

alg. leeftijdsgroep, Dames

1-1-1900-31-7-2025

15m vlinderslag benen onderwater

1.	van Ederen Jasmijn	10	08-021	22.06	25m	15-12-19	Haarlem (NED)
2.	Schut Bodine	09	08-021	26.65	25m	29-9-19	Haarlem (NED)

25m vrije slag met koprol

1.	van Ederen Jasmijn	10	08-021	23.13	25m	19-1-20	Zaandam (NED)
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25m rugslag start

1.	van Ederen Jasmijn	10	08-021	24.90	25m	15-12-19	Haarlem (NED)
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50m borstcrawl benen

1.	van Ederen Jasmijn	10	08-021	1:06.46	25m	29-9-19	Haarlem (NED)
2.	Schut Bodine	09	08-021	1:09.03	25m	19-1-20	Zaandam (NED)

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
2.	Hoekstra Eline	03	08-021	13.42	25m	7-7-22	Heemskerk (NED)	473
4.	Meijer Sylvia	81	08-021	13.43	25m	4-5-00	Heemskerk (NED)	472
5.	Crok Linda	94	08-021	13.48	25m	30-6-11	Heemskerk (NED)	467
6.	Wentink Yara	04	08-021	13.63	25m	7-7-22	Heemskerk (NED)	451
7.	Hulshof Saskia	73	08-021	13.70	25m	31-12-89	Heemskerk (NED)	445
7.	Schuyt Simone	75	08-021	13.70	25m	31-12-89	Heemskerk (NED)	445
9.	Palmboom Nicole	91	08-021	13.79	25m	27-4-06	Heemskerk	436
10.	Koster Lisa	94	08-021	13.81	25m	31-5-08	Aalsmeer (NED)	434
11.	Gijzen-van der Kroft Nicole	84	08-021	13.95	25m	29-3-01	Heemskerk (NED)	421
12.	van Staveren Marina	78	08-021	14.04	25m	14-4-11	Heemskerk (NED)	413
13.	Schelvis Roos	86	08-021	14.05	25m	29-3-01	Heemskerk (NED)	412
13.	Vink Lidewij	90	08-021	14.05	25m	19-4-07	Heemskerk (NED)	412
15.	Besse Karen	75	08-021	14.10	25m	31-12-89	Heemskerk (NED)	408
16.	Hoek Daniëlle	88	08-021	14.12	25m	30-6-11	Heemskerk (NED)	406
17.	van der Geest Saskia	73	08-021	14.20	25m	12-1-89	Heemskerk (NED)	399
17.	Stam Vanessa	80	08-021	14.20	25m	13-3-97	Heemskerk (NED)	399
19.	van Ballegooie Simone	84	08-021	14.26	25m	29-3-01	Heemskerk (NED)	394
20.	Groen Anne	95	08-021	14.32	25m	30-6-11	Heemskerk (NED)	389
21.	Kleijne Daisy	89	08-021	14.33	25m	27-4-06	Heemskerk	388
22.	Kramer Miranda	80	08-021	14.34	25m	4-5-00	Heemskerk (NED)	388
23.	van Rookhuizen Sieta	79	08-021	14.35	25m	4-5-00	Heemskerk (NED)	387
23.	van 't Veer Iris	03	08-021	14.35	25m	7-7-22	Heemskerk (NED)	387
25.	Vink Marjolein	93	08-021	14.37	25m	29-5-08	Heemskerk (NED)	385
26.	Stam Sabrina	82	08-021	14.40	25m	12-2-98	Heemskerk (NED)	383
27.	Stins Mariska	84	08-021	14.42	25m	29-5-08	Heemskerk (NED)	381
28.	Hogema Fabiën	93	08-021	14.43	25m	19-4-07	Heemskerk (NED)	380
29.	Visser Kelly	89	08-021	14.45	25m	23-10-10	Emmeloord (NED)	379
30.	Meijer Linda	77	08-021	14.50	25m	26-9-92		375
31.	Butter Anouk	82	08-021	14.51	25m	29-3-01	Heemskerk (NED)	374
31.	Essers Sanne	91	08-021	14.51	25m	27-4-06	Heemskerk	374

25 vrije slag (sinds 33)

33.	Broek Jade	97	08-021	14.64	25m	7-7-22	Heemskerk (NED)	364
34.	Crok Annemarie	89	08-021	14.65	25m	30-6-11	Heemskerk (NED)	363
35.	Mallon Danique	94	08-021	14.67	25m	29-5-08	Heemskerk (NED)	362
35.	Koopman Inge	93	08-021	14.67	25m	7-7-22	Heemskerk (NED)	362
37.	de Boer Irene	84	08-021	14.70	25m	29-3-01	Heemskerk (NED)	360
37.	de Haan Shira	00	08-021	14.70	25m	7-7-22	Heemskerk (NED)	360
39.	de Vries Chrissie	93	08-021	14.72	25m	19-4-07	Heemskerk (NED)	358
40.	Limmen Karin	76	08-021	14.90	25m	26-9-92		345
40.	Krouwels Tanja	79	08-021	14.90	25m	12-2-98	Heemskerk (NED)	345
42.	Heus Pauline	78	08-021	14.94	25m	4-5-00	Heemskerk (NED)	343
43.	van der Gracht Anouk	89	08-021	14.95	25m	19-4-07	Heemskerk (NED)	342
44.	Boekling Annette	85	08-021	14.97	25m	4-5-00	Heemskerk (NED)	341
45.	Zonneveld Cindy	75	08-021	15.00	25m	31-12-89	Heemskerk (NED)	339
46.	Zwarthoed Brenda	96	08-021	15.02	25m	31-5-08	Aalsmeer (NED)	337
47.	Dijkstra Lisette	86	08-021	15.10	25m	10-12-98	Heemskerk (NED)	332
48.	Petit Kirsten	00	08-021	15.17	25m	30-6-11	Heemskerk (NED)	327
49.	Bruin Adri	74	08-021	15.20	25m	12-1-89	Heemskerk (NED)	325
49.	Rodenburg Rianne	93	08-021	15.20	25m	27-4-06	Heemskerk	325
51.	Regelink Anneke	83	08-021	15.21	25m	25-3-99	Heemskerk (NED)	325
52.	Niesten Iris	92	08-021	15.24	25m	19-4-07	Heemskerk (NED)	323
53.	Herwegh Binthy	09	08-021	15.29	25m	7-7-22	Heemskerk (NED)	320
54.	Bos Chantal	74	08-021	15.30	25m	12-1-89	Heemskerk (NED)	319
55.	Deiman Caroline	67	08-021	15.40	25m	12-1-89	Heemskerk (NED)	313
55.	Hommersen Sandra	84	08-021	15.40	25m	12-2-98	Heemskerk (NED)	313
57.	Koper Birgit	87	08-021	15.46	25m	27-4-06	Heemskerk	309
58.	Visser Stacey	87	08-021	15.48	25m	29-3-01	Heemskerk (NED)	308
59.	Bruin Marianne	78	08-021	15.50	25m	16-5-91	Heemskerk (NED)	307
60.	de Boer Claudia	77	08-021	15.60	25m	31-12-89	Heemskerk (NED)	301
60.	van Honk Chantal	80	08-021	15.60	25m	26-9-92		301
60.	ten Cate Joyce	80	08-021	15.60	25m	13-5-07	Grootebroek (NED)	301
63.	Liefting Sarina	93	08-021	15.66	25m	27-4-06	Heemskerk	298
64.	Bos Marieke	06	08-021	15.68	25m	7-7-22	Heemskerk (NED)	296
64.	Siemerink Laura	04	08-021	15.68	25m	7-7-22	Heemskerk (NED)	296
66.	de Vries Cathy	77	08-021	15.70	25m	16-5-91	Heemskerk (NED)	295
66.	de Boer Angela	80	08-021	15.70	25m	27-4-95	Heemskerk (NED)	295
68.	Lindelauf Priscilla	85	08-021	15.79	25m	29-3-01	Heemskerk (NED)	290
68.	van Kooten Cynthia	93	08-021	15.79	25m	30-11-06	Heemskerk	290
70.	Keessen Pam	62	08-021	15.80	25m	14-9-76	Heemskerk (NED)	290
70.	Moolevliet Petra	82	08-021	15.80	25m	14-3-96	Heemskerk (NED)	290
72.	Koopman Anitra	89	08-021	15.87	25m	29-3-01	Heemskerk (NED)	286
73.	Hoek Laura	86	08-021	15.88	25m	4-5-00	Heemskerk (NED)	285
74.	Splinter Nathalie	75	08-021	15.90	25m	12-1-89	Heemskerk (NED)	284
74.	Oudendijk Bianca	79	08-021	15.90	25m	27-4-95	Heemskerk (NED)	284
76.	de Ruijter Linda	87	08-021	16.00	25m	15-2-01	Heemskerk (NED)	279
77.	van Ballegooie Stefanie	86	08-021	16.03	25m	4-5-00	Heemskerk (NED)	277
78.	Teufer Irene	96	08-021	16.12	25m	19-4-07	Heemskerk (NED)	273
79.	Limmen Miriam	75	08-021	16.20	25m	12-1-89	Heemskerk (NED)	269
79.	van Velsen Patricia	79	08-021	16.20	25m	27-4-95	Heemskerk (NED)	269
79.	Dijkstra Maud	84	08-021	16.20	25m	5-3-98	Heemskerk (NED)	269
82.	Vredenburg Roos	95	08-021	16.23	25m	29-5-08	Heemskerk (NED)	267
83.	van der Eng Laura	80	08-021	16.30	25m	14-3-96	Heemskerk (NED)	264
84.	Smit Lydia	84	08-021	16.32	25m	25-3-99	Heemskerk (NED)	263
84.	Nijman José	93	08-021	16.32	25m	29-5-08	Heemskerk (NED)	263

25 vrije slag (sinds 86)

