.64	25m	7-7-22	Heemskerk (NED)	364
5. Koopman Inge	93	08-021	14.67	25m	7-7-22	Heemskerk (NED)	362
6. de Haan Shira	00	08-021	14.70	25m	7-7-22	Heemskerk (NED)	360
7. Herwegh Binthy	09	08-021	15.29	25m	7-7-22	Heemskerk (NED)	320
8. Bos Marieke	06	08-021	15.68	25m	7-7-22	Heemskerk (NED)	296
8. Siemerink Laura	04	08-021	15.68	25m	7-7-22	Heemskerk (NED)	296
10. ten Cate Joyce	80	08-021	16.42	25m	7-7-22	Heemskerk (NED)	258
11. de Boer Maia	03	08-021	16.44	25m	7-7-22	Heemskerk (NED)	257
12. van Assema Eline	05	08-021	16.47	25m	7-7-22	Heemskerk (NED)	256
13. Knight Kayleigh	00	08-021	16.60	25m	7-7-22	Heemskerk (NED)	250
14. de Roode Xara	08	08-021	16.92	25m	7-7-22	Heemskerk (NED)	236
15. de Groot Sjors	08	08-021	17.39	25m	7-7-22	Heemskerk (NED)	217
16. de Wildt Maud	05	08-021	18.35	25m	7-7-22	Heemskerk (NED)	185
17. Oortwijn Jytte	10	08-021	18.76	25m	7-7-22	Heemskerk (NED)	173
18. Sahin Sena Sümeyye	10	08-021	19.19	25m	7-7-22	Heemskerk (NED)	161

50 vrije slag

1. Wentink Yara	04	08-021	28.28	25m	24-4-22	Den Helder (NED)	533
2. Hoekstra Eline	03	08-021	28.73	25m	24-4-22	Den Helder (NED)	508
3. Broek Jade	97	08-021	29.17	25m	24-4-22	Den Helder (NED)	485
4. van 't Veer Iris	03	08-021	29.36	25m	24-4-22	Den Helder (NED)	476
5. Koopman Inge	93	08-021	29.82	25m	24-4-22	Den Helder (NED)	454
6. Groen Anne	95	08-021	30.08	25m	24-4-22	Den Helder (NED)	442
7. de Boer Maia	03	08-021	30.68	50m	19-6-22	Bergbad Bückeberg (GER)	459
8. Siemerink Laura	04	08-021	30.75	25m	24-4-22	Den Helder (NED)	414
9. de Haan Shira	00	08-021	31.76	25m	24-4-22	Den Helder (NED)	376
10. de Wildt Maud	05	08-021	32.54	25m	13-3-22	Den Helder (NED)	349
11. Bos Marieke	06	08-021	33.15	25m	19-9-21	Zaandam (NED)	330
12. van Assema Eline	05	08-021	33.20	25m	19-9-21	Zaandam (NED)	329
13. Herwegh Binthy	09	08-021	33.40	25m	21-11-21	Den Helder (NED)	323
14. Veldhuis Amelia	03	08-021	34.09	50m	19-6-22	Bergbad Bückeberg (GER)	334
15. van Eerden Meike	00	08-021	34.34	25m	24-4-22	Den Helder (NED)	297
16. ten Cate Joyce	80	08-021	35.99	25m	2-6-22	Heemskerk (NED)	258
17. Weezepeel Natascha	07	08-021	38.24	25m	3-10-21	Den Helder (NED)	215
18. de Roode Xara	08	08-021	38.61	25m	3-10-21	Den Helder (NED)	209

50 vrije slag (sinds 19)

19. Wieman Lianne	03	08-021	39.15	25m	7-10-21	Heemskerk (NED)	200
20. Knight Kayleigh	00	08-021	40.90	25m	7-10-21	Heemskerk (NED)	176
21. Schut Bodine	09	08-021	42.84	25m	7-10-21	Heemskerk (NED)	153
22. Oortwijn Jytte	10	08-021	44.31	25m	15-5-22	Purmerend (NED)	138
23. Sahin Sena Súmeyye	10	08-021	46.60	25m	17-3-22	Heemskerk (NED)	119

