

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

1. Wentink Yara	04	08-021	13.63	25m	7-7-22	Heemskerk (NED)	451
2. Vink Lidewij	90	08-021	14.36	25m	29-5-08	Heemskerk (NED)	386
3. Kleijne Daisy	89	08-021	14.43	25m	19-4-07	Heemskerk (NED)	380
4. Crok Annemarie	89	08-021	14.80	25m	19-4-07	Heemskerk (NED)	353
5. van der Gracht Anouk	89	08-021	14.95	25m	19-4-07	Heemskerk (NED)	342
6. Butter Anouk	82	08-021	15.42	25m	4-5-00	Heemskerk (NED)	312
7. Siemerink Laura	04	08-021	15.68	25m	7-7-22	Heemskerk (NED)	296
8. Heus Pauline	78	08-021	15.90	25m	14-3-96	Heemskerk (NED)	284
9. Huneke Jolanda	79	08-021	17.30	25m	13-3-97	Heemskerk (NED)	221

50 vrije slag

1. Kingma Danae	00	08-021	27.03	25m	18-3-18	Purmerend (NED)	610
2. Wentink Yara	04	08-021	28.28	25m	24-4-22	Den Helder (NED)	533
3. Broek Jade	97	08-021	28.47	25m	6-12-15	Purmerend (NED)	522
4. Smit Sanne	01	08-021	28.94	25m	13-1-19	Purmerend (NED)	497
5. Vink Lidewij	90	08-021	29.17	25m	29-5-08	Heemskerk (NED)	485
6. Crok Linda	94	08-021	29.21	25m	22-1-12	Zaandam (NED)	483
7. Hoekstra Eline	03	08-021	29.28	25m	26-9-21	Alkmaar (NED)	480
8. Meijer Sylvia	81	08-021	29.58	25m	4-11-99	Heemskerk (NED)	465
9. Palmboom Nicole	91	08-021	29.79	25m	23-4-09	Heemskerk (NED)	456
10. Groen Anne	95	08-021	29.82	25m	2-6-13	Purmerend (NED)	454
11. Verbree Bets	63	08-021	29.90	25m	5-4-81	Heemskerk (NED)	451
12. Hoek Daniëlle	88	08-021	30.00	25m	5-3-06	Purmerend (NED)	446
13. Stam Vanessa	80	08-021	30.10	25m	7-6-98	Zaandam (NED)	442
14. Kleijne Daisy	89	08-021	30.22	25m	25-1-07	Heemskerk (NED)	436
15. Kramer Miranda	80	08-021	30.25	25m	15-11-98	Zaandam (NED)	435
16. Hulshof Saskia	73	08-021	30.60	25m	14-3-91	Heemskerk (NED)	420
17. de Haan Shira	00	08-021	30.71	25m	11-10-18	Heemskerk (NED)	416
18. Siemerink Laura	04	08-021	30.75	25m	24-4-22	Den Helder (NED)	414
19. de Boer Maia	03	08-021	30.82	25m	19-9-21	Zaandam (NED)	411
20. Crok Annemarie	89	08-021	30.99	25m	28-5-07	Purmerend (NED)	405
21. Essers Sanne	91	08-021	31.06	25m	23-4-09	Heemskerk (NED)	402
22. van der Gracht Anouk	89	08-021	31.57	25m	25-1-07	Heemskerk (NED)	383
23. Windmuller Wendy	69	08-021	31.60	25m	21-5-87	Heemskerk (NED)	382
24. Meijer Linda	77	08-021	31.80	25m	26-1-95	Heemskerk (NED)	374
25. van Rookhuizen Sieta	79	08-021	32.00	25m	6-11-97	Heemskerk (NED)	367

100 vrije slag

1.	Kingma Danae	00	08-021	58.38	25m	18-3-18	Purmerend (NED)	637
2.	Smit Sanne	01	08-021	1:00.05	25m	24-3-19	Purmerend (NED)	585
3.	Wentink Yara	04	08-021	1:00.69	25m	6-11-22	Alkmaar (NED)	567
4.	Hoekstra Eline	03	08-021	1:02.78	25m	7-10-21	Heemskerk (NED)	512
5.	Crok Linda	94	08-021	1:02.88	25m	26-4-12	Heemskerk (NED)	510
6.	Drubers Mirjam	67	08-021	1:02.90	25m	31-12-85		509
7.	Broek Jade	97	08-021	1:03.31	25m	29-11-15	Heemskerk (NED)	500
8.	Meijer Sylvia	81	08-021	1:03.78	25m	4-4-99	Haarlem (NED)	489
9.	Schelvis Femke	84	08-021	1:03.84	25m	28-2-02	Heemskerk	487
10.	Gijzen-van der Kroft Nicole	84	08-021	1:04.50	25m	1-4-02	Haarlem	472
11.	Groen Anne	95	08-021	1:04.72	25m	25-4-13	Heemskerk (NED)	468
12.	Palmboom Nicole	91	08-021	1:04.92	25m	13-4-09	Haarlem (NED)	463
13.	Herwegh Yara	07	08-021	1:05.26	25m	12-1-25	Heemskerk (NED)	456
14.	Kleijne Daisy	89	08-021	1:05.36	25m	17-11-07	Barneveld (NED)	454
15.	Crok Annemarie	89	08-021	1:05.52	25m	15-12-07	Heemskerk (NED)	451
16.	Verbree Bets	63	08-021	1:05.70	25m	19-12-81	Hilversum (NED)	447
17.	Stam Vanessa	80	08-021	1:05.90	25m	12-4-98	Haarlem (NED)	443
18.	Hoek Daniëlle	88	08-021	1:06.08	25m	9-4-06	Purmerend (NED)	439
19.	van 't Veer Iris	03	08-021	1:06.14	25m	31-10-21	Heemskerk (NED)	438
20.	Vink Lidewij	90	08-021	1:06.65	25m	25-9-08	Heemskerk (NED)	428
21.	Koper Fiona	01	08-021	1:06.74	25m	24-3-19	Purmerend (NED)	426
22.	Kramer Miranda	80	08-021	1:06.94	25m	27-9-98	Assendelft (NED)	423
23.	de Haan Shira	00	08-021	1:07.06	25m	17-5-18	Heemskerk (NED)	420
24.	Essers Sanne	91	08-021	1:07.12	25m	15-3-09	Haarlem (NED)	419
25.	van der Gracht Anouk	89	08-021	1:07.78	25m	25-11-07	Amsterdam (NED)	407

