

15 jaar, Dames, Lange baan (50m)

1-1-1900-31-7-2025

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

1. Kingma Danae	00	08-021	27.48	50m	13-6-15	Eindhoven (NED)	639
2. Schelvis Femke	84	08-021	28.97	50m	5-6-99	Beverwijk (NED)	545
3. Smit Sanne	01	08-021	29.10	50m	30-4-16	Alkmaar (NED)	538
3. Siemerink Laura	04	08-021	29.10	50m	17-3-19	Alkmaar (NED)	538
5. de Groot Daniëlle	93	08-021	29.32	50m	24-5-08	Beverwijk (NED)	526
6. Hoekstra Eline	03	08-021	29.75	50m	25-3-18	Alkmaar (NED)	503
7. Wentink Yara	04	08-021	30.13	50m	17-3-19	Alkmaar (NED)	484
8. Palmboom Nicole	91	08-021	30.18	50m	20-5-06	Beverwijk (NED)	482
9. Herwegh Binthy	09	08-021	30.98	50m	7-12-24	Beverwijk (NED)	446
10. Vink Marjolein	93	08-021	31.12	50m	24-5-08	Beverwijk (NED)	440
11. Gijzen-van der Kroft Nicole	84	08-021	31.15	50m	5-6-99	Beverwijk (NED)	438
12. Vink Lidewij	90	08-021	31.35	50m	27-2-05	Amsterdam (NED)	430
13. Kleijne Daisy	89	08-021	31.42	50m	15-5-04	Beverwijk (NED)	427
14. Buur Naomi	01	08-021	31.43	50m	28-5-16	Alkmaar (NED)	427
15. van 't Veer Iris	03	08-021	31.60	50m	25-3-18	Alkmaar (NED)	420
16. Essers Sanne	91	08-021	31.97	50m	20-5-06	Beverwijk (NED)	405
17. Groen Anne	95	08-021	32.30	50m	13-6-10	Beverwijk (NED)	393
18. de Haan Shira	00	08-021	32.44	50m	5-12-15	Beverwijk (NED)	388
19. van Langelaar Tessa	97	08-021	32.54	50m	19-5-12	Beverwijk (NED)	384
20. Mallon Danique	94	08-021	32.56	50m	7-6-09	Beverwijk (NED)	384
21. de Boer Maia	03	08-021	32.75	50m	8-12-18	Beverwijk (NED)	377
22. Koper Fiona	01	08-021	32.78	50m	3-12-16	Beverwijk (NED)	376
23. Scholten Britt	04	08-021	32.88	50m	17-3-19	Alkmaar (NED)	373
24. Stins Mariska	84	08-021	33.28	50m	5-6-99	Beverwijk (NED)	359
24. Blaauw Yente	03	08-021	33.28	50m	8-12-18	Beverwijk (NED)	359

