

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

|                          |    |        |       |     |          |                     |     |
|--------------------------|----|--------|-------|-----|----------|---------------------|-----|
| 1. Dekker Elise          | 97 | 08-021 | 19.34 | 25m | 20-3-05  | Heemstede (NED)     | 158 |
| 2. Hoekstra Eline        | 03 | 08-021 | 19.80 | 25m | 13-11-11 | Zaandam (NED)       | 147 |
| 3. van der Horst Wendy   | 72 | 08-021 | 20.90 | 25m | 10-2-80  | Heerhugowaard (NED) | 125 |
| 4. Renkema Iris          | 04 | 08-021 | 21.27 | 25m | 11-11-12 | Schagen (NED)       | 118 |
| 5. van Ederen Jasmijn    | 10 | 08-021 | 21.65 | 25m | 13-5-18  | Haarlem (NED)       | 112 |
| 6. Dijkstra Pascal       | 89 | 08-021 | 21.90 | 25m | 23-1-97  | Heemskerk           | 108 |
| 7. Essers Sanne          | 91 | 08-021 | 22.03 | 25m | 10-10-99 | Zaandam (NED)       | 107 |
| 8. Butter Noor           | 16 | 08-021 | 23.08 | 25m | 4-4-24   | Heemskerk (NED)     | 93  |
| 9. van Leeuwen Andrea    | 71 | 08-021 | 23.60 | 25m | 1-9-79   | Heemskerk (NED)     | 87  |
| 10. Haack Fenna          | 16 | 08-021 | 24.22 | 25m | 21-4-24  | Krommenie (NED)     | 80  |
| 11. de Haan Shira        | 00 | 08-021 | 24.40 | 25m | 29-5-08  | Heemskerk (NED)     | 78  |
| 12. Jonker Nicole        | 68 | 08-021 | 25.20 | 25m | 14-9-76  | Heemskerk (NED)     | 71  |
| 13. van der Zee Paula    | 68 | 08-021 | 26.20 | 25m | 14-9-76  | Heemskerk (NED)     | 63  |
| 14. Plokker Sylvia       | 68 | 08-021 | 26.70 | 25m | 14-9-76  | Heemskerk (NED)     | 60  |
| 15. van der Leden Laura  | 68 | 08-021 | 28.50 | 25m | 14-9-76  | Heemskerk (NED)     | 49  |
| 16. Wieman Lianne        | 03 | 08-021 | 29.06 | 25m | 30-6-11  | Heemskerk (NED)     | 46  |
| 17. Poppema Yvonne       | 68 | 08-021 | 29.10 | 25m | 14-9-76  | Heemskerk (NED)     | 46  |
| 18. Lammers Angelique    | 68 | 08-021 | 29.40 | 25m | 14-9-76  | Heemskerk (NED)     | 45  |
| 19. Huisman Jolanda      | 68 | 08-021 | 29.80 | 25m | 30-3-76  | Heemskerk (NED)     | 43  |
| 19. van Giezen Corina    | 68 | 08-021 | 29.80 | 25m | 30-3-76  | Heemskerk (NED)     | 43  |
| 21. Gravemaker Sandra    | 68 | 08-021 | 30.80 | 25m | 14-9-76  | Heemskerk (NED)     | 39  |
| 22. van Laarhoven Salome | 15 | 08-021 | 31.31 | 25m | 7-12-23  | Heemskerk (NED)     | 37  |
| 23. van der Veldt Sandra | 72 | 08-021 | 31.50 | 25m | 10-2-80  | Heerhugowaard (NED) | 36  |
| 24. Zijlstra Mariëlle    | 83 | 08-021 | 31.70 | 25m | 16-5-91  | Heemskerk (NED)     | 35  |
| 25. Ververst Jacqueline  | 68 | 08-021 | 32.20 | 25m | 14-9-76  | Heemskerk (NED)     | 34  |

**50 vrije slag**

|                        |    |        |       |     |          |                  |     |
|------------------------|----|--------|-------|-----|----------|------------------|-----|
| 1. Stel Kaylin         | 01 | 08-021 | 41.08 | 50m | 5-12-09  | Beverwijk (NED)  | 191 |
| 2. Dekker Elise        | 97 | 08-021 | 42.70 | 25m | 27-3-05  | Haarlem (NED)    | 154 |
| 3. Renkema Iris        | 04 | 08-021 | 43.26 | 25m | 2-12-12  | Amstelveen (NED) | 148 |
| 4. van Rijn Eline      | 07 | 08-021 | 44.66 | 25m | 13-12-15 | Zaandam (NED)    | 135 |
| 5. van Honk Chantal    | 80 | 08-021 | 45.10 | 25m | 14-12-88 |                  | 131 |
| 6. Essers Sanne        | 91 | 08-021 | 46.75 | 25m | 14-11-99 | Zaandam (NED)    | 117 |
| 7. Steenkamp Ciska     | 90 | 08-021 | 47.00 | 25m | 26-11-98 | Heemskerk (NED)  | 116 |
| 8. van Ederen Jasmijn  | 10 | 08-021 | 47.07 | 25m | 16-9-18  | Alkmaar (NED)    | 115 |
| 9. van der Horst Wendy | 72 | 08-021 | 47.80 | 25m | 28-9-80  | Zaandam (NED)    | 110 |
| 10. Hoekstra Eline     | 03 | 08-021 | 47.88 | 25m | 20-11-11 | Zaandam (NED)    | 109 |
| 11. Scholten Britt     | 04 | 08-021 | 49.43 | 25m | 4-11-12  | Heemstede (NED)  | 99  |