86.	Welboren Trudy	61	08-021	16.40	25m	14-9-76	Heemskerk (NED)	259
87.	de Boer Maia	03	08-021	16.44	25m	7-7-22	Heemskerk (NED)	257
88.	van Assema Eline	05	08-021	16.47	25m	7-7-22	Heemskerk (NED)	256
89.	Molenaar Eline	82	08-021	16.51	25m	25-3-99	Heemskerk (NED)	254
90.	de Vries Justine	83	08-021	16.60	25m	13-3-97	Heemskerk (NED)	250
90.	Cappelle Carlijn	82	08-021	16.60	25m	13-3-97	Heemskerk (NED)	250
90.	Buur Naomi	01	08-021	16.60	25m	26-4-12	Heemskerk (NED)	250
90.	Knight Kayleigh	00	08-021	16.60	25m	7-7-22	Heemskerk (NED)	250
94.	Wegchelaer Ageeth	62	08-021	16.70	25m	30-3-76	Heemskerk (NED)	245
94.	Huneker Jolanda	79	08-021	16.70	25m	12-2-98	Heemskerk (NED)	245
94.	Zonneveld Chantal	84	08-021	16.70	25m	22-2-01	Heemskerk (NED)	245
94.	van Koeveringe Nicole	93	08-021	16.70	25m	27-4-06	Heemskerk	245
98.	de Roode Xara	08	08-021	16.92	25m	7-7-22	Heemskerk (NED)	236
99.	Groot Tineke	60	08-021	17.00	25m	30-3-76	Heemskerk (NED)	232
99.	ten Cate Ilona	85	08-021	17.00	25m	29-3-01	Heemskerk (NED)	232
101.	Ivens Suzanne	99	08-021	17.01	25m	30-6-11	Heemskerk (NED)	232
102.	Zonneveld Monica	80	08-021	17.10	25m	16-6-93		228
102.	van Leen Cynthia	81	08-021	17.10	25m	14-3-96	Heemskerk (NED)	228
104.	van Putten Demi	96	08-021	17.11	25m	30-6-11	Heemskerk (NED)	228
105.	Stel Kaylin	01	08-021	17.16	25m	3-1-10	Culemborg (NED)	226
105.	de Vriend Sofie	01	08-021	17.16	25m	26-4-12	Heemskerk (NED)	226
107.	Koper Fiona	01	08-021	17.19	25m	26-4-12	Heemskerk (NED)	225
108.	Limmen Anita	78	08-021	17.20	25m	26-9-92		224
109.	Steenkamp Ciska	90	08-021	17.25	25m	29-3-01	Heemskerk (NED)	222
109.	Kesting Alexandra	00	08-021	17.25	25m	14-4-11	Heemskerk (NED)	222
111.	Domburg Irma	62	08-021	17.30	25m	30-3-76	Heemskerk (NED)	221
111.	Cappelle Marcella	85	08-021	17.30	25m	12-2-98	Heemskerk (NED)	221
113.	de Groot Sjors	08	08-021	17.39	25m	7-7-22	Heemskerk (NED)	217
114.	Koper Ella	90	08-021	17.47	25m	27-4-06	Heemskerk	214
115.	Glorie Astrid	63	08-021	17.50	25m	14-9-76	Heemskerk (NED)	213
116.	Beeksma Anne	88	08-021	17.64	25m	29-3-01	Heemskerk (NED)	208
117.	Bakker Jesca	79	08-021	17.70	25m	31-12-89	Heemskerk (NED)	206
117.	Besse Meta	78	08-021	17.70	25m	31-12-89	Heemskerk (NED)	206
117.	Mulder Amy	80	08-021	17.70	25m	16-6-93		206
117.	Hoogervorst Marlon	84	08-021	17.70	25m	16-2-95	Heemskerk (NED)	206
117.	Zijlstra Mariëlle	83	08-021	17.70	25m	14-3-96	Heemskerk (NED)	206
122.	Beentjes Nicolet	80	08-021	17.81	25m	25-3-99	Heemskerk (NED)	202
123.	Wissenburg Petra	65	08-021	17.90	25m	14-9-76	Heemskerk (NED)	199
124.	Viel Bianca	85	08-021	17.95	25m	4-5-00	Heemskerk (NED)	197
125.	Teunissen Petra	64	08-021	18.00	25m	14-9-76	Heemskerk (NED)	196
125.	Reijnders Sandra	64	08-021	18.00	25m	14-9-76	Heemskerk (NED)	196
127.	Bakker Daniëlle	96	08-021	18.12	25m	29-5-08	Heemskerk (NED)	192
128.	Dijkstra Janet	77	08-021	18.20	25m	12-1-89	Heemskerk (NED)	189
129.	de Wolff Isabel	01	08-021	18.27	25m	26-4-12	Heemskerk (NED)	187
130.	Mosch Sabina	84	08-021	18.30	25m	12-2-98	Heemskerk (NED)	186
131.	de Wildt Maud	05	08-021	18.35	25m	7-7-22	Heemskerk (NED)	185
132.	Dijkstra Pascal	89	08-021	18.42	25m	22-11-98	Zaandam (NED)	183
133.	Dekker Danyk	94	08-021	18.48	25m	29-5-08	Heemskerk (NED)	181
134.	van der Wijden Eline	88	08-021	18.49	25m	29-3-01	Heemskerk (NED)	181
135.	Walraven Annet	62	08-021	18.60	25m	30-3-76	Heemskerk (NED)	177
136.	de Graaf Annemiek	70	08-021	18.70	25m	16-3-80	Heemskerk (NED)	175
136.	van den Braber Liesbeth	84	08-021	18.70	25m	12-2-98	Heemskerk (NED)	175
138.	Oortwijn Jytte	10	08-021	18.76	25m	7-7-22	Heemskerk (NED)	173

25 vrije slag (sinds 139)

139.	de Laat Anita	75	08-021	19.00	25m	22-3-88	Heemskerk (NED)	166
140.	Wieman Lianne	03	08-021	19.03	25m	13-4-14	Zaandam (NED)	166
141.	Rodenburg Kyra	96	08-021	19.11	25m	27-4-06	Heemskerk	163
142.	van Huisstede Nikita	01	08-021	19.15	25m	26-4-12	Heemskerk (NED)	162
143.	Geurtsen Daisy	89	08-021	19.18	25m	29-3-01	Heemskerk (NED)	162
144.	Sahin Sümeyye Sena	10	08-021	19.19	25m	7-7-22	Heemskerk (NED)	161
145.	Huisman Lianne	87	08-021	19.20	25m	22-3-01	Heemskerk (NED)	161
146.	Elghandor Kiyaan	03	08-021	19.21	25m	13-4-14	Zaandam (NED)	161
147.	Dekker Elise	97	08-021	19.34	25m	20-3-05	Heemstede (NED)	158
148.	van Rijn Sydney	03	08-021	19.35	25m	13-4-14	Zaandam (NED)	157
149.	Peters Yvonne	63	08-021	19.40	25m	14-9-76	Heemskerk (NED)	156
149.	de Groot Linda	81	08-021	19.40	25m	10-11-94	Heemskerk (NED)	156
151.	Venema Jalina	04	08-021	19.46	25m	13-4-14	Zaandam (NED)	155
152.	de Visser Jolanda	62	08-021	19.50	25m	30-3-76	Heemskerk (NED)	154
152.	Schijf Irene	83	08-021	19.50	25m	16-3-95	Heemskerk (NED)	154
152.	Martens Priscilla	85	08-021	19.50	25m	20-3-97	Heemskerk (NED)	154
155.	Nijman Linda	89	08-021	19.57	25m	29-3-01	Heemskerk (NED)	152
156.	Welboren Els	64	08-021	19.60	25m	14-9-76	Heemskerk (NED)	151
157.	Copier Alyssa	04	08-021	19.65	25m	13-4-14	Zaandam (NED)	150
158.	Buur Cindy	99	08-021	19.72	25m	14-4-11	Heemskerk (NED)	149
159.	van Sikkelerus Lisa	99	08-021	19.75	25m	30-6-11	Heemskerk (NED)	148
160.	Visser Mara	09	08-021	19.78	25m	25-5-23	Heemskerk (NED)	147
161.	van der Horst Sacha	69	08-021	19.80	25m	1-9-79	Heemskerk (NED)	147
162.	de Weers Anne-Michelle	63	08-021	20.00	25m	14-9-76	Heemskerk (NED)	143
162.	van Zwieten Jacqueline	64	08-021	20.00	25m	14-9-76	Heemskerk (NED)	143
162.	Potemans Priscilla	84	08-021	20.00	25m	13-3-97	Heemskerk (NED)	143
165.	Sobh Shaime	03	08-021	20.01	25m	13-4-14	Zaandam (NED)	142
166.	Hofland Yasmin	01	08-021	20.03	25m	26-4-12	Heemskerk (NED)	142
167.	Veldhuis Amelia	03	08-021	20.08	25m	13-4-14	Zaandam (NED)	141
168.	Palthe Monique	64	08-021	20.10	25m	14-9-76	Heemskerk (NED)	140
168.	Snijder Femke	83	08-021	20.10	25m	20-1-94	Heemskerk	140
168.	Werdekker Marjolein	81	08-021	20.10	25m	13-3-97	Heemskerk (NED)	140
171.	Borg Karin	61	08-021	20.20	25m	30-3-76	Heemskerk (NED)	138
171.	Pover Ellen	72	08-021	20.20	25m	13-12-81	Volendam (NED)	138
171.	Bakker Anna	97	08-021	20.20	25m	29-5-08	Heemskerk (NED)	138
174.	Pezo Adna	90	08-021	20.28	25m	29-3-01	Heemskerk (NED)	137
175.	van de Kamp Pauline	61	08-021	20.40	25m	30-3-76	Heemskerk (NED)	134
175.	Put Ann	64	08-021	20.40	25m	30-3-76	Heemskerk (NED)	134
175.	Gerritsen Jolanda	64	08-021	20.40	25m	14-9-76	Heemskerk (NED)	134
178.	van Galen Marion	61	08-021	20.50	25m	30-3-76	Heemskerk (NED)	132
178.	Buur Carina	64	08-021	20.50	25m	14-9-76	Heemskerk (NED)	132
178.	Windmuller Wendy	69	08-021	20.50	25m	1-9-79	Heemskerk (NED)	132
181.	Welboren Julia	00	08-021	20.65	25m	26-4-12	Heemskerk (NED)	129
182.	Grul Lisanne	97	08-021	20.86	25m	29-5-08	Heemskerk (NED)	126
183.	Kerkhoven Michelle	91	08-021	20.87	25m	29-3-01	Heemskerk (NED)	125
184.	Schaaper Margriet	62	08-021	20.90	25m	30-3-76	Heemskerk (NED)	125
184.	van der Horst Wendy	72	08-021	20.90	25m	10-2-80	Heerhugowaard (NED)	125
184.	van Honschoten Ingeborg	70	08-021	20.90	25m	16-3-80	Heemskerk (NED)	125
187.	Blaauw Yente	03	08-021	21.02	25m	26-4-12	Heemskerk (NED)	123
188.	Pover Karin	67	08-021	21.10	25m	14-9-76	Heemskerk (NED)	121
189.	Renkema Iris	04	08-021	21.27	25m	11-11-12	Schagen (NED)	118
190.	Numan Annelies	63	08-021	21.40	25m	14-9-76	Heemskerk (NED)	116
191.	Hoekstra Femke	05	08-021	21.57	25m	13-4-14	Zaandam (NED)	114