**100 vrije slag**

1. Kingma Danae	00	08-021	59.79	50m	26-6-15	Alkmaar (NED)	646
2. Schelvis Femke	84	08-021	1:02.56	50m	20-6-99	Amersfoort (NED)	564
3. de Groot Daniëlle	93	08-021	1:03.06	50m	7-6-08	Eindhoven (NED)	551
4. Smit Sanne	01	08-021	1:03.79	50m	30-4-16	Alkmaar (NED)	532
5. Wentink Yara	04	08-021	1:05.64	50m	17-2-19	Eindhoven (NED)	488
6. Siemerink Laura	04	08-021	1:06.07	50m	10-3-19	Amsterdam (NED)	479
7. Hoekstra Eline	03	08-021	1:06.14	50m	29-5-18	Beverwijk (NED)	477
8. Buur Naomi	01	08-021	1:07.60	50m	13-3-16	Alkmaar (NED)	447
9. Stam Sabrina	82	08-021	1:07.90	50m	9-11-97	Beverwijk (NED)	441
10. Palmboom Nicole	91	08-021	1:08.19	50m	20-5-06	Beverwijk (NED)	436
11. Essers Sanne	91	08-021	1:08.33	50m	28-5-06	Beverwijk (NED)	433
12. Schelvis Roos	86	08-021	1:08.53	50m	21-10-01	Beverwijk (NED)	429
13. van 't Veer Iris	03	08-021	1:08.65	50m	17-6-18	Buckeburg (GER)	427
14. Kleijne Daisy	89	08-021	1:09.64	50m	16-5-04	Beverwijk (NED)	409
15. Verbree Bets	63	08-021	1:09.80	50m	11-6-78	Beverwijk (NED)	406
16. Vink Lidewij	90	08-021	1:10.03	50m	27-2-05	Amsterdam (NED)	402
17. Crok Linda	94	08-021	1:10.09	50m	24-5-09	Beverwijk (NED)	401
18. Vink Marjolein	93	08-021	1:10.26	50m	25-5-08	Beverwijk (NED)	398
19. Hoek Daniëlle	88	08-021	1:10.44	50m	25-5-03	Beverwijk (NED)	395
20. Gijzen-van der Kroft Nicole	84	08-021	1:10.56	50m	6-6-99	Beverwijk (NED)	393
20. de Boer Irene	84	08-021	1:10.56	50m	31-10-99	Beverwijk (NED)	393
22. Koopman Anitra	89	08-021	1:10.57	50m	16-5-04	Beverwijk (NED)	393
23. Mallon Danique	94	08-021	1:11.46	50m	7-6-09	Beverwijk (NED)	378
24. Zonneveld Chantal	84	08-021	1:11.96	50m	31-10-99	Beverwijk (NED)	371
25. van de Poll Marianne	89	08-021	1:12.04	50m	25-4-04	Beverwijk (NED)	369

**200 vrije slag**

1. Kingma Danae	00	08-021	2:15.97	50m	13-6-15	Eindhoven (NED)	573
2. Schelvis Femke	84	08-021	2:18.72	50m	30-5-99	Beverwijk (NED)	540
3. de Groot Daniëlle	93	08-021	2:18.80	50m	6-6-08	Eindhoven (NED)	539
4. Smit Sanne	01	08-021	2:22.12	50m	29-5-16	Alkmaar (NED)	502
5. Vink Lidewij	90	08-021	2:24.59	50m	27-2-05	Amsterdam (NED)	477
6. Kleijne Daisy	89	08-021	2:31.82	50m	9-5-04	Beverwijk (NED)	412
7. Palmboom Nicole	91	08-021	2:32.98	50m	14-5-06	Beverwijk (NED)	402
8. Buur Naomi	01	08-021	2:33.21	50m	29-5-16	Alkmaar (NED)	400
9. Koopman Anitra	89	08-021	2:33.70	50m	9-5-04	Beverwijk (NED)	397
10. Wentink Yara	04	08-021	2:33.91	50m	11-5-19	Alkmaar (NED)	395
11. Hoekstra Eline	03	08-021	2:33.99	50m	15-4-18	Alkmaar (NED)	394
12. Vink Marjolein	93	08-021	2:35.04	50m	13-4-08	Antwerpen (BEL)	386
13. van 't Veer Iris	03	08-021	2:37.66	50m	21-1-18	Alkmaar (NED)	367
14. Hoek Daniëlle	88	08-021	2:37.79	50m	18-5-03	Beverwijk (NED)	367
15. de Boer Irene	84	08-021	2:38.28	50m	30-5-99	Beverwijk (NED)	363
16. Mallon Danique	94	08-021	2:40.42	50m	29-3-09	Alkmaar (NED)	349
17. Stins Mariska	84	08-021	2:47.04	50m	30-5-99	Beverwijk (NED)	309
18. de Wildt Maud	05	08-021	2:50.30	50m	23-2-20	Den Haag (NED)	291
19. Scholten Britt	04	08-021	2:50.88	50m	27-1-19	Alkmaar (NED)	289
20. Boekling Annette	85	08-021	2:54.34	50m	7-5-00	Beverwijk (NED)	272