**50 vrije slag (sinds 12)**

|     |                       |    |        |       |     |          |                 |     |
|-----|-----------------------|----|--------|-------|-----|----------|-----------------|-----|
| 12. | de Boer Isabel        | 06 | 08-021 | 49.54 | 50m | 29-11-14 | Beverwijk (NED) | 109 |
| 13. | van Perlo Carla       | 75 | 08-021 | 49.60 | 25m | 11-12-83 | Heemskerk (NED) | 98  |
| 14. | Dijkstra Pascal       | 89 | 08-021 | 50.10 | 25m | 30-3-97  | Haarlem (NED)   | 95  |
| 15. | Teufer Irene          | 96 | 08-021 | 50.15 | 25m | 21-11-04 | Zaandam (NED)   | 95  |
| 16. | de Haan Shira         | 00 | 08-021 | 50.23 | 25m | 23-11-08 | Zaandam (NED)   | 95  |
| 17. | Copier Alyssa         | 04 | 08-021 | 51.03 | 25m | 4-11-12  | Heemstede (NED) | 90  |
| 18. | van Perlo Ingrid      | 73 | 08-021 | 51.10 | 25m | 7-11-81  | Heemskerk (NED) | 90  |
| 19. | Hoekstra Femke        | 05 | 08-021 | 51.43 | 25m | 31-10-13 | Heemskerk (NED) | 88  |
| 20. | Butter Noor           | 16 | 08-021 | 51.48 | 25m | 6-4-24   | Den Haag (NED)  | 88  |
| 21. | Koopman Anitra        | 89 | 08-021 | 53.90 | 25m | 6-11-97  | Heemskerk (NED) | 76  |
| 22. | Nobels Annita         | 68 | 08-021 | 54.20 | 25m | 7-12-76  | Heemskerk (NED) | 75  |
| 23. | Kleijne Daisy         | 89 | 08-021 | 55.10 | 25m | 6-11-97  | Heemskerk (NED) | 72  |
| 24. | van den Heuvel Sandra | 80 | 08-021 | 55.60 | 25m | 14-12-88 |                 | 70  |
| 25. | Buur Naomi            | 01 | 08-021 | 56.72 | 25m | 19-11-09 | Heemskerk (NED) | 66  |

**100 vrije slag**

|     |                     |    |        |         |     |          |                  |     |
|-----|---------------------|----|--------|---------|-----|----------|------------------|-----|
| 1.  | Stel Kaylin         | 01 | 08-021 | 1:31.41 | 25m | 13-12-09 | Zaandam (NED)    | 166 |
| 2.  | Dekker Elise        | 97 | 08-021 | 1:31.98 | 25m | 18-12-05 | Alkmaar (NED)    | 163 |
| 3.  | van Rijn Eline      | 07 | 08-021 | 1:37.22 | 25m | 13-12-15 | Zaandam (NED)    | 138 |
| 4.  | van der Horst Wendy | 72 | 08-021 | 1:38.60 | 25m | 16-11-80 | Haarlem (NED)    | 132 |
| 5.  | Renkema Iris        | 04 | 08-021 | 1:39.67 | 25m | 9-12-12  | Zaandam (NED)    | 128 |
| 6.  | Essers Sanne        | 91 | 08-021 | 1:39.71 | 25m | 19-12-99 | Wormerveer (NED) | 127 |
| 7.  | van Leeuwen Andrea  | 71 | 08-021 | 1:41.90 | 25m | 7-10-79  | Heemskerk (NED)  | 119 |
| 8.  | Steenkamp Ciska     | 90 | 08-021 | 1:45.76 | 25m | 17-12-98 | Heemskerk (NED)  | 107 |
| 9.  | van Ederen Jasmijn  | 10 | 08-021 | 1:46.61 | 25m | 28-10-18 | Den Helder (NED) | 104 |
| 10. | Copier Alyssa       | 04 | 08-021 | 1:47.35 | 25m | 9-12-12  | Zaandam (NED)    | 102 |
| 11. | Scholten Britt      | 04 | 08-021 | 1:49.01 | 25m | 9-12-12  | Zaandam (NED)    | 97  |
| 12. | van Perlo Carla     | 75 | 08-021 | 1:49.30 | 25m | 10-4-83  | Heemskerk (NED)  | 97  |
| 13. | van Honk Chantal    | 80 | 08-021 | 1:50.20 | 25m | 6-10-88  | Heemskerk (NED)  | 94  |
| 14. | de Boer Isabel      | 06 | 08-021 | 1:50.57 | 25m | 14-12-14 | Zaandam (NED)    | 93  |
| 15. | Kleijne Daisy       | 89 | 08-021 | 1:51.90 | 25m | 11-12-97 | Heemskerk (NED)  | 90  |
| 16. | de Haan Shira       | 00 | 08-021 | 1:53.21 | 25m | 14-12-08 | Zaandam (NED)    | 87  |
| 17. | Koopman Anitra      | 89 | 08-021 | 1:55.80 | 25m | 11-12-97 | Heemskerk (NED)  | 81  |
| 18. | Dijkstra Pascal     | 89 | 08-021 | 1:57.90 | 25m | 12-10-97 | Assendelft (NED) | 77  |
| 19. | Pover Ellen         | 72 | 08-021 | 2:09.50 | 25m | 12-10-80 | Wormerveer (NED) | 58  |
| 20. | Janssen Tess        | 89 | 08-021 | 2:15.40 | 25m | 11-12-97 | Heemskerk (NED)  | 51  |
| 21. | Morianner Susanna   | 72 | 08-021 | 2:22.40 | 25m | 8-11-80  | Heemskerk (NED)  | 43  |