25 vrije slag (sinds 192)

192.	van Ederen Jasmijn	10	08-021	21.65	25m	13-5-18	Haarlem (NED)	112
193.	Hoeksema Kim	90	08-021	21.68	25m	29-3-01	Heemskerk (NED)	112
194.	Tholen Kirsten	66	08-021	21.70	25m	14-9-76	Heemskerk (NED)	111
195.	Banks Riley	17	08-021	21.76	25m	4-4-24	Heemskerk (NED)	111
196.	Limmen Corina	65	08-021	21.80	25m	14-9-76	Heemskerk (NED)	110
196.	Heus Inge	81	08-021	21.80	25m	16-5-91	Heemskerk (NED)	110
196.	Werdekker Esther	83	08-021	21.80	25m	13-3-97	Heemskerk (NED)	110
199.	Kragt Kirsten	10	08-021	21.84	25m	7-12-23	Heemskerk (NED)	109
200.	van Noort Jony	85	08-021	21.90	25m	14-3-96	Heemskerk (NED)	108
201.	Leek Marja	63	08-021	22.50	25m	30-3-76	Heemskerk (NED)	100
202.	van de Kamp Yvonne	65	08-021	22.60	25m	14-9-76	Heemskerk (NED)	99
203.	Jonker Monique	66	08-021	22.80	25m	14-9-76	Heemskerk (NED)	96
204.	van den Heuvel Sandra	80	08-021	22.90	25m	12-1-89	Heemskerk (NED)	95
205.	Oliveira Rocha Yara	17	08-021	22.96	25m	21-4-24	Krommenie (NED)	94
206.	Butter Noor	16	08-021	23.08	25m	4-4-24	Heemskerk (NED)	93
207.	van der Zee Olga	66	08-021	23.30	25m	14-9-76	Heemskerk (NED)	90
208.	Tahti Sandra	65	08-021	23.40	25m	14-9-76	Heemskerk (NED)	89
209.	Herwegh Izayra Rena	14	08-021	23.59	25m	15-1-23	Den Helder (NED)	87
210.	van Leeuwen Andrea	71	08-021	23.60	25m	1-9-79	Heemskerk (NED)	87
211.	Eijndhoven Jonna	02	08-021	23.70	25m	13-11-11	Zaandam (NED)	85
212.	Visser Mirjam	67	08-021	23.90	25m	30-3-76	Heemskerk (NED)	83
213.	Kuijl Karin	65	08-021	24.00	25m	14-9-76	Heemskerk (NED)	82
214.	Rasch Monique	66	08-021	24.10	25m	14-9-76	Heemskerk (NED)	81
215.	Bakker Lisette	83	08-021	24.20	25m	14-3-96	Heemskerk (NED)	80
216.	Haack Fenna	16	08-021	24.22	25m	21-4-24	Krommenie (NED)	80
217.	van Megen Carla	65	08-021	24.40	25m	30-3-76	Heemskerk (NED)	78
217.	de Jonge Ida	61	08-021	24.40	25m	14-9-76	Heemskerk (NED)	78
219.	Stoker Ianthe	84	08-021	24.50	25m	20-3-97	Heemskerk (NED)	77
220.	Liefting Marielle	90	08-021	24.83	25m	29-3-01	Heemskerk (NED)	74
221.	Badahi Lina	10	08-021	24.88	25m	7-12-23	Heemskerk (NED)	74
222.	Zuidervaart Anne	02	08-021	24.91	25m	30-6-11	Heemskerk (NED)	74
223.	van Dam Merel	14	08-021	25.03	25m	14-3-24	Heemskerk (NED)	72
224.	Nobels Marlies	65	08-021	25.10	25m	14-9-76	Heemskerk (NED)	72
225.	Post Aijuna	14	08-021	25.16	25m	14-3-24	Heemskerk (NED)	71
226.	Groot Carolien	64	08-021	25.20	25m	30-3-76	Heemskerk (NED)	71
226.	Jonker Nicole	68	08-021	25.20	25m	14-9-76	Heemskerk (NED)	71
226.	Aafjes Suzan	69	08-021	25.20	25m	1-9-79	Heemskerk (NED)	71
229.	Zonneveld Jennifer	88	08-021	25.36	25m	29-3-01	Heemskerk (NED)	70
230.	Janssen Tess	89	08-021	25.40	25m	12-2-98	Heemskerk (NED)	69
231.	Tilgenkamp Lentley	13	08-021	25.53	25m	4-4-24	Heemskerk (NED)	68
232.	van Laarhoven Salome	15	08-021	25.68	25m	21-4-24	Krommenie (NED)	67
233.	de Haan Liesbeth	64	08-021	26.20	25m	30-3-76	Heemskerk (NED)	63
233.	van der Zee Paula	68	08-021	26.20	25m	14-9-76	Heemskerk (NED)	63
235.	Beentjes Esther	66	08-021	26.40	25m	30-3-76	Heemskerk (NED)	62
236.	Zwart Ellen	65	08-021	26.50	25m	30-3-76	Heemskerk (NED)	61
236.	Palthe Yvonne	67	08-021	26.50	25m	14-9-76	Heemskerk (NED)	61
238.	van Hiele Femke	13	08-021	26.67	25m	26-9-24	Heemskerk (NED)	60
239.	Plokker Sylvia	68	08-021	26.70	25m	14-9-76	Heemskerk (NED)	60
240.	van der Mei Monique	65	08-021	26.80	25m	30-3-76	Heemskerk (NED)	59
240.	van Rijn Ilona	65	08-021	26.80	25m	14-9-76	Heemskerk (NED)	59
242.	Reeuwijk Danielle	70	08-021	27.30	25m	1-9-79	Heemskerk (NED)	56
243.	van Toledo Annelies	70	08-021	27.40	25m	10-2-80	Heerhugowaard (NED)	55
244.	de Wildt Gitta	66	08-021	27.50	25m	30-3-76	Heemskerk (NED)	55

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244.	Hollander Marianne	65	08-021	27.50	25m	30-3-76	Heemskerk (NED)	55
246.	Spanjaard Marijke	65	08-021	27.70	25m	30-3-76	Heemskerk (NED)	53
247.	Peters Marion	67	08-021	27.80	25m	14-9-76	Heemskerk (NED)	53
247.	Zeeman Judith	70	08-021	27.80	25m	1-9-79	Heemskerk (NED)	53
249.	Haack Zowi	18	08-021	27.83	25m	15-12-24	Amsterdam (NED)	53
250.	Nuyten Carolien	63	08-021	27.90	25m	30-3-76	Heemskerk (NED)	52
250.	Windmuller Annemarie	67	08-021	27.90	25m	14-9-76	Heemskerk (NED)	52
252.	Kraamer Carla	66	08-021	28.00	25m	30-3-76	Heemskerk (NED)	52
252.	ter Horst Ilja	67	08-021	28.00	25m	30-3-76	Heemskerk (NED)	52
254.	van Wijngaarden Linda	65	08-021	28.20	25m	30-3-76	Heemskerk (NED)	51
255.	Bos Froke	69	08-021	28.40	25m	30-3-76	Heemskerk (NED)	49
255.	de Vries Annelies	64	08-021	28.40	25m	14-9-76	Heemskerk (NED)	49
255.	Cijsouw Karin	66	08-021	28.40	25m	14-9-76	Heemskerk (NED)	49
258.	van der Leden Laura	68	08-021	28.50	25m	14-9-76	Heemskerk (NED)	49
258.	van Zalingen Margreet	67	08-021	28.50	25m	14-9-76	Heemskerk (NED)	49
260.	Bakkum Astrid	65	08-021	28.60	25m	14-9-76	Heemskerk (NED)	48
261.	van Roon Jill	14	08-021	29.03	25m	14-3-24	Heemskerk (NED)	46
262.	Poppe Yvonne	68	08-021	29.10	25m	14-9-76	Heemskerk (NED)	46
263.	Dwarswaard Wilma	64	08-021	29.20	25m	30-3-76	Heemskerk (NED)	45
264.	de Buyzer Anita	67	08-021	29.40	25m	30-3-76	Heemskerk (NED)	45
264.	Lammers Angelique	68	08-021	29.40	25m	14-9-76	Heemskerk (NED)	45
266.	Konz Cyndy	66	08-021	29.50	25m	14-9-76	Heemskerk (NED)	44
267.	Huisman Jolanda	68	08-021	29.80	25m	30-3-76	Heemskerk (NED)	43
267.	van Giezen Corina	68	08-021	29.80	25m	30-3-76	Heemskerk (NED)	43
267.	Slotemaker Britt	14	08-021	29.80	25m	25-5-23	Heemskerk (NED)	43
270.	Ververst Brigitte	66	08-021	30.40	25m	14-9-76	Heemskerk (NED)	40
271.	Gravemaker Sandra	68	08-021	30.80	25m	14-9-76	Heemskerk (NED)	39
272.	Reuderink Bettina	67	08-021	30.90	25m	14-9-76	Heemskerk (NED)	38
273.	Eggink Christa	65	08-021	31.40	25m	30-3-76	Heemskerk (NED)	36
274.	Zieck Esther	67	08-021	31.50	25m	30-3-76	Heemskerk (NED)	36
274.	Lange Sandra	67	08-021	31.50	25m	14-9-76	Heemskerk (NED)	36
274.	van der Veldt Sandra	72	08-021	31.50	25m	10-2-80	Heerhugowaard (NED)	36
277.	van Vliet Sandra	67	08-021	31.70	25m	30-3-76	Heemskerk (NED)	35
278.	Ververst Jacqueline	68	08-021	32.20	25m	14-9-76	Heemskerk (NED)	34
279.	de Wit Irene	68	08-021	32.30	25m	30-3-76	Heemskerk (NED)	33
280.	Welboren Carla	68	08-021	32.60	25m	30-3-76	Heemskerk (NED)	33
281.	de Graaf Marion	72	08-021	32.70	25m	10-2-80	Heerhugowaard (NED)	32
282.	Niessen Annemarie	67	08-021	33.00	25m	14-9-76	Heemskerk (NED)	31
282.	Atzei Sabina	71	08-021	33.00	25m	10-2-80	Heerhugowaard (NED)	31
284.	Raaymakers Marjolein	68	08-021	33.50	25m	14-9-76	Heemskerk (NED)	30
285.	Reitsma Liv	14	08-021	34.73	25m	15-12-22	Heemskerk (NED)	27
286.	Dorlandt Yvonne	69	08-021	35.50	25m	30-3-76	Heemskerk (NED)	25
287.	Windmuller Jolande	65	08-021	35.80	25m	14-9-76	Heemskerk (NED)	24
288.	Guldmond Collinda	68	08-021	38.00	25m	14-9-76	Heemskerk (NED)	20
289.	Berloth Lydia	68	08-021	39.80	25m	30-3-76	Heemskerk (NED)	18
290.	de Vries Sascha	69	08-021	41.80	25m	30-3-76	Heemskerk (NED)	15
291.	Mooy Monique	69	08-021	43.50	25m	30-3-76	Heemskerk (NED)	13
292.	Dekker Jane	17	08-021	46.85	25m	26-9-24	Heemskerk (NED)	11
293.	Beemsterboer Marianne	67	08-021	48.50	25m	30-3-76	Heemskerk (NED)	10
294.	Roostenberg Miriam	70	08-021	52.00	25m	14-9-76	Heemskerk (NED)	8
295.	van Roon Lexie	18	08-021	54.37	25m	26-9-24	Heemskerk (NED)	7