**250 vrije slag**

**300 vrije slag**

1. Wentink Yara	04	08-021	3:54.19	50m	11-5-19	Alkmaar (NED)	415
2. de Groot Daniëlle	93	08-021	3:55.78	50m	11-4-08	Antwerpen (BEL)	406
3. 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	4:56.03	50m	29-5-99	Beverwijk (NED)	509
2. de Groot Daniëlle	93	08-021	5:08.33	50m	17-5-08	Beverwijk (NED)	451
3. Wentink Yara	04	08-021	5:08.50	50m	11-5-19	Alkmaar (NED)	450
4. Vink Lidewij	90	08-021	5:10.36	50m	21-5-05	Beverwijk (NED)	442
5. Hoekstra Eline	03	08-021	5:10.87	50m	15-4-18	Alkmaar (NED)	440
6. Mallon Danique	94	08-021	5:35.85	50m	29-3-09	Alkmaar (NED)	349
7. de Wildt Maud	05	08-021	5:44.83	50m	23-2-20	Den Haag (NED)	322

**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**

**50 rugslag**

1. Kingma Danae	00	08-021	33.42	50m	31-5-15	Alkmaar (NED)	530
2. Siemerink Laura	04	08-021	33.96	50m	25-5-19	Amersfoort (NED)	505
3. Schelvis Femke	84	08-021	35.10	50m	6-6-99	Beverwijk (NED)	458
4. Hoekstra Eline	03	08-021	35.13	50m	8-12-18	Beverwijk (NED)	457
5. Kleijne Daisy	89	08-021	35.19	50m	16-5-04	Beverwijk (NED)	454
6. Wentink Yara	04	08-021	35.26	50m	20-1-19	Alkmaar (NED)	451
7. Koper Fiona	01	08-021	35.48	50m	28-5-16	Alkmaar (NED)	443
8. Herwegh Binthy	09	08-021	36.13	50m	7-12-24	Beverwijk (NED)	420
9. Palmboom Nicole	91	08-021	36.54	50m	21-5-06	Beverwijk (NED)	406
10. Buur Naomi	01	08-021	36.57	50m	21-2-16	Alkmaar (NED)	405
11. van 't Veer Iris	03	08-021	36.94	50m	21-1-18	Alkmaar (NED)	393
12. Crok Annemarie	89	08-021	36.98	50m	16-5-04	Beverwijk (NED)	391
13. Koopman Anitra	89	08-021	37.54	50m	16-5-04	Beverwijk (NED)	374
14. Mallon Danique	94	08-021	37.76	50m	24-5-09	Beverwijk (NED)	368
15. Scholten Britt	04	08-021	37.77	50m	30-11-19	Beverwijk (NED)	367
16. Crok Linda	94	08-021	38.16	50m	24-5-09	Beverwijk (NED)	356
17. Groen Anne	95	08-021	38.23	50m	4-12-10	Beverwijk (NED)	354
18. Smit Sanne	01	08-021	38.71	50m	28-5-16	Alkmaar (NED)	341
19. de Roode Xara	08	08-021	39.07	50m	18-11-23	Beverwijk (NED)	332
20. Niesten Iris	92	08-021	39.27	50m	20-5-07	Beverwijk (NED)	327
21. de Haan Shira	00	08-021	39.37	50m	5-12-15	Beverwijk (NED)	324
22. Vink Lidewij	90	08-021	39.42	50m	29-5-05	Beverwijk (NED)	323
23. Stins Mariska	84	08-021	39.58	50m	6-6-99	Beverwijk (NED)	319
24. Petit Kirsten	00	08-021	40.33	50m	5-12-15	Beverwijk (NED)	302
25. Blaauw Yente	03	08-021	40.42	50m	21-1-18	Alkmaar (NED)	300