100 vrije slag

1. Wentink Yara	04	08-021	1:02.07	25m	2-6-22	Heemskerk (NED)	530
2. Hoekstra Eline	03	08-021	1:02.36	25m	2-6-22	Heemskerk (NED)	523
3. Broek Jade	97	08-021	1:03.44	25m	7-10-21	Heemskerk (NED)	496
4. Groen Anne	95	08-021	1:04.88	25m	7-10-21	Heemskerk (NED)	464
5. van 't Veer Iris	03	08-021	1:05.33	25m	2-6-22	Heemskerk (NED)	455
6. Siemerink Laura	04	08-021	1:08.67	25m	7-10-21	Heemskerk (NED)	391
7. de Boer Maia	03	08-021	1:09.01	25m	7-10-21	Heemskerk (NED)	386
8. de Haan Shira	00	08-021	1:09.43	25m	31-10-21	Heemskerk (NED)	379
9. Koopman Inge	93	08-021	1:09.48	50m	20-2-22	Eindhoven (NED)	412
10. de Wildt Maud	05	08-021	1:10.37	25m	21-11-21	Den Helder (NED)	364
11. van Assema Eline	05	08-021	1:12.68	25m	31-10-21	Heemskerk (NED)	330
12. van Eerden Meike	00	08-021	1:13.28	25m	7-10-21	Heemskerk (NED)	322
13. Herwegh Binthy	09	08-021	1:13.43	25m	31-10-21	Heemskerk (NED)	320
14. Veldhuis Amelia	03	08-021	1:16.26	25m	7-10-21	Heemskerk (NED)	286
15. Bos Marieke	06	08-021	1:17.34	50m	19-6-22	Bergbad Bückebug (GER)	298
16. ten Cate Joyce	80	08-021	1:22.97	25m	7-10-21	Heemskerk (NED)	222
17. Wieman Lianne	03	08-021	1:23.05	25m	7-10-21	Heemskerk (NED)	221
18. de Roode Xara	08	08-021	1:23.24	25m	2-6-22	Heemskerk (NED)	219
19. Knight Kayleigh	00	08-021	1:23.69	25m	7-10-21	Heemskerk (NED)	216
20. Weezepeel Natascha	07	08-021	1:25.68	25m	3-10-21	Den Helder (NED)	201
21. Schut Bodine	09	08-021	1:32.11	25m	7-10-21	Heemskerk (NED)	162
22. Oortwijn Jytte	10	08-021	1:34.42	25m	15-5-22	Purmerend (NED)	150
23. Sahin Sena Súmeyye	10	08-021	1:46.91	25m	17-3-22	Heemskerk (NED)	103

200 vrije slag

1. Hoekstra Eline	03	08-021	2:16.30	25m	21-4-22	Heemskerk (NED)	531
2. Wentink Yara	04	08-021	2:16.92	25m	21-4-22	Heemskerk (NED)	524
3. van 't Veer Iris	03	08-021	2:21.14	25m	21-4-22	Heemskerk (NED)	478
4. Groen Anne	95	08-021	2:23.31	25m	21-4-22	Heemskerk (NED)	457
5. Broek Jade	97	08-021	2:29.52	25m	21-4-22	Heemskerk (NED)	402
6. de Haan Shira	00	08-021	2:34.55	25m	21-4-22	Heemskerk (NED)	364
7. de Boer Maia	03	08-021	2:34.98	25m	21-4-22	Heemskerk (NED)	361
8. Koopman Inge	93	08-021	2:37.19	50m	20-2-22	Eindhoven (NED)	371
9. de Wildt Maud	05	08-021	2:40.17	25m	3-10-21	Den Helder (NED)	327
10. van Assema Eline	05	08-021	2:40.90	25m	3-10-21	Den Helder (NED)	323
11. Siemerink Laura	04	08-021	2:47.17	25m	21-4-22	Heemskerk (NED)	288
12. Herwegh Binthy	09	08-021	2:49.69	25m	21-4-22	Heemskerk (NED)	275
13. Bos Marieke	06	08-021	2:55.48	25m	21-4-22	Heemskerk (NED)	249
14. de Roode Xara	08	08-021	3:06.95	25m	21-4-22	Heemskerk (NED)	206
15. Oortwijn Jytte	10	08-021	3:33.79	25m	24-4-22	Den Helder (NED)	137

