

17 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	27.47	50m	9-4-17	Eindhoven (NED)	639
2. Smit Sanne	01	08-021	28.67	50m	26-5-18	Amersfoort (NED)	562
3. Palmboom Nicole	91	08-021	29.38	50m	13-4-08	Antwerpen (BEL)	522
4. Drubers Mirjam	67	08-021	29.41	50m	20-5-84	Kampen (NED)	521
5. Crok Linda	94	08-021	29.42	50m	21-5-11	Beverwijk (NED)	520
6. Groen Anne	95	08-021	29.98	50m	19-5-12	Beverwijk (NED)	492
7. Kleijne Daisy	89	08-021	30.17	50m	20-5-06	Beverwijk (NED)	482
8. Herwegh Yara	07	08-021	30.54	50m	7-12-24	Beverwijk (NED)	465
9. Hoek Daniëlle	88	08-021	30.71	50m	28-5-05	Beverwijk (NED)	457
10. Vink Lidewij	90	08-021	31.02	50m	19-5-07	Beverwijk (NED)	444
11. de Haan Shira	00	08-021	31.09	50m	20-5-17	Alkmaar (NED)	441
12. Stam Vanessa	80	08-021	31.40	50m	8-6-97	Beverwijk (NED)	428
13. Hoekstra Eline	03	08-021	31.41	50m	8-3-20	Amsterdam (NED)	427
14. Koper Fiona	01	08-021	32.43	50m	8-12-18	Beverwijk (NED)	388
15. de Wildt Maud	05	08-021	32.84	50m	19-6-22	Bergbad Bückeberg (GER)	374
16. van der Gracht Anouk	89	08-021	33.77	50m	28-5-06	Beverwijk (NED)	344
17. Bos Marieke	06	08-021	34.34	50m	11-6-23	Bückeberg (GER)	327
18. Blaauw Yente	03	08-021	35.08	50m	23-2-20	Den Haag (NED)	307
19. Buur Cindy	99	08-021	35.55	50m	21-2-16	Alkmaar (NED)	295
20. Steenbakker Lisan	07	08-021	39.02	50m	9-6-24	Bückeberg (GER)	223

**100 vrije slag**

1. Kingma Danae	00	08-021	59.59	50m	8-4-17	Eindhoven (NED)	653
2. Smit Sanne	01	08-021	1:02.54	50m	27-5-18	Amersfoort (NED)	565
3. Crok Linda	94	08-021	1:03.27	50m	22-5-11	Beverwijk (NED)	545
4. Drubers Mirjam	67	08-021	1:04.38	50m	20-5-84	Kampen (NED)	518
5. Palmboom Nicole	91	08-021	1:05.58	50m	12-4-08	Antwerpen (BEL)	490
6. Kleijne Daisy	89	08-021	1:06.46	50m	21-5-06	Beverwijk (NED)	471
7. Groen Anne	95	08-021	1:07.38	50m	20-5-12	Beverwijk (NED)	451
8. de Haan Shira	00	08-021	1:07.50	50m	27-5-17	Alkmaar (NED)	449
9. Hoekstra Eline	03	08-021	1:07.60	50m	8-3-20	Amsterdam (NED)	447
10. Gijzen-van der Kroft Nicole	84	08-021	1:07.89	50m	19-5-01	Beverwijk (NED)	441
11. Essers Sanne	91	08-021	1:08.80	50m	30-3-08	Alkmaar (NED)	424
12. Meijer Sylvia	81	08-021	1:10.00	50m	25-10-98	Beverwijk (NED)	403
13. Stam Vanessa	80	08-021	1:10.80	50m	8-6-97	Beverwijk (NED)	389
14. Vink Lidewij	90	08-021	1:10.98	50m	20-5-07	Beverwijk (NED)	386