**100 rugslag**

1. Kingma Danae	00	08-021	1:12.31	50m	26-6-15	Alkmaar (NED)	518
2. Schelvis Femke	84	08-021	1:13.83	50m	20-6-99	Amersfoort (NED)	487
3. Hoekstra Eline	03	08-021	1:16.23	50m	15-4-18	Alkmaar (NED)	442
4. Kleijne Daisy	89	08-021	1:16.63	50m	15-5-04	Beverwijk (NED)	435
4. van 't Veer Iris	03	08-021	1:16.63	50m	16-6-18	Buckeburg (GER)	435
6. Koper Fiona	01	08-021	1:17.45	50m	5-6-16	Alkmaar (NED)	422
7. Schelvis Roos	86	08-021	1:18.20	50m	21-10-01	Beverwijk (NED)	410
8. Siemerink Laura	04	08-021	1:18.23	50m	23-2-19	Den Haag (NED)	409
9. Kramer Miranda	80	08-021	1:19.80	50m	20-5-95	Beverwijk (NED)	385
10. Palmboom Nicole	91	08-021	1:20.24	50m	20-5-06	Beverwijk (NED)	379
11. Stam Sabrina	82	08-021	1:20.80	50m	7-6-97	Beverwijk (NED)	371
12. Buur Naomi	01	08-021	1:20.81	50m	29-5-16	Alkmaar (NED)	371
13. Koopman Anitra	89	08-021	1:21.04	50m	25-4-04	Beverwijk (NED)	368
14. Crok Annemarie	89	08-021	1:21.16	50m	15-5-04	Beverwijk (NED)	366
15. Meijer Sylvia	81	08-021	1:21.60	50m	1-6-96	Beverwijk (NED)	360
16. Mallon Danique	94	08-021	1:22.13	50m	6-6-09	Beverwijk (NED)	354
17. Essers Sanne	91	08-021	1:22.95	50m	27-5-06	Beverwijk (NED)	343
18. de Boer Irene	84	08-021	1:23.48	50m	2-5-99	Beverwijk (NED)	337
19. Petit Kirsten	00	08-021	1:23.56	50m	20-6-15	Beverwijk (NED)	336
20. Niesten Iris	92	08-021	1:24.36	50m	2-6-07	Beverwijk (NED)	326
21. van Ballegooie Simone	84	08-021	1:24.37	50m	2-5-99	Beverwijk (NED)	326
22. Groen Anne	95	08-021	1:25.12	50m	12-6-10	Beverwijk (NED)	318
23. de Boer Maia	03	08-021	1:25.18	50m	16-6-18	Buckeburg (GER)	317
24. Wentink Yara	04	08-021	1:25.97	50m	15-6-19	Bückeburg (GER)	308
25. Zonneveld Chantal	84	08-021	1:26.34	50m	31-10-99	Beverwijk (NED)	304

**200 rugslag**

1. Schelvis Femke	84	08-021	2:40.49	50m	30-5-99	Beverwijk (NED)	461
2. van 't Veer Iris	03	08-021	2:44.76	50m	16-6-18	Buckeburg (GER)	426
3. Kleijne Daisy	89	08-021	2:46.73	50m	9-5-04	Beverwijk (NED)	411
4. Schelvis Roos	86	08-021	2:46.98	50m	21-10-01	Beverwijk (NED)	410
5. Crok Linda	94	08-021	2:50.88	50m	17-5-09	Alkmaar (NED)	382
6. Crok Annemarie	89	08-021	2:51.30	50m	9-5-04	Beverwijk (NED)	379
7. Essers Sanne	91	08-021	2:51.54	50m	14-5-06	Beverwijk (NED)	378
8. Koopman Anitra	89	08-021	2:52.65	50m	9-5-04	Beverwijk (NED)	371
9. Stam Sabrina	82	08-021	2:53.50	50m	9-11-97	Beverwijk (NED)	365
10. Palmboom Nicole	91	08-021	2:53.65	50m	14-5-06	Beverwijk (NED)	364
11. de Boer Irene	84	08-021	2:54.35	50m	31-10-99	Beverwijk (NED)	360
12. Wentink Yara	04	08-021	2:54.68	50m	15-6-19	Bückeburg (GER)	358
13. Niesten Iris	92	08-021	2:57.81	50m	13-5-07	Alkmaar (NED)	339
14. Zonneveld Chantal	84	08-021	2:58.89	50m	31-10-99	Beverwijk (NED)	333
15. Buur Naomi	01	08-021	2:59.13	50m	4-6-16	Alkmaar (NED)	332
16. Stins Mariska	84	08-021	2:59.44	50m	30-5-99	Beverwijk (NED)	330
17. Gijzen-van der Kroft Nicole	84	08-021	2:59.92	50m	30-5-99	Beverwijk (NED)	327
18. Vink Lidewij	90	08-021	3:03.00	50m	22-5-05	Beverwijk (NED)	311
19. Hoek Daniëlle	88	08-021	3:03.06	50m	29-3-03	Beverwijk (NED)	311
20. Veldhuis Amelia	03	08-021	3:17.94	50m	16-6-18	Buckeburg (GER)	246
21. van Ballegooie Stefanie	86	08-021	3:20.23	50m	21-10-01	Beverwijk (NED)	237

