

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	13.11	25m	25-3-99	Heemskerk (NED)	507
2.	de Groot Daniëlle	93	08-021	13.42	25m	31-5-08	Aalsmeer (NED)	473
3.	Meijer Sylvia	81	08-021	13.70	25m	14-3-96	Heemskerk (NED)	445
4.	Palmboom Nicole	91	08-021	13.79	25m	27-4-06	Heemskerk	436
5.	Schelvis Roos	86	08-021	14.05	25m	29-3-01	Heemskerk (NED)	412
6.	Vink Marjolein	93	08-021	14.37	25m	29-5-08	Heemskerk (NED)	385
7.	Meijer Linda	77	08-021	14.50	25m	26-9-92		375
7.	Kramer Miranda	80	08-021	14.50	25m	27-4-95	Heemskerk (NED)	375
9.	Essers Sanne	91	08-021	14.51	25m	27-4-06	Heemskerk	374
10.	Gijzen-van der Kroft Nicole	84	08-021	14.56	25m	25-3-99	Heemskerk (NED)	370
11.	Stam Sabrina	82	08-021	14.60	25m	13-3-97	Heemskerk (NED)	367
12.	Boekling Annette	85	08-021	14.97	25m	4-5-00	Heemskerk (NED)	341
13.	Bruin Adri	74	08-021	15.20	25m	12-1-89	Heemskerk (NED)	325
13.	de Boer Irene	84	08-021	15.20	25m	25-3-99	Heemskerk (NED)	325
15.	Stins Mariska	84	08-021	15.22	25m	25-3-99	Heemskerk (NED)	324
16.	Niesten Iris	92	08-021	15.24	25m	19-4-07	Heemskerk (NED)	323
17.	Bos Chantal	74	08-021	15.30	25m	12-1-89	Heemskerk (NED)	319
18.	Limmen Karin	76	08-021	15.50	25m	16-5-91	Heemskerk (NED)	307
19.	Hommersen Sandra	84	08-021	15.58	25m	25-3-99	Heemskerk (NED)	302
20.	de Boer Angela	80	08-021	15.70	25m	27-4-95	Heemskerk (NED)	295
21.	Heus Pauline	78	08-021	16.30	25m	17-6-93	Heemskerk (NED)	264
22.	Smit Lydia	84	08-021	16.32	25m	25-3-99	Heemskerk (NED)	263
22.	Nijman José	93	08-021	16.32	25m	29-5-08	Heemskerk (NED)	263
24.	Welboren Trudy	61	08-021	16.40	25m	14-9-76	Heemskerk (NED)	259
25.	Lindelauf Priscilla	85	08-021	16.58	25m	4-5-00	Heemskerk (NED)	251

50 vrije slag

1.	Kingma Danae	00	08-021	26.93	25m	11-10-15	Alkmaar (NED)	617
2.	Schelvis Femke	84	08-021	28.03	25m	13-2-99	Dordrecht (NED)	547
3.	Siemerink Laura	04	08-021	28.20	25m	21-4-19	Haarlem (NED)	537
4.	de Groot Daniëlle	93	08-021	28.39	25m	21-6-08	Alkmaar (NED)	526
5.	Smit Sanne	01	08-021	28.61	25m	11-12-16	Alkmaar (NED)	514
6.	Meijer Sylvia	81	08-021	29.30	25m	12-12-96	Heemskerk (NED)	479
6.	Hoekstra Eline	03	08-021	29.30	25m	17-11-18	Hoofddorp (NED)	479
8.	Vink Lidewij	90	08-021	29.39	25m	6-11-05	Zaandam (NED)	474
9.	Wentink Yara	04	08-021	29.40	25m	24-3-19	Purmerend (NED)	474
10.	Palmboom Nicole	91	08-021	29.49	25m	28-10-06	Hoom (NED)	470
11.	van de Poll Marianne	89	08-021	29.52	25m	29-1-04	Heemskerk (NED)	468

50 vrije slag (sinds 12)

12. Crok Linda	94	08-021	29.90	25m	23-4-09	Heemskerk (NED)	451
13. Vink Marjolein	93	08-021	30.07	25m	23-3-08	Haarlem (NED)	443
14. van 't Veer Iris	03	08-021	30.17	25m	17-11-18	Hoofddorp (NED)	439
15. Schuyt Simone	75	08-021	30.20	25m	31-5-90	Heemskerk (NED)	437
16. Kleijne Daisy	89	08-021	30.23	25m	28-12-04	Maastricht (NED)	436
16. Herwegh Binthy	09	08-021	30.23	25m	27-10-24	Zaandam (NED)	436
18. Koper Fiona	01	08-021	30.48	25m	13-10-16	Heemskerk (NED)	425
19. Hoek Daniëlle	88	08-021	30.67	25m	28-12-03	Maastricht (NED)	417
20. Gijzen-van der Kroft Nicole	84	08-021	30.68	25m	20-5-99	Heemskerk (NED)	417
21. Kramer Miranda	80	08-021	30.80	25m	14-12-95	Heemskerk (NED)	412
22. Groen Anne	95	08-021	30.82	25m	3-10-10	Zaandam (NED)	411
23. Buur Naomi	01	08-021	30.86	25m	13-10-16	Heemskerk (NED)	410
24. Hulshof Saskia	73	08-021	31.00	25m	14-12-88		404
25. Stam Sabrina	82	08-021	31.10	25m	31-3-97	Haarlem (NED)	400

100 vrije slag

1. Kingma Danae	00	08-021	59.30	25m	1-2-15	Amsterdam (NED)	608
2. Schelvis Femke	84	08-021	59.90	25m	18-2-99	Heemskerk (NED)	590
3. Smit Sanne	01	08-021	1:01.49	25m	30-1-16	Amsterdam (NED)	545
4. de Groot Daniëlle	93	08-021	1:02.13	25m	11-5-08	Purmerend (NED)	529
5. Siemerink Laura	04	08-021	1:03.00	25m	24-3-19	Purmerend (NED)	507
6. Hoekstra Eline	03	08-021	1:03.69	25m	24-11-18	Hoofddorp (NED)	491
7. Wentink Yara	04	08-021	1:04.54	25m	11-4-19	Heemskerk (NED)	471
8. Vink Lidewij	90	08-021	1:04.70	25m	30-10-05	Amsterdam (NED)	468
9. Crok Linda	94	08-021	1:04.95	25m	24-9-09	Heemskerk (NED)	463
10. Palmboom Nicole	91	08-021	1:05.06	25m	10-12-06	Heemskerk (NED)	460
11. Kleijne Daisy	89	08-021	1:05.10	25m	28-11-04	Heemskerk (NED)	459
12. van 't Veer Iris	03	08-021	1:05.39	25m	4-2-18	Purmerend (NED)	453
13. Meijer Sylvia	81	08-021	1:05.80	25m	15-12-96	Heemskerk (NED)	445
14. Schelvis Roos	86	08-021	1:05.98	25m	16-4-01	Haarlem (NED)	441
15. Buur Naomi	01	08-021	1:06.81	25m	19-5-16	Heemskerk (NED)	425
16. Mallon Danique	94	08-021	1:07.12	25m	31-5-09	Purmerend (NED)	419
17. Stam Sabrina	82	08-021	1:07.20	25m	26-10-97	Heemskerk (NED)	418
18. Vink Marjolein	93	08-021	1:07.41	25m	13-1-08	Heemskerk (NED)	414
19. Gijzen-van der Kroft Nicole	84	08-021	1:07.49	25m	5-4-99	Haarlem (NED)	412
20. Hoek Daniëlle	88	08-021	1:07.50	25m	28-12-03	Maastricht (NED)	412
21. Verbree Bets	63	08-021	1:07.60	25m	26-2-78	Castricum (NED)	410
22. Herwegh Binthy	09	08-021	1:07.64	25m	20-10-24	Heemskerk (NED)	410
23. Hulshof Saskia	73	08-021	1:07.90	25m	18-9-88	Heemskerk (NED)	405
24. Koopman Anitra	89	08-021	1:08.05	25m	28-12-04	Maastricht (NED)	402
25. Groen Anne	95	08-021	1:08.12	25m	28-11-10	Heemskerk (NED)	401