250 vrije slag

300 vrije slag

1. Koopman Inge	93	08-021	4:13.48	50m	8-4-22	Antwerpen (BEL)	327
-----------------	----	--------	---------	-----	--------	-----------------	-----

400 vrije slag

1. Hoekstra Eline	03	08-021	4:48.25	25m	22-5-22	Hoofddorp (NED)	538
2. van 't Veer Iris	03	08-021	5:09.25	25m	26-9-21	Alkmaar (NED)	436
3. de Wildt Maud	05	08-021	5:36.91	25m	26-9-21	Alkmaar (NED)	337
4. Koopman Inge	93	08-021	5:40.03	50m	8-4-22	Antwerpen (BEL)	336

500 vrije slag**800 vrije slag****1000 vrije slag**

1. de Haan Shira	00	08-021	19:10.11	OW	16-7-22	Amstelveen (NED)	
------------------	----	--------	----------	----	---------	------------------	--

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. Hoekstra Eline	03	08-021	15.36	25m	7-7-22	Heemskerk (NED)	486
2. Broek Jade	97	08-021	15.49	25m	7-7-22	Heemskerk (NED)	474
3. Wentink Yara	04	08-021	16.47	25m	7-7-22	Heemskerk (NED)	394
4. de Haan Shira	00	08-021	16.90	25m	7-7-22	Heemskerk (NED)	365
5. van 't Veer Iris	03	08-021	17.22	25m	7-7-22	Heemskerk (NED)	345
6. van Assema Eline	05	08-021	17.28	25m	7-7-22	Heemskerk (NED)	341
7. Herwegh Binthy	09	08-021	17.69	25m	7-7-22	Heemskerk (NED)	318
8. Koopman Inge	93	08-021	17.79	25m	7-7-22	Heemskerk (NED)	313
9. de Boer Maia	03	08-021	18.17	25m	7-7-22	Heemskerk (NED)	293
10. Siemerink Laura	04	08-021	18.38	25m	7-7-22	Heemskerk (NED)	283
11. de Wildt Maud	05	08-021	18.87	25m	7-7-22	Heemskerk (NED)	262
12. de Roode Xara	08	08-021	19.04	25m	7-7-22	Heemskerk (NED)	255
13. Bos Marieke	06	08-021	20.08	25m	7-7-22	Heemskerk (NED)	217
14. Knight Kayleigh	00	08-021	20.26	25m	7-7-22	Heemskerk (NED)	211
15. ten Cate Joyce	80	08-021	20.30	25m	7-7-22	Heemskerk (NED)	210
16. Oortwijn Jytte	10	08-021	22.17	25m	7-7-22	Heemskerk (NED)	161
17. Sahin Sena Súmeyye	10	08-021	23.68	25m	7-7-22	Heemskerk (NED)	132