**200 vrije slag**

|    |                 |    |        |         |     |          |                 |     |
|----|-----------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. | Stel Kaylin     | 01 | 08-021 | 3:23.95 | 25m | 26-10-09 | Haarlem (NED)   | 158 |
| 2. | Dekker Elise    | 97 | 08-021 | 3:42.72 | 25m | 23-10-05 | Zaandam (NED)   | 121 |
| 3. | Essers Sanne    | 91 | 08-021 | 4:07.54 | 25m | 24-10-99 | Zaandam (NED)   | 88  |
| 4. | Steenkamp Ciska | 90 | 08-021 | 4:08.20 | 25m | 19-3-98  | Heemskerk (NED) | 88  |

**250 vrije slag**

|    |             |    |        |         |    |        |                  |  |
|----|-------------|----|--------|---------|----|--------|------------------|--|
| 1. | Stel Kaylin | 01 | 08-021 | 5:19.71 | OW | 6-9-09 | Vlissingen (NED) |  |
|----|-------------|----|--------|---------|----|--------|------------------|--|

**300 vrije slag**

|    |             |    |        |         |     |         |               |     |
|----|-------------|----|--------|---------|-----|---------|---------------|-----|
| 1. | Stel Kaylin | 01 | 08-021 | 5:27.33 | 25m | 8-11-09 | Zaandam (NED) | 146 |
|----|-------------|----|--------|---------|-----|---------|---------------|-----|

**400 vrije slag**

|                    |    |        |         |     |         |                 |    |
|--------------------|----|--------|---------|-----|---------|-----------------|----|
| 1. Dijkstra Pascal | 89 | 08-021 | 9:09.00 | 50m | 9-11-97 | Beverwijk (NED) | 79 |
|--------------------|----|--------|---------|-----|---------|-----------------|----|

**500 vrije slag****800 vrije slag****1000 vrije slag****1250 vrije slag****1500 vrije slag****2000 vrije slag****2500 vrije slag****3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

|                        |    |        |       |     |          |                 |     |
|------------------------|----|--------|-------|-----|----------|-----------------|-----|
| 1. Dekker Elise        | 97 | 08-021 | 23.11 | 25m | 20-3-05  | Heemstede (NED) | 142 |
| 2. van Ederen Jasmijn  | 10 | 08-021 | 23.28 | 25m | 13-5-18  | Haarlem (NED)   | 139 |
| 3. van Perlo Ingrid    | 73 | 08-021 | 24.00 | 25m | 13-12-81 | Volendam (NED)  | 127 |
| 4. van der Horst Wendy | 72 | 08-021 | 24.90 | 25m | 16-3-80  | Heemskerk (NED) | 114 |
| 5. Renkema Iris        | 04 | 08-021 | 25.14 | 25m | 30-9-12  | Heemskerk (NED) | 110 |
| 6. Butter Noor         | 16 | 08-021 | 25.25 | 25m | 3-3-24   | Krommenie (NED) | 109 |
| 7. Steenkamp Ciska     | 90 | 08-021 | 26.30 | 25m | 15-1-98  | Heemskerk (NED) | 96  |
| 8. Hoekstra Eline      | 03 | 08-021 | 26.60 | 25m | 25-9-11  | Hoom (NED)      | 93  |
| 9. Dijkstra Pascal     | 89 | 08-021 | 27.00 | 25m | 13-2-97  | Heemskerk (NED) | 89  |
| 10. Buur Naomi         | 01 | 08-021 | 27.16 | 25m | 27-9-09  | Hoom (NED)      | 87  |
| 11. Haack Fenna        | 16 | 08-021 | 27.38 | 25m | 3-3-24   | Krommenie (NED) | 85  |
| 12. Wieman Lianne      | 03 | 08-021 | 27.64 | 25m | 25-9-11  | Hoom (NED)      | 83  |

**25 rugslag (sinds 13)**

|                           |    |        |       |     |          |                 |    |
|---------------------------|----|--------|-------|-----|----------|-----------------|----|
| 13. Pover Ellen           | 72 | 08-021 | 27.80 | 25m | 16-3-80  | Heemskerk (NED) | 82 |
| 14. de Haan Shira         | 00 | 08-021 | 30.24 | 25m | 29-5-08  | Heemskerk (NED) | 63 |
| 15. Essers Sanne          | 91 | 08-021 | 30.92 | 25m | 25-3-99  | Heemskerk (NED) | 59 |
| 16. van den Heuvel Sandra | 80 | 08-021 | 31.40 | 25m | 31-12-88 |                 | 56 |
| 17. van Leeuwen Andrea    | 71 | 08-021 | 32.20 | 25m | 13-10-79 | Heemskerk (NED) | 52 |
| 18. van der Veldt Sandra  | 72 | 08-021 | 34.00 | 25m | 16-3-80  | Heemskerk (NED) | 44 |
| 19. Zijlstra Mariëlle     | 83 | 08-021 | 35.10 | 25m | 16-5-91  | Heemskerk (NED) | 40 |
| 20. Roling Nora           | 15 | 08-021 | 43.85 | 25m | 30-3-23  | Heemskerk (NED) | 20 |