200 vrije slag

1. Schelvis Femke	84	08-021	2:07.73	25m	25-11-99	Heemskerk	646
2. Kingma Danae	00	08-021	2:11.46	25m	15-11-15	Purmerend (NED)	592
3. Smit Sanne	01	08-021	2:17.29	25m	17-1-16	Purmerend (NED)	520
4. de Groot Daniëlle	93	08-021	2:17.81	25m	10-5-08	Purmerend (NED)	514
5. Vink Lidewij	90	08-021	2:19.70	25m	16-1-05	Zaandam (NED)	493
6. Wentink Yara	04	08-021	2:20.59	25m	24-11-19	Hoofddorp (NED)	484
7. Hoekstra Eline	03	08-021	2:20.72	25m	12-4-18	Heemskerk (NED)	483
8. Siemerink Laura	04	08-021	2:21.26	25m	13-1-19	Purmerend (NED)	477
9. Crok Linda	94	08-021	2:21.57	25m	4-10-09	Amsterdam-oost (NED)	474
10. van 't Veer Iris	03	08-021	2:24.51	25m	12-4-18	Heemskerk (NED)	446
11. Schelvis Roos	86	08-021	2:25.20	25m	27-9-01	Heemskerk	439
12. Groen Anne	95	08-021	2:26.71	25m	31-10-10	Zaandam (NED)	426
13. Kleijne Daisy	89	08-021	2:27.31	25m	18-1-04	IJmuiden (NED)	421
14. van de Poll Marianne	89	08-021	2:27.82	25m	18-1-04	IJmuiden (NED)	416
15. Buur Naomi	01	08-021	2:28.35	25m	17-3-16	Heemskerk (NED)	412
16. Mallon Danique	94	08-021	2:28.58	25m	4-10-09	Amsterdam-oost (NED)	410
17. Stam Sabrina	82	08-021	2:29.10	25m	11-12-97	Heemskerk (NED)	406
18. Palmboom Nicole	91	08-021	2:29.48	25m	25-2-06	Hoor (NED)	403
19. Hoek Daniëlle	88	08-021	2:29.88	25m	18-12-03	Heemskerk (NED)	399
20. de Haan Shira	00	08-021	2:30.27	25m	15-11-15	Purmerend (NED)	396
21. Koopman Anitra	89	08-021	2:30.72	25m	18-1-04	IJmuiden (NED)	393
22. Schuyt Simone	75	08-021	2:31.60	25m	1-4-90	Zaandam (NED)	386
23. Essers Sanne	91	08-021	2:31.77	25m	3-12-06	Zaandam (NED)	385
24. Vink Marjolein	93	08-021	2:32.09	25m	16-11-08	Amsterdam-oost (NED)	382
25. Besse Karen	75	08-021	2:32.90	25m	27-9-90	Heemskerk (NED)	376

250 vrije slag**300 vrije slag**

1. Hoekstra Eline	03	08-021	3:41.56	25m	25-11-18	Hoofddorp (NED)	471
2. Wentink Yara	04	08-021	3:44.70	25m	8-6-19	Purmerend (NED)	452
3. Palmboom Nicole	91	08-021	3:51.10	25m	18-5-06	Heemskerk (NED)	415
4. van de Poll Marianne	89	08-021	3:51.98	25m	29-4-04	Heemskerk (NED)	410
5. Crok Linda	94	08-021	3:54.85	25m	30-5-09	Purmerend (NED)	396
6. de Groot Daniëlle	93	08-021	3:55.78	50m	11-4-08	Antwerpen (BEL)	406
7. Kleijne Daisy	89	08-021	3:56.50	25m	29-4-04	Heemskerk (NED)	387
8. Koopman Anitra	89	08-021	4:02.06	25m	29-4-04	Heemskerk (NED)	361
9. Groen Anne	95	08-021	4:16.54	25m	7-2-10	Zaandam (NED)	303
10. de Wildt Maud	05	08-021	4:19.38	50m	23-2-20	Den Haag (NED)	305

400 vrije slag

1. Schelvis Femke	84	08-021	4:40.35	25m	28-2-99	Zaandam (NED)	585
2. Wentink Yara	04	08-021	4:56.18	25m	8-6-19	Purmerend (NED)	496
3. Hoekstra Eline	03	08-021	4:57.62	25m	25-11-18	Hoofddorp (NED)	489
4. de Groot Daniëlle	93	08-021	5:05.33	25m	12-5-08	Purmerend (NED)	453
5. van 't Veer Iris	03	08-021	5:08.15	25m	2-4-18	Haarlem (NED)	440
6. Vink Lidewij	90	08-021	5:08.24	25m	23-10-05	Zaandam (NED)	440
7. Palmboom Nicole	91	08-021	5:08.81	25m	18-5-06	Heemskerk (NED)	437
8. Crok Linda	94	08-021	5:10.11	25m	13-9-09	Zaandam (NED)	432
9. van de Poll Marianne	89	08-021	5:13.88	25m	29-4-04	Heemskerk (NED)	417
10. Schelvis Roos	86	08-021	5:16.50	25m	31-5-01	Heemskerk (NED)	406
11. Kleijne Daisy	89	08-021	5:18.86	25m	29-4-04	Heemskerk (NED)	397
12. Besse Karen	75	08-021	5:19.90	25m	25-11-90	Heemskerk (NED)	394
13. van der Geest Saskia	73	08-021	5:21.20	25m	6-10-88	Heemskerk (NED)	389
14. Hoek Daniëlle	88	08-021	5:21.51	25m	12-6-03	Heemskerk	388
15. Koopman Anitra	89	08-021	5:22.60	25m	29-4-04	Heemskerk (NED)	384
16. Groen Anne	95	08-021	5:22.72	25m	5-4-10	Haarlem (NED)	383
17. Vredenburg Roos	95	08-021	5:25.15	25m	22-5-10	Purmerend (NED)	375
18. Meijer Sylvia	81	08-021	5:26.20	25m	4-4-96	Heemskerk (NED)	371
19. Hulshof Saskia	73	08-021	5:26.40	25m	6-10-88	Heemskerk (NED)	370
20. van Rookhuizen Sieta	79	08-021	5:28.00	25m	15-10-94		365
21. Essers Sanne	91	08-021	5:28.32	25m	3-12-06	Zaandam (NED)	364
22. Stam Sabrina	82	08-021	5:33.50	25m	23-2-97	Zaandam (NED)	347
23. de Ruijter Linda	87	08-021	5:34.83	25m	30-5-02	Heemskerk	343
24. Mallon Danique	94	08-021	5:35.85	50m	29-3-09	Alkmaar (NED)	349
25. de Boer Angela	80	08-021	5:37.60	25m	8-6-95	Heemskerk (NED)	335