**100 vrije slag (sinds 15)**

15.	van Eerden Meike	00	08-021	1:13.13	50m	27-5-17	Alkmaar (NED)	353
16.	de Wildt Maud	05	08-021	1:13.17	50m	19-6-22	Bergbad Bückebug (GER)	352
17.	van der Gracht Anouk	89	08-021	1:13.39	50m	28-5-06	Beverwijk (NED)	349
18.	van 't Veer Iris	03	08-021	1:14.49	50m	19-1-20	Alkmaar (NED)	334
19.	van Rookhuizen Sieta	79	08-021	1:14.60	50m	2-6-96	Beverwijk (NED)	333
20.	Blaauw Yente	03	08-021	1:16.67	50m	23-2-20	Den Haag (NED)	306
21.	van Assema Eline	05	08-021	1:17.00	50m	19-6-22	Bergbad Bückebug (GER)	302
22.	Heus Pauline	78	08-021	1:17.10	50m	11-6-95	Beverwijk (NED)	301
23.	Bos Marieke	06	08-021	1:18.03	50m	11-6-23	Bückebug (GER)	291
24.	Steenbakker Lisan	07	08-021	1:21.06	50m	9-6-24	Bückebug (GER)	259

**200 vrije slag**

1.	Kingma Danae	00	08-021	2:13.79	50m	21-5-17	Alkmaar (NED)	602
2.	Crok Linda	94	08-021	2:18.66	50m	15-5-11	Alkmaar (NED)	540
3.	Smit Sanne	01	08-021	2:20.31	50m	2-6-18	Amersfoort (NED)	522
4.	Hoekstra Eline	03	08-021	2:22.49	50m	8-3-20	Amsterdam (NED)	498
5.	Vink Lidewij	90	08-021	2:27.36	50m	13-5-07	Alkmaar (NED)	450
6.	Palmboom Nicole	91	08-021	2:28.40	50m	13-4-08	Antwerpen (BEL)	441
7.	Hoek Daniëlle	88	08-021	2:31.88	50m	17-4-05	Beverwijk (NED)	411
8.	Essers Sanne	91	08-021	2:33.83	50m	30-3-08	Alkmaar (NED)	396
9.	de Haan Shira	00	08-021	2:34.33	50m	21-5-17	Alkmaar (NED)	392
10.	van 't Veer Iris	03	08-021	2:36.84	50m	19-1-20	Alkmaar (NED)	373
11.	Blaauw Yente	03	08-021	2:47.43	50m	23-2-20	Den Haag (NED)	307
12.	de Wildt Maud	05	08-021	2:47.79	50m	18-6-22	Bergbad Bückebug (GER)	305
13.	Bos Marieke	06	08-021	2:56.02	50m	10-6-23	Bückebug (GER)	264

**250 vrije slag****300 vrije slag**

1.	Crok Linda	94	08-021	3:46.05	50m	14-5-11	Beverwijk (NED)	461
2.	Hoekstra Eline	03	08-021	3:47.74	50m	23-2-20	Den Haag (NED)	451

**400 vrije slag**

1.	Crok Linda	94	08-021	5:00.42	50m	14-5-11	Beverwijk (NED)	487
2.	Hoekstra Eline	03	08-021	5:05.73	50m	23-2-20	Den Haag (NED)	462
3.	Vink Lidewij	90	08-021	5:11.20	50m	12-5-07	Beverwijk (NED)	438
4.	Smit Sanne	01	08-021	5:15.34	50m	18-2-18	Alkmaar (NED)	421
5.	van 't Veer Iris	03	08-021	5:25.64	50m	19-1-20	Alkmaar (NED)	382

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

1.	Smit Sanne	01	08-021	10:38.10	50m	18-2-18	Alkmaar (NED)	438
2.	Hoekstra Eline	03	08-021	10:44.14	50m	19-1-20	Alkmaar (NED)	426
3.	van 't Veer Iris	03	08-021	10:55.15	50m	19-1-20	Alkmaar (NED)	405