200 vrije slag

1.	Kingma Danae	00	08-021	2:10.58	25m	12-4-18	Heemskerk (NED)	604
2.	Drubers Mirjam	67	08-021	2:15.30	25m	31-12-85		543
3.	Smit Sanne	01	08-021	2:15.61	25m	13-1-19	Purmerend (NED)	539
4.	Wentink Yara	04	08-021	2:16.92	25m	21-4-22	Heemskerk (NED)	524
5.	Schelvis Femke	84	08-021	2:19.23	25m	26-9-02	Heemskerk	498
6.	Crok Linda	94	08-021	2:19.41	25m	22-3-12	Heemskerk (NED)	497
7.	Broek Jade	97	08-021	2:20.09	25m	11-10-15	Alkmaar (NED)	489
8.	Hoekstra Eline	03	08-021	2:22.80	25m	5-12-21	Den Haag (NED)	462
9.	Groen Anne	95	08-021	2:22.85	25m	21-3-13	Heemskerk (NED)	461
10.	Hoek Daniëlle	88	08-021	2:24.68	25m	19-3-06	Heemskerk (NED)	444
11.	van der Gracht Anouk	89	08-021	2:25.68	25m	25-11-07	Amsterdam (NED)	435
12.	Kleijne Daisy	89	08-021	2:25.97	25m	25-11-07	Amsterdam (NED)	432
13.	Stam Vanessa	80	08-021	2:26.50	25m	5-4-98	Heemskerk (NED)	428
14.	Gijzen-van der Kroft Nicole	84	08-021	2:27.28	25m	25-4-02	Heemskerk	421
15.	Meijer Sylvia	81	08-021	2:27.36	25m	7-3-99	Zaandam (NED)	420
16.	Verbree Bets	63	08-021	2:27.70	25m	8-2-81	Sassenheim (NED)	417
17.	Vink Lidewij	90	08-021	2:27.71	25m	16-11-08	Amsterdam-oost (NED)	417
18.	Kramer Miranda	80	08-021	2:28.50	25m	9-4-98	Heemskerk (NED)	411
19.	Stins Mariska	84	08-021	2:28.83	25m	17-11-02	Heemskerk	408
20.	Crok Annemarie	89	08-021	2:28.94	25m	25-10-07	Heemskerk (NED)	407
21.	van 't Veer Iris	03	08-021	2:29.03	25m	26-9-21	Alkmaar (NED)	406
22.	de Haan Shira	00	08-021	2:29.58	25m	7-10-18	Purmerend (NED)	402
23.	Petit Kirsten	00	08-021	2:29.82	25m	12-4-18	Heemskerk (NED)	400
24.	Limmen Karin	76	08-021	2:30.00	25m	15-1-94		399
25.	Hulshof Saskia	73	08-021	2:30.60	25m	3-2-91	Zaandam (NED)	394

250 vrije slag**300 vrije slag**

1. Smit Sanne	01	08-021	3:44.38	50m	10-3-19	Amsterdam (NED)	472
2. Broek Jade	97	08-021	3:44.41	25m	4-10-15	Purmerend (NED)	453
3. Hoek Daniëlle	88	08-021	3:47.20	25m	18-5-06	Heemskerk (NED)	437
4. van der Gracht Anouk	89	08-021	4:03.34	25m	14-10-07	Zaandam (NED)	356
5. de Wildt Maud	05	08-021	4:13.28	25m	1-10-23	Den Helder (NED)	315

400 vrije slag

1. Vink Lidewij	90	08-021	4:59.56	25m	24-3-08	Haarlem (NED)	479
2. Hoek Daniëlle	88	08-021	5:01.12	25m	18-5-06	Heemskerk (NED)	472
3. Smit Sanne	01	08-021	5:03.32	50m	10-3-19	Amsterdam (NED)	473
4. Broek Jade	97	08-021	5:04.72	25m	4-10-15	Purmerend (NED)	455
5. van 't Veer Iris	03	08-021	5:09.25	25m	26-9-21	Alkmaar (NED)	436
6. Stam Vanessa	80	08-021	5:09.30	25m	22-2-98	Zaandam (NED)	435
7. van der Gracht Anouk	89	08-021	5:11.00	25m	31-5-07	Heemskerk (NED)	428
8. Wentink Yara	04	08-021	5:12.99	25m	23-10-22	Hoofddorp (NED)	420
9. Kleijne Daisy	89	08-021	5:14.71	25m	31-5-07	Heemskerk (NED)	413
10. Verbree Bets	63	08-021	5:15.70	25m	5-4-81	Heemskerk (NED)	409
11. Gijzen-van der Kroft Nicole	84	08-021	5:18.89	25m	30-5-02	Heemskerk	397
12. Stins Mariska	84	08-021	5:19.17	25m	30-5-02	Heemskerk	396
13. Kramer Miranda	80	08-021	5:20.60	25m	19-3-98	Heemskerk (NED)	391
14. Hulshof Saskia	73	08-021	5:21.90	25m	10-3-91	Heemskerk (NED)	386
15. Schelvis Femke	84	08-021	5:25.42	25m	30-5-02	Heemskerk	374
16. Butter Anouk	82	08-021	5:37.38	25m	25-5-00	Heemskerk (NED)	335
17. de Wildt Maud	05	08-021	5:41.24	25m	1-10-23	Den Helder (NED)	324
18. van Ballegooye Simone	84	08-021	5:42.35	25m	30-5-02	Heemskerk	321
19. Meijer Sylvia	81	08-021	5:42.50	25m	24-10-99	Zaandam (NED)	321
20. Zonneveld Cindy	75	08-021	5:53.00	25m	30-6-93		293
21. Heus Pauline	78	08-021	5:55.80	25m	29-9-96	Haarlem (NED)	286
22. ten Cate Ilona	85	08-021	6:03.15	25m	12-6-03	Heemskerk	269
23. ten Cate Joyce	80	08-021	6:10.80	25m	19-3-98	Heemskerk (NED)	252
24. Limmen Miriam	75	08-021	6:13.20	25m	30-6-93		248
25. Huneker Jolanda	79	08-021	6:20.60	25m	21-9-97	Alkmaar (NED)	233