50 rugslag

1. Broek Jade	97	08-021	31.28	25m	25-6-22	Rotterdam (NED)	552
2. Hoekstra Eline	03	08-021	32.02	25m	5-12-21	Den Haag (NED)	515
3. Wentink Yara	04	08-021	33.51	25m	17-3-22	Heemskerk (NED)	449
4. van 't Veer Iris	03	08-021	34.48	25m	3-10-21	Den Helder (NED)	412
5. van Assema Eline	05	08-021	35.41	25m	19-9-21	Zaandam (NED)	380
6. Groen Anne	95	08-021	35.56	25m	17-3-22	Heemskerk (NED)	376
7. de Boer Maia	03	08-021	36.21	25m	19-9-21	Zaandam (NED)	356
8. Siemerink Laura	04	08-021	36.28	25m	13-3-22	Den Helder (NED)	354
9. de Haan Shira	00	08-021	36.88	25m	19-9-21	Zaandam (NED)	337
10. Koopman Inge	93	08-021	37.83	25m	17-2-22	Heemskerk (NED)	312
11. de Wildt Maud	05	08-021	38.01	25m	17-3-22	Heemskerk (NED)	308
12. van Eerden Meike	00	08-021	39.09	25m	17-3-22	Heemskerk (NED)	283
13. Herwegh Binthy	09	08-021	40.93	50m	18-6-22	Bergbad Bückebug (GER)	288
14. de Roode Xara	08	08-021	43.69	25m	17-3-22	Heemskerk (NED)	202
15. Schut Bodine	09	08-021	45.72	25m	31-10-21	Heemskerk (NED)	176
16. de Graaf Isabella	04	08-021	46.34	25m	17-2-22	Heemskerk (NED)	169
17. Weezepeel Natascha	07	08-021	47.95	25m	21-11-21	Den Helder (NED)	153
18. Oortwijn Jytte	10	08-021	52.33	25m	10-4-22	Den Helder (NED)	118
19. Sahin Sena Súmeyye	10	08-021	52.66	25m	17-3-22	Heemskerk (NED)	115
20. Steenkamp Meagan	08	08-021	1:01.15	25m	21-4-22	Heemskerk (NED)	73
21. Burgering Anouk	12	08-021	1:14.20	25m	21-4-22	Heemskerk (NED)	41
22. Onyemuna Gianna	12	08-021	1:35.66	25m	21-4-22	Heemskerk (NED)	19
23. Onyemuna Nicole	14	08-021	2:27.38	25m	21-4-22	Heemskerk (NED)	5

100 rugslag

1. Broek Jade	97	08-021	1:07.68	25m	12-9-21	Alkmaar (NED)	537
2. Hoekstra Eline	03	08-021	1:10.41	25m	17-2-22	Heemskerk (NED)	477
3. van 't Veer Iris	03	08-021	1:13.09	25m	26-9-21	Alkmaar (NED)	426
4. Groen Anne	95	08-021	1:13.72	25m	13-3-22	Den Helder (NED)	415
5. Siemerink Laura	04	08-021	1:17.81	25m	13-3-22	Den Helder (NED)	353
6. Koopman Inge	93	08-021	1:18.09	25m	13-3-22	Den Helder (NED)	349
7. de Haan Shira	00	08-021	1:19.57	25m	13-3-22	Den Helder (NED)	330
8. van Assema Eline	05	08-021	1:20.99	50m	18-6-22	Bergbad Bückebug (GER)	369
9. de Boer Maia	03	08-021	1:21.99	25m	17-2-22	Heemskerk (NED)	302
10. van Eerden Meike	00	08-021	1:22.53	25m	17-2-22	Heemskerk (NED)	296
11. Herwegh Binthy	09	08-021	1:25.26	25m	17-2-22	Heemskerk (NED)	268
12. de Wildt Maud	05	08-021	1:27.54	25m	13-3-22	Den Helder (NED)	248
13. Schut Bodine	09	08-021	1:34.27	25m	31-10-21	Heemskerk (NED)	198
14. de Graaf Isabella	04	08-021	1:34.67	25m	17-2-22	Heemskerk (NED)	196
15. de Roode Xara	08	08-021	1:35.46	25m	21-11-21	Den Helder (NED)	191
16. Weezepoel Natascha	07	08-021	1:35.68	25m	21-11-21	Den Helder (NED)	190
17. Oortwijn Jytte	10	08-021	1:49.14	25m	10-4-22	Den Helder (NED)	128

200 rugslag

1. Broek Jade	97	08-021	2:31.21	25m	22-5-22	Hoofddorp (NED)	490
2. van 't Veer Iris	03	08-021	2:47.29	50m	18-6-22	Bergbad Bückebug (GER)	407
3. Hoekstra Eline	03	08-021	2:47.47	50m	18-6-22	Bergbad Bückebug (GER)	406
4. Groen Anne	95	08-021	2:52.56	50m	18-6-22	Bergbad Bückebug (GER)	371
5. van Assema Eline	05	08-021	2:57.88	50m	18-6-22	Bergbad Bückebug (GER)	339
6. de Wildt Maud	05	08-021	3:00.20	25m	13-3-22	Den Helder (NED)	289