500 vrije slag**800 vrije slag**

1. Schelvis Femke	84	08-021	9:32.54	25m	28-2-99	Zaandam (NED)	586
2. Crok Linda	94	08-021	10:21.73	25m	13-9-09	Zaandam (NED)	458
3. Vink Lidewij	90	08-021	10:24.60	25m	23-10-05	Zaandam (NED)	451
4. Schelvis Roos	86	08-021	10:47.23	25m	4-11-01	Heemskerk	406
5. van Rookhuizen Sieta	79	08-021	11:04.30	25m	14-4-94	Heemskerk	375
6. Essers Sanne	91	08-021	11:04.55	25m	22-10-06	Zaandam (NED)	375
7. Kleijne Daisy	89	08-021	11:08.06	25m	17-10-04	Zaandam (NED)	369
8. Groen Anne	95	08-021	11:16.98	25m	28-3-10	Zeist (NED)	354
9. Limmen Karin	76	08-021	11:21.10	25m	21-4-91	Heemstede (NED)	348
10. Hoek Daniëlle	88	08-021	11:27.01	25m	16-11-03	Heemskerk (NED)	339
11. de Haan Shira	00	08-021	11:37.34	25m	18-10-15	Zaandam (NED)	324
12. de Ruijter Linda	87	08-021	11:39.46	25m	8-9-02	Heemskerk	321
13. Kramer Miranda	80	08-021	11:39.70	25m	17-12-95	Zaandam (NED)	321
14. Stins Mariska	84	08-021	11:40.42	25m	28-2-99	Zaandam (NED)	320
15. de Boer Angela	80	08-021	11:46.00	25m	5-11-95	Volendam (NED)	312
16. Zonneveld Chantal	84	08-021	12:03.45	25m	24-10-99	Zaandam (NED)	290
17. Zonneveld Cindy	75	08-021	12:03.50	25m	22-4-90	Heemstede (NED)	290
18. van der Gracht Anouk	89	08-021	12:09.92	25m	17-10-04	Zaandam (NED)	283
19. Boekling Annette	85	08-021	13:27.82	25m	23-1-00	Heemskerk (NED)	208

1000 vrije slag

1. Crok Linda	94	08-021	14:50.65	OW	30-8-09	Oosterhout (NED)
2. Essers Sanne	91	08-021	14:54.95	OW	23-7-06	Langedijk (NED)
3. Kramer Miranda	80	08-021	15:51.40	OW	2-7-95	Veghel (NED)
4. Hermans Liesbeth	66	08-021	15:56.50	OW	14-6-81	Amstelveen (NED)
5. Oudendijk Bianca	79	08-021	16:34.50	OW	12-7-94	Harderwijk (NED)
6. de Ruijter Linda	87	08-021	16:40.99	OW	28-7-02	Langedijk (NED)
7. Vink Marjolein	93	08-021	17:04.18	OW	5-7-08	Oss (NED)
8. van Rookhuizen Sieta	79	08-021	17:42.50	OW	4-9-94	Amsterdam (NED)
9. Dijkstra Ingrid	68	08-021	18:25.70	OW	30-6-83	Amstelveen (NED)

1250 vrije slag**1500 vrije slag**

1. Schelvis Roos	86	08-021	20:20.21	25m	4-11-01	Heemskerk	428
2. Crok Linda	94	08-021	20:27.85	25m	8-11-09	Zaandam (NED)	420
3. Vink Lidewij	90	08-021	20:33.44	25m	20-3-05	Zaandam (NED)	414
4. Kleijne Daisy	89	08-021	20:50.37	25m	14-11-04	Heemskerk (NED)	397
5. Hoek Daniëlle	88	08-021	21:21.67	25m	16-11-03	Heemskerk (NED)	369
6. Groen Anne	95	08-021	21:38.25	25m	19-12-10	Zaandam (NED)	355
7. Essers Sanne	91	08-021	21:45.01	25m	3-12-06	Zaandam (NED)	350
8. de Ruijter Linda	87	08-021	21:56.67	25m	1-12-02	Heemskerk	340
9. van der Gracht Anouk	89	08-021	23:15.45	25m	14-11-04	Heemskerk (NED)	286
10. Boekling Annette	85	08-021	25:17.81	25m	23-1-00	Heemskerk (NED)	222

2000 vrije slag

1. van de Poll Marianne	89	08-021	26:56.35	25m	7-3-04	Zaandam	436
2. Vink Lidewij	90	08-021	27:26.81	25m	20-3-05	Zaandam (NED)	412
3. Crok Linda	94	08-021	28:11.73	25m	8-2-09	Zaandam (NED)	380
4. Hoek Daniëlle	88	08-021	28:47.58	25m	16-2-03	Zaandam	357
5. Schelvis Roos	86	08-021	28:58.90	25m	11-2-01	Zaandam (NED)	350
6. Kleijne Daisy	89	08-021	29:07.40	25m	7-3-04	Zaandam	345
7. Crok Annemarie	89	08-021	29:24.89	25m	7-3-04	Zaandam	335
8. de Ruijter Linda	87	08-021	29:58.45	25m	10-2-02	Zaandam	317
9. Essers Sanne	91	08-021	30:34.92	25m	19-2-06	Zaandam (NED)	298
10. Groen Anne	95	08-021	30:41.22	25m	7-2-10	Zaandam (NED)	295
11. Niesten Iris	92	08-021	32:20.51	25m	28-1-07	Zaandam (NED)	252
12. Kramer Miranda	80	08-021	34:02.60	OW	1-7-95	Oss (NED)	
13. Vink Marjolein	93	08-021	34:07.78	OW	15-6-08	Spaarnwoude (NED)	
14. Boekling Annette	85	08-021	34:19.25	25m	5-3-00	Zaandam (NED)	211

2500 vrije slag

1. Vink Lidewij	90	08-021	36:34.47	OW	9-7-05	Oss (NED)
2. Crok Linda	94	08-021	40:01.94	OW	4-7-09	Oss (NED)

3000 vrije slag

1. Vink Lidewij	90	08-021	45:27.59	OW	16-7-05	Wijk en Aalburg (NED)
2. Crok Linda	94	08-021	47:16.70	OW	15-8-09	Heerjansdam (NED)

4000 vrije slag**5000 vrije slag**

1. Crok Linda	94	08-021	1:20:03.26	OW	6-9-09	Vlissingen (NED)
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6000 vrije slag**6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Schelvis Femke	84	08-021	15.36	25m	25-3-99	Heemskerk (NED)	486
2. Palmboom Nicole	91	08-021	16.16	25m	27-4-06	Heemskerk	417
3. Kramer Miranda	80	08-021	16.50	25m	16-3-95	Heemskerk (NED)	392
4. Schelvis Roos	86	08-021	16.68	25m	22-2-01	Heemskerk (NED)	379
5. van Ballegooie Stefanie	86	08-021	17.07	25m	22-2-01	Heemskerk (NED)	354
6. Meijer Sylvia	81	08-021	17.30	25m	8-2-96	Heemskerk (NED)	340
7. Bruin Adri	74	08-021	17.40	25m	12-1-89	Heemskerk (NED)	334
8. de Groot Daniëlle	93	08-021	17.45	25m	29-5-08	Heemskerk (NED)	331
9. Essers Sanne	91	08-021	17.78	25m	27-4-06	Heemskerk	313
10. Limmen Karin	76	08-021	17.80	25m	16-5-91	Heemskerk (NED)	312
11. Stins Mariska	84	08-021	17.82	25m	25-3-99	Heemskerk (NED)	311
12. de Boer Irene	84	08-021	18.02	25m	25-3-99	Heemskerk (NED)	301
13. Vink Marjolein	93	08-021	18.08	25m	29-5-08	Heemskerk (NED)	298
14. Moolevliet Petra	82	08-021	18.10	25m	13-2-97	Heemskerk (NED)	297
15. Boekling Annette	85	08-021	18.27	25m	17-2-00	Heemskerk (NED)	289
16. Niesten Iris	92	08-021	18.32	25m	19-4-07	Heemskerk (NED)	286
17. Gijzen-van der Kroft Nicole	84	08-021	18.39	25m	25-3-99	Heemskerk (NED)	283
18. Stam Sabrina	82	08-021	18.50	25m	13-2-97	Heemskerk (NED)	278
19. Heus Pauline	78	08-021	18.80	25m	16-6-93		265
20. Bos Chantal	74	08-021	19.40	25m	12-1-89	Heemskerk (NED)	241
20. de Boer Angela	80	08-021	19.40	25m	16-3-95	Heemskerk (NED)	241
22. Cappelle Carlijn	82	08-021	19.50	25m	13-2-97	Heemskerk (NED)	237
23. Hommersen Sandra	84	08-021	19.56	25m	25-3-99	Heemskerk (NED)	235
24. Lindelauf Priscilla	85	08-021	19.63	25m	17-2-00	Heemskerk (NED)	233
25. ten Cate Joyce	80	08-021	19.80	25m	16-3-95	Heemskerk (NED)	227