**50 rugslag**

|                           |    |        |       |     |          |                  |     |
|---------------------------|----|--------|-------|-----|----------|------------------|-----|
| 1. Stel Kaylin            | 01 | 08-021 | 45.67 | 25m | 25-10-09 | Nieuwegein (NED) | 177 |
| 2. van Rijn Eline         | 07 | 08-021 | 46.68 | 50m | 5-12-15  | Beverwijk (NED)  | 194 |
| 3. Dekker Elise           | 97 | 08-021 | 47.63 | 25m | 2-10-05  | Zaandam (NED)    | 156 |
| 4. van Ederen Jasmijn     | 10 | 08-021 | 50.52 | 25m | 28-10-18 | Den Helder (NED) | 131 |
| 5. Steenkamp Ciska        | 90 | 08-021 | 51.69 | 25m | 29-10-98 | Heemskerk (NED)  | 122 |
| 6. Scholten Britt         | 04 | 08-021 | 51.94 | 25m | 4-11-12  | Heemstede (NED)  | 120 |
| 7. van Honk Chantal       | 80 | 08-021 | 52.00 | 25m | 15-12-88 | Heemskerk (NED)  | 120 |
| 8. Hoekstra Eline         | 03 | 08-021 | 52.19 | 50m | 3-12-11  | Beverwijk (NED)  | 139 |
| 9. Butter Noor            | 16 | 08-021 | 52.62 | 25m | 6-4-24   | Den Haag (NED)   | 116 |
| 10. Renkema Iris          | 04 | 08-021 | 53.85 | 25m | 13-12-12 | Heemskerk (NED)  | 108 |
| 11. Copier Alyssa         | 04 | 08-021 | 54.85 | 25m | 4-11-12  | Heemstede (NED)  | 102 |
| 12. van der Horst Wendy   | 72 | 08-021 | 55.60 | 25m | 28-9-80  | Zaandam (NED)    | 98  |
| 13. de Boer Isabel        | 06 | 08-021 | 55.67 | 50m | 29-11-14 | Beverwijk (NED)  | 114 |
| 14. Essers Sanne          | 91 | 08-021 | 55.68 | 25m | 14-11-99 | Zaandam (NED)    | 97  |
| 15. Pover Ellen           | 72 | 08-021 | 55.90 | 25m | 28-9-80  | Zaandam (NED)    | 96  |
| 16. Dijkstra Pascal       | 89 | 08-021 | 56.80 | 25m | 13-3-97  | Heemskerk (NED)  | 92  |
| 17. de Haan Shira         | 00 | 08-021 | 57.28 | 25m | 23-11-08 | Zaandam (NED)    | 90  |
| 18. Nobels Annita         | 68 | 08-021 | 57.70 | 25m | 7-12-76  | Heemskerk (NED)  | 88  |
| 19. van Perlo Ingrid      | 73 | 08-021 | 57.90 | 25m | 7-11-81  | Heemskerk (NED)  | 87  |
| 20. Huisman Jolanda       | 68 | 08-021 | 58.50 | 25m | 7-12-76  | Heemskerk (NED)  | 84  |
| 21. van den Heuvel Sandra | 80 | 08-021 | 58.60 | 25m | 14-12-88 |                  | 84  |
| 22. Koopman Anitra        | 89 | 08-021 | 58.90 | 25m | 9-10-97  | Heemskerk (NED)  | 82  |
| 23. Buur Naomi            | 01 | 08-021 | 59.33 | 50m | 5-12-09  | Beverwijk (NED)  | 94  |
| 24. van Giezen Corina     | 68 | 08-021 | 59.80 | 25m | 7-12-76  | Heemskerk (NED)  | 79  |
| 25. Haack Fenna           | 16 | 08-021 | 59.91 | 25m | 6-4-24   | Den Haag (NED)   | 78  |

**100 rugslag**

|                        |    |        |         |     |          |                  |     |
|------------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. Stel Kaylin         | 01 | 08-021 | 1:36.87 | 25m | 13-12-09 | Zaandam (NED)    | 183 |
| 2. Dekker Elise        | 97 | 08-021 | 1:45.61 | 25m | 9-10-05  | Zaandam (NED)    | 141 |
| 3. van Rijn Eline      | 07 | 08-021 | 1:46.14 | 25m | 13-12-15 | Zaandam (NED)    | 139 |
| 4. Renkema Iris        | 04 | 08-021 | 1:49.61 | 25m | 13-12-12 | Heemskerk (NED)  | 126 |
| 5. Scholten Britt      | 04 | 08-021 | 1:51.93 | 25m | 13-12-12 | Heemskerk (NED)  | 118 |
| 6. Steenkamp Ciska     | 90 | 08-021 | 1:53.81 | 25m | 4-10-98  | Haarlem (NED)    | 113 |
| 7. Copier Alyssa       | 04 | 08-021 | 1:57.25 | 25m | 9-12-12  | Zaandam (NED)    | 103 |
| 8. van Ederen Jasmijn  | 10 | 08-021 | 1:59.12 | 25m | 29-11-18 | Heemskerk (NED)  | 98  |
| 9. van der Horst Wendy | 72 | 08-021 | 1:59.70 | 25m | 12-10-80 | Wormerveer (NED) | 97  |
| 10. van Perlo Ingrid   | 73 | 08-021 | 2:01.20 | 25m | 28-11-81 | Heemskerk (NED)  | 93  |
| 11. Pover Ellen        | 72 | 08-021 | 2:01.40 | 25m | 2-11-80  | Castricum (NED)  | 93  |
| 12. Hoekstra Eline     | 03 | 08-021 | 2:01.68 | 25m | 17-11-11 | Heemskerk (NED)  | 92  |
| 13. Essers Sanne       | 91 | 08-021 | 2:01.81 | 25m | 16-12-99 | Heemskerk        | 92  |
| 14. Dijkstra Pascal    | 89 | 08-021 | 2:02.20 | 25m | 11-9-97  | Heemskerk (NED)  | 91  |