500 rugslag**25 schoolslag**

1. Hoekstra Eline	03	08-021	17.70	25m	7-7-22	Heemskerk (NED)	426
2. Broek Jade	97	08-021	18.10	25m	7-7-22	Heemskerk (NED)	398
3. de Haan Shira	00	08-021	18.32	25m	7-7-22	Heemskerk (NED)	384
4. Wentink Yara	04	08-021	18.62	25m	7-7-22	Heemskerk (NED)	366
5. de Boer Maia	03	08-021	19.10	25m	7-7-22	Heemskerk (NED)	339
5. van 't Veer Iris	03	08-021	19.10	25m	7-7-22	Heemskerk (NED)	339
7. van Assema Eline	05	08-021	19.94	25m	7-7-22	Heemskerk (NED)	298
8. Herwegh Binthy	09	08-021	20.03	25m	7-7-22	Heemskerk (NED)	294
9. Siemerink Laura	04	08-021	20.08	25m	7-7-22	Heemskerk (NED)	291
10. Bos Marieke	06	08-021	20.39	25m	7-7-22	Heemskerk (NED)	278
11. Koopman Inge	93	08-021	20.43	25m	7-7-22	Heemskerk (NED)	277
12. de Wildt Maud	05	08-021	20.63	25m	7-7-22	Heemskerk (NED)	269
13. Oortwijn Jytte	10	08-021	21.26	25m	7-7-22	Heemskerk (NED)	245
14. Knight Kayleigh	00	08-021	21.62	25m	7-7-22	Heemskerk (NED)	233
15. ten Cate Joyce	80	08-021	22.72	25m	7-7-22	Heemskerk (NED)	201
16. Sahin Sena Sümeyye	10	08-021	23.97	25m	7-7-22	Heemskerk (NED)	171
17. de Roode Xara	08	08-021	24.25	25m	7-7-22	Heemskerk (NED)	165
18. de Groot Sjors	08	08-021	25.40	25m	7-7-22	Heemskerk (NED)	144
19. Steenkamp Meagan	08	08-021	26.08	25m	21-4-22	Heemskerk (NED)	133
20. Burgering Anouk	12	08-021	30.92	25m	21-4-22	Heemskerk (NED)	79
21. Onyemuna Gianna	12	08-021	43.61	25m	21-4-22	Heemskerk (NED)	28

25 schoolslag (sinds 22)

22. Onyemuna Nicole	14	08-021	43.84	25m	21-4-22	Heemskerk (NED)	28
23. Butter Noor	16	08-021	49.60	25m	7-7-22	Heemskerk (NED)	19

50 schoolslag

1. Broek Jade	97	08-021	36.97	25m	3-10-21	Den Helder (NED)	464
2. de Haan Shira	00	08-021	38.73	25m	3-10-21	Den Helder (NED)	404
3. Hoekstra Eline	03	08-021	40.14	25m	21-4-22	Heemskerk (NED)	363
4. van 't Veer Iris	03	08-021	40.25	25m	3-10-21	Den Helder (NED)	360
5. Siemerink Laura	04	08-021	40.70	25m	3-10-21	Den Helder (NED)	348
6. Groen Anne	95	08-021	40.85	25m	21-4-22	Heemskerk (NED)	344
7. Wentink Yara	04	08-021	40.97	25m	21-4-22	Heemskerk (NED)	341
8. de Boer Maia	03	08-021	41.15	25m	7-10-21	Heemskerk (NED)	337
9. van Assema Eline	05	08-021	41.41	25m	7-10-21	Heemskerk (NED)	330
10. Veldhuis Amelia	03	08-021	41.53	25m	7-10-21	Heemskerk (NED)	327
11. de Wildt Maud	05	08-021	42.31	25m	26-9-21	Alkmaar (NED)	310
12. Herwegh Binthy	09	08-021	43.25	25m	7-10-21	Heemskerk (NED)	290
13. Bos Marieke	06	08-021	45.05	25m	19-9-21	Zaandam (NED)	256
14. Oortwijn Jytte	10	08-021	47.60	25m	21-4-22	Heemskerk (NED)	217
15. Wieman Lianne	03	08-021	47.82	25m	7-10-21	Heemskerk (NED)	214
16. Knight Kayleigh	00	08-021	48.22	25m	7-10-21	Heemskerk (NED)	209
17. ten Cate Joyce	80	08-021	49.08	25m	7-10-21	Heemskerk (NED)	198
18. van Eerden Meike	00	08-021	49.14	25m	3-10-21	Den Helder (NED)	197
19. Schut Bodine	09	08-021	50.94	25m	7-10-21	Heemskerk (NED)	177
20. Weezepeel Natascha	07	08-021	51.05	25m	21-11-21	Den Helder (NED)	176
21. de Roode Xara	08	08-021	52.08	25m	7-10-21	Heemskerk (NED)	166
22. Sahin Sena Sümeyye	10	08-021	53.90	25m	21-4-22	Heemskerk (NED)	150