50 rugslag

1. Kingma Danae	00	08-021	32.23	25m	8-1-15	Heemskerk (NED)	505
2. Schelvis Femke	84	08-021	32.93	25m	14-11-99	Zaandam (NED)	473
3. Siemerink Laura	04	08-021	33.01	25m	29-9-19	Alkmaar (NED)	470
4. Hoekstra Eline	03	08-021	33.27	25m	19-5-18	Purmerend (NED)	459
5. Koper Fiona	01	08-021	33.44	25m	14-2-16	Purmerend (NED)	452
6. van 't Veer Iris	03	08-021	33.54	25m	15-2-18	Heemskerk (NED)	448
7. Wentink Yara	04	08-021	34.02	25m	24-1-19	Heemskerk (NED)	429
8. Hulshof Saskia	73	08-021	34.10	25m	30-6-88	Heemskerk (NED)	426
9. Kleijne Daisy	89	08-021	34.21	25m	12-4-04	Haarlem	422
10. Smit Sanne	01	08-021	34.68	25m	18-2-16	Heemskerk (NED)	405
11. Kramer Miranda	80	08-021	34.70	25m	9-11-95	Heemskerk (NED)	404
12. Buur Naomi	01	08-021	34.76	25m	18-2-16	Heemskerk (NED)	402
13. Herwegh Binthy	09	08-021	34.96	25m	27-10-24	Zaandam (NED)	395
14. Schelvis Roos	86	08-021	35.16	25m	7-1-01	Zuidoostbeemster (NED)	389
15. Palmboom Nicole	91	08-021	35.24	25m	19-10-06	Heemskerk	386
16. Vink Lidewij	90	08-021	35.43	25m	27-10-05	Heemskerk (NED)	380
17. Crok Linda	94	08-021	35.46	25m	30-5-09	Purmerend (NED)	379
17. Groen Anne	95	08-021	35.46	25m	14-11-10	Castricum (NED)	379
19. Koopman Anitra	89	08-021	36.19	25m	21-3-04	Heemstede	356
20. Mallon Danique	94	08-021	36.28	25m	30-5-09	Purmerend (NED)	354
21. Meijer Sylvia	81	08-021	36.50	25m	21-1-96	Zuidoost Beemster (NED)	347
22. Hoek Daniëlle	88	08-021	36.63	25m	28-12-03	Maastricht (NED)	344
23. van Ballegooie Simone	84	08-021	36.96	25m	10-1-99	Zuidoost Beemster (NED)	335
24. Crok Annemarie	89	08-021	36.98	50m	16-5-04	Beverwijk (NED)	391
25. Stam Sabrina	82	08-021	37.00	25m	2-3-97	Haarlem (NED)	333

100 rugslag

1. Kingma Danae	00	08-021	1:08.44	25m	10-12-15	Heemskerk (NED)	519
2. Schelvis Femke	84	08-021	1:09.49	25m	28-1-99	Heemskerk (NED)	496
3. Hoekstra Eline	03	08-021	1:12.03	25m	18-3-18	Purmerend (NED)	445
4. Siemerink Laura	04	08-021	1:12.17	25m	23-11-19	Hoofddorp (NED)	443
5. Koper Fiona	01	08-021	1:12.27	25m	17-11-16	Heemskerk (NED)	441
6. van 't Veer Iris	03	08-021	1:12.48	25m	1-4-18	Haarlem (NED)	437
7. Hulshof Saskia	73	08-021	1:13.10	25m	31-12-88		426
8. Smit Sanne	01	08-021	1:13.59	25m	10-1-16	Purmerend (NED)	418
9. Schelvis Roos	86	08-021	1:13.68	25m	14-1-01	Heemskerk (NED)	416
10. Kleijne Daisy	89	08-021	1:13.78	25m	18-4-04	Zaandam (NED)	414
11. Crok Linda	94	08-021	1:14.37	25m	24-9-09	Heemskerk (NED)	405
12. Meijer Sylvia	81	08-021	1:14.70	25m	15-12-96	Heemskerk (NED)	399
13. Kramer Miranda	80	08-021	1:14.80	25m	10-12-95	Heemskerk (NED)	398
14. Groen Anne	95	08-021	1:16.14	25m	28-11-10	Heemskerk (NED)	377
15. Buur Naomi	01	08-021	1:16.29	25m	27-3-16	Haarlem (NED)	375
16. Poppema Yvonne	68	08-021	1:16.30	25m	31-12-83		375
17. de Graaf Annemiek	70	08-021	1:16.40	25m	29-9-85	Heemskerk (NED)	373
18. Petit Kirsten	00	08-021	1:17.06	25m	10-12-15	Heemskerk (NED)	364
19. Palmboom Nicole	91	08-021	1:17.18	25m	16-4-06	Haarlem (NED)	362
20. Koopman Anitra	89	08-021	1:17.21	25m	28-12-04	Maastricht (NED)	362
21. Zonneveld Chantal	84	08-021	1:17.23	25m	12-12-99	Heemskerk (NED)	361
22. Meijer Linda	77	08-021	1:17.30	25m	4-10-92	Assendelft (NED)	360
23. de Boer Irene	84	08-021	1:17.31	25m	12-12-99	Heemskerk (NED)	360
24. Herwegh Binthy	09	08-021	1:17.39	25m	24-10-24	Heemskerk (NED)	359
25. Crok Annemarie	89	08-021	1:17.44	25m	18-4-04	Zaandam (NED)	358

200 rugslag

1. Schelvis Femke	84	08-021	2:26.44	25m	10-10-99	Zaandam (NED)	539
2. Kingma Danae	00	08-021	2:28.91	25m	29-3-15	Zaandam (NED)	513
3. van 't Veer Iris	03	08-021	2:35.95	25m	14-1-18	Purmerend (NED)	446
4. Hoekstra Eline	03	08-021	2:40.35	25m	14-1-18	Purmerend (NED)	411
5. Kleijne Daisy	89	08-021	2:41.03	25m	3-10-04	Heemskerk (NED)	405
6. Schelvis Roos	86	08-021	2:41.52	25m	7-10-01	Zaandam (NED)	402
7. Crok Annemarie	89	08-021	2:42.61	25m	14-3-04	Zaandam	394
8. de Graaf Annemiek	70	08-021	2:42.70	25m	6-10-85	Wormerveer (NED)	393
9. Crok Linda	94	08-021	2:43.02	25m	23-4-09	Heemskerk (NED)	391
10. Poppema Yvonne	68	08-021	2:43.10	25m	31-12-83		390
10. Hulshof Saskia	73	08-021	2:43.10	25m	31-12-88		390
12. Siemerink Laura	04	08-021	2:43.28	25m	16-11-19	Hoofddorp (NED)	389
13. Wentink Yara	04	08-021	2:43.73	25m	13-1-19	Purmerend (NED)	386
14. Kramer Miranda	80	08-021	2:45.80	25m	12-10-95	Heemskerk (NED)	371
15. Smit Sanne	01	08-021	2:46.75	25m	13-11-16	Purmerend (NED)	365
16. Buur Naomi	01	08-021	2:46.99	25m	15-5-16	Purmerend (NED)	363
17. de Haan Shira	00	08-021	2:47.79	25m	11-10-15	Alkmaar (NED)	358
18. de Boer Irene	84	08-021	2:48.00	25m	17-1-99	Heemskerk (NED)	357
19. Gijzen-van der Kroft Nicole	84	08-021	2:48.29	25m	17-1-99	Heemskerk (NED)	355
20. Koper Fiona	01	08-021	2:48.60	25m	6-3-16	Purmerend (NED)	353
21. Vink Lidewij	90	08-021	2:48.65	25m	2-10-05	Zaandam (NED)	353
22. Blaauw Yente	03	08-021	2:49.34	25m	21-10-18	Purmerend (NED)	349
23. Essers Sanne	91	08-021	2:50.22	25m	12-3-06	Zaandam (NED)	343
24. Zonneveld Chantal	84	08-021	2:50.72	25m	16-12-99	Heemskerk	340
25. Koopman Anitra	89	08-021	2:50.75	25m	23-12-04	Heemskerk (NED)	340