500 vrije slag**800 vrije slag**

1. Wentink Yara	04	08-021	10:36.31	25m	23-10-22	Hoofddorp (NED)	427
2. Stam Vanessa	80	08-021	10:36.50	25m	22-2-98	Zaandam (NED)	427
3. Hoek Daniëlle	88	08-021	10:49.58	25m	12-1-06	Heemskerk (NED)	401
4. van der Gracht Anouk	89	08-021	10:52.68	25m	14-10-07	Zaandam (NED)	396
5. Kramer Miranda	80	08-021	11:10.60	25m	22-2-98	Zaandam (NED)	365
6. Stins Mariska	84	08-021	11:28.67	25m	8-9-02	Heemskerk	337
7. Meijer Sylvia	81	08-021	11:41.68	25m	24-10-99	Zaandam (NED)	318
8. Gijzen-van der Kroft Nicole	84	08-021	11:57.00	25m	8-9-02	Heemskerk	298
9. Butter Anouk	82	08-021	11:59.15	25m	5-11-00	Zaandam (NED)	296
10. van Rookhuizen Sieta	79	08-021	12:11.90	25m	23-2-97	Zaandam (NED)	280

1000 vrije slag**1250 vrije slag****1500 vrije slag**

1. Hoek Daniëlle	88	08-021	20:17.96	25m	12-1-06	Heemskerk (NED)	430
2. van der Gracht Anouk	89	08-021	20:36.10	25m	9-12-07	Zaandam (NED)	411
3. Stins Mariska	84	08-021	21:41.94	25m	1-12-02	Heemskerk	352

2000 vrije slag

1. van der Gracht Anouk	89	08-021	28:13.88	25m	18-2-07	Alkmaar (NED)	379
2. Stins Mariska	84	08-021	29:19.09	25m	10-2-02	Zaandam	338
3. Kleijne Daisy	89	08-021	29:38.81	OW	17-6-07	Spaarnwoude (NED)	
4. Essers Sanne	91	08-021	31:25.48	OW	21-6-09	Spaarnwoude (NED)	
5. Kramer Miranda	80	08-021	31:47.90	OW	9-8-98	Leiderdorp (NED)	
6. Palmboom Nicole	91	08-021	32:20.54	OW	5-7-09	Bodegraven (NED)	

2500 vrije slag**3000 vrije slag**

1. Kleijne Daisy	89	08-021	52:16.94	OW	12-8-07	Aalsmeer (NED)	
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4000 vrije slag**5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag**

25 rugslag

1. Kramer Miranda	80	08-021	16.40	25m	15-1-98	Heemskerk (NED)	399
2. Wentink Yara	04	08-021	16.47	25m	7-7-22	Heemskerk (NED)	394
3. Kleijne Daisy	89	08-021	16.76	25m	19-4-07	Heemskerk (NED)	374
4. Stam Vanessa	80	08-021	17.20	25m	15-1-98	Heemskerk (NED)	346
5. Vink Lidewij	90	08-021	17.43	25m	29-5-08	Heemskerk (NED)	332
6. Crok Annemarie	89	08-021	17.69	25m	19-4-07	Heemskerk (NED)	318
7. van der Gracht Anouk	89	08-021	17.88	25m	19-4-07	Heemskerk (NED)	308
8. van Rookhuizen Sieta	79	08-021	18.20	25m	13-2-97	Heemskerk (NED)	292
9. Siemerink Laura	04	08-021	18.38	25m	7-7-22	Heemskerk (NED)	283
10. Heus Pauline	78	08-021	18.50	25m	8-2-96	Heemskerk (NED)	278
11. ten Cate Joyce	80	08-021	19.10	25m	15-1-98	Heemskerk (NED)	252
12. Molenaar Eline	82	08-021	19.44	25m	17-2-00	Heemskerk (NED)	239
13. Huneker Jolanda	79	08-021	20.60	25m	13-2-97	Heemskerk (NED)	201
14. Beentjes Nicolet	80	08-021	20.90	25m	15-1-98	Heemskerk (NED)	193

50 rugslag

1. Kingma Danae	00	08-021	31.17	25m	15-2-18	Heemskerk (NED)	558
2. Hoekstra Eline	03	08-021	32.02	25m	5-12-21	Den Haag (NED)	515
3. Wentink Yara	04	08-021	32.64	25m	27-11-22	Hoofddorp (NED)	486
4. Koper Fiona	01	08-021	32.96	25m	24-1-19	Heemskerk (NED)	472
5. Broek Jade	97	08-021	33.45	25m	6-12-15	Purmerend (NED)	451
6. Kleijne Daisy	89	08-021	33.80	25m	11-3-07	Purmerend (NED)	438
7. Kramer Miranda	80	08-021	34.40	25m	5-4-98	Heemskerk (NED)	415
8. van 't Veer Iris	03	08-021	34.48	25m	3-10-21	Den Helder (NED)	412
9. Smit Sanne	01	08-021	34.71	25m	24-1-19	Heemskerk (NED)	404
10. Groen Anne	95	08-021	35.02	25m	31-1-13	Heemskerk (NED)	393
11. Palmboom Nicole	91	08-021	35.11	25m	26-2-09	Heemskerk (NED)	390
12. Schelvis Femke	84	08-021	35.25	25m	31-10-02	Heemskerk	386
13. Crok Linda	94	08-021	35.36	25m	19-2-12	Purmerend (NED)	382
14. Hulshof Saskia	73	08-021	35.60	25m	10-1-91	Heemskerk (NED)	374
14. Meijer Linda	77	08-021	35.60	25m	23-2-95	Heemskerk (NED)	374
16. Stam Vanessa	80	08-021	35.70	25m	22-3-98	Assendelft (NED)	371
17. de Haan Shira	00	08-021	35.71	25m	15-2-18	Heemskerk (NED)	371
18. Meijer Sylvia	81	08-021	35.80	25m	14-11-99	Zaandam (NED)	368
19. de Boer Maia	03	08-021	36.21	25m	19-9-21	Zaandam (NED)	356
20. Siemerink Laura	04	08-021	36.28	25m	13-3-22	Den Helder (NED)	354
21. Zonneveld Chantal	84	08-021	36.56	25m	25-4-02	Heemskerk	346
21. Vink Lidewij	90	08-021	36.56	25m	27-4-08	Alkmaar (NED)	346
23. Gijzen-van der Kroft Nicole	84	08-021	36.59	25m	25-4-02	Heemskerk	345
24. Stins Mariska	84	08-021	36.65	25m	25-4-02	Heemskerk	343
25. van Assema Eline	05	08-021	37.05	25m	23-4-23	Den Helder (NED)	332