100 schoolslag

1. Broek Jade	97	08-021	1:21.07	25m	7-11-21	Den Haag (NED)	455
2. de Haan Shira	00	08-021	1:25.15	25m	21-11-21	Den Helder (NED)	392
3. van 't Veer Iris	03	08-021	1:26.51	25m	21-11-21	Den Helder (NED)	374
4. Hoekstra Eline	03	08-021	1:29.25	25m	21-11-21	Den Helder (NED)	341
5. Siemerink Laura	04	08-021	1:30.99	25m	21-11-21	Den Helder (NED)	321
6. de Wildt Maud	05	08-021	1:31.49	25m	26-9-21	Alkmaar (NED)	316
7. de Boer Maia	03	08-021	1:31.71	25m	21-11-21	Den Helder (NED)	314
8. van Assema Eline	05	08-021	1:32.25	25m	3-10-21	Den Helder (NED)	308
9. Herwegh Binthy	09	08-021	1:34.71	50m	18-6-22	Bergbad Bückebug (GER)	310
10. Wentink Yara	04	08-021	1:36.27	25m	21-11-21	Den Helder (NED)	271
11. Veldhuis Amelia	03	08-021	1:37.15	50m	18-6-22	Bergbad Bückebug (GER)	287
12. Bos Marieke	06	08-021	1:41.34	50m	18-6-22	Bergbad Bückebug (GER)	253
13. Oortwijn Jytte	10	08-021	1:45.03	25m	10-4-22	Den Helder (NED)	209
14. van Eerden Meike	00	08-021	1:46.39	25m	21-11-21	Den Helder (NED)	201
15. Weezepeel Natascha	07	08-021	1:50.50	25m	21-11-21	Den Helder (NED)	179
16. de Roode Xara	08	08-021	1:55.40	25m	21-11-21	Den Helder (NED)	157
17. Sahin Sena Sümeyye	10	08-021	2:02.28	25m	13-3-22	Den Helder (NED)	132

200 schoolslag

1. van 't Veer Iris	03	08-021	3:13.94	50m	19-6-22	Bergbad Bückeberg (GER)	369
2. Broek Jade	97	08-021	3:18.24	50m	19-6-22	Bergbad Bückeberg (GER)	345
3. de Wildt Maud	05	08-021	3:26.09	50m	19-6-22	Bergbad Bückeberg (GER)	307
4. de Haan Shira	00	08-021	3:28.17	50m	9-4-22	Antwerpen (BEL)	298
5. Veldhuis Amelia	03	08-021	3:30.04	50m	19-6-22	Bergbad Bückeberg (GER)	290
6. Weezepeel Natascha	07	08-021	3:52.15	25m	21-11-21	Den Helder (NED)	194
7. de Roode Xara	08	08-021	3:54.52	25m	21-11-21	Den Helder (NED)	188