500 rugslag**25 schoolslag**

1. Palmboom Nicole	91	08-021	17.22	25m	27-4-06	Heemskerk	462
2. de Groot Daniëlle	93	08-021	17.83	25m	29-5-08	Heemskerk (NED)	416
3. Schelvis Roos	86	08-021	18.63	25m	22-2-01	Heemskerk (NED)	365
4. Schelvis Femke	84	08-021	18.70	25m	25-3-99	Heemskerk (NED)	361
5. Kramer Miranda	80	08-021	18.80	25m	27-4-95	Heemskerk (NED)	355
6. Stins Mariska	84	08-021	18.89	25m	25-3-99	Heemskerk (NED)	350
7. Gijzen-van der Kroft Nicole	84	08-021	18.93	25m	25-3-99	Heemskerk (NED)	348
8. Boekling Annette	85	08-021	19.06	25m	17-2-00	Heemskerk (NED)	341
9. Stam Sabrina	82	08-021	19.10	25m	13-3-97	Heemskerk (NED)	339
10. de Boer Irene	84	08-021	19.43	25m	25-3-99	Heemskerk (NED)	322
11. Vink Marjolein	93	08-021	19.44	25m	29-5-08	Heemskerk (NED)	321
12. Essers Sanne	91	08-021	19.46	25m	27-4-06	Heemskerk	320
13. Bruin Adri	74	08-021	19.70	25m	12-1-89	Heemskerk (NED)	309
14. Cappelle Carlijn	82	08-021	19.80	25m	13-3-97	Heemskerk (NED)	304
15. Limmen Karin	76	08-021	19.90	25m	16-5-91	Heemskerk (NED)	299
16. Meijer Sylvia	81	08-021	20.10	25m	14-3-96	Heemskerk (NED)	291
17. Niesten Iris	92	08-021	20.66	25m	19-4-07	Heemskerk (NED)	267
18. Smit Lydia	84	08-021	20.84	25m	25-3-99	Heemskerk (NED)	261
19. Welboren Trudy	61	08-021	20.90	25m	14-9-76	Heemskerk (NED)	258
20. van Ballegooie Stefanie	86	08-021	20.94	25m	22-2-01	Heemskerk (NED)	257
21. Bos Chantal	74	08-021	21.00	25m	12-1-89	Heemskerk (NED)	255
22. de Boer Angela	80	08-021	21.10	25m	27-4-95	Heemskerk (NED)	251

25 schoolslag (sinds 23)

23. Hommersen Sandra	84	08-021	21.50	25m	25-3-99	Heemskerk (NED)	237
24. Limmen Anita	78	08-021	21.60	25m	16-6-93		234
25. Lindelauf Priscilla	85	08-021	21.64	25m	17-2-00	Heemskerk (NED)	233

50 schoolslag

1. Kingma Danae	00	08-021	34.93	25m	15-11-15	Purmerend (NED)	551
2. Palmboom Nicole	91	08-021	38.00	25m	5-3-06	Purmerend (NED)	428
3. Siemerink Laura	04	08-021	38.79	25m	21-4-19	Haarlem (NED)	402
4. van der Geest Saskia	73	08-021	38.90	25m	31-12-88		399
5. de Groot Daniëlle	93	08-021	39.29	25m	10-2-08	Purmerend (NED)	387
6. Kramer Miranda	80	08-021	39.40	25m	8-6-95	Heemskerk (NED)	384
7. de Haan Shira	00	08-021	39.48	25m	15-11-15	Purmerend (NED)	381
8. van Rookhuizen Sieta	79	08-021	39.80	25m	19-10-94		372
9. Hoekstra Eline	03	08-021	39.99	25m	1-4-18	Haarlem (NED)	367
10. Herwegh Binthy	09	08-021	40.25	25m	27-10-24	Zaandam (NED)	360
11. van 't Veer Iris	03	08-021	40.31	25m	12-4-18	Heemskerk (NED)	358
12. Hulshof Saskia	73	08-021	40.40	25m	14-12-88		356
13. Crok Linda	94	08-021	40.61	25m	22-1-09	Heemskerk (NED)	350
14. Vink Marjolein	93	08-021	40.96	25m	7-12-08	Zaandam (NED)	341
15. Smit Sanne	01	08-021	41.02	25m	17-3-16	Heemskerk (NED)	340
16. Oudendijk Bianca	79	08-021	41.10	25m	24-4-94	Zaandam (NED)	338
17. Schelvis Roos	86	08-021	41.20	25m	20-12-01	Heemskerk	335
18. Vink Lidewij	90	08-021	41.45	25m	24-11-05	Heemskerk (NED)	329
19. van Galen Angela	65	08-021	41.60	25m	4-10-80	Heemskerk (NED)	326
20. de Wildt Maud	05	08-021	41.66	25m	5-3-20	Heemskerk (NED)	324
21. Buur Naomi	01	08-021	41.76	25m	17-3-16	Heemskerk (NED)	322
22. van Huisstede Nikita	01	08-021	42.01	25m	6-3-16	Purmerend (NED)	316
23. Boekling Annette	85	08-021	42.03	25m	14-12-00	Heemskerk (NED)	316
24. Schelvis Femke	84	08-021	42.04	25m	14-11-99	Zaandam (NED)	316
25. Kleijne Daisy	89	08-021	42.25	25m	28-12-04	Maastricht (NED)	311

100 schoolslag

1. Kingma Danae	00	08-021	1:17.27	25m	15-11-15	Purmerend (NED)	525
2. van der Geest Saskia	73	08-021	1:22.60	25m	7-2-88	Heemskerk (NED)	430
3. de Groot Daniëlle	93	08-021	1:24.87	25m	27-3-08	Heemskerk (NED)	396
4. Palmboom Nicole	91	08-021	1:25.19	25m	17-4-06	Haarlem (NED)	392
5. de Haan Shira	00	08-021	1:25.31	25m	15-11-15	Purmerend (NED)	390
6. Hoekstra Eline	03	08-021	1:25.81	25m	7-10-18	Purmerend (NED)	383
7. Schelvis Femke	84	08-021	1:25.84	25m	28-1-99	Heemskerk (NED)	383
8. Stam Sabrina	82	08-021	1:26.50	25m	14-12-97	Heemskerk (NED)	374
9. Crok Linda	94	08-021	1:26.87	25m	19-11-09	Heemskerk (NED)	369
10. Herwegh Binthy	09	08-021	1:26.99	25m	20-10-24	Heemskerk (NED)	368
11. Kramer Miranda	80	08-021	1:27.00	25m	16-3-95	Heemskerk (NED)	368
12. van Rookhuizen Sieta	79	08-021	1:27.10	25m	3-4-94	Haarlem (NED)	366
13. Siemerink Laura	04	08-021	1:27.53	25m	13-1-19	Purmerend (NED)	361
14. Gijzen-van der Kroft Nicole	84	08-021	1:27.81	25m	5-4-99	Haarlem (NED)	358
15. Schelvis Roos	86	08-021	1:28.36	25m	7-10-01	Zaandam (NED)	351
16. van 't Veer Iris	03	08-021	1:29.08	25m	2-4-18	Haarlem (NED)	343
17. van Galen Angela	65	08-021	1:29.20	25m	16-11-80	Haarlem (NED)	341
17. Smit Sanne	01	08-021	1:29.20	25m	18-12-16	Heemskerk (NED)	341
19. Oudendijk Bianca	79	08-021	1:29.40	25m	19-11-94		339