100 rugslag (sinds 15)

|                        |    |        |         |     |          |                 |    |
|------------------------|----|--------|---------|-----|----------|-----------------|----|
| 15. de Boer Isabel     | 06 | 08-021 | 2:03.32 | 25m | 14-12-14 | Zaandam (NED)   | 88 |
| 16. Teufer Irene       | 96 | 08-021 | 2:06.28 | 25m | 23-12-04 | Heemskerk (NED) | 82 |
| 17. Hoekstra Femke     | 05 | 08-021 | 2:08.44 | 25m | 12-12-13 | Heemskerk (NED) | 78 |
| 18. van Leeuwen Andrea | 71 | 08-021 | 2:11.60 | 25m | 4-11-79  | Zaandam (NED)   | 73 |
| 19. Koopman Anitra     | 89 | 08-021 | 2:16.70 | 25m | 11-9-97  | Heemskerk (NED) | 65 |
| 20. Wieman Lianne      | 03 | 08-021 | 2:18.96 | 25m | 17-11-11 | Heemskerk (NED) | 62 |
| 21. de Haan Shira      | 00 | 08-021 | 2:20.53 | 25m | 25-9-08  | Heemskerk (NED) | 60 |
| 22. Rodenburg Kyra     | 96 | 08-021 | 2:34.59 | 25m | 23-12-04 | Heemskerk (NED) | 45 |
| 23. Morianner Susanna  | 72 | 08-021 | 2:40.10 | 25m | 4-10-80  | Heemskerk (NED) | 40 |
| 24. Dijkstra Miranda   | 72 | 08-021 | 2:41.20 | 25m | 27-9-80  | Heemskerk (NED) | 39 |

200 rugslag500 rugslag25 schoolslag

|                          |    |        |       |     |          |                     |     |
|--------------------------|----|--------|-------|-----|----------|---------------------|-----|
| 1. van der Zee Paula     | 68 | 08-021 | 25.00 | 25m | 14-9-76  | Heemskerk (NED)     | 151 |
| 1. Jonker Nicole         | 68 | 08-021 | 25.00 | 25m | 14-9-76  | Heemskerk (NED)     | 151 |
| 3. van Leeuwen Andrea    | 71 | 08-021 | 26.10 | 25m | 15-9-79  | Heemskerk (NED)     | 132 |
| 4. Steenkamp Ciska       | 90 | 08-021 | 26.20 | 25m | 19-3-98  | Heemskerk (NED)     | 131 |
| 5. Dijkstra Pascal       | 89 | 08-021 | 26.30 | 25m | 13-3-97  | Heemskerk (NED)     | 129 |
| 6. Pover Ellen           | 72 | 08-021 | 26.50 | 25m | 16-3-80  | Heemskerk (NED)     | 126 |
| 7. van der Horst Wendy   | 72 | 08-021 | 26.80 | 25m | 10-2-80  | Heerhugowaard (NED) | 122 |
| 8. Essers Sanne          | 91 | 08-021 | 27.04 | 25m | 21-11-99 | Heemskerk (NED)     | 119 |
| 9. Plokker Sylvia        | 68 | 08-021 | 27.20 | 25m | 14-9-76  | Heemskerk (NED)     | 117 |
| 10. de Haan Shira        | 00 | 08-021 | 27.37 | 25m | 13-4-08  | Hoom (NED)          | 115 |
| 11. Butter Noor          | 16 | 08-021 | 27.44 | 25m | 21-4-24  | Krommenie (NED)     | 114 |
| 12. Poppema Yvonne       | 68 | 08-021 | 27.60 | 25m | 14-9-76  | Heemskerk (NED)     | 112 |
| 12. Lammers Angelique    | 68 | 08-021 | 27.60 | 25m | 14-9-76  | Heemskerk (NED)     | 112 |
| 14. van Ederen Jasmijn   | 10 | 08-021 | 27.62 | 25m | 13-5-18  | Haarlem (NED)       | 112 |
| 15. van der Leden Laura  | 68 | 08-021 | 28.20 | 25m | 14-9-76  | Heemskerk (NED)     | 105 |
| 16. Hoekstra Eline       | 03 | 08-021 | 28.50 | 25m | 30-6-11  | Heemskerk (NED)     | 102 |
| 17. Haack Fenna          | 16 | 08-021 | 29.10 | 25m | 21-4-24  | Krommenie (NED)     | 95  |
| 18. Zijlstra Mariëlle    | 83 | 08-021 | 29.50 | 25m | 16-5-91  | Heemskerk (NED)     | 92  |
| 19. van Giezen Corina    | 68 | 08-021 | 29.70 | 25m | 14-9-76  | Heemskerk (NED)     | 90  |
| 20. Gravemaker Sandra    | 68 | 08-021 | 30.10 | 25m | 14-9-76  | Heemskerk (NED)     | 86  |
| 20. van der Veldt Sandra | 72 | 08-021 | 30.10 | 25m | 16-3-80  | Heemskerk (NED)     | 86  |
| 22. Wieman Lianne        | 03 | 08-021 | 30.52 | 25m | 30-6-11  | Heemskerk (NED)     | 83  |
| 23. Raaymakers Marjolein | 68 | 08-021 | 30.80 | 25m | 14-9-76  | Heemskerk (NED)     | 80  |
| 24. Ververst Jacqueline  | 68 | 08-021 | 31.00 | 25m | 14-9-76  | Heemskerk (NED)     | 79  |
| 25. Huisman Jolanda      | 68 | 08-021 | 31.10 | 25m | 30-3-76  | Heemskerk (NED)     | 78  |