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

1. Wentink Yara	04	08-021	13.79	25m	7-7-22	Heemskerk (NED)	534
2. Hoekstra Eline	03	08-021	13.99	25m	7-7-22	Heemskerk (NED)	511
3. Koopman Inge	93	08-021	14.03	25m	7-7-22	Heemskerk (NED)	507
4. Broek Jade	97	08-021	14.58	25m	7-7-22	Heemskerk (NED)	452
5. de Haan Shira	00	08-021	14.73	25m	7-7-22	Heemskerk (NED)	438
6. Siemerink Laura	04	08-021	15.05	25m	7-7-22	Heemskerk (NED)	411
7. de Boer Maia	03	08-021	15.80	25m	7-7-22	Heemskerk (NED)	355
8. van Assema Eline	05	08-021	15.98	25m	7-7-22	Heemskerk (NED)	343
9. Herwegh Binthy	09	08-021	16.56	25m	7-7-22	Heemskerk (NED)	308
10. van 't Veer Iris	03	08-021	16.70	25m	7-7-22	Heemskerk (NED)	300
11. Bos Marieke	06	08-021	16.92	25m	7-7-22	Heemskerk (NED)	289
12. de Wildt Maud	05	08-021	18.06	25m	7-7-22	Heemskerk (NED)	237
13. Knight Kayleigh	00	08-021	18.81	25m	7-7-22	Heemskerk (NED)	210
14. ten Cate Joyce	80	08-021	19.57	25m	7-7-22	Heemskerk (NED)	186
15. Sahin Sena Súmeyye	10	08-021	25.56	25m	7-7-22	Heemskerk (NED)	83
16. Oortwijn Jytte	10	08-021	26.64	25m	7-7-22	Heemskerk (NED)	74

50 vlinderslag

1. Wentink Yara	04	08-021	28.75	25m	22-5-22	Hoofddorp (NED)	609
2. Hoekstra Eline	03	08-021	30.94	25m	22-5-22	Hoofddorp (NED)	489
3. Broek Jade	97	08-021	31.79	25m	22-5-22	Hoofddorp (NED)	451
4. Koopman Inge	93	08-021	31.95	25m	17-2-22	Heemskerk (NED)	444
5. de Haan Shira	00	08-021	32.56	25m	19-9-21	Zaandam (NED)	419
6. Siemerink Laura	04	08-021	32.75	25m	17-2-22	Heemskerk (NED)	412
7. Veldhuis Amelia	03	08-021	34.65	50m	18-6-22	Bergbad Bückeberg (GER)	350
8. Groen Anne	95	08-021	35.23	25m	24-4-22	Den Helder (NED)	331
9. van 't Veer Iris	03	08-021	36.19	25m	17-2-22	Heemskerk (NED)	305
10. van Assema Eline	05	08-021	36.83	25m	21-11-21	Den Helder (NED)	290
11. de Boer Maia	03	08-021	36.90	25m	17-2-22	Heemskerk (NED)	288
12. de Wildt Maud	05	08-021	37.35	25m	21-11-21	Den Helder (NED)	278
13. van Eerden Meike	00	08-021	41.40	25m	17-2-22	Heemskerk (NED)	204
14. Herwegh Binthy	09	08-021	41.82	25m	17-2-22	Heemskerk (NED)	198
15. de Roode Xara	08	08-021	42.03	25m	13-3-22	Den Helder (NED)	195
16. de Graaf Isabella	04	08-021	45.36	25m	17-2-22	Heemskerk (NED)	155
17. Weezepeel Natascha	07	08-021	46.37	25m	3-10-21	Den Helder (NED)	145
18. Oortwijn Jytte	10	08-021	59.71	25m	17-2-22	Heemskerk (NED)	68

100 vlinderslag

1. Wentink Yara	04	08-021	1:07.49	25m	5-12-21	Den Haag (NED)	529
2. Hoekstra Eline	03	08-021	1:10.28	25m	24-4-22	Den Helder (NED)	469
3. Broek Jade	97	08-021	1:11.98	25m	12-9-21	Alkmaar (NED)	436
4. Koopman Inge	93	08-021	1:14.92	25m	24-4-22	Den Helder (NED)	387
5. de Haan Shira	00	08-021	1:19.64	25m	31-10-21	Heemskerk (NED)	322
6. Groen Anne	95	08-021	1:21.53	25m	17-3-22	Heemskerk (NED)	300
7. van 't Veer Iris	03	08-021	1:21.81	25m	24-4-22	Den Helder (NED)	297
8. Siemerink Laura	04	08-021	1:23.63	25m	24-4-22	Den Helder (NED)	278
9. Veldhuis Amelia	03	08-021	1:29.98	50m	18-6-22	Bergbad Bückeberg (GER)	234
10. de Wildt Maud	05	08-021	1:32.38	25m	17-3-22	Heemskerk (NED)	206
11. de Boer Maia	03	08-021	1:32.77	25m	24-4-22	Den Helder (NED)	203
12. de Roode Xara	08	08-021	1:34.50	25m	13-3-22	Den Helder (NED)	192
13. van Eerden Meike	00	08-021	1:35.13	25m	17-3-22	Heemskerk (NED)	189
14. Herwegh Binthy	09	08-021	1:41.88	25m	3-10-21	Den Helder (NED)	154