100 rugslag

1. Broek Jade	97	08-021	1:08.29	25m	10-12-15	Heemskerk (NED)	523
2. Kingma Danae	00	08-021	1:09.71	25m	18-1-18	Heemskerk (NED)	491
3. Hoekstra Eline	03	08-021	1:10.42	25m	26-9-21	Alkmaar (NED)	477
4. Kleijne Daisy	89	08-021	1:11.64	25m	7-1-07	Alkmaar (NED)	453
5. van 't Veer Iris	03	08-021	1:13.09	25m	26-9-21	Alkmaar (NED)	426
6. Crok Linda	94	08-021	1:14.06	25m	13-12-12	Heemskerk (NED)	410
7. Hulshof Saskia	73	08-021	1:14.30	25m	15-12-91	Heemskerk (NED)	406
8. Schelvis Femke	84	08-021	1:14.95	25m	28-3-02	Heemskerk	395
9. Meijer Sylvia	81	08-021	1:15.54	25m	28-1-99	Heemskerk (NED)	386
10. Groen Anne	95	08-021	1:15.77	25m	10-3-13	Schagen (NED)	383
11. Koper Fiona	01	08-021	1:15.87	25m	7-11-19	Heemskerk (NED)	381
12. Kramer Miranda	80	08-021	1:15.90	25m	13-4-98	Haarlem (NED)	381
13. Zonneveld Chantal	84	08-021	1:16.21	25m	28-3-02	Heemskerk	376
14. Drubers Mirjam	67	08-021	1:16.50	25m	6-10-85	Wormerveer (NED)	372
15. de Haan Shira	00	08-021	1:17.09	25m	18-1-18	Heemskerk (NED)	363
16. Stins Mariska	84	08-021	1:17.47	25m	31-3-02	Haarlem	358
17. Crok Annemarie	89	08-021	1:17.54	25m	15-12-07	Heemskerk (NED)	357
18. Gijzen-van der Kroft Nicole	84	08-021	1:17.62	25m	24-3-02	Heemstede	356
19. van Assema Eline	05	08-021	1:17.63	25m	23-4-23	Den Helder (NED)	356
20. van der Gracht Anouk	89	08-021	1:17.74	25m	18-3-07	Heemskerk (NED)	354
21. Siemerink Laura	04	08-021	1:17.81	25m	13-3-22	Den Helder (NED)	353
22. Petit Kirsten	00	08-021	1:18.07	25m	18-3-18	Purmerend (NED)	350
23. Vink Lidewij	90	08-021	1:18.13	25m	27-3-08	Heemskerk (NED)	349
24. Hoek Daniëlle	88	08-021	1:18.57	25m	16-2-06	Heemskerk (NED)	343
25. Stam Vanessa	80	08-021	1:18.60	25m	12-2-98	Heemskerk (NED)	343

200 rugslag

1. Kingma Danae	00	08-021	2:27.57	25m	18-3-18	Purmerend (NED)	527
2. Crok Linda	94	08-021	2:38.79	25m	22-1-12	Zaandam (NED)	423
3. Groen Anne	95	08-021	2:40.06	25m	21-4-13	Heemskerk (NED)	413
4. Schelvis Femke	84	08-021	2:41.01	25m	31-1-02	Heemskerk	406
5. Koper Fiona	01	08-021	2:41.78	25m	24-3-19	Purmerend (NED)	400
6. Smit Sanne	01	08-021	2:42.24	25m	24-3-19	Purmerend (NED)	396
7. Vink Lidewij	90	08-021	2:43.41	25m	9-3-08	Heemskerk (NED)	388
8. Petit Kirsten	00	08-021	2:43.44	25m	18-3-18	Purmerend (NED)	388
9. Kleijne Daisy	89	08-021	2:44.10	25m	21-10-07	Zaandam (NED)	383
10. Kramer Miranda	80	08-021	2:44.76	25m	24-9-98	Heemskerk (NED)	378
11. Niesten Iris	92	08-021	2:45.90	25m	14-3-10	Heemskerk (NED)	371
12. Meijer Sylvia	81	08-021	2:45.96	50m	30-5-99	Beverwijk (NED)	417
13. Hulshof Saskia	73	08-021	2:46.80	25m	3-11-91	Assendelft (NED)	365
14. Gijzen-van der Kroft Nicole	84	08-021	2:46.91	25m	31-1-02	Heemskerk	364
15. Essers Sanne	91	08-021	2:47.76	25m	15-3-09	Haarlem (NED)	358
16. Stins Mariska	84	08-021	2:48.40	25m	31-1-02	Heemskerk	354
17. Zonneveld Chantal	84	08-021	2:49.17	25m	31-1-02	Heemskerk	350
18. Hoek Daniëlle	88	08-021	2:49.42	25m	26-1-06	Heemskerk (NED)	348
19. Crok Annemarie	89	08-021	2:49.51	25m	25-1-07	Heemskerk (NED)	347
20. Palmboom Nicole	91	08-021	2:49.80	25m	23-4-09	Heemskerk (NED)	346
21. van Eerden Meike	00	08-021	2:51.40	25m	18-3-18	Purmerend (NED)	336
22. Verbree Bets	63	08-021	2:51.60	25m	11-4-81	Heemskerk (NED)	335
23. van der Gracht Anouk	89	08-021	2:52.03	25m	25-1-07	Heemskerk (NED)	332
24. Groot Tineke	60	08-021	2:53.00	25m	12-3-78	Zaandam (NED)	327
25. van Assema Eline	05	08-021	2:54.09	25m	1-10-23	Den Helder (NED)	321

500 rugslag

1. van der Gracht Anouk	89	08-021	8:56.86	OW	7-7-07	Oss (NED)
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25 schoolslag