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1.	Kingma Danae	00	08-021	26.92	25m	29-1-16	Amsterdam (NED)	617
2.	Wentink Yara	04	08-021	27.37	25m	29-6-24	Rotterdam (NED)	588
3.	Schelvis Femke	84	08-021	27.68	25m	7-11-04	IJmuiden (NED)	568
4.	Smit Sanne	01	08-021	27.94	25m	17-11-18	Hoofddorp (NED)	552
5.	Drubers Mirjam	67	08-021	28.20	25m	31-12-84		537
5.	Siemerink Laura	04	08-021	28.20	25m	21-4-19	Haarlem (NED)	537
7.	de Groot Daniëlle	93	08-021	28.39	25m	21-6-08	Alkmaar (NED)	526
8.	Koster Lisa	94	08-021	28.40	50m	13-6-08	Drachten (NED)	578
9.	Broek Jade	97	08-021	28.47	25m	6-12-15	Purmerend (NED)	522
10.	Hoekstra Eline	03	08-021	28.51	25m	23-11-19	Hoofddorp (NED)	520
11.	Palmboom Nicole	91	08-021	28.58	25m	23-3-08	Haarlem (NED)	516
12.	Groen Anne	95	08-021	28.77	25m	13-10-16	Heemskerk (NED)	506
13.	Crok Linda	94	08-021	28.99	25m	24-4-11	Haarlem (NED)	494
14.	Meijer Sylvia	81	08-021	29.10	25m	6-4-97	Heemskerk (NED)	489
15.	Vink Lidewij	90	08-021	29.17	25m	29-5-08	Heemskerk (NED)	485
16.	van 't Veer Iris	03	08-021	29.36	25m	24-4-22	Den Helder (NED)	476
17.	Hoek Daniëlle	88	08-021	29.49	25m	28-12-04	Maastricht (NED)	470
18.	van de Poll Marianne	89	08-021	29.52	25m	29-1-04	Heemskerk (NED)	468
19.	Kleijne Daisy	89	08-021	29.57	25m	13-4-09	Haarlem (NED)	466
20.	van Rijn-Hofwegen Wilma	71	08-021	29.61	25m	1-12-13	Vlaardingen (NED)	464
21.	Herwegh Yara	07	08-021	29.79	25m	10-11-24	Purmerend (NED)	456
22.	Schuyt Simone	75	08-021	29.80	25m	22-1-89	Zaandam (NED)	455
22.	Hulshof Saskia	73	08-021	29.80	25m	11-3-90	Heemskerk (NED)	455
24.	Koopman Inge	93	08-021	29.82	25m	24-4-22	Den Helder (NED)	454
25.	Vink Marjolein	93	08-021	29.88	25m	8-4-07	Haarlem (NED)	451
26.	Verbree Bets	63	08-021	29.90	25m	5-4-81	Heemskerk (NED)	451
26.	Gijzen-van der Kroft Nicole	84	08-021	29.90	25m	27-9-01	Heemskerk	451
28.	Koper Fiona	01	08-021	30.05	25m	17-6-18	Alkmaar (NED)	444
29.	van Staveren Marina	78	08-021	30.06	25m	18-2-12	Heerenveen (NED)	443
30.	Zwarthoed Brenda	96	08-021	30.08	25m	31-5-08	Aalsmeer (NED)	442
31.	Stam Vanessa	80	08-021	30.10	25m	7-6-98	Zaandam (NED)	442
32.	Spijker Kristel	84	08-021	30.19	25m	27-2-10	Hoor (NED)	438
33.	Herwegh Binthy	09	08-021	30.23	25m	27-10-24	Zaandam (NED)	436
34.	Kramer Miranda	80	08-021	30.25	25m	15-11-98	Zaandam (NED)	435
35.	Stins Mariska	84	08-021	30.30	25m	11-4-10	Zaandam (NED)	433
36.	de Roode Xara	08	08-021	30.34	25m	10-11-24	Purmerend (NED)	431
37.	Crok Annemarie	89	08-021	30.36	25m	9-3-08	Heemskerk (NED)	430
38.	de Haan Shira	00	08-021	30.39	25m	13-10-16	Heemskerk (NED)	429
39.	Schelvis Roos	86	08-021	30.44	25m	4-11-99	Heemskerk (NED)	427
40.	Mallon Danique	94	08-021	30.47	25m	27-2-10	Hoor (NED)	426
41.	Jongema Helena	80	08-021	30.48	25m	2-2-08	Heerenveen (NED)	425
41.	Buur Naomi	01	08-021	30.48	25m	1-2-15	Zaandam (NED)	425
43.	van Ballegooie Simone	84	08-021	30.50	25m	26-4-01	Heemskerk (NED)	424
44.	Essers Sanne	91	08-021	30.55	25m	30-12-07	Maastricht (NED)	422
45.	van der Gracht Anouk	89	08-021	30.65	50m	25-5-13	Beverwijk (NED)	460
46.	de Boer Maia	03	08-021	30.68	50m	19-6-22	Bergbad Bückebug (GER)	459
47.	Besse Karen	75	08-021	30.70	25m	10-3-91	Heemskerk (NED)	416
47.	Stam Sabrina	82	08-021	30.70	25m	7-5-98	Heemskerk (NED)	416
49.	Visser Kelly	89	08-021	30.78	25m	11-10-12	Heemskerk (NED)	413
50.	Petit Kirsten	00	08-021	31.01	25m	30-12-16	Leeuwarden (NED)	404
51.	Limmen Karin	76	08-021	31.10	25m	14-4-93		400
52.	Zonneveld Chantal	84	08-021	31.12	25m	26-10-00	Heemskerk (NED)	400
52.	Stel Serena	98	08-021	31.12	25m	5-4-10	Haarlem (NED)	400

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54.	Renkema Iris	04	08-021	31.25	25m	11-11-17	Hoofddorp (NED)	395
55.	Butter Anouk	82	08-021	31.26	25m	8-4-07	Haarlem (NED)	394
56.	Meijer Linda	77	08-021	31.30	25m	5-4-92	Heemskerk (NED)	393
57.	van Rookhuizen Sieta	79	08-021	31.36	25m	4-11-99	Heemskerk (NED)	390
58.	Haasbroek Renske	03	08-021	31.37	25m	24-11-24	Den Haag (NED)	390
59.	Hogema Fabiën	93	08-021	31.44	25m	8-4-07	Haarlem (NED)	387
60.	Koopman Anitra	89	08-021	31.46	25m	27-1-05	Heemskerk (NED)	387
61.	van der Geest Saskia	73	08-021	31.50	25m	13-12-89		385
61.	de Boer Irene	84	08-021	31.50	25m	19-4-98	Zaandam (NED)	385
63.	Dijkstra Lisette	86	08-021	31.51	25m	10-1-99	Zuidoost Beemster (NED)	385
64.	Windmuller Wendy	69	08-021	31.60	25m	21-5-87	Heemskerk (NED)	382
65.	de Graaf Annemiek	70	08-021	31.80	25m	21-5-87	Heemskerk (NED)	374
66.	ten Bokkel Henriëke	94	08-021	31.82	25m	17-5-18	Heemskerk (NED)	374
67.	Vredenburg Roos	95	08-021	31.84	25m	4-4-10	Haarlem (NED)	373
68.	Zwaan Melissa	91	08-021	31.88	25m	28-12-03	Maastricht (NED)	372
69.	Ivens Suzanne	99	08-021	31.96	25m	6-10-13	Heemskerk (NED)	369
70.	van Honk Chantal	80	08-021	32.00	25m	14-4-93		367
71.	de Wildt Maud	05	08-021	32.07	25m	23-11-19	Hoofddorp (NED)	365
72.	de Groot Gitta	60	08-021	32.10	25m	12-2-78	Heemskerk (NED)	364
72.	van Galen Angela	65	08-021	32.10	25m	5-4-81	Heemskerk (NED)	364
74.	Blaauw Yente	03	08-021	32.12	25m	15-10-17	Alkmaar (NED)	363
75.	Bos Marieke	06	08-021	32.16	25m	23-11-19	Hoofddorp (NED)	362
76.	van Koeveringe Nicole	93	08-021	32.18	25m	23-4-09	Heemskerk (NED)	361
77.	Niësten Iris	92	08-021	32.19	50m	13-4-08	Antwerpen (BEL)	397
78.	van Sikkelerus Lisa	99	08-021	32.22	25m	6-10-13	Heemskerk (NED)	360
79.	van Duin Margret	60	08-021	32.30	25m	12-2-78	Heemskerk (NED)	357
79.	Bakkum Wilma	62	08-021	32.30	25m	27-9-80	Heemskerk (NED)	357
79.	Heus Pauline	78	08-021	32.30	25m	16-11-97	Zaandam (NED)	357
79.	van Langelaar Tessa	97	08-021	32.30	25m	12-2-12	Heemstede (NED)	357
83.	Teufer Irene	96	08-021	32.34	25m	13-1-08	Heemskerk (NED)	356
84.	Hoffland Yasmin	01	08-021	32.36	25m	9-11-17	Heemskerk (NED)	355
85.	van Giezen Sandra	63	08-021	32.40	25m	2-3-80	Heemskerk (NED)	354
85.	Hermans Liesbeth	66	08-021	32.40	25m	28-9-80	Zaandam (NED)	354
87.	Schoonderwoerd Rianne	95	08-021	32.41	50m	28-5-23	Arnsberg (GER)	389
88.	van Huisstede Nikita	01	08-021	32.43	25m	13-10-16	Heemskerk (NED)	353
89.	van Vliet Isabel	02	08-021	32.48	50m	25-3-18	Alkmaar (NED)	387
90.	Plokker Sylvia	68	08-021	32.50	25m	7-3-82		351
91.	de Vries Chrissie	93	08-021	32.58	25m	25-1-07	Heemskerk (NED)	348
92.	Krouwels Tanja	79	08-021	32.60	25m	19-4-98	Zaandam (NED)	347
93.	van Eerden Meike	00	08-021	32.61	25m	24-3-19	Purmerend (NED)	347
94.	Boekling Annette	85	08-021	32.63	25m	26-4-01	Heemskerk (NED)	347
95.	de Boer Angela	80	08-021	32.70	25m	24-4-94	Zaandam (NED)	344
96.	Scholten Britt	04	08-021	32.75	25m	11-2-18	Zaandam (NED)	343
97.	Oosterveen Yvonne	80	08-021	32.90	25m	14-4-93		338
98.	de Ruijter Linda	87	08-021	32.93	25m	23-3-03	Heemstede	337
99.	Poppema Yvonne	68	08-021	33.00	25m	23-9-84	Heemskerk (NED)	335
100.	Veldhuis Amelia	03	08-021	33.01	25m	4-10-20	Heemskerk (NED)	335
101.	Smid Diane	65	08-021	33.18	25m	13-5-07	Grootebroek (NED)	330
102.	van der Horst Sacha	69	08-021	33.20	25m	11-12-83	Heemskerk (NED)	329
102.	de Boer Claudia	77	08-021	33.20	25m	10-3-91	Heemskerk (NED)	329
102.	van Assema Eline	05	08-021	33.20	25m	19-9-21	Zaandam (NED)	329
105.	van Giezen Corina	68	08-021	33.30	25m	23-9-84	Heemskerk (NED)	326
106.	Deiman Caroline	67	08-021	33.40	25m	13-12-89		323