200 vlinderslag

1. Hoekstra Eline	03	08-021	2:41.19	25m	3-4-22	Haarlem (NED)	408
2. Wentink Yara	04	08-021	2:43.55	25m	3-4-22	Haarlem (NED)	391

1000 vlinderslag

100 wisselslag

1. Broek Jade	97	08-021	1:10.94	25m	3-10-21	Den Helder (NED)	505
2. Wentink Yara	04	08-021	1:11.64	25m	2-6-22	Heemskerk (NED)	490
3. Hoekstra Eline	03	08-021	1:12.07	25m	2-6-22	Heemskerk (NED)	482
4. van 't Veer Iris	03	08-021	1:15.94	25m	2-6-22	Heemskerk (NED)	412
5. de Haan Shira	00	08-021	1:16.63	25m	3-10-21	Den Helder (NED)	401
6. Siemerink Laura	04	08-021	1:16.77	25m	3-10-21	Den Helder (NED)	398
7. Groen Anne	95	08-021	1:18.00	25m	3-10-21	Den Helder (NED)	380
8. de Boer Maia	03	08-021	1:19.01	25m	3-10-21	Den Helder (NED)	365
9. van Assema Eline	05	08-021	1:20.43	25m	19-9-21	Zaandam (NED)	346
10. de Wildt Maud	05	08-021	1:22.57	25m	31-10-21	Heemskerk (NED)	320
11. Veldhuis Amelia	03	08-021	1:23.42	25m	3-10-21	Den Helder (NED)	310
12. Herwegh Binthy	09	08-021	1:23.46	25m	2-6-22	Heemskerk (NED)	310
13. van Eerden Meike	00	08-021	1:25.59	25m	3-10-21	Den Helder (NED)	287
14. de Roode Xara	08	08-021	1:32.10	25m	2-6-22	Heemskerk (NED)	230
15. ten Cate Joyce	80	08-021	1:34.45	25m	2-6-22	Heemskerk (NED)	214
16. Schut Bodine	09	08-021	1:39.35	25m	3-10-21	Den Helder (NED)	184
17. Oortwijn Jytte	10	08-021	1:48.96	25m	2-6-22	Heemskerk (NED)	139
18. Sahin Sena Sümeyye	10	08-021	1:54.59	25m	2-6-22	Heemskerk (NED)	119

200 wisselslag

1. Broek Jade	97	08-021	2:35.81	25m	21-11-21	Den Helder (NED)	478
2. Hoekstra Eline	03	08-021	2:36.87	25m	4-6-22	Purmerend (NED)	468
3. Wentink Yara	04	08-021	2:41.08	25m	21-11-21	Den Helder (NED)	432
4. van 't Veer Iris	03	08-021	2:42.82	25m	21-11-21	Den Helder (NED)	419
5. de Haan Shira	00	08-021	2:51.01	25m	21-11-21	Den Helder (NED)	361
6. Siemerink Laura	04	08-021	2:52.19	25m	21-11-21	Den Helder (NED)	354
7. de Boer Maia	03	08-021	2:53.31	25m	21-11-21	Den Helder (NED)	347
8. van Eerden Meike	00	08-021	3:04.76	25m	21-11-21	Den Helder (NED)	286
9. Veldhuis Amelia	03	08-021	3:05.17	25m	21-11-21	Den Helder (NED)	285

300 wisselslag**400 wisselslag**

1. Hoekstra Eline	03	08-021	5:31.86	25m	5-6-22	Purmerend (NED)	475
2. van 't Veer Iris	03	08-021	5:50.25	25m	3-4-22	Haarlem (NED)	404