**50 schoolslag**

|     |                       |    |        |         |     |          |                  |     |
|-----|-----------------------|----|--------|---------|-----|----------|------------------|-----|
| 1.  | van Honk Chantal      | 80 | 08-021 | 51.30   | 25m | 15-12-88 | Heemskerk (NED)  | 174 |
| 2.  | Teufer Irene          | 96 | 08-021 | 52.50   | 25m | 21-11-04 | Zaandam (NED)    | 162 |
| 3.  | Steenkamp Ciska       | 90 | 08-021 | 52.80   | 25m | 8-11-98  | Zaandam (NED)    | 159 |
| 4.  | Stel Kaylin           | 01 | 08-021 | 54.70   | 25m | 24-10-09 | Nieuwegein (NED) | 143 |
| 5.  | Dijkstra Pascal       | 89 | 08-021 | 54.80   | 25m | 11-9-97  | Heemskerk (NED)  | 142 |
| 6.  | Hoekstra Eline        | 03 | 08-021 | 55.82   | 25m | 20-11-11 | Zaandam (NED)    | 135 |
| 7.  | van Rijn Eline        | 07 | 08-021 | 56.15   | 25m | 11-10-15 | Zaandam (NED)    | 132 |
| 8.  | van Ederen Jasmijn    | 10 | 08-021 | 56.26   | 25m | 28-10-18 | Den Helder (NED) | 131 |
| 9.  | Renkema Iris          | 04 | 08-021 | 56.79   | 25m | 18-11-12 | Zaandam (NED)    | 128 |
| 10. | Dekker Elise          | 97 | 08-021 | 56.84   | 25m | 27-11-05 | Heemskerk (NED)  | 127 |
| 11. | Essers Sanne          | 91 | 08-021 | 56.96   | 25m | 7-11-99  | Zaandam (NED)    | 127 |
| 12. | de Haan Shira         | 00 | 08-021 | 57.09   | 25m | 7-12-08  | Zaandam (NED)    | 126 |
| 13. | Zeeman Esther         | 74 | 08-021 | 58.60   | 25m | 29-11-82 | Heemskerk (NED)  | 116 |
| 14. | Butter Noor           | 16 | 08-021 | 59.36   | 25m | 31-3-24  | Haarlem (NED)    | 112 |
| 15. | van den Heuvel Sandra | 80 | 08-021 | 59.40   | 25m | 15-12-88 | Heemskerk (NED)  | 112 |
| 16. | Scholten Britt        | 04 | 08-021 | 1:00.56 | 25m | 4-11-12  | Heemstede (NED)  | 105 |
| 17. | Koopman Anitra        | 89 | 08-021 | 1:01.00 | 25m | 11-9-97  | Heemskerk (NED)  | 103 |
| 18. | Pover Ellen           | 72 | 08-021 | 1:01.80 | 25m | 4-10-80  | Heemskerk (NED)  | 99  |
| 19. | Janssen Tess          | 89 | 08-021 | 1:02.70 | 25m | 11-12-97 | Heemskerk (NED)  | 95  |
| 20. | de Boer Isabel        | 06 | 08-021 | 1:02.85 | 50m | 29-11-14 | Beverwijk (NED)  | 102 |
| 21. | van der Horst Wendy   | 72 | 08-021 | 1:03.20 | 25m | 4-10-80  | Heemskerk (NED)  | 93  |
| 22. | Buur Naomi            | 01 | 08-021 | 1:04.18 | 25m | 8-11-09  | Heemstede (NED)  | 88  |
| 23. | Wieman Lianne         | 03 | 08-021 | 1:04.71 | 25m | 6-11-11  | Heemstede (NED)  | 86  |
| 24. | Haack Fenna           | 16 | 08-021 | 1:05.24 | 25m | 31-3-24  | Haarlem (NED)    | 84  |
| 25. | Zijlstra Mariëlle     | 83 | 08-021 | 1:05.40 | 25m | 13-6-91  | Heemskerk (NED)  | 83  |