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107.	Angenent Nienke	01	08-021	33.42	25m	18-1-15	Zaandam (NED)	322
107.	van Rijn Sydney	03	08-021	33.42	25m	9-11-17	Heemskerk (NED)	322
109.	van Ballegooie Stefanie	86	08-021	33.58	25m	25-10-01	Heemskerk	318
110.	Oudendijk Bianca	79	08-021	33.60	25m	14-4-96	Zaandam (NED)	317
111.	Regelink Anneke	83	08-021	33.62	25m	26-11-98	Heemskerk (NED)	317
112.	Visser Stacey	87	08-021	33.64	25m	25-10-01	Heemskerk	316
113.	Pover Karin	67	08-021	33.80	25m	27-9-80	Heemskerk (NED)	312
113.	Tholen Kirsten	66	08-021	33.80	25m	23-9-84	Heemskerk (NED)	312
115.	de Wolff Isabel	01	08-021	33.82	25m	13-10-16	Heemskerk (NED)	311
116.	Knight Kayleigh	00	08-021	33.83	25m	13-10-16	Heemskerk (NED)	311
117.	Peters Yvonne	63	08-021	33.90	25m	11-12-83	Heemskerk (NED)	309
117.	van Giezen Irene	67	08-021	33.90	25m	11-12-83	Heemskerk (NED)	309
119.	Deen Annette	60	08-021	34.00	25m	30-3-76	Heemskerk (NED)	306
119.	Munnik Yvonne	64	08-021	34.00	25m	12-2-78	Heemskerk (NED)	306
119.	Dijkstra Ingrid	68	08-021	34.00	25m	3-4-82	Heemskerk (NED)	306
119.	Moolevliet Petra	82	08-021	34.00	25m	26-11-95	Heemskerk (NED)	306
123.	Buur Cindy	99	08-021	34.01	25m	13-10-16	Heemskerk (NED)	306
124.	van Velsen Patricia	79	08-021	34.10	25m	29-10-95	Castricum (NED)	304
125.	Rodenburg Rianne	93	08-021	34.18	25m	25-2-06	Hoor (NED)	301
126.	Schaefer Lisa	06	08-021	34.19	50m	30-11-19	Beverwijk (NED)	331
127.	ten Cate Joyce	80	08-021	34.23	25m	9-3-08	Heemskerk (NED)	300
128.	Zonneveld Cindy	75	08-021	34.30	25m	19-1-94		298
128.	Dijkstra Maud	84	08-021	34.30	25m	7-5-98	Heemskerk (NED)	298
130.	van Leeuwen Andrea	71	08-021	34.40	25m	11-12-83	Heemskerk (NED)	296
131.	Lindelauf Priscilla	85	08-021	34.46	25m	25-10-01	Heemskerk	294
132.	Dreyer Elly	63	08-021	34.50	25m	2-3-80	Heemskerk (NED)	293
132.	Bruin Marianne	78	08-021	34.50	25m	4-11-90	Zaandam (NED)	293
132.	Nijman José	93	08-021	34.50	25m	25-10-08	Hoor (NED)	293
135.	Venema Jalina	04	08-021	34.53	25m	13-10-16	Heemskerk (NED)	292
136.	Koper Birgit	87	08-021	34.61	25m	22-12-02	Zaandam	290
137.	Raszinski Nienke	01	08-021	34.62	25m	19-1-14	Zaandam (NED)	290
138.	Walraven Annet	62	08-021	34.70	25m	12-2-78	Heemskerk (NED)	288
138.	Limmen Miriam	75	08-021	34.70	25m	14-3-91	Heemskerk (NED)	288
140.	Liefting Sarina	93	08-021	34.78	25m	25-1-07	Heemskerk (NED)	286
141.	Groot Tineke	60	08-021	34.90	25m	2-3-80	Heemskerk (NED)	283
141.	van de Kamp Yvonne	65	08-021	34.90	25m	7-3-82		283
141.	Bruin Adri	74	08-021	34.90	25m	14-12-88		283
141.	Bakker Jesca	79	08-021	34.90	25m	31-5-90	Heemskerk (NED)	283
141.	de Vries Cathy	77	08-021	34.90	25m	24-3-91	Zaandam (NED)	283
141.	van der Eng Laura	80	08-021	34.90	25m	22-9-96	Heemskerk (NED)	283
147.	Hommersen Sandra	84	08-021	34.93	25m	17-1-99	Heemskerk (NED)	282
148.	Horst Diana	67	08-021	35.00	25m	22-3-81	Wieringerwerf (NED)	281
148.	Bos Chantal	74	08-021	35.00	25m	5-10-88		281
150.	de Vriend Sofie	01	08-021	35.04	25m	3-3-13	Purmerend (NED)	280
151.	Grul Lisanne	97	08-021	35.06	50m	16-6-13	Beverwijk (NED)	307
152.	Niesten Annet	62	08-021	35.10	25m	14-9-76	Heemskerk (NED)	278
152.	Missot Gonda	66	08-021	35.10	25m	2-3-80	Heemskerk (NED)	278
152.	de Vries Justine	83	08-021	35.10	25m	22-9-96	Heemskerk (NED)	278
155.	Nijholt Carin	60	08-021	35.20	25m	12-2-78	Heemskerk (NED)	276
155.	van Giezen Wendy	70	08-021	35.20	25m	11-12-83	Heemskerk (NED)	276
155.	Huisman Jolanda	68	08-021	35.20	25m	23-9-84	Heemskerk (NED)	276
158.	Bouwman Esther	63	08-021	35.30	25m	1-9-79	Heemskerk (NED)	274
159.	Visser Shana	04	08-021	35.32	50m	20-5-17	Alkmaar (NED)	300