**1000 vrije slag**

**1250 vrije slag****1500 vrije slag**

1. Hoekstra Eline	03	08-021	20:25.20	50m	1-3-20	Alkmaar (NED)	431
2. Smit Sanne	01	08-021	20:34.89	50m	15-4-18	Alkmaar (NED)	420

**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	31.90	50m	6-4-17	Eindhoven (NED)	610
2. Hoekstra Eline	03	08-021	33.62	50m	22-2-20	Den Haag (NED)	521
3. Kleijne Daisy	89	08-021	34.14	50m	21-5-06	Beverwijk (NED)	497
4. Smit Sanne	01	08-021	35.64	50m	15-4-18	Alkmaar (NED)	437
5. Kramer Miranda	80	08-021	35.70	50m	25-5-97	Beverwijk (NED)	435
6. Crok Linda	94	08-021	35.74	50m	22-5-11	Beverwijk (NED)	434
7. Groen Anne	95	08-021	36.03	50m	20-5-12	Beverwijk (NED)	423
8. Meijer Linda	77	08-021	36.70	50m	28-5-94	Beverwijk (NED)	400
9. Gijzen-van der Kroft Nicole	84	08-021	37.13	50m	19-5-01	Beverwijk (NED)	387
10. van Assema Eline	05	08-021	37.14	50m	18-6-22	Bergbad Bückeberg (GER)	386
11. Herwegh Yara	07	08-021	37.71	50m	7-12-24	Beverwijk (NED)	369
12. de Haan Shira	00	08-021	38.64	50m	9-12-17	Beverwijk (NED)	343
13. Buur Cindy	99	08-021	44.16	50m	21-2-16	Alkmaar (NED)	230

**100 rugslag**

1. Hoekstra Eline	03	08-021	1:14.14	50m	8-3-20	Amsterdam (NED)	481
2. Kleijne Daisy	89	08-021	1:14.53	50m	20-5-06	Beverwijk (NED)	473
3. Crok Linda	94	08-021	1:16.15	50m	21-5-11	Beverwijk (NED)	444
4. Meijer Sylvia	81	08-021	1:20.14	50m	25-10-98	Beverwijk (NED)	381
5. de Boer Irene	84	08-021	1:20.83	50m	29-4-01	Beverwijk (NED)	371
6. van Assema Eline	05	08-021	1:20.99	50m	18-6-22	Bergbad Bückeberg (GER)	369
7. Niesten Iris	92	08-021	1:21.53	50m	6-6-09	Beverwijk (NED)	361
8. Stins Mariska	84	08-021	1:22.42	50m	19-5-01	Beverwijk (NED)	350
9. de Haan Shira	00	08-021	1:23.86	50m	17-6-17	Bergbad Bückeberg (GER)	332
10. Stam Vanessa	80	08-021	1:24.00	50m	7-6-97	Beverwijk (NED)	330
11. van der Gracht Anouk	89	08-021	1:25.57	50m	27-5-06	Beverwijk (NED)	313
12. de Wildt Maud	05	08-021	1:28.37	50m	18-6-22	Bergbad Bückeberg (GER)	284
13. Steenbakker Lisan	07	08-021	1:36.95	50m	8-6-24	Bückeberg (GER)	215

**200 rugslag**

1. Hoekstra Eline	03	08-021	2:42.98	50m	8-3-20	Amsterdam (NED)	441
2. Crok Linda	94	08-021	2:43.20	50m	15-5-11	Alkmaar (NED)	439
3. Groen Anne	95	08-021	2:43.81	50m	13-5-12	Beverwijk (NED)	434
4. Kleijne Daisy	89	08-021	2:48.21	50m	14-5-06	Beverwijk (NED)	401
5. de Haan Shira	00	08-021	2:52.09	50m	17-6-17	Bergbad Bückeberg (GER)	374
6. Palmboom Nicole	91	08-021	2:57.14	50m	18-5-08	Alkmaar (NED)	343
7. van Assema Eline	05	08-021	2:57.88	50m	18-6-22	Bergbad Bückeberg (GER)	339
8. de Boer Irene	84	08-021	2:58.85	50m	29-4-01	Beverwijk (NED)	333