1. Kramer Miranda	80	08-021	17.60	25m	19-3-98	Heemskerk (NED)	433
2. van Rookhuizen Sieta	79	08-021	17.80	25m	13-3-97	Heemskerk (NED)	419
3. Stam Vanessa	80	08-021	18.10	25m	19-3-98	Heemskerk (NED)	398
4. Wentink Yara	04	08-021	18.62	25m	7-7-22	Heemskerk (NED)	366
5. van der Gracht Anouk	89	08-021	18.82	25m	19-4-07	Heemskerk (NED)	354
6. Vink Lidewij	90	08-021	19.13	25m	29-5-08	Heemskerk (NED)	337
7. Kleijne Daisy	89	08-021	19.45	25m	19-4-07	Heemskerk (NED)	321
8. Crok Annemarie	89	08-021	19.88	25m	19-4-07	Heemskerk (NED)	300
9. Siemerink Laura	04	08-021	20.08	25m	7-7-22	Heemskerk (NED)	291
10. Heus Pauline	78	08-021	20.30	25m	14-3-96	Heemskerk (NED)	282
11. Beentjes Nicolet	80	08-021	20.50	25m	19-3-98	Heemskerk (NED)	274
12. Molenaar Eline	82	08-021	21.07	25m	17-2-00	Heemskerk (NED)	252
13. ten Cate Joyce	80	08-021	22.40	25m	19-3-98	Heemskerk (NED)	210
14. Huneker Jolanda	79	08-021	23.80	25m	13-3-97	Heemskerk (NED)	175

50 schoolslag

1. Kingma Danae	00	08-021	35.51	25m	29-12-18	Leeuwarden (NED)	524
2. Broek Jade	97	08-021	36.80	25m	4-10-15	Purmerend (NED)	471
3. de Haan Shira	00	08-021	38.14	25m	7-10-18	Purmerend (NED)	423
4. Kramer Miranda	80	08-021	38.93	25m	24-9-98	Heemskerk (NED)	398
5. Stam Vanessa	80	08-021	39.20	25m	9-4-98	Heemskerk (NED)	389
6. Palmboom Nicole	91	08-021	39.31	25m	31-5-09	Purmerend (NED)	386
7. Smit Sanne	01	08-021	39.35	25m	7-3-19	Heemskerk (NED)	385
8. Crok Linda	94	08-021	39.81	25m	30-9-12	Heemskerk (NED)	372
9. Koper Fiona	01	08-021	39.89	25m	7-3-19	Heemskerk (NED)	370
10. van Rookhuizen Sieta	79	08-021	40.00	25m	5-10-97	Zaandam (NED)	367
11. Wentink Yara	04	08-021	40.08	25m	27-10-22	Heemskerk (NED)	364
12. van 't Veer Iris	03	08-021	40.25	25m	3-10-21	Den Helder (NED)	360
13. Gijzen-van der Kroft Nicole	84	08-021	40.32	25m	17-3-02	Zaandam	358
14. van der Gracht Anouk	89	08-021	40.72	25m	8-4-07	Haarlem (NED)	347
15. Hoekstra Eline	03	08-021	40.90	25m	3-10-21	Den Helder (NED)	343
16. de Boer Maia	03	08-021	41.15	25m	7-10-21	Heemskerk (NED)	337
17. Crok Annemarie	89	08-021	41.18	25m	25-11-07	Amsterdam (NED)	336
18. Veldhuis Amelia	03	08-021	41.53	25m	7-10-21	Heemskerk (NED)	327
19. van Giezen Sandra	63	08-021	41.70	25m	14-3-81	Heemskerk (NED)	323
20. Petit Kirsten	00	08-021	41.84	25m	12-4-18	Heemskerk (NED)	320
21. Kleijne Daisy	89	08-021	41.93	25m	29-4-07	Alkmaar (NED)	318
22. Vink Lidewij	90	08-021	42.15	25m	31-1-08	Heemskerk (NED)	313
23. Groen Anne	95	08-021	42.19	25m	21-3-13	Heemskerk (NED)	312
24. de Wildt Maud	05	08-021	42.35	25m	30-3-23	Heemskerk (NED)	309
25. Heus Pauline	78	08-021	42.50	25m	27-10-96	Zaandam (NED)	306

100 schoolslag

1.	Kingma Danae	00	08-021	1:19.52	25m	14-1-18	Purmerend (NED)	482
2.	Drubers Mirjam	67	08-021	1:20.90	25m	31-12-85		458
2.	Broek Jade	97	08-021	1:20.90	25m	4-10-15	Purmerend (NED)	458
4.	de Haan Shira	00	08-021	1:21.89	25m	7-10-18	Purmerend (NED)	441
5.	Kramer Miranda	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
5.	Stam Vanessa	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
7.	Gijzen-van der Kroft Nicole	84	08-021	1:25.98	25m	28-3-02	Heemskerk	381
8.	van 't Veer Iris	03	08-021	1:26.51	25m	21-11-21	Den Helder (NED)	374
9.	van Rookhuizen Sieta	79	08-021	1:26.90	25m	26-10-97	Heemskerk (NED)	369
10.	Crok Linda	94	08-021	1:27.46	25m	11-10-12	Heemskerk (NED)	362
11.	Palmboom Nicole	91	08-021	1:28.38	25m	10-5-09	Purmerend (NED)	351
12.	van der Gracht Anouk	89	08-021	1:29.12	25m	29-4-07	Alkmaar (NED)	342
13.	Hoekstra Eline	03	08-021	1:29.25	25m	21-11-21	Den Helder (NED)	341
14.	Crok Annemarie	89	08-021	1:29.88	25m	30-9-07	Volendam (NED)	333
15.	Smit Sanne	01	08-021	1:30.43	25m	13-1-19	Purmerend (NED)	327
16.	Heus Pauline	78	08-021	1:30.60	25m	28-1-96	Zaandam (NED)	326
17.	Koper Fiona	01	08-021	1:30.90	25m	13-1-19	Purmerend (NED)	322
18.	Groen Anne	95	08-021	1:31.28	25m	31-10-13	Heemskerk (NED)	318
19.	Vink Lidewij	90	08-021	1:31.29	25m	30-10-08	Heemskerk (NED)	318
20.	Stins Mariska	84	08-021	1:31.59	25m	28-3-02	Heemskerk	315
21.	de Boer Maia	03	08-021	1:31.71	25m	21-11-21	Den Helder (NED)	314
22.	van Giezen Sandra	63	08-021	1:32.40	25m	6-9-81	Heemskerk (NED)	307
23.	de Groot Gitta	60	08-021	1:32.70	25m	26-2-78	Castricum (NED)	304
24.	Hoek Daniëlle	88	08-021	1:33.50	25m	16-4-06	Haarlem (NED)	296
25.	Hulshof Saskia	73	08-021	1:34.10	25m	10-1-91	Heemskerk (NED)	291