**100 schoolslag**

|     |                     |    |        |         |     |          |                  |     |
|-----|---------------------|----|--------|---------|-----|----------|------------------|-----|
| 1.  | van Leeuwen Andrea  | 71 | 08-021 | 1:51.60 | 25m | 25-11-79 | Heemskerk (NED)  | 174 |
| 2.  | Steenkamp Ciska     | 90 | 08-021 | 1:54.20 | 25m | 29-10-98 | Heemskerk (NED)  | 162 |
| 3.  | Stel Kaylin         | 01 | 08-021 | 1:54.56 | 25m | 19-11-09 | Heemskerk (NED)  | 161 |
| 4.  | Teufer Irene        | 96 | 08-021 | 1:57.67 | 25m | 28-10-04 | Heemskerk (NED)  | 148 |
| 5.  | van Rijn Eline      | 07 | 08-021 | 2:00.80 | 25m | 11-10-15 | Zaandam (NED)    | 137 |
| 6.  | Dijkstra Pascal     | 89 | 08-021 | 2:01.00 | 25m | 14-12-97 | Zaandam (NED)    | 136 |
| 7.  | van der Horst Wendy | 72 | 08-021 | 2:02.50 | 25m | 21-9-80  | Heemskerk (NED)  | 131 |
| 7.  | de Haan Shira       | 00 | 08-021 | 2:02.50 | 25m | 12-10-08 | Zaandam (NED)    | 131 |
| 9.  | Essers Sanne        | 91 | 08-021 | 2:03.63 | 25m | 19-12-99 | Wormerveer (NED) | 128 |
| 10. | Pover Ellen         | 72 | 08-021 | 2:03.70 | 25m | 21-9-80  | Heemskerk (NED)  | 128 |
| 11. | Renkema Iris        | 04 | 08-021 | 2:04.38 | 25m | 2-12-12  | Amstelveen (NED) | 126 |
| 12. | Koopman Anitra      | 89 | 08-021 | 2:07.20 | 25m | 9-10-97  | Heemskerk (NED)  | 117 |
| 13. | van Ederen Jasmijn  | 10 | 08-021 | 2:08.06 | 25m | 11-10-18 | Heemskerk (NED)  | 115 |
| 14. | Dekker Elise        | 97 | 08-021 | 2:08.23 | 25m | 18-12-05 | Alkmaar (NED)    | 115 |
| 15. | Kleijne Daisy       | 89 | 08-021 | 2:08.90 | 25m | 9-10-97  | Heemskerk (NED)  | 113 |
| 16. | Butter Noor         | 16 | 08-021 | 2:09.10 | 25m | 4-4-24   | Heemskerk (NED)  | 112 |
| 17. | Hoekstra Eline      | 03 | 08-021 | 2:10.63 | 25m | 6-10-11  | Heemskerk (NED)  | 108 |
| 18. | Buur Naomi          | 01 | 08-021 | 2:12.45 | 25m | 19-11-09 | Heemskerk (NED)  | 104 |
| 19. | Morianner Susanna   | 72 | 08-021 | 2:16.80 | 25m | 13-12-80 | Heemskerk (NED)  | 94  |
| 20. | Rodenburg Kyra      | 96 | 08-021 | 2:17.17 | 25m | 28-10-04 | Heemskerk (NED)  | 93  |
| 21. | Hoekstra Femke      | 05 | 08-021 | 2:17.26 | 25m | 31-10-13 | Heemskerk (NED)  | 93  |
| 22. | van Perlo Ingrid    | 73 | 08-021 | 2:19.20 | 25m | 7-11-81  | Heemskerk (NED)  | 89  |
| 23. | Wieman Lianne       | 03 | 08-021 | 2:23.37 | 25m | 6-10-11  | Heemskerk (NED)  | 82  |
| 24. | Haack Fenna         | 16 | 08-021 | 2:23.85 | 25m | 4-4-24   | Heemskerk (NED)  | 81  |

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

|                      |    |        |       |     |          |                 |    |
|----------------------|----|--------|-------|-----|----------|-----------------|----|
| 1. Scholten Britt    | 04 | 08-021 | 25.32 | 25m | 13-12-12 | Heemskerk (NED) | 86 |
| 2. Renkema Iris      | 04 | 08-021 | 26.00 | 25m | 13-12-12 | Heemskerk (NED) | 79 |
| 3. Hoekstra Eline    | 03 | 08-021 | 26.11 | 25m | 17-11-11 | Heemskerk (NED) | 78 |
| 4. Dijkstra Pascal   | 89 | 08-021 | 26.40 | 25m | 13-2-97  | Heemskerk (NED) | 76 |
| 5. Steenkamp Ciska   | 90 | 08-021 | 28.36 | 25m | 4-10-98  | Haarlem (NED)   | 61 |
| 6. Zijlstra Mariëlle | 83 | 08-021 | 29.00 | 25m | 16-5-91  | Heemskerk (NED) | 57 |
| 7. Butter Noor       | 16 | 08-021 | 29.22 | 25m | 1-2-24   | Heemskerk (NED) | 56 |
| 8. de Boer Isabel    | 06 | 08-021 | 29.23 | 25m | 30-10-14 | Heemskerk (NED) | 56 |
| 9. Essers Sanne      | 91 | 08-021 | 34.78 | 25m | 25-3-99  | Heemskerk (NED) | 33 |
| 10. Haack Fenna      | 16 | 08-021 | 38.62 | 25m | 1-2-24   | Heemskerk (NED) | 24 |
| 11. Wieman Lianne    | 03 | 08-021 | 56.81 | 25m | 17-11-11 | Heemskerk (NED) | 7  |