100 schoolslag (sinds 20)

20. de Graaf Dinie	71	08-021	1:29.60	25m	9-2-86	Castricum (NED)	337
21. Boekling Annette	85	08-021	1:29.62	25m	16-4-00	Zaandam (NED)	336
22. Vink Marjolein	93	08-021	1:29.86	25m	16-11-08	Amsterdam-oost (NED)	334
23. Vink Lidewij	90	08-021	1:29.93	25m	29-12-05	Maastricht (NED)	333
24. Crok Annemarie	89	08-021	1:30.28	25m	25-1-04	Aalsmeer (NED)	329
25. Essers Sanne	91	08-021	1:30.45	25m	29-12-06	Maastricht (NED)	327

200 schoolslag

1. Kingma Danae	00	08-021	2:53.96	25m	4-10-15	Purmerend (NED)	462
2. van der Geest Saskia	73	08-021	2:58.90	25m	31-12-88		425
3. de Groot Daniëlle	93	08-021	3:04.53	25m	9-3-08	Heemskerk (NED)	387
4. de Haan Shira	00	08-021	3:05.27	25m	20-9-15	Purmerend (NED)	383
5. Kramer Miranda	80	08-021	3:05.90	25m	9-11-95	Heemskerk (NED)	379
6. Hoekstra Eline	03	08-021	3:06.31	25m	18-3-18	Purmerend (NED)	376
7. Palmboom Nicole	91	08-021	3:06.80	25m	26-11-06	Heemskerk (NED)	373
8. Schelvis Femke	84	08-021	3:06.94	25m	22-4-99	Heemskerk (NED)	373
9. Vink Lidewij	90	08-021	3:08.43	25m	27-10-05	Heemskerk (NED)	364
10. Schelvis Roos	86	08-021	3:08.58	25m	25-1-01	Heemskerk (NED)	363
11. Gijzen-van der Kroft Nicole	84	08-021	3:09.39	25m	22-4-99	Heemskerk (NED)	358
12. van Galen Angela	65	08-021	3:12.10	25m	21-9-80	Heemskerk (NED)	343
12. van 't Veer Iris	03	08-021	3:12.10	50m	25-3-18	Alkmaar (NED)	379
14. van Rookhuizen Sieta	79	08-021	3:13.90	25m	24-11-94	Heemskerk (NED)	334
15. Crok Linda	94	08-021	3:14.11	25m	15-3-09	Haarlem (NED)	333
16. Vink Marjolein	93	08-021	3:16.19	25m	9-3-08	Heemskerk (NED)	322
17. Crok Annemarie	89	08-021	3:16.27	25m	18-1-04	IJmuiden (NED)	322
18. Oudendijk Bianca	79	08-021	3:16.40	25m	23-11-94		321
19. Limmen Miriam	75	08-021	3:16.50	25m	11-3-90	Heemskerk (NED)	321
20. Stam Sabrina	82	08-021	3:17.00	25m	9-3-97	Alkmaar (NED)	318
21. Niesten Iris	92	08-021	3:17.15	25m	13-12-07	Heemskerk (NED)	318
22. Buur Naomi	01	08-021	3:18.33	25m	11-9-16	Purmerend (NED)	312
23. Boekling Annette	85	08-021	3:18.35	25m	27-1-00	Heemskerk (NED)	312
24. de Ruijter Linda	87	08-021	3:18.60	25m	17-11-02	Heemskerk	311
25. Essers Sanne	91	08-021	3:20.16	25m	26-11-06	Heemskerk (NED)	303

250 schoolslag**500 schoolslag**

1. van der Gracht Anouk	89	08-021	10:21.38	OW	17-7-04	Tilburg (NED)
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800 schoolslag**1000 schoolslag**

1. Niesten Iris	92	08-021	19:48.74	OW	4-8-07	Horn (NED)
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1250 schoolslag**1500 schoolslag**

2000 schoolslag

1. Niesten Iris	92	08-021	36:26.77	OW	24-6-07	Breukelen (NED)
2. Essers Sanne	91	08-021	38:08.54	OW	16-7-06	Stadskanaal (NED)
3. Kramer Miranda	80	08-021	39:08.30	OW	16-7-95	Amsterdam (NED)
4. de Haan Shira	00	08-021	41:01.21	OW	18-7-15	Amstelveen (NED)

2500 schoolslag**3000 schoolslag**

1. de Haan Shira	00	08-021	1:01:29.87	OW	25-7-15	Anna Paulowna (NED)
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4000 schoolslag**5000 schoolslag****25 vlinderslag**

1. Schelvis Femke	84	08-021	14.07	25m	25-3-99	Heemskerk (NED)	503
2. de Groot Daniëlle	93	08-021	15.10	25m	29-5-08	Heemskerk (NED)	406
3. Palmboom Nicole	91	08-021	15.31	25m	27-4-06	Heemskerk	390
4. Schelvis Roos	86	08-021	15.39	25m	29-3-01	Heemskerk (NED)	384
5. Gijzen-van der Kroft Nicole	84	08-021	15.42	25m	25-3-99	Heemskerk (NED)	382
6. Vink Marjolein	93	08-021	15.54	25m	29-5-08	Heemskerk (NED)	373
7. Essers Sanne	91	08-021	15.68	25m	27-4-06	Heemskerk	363
8. Meijer Sylvia	81	08-021	15.90	25m	8-2-96	Heemskerk (NED)	348
9. Stam Sabrina	82	08-021	16.30	25m	13-2-97	Heemskerk (NED)	323
10. Boekling Annette	85	08-021	16.33	25m	4-5-00	Heemskerk (NED)	321
11. Stins Mariska	84	08-021	16.38	25m	25-3-99	Heemskerk (NED)	318
12. de Boer Irene	84	08-021	16.53	25m	25-3-99	Heemskerk (NED)	310
13. Kramer Miranda	80	08-021	16.60	25m	16-3-95	Heemskerk (NED)	306
14. Moolevliet Petra	82	08-021	16.80	25m	13-2-97	Heemskerk (NED)	295
15. Niesten Iris	92	08-021	17.55	25m	19-4-07	Heemskerk (NED)	259
16. Limmen Karin	76	08-021	17.60	25m	16-5-91	Heemskerk (NED)	257
17. Smit Lydia	84	08-021	18.08	25m	25-3-99	Heemskerk (NED)	237
18. Hommersen Sandra	84	08-021	18.13	25m	25-3-99	Heemskerk (NED)	235
19. Bruin Adri	74	08-021	18.70	25m	12-1-89	Heemskerk (NED)	214
20. van Putten Demi	96	08-021	18.89	25m	30-6-11	Heemskerk (NED)	207
21. Bos Chantal	74	08-021	18.90	25m	12-1-89	Heemskerk (NED)	207
22. Lindelauf Priscilla	85	08-021	19.05	25m	4-5-00	Heemskerk (NED)	202
23. Nijman José	93	08-021	19.09	25m	29-5-08	Heemskerk (NED)	201
24. de Boer Angela	80	08-021	19.20	25m	16-3-95	Heemskerk (NED)	197
25. Cappelle Carlijn	82	08-021	19.40	25m	13-2-97	Heemskerk (NED)	191