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

1. Kingma Danae	00	08-021	35.96	50m	20-5-17	Alkmaar (NED)	546
2. de Haan Shira	00	08-021	39.34	50m	20-5-17	Alkmaar (NED)	417
3. Palmboom Nicole	91	08-021	39.87	50m	18-5-08	Alkmaar (NED)	400
4. Hoekstra Eline	03	08-021	41.98	50m	23-2-20	Den Haag (NED)	343
5. Herwegh Yara	07	08-021	42.20	50m	7-12-24	Beverwijk (NED)	338
6. van Assema Eline	05	08-021	44.57	50m	19-6-22	Bergbad Bückeberg (GER)	287
7. Bos Marieke	06	08-021	48.62	50m	11-6-23	Bückeberg (GER)	221
8. Steenbakker Lisan	07	08-021	59.40	50m	9-6-24	Bückeberg (GER)	121

**100 schoolslag**

1. Kingma Danae	00	08-021	1:23.15	50m	21-5-17	Alkmaar (NED)	458
2. de Haan Shira	00	08-021	1:25.72	50m	18-6-17	Bergbad Bückeberg (GER)	418
3. Palmboom Nicole	91	08-021	1:28.36	50m	12-4-08	Antwerpen (BEL)	382
4. Stam Vanessa	80	08-021	1:29.60	50m	8-6-97	Beverwijk (NED)	366
5. Hoekstra Eline	03	08-021	1:30.68	50m	23-2-20	Den Haag (NED)	353
6. Gijzen-van der Kroft Nicole	84	08-021	1:31.31	50m	21-10-01	Beverwijk (NED)	346
7. van Rookhuizen Sieta	79	08-021	1:32.80	50m	2-6-96	Beverwijk (NED)	330
8. van der Gracht Anouk	89	08-021	1:34.06	50m	28-5-06	Beverwijk (NED)	316
9. Heus Pauline	78	08-021	1:35.20	50m	11-6-95	Beverwijk (NED)	305
10. de Wildt Maud	05	08-021	1:35.50	50m	18-6-22	Bergbad Bückeberg (GER)	302

100 schoolslag (sinds 11)

11. van Assema Eline	05	08-021	1:38.24	50m	19-6-22	Bergbad Bückeberg (GER)	278
12. Stins Mariska	84	08-021	1:39.12	50m	21-10-01	Beverwijk (NED)	270
13. Bos Marieke	06	08-021	1:43.16	50m	10-6-23	Bückeberg (GER)	240

200 schoolslag

1. de Haan Shira	00	08-021	3:01.71	50m	28-5-17	Alkmaar (NED)	448
2. Stam Vanessa	80	08-021	3:09.60	50m	24-5-97	Beverwijk (NED)	394
3. Gijzen-van der Kroft Nicole	84	08-021	3:13.20	50m	29-4-01	Beverwijk (NED)	373
4. Kramer Miranda	80	08-021	3:17.60	50m	9-11-97	Beverwijk (NED)	348
5. de Wildt Maud	05	08-021	3:26.09	50m	19-6-22	Bergbad Bückeberg (GER)	307
6. Molenaar Eline	82	08-021	3:35.19	50m	31-10-99	Beverwijk (NED)	270
7. Bos Marieke	06	08-021	3:40.66	50m	11-6-23	Bückeberg (GER)	250

250 schoolslag500 schoolslag800 schoolslag1000 schoolslag1250 schoolslag1500 schoolslag2000 schoolslag2500 schoolslag3000 schoolslag4000 schoolslag5000 schoolslag25 vlinderslag