**50 vlinderslag**

|                          |    |        |         |     |          |                  |     |
|--------------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. Dekker Elise          | 97 | 08-021 | 51.84   | 25m | 15-12-05 | Heemskerk (NED)  | 104 |
| 2. Stel Kaylin           | 01 | 08-021 | 55.54   | 25m | 25-10-09 | Nieuwegein (NED) | 84  |
| 3. van Honk Chantal      | 80 | 08-021 | 56.40   | 25m | 14-12-88 |                  | 80  |
| 4. van Leeuwen Andrea    | 71 | 08-021 | 58.10   | 25m | 2-12-79  | Zaandam (NED)    | 73  |
| 5. van der Horst Wendy   | 72 | 08-021 | 1:02.10 | 25m | 4-10-80  | Heemskerk (NED)  | 60  |
| 6. Kleijne Daisy         | 89 | 08-021 | 1:04.00 | 25m | 11-12-97 | Heemskerk (NED)  | 55  |
| 7. Essers Sanne          | 91 | 08-021 | 1:04.19 | 25m | 25-11-99 | Heemskerk        | 54  |
| 8. van den Heuvel Sandra | 80 | 08-021 | 1:04.80 | 25m | 14-12-88 |                  | 53  |
| 8. Dijkstra Pascal       | 89 | 08-021 | 1:04.80 | 25m | 14-12-97 | Zaandam (NED)    | 53  |
| 10. van Ederen Jasmijn   | 10 | 08-021 | 1:04.93 | 25m | 29-11-18 | Heemskerk (NED)  | 52  |
| 11. Steenkamp Ciska      | 90 | 08-021 | 1:06.95 | 25m | 17-12-98 | Heemskerk (NED)  | 48  |

50 vlinderslag (sinds 12)

|                       |    |        |         |     |          |                 |    |
|-----------------------|----|--------|---------|-----|----------|-----------------|----|
| 12. van Rijn Eline    | 07 | 08-021 | 1:06.97 | 25m | 11-10-15 | Zaandam (NED)   | 48 |
| 13. Renkema Iris      | 04 | 08-021 | 1:09.77 | 25m | 7-10-12  | Zaandam (NED)   | 42 |
| 14. Pover Ellen       | 72 | 08-021 | 1:10.60 | 25m | 4-10-80  | Heemskerk (NED) | 41 |
| 15. de Haan Shira     | 00 | 08-021 | 1:10.97 | 25m | 30-10-08 | Heemskerk (NED) | 40 |
| 16. Morianner Susanna | 72 | 08-021 | 1:22.70 | 25m | 22-11-80 | Heemskerk (NED) | 25 |

100 vlinderslag200 vlinderslag1000 vlinderslag100 wisselslag

|                           |    |        |         |     |          |                 |     |
|---------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Stel Kaylin            | 01 | 08-021 | 1:45.97 | 25m | 19-11-09 | Heemskerk (NED) | 151 |
| 2. Dekker Elise           | 97 | 08-021 | 1:48.28 | 25m | 18-12-05 | Alkmaar (NED)   | 142 |
| 3. van der Horst Wendy    | 72 | 08-021 | 1:55.50 | 25m | 19-10-80 | Heemskerk (NED) | 117 |
| 4. van Perlo Carla        | 75 | 08-021 | 1:56.50 | 25m | 11-12-83 | Heemskerk (NED) | 114 |
| 5. Steenkamp Ciska        | 90 | 08-021 | 1:59.11 | 25m | 20-12-98 | Alkmaar (NED)   | 106 |
| 6. de Haan Shira          | 00 | 08-021 | 1:59.60 | 25m | 7-12-08  | Zaandam (NED)   | 105 |
| 7. van Leeuwen Andrea     | 71 | 08-021 | 2:00.50 | 25m | 8-12-79  | Heemskerk (NED) | 103 |
| 8. Essers Sanne           | 91 | 08-021 | 2:00.54 | 25m | 21-11-99 | Heemskerk (NED) | 103 |
| 9. Kleijne Daisy          | 89 | 08-021 | 2:03.10 | 25m | 6-11-97  | Heemskerk (NED) | 96  |
| 10. Dijkstra Pascal       | 89 | 08-021 | 2:08.00 | 25m | 6-11-97  | Heemskerk (NED) | 86  |
| 11. van Honk Chantal      | 80 | 08-021 | 2:09.30 | 25m | 31-12-88 |                 | 83  |
| 12. van Perlo Ingrid      | 73 | 08-021 | 2:09.40 | 25m | 28-11-81 | Heemskerk (NED) | 83  |
| 13. Koopman Anitra        | 89 | 08-021 | 2:09.90 | 25m | 6-11-97  | Heemskerk (NED) | 82  |
| 14. Morianner Susanna     | 72 | 08-021 | 2:19.50 | 25m | 13-12-80 | Heemskerk (NED) | 66  |
| 15. Pover Ellen           | 72 | 08-021 | 2:23.00 | 25m | 8-11-80  | Heemskerk (NED) | 61  |
| 16. van den Heuvel Sandra | 80 | 08-021 | 2:33.90 | 25m | 31-12-88 |                 | 49  |
| 17. Dijkstra Miranda      | 72 | 08-021 | 3:04.40 | 25m | 27-9-80  | Heemskerk (NED) | 28  |

200 wisselslag

|                 |    |        |         |     |         |               |     |
|-----------------|----|--------|---------|-----|---------|---------------|-----|
| 1. Dekker Elise | 97 | 08-021 | 3:57.54 | 25m | 30-1-05 | Zaandam (NED) | 135 |
|-----------------|----|--------|---------|-----|---------|---------------|-----|

300 wisselslag400 wisselslag