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160.	ten Cate Ilona	85	08-021	35.35	25m	27-1-05	Heemskerk (NED)	272
161.	Huisman Caroline	64	08-021	35.50	25m	12-2-78	Heemskerk (NED)	269
161.	de Graaf Dinie	71	08-021	35.50	25m	11-12-83	Heemskerk (NED)	269
163.	Zonneveld Melissa	88	08-021	35.54	25m	27-1-05	Heemskerk (NED)	268
164.	Reijnders Sandra	64	08-021	35.90	25m	13-12-81	Volendam (NED)	260
164.	Cappelle Carlijn	82	08-021	35.90	25m	8-3-98	Zaandam (NED)	260
166.	Bouwer Jolien	89	08-021	35.91	25m	30-1-03	Heemskerk	260
167.	Ardicyaka Irem	06	08-021	35.94	25m	8-10-20	Heemskerk (NED)	259
168.	Wiesener Winnifred	62	08-021	36.00	25m	7-12-76	Heemskerk (NED)	258
168.	Nemchonok Alisa	82	08-021	36.00	25m	26-11-98	Heemskerk (NED)	258
170.	van Baar Monique	73	08-021	36.10	25m	5-10-88		256
171.	de Pree Marlies	66	08-021	36.20	25m	10-2-80	Heerhugowaard (NED)	254
172.	Buitenhuis Danine	91	08-021	36.27	25m	30-1-03	Heemskerk	252
173.	Wieman Lianne	03	08-021	36.31	25m	11-10-18	Heemskerk (NED)	251
174.	Martens Iandra	03	08-021	36.48	25m	24-9-15	Heemskerk (NED)	248
175.	Schaaper Margriet	62	08-021	36.50	25m	1-9-79	Heemskerk (NED)	247
175.	Windmuller Annemarie	67	08-021	36.50	25m	2-3-80	Heemskerk (NED)	247
177.	Steenkamp Ciska	90	08-021	36.58	25m	25-10-01	Heemskerk	246
178.	Mulder Amy	80	08-021	36.60	25m	14-4-93		245
178.	Limmen Anita	78	08-021	36.60	25m	14-4-93		245
178.	Hoek Laura	86	08-021	36.60	50m	4-6-00	Beverwijk (NED)	270
181.	Splinter Nathalie	75	08-021	36.70	25m	15-12-88	Heemskerk (NED)	243
182.	de Loos Marijke	94	08-021	36.88	25m	30-9-10	Heemskerk (NED)	240
183.	Huneker Jolanda	79	08-021	36.90	25m	5-10-97	Zaandam (NED)	239
184.	Molenaar Eline	82	08-021	36.97	25m	4-11-99	Heemskerk (NED)	238
185.	Besse Meta	78	08-021	37.00	25m	4-11-90	Zaandam (NED)	238
186.	van Kooten Cynthia	93	08-021	37.01	25m	23-4-06	Zaandam (NED)	237
187.	Steenbakker Lisan	07	08-021	37.07	25m	4-4-24	Heemskerk (NED)	236
188.	Oortwijn Jytte	10	08-021	37.08	25m	26-9-24	Heemskerk (NED)	236
189.	Visser Robin	05	08-021	37.09	50m	20-5-17	Alkmaar (NED)	259
190.	Geurtsen Daisy	89	08-021	37.19	25m	25-10-01	Heemskerk	234
191.	Berloth Lydia	68	08-021	37.20	25m	11-12-83	Heemskerk (NED)	234
192.	Cappelle Marcella	85	08-021	37.25	25m	15-11-98	Zaandam (NED)	233
193.	de Groot Sjors	08	08-021	37.27	50m	9-6-24	Bückerburg (GER)	256
194.	Kerkhoven Michelle	91	08-021	37.34	25m	25-3-01	Heerhugowaard (NED)	231
195.	Smit Lydia	84	08-021	37.60	25m	7-5-98	Heemskerk (NED)	226
196.	Sobh Shaime	03	08-021	37.66	25m	24-9-15	Heemskerk (NED)	225
197.	Borg Karin	61	08-021	37.70	25m	16-3-80	Heemskerk (NED)	225
197.	Aafjes Suzan	69	08-021	37.70	25m	22-3-81	Wieringerwerf (NED)	225
197.	van Tellingen Ingrid	66	08-021	37.70	25m	13-12-81	Volendam (NED)	225
197.	Beekma Anne	88	08-021	37.70	25m	21-4-02	Heemstede	225
201.	de Groot Marlijn	92	08-021	37.75	25m	14-11-04	Zaandam (NED)	224
202.	Groot Irma	63	08-021	37.80	25m	17-9-77	Heemskerk (NED)	223
202.	Stel Kaylin	01	08-021	37.80	25m	5-4-10	Haarlem (NED)	223
204.	de Graaf Isabella	04	08-021	37.88	25m	11-10-18	Heemskerk (NED)	221
205.	van der Horst Wendy	72	08-021	38.00	25m	31-12-81		219
205.	Meesters Audrey	90	08-021	38.00	25m	30-1-03	Heemskerk	219
207.	Teunissen Petra	64	08-021	38.10	25m	17-9-77	Heemskerk (NED)	217
207.	Ikink Marion	66	08-021	38.10	25m	29-11-82	Heemskerk (NED)	217
207.	de Groot Linda	81	08-021	38.10	25m	12-12-96	Heemskerk (NED)	217
210.	Mosch Sabina	84	08-021	38.17	25m	17-1-99	Heemskerk (NED)	216
211.	Weezepeel Natascha	07	08-021	38.24	25m	3-10-21	Den Helder (NED)	215
212.	Gelsumino Giulia	03	08-021	38.26	25m	24-9-15	Heemskerk (NED)	215

50 vrije slag (sinds 213)

213.	Koopman Jessie	97	08-021	38.28	25m	7-2-10	Heemstede (NED)	214
214.	Zonneveld Monica	80	08-021	38.40	25m	22-9-91	Zaandam (NED)	212
215.	Glorie Astrid	63	08-021	38.50	25m	7-12-76	Heemskerk (NED)	211
216.	Beentjes Nicolet	80	08-021	38.58	25m	11-10-98	Alkmaar (NED)	209
217.	Keessen Pam	62	08-021	38.60	25m	7-12-76	Heemskerk (NED)	209
217.	Gerritsen Jolanda	64	08-021	38.60	25m	17-9-77	Heemskerk (NED)	209
219.	Lund Karin	63	08-021	38.70	25m	14-9-76	Heemskerk (NED)	208
220.	Bakker Anna	97	08-021	38.79	25m	29-5-08	Heemskerk (NED)	206
221.	Welboren Els	64	08-021	38.90	25m	17-9-77	Heemskerk (NED)	204
221.	van Leen Cynthia	81	08-021	38.90	25m	8-2-96	Heemskerk (NED)	204
223.	van Rijn Eline	07	08-021	38.94	25m	14-5-17	Haarlem (NED)	204
224.	Watertor Anne-Marie	65	08-021	39.00	25m	7-12-76	Heemskerk (NED)	203
224.	Ligterink Angela	76	08-021	39.00	25m	8-3-87	Zaandam (NED)	203
226.	Terhorst Ilja	67	08-021	39.20	25m	27-9-80	Heemskerk (NED)	200
227.	Last Rooske	94	08-021	39.28	25m	24-5-10	Purmerend (NED)	198
228.	van Son Sandra	72	08-021	39.40	25m	2-9-84	Heemskerk (NED)	197
229.	Brands Ingrid	72	08-021	39.60	25m	30-11-86	Heemskerk (NED)	194
230.	van Putten Demi	96	08-021	39.64	25m	14-4-11	Heemskerk (NED)	193
231.	Essers Patricia	84	08-021	39.70	25m	20-5-99	Heemskerk (NED)	192
232.	Rasch Monique	66	08-021	39.80	25m	10-2-80	Heerhugowaard (NED)	191
232.	Viel Bianca	85	08-021	39.80	25m	5-3-98	Heemskerk (NED)	191
234.	van Eif Lia	60	08-021	39.90	25m	16-3-80	Heemskerk (NED)	189
234.	de Nijs Martine	71	08-021	39.90	25m	2-9-84	Heemskerk (NED)	189
236.	Sahin Sümeyye Sena	10	08-021	39.94	25m	12-11-23	Den Helder (NED)	189
237.	Bruins Julia	06	08-021	39.95	25m	26-9-24	Heemskerk (NED)	189
238.	Palthe Yvonne	67	08-021	40.00	25m	7-11-81	Heemskerk (NED)	188
238.	van der Kolk Renate	66	08-021	40.00	25m	3-4-82	Heemskerk (NED)	188
238.	Potemans Priscilla	84	08-021	40.00	25m	5-10-97	Zaandam (NED)	188
241.	Elghandor Kiyaan	03	08-021	40.01	25m	24-9-15	Heemskerk (NED)	188
242.	Pover Ellen	72	08-021	40.10	25m	11-12-83	Heemskerk (NED)	186
243.	van Gent Anja	66	08-021	40.30	25m	10-2-80	Heerhugowaard (NED)	184
243.	Dijkstra Janet	77	08-021	40.30	25m	15-12-88	Heemskerk (NED)	184
245.	Sierra Ana Maria	69	08-021	40.50	25m	3-4-82	Heemskerk (NED)	181
246.	Schelvis Liselot	92	08-021	40.58	25m	27-5-04	Heemskerk (NED)	180
247.	Bakker Lisette	83	08-021	40.60	25m	7-5-98	Heemskerk (NED)	180
248.	Dekker Elise	97	08-021	40.69	25m	15-1-06	Zaandam (NED)	178
249.	Bos Annelies	74	08-021	40.70	25m	22-3-87	Heerhugowaard (NED)	178
250.	Welboren Trudy	61	08-021	40.90	25m	17-9-77	Heemskerk (NED)	176
251.	Zeeman Judith	70	08-021	41.10	25m	29-11-82	Heemskerk (NED)	173
251.	Zijlstra Mariëlle	83	08-021	41.10	25m	26-11-95	Heemskerk (NED)	173
253.	Dijkstra Pascal	89	08-021	41.11	25m	26-11-98	Heemskerk (NED)	173
254.	Rodenburg Kyra	96	08-021	41.18	25m	28-10-06	Hoor (NED)	172
255.	Hoogervorst Marlon	84	08-021	41.20	25m	26-1-95	Heemskerk (NED)	172
256.	van Perlo Ingrid	73	08-021	41.30	25m	11-12-83	Heemskerk (NED)	171
257.	Nobels Marlies	65	08-021	41.60	25m	7-12-76	Heemskerk (NED)	167
257.	Koper Selma	03	08-021	41.60	25m	21-4-13	Heemskerk (NED)	167
259.	Hoeksema Kim	90	08-021	41.67	25m	25-10-01	Heemskerk	166
260.	Doodeman Sara	00	08-021	41.90	25m	14-11-10	Castricum (NED)	163
261.	Rijkema Marije	85	08-021	41.98	25m	25-10-01	Heemskerk	162
262.	Smit Ingrid	67	08-021	42.00	25m	2-3-80	Heemskerk (NED)	162
262.	Schijf Irene	83	08-021	42.00	25m	15-6-95	Heemskerk (NED)	162
264.	Luesken Marian	62	08-021	42.10	25m	30-3-76	Heemskerk (NED)	161
264.	Feenstra Petra	71	08-021	42.10	25m	11-12-83	Heemskerk (NED)	161