50 vlinderslag

1.	Kingma Danae	00	08-021	30.59	25m	6-9-15	Zaandam (NED)	506
2.	Schelvis Femke	84	08-021	30.83	25m	17-10-99	Zaandam (NED)	494
3.	Siemerink Laura	04	08-021	31.04	25m	7-11-19	Heemskerk (NED)	484
4.	Hoekstra Eline	03	08-021	31.61	25m	25-11-18	Hoofddorp (NED)	458
5.	Wentink Yara	04	08-021	32.09	25m	24-11-19	Hoofddorp (NED)	438
6.	van de Poll Marianne	89	08-021	32.31	25m	4-4-04	Zaandam	429
7.	Palmboom Nicole	91	08-021	32.89	25m	28-12-06	Maastricht (NED)	407
8.	Smit Sanne	01	08-021	33.07	25m	17-11-16	Heemskerk (NED)	400
9.	Vink Lidewij	90	08-021	33.18	25m	6-11-05	Zaandam (NED)	396
10.	de Groot Daniëlle	93	08-021	33.42	50m	17-5-08	Beverwijk (NED)	390
11.	Essers Sanne	91	08-021	33.82	25m	29-12-06	Maastricht (NED)	374
12.	Mallon Danique	94	08-021	34.02	25m	31-5-09	Purmerend (NED)	368
13.	de Haan Shira	00	08-021	34.24	25m	10-12-15	Heemskerk (NED)	360
14.	Gijzen-van der Kroft Nicole	84	08-021	34.39	50m	29-5-99	Beverwijk (NED)	358
14.	Herwegh Binthy	09	08-021	34.39	25m	27-10-24	Zaandam (NED)	356
16.	Scholten Britt	04	08-021	34.52	25m	24-11-19	Hoofddorp (NED)	352
17.	Koper Fiona	01	08-021	34.73	25m	17-11-16	Heemskerk (NED)	345
18.	Veldhuis Amelia	03	08-021	34.98	25m	29-11-18	Heemskerk (NED)	338
19.	Buur Naomi	01	08-021	35.05	50m	5-6-16	Alkmaar (NED)	338
20.	Hoek Daniëlle	88	08-021	35.09	25m	28-12-03	Maastricht (NED)	335
21.	Stam Sabrina	82	08-021	35.10	25m	11-12-97	Heemskerk (NED)	335
22.	Schelvis Roos	86	08-021	35.14	25m	18-3-01	Zaandam (NED)	333
23.	Crok Annemarie	89	08-021	35.17	25m	28-12-04	Maastricht (NED)	333
24.	Petit Kirsten	00	08-021	35.31	25m	10-12-15	Heemskerk (NED)	329
25.	Vink Marjolein	93	08-021	35.32	50m	12-4-08	Antwerpen (BEL)	330

100 vlinderslag

1.	Schelvis Femke	84	08-021	1:08.80	25m	10-10-99	Zaandam (NED)	500
2.	Hoekstra Eline	03	08-021	1:12.84	25m	18-11-18	Hoofddorp (NED)	421
3.	Kingma Danae	00	08-021	1:13.56	25m	8-1-15	Heemskerk (NED)	409
4.	Wentink Yara	04	08-021	1:14.24	25m	24-1-19	Heemskerk (NED)	398
5.	Vink Lidewij	90	08-021	1:14.91	25m	27-11-05	Heemskerk (NED)	387
6.	de Groot Daniëlle	93	08-021	1:15.28	25m	23-3-08	Haarlem (NED)	381
7.	Smit Sanne	01	08-021	1:16.36	25m	9-10-16	Alkmaar (NED)	365
8.	van de Poll Marianne	89	08-021	1:16.70	25m	25-3-04	Heemskerk	360
9.	Siemerink Laura	04	08-021	1:17.11	25m	17-11-19	Hoofddorp (NED)	355
10.	Mallon Danique	94	08-021	1:17.16	25m	15-11-09	Haarlem (NED)	354
11.	Palmboom Nicole	91	08-021	1:17.33	25m	26-11-06	Heemskerk (NED)	352
12.	Besse Karen	75	08-021	1:18.00	25m	10-2-90		343
13.	Essers Sanne	91	08-021	1:18.68	25m	26-11-06	Heemskerk (NED)	334
14.	Schelvis Roos	86	08-021	1:18.99	25m	15-4-01	Haarlem (NED)	330
15.	Gijzen-van der Kroft Nicole	84	08-021	1:19.12	25m	22-4-99	Heemskerk (NED)	328
16.	Stam Sabrina	82	08-021	1:19.70	25m	6-4-97	Heemskerk (NED)	321
17.	Crok Annemarie	89	08-021	1:22.14	25m	28-12-04	Maastricht (NED)	293
18.	Crok Linda	94	08-021	1:22.31	25m	15-11-09	Haarlem (NED)	292
19.	de Ruijter Linda	87	08-021	1:22.80	25m	22-12-02	Zaandam	286
20.	Meijer Linda	77	08-021	1:22.90	25m	3-10-92		285
21.	Vink Marjolein	93	08-021	1:23.20	25m	3-2-08	Purmerend (NED)	282
22.	van 't Veer Iris	03	08-021	1:23.27	25m	15-2-18	Heemskerk (NED)	282
23.	van Ballegooie Simone	84	08-021	1:23.36	25m	7-3-99	Zaandam (NED)	281
24.	Stins Mariska	84	08-021	1:23.65	25m	4-4-99	Haarlem (NED)	278
25.	Meijer Sylvia	81	08-021	1:23.90	25m	6-4-96	Haarlem (NED)	275

200 vlinderslag

1. Vink Lidewij	90	08-021	2:47.28	25m	24-11-05	Heemskerk (NED)	365
2. Wentink Yara	04	08-021	2:48.54	25m	24-3-19	Purmerend (NED)	357
3. Palmboom Nicole	91	08-021	2:56.37	25m	30-11-06	Heemskerk	311
4. Schelvis Roos	86	08-021	3:03.76	25m	20-12-01	Heemskerk	275
5. de Ruijter Linda	87	08-021	3:07.60	25m	22-12-02	Zaandam	259
6. Kleijne Daisy	89	08-021	3:08.74	25m	29-5-04	Z.o. Beemster	254
7. van de Poll Marianne	89	08-021	3:12.94	50m	25-4-04	Beverwijk (NED)	251
8. Crok Annemarie	89	08-021	3:15.06	25m	27-5-04	Heemskerk (NED)	230
9. Vink Marjolein	93	08-021	3:17.91	25m	31-1-08	Heemskerk (NED)	220
10. Vredenburg Roos	95	08-021	3:19.06	25m	18-2-10	Heemskerk (NED)	216
11. Stins Mariska	84	08-021	3:22.47	50m	2-5-99	Beverwijk (NED)	217
12. Koopman Anitra	89	08-021	3:22.70	25m	25-11-04	Heemskerk (NED)	205
13. Visser Stacey	87	08-021	3:31.62	25m	17-3-02	Zaandam	180
14. Hoek Daniëlle	88	08-021	3:35.61	25m	27-11-03	Heemskerk (NED)	170
15. Pover Karin	67	08-021	3:45.30	25m	7-3-82		149
16. van Giezen Irene	67	08-021	3:54.00	25m	7-3-82		133