200 schoolslag

1.	de Haan Shira	00	08-021	2:59.63	25m	4-2-18	Purmerend (NED)	420
2.	Stam Vanessa	80	08-021	3:01.40	25m	26-4-98	Alkmaar (NED)	408
3.	Crok Linda	94	08-021	3:05.75	25m	11-3-12	Zaandam (NED)	380
4.	Gijzen-van der Kroft Nicole	84	08-021	3:07.53	25m	13-1-02	Zaandam	369
5.	van Rookhuizen Sieta	79	08-021	3:07.70	25m	6-4-97	Heemskerk (NED)	368
6.	Crok Annemarie	89	08-021	3:14.46	25m	13-12-07	Heemskerk (NED)	331
7.	Kleijne Daisy	89	08-021	3:18.16	25m	13-12-07	Heemskerk (NED)	313
8.	Stins Mariska	84	08-021	3:19.12	25m	31-10-02	Heemskerk	308
9.	Schelvis Roos	86	08-021	3:19.76	25m	18-1-04	IJmuiden (NED)	305
10.	de Wildt Maud	05	08-021	3:20.64	25m	29-1-23	Heemskerk (NED)	301
11.	Nijholt Carin	60	08-021	3:21.40	25m	22-1-78	Zaandam (NED)	298
12.	van der Gracht Anouk	89	08-021	3:21.50	25m	14-1-07	Amsterdam (NED)	297
13.	de Ruijter Linda	87	08-021	3:22.48	25m	16-1-05	Zaandam (NED)	293
14.	Limmen Miriam	75	08-021	3:22.80	25m	7-1-93	Heemskerk (NED)	292
15.	Hoek Daniëlle	88	08-021	3:23.54	25m	19-10-06	Heemskerk	288
16.	Hulshof Saskia	73	08-021	3:23.60	25m	22-9-91	Zaandam (NED)	288
17.	van Giezen Sandra	63	08-021	3:25.30	25m	31-5-81	Heerhugowaard (NED)	281
18.	de Groot Gitta	60	08-021	3:27.00	25m	3-6-78	Z.O. Beemster (NED)	274
19.	Peters Yvonne	63	08-021	3:28.20	25m	18-10-81	Heemskerk (NED)	270
20.	Groot Tineke	60	08-021	3:29.00	25m	22-1-78	Zaandam (NED)	266
21.	Schelvis Femke	84	08-021	3:31.58	25m	31-10-02	Heemskerk	257
22.	Essers Sanne	91	08-021	3:37.22	50m	29-3-09	Alkmaar (NED)	262
23.	Verbree Bets	63	08-021	3:38.10	25m	18-10-81	Heemskerk (NED)	234
24.	Meijer Sylvia	81	08-021	3:39.35	25m	10-10-99	Zaandam (NED)	230
25.	de Groot Linda	81	08-021	3:47.84	25m	10-10-99	Zaandam (NED)	206

250 schoolslag**500 schoolslag****800 schoolslag****1000 schoolslag**

1. van der Gracht Anouk	89	08-021	19:53.61	OW	4-8-07	Horn (NED)
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1250 schoolslag**1500 schoolslag****2000 schoolslag**

1. van der Gracht Anouk	89	08-021	36:32.33	OW	24-6-07	Breukelen (NED)
2. van Rookhuizen Sieta	79	08-021	37:05.60	OW	29-6-97	Breukelen (NED)
3. Stam Vanessa	80	08-021	37:24.90	OW	28-6-98	Breukelen (NED)
4. van Giezen Sandra	63	08-021	43:16.00	OW	14-6-81	Amstelveen (NED)

2500 schoolslag**3000 schoolslag**

1. van der Gracht Anouk	89	08-021	1:02:51.61	OW	21-7-07	Anna-Paulowna (NED)
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4000 schoolslag**5000 schoolslag****25 vlinderslag**

1. Wentink Yara	04	08-021	13.79	25m	7-7-22	Heemskerk (NED)	534
2. Siemerink Laura	04	08-021	15.05	25m	7-7-22	Heemskerk (NED)	411
3. van der Gracht Anouk	89	08-021	15.55	25m	19-4-07	Heemskerk (NED)	372
4. Vink Lidewij	90	08-021	15.57	25m	29-5-08	Heemskerk (NED)	371
5. Stam Vanessa	80	08-021	15.80	25m	15-1-98	Heemskerk (NED)	355
6. Butter Anouk	82	08-021	15.93	25m	4-5-00	Heemskerk (NED)	346
7. Kramer Miranda	80	08-021	16.00	25m	15-1-98	Heemskerk (NED)	342
8. Crok Annemarie	89	08-021	16.28	25m	19-4-07	Heemskerk (NED)	324
9. Kleijne Daisy	89	08-021	16.40	25m	19-4-07	Heemskerk (NED)	317
10. Heus Pauline	78	08-021	17.80	25m	8-2-96	Heemskerk (NED)	248
11. van Rookhuizen Sieta	79	08-021	18.80	25m	13-2-97	Heemskerk (NED)	210
12. Huneke Jolanda	79	08-021	19.70	25m	13-2-97	Heemskerk (NED)	183
13. ten Cate Joyce	80	08-021	20.10	25m	15-1-98	Heemskerk (NED)	172
14. Beentjes Nicolet	80	08-021	21.60	25m	15-1-98	Heemskerk (NED)	139
15. Bruins Julia	06	08-021	23.73	25m	1-2-24	Heemskerk (NED)	104