**500 rugslag****25 schoolslag****50 schoolslag**

1. Kingma Danae	00	08-021	36.36	50m	12-7-15	Alkmaar (NED)	528
2. Palmboom Nicole	91	08-021	39.45	50m	14-5-06	Beverwijk (NED)	413
3. de Groot Daniëlle	93	08-021	40.27	50m	18-5-08	Alkmaar (NED)	389
4. Siemerink Laura	04	08-021	40.41	50m	27-1-19	Alkmaar (NED)	385
5. van 't Veer Iris	03	08-021	41.10	50m	25-3-18	Alkmaar (NED)	366
6. de Haan Shira	00	08-021	41.72	50m	17-5-15	Alkmaar (NED)	349
7. Hoekstra Eline	03	08-021	41.83	50m	25-3-18	Alkmaar (NED)	347
8. Crok Linda	94	08-021	42.15	50m	17-5-09	Alkmaar (NED)	339
9. Smit Sanne	01	08-021	42.29	50m	29-5-16	Alkmaar (NED)	335
10. Herwegh Binthy	09	08-021	42.87	50m	7-12-24	Beverwijk (NED)	322
11. Vink Marjolein	93	08-021	43.32	50m	18-5-08	Alkmaar (NED)	312
12. Buur Naomi	01	08-021	43.39	50m	29-5-16	Alkmaar (NED)	311
13. de Wildt Maud	05	08-021	43.60	50m	23-2-20	Den Haag (NED)	306
14. de Boer Maia	03	08-021	44.57	50m	17-6-18	Buckeburg (GER)	287
15. Wentink Yara	04	08-021	44.67	50m	30-11-19	Beverwijk (NED)	285
16. Veldhuis Amelia	03	08-021	45.62	50m	8-12-18	Beverwijk (NED)	267
17. Scholten Britt	04	08-021	45.92	50m	30-11-19	Beverwijk (NED)	262
18. Groen Anne	95	08-021	46.25	50m	4-12-10	Beverwijk (NED)	256
19. Blaauw Yente	03	08-021	48.04	50m	8-12-18	Beverwijk (NED)	229
20. Schelvis Roos	86	08-021	51.06	50m	13-5-01	Beverwijk (NED)	190
21. de Groot Sjors	08	08-021	57.13	50m	11-6-23	Bückeburg (GER)	136

**100 schoolslag**

1.	Kingma Danae	00	08-021	1:24.24	50m	16-5-15	Beverwijk (NED)	441
2.	de Groot Daniëlle	93	08-021	1:28.60	50m	17-5-08	Beverwijk (NED)	379
3.	Palmboom Nicole	91	08-021	1:29.06	50m	13-5-06	Beverwijk (NED)	373
4.	van 't Veer Iris	03	08-021	1:29.25	50m	25-3-18	Alkmaar (NED)	370
5.	Herwegh Binthy	09	08-021	1:31.58	50m	2-6-24	Amsterdam (NED)	343
6.	Siemerink Laura	04	08-021	1:32.04	50m	24-2-19	Den Haag (NED)	338
7.	Gijzen-van der Kroft Nicole	84	08-021	1:32.31	50m	29-5-99	Beverwijk (NED)	335
8.	de Haan Shira	00	08-021	1:32.63	50m	16-5-15	Beverwijk (NED)	331
9.	de Wildt Maud	05	08-021	1:33.86	50m	23-2-20	Den Haag (NED)	318
10.	Vink Marjolein	93	08-021	1:34.18	50m	12-4-08	Antwerpen (BEL)	315
11.	Mallon Danique	94	08-021	1:34.57	50m	7-6-09	Beverwijk (NED)	311
12.	Crok Linda	94	08-021	1:34.70	50m	16-5-09	Beverwijk (NED)	310
13.	Stins Mariska	84	08-021	1:34.74	50m	29-5-99	Beverwijk (NED)	310
14.	Buur Naomi	01	08-021	1:34.77	50m	28-5-16	Alkmaar (NED)	309
15.	Stam Sabrina	82	08-021	1:35.00	50m	8-6-97	Beverwijk (NED)	307
16.	Smit Sanne	01	08-021	1:35.02	50m	28-5-16	Alkmaar (NED)	307
17.	Crok Annemarie	89	08-021	1:36.53	50m	25-4-04	Beverwijk (NED)	293
18.	de Boer Maia	03	08-021	1:37.32	50m	16-6-18	Buckeburg (GER)	286
19.	de Wolff Isabel	01	08-021	1:38.17	50m	28-5-16	Alkmaar (NED)	278
20.	Schelvis Femke	84	08-021	1:38.24	50m	29-5-99	Beverwijk (NED)	278
21.	Koopman Anitra	89	08-021	1:38.41	50m	25-4-04	Beverwijk (NED)	276
22.	Essers Sanne	91	08-021	1:38.74	50m	28-5-06	Beverwijk (NED)	273
23.	Scholten Britt	04	08-021	1:39.02	50m	27-1-19	Alkmaar (NED)	271
24.	Niesten Iris	92	08-021	1:39.10	50m	3-6-07	Beverwijk (NED)	270
25.	de Boer Angela	80	08-021	1:39.40	50m	11-6-95	Beverwijk (NED)	268