1000 vlinderslag**100 wisselslag**

1. Kingma Danae	00	08-021	1:09.81	25m	8-3-15	Zaandam (NED)	530
2. Schelvis Femke	84	08-021	1:09.84	25m	18-2-99	Heemskerk (NED)	529
3. Siemerink Laura	04	08-021	1:13.78	25m	22-4-19	Haarlem (NED)	449
4. Hoekstra Eline	03	08-021	1:14.01	25m	14-10-18	Heemskerk (NED)	445
5. Palmboom Nicole	91	08-021	1:14.21	25m	10-12-06	Heemskerk (NED)	441
6. Wentink Yara	04	08-021	1:14.60	25m	22-4-19	Haarlem (NED)	434
7. Smit Sanne	01	08-021	1:15.06	25m	11-12-16	Alkmaar (NED)	426
8. Crok Linda	94	08-021	1:15.13	25m	19-11-09	Heemskerk (NED)	425
9. de Groot Daniëlle	93	08-021	1:15.39	25m	6-1-08	Alkmaar (NED)	421
10. van 't Veer Iris	03	08-021	1:15.66	25m	17-5-18	Heemskerk (NED)	416
11. Herwegh Binthy	09	08-021	1:16.38	25m	27-10-24	Zaandam (NED)	404
12. Schelvis Roos	86	08-021	1:16.72	25m	27-9-01	Heemskerk	399
13. Buur Naomi	01	08-021	1:16.81	25m	10-1-16	Purmerend (NED)	398
14. Kleijne Daisy	89	08-021	1:17.66	25m	28-12-04	Maastricht (NED)	385
15. Essers Sanne	91	08-021	1:17.94	25m	30-12-06	Maastricht (NED)	381
16. Vink Lidewij	90	08-021	1:18.01	25m	29-9-05	Heemskerk (NED)	380
17. de Haan Shira	00	08-021	1:18.05	25m	6-12-15	Purmerend (NED)	379
18. van de Poll Marianne	89	08-021	1:18.30	25m	4-4-04	Zaandam	375
19. Hulshof Saskia	73	08-021	1:18.40	25m	31-12-88		374
20. Gijzen-van der Kroft Nicole	84	08-021	1:18.46	25m	18-2-99	Heemskerk (NED)	373
21. Mallon Danique	94	08-021	1:18.56	25m	19-11-09	Heemskerk (NED)	372
22. Kramer Miranda	80	08-021	1:18.70	25m	29-10-95	Castricum (NED)	370
23. Vink Marjolein	93	08-021	1:18.78	25m	7-12-08	Zaandam (NED)	369
24. Crok Annemarie	89	08-021	1:18.96	25m	28-12-04	Maastricht (NED)	366
25. Hoek Daniëlle	88	08-021	1:18.99	25m	28-12-03	Maastricht (NED)	366

200 wisselslag

1. Schelvis Femke	84	08-021	2:29.81	25m	4-11-99	Heemskerk (NED)	538
2. Kingma Danae	00	08-021	2:35.87	25m	1-2-15	Amsterdam (NED)	477
3. Hoekstra Eline	03	08-021	2:38.93	25m	24-11-18	Hoofddorp (NED)	450
4. van 't Veer Iris	03	08-021	2:42.47	25m	4-2-18	Purmerend (NED)	421
5. Wentink Yara	04	08-021	2:44.02	25m	17-11-19	Hoofddorp (NED)	410
6. Palmboom Nicole	91	08-021	2:44.36	25m	14-12-06	Heemskerk (NED)	407
7. Vink Lidewij	90	08-021	2:45.94	25m	15-12-05	Heemskerk (NED)	396
8. Schelvis Roos	86	08-021	2:46.07	25m	27-9-01	Heemskerk	395
9. Vink Marjolein	93	08-021	2:46.63	25m	13-1-08	Heemskerk (NED)	391
10. Crok Linda	94	08-021	2:46.96	25m	12-4-09	Haarlem (NED)	388
11. de Groot Daniëlle	93	08-021	2:47.06	25m	13-1-08	Heemskerk (NED)	388
12. Stam Sabrina	82	08-021	2:47.30	25m	6-11-97	Heemskerk (NED)	386
13. Smit Sanne	01	08-021	2:47.40	25m	17-1-16	Purmerend (NED)	385
14. Buur Naomi	01	08-021	2:47.45	25m	27-3-16	Haarlem (NED)	385
15. Gijzen-van der Kroft Nicole	84	08-021	2:47.74	25m	20-5-99	Heemskerk (NED)	383
16. Kramer Miranda	80	08-021	2:48.00	25m	14-12-95	Heemskerk (NED)	381
17. Siemerink Laura	04	08-021	2:48.01	25m	10-2-19	Purmerend (NED)	381
18. Essers Sanne	91	08-021	2:48.37	25m	22-10-06	Zaandam (NED)	379
19. Kleijne Daisy	89	08-021	2:49.19	25m	17-10-04	Zaandam (NED)	373
20. de Haan Shira	00	08-021	2:50.56	25m	18-10-15	Zaandam (NED)	364
21. Koopman Anitra	89	08-021	2:51.82	25m	29-1-04	Heemskerk (NED)	356
22. Besse Karen	75	08-021	2:51.90	25m	21-1-90	Zaandam (NED)	356
23. van de Poll Marianne	89	08-021	2:52.33	25m	14-3-04	Zaandam	353
24. Meijer Sylvia	81	08-021	2:53.10	25m	2-5-96	Heemskerk (NED)	348
25. Scholten Britt	04	08-021	2:53.15	25m	10-2-19	Purmerend (NED)	348

300 wisselslag

1. Vink Lidewij	90	08-021	4:12.63	25m	13-11-05	Zaandam (NED)
2. Schelvis Roos	86	08-021	4:19.22	25m	20-1-01	Amsterdam (NED)
3. Kleijne Daisy	89	08-021	4:20.65	25m	19-12-04	Heemskerk (NED)
4. Essers Sanne	91	08-021	4:22.14	25m	3-12-06	Zaandam (NED)
5. de Ruijter Linda	87	08-021	4:39.73	25m	24-11-02	Amsterdam
6. Hoek Daniëlle	88	08-021	4:41.63	25m	30-11-03	Heemskerk (NED)
7. van der Gracht Anouk	89	08-021	4:49.40	25m	19-12-04	Heemskerk (NED)
8. van Ballegoie Stefanie	86	08-021	5:05.52	25m	20-1-01	Amsterdam (NED)

400 wisselslag

1. Schelvis Femke	84	08-021	5:30.28	25m	21-3-99	Assendelft (NED)	481
2. Hoekstra Eline	03	08-021	5:45.00	25m	17-11-18	Hoofddorp (NED)	422
3. Smit Sanne	01	08-021	5:52.91	25m	9-10-16	Alkmaar (NED)	395
4. Schelvis Roos	86	08-021	5:54.48	25m	25-2-01	Heemskerk (NED)	389
5. Palmboom Nicole	91	08-021	5:55.32	25m	15-6-06	Heemskerk (NED)	387
6. Kleijne Daisy	89	08-021	6:00.96	25m	29-2-04	Wormerveer	369
7. Besse Karen	75	08-021	6:03.50	25m	4-2-90	Volendam (NED)	361
8. Crok Linda	94	08-021	6:03.64	25m	1-3-09	Zaandam (NED)	361
9. Vink Lidewij	90	08-021	6:04.81	25m	30-1-05	Zaandam (NED)	357
10. Essers Sanne	91	08-021	6:05.37	25m	15-6-06	Heemskerk (NED)	355
11. van de Poll Marianne	89	08-021	6:06.21	25m	29-2-04	Wormerveer	353
12. Wentink Yara	04	08-021	6:07.26	50m	20-1-19	Alkmaar (NED)	381
13. Crok Annemarie	89	08-021	6:07.62	25m	29-2-04	Wormerveer	349
14. Gijzen-van der Kroft Nicole	84	08-021	6:07.74	25m	28-2-99	Zaandam (NED)	349

400 wisselslag (sinds 15)

15. Stam Sabrina	82	08-021	6:13.60	25m	23-2-97	Zaandam (NED)	332
16. Koopman Anitra	89	08-021	6:22.50	25m	29-2-04	Wormerveer	310
17. Mallon Danique	94	08-021	6:22.57	25m	1-3-09	Zaandam (NED)	310
18. van Ballegooie Simone	84	08-021	6:26.50	25m	21-3-99	Assendelft (NED)	300
19. Niesten Iris	92	08-021	6:27.79	25m	11-2-07	Zaandam (NED)	297
20. de Wildt Maud	05	08-021	6:29.01	50m	8-3-20	Amsterdam (NED)	321
21. de Haan Shira	00	08-021	6:29.91	25m	8-2-15	Zaandam (NED)	292
22. de Ruijter Linda	87	08-021	6:39.06	25m	24-2-02	Heemskerk	273
23. Hoek Daniëlle	88	08-021	6:41.07	25m	23-2-03	Heemskerk	269
24. Visser Stacey	87	08-021	6:43.14	25m	24-2-02	Heemskerk	264
25. Blaauw Yente	03	08-021	6:43.16	50m	21-1-18	Alkmaar (NED)	288