50 vlinderslag

1. Wentink Yara	04	08-021	28.75	25m	22-5-22	Hoofddorp (NED)	609
2. Kingma Danae	00	08-021	29.91	25m	18-1-18	Heemskerk (NED)	541
3. Broek Jade	97	08-021	30.60	25m	10-12-15	Heemskerk (NED)	505
4. Hoekstra Eline	03	08-021	32.09	25m	7-11-21	Den Haag (NED)	438
5. Drubers Mirjam	67	08-021	32.50	25m	10-11-85		422
6. de Haan Shira	00	08-021	32.66	25m	25-11-18	Hoofddorp (NED)	415
7. Siemerink Laura	04	08-021	32.75	25m	17-2-22	Heemskerk (NED)	412
8. Palmboom Nicole	91	08-021	32.87	25m	13-4-09	Haarlem (NED)	408
9. Smit Sanne	01	08-021	32.98	50m	26-5-19	Amersfoort (NED)	406
10. Verbree Bets	63	08-021	33.00	25m	17-5-81	Castricum (NED)	403
11. Stam Vanessa	80	08-021	33.30	25m	24-5-98	Zaandam (NED)	392
12. Schelvis Femke	84	08-021	33.66	25m	31-1-02	Heemskerk	379
13. Vink Lidewij	90	08-021	33.71	25m	24-3-08	Haarlem (NED)	378
14. Gijzen-van der Kroft Nicole	84	08-021	33.80	25m	24-3-02	Heemstede	375
15. van der Gracht Anouk	89	08-021	33.92	25m	28-12-07	Maastricht (NED)	371
16. Koper Fiona	01	08-021	34.12	50m	11-5-19	Alkmaar (NED)	367
17. Crok Annemarie	89	08-021	34.27	25m	11-3-07	Purmerend (NED)	360
18. Hoek Daniëlle	88	08-021	34.30	25m	14-12-06	Heemskerk (NED)	359
19. Crok Linda	94	08-021	34.53	25m	13-12-12	Heemskerk (NED)	351
20. Kleijne Daisy	89	08-021	34.98	25m	28-10-07	Zaandam (NED)	338
21. Veldhuis Amelia	03	08-021	35.09	25m	21-11-21	Den Helder (NED)	335
22. Stins Mariska	84	08-021	35.11	25m	17-3-02	Zaandam	334
23. Kramer Miranda	80	08-021	35.26	25m	27-9-98	Assendelft (NED)	330
24. Groen Anne	95	08-021	35.42	25m	5-1-13	Hoom (NED)	326
25. Meijer Sylvia	81	08-021	35.59	25m	20-5-99	Heemskerk (NED)	321

100 vlinderslag

1. Wentink Yara	04	08-021	1:05.97	25m	20-11-22	Den Helder (NED)	567
2. Kingma Danae	00	08-021	1:09.90	25m	18-11-18	Hoofddorp (NED)	476
3. Drubers Mirjam	67	08-021	1:10.80	25m	31-12-85		458
4. Hoekstra Eline	03	08-021	1:11.24	25m	31-10-21	Heemskerk (NED)	450
5. Smit Sanne	01	08-021	1:13.75	25m	10-2-19	Purmerend (NED)	406
6. de Haan Shira	00	08-021	1:15.55	25m	18-11-18	Hoofddorp (NED)	377
7. Vink Lidewij	90	08-021	1:15.73	25m	23-3-08	Haarlem (NED)	374
8. Palmboom Nicole	91	08-021	1:16.33	25m	12-4-09	Haarlem (NED)	366
9. Schelvis Femke	84	08-021	1:16.63	25m	6-10-02	Zaandam	361
10. Stam Vanessa	80	08-021	1:16.90	25m	6-6-98	Zaandam (NED)	358
11. van der Gracht Anouk	89	08-021	1:17.07	25m	21-10-07	Zaandam (NED)	355
12. Verbree Bets	63	08-021	1:17.90	25m	15-11-81	Assendelft (NED)	344
13. Stins Mariska	84	08-021	1:18.72	25m	17-3-02	Zaandam	333
14. Crok Annemarie	89	08-021	1:18.91	25m	27-5-07	Purmerend (NED)	331
15. Gijzen-van der Kroft Nicole	84	08-021	1:19.20	25m	1-4-02	Haarlem	327
16. Hulshof Saskia	73	08-021	1:19.30	25m	24-3-91	Zaandam (NED)	326
17. Essers Sanne	91	08-021	1:19.74	25m	26-2-09	Heemskerk (NED)	321
18. Kramer Miranda	80	08-021	1:20.90	25m	8-3-98	Zaandam (NED)	307
19. Butter Anouk	82	08-021	1:21.56	25m	23-4-00	Haarlem (NED)	300
20. Crok Linda	94	08-021	1:21.65	25m	25-11-12	Heemskerk (NED)	299
21. Hoek Daniëlle	88	08-021	1:22.83	25m	30-3-06	Heemskerk (NED)	286
22. Kleijne Daisy	89	08-021	1:23.48	25m	29-3-07	Heemskerk (NED)	279
23. Siemerink Laura	04	08-021	1:23.63	25m	24-4-22	Den Helder (NED)	278
24. Zonneveld Chantal	84	08-021	1:23.73	25m	28-2-02	Heemskerk	277
25. Koper Fiona	01	08-021	1:24.37	25m	24-1-19	Heemskerk (NED)	271

200 vlinderslag

1. Wentink Yara	04	08-021	2:42.21	25m	18-9-22	Alkmaar (NED)	400
2. Stam Vanessa	80	08-021	2:49.10	25m	29-3-98	Heemstede (NED)	353
3. Verbree Bets	63	08-021	2:54.70	25m	31-12-81		320
4. Vink Lidewij	90	08-021	2:57.39	50m	25-5-08	Beverwijk (NED)	323
5. Stins Mariska	84	08-021	2:59.69	25m	28-11-02	Heemskerk	294
6. Schelvis Femke	84	08-021	3:00.84	25m	28-11-02	Heemskerk	289
7. de Haan Shira	00	08-021	3:08.04	25m	18-3-18	Purmerend (NED)	257
8. Hoek Daniëlle	88	08-021	3:10.65	25m	30-11-06	Heemskerk	246
9. Kramer Miranda	80	08-021	3:10.90	25m	29-3-98	Heemstede (NED)	245
10. Gijzen-van der Kroft Nicole	84	08-021	3:19.60	25m	28-11-02	Heemskerk	215