**200 schoolslag**

1.	de Groot Daniëlle	93	08-021	3:11.88	50m	24-5-08	Beverwijk (NED)	381
2.	van 't Veer Iris	03	08-021	3:12.10	50m	25-3-18	Alkmaar (NED)	379
3.	Palmboom Nicole	91	08-021	3:13.60	50m	20-5-06	Beverwijk (NED)	370
4.	Kramer Miranda	80	08-021	3:17.00	50m	13-5-95	Beverwijk (NED)	352
5.	Gijzen-van der Kroft Nicole	84	08-021	3:17.16	50m	5-6-99	Beverwijk (NED)	351
6.	de Haan Shira	00	08-021	3:19.25	50m	30-5-15	Beverwijk (NED)	340
7.	Niesten Iris	92	08-021	3:22.38	50m	19-5-07	Beverwijk (NED)	324
8.	Siemerink Laura	04	08-021	3:22.72	50m	23-2-19	Den Haag (NED)	323
9.	Crok Annemarie	89	08-021	3:23.43	50m	25-4-04	Beverwijk (NED)	319
10.	Lund Karin	63	08-021	3:23.90	50m	11-6-78	Beverwijk (NED)	317
11.	de Ruijter Linda	87	08-021	3:24.01	50m	25-5-02	Beverwijk (NED)	317
12.	Vink Marjolein	93	08-021	3:25.50	50m	24-5-08	Beverwijk (NED)	310
13.	Vink Lidewij	90	08-021	3:26.34	50m	28-5-05	Beverwijk (NED)	306
14.	Veldhuis Amelia	03	08-021	3:34.03	50m	17-6-18	Buckeburg (GER)	274
15.	Scholten Britt	04	08-021	3:35.43	50m	17-3-19	Alkmaar (NED)	269
16.	van Giezen Sandra	63	08-021	3:46.90	50m	11-6-78	Beverwijk (NED)	230