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264.	van Ederen Jasmijn	10	08-021	42.10	25m	19-9-19	Heemskerk (NED)	161
267.	de Boer Isabel	06	08-021	42.11	25m	24-1-16	Zaandam (NED)	161
268.	Pezo Adna	90	08-021	42.17	25m	27-9-01	Heemskerk	160
269.	van den Braber Liesbeth	84	08-021	42.18	25m	26-11-98	Heemskerk (NED)	160
270.	Hoekstra Karin	76	08-021	42.30	25m	15-3-87	Heemskerk (NED)	159
271.	Butter Noor	16	08-021	42.32	25m	19-1-25	Krommenie (NED)	159
272.	Nijman Linda	89	08-021	42.45	25m	25-3-01	Heerhugowaard (NED)	157
273.	de Bruin Debby	70	08-021	42.50	25m	29-11-82	Heemskerk (NED)	157
274.	Wissenburg Petra	65	08-021	42.60	25m	7-12-76	Heemskerk (NED)	155
275.	van der Does Lisa	02	08-021	42.61	25m	21-4-14	Haarlem (NED)	155
276.	Lange Sandra	67	08-021	42.80	25m	16-3-80	Heemskerk (NED)	153
277.	Schut Bodine	09	08-021	42.84	25m	7-10-21	Heemskerk (NED)	153
278.	Snijder Femke	83	08-021	43.00	25m	24-3-94	Heemskerk (NED)	151
279.	Lensen Sarian	89	08-021	43.07	25m	31-1-02	Heemskerk	150
280.	Pirovano Monique	69	08-021	43.10	25m	16-3-80	Heemskerk (NED)	150
281.	Yayli Serina	90	08-021	43.52	25m	24-3-02	Heemstede	146
281.	Terluin Suus	09	08-021	43.52	25m	13-10-19	Heemskerk (NED)	146
283.	Copier Alyssa	04	08-021	43.53	25m	2-3-14	Haarlem (NED)	146
284.	Willemse Renee	75	08-021	43.80	25m	29-9-85	Heemskerk (NED)	143
285.	Aardenburg Judith	93	08-021	43.82	25m	24-2-05	Heemskerk (NED)	143
286.	van der Vaart Monique	70	08-021	43.90	25m	29-11-82	Heemskerk (NED)	142
286.	Hoolwerff Esther	77	08-021	43.90	25m	8-3-87	Zaandam (NED)	142
288.	Bok Femke	74	08-021	44.00	25m	2-9-84	Heemskerk (NED)	141
289.	Palthe Monique	64	08-021	44.10	25m	7-12-76	Heemskerk (NED)	140
289.	Mans Joyce	67	08-021	44.10	25m	16-3-80	Heemskerk (NED)	140
291.	van Galen Lia	62	08-021	44.30	25m	16-3-80	Heemskerk (NED)	138
291.	Wiegman Brenda	72	08-021	44.30	25m	11-12-83	Heemskerk (NED)	138
291.	van der Wijden Eline	88	08-021	44.30	25m	26-10-00	Heemskerk (NED)	138
294.	Doevendans Phileine	06	08-021	44.32	25m	19-5-16	Heemskerk (NED)	138
295.	Zwart Ellen	65	08-021	44.40	25m	7-12-76	Heemskerk (NED)	137
296.	Ligthart Danique	07	08-021	44.49	25m	8-10-20	Heemskerk (NED)	136
297.	van Heerwaarden Vera	03	08-021	44.69	25m	5-3-20	Heemskerk (NED)	135
298.	Buur Carina	64	08-021	44.70	25m	7-12-76	Heemskerk (NED)	134
298.	Renkema Marianne	70	08-021	44.70	25m	29-11-82	Heemskerk (NED)	134
300.	Kesting Alexandra	00	08-021	44.76	25m	17-4-11	Zaandam (NED)	134
301.	Koper Ella	90	08-021	44.78	25m	25-10-01	Heemskerk	134
302.	Beentjes Daphne	91	08-021	44.87	25m	27-4-03	Zaandam	133
303.	Huisman Lianne	87	08-021	44.88	25m	22-2-01	Heemskerk (NED)	133
304.	Vonk Bea	67	08-021	44.90	25m	3-4-82	Heemskerk (NED)	133
304.	Reyners Lisette	69	08-021	44.90	25m	29-11-82	Heemskerk (NED)	133
306.	Herwegh Izayra Rena	14	08-021	44.96	50m	7-12-24	Beverwijk (NED)	145
307.	Broers Margot	63	08-021	45.00	25m	17-9-77	Heemskerk (NED)	132
308.	Werdekker Marjolein	81	08-021	45.20	25m	12-12-96	Heemskerk (NED)	130
309.	van der Werf Chily	72	08-021	45.30	25m	29-11-82	Heemskerk (NED)	129
310.	Koper Leny	69	08-021	45.60	25m	10-2-80	Heerhugowaard (NED)	127
311.	Hoekstra Femke	05	08-021	45.61	25m	18-9-14	Heemskerk (NED)	127
312.	Bos Froke	69	08-021	45.70	25m	10-2-80	Heerhugowaard (NED)	126
313.	Salido Keesje	05	08-021	45.72	25m	4-10-15	Purmerend (NED)	126
314.	Calkhoven Mariëtte	65	08-021	45.80	25m	14-9-76	Heemskerk (NED)	125
315.	Bovekerk Annefleur	99	08-021	46.06	25m	30-9-10	Heemskerk (NED)	123
316.	Liefting Marielle	90	08-021	46.08	25m	28-2-02	Heemskerk	123
317.	Dekker Danyk	94	08-021	46.41	25m	31-1-08	Heemskerk (NED)	120
318.	Eijndhoven Jonna	02	08-021	46.70	25m	11-10-12	Heemskerk (NED)	118

50 vrije slag (sinds 319)

319.	Vellinga Yvonne	64	08-021	46.80	25m	14-9-76	Heemskerk (NED)	117
320.	Salem Lamies	03	08-021	46.85	25m	14-1-18	Purmerend (NED)	117
321.	Kuijper Michelle	91	08-021	47.12	25m	13-1-02	Zaandam	115
322.	van Perlo Carla	75	08-021	47.20	25m	2-9-84	Heemskerk (NED)	114
323.	Oliveira Rocha Yara	17	08-021	47.36	25m	20-10-24	Heemskerk (NED)	113
324.	Boonstra Esmé	02	08-021	47.38	25m	10-2-13	Haarlem (NED)	113
325.	van Tol Sarjenka	97	08-021	47.53	25m	5-10-08	Heemskerk (NED)	112
326.	Welboren Julia	00	08-021	47.79	25m	6-10-11	Heemskerk (NED)	110
327.	van Duin Gardine	65	08-021	47.80	25m	17-9-77	Heemskerk (NED)	110
328.	Haack Fenna	16	08-021	47.83	25m	9-2-25	Krommenie (NED)	110
329.	van den Heuvel Sandra	80	08-021	47.90	25m	1-3-90	Heemskerk (NED)	109
330.	van Duivenvoorde Sanne	93	08-021	47.99	25m	26-9-02	Heemskerk	109
331.	van Ruth Yoore	78	08-021	48.00	25m	13-6-91	Heemskerk (NED)	109
331.	Post Aijuna	14	08-021	48.00	25m	26-9-24	Heemskerk (NED)	109
333.	van Loon Monique	66	08-021	48.10	25m	29-11-82	Heemskerk (NED)	108
334.	Hoorn Linsey	94	08-021	48.58	25m	28-4-05	Heemskerk (NED)	105
335.	Gijzen Monique	68	08-021	48.60	25m	22-4-78	Heemskerk (NED)	105
335.	Homminga Anita	69	08-021	48.60	25m	3-4-82	Heemskerk (NED)	105
337.	Banks Riley	17	08-021	48.61	25m	27-10-24	Zaandam (NED)	104
338.	Tilgenkamp Lentley	13	08-021	48.67	25m	12-1-25	Heemskerk (NED)	104
339.	Jansen Pauline	67	08-021	49.00	25m	3-4-82	Heemskerk (NED)	102
340.	Doll Maartje	80	08-021	49.10	25m	12-5-93		101
341.	van der Leden Laura	68	08-021	49.20	25m	10-12-77	Heemskerk (NED)	101
342.	Mooy Monique	69	08-021	49.30	25m	10-2-80	Heerhugowaard (NED)	100
343.	de Weers Anne-Michelle	63	08-021	49.40	25m	7-12-76	Heemskerk (NED)	100
343.	Reiss Katinka	65	08-021	49.40	25m	7-12-76	Heemskerk (NED)	100
345.	Kragt Kirsten	10	08-021	49.44	25m	1-2-24	Heemskerk (NED)	99
346.	Zuidervaart Anne	02	08-021	49.65	25m	12-2-12	Haarlem (NED)	98
347.	Zonneveld Jennifer	88	08-021	49.77	25m	25-10-01	Heemskerk	97
348.	van Galen Marion	61	08-021	49.80	25m	7-12-76	Heemskerk (NED)	97
349.	van Dam Merel	14	08-021	50.17	25m	9-2-25	Krommenie (NED)	95
350.	Hoogeland Ria	65	08-021	50.60	25m	17-9-77	Heemskerk (NED)	93
351.	van Dijk Yvonne	65	08-021	50.80	25m	14-9-76	Heemskerk (NED)	91
352.	Numan Annelies	63	08-021	50.90	25m	7-12-76	Heemskerk (NED)	91
352.	van der Vaart Marjolijn	69	08-021	50.90	25m	29-11-82	Heemskerk (NED)	91
354.	Kerkmeester Priscilla	96	08-021	51.21	25m	28-9-06	Heemskerk (NED)	89
355.	Jonker Monique	66	08-021	51.30	25m	7-12-76	Heemskerk (NED)	89
356.	van Laarhoven Salome	15	08-021	51.32	25m	9-2-25	Krommenie (NED)	89
357.	Reuderink Miranda	63	08-021	51.40	25m	17-9-77	Heemskerk (NED)	88
358.	van 't Hof Manon	90	08-021	51.53	25m	21-4-02	Heemstede	88
359.	van Wijngaarden Linda	65	08-021	51.70	25m	7-12-76	Heemskerk (NED)	87
359.	de Buyzer Anita	67	08-021	51.70	25m	10-2-80	Heerhugowaard (NED)	87
361.	Hol Manouk	05	08-021	51.86	25m	23-4-15	Heemskerk (NED)	86
362.	Werdekker Esther	83	08-021	52.30	25m	13-2-97	Heemskerk (NED)	84
363.	Kuijl Karin	65	08-021	52.50	25m	7-12-76	Heemskerk (NED)	83
363.	van Rijn Ilona	65	08-021	52.50	25m	7-12-76	Heemskerk (NED)	83
365.	van Duivenvoorde Jose	70	08-021	52.70	25m	29-11-82	Heemskerk (NED)	82
366.	Bruins Bianca	81	08-021	52.80	25m	11-12-96		81
367.	Morianner Susanna	72	08-021	53.00	25m	11-10-81	Heemskerk (NED)	80
367.	van Noort Jony	85	08-021	53.00	25m	8-2-96	Heemskerk (NED)	80
369.	Beemsterboer Petra	68	08-021	53.50	25m	16-3-80	Heemskerk (NED)	78
370.	Sanen Casey	99	08-021	53.75	25m	19-11-09	Heemskerk (NED)	77
371.	Boere Sacha	91	08-021	53.82	25m	30-9-04	Heemskerk (NED)	77

50 vrije slag (sinds 372)