**50 vlinderslag**

1. Kingma Danae	00	08-021	30.46	50m	6-4-17	Eindhoven (NED)	515
2. Hoekstra Eline	03	08-021	31.73	50m	26-1-20	Alkmaar (NED)	456
3. Palmboom Nicole	91	08-021	31.78	50m	12-4-08	Antwerpen (BEL)	454
4. de Haan Shira	00	08-021	31.88	50m	28-5-17	Alkmaar (NED)	450
5. Vink Lidewij	90	08-021	33.75	50m	12-5-07	Beverwijk (NED)	379
6. Koper Fiona	01	08-021	35.41	50m	8-12-18	Beverwijk (NED)	328
7. Crok Annemarie	89	08-021	35.47	50m	13-5-06	Beverwijk (NED)	326
8. Herwegh Yara	07	08-021	36.47	50m	7-12-24	Beverwijk (NED)	300
9. Meijer Sylvia	81	08-021	36.50	50m	25-10-98	Beverwijk (NED)	299
10. Essers Sanne	91	08-021	36.53	50m	17-5-08	Beverwijk (NED)	299
11. Stins Mariska	84	08-021	36.68	50m	13-5-01	Beverwijk (NED)	295
12. Blaauw Yente	03	08-021	38.08	50m	23-2-20	Den Haag (NED)	264
13. Steenbakker Lisan	07	08-021	44.31	50m	8-6-24	Bückeburg (GER)	167

**100 vlinderslag**

1. Palmboom Nicole	91	08-021	1:15.79	50m	18-5-08	Alkmaar (NED)	392
2. Vink Lidewij	90	08-021	1:16.13	50m	13-5-07	Alkmaar (NED)	387
3. Hoekstra Eline	03	08-021	1:17.45	50m	22-2-20	Den Haag (NED)	367
4. de Haan Shira	00	08-021	1:18.66	50m	17-6-17	Bergbad Bückeburg (GER)	350
5. Essers Sanne	91	08-021	1:19.59	50m	18-5-08	Alkmaar (NED)	338
6. Gijzen-van der Kroft Nicole	84	08-021	1:19.94	50m	29-4-01	Beverwijk (NED)	334
7. Stam Vanessa	80	08-021	1:20.20	50m	9-11-97	Beverwijk (NED)	331
8. Stins Mariska	84	08-021	1:21.97	50m	21-10-01	Beverwijk (NED)	310
9. Kramer Miranda	80	08-021	1:27.50	50m	9-11-97	Beverwijk (NED)	254
10. van der Gracht Anouk	89	08-021	1:28.01	50m	27-5-06	Beverwijk (NED)	250
11. Niesten Iris	92	08-021	1:30.21	50m	6-6-09	Beverwijk (NED)	232
12. Molenaar Eline	82	08-021	1:42.16	50m	31-10-99	Beverwijk (NED)	160
13. Heus Pauline	78	08-021	1:44.60	50m	10-6-95	Beverwijk (NED)	149

**200 vlinderslag**

1. Hoekstra Eline	03	08-021	2:49.42	50m	22-2-20	Den Haag (NED)	371
2. Vink Lidewij	90	08-021	2:58.87	50m	20-5-07	Beverwijk (NED)	315

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

1. Kingma Danae	00	08-021	2:34.82	50m	20-5-17	Alkmaar (NED)	540
2. Crok Linda	94	08-021	2:44.33	50m	21-5-11	Beverwijk (NED)	452
3. de Haan Shira	00	08-021	2:48.62	50m	17-6-17	Bergbad Bückeburg (GER)	418
4. Vink Lidewij	90	08-021	2:49.65	50m	19-5-07	Beverwijk (NED)	410
5. Gijzen-van der Kroft Nicole	84	08-021	2:51.82	50m	21-10-01	Beverwijk (NED)	395
6. Hoek Daniëlle	88	08-021	2:52.89	50m	17-4-05	Beverwijk (NED)	388

**300 wisselslag****400 wisselslag**