**250 schoolslag****500 schoolslag****800 schoolslag**

**1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag****50 vlinderslag**

1. Siemerink Laura	04	08-021	31.35	50m	26-5-19	Amersfoort (NED)	473
2. Schelvis Femke	84	08-021	31.52	50m	29-5-99	Beverwijk (NED)	465
3. Kingma Danae	00	08-021	31.91	50m	16-5-15	Beverwijk (NED)	448
4. Wentink Yara	04	08-021	32.18	50m	30-11-19	Beverwijk (NED)	437
5. Hoekstra Eline	03	08-021	32.31	50m	3-6-18	Amersfoort (NED)	432
6. de Groot Daniëlle	93	08-021	33.42	50m	17-5-08	Beverwijk (NED)	390
7. Gijzen-van der Kroft Nicole	84	08-021	34.39	50m	29-5-99	Beverwijk (NED)	358
8. Mallon Danique	94	08-021	34.99	50m	16-5-09	Beverwijk (NED)	340
9. Essers Sanne	91	08-021	35.00	50m	13-5-06	Beverwijk (NED)	340
10. Buur Naomi	01	08-021	35.05	50m	5-6-16	Alkmaar (NED)	338
11. Palmboom Nicole	91	08-021	35.31	50m	13-5-06	Beverwijk (NED)	331
12. Vink Marjolein	93	08-021	35.32	50m	12-4-08	Antwerpen (BEL)	330
13. Herwegh Binthy	09	08-021	35.43	50m	7-12-24	Beverwijk (NED)	327
14. Vink Lidewij	90	08-021	35.74	50m	21-5-05	Beverwijk (NED)	319
15. Scholten Britt	04	08-021	35.97	50m	27-1-19	Alkmaar (NED)	313
16. Crok Linda	94	08-021	36.47	50m	16-5-09	Beverwijk (NED)	300
17. Petit Kirsten	00	08-021	36.93	50m	16-5-15	Beverwijk (NED)	289
18. Crok Annemarie	89	08-021	37.00	50m	8-5-04	Beverwijk (NED)	287
19. de Haan Shira	00	08-021	37.59	50m	16-5-15	Beverwijk (NED)	274
20. Veldhuis Amelia	03	08-021	37.93	50m	8-12-18	Beverwijk (NED)	267
21. Koper Fiona	01	08-021	38.31	50m	3-12-16	Beverwijk (NED)	259
22. Blaauw Yente	03	08-021	39.51	50m	8-12-18	Beverwijk (NED)	236
23. Groen Anne	95	08-021	40.18	50m	4-12-10	Beverwijk (NED)	224
24. de Roode Xara	08	08-021	42.79	50m	18-11-23	Beverwijk (NED)	186
25. de Boer Maia	03	08-021	43.60	50m	8-12-18	Beverwijk (NED)	175

**100 vlinderslag**

1.	Schelvis Femke	84	08-021	1:13.91	50m	18-6-99	Amersfoort (NED)	422
2.	Kingma Danae	00	08-021	1:15.73	50m	25-4-15	Alkmaar (NED)	393
3.	Wentink Yara	04	08-021	1:17.36	50m	15-6-19	Bückeburg (GER)	368
4.	Mallon Danique	94	08-021	1:18.72	50m	17-5-09	Alkmaar (NED)	350
5.	Hoekstra Eline	03	08-021	1:19.50	50m	16-6-18	Buckeburg (GER)	339
6.	de Groot Daniëlle	93	08-021	1:19.97	50m	18-5-08	Alkmaar (NED)	333
7.	Gijzen-van der Kroft Nicole	84	08-021	1:21.37	50m	30-5-99	Beverwijk (NED)	316
8.	Siemerink Laura	04	08-021	1:21.63	50m	15-6-19	Bückeburg (GER)	313
9.	van de Poll Marianne	89	08-021	1:22.09	50m	25-4-04	Beverwijk (NED)	308
10.	Essers Sanne	91	08-021	1:24.03	50m	27-5-06	Beverwijk (NED)	287
11.	Vink Lidewij	90	08-021	1:24.43	50m	22-5-05	Beverwijk (NED)	283
12.	Palmboom Nicole	91	08-021	1:26.80	50m	14-5-06	Beverwijk (NED)	261
13.	Stam Sabrina	82	08-021	1:27.30	50m	1-6-97	Beverwijk (NED)	256
14.	Kramer Miranda	80	08-021	1:27.70	50m	10-6-95	Beverwijk (NED)	253
15.	de Ruijter Linda	87	08-021	1:28.22	50m	1-6-02	Beverwijk	248
16.	Crok Linda	94	08-021	1:28.91	50m	29-3-09	Alkmaar (NED)	242
17.	Stins Mariska	84	08-021	1:30.04	50m	30-5-99	Beverwijk (NED)	233
18.	Meijer Sylvia	81	08-021	1:31.40	50m	1-6-96	Beverwijk (NED)	223
19.	Vredenburg Roos	95	08-021	1:35.63	50m	12-6-10	Beverwijk (NED)	195
20.	de Wildt Maud	05	08-021	1:36.78	50m	8-3-20	Amsterdam (NED)	188
21.	Blaauw Yente	03	08-021	1:38.64	50m	21-1-18	Alkmaar (NED)	177
22.	de Boer Angela	80	08-021	1:38.80	50m	10-6-95	Beverwijk (NED)	177
23.	Niesten Iris	92	08-021	1:44.54	50m	2-6-07	Beverwijk (NED)	149