1000 vlinderslag**100 wisselslag**

1. Kingma Danae	00	08-021	1:07.82	25m	7-10-18	Purmerend (NED)	578
2. Wentink Yara	04	08-021	1:11.00	25m	2-10-22	Den Helder (NED)	504
3. Hoekstra Eline	03	08-021	1:13.25	25m	3-10-21	Den Helder (NED)	459
4. Crok Linda	94	08-021	1:15.01	25m	30-9-12	Heemskerk (NED)	427
5. de Haan Shira	00	08-021	1:15.10	25m	16-9-18	Alkmaar (NED)	426
6. Smit Sanne	01	08-021	1:15.62	25m	11-4-19	Heemskerk (NED)	417
7. Kramer Miranda	80	08-021	1:15.65	25m	15-11-98	Zaandam (NED)	416
8. Schelvis Femke	84	08-021	1:15.81	25m	26-9-02	Heemskerk	414
9. Palmboom Nicole	91	08-021	1:16.07	25m	6-12-09	Zaandam (NED)	409
10. Groen Anne	95	08-021	1:16.52	25m	25-4-13	Heemskerk (NED)	402
11. van der Gracht Anouk	89	08-021	1:16.69	25m	25-10-07	Heemskerk (NED)	400
12. Vink Lidewij	90	08-021	1:16.88	25m	27-4-08	Alkmaar (NED)	397
13. Hulshof Saskia	73	08-021	1:16.90	25m	14-3-91	Heemskerk (NED)	396
14. van 't Veer Iris	03	08-021	1:17.18	25m	3-10-21	Den Helder (NED)	392
15. Kleijne Daisy	89	08-021	1:17.25	25m	7-1-07	Alkmaar (NED)	391
16. Crok Annemarie	89	08-021	1:17.39	25m	25-10-07	Heemskerk (NED)	389
17. Meijer Sylvia	81	08-021	1:18.16	25m	18-2-99	Heemskerk (NED)	377
18. Hoek Daniëlle	88	08-021	1:18.83	25m	5-11-06	Zaandam (NED)	368
19. Gijzen-van der Kroft Nicole	84	08-021	1:18.88	25m	26-9-02	Heemskerk	367
20. de Boer Maia	03	08-021	1:19.01	25m	3-10-21	Den Helder (NED)	365
21. Stins Mariska	84	08-021	1:19.37	25m	26-9-02	Heemskerk	360
22. Stam Vanessa	80	08-021	1:19.60	25m	15-11-98	Zaandam (NED)	357
23. Windmuller Wendy	69	08-021	1:20.20	25m	15-3-87	Heemskerk (NED)	349
24. Niesten Iris	92	08-021	1:20.38	25m	7-2-10	Heemstede (NED)	347
25. Heus Pauline	78	08-021	1:20.70	25m	15-12-96	Heemskerk (NED)	343

200 wisselslag

1. Kingma Danae	00	08-021	2:31.72	25m	24-11-18	Hoofddorp (NED)	518
2. Broek Jade	97	08-021	2:35.38	25m	15-11-15	Purmerend (NED)	482
3. Drubers Mirjam	67	08-021	2:35.70	25m	18-5-85	(NED)	479
4. Hoekstra Eline	03	08-021	2:37.30	25m	21-11-21	Den Helder (NED)	464
5. Smit Sanne	01	08-021	2:38.68	25m	10-2-19	Purmerend (NED)	452
6. Crok Linda	94	08-021	2:39.90	25m	26-4-12	Heemskerk (NED)	442
7. Stam Vanessa	80	08-021	2:41.90	25m	5-4-98	Heemskerk (NED)	426
8. Crok Annemarie	89	08-021	2:42.44	25m	25-11-07	Amsterdam (NED)	422
9. van 't Veer Iris	03	08-021	2:42.82	25m	21-11-21	Den Helder (NED)	419
10. Palmboom Nicole	91	08-021	2:43.69	25m	18-1-09	Haarlem (NED)	412
11. de Haan Shira	00	08-021	2:44.34	25m	14-1-18	Purmerend (NED)	407
12. Schelvis Femke	84	08-021	2:44.51	25m	13-1-02	Zaandam	406
13. van der Gracht Anouk	89	08-021	2:45.65	25m	2-12-07	Alkmaar (NED)	398
14. Kramer Miranda	80	08-021	2:46.30	25m	26-4-98	Alkmaar (NED)	393
15. Wentink Yara	04	08-021	2:46.57	50m	18-6-22	Bergbad Bückebug (GER)	434
16. Hulshof Saskia	73	08-021	2:47.00	25m	3-2-91	Zaandam (NED)	388
17. Kleijne Daisy	89	08-021	2:48.15	25m	25-11-07	Amsterdam (NED)	380
18. Vink Lidewij	90	08-021	2:49.08	25m	13-1-08	Heemskerk (NED)	374
19. Verbree Bets	63	08-021	2:49.30	25m	22-3-81	Wieringerwerf (NED)	372
20. Hoek Daniëlle	88	08-021	2:50.46	25m	9-4-06	Purmerend (NED)	365
21. Petit Kirsten	00	08-021	2:52.13	25m	4-2-18	Purmerend (NED)	354
22. de Boer Maia	03	08-021	2:53.31	25m	21-11-21	Den Helder (NED)	347
23. Meijer Sylvia	81	08-021	2:55.68	25m	24-10-99	Zaandam (NED)	333
24. van Rookhuizen Sieta	79	08-021	2:55.90	25m	6-11-97	Heemskerk (NED)	332
25. Gijzen-van der Kroft Nicole	84	08-021	2:56.34	50m	20-10-02	Beverwijk (NED)	365

300 wisselslag**400 wisselslag**

1. Vink Lidewij	90	08-021	5:47.07	25m	24-2-08	Zaandam (NED)	415
2. Stins Mariska	84	08-021	5:55.41	25m	24-2-02	Heemskerk	386
3. Gijzen-van der Kroft Nicole	84	08-021	5:55.50	25m	24-2-02	Heemskerk	386
4. van der Gracht Anouk	89	08-021	6:05.54	25m	11-2-07	Zaandam (NED)	355
5. Hoek Daniëlle	88	08-021	6:06.11	25m	29-1-06	Zaandam (NED)	353
6. de Haan Shira	00	08-021	6:07.31	25m	17-11-18	Hoofddorp (NED)	350