**200 vlinderslag**

1.	Wentink Yara	04	08-021	2:57.31	50m	17-3-19	Alkmaar (NED)	324
2.	Vink Lidewij	90	08-021	3:01.59	50m	29-5-05	Beverwijk (NED)	301
3.	van de Poll Marianne	89	08-021	3:12.94	50m	25-4-04	Beverwijk (NED)	251
4.	Kleijne Daisy	89	08-021	3:18.03	50m	16-5-04	Beverwijk (NED)	232
5.	de Ruijter Linda	87	08-021	3:20.51	50m	26-5-02	Beverwijk (NED)	224
6.	Stins Mariska	84	08-021	3:22.47	50m	2-5-99	Beverwijk (NED)	217

**1000 vlinderslag****100 wisselslag****200 wisselslag**

1.	Kingma Danae	00	08-021	2:39.31	50m	30-5-15	Beverwijk (NED)	496
2.	Schelvis Femke	84	08-021	2:39.69	50m	31-10-99	Beverwijk (NED)	492
3.	Hoekstra Eline	03	08-021	2:49.32	50m	21-1-18	Alkmaar (NED)	413
4.	Palmboom Nicole	91	08-021	2:50.86	50m	20-5-06	Beverwijk (NED)	402
5.	Wentink Yara	04	08-021	2:52.58	50m	15-6-19	Bückeburg (GER)	390
6.	Vink Marjolein	93	08-021	2:52.66	50m	24-5-08	Beverwijk (NED)	389
7.	Siemerink Laura	04	08-021	2:52.98	50m	30-3-19	Amersfoort (NED)	387
8.	Crok Linda	94	08-021	2:53.30	50m	29-3-09	Alkmaar (NED)	385
9.	Kleijne Daisy	89	08-021	2:54.64	50m	15-5-04	Beverwijk (NED)	376
10.	Koopman Anitra	89	08-021	2:55.01	50m	25-4-04	Beverwijk (NED)	374
11.	Crok Annemarie	89	08-021	2:55.67	50m	15-5-04	Beverwijk (NED)	370
12.	Gijzen-van der Kroft Nicole	84	08-021	2:56.40	50m	5-6-99	Beverwijk (NED)	365
13.	Vink Lidewij	90	08-021	2:57.08	50m	28-5-05	Beverwijk (NED)	361



200 wisselslag (sinds 14)

14. de Boer Irene	84	08-021	2:57.97	50m	2-5-99	Beverwijk (NED)	355
15. Buur Naomi	01	08-021	2:59.30	50m	4-6-16	Alkmaar (NED)	348
16. van Ballegooie Simone	84	08-021	3:00.51	50m	2-5-99	Beverwijk (NED)	341
17. Hoek Daniëlle	88	08-021	3:01.93	50m	24-5-03	Beverwijk (NED)	333
18. Stins Mariska	84	08-021	3:05.47	50m	2-5-99	Beverwijk (NED)	314
19. Scholten Britt	04	08-021	3:07.84	50m	15-6-19	Bückeburg (GER)	302
20. Boekling Annette	85	08-021	3:08.15	50m	7-5-00	Beverwijk (NED)	301
21. van der Gracht Anouk	89	08-021	3:09.32	50m	25-4-04	Beverwijk (NED)	295
22. Blaauw Yente	03	08-021	3:11.03	50m	21-1-18	Alkmaar (NED)	287
23. de Groot Sjors	08	08-021	3:53.08	50m	10-6-23	Bückeburg (GER)	158

300 wisselslag400 wisselslag

1. Hoekstra Eline	03	08-021	5:59.08	50m	2-6-18	Amersfoort (NED)	408
2. Wentink Yara	04	08-021	6:07.26	50m	20-1-19	Alkmaar (NED)	381
3. de Wildt Maud	05	08-021	6:29.01	50m	8-3-20	Amsterdam (NED)	321
4. Blaauw Yente	03	08-021	6:43.16	50m	21-1-18	Alkmaar (NED)	288