372.	Janssen Tess	89	08-021	53.90	25m	19-4-98	Zaandam (NED)	76
373.	de Ruyter Yvonne	71	08-021	54.00	25m	29-11-82	Heemskerk (NED)	76
374.	van Duivenvoorde Gerda	72	08-021	54.10	25m	29-11-82	Heemskerk (NED)	76
375.	Nobels Annita	68	08-021	54.20	25m	7-12-76	Heemskerk (NED)	75
375.	van Megen Carla	65	08-021	54.20	25m	7-12-76	Heemskerk (NED)	75
377.	Schoonenberg Patricia	72	08-021	54.50	25m	29-11-82	Heemskerk (NED)	74
378.	Breems Silvia	65	08-021	55.00	25m	7-12-76	Heemskerk (NED)	72
378.	de Wit Yvonne	66	08-021	55.00	25m	7-12-76	Heemskerk (NED)	72
380.	Claesens Freeke	64	08-021	55.20	25m	14-9-76	Heemskerk (NED)	71
381.	Kraamer Carla	66	08-021	55.40	25m	7-12-76	Heemskerk (NED)	70
382.	Heus Inge	81	08-021	55.80	25m	13-6-91	Heemskerk (NED)	69
383.	Slotemaker Britt	14	08-021	56.33	25m	24-11-24	Zaandam (NED)	67
384.	van der Helm Martine	72	08-021	56.60	25m	29-11-82	Heemskerk (NED)	66
385.	Beentjes Esther	66	08-021	56.90	25m	7-12-76	Heemskerk (NED)	65
386.	de Caluwe Joyce	94	08-021	57.26	25m	27-3-03	Heemskerk	64
387.	Breems Jolanda	62	08-021	57.40	25m	7-12-76	Heemskerk (NED)	63
388.	van der Leden Cynthia	66	08-021	58.10	25m	30-3-76	Heemskerk (NED)	61
389.	Woering Aletta	64	08-021	58.30	25m	7-12-76	Heemskerk (NED)	60
390.	Halbersma Jenny	70	08-021	58.40	25m	7-11-81	Heemskerk (NED)	60
390.	Atzei Sabina	71	08-021	58.40	25m	29-11-82	Heemskerk (NED)	60
392.	Mul Marinette	72	08-021	59.00	25m	29-11-82	Heemskerk (NED)	58
393.	van Roon Jill	14	08-021	59.16	25m	9-2-25	Krommenie (NED)	58
394.	Kerdijk Lianne	81	08-021	59.20	25m	10-1-91	Heemskerk (NED)	58
395.	Koppes Monique	69	08-021	1:00.00	25m	10-2-80	Heerhugowaard (NED)	55
396.	Haack Zowi	18	08-021	1:00.25	25m	9-2-25	Krommenie (NED)	55
397.	ten Cate Naomi	93	08-021	1:00.38	25m	27-3-03	Heemskerk	54
398.	van Zalingen Margreet	67	08-021	1:00.90	25m	7-12-76	Heemskerk (NED)	53
399.	Schuyt Patricia	77	08-021	1:01.00	25m	21-5-87	Heemskerk (NED)	53
400.	Beentjes Karin	72	08-021	1:01.30	25m	29-11-82	Heemskerk (NED)	52
401.	Vet Mariska	66	08-021	1:01.80	25m	7-12-76	Heemskerk (NED)	51
402.	Zieck Esther	67	08-021	1:03.20	25m	7-12-76	Heemskerk (NED)	47
403.	Jonker Nicole	68	08-021	1:03.50	25m	7-12-76	Heemskerk (NED)	47
404.	Gravemaker Sandra	68	08-021	1:06.00	25m	7-12-76	Heemskerk (NED)	41
405.	Gozeling Monique	67	08-021	1:06.50	25m	7-12-76	Heemskerk (NED)	40
406.	Dorlandt Yvonne	69	08-021	1:06.90	25m	7-12-76	Heemskerk (NED)	40
407.	Stedelaar Jose	73	08-021	1:07.30	25m	29-11-82	Heemskerk (NED)	39
408.	Berghuis Sascha	68	08-021	1:08.00	25m	16-3-80	Heemskerk (NED)	38
409.	van der Stigchel Samantha	96	08-021	1:08.25	25m	31-1-08	Heemskerk (NED)	37
410.	Zeeman Esther	74	08-021	1:08.50	25m	29-11-82	Heemskerk (NED)	37
411.	Naber Eva	73	08-021	1:09.00	25m	29-11-82	Heemskerk (NED)	36
412.	Reuderink Bettina	67	08-021	1:09.40	25m	7-12-76	Heemskerk (NED)	36
413.	Hartog Martine	74	08-021	1:11.70	25m	29-11-82	Heemskerk (NED)	32
414.	Heesen Marieke	65	08-021	1:13.00	25m	7-12-76	Heemskerk (NED)	30
415.	Lammers Angelique	68	08-021	1:14.00	25m	7-12-76	Heemskerk (NED)	29
416.	Verdonk Michaela	68	08-021	1:15.50	25m	7-12-76	Heemskerk (NED)	28
417.	Gozeling Jolanda	68	08-021	1:21.50	25m	7-12-76	Heemskerk (NED)	22
418.	van der Meij Michelle	68	08-021	1:21.80	25m	7-12-76	Heemskerk (NED)	22
419.	Raaymakers Marjolein	68	08-021	1:22.00	25m	7-12-76	Heemskerk (NED)	21
419.	Windmuller Jolande	65	08-021	1:22.00	25m	7-12-76	Heemskerk (NED)	21
421.	Dijkstra Miranda	72	08-021	1:22.20	25m	27-9-80	Heemskerk (NED)	21
422.	van Dijk Marike	73	08-021	1:22.60	25m	29-11-82	Heemskerk (NED)	21
423.	Duyn Elaine	68	08-021	1:29.50	25m	7-12-76	Heemskerk (NED)	16
424.	Reeuwijk Danielle	70	08-021	1:42.80	25m	7-12-76	Heemskerk (NED)	11

50 vrije slag (sinds 425)

425.	Hilbers Erna	69	08-021	1:52.40	25m	7-12-76	Heemskerk (NED)	8
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100 vrije slag

1.	Kingma Danae	00	08-021	58.38	25m	18-3-18	Purmerend (NED)	637
2.	Schelvis Femke	84	08-021	59.32	25m	9-1-05	Zuidoost Beemster (NED)	607
3.	Wentink Yara	04	08-021	59.50	25m	28-5-23	Purmerend (NED)	602
4.	Smit Sanne	01	08-021	1:00.05	25m	24-3-19	Purmerend (NED)	585
5.	Koster Lisa	94	08-021	1:01.06	25m	11-5-08	Purmerend (NED)	557
6.	Drubers Mirjam	67	08-021	1:01.60	25m	15-12-84	Hilversum (NED)	542
7.	Broek Jade	97	08-021	1:01.74	25m	18-11-17	Hoofddorp (NED)	539
8.	Crok Linda	94	08-021	1:02.01	25m	3-4-11	Zaandam (NED)	532
9.	de Groot Daniëlle	93	08-021	1:02.13	25m	11-5-08	Purmerend (NED)	529
10.	Hoekstra Eline	03	08-021	1:02.36	25m	2-6-22	Heemskerk (NED)	523
11.	Groen Anne	95	08-021	1:02.91	25m	18-12-16	Heemskerk (NED)	509
12.	Siemerink Laura	04	08-021	1:03.00	25m	24-3-19	Purmerend (NED)	507
13.	Meijer Sylvia	81	08-021	1:03.20	25m	5-4-98	Heemskerk (NED)	502
14.	Gijzen-van der Kroft Nicole	84	08-021	1:03.76	25m	10-12-00	Heemskerk (NED)	489
15.	Palmboom Nicole	91	08-021	1:03.79	25m	9-3-08	Heemskerk (NED)	488
16.	van 't Veer Iris	03	08-021	1:04.05	25m	23-4-23	Den Helder (NED)	482
17.	Vink Lidewij	90	08-021	1:04.70	25m	30-10-05	Amsterdam (NED)	468
18.	Hoek Daniëlle	88	08-021	1:05.01	25m	28-12-04	Maastricht (NED)	461
18.	Kleijne Daisy	89	08-021	1:05.01	25m	28-3-05	Haarlem (NED)	461
20.	Herwegh Yara	07	08-021	1:05.26	25m	12-1-25	Heemskerk (NED)	456
21.	Crok Annemarie	89	08-021	1:05.34	25m	27-11-11	Heemskerk (NED)	454
22.	Mallon Danique	94	08-021	1:05.55	25m	5-4-10	Haarlem (NED)	450
23.	Schelvis Roos	86	08-021	1:05.56	25m	12-12-99	Heemskerk (NED)	450
24.	Verbree Bets	63	08-021	1:05.70	25m	19-12-81	Hilversum (NED)	447
24.	Hulshof Saskia	73	08-021	1:05.70	25m	5-11-89	Heemskerk (NED)	447
26.	Vink Marjolein	93	08-021	1:05.86	25m	9-4-07	Haarlem (NED)	444
27.	Stam Vanessa	80	08-021	1:05.90	25m	12-4-98	Haarlem (NED)	443
28.	Spijker Kristel	84	08-021	1:06.15	25m	27-3-11	Heemstede (NED)	438
28.	de Roode Xara	08	08-021	1:06.15	25m	12-1-25	Heemskerk (NED)	438
30.	Stel Serena	98	08-021	1:06.46	25m	31-1-10	Heerenveen (NED)	432
31.	ten Bokkel Henriëke	94	08-021	1:06.47	25m	17-5-18	Heemskerk (NED)	432
32.	Buur Naomi	01	08-021	1:06.49	25m	17-4-17	Haarlem (NED)	431
33.	Visser Kelly	89	08-021	1:06.57	25m	28-10-12	Amsterdam-Zuidoost (NED)	430
34.	Stins Mariska	84	08-021	1:06.74	25m	16-3-03	Heemskerk	426
34.	Koper Fiona	01	08-021	1:06.74	25m	24-3-19	Purmerend (NED)	426
36.	de Haan Shira	00	08-021	1:06.80	25m	11-5-17	Heemskerk (NED)	425
37.	Kramer Miranda	80	08-021	1:06.94	25m	27-9-98	Assendelft (NED)	423
38.	Besse Karen	75	08-021	1:07.00	25m	24-2-91	Heemskerk (NED)	421
39.	Zwarthoed Brenda	96	08-021	1:07.02	50m	15-6-08	Drachten (NED)	459
40.	Essers Sanne	91	08-021	1:07.12	25m	15-3-09	Haarlem (NED)	419
41.	Stam Sabrina	82	08-021	1:07.20	25m	26-10-97	Heemskerk (NED)	418
42.	van Staveren Marina	78	08-021	1:07.26	25m	9-2-12	Heemskerk (NED)	417
43.	van der Gracht Anouk	89	08-021	1:07.45	25m	25-4-13	Heemskerk (NED)	413
44.	Koopman Inge	93	08-021	1:07.64	25m	27-10-22	Heemskerk (NED)	410
44.	Herwegh Binthy	09	08-021	1:07.64	25m	20-10-24	Heemskerk (NED)	410
46.	Meijer Linda	77	08-021	1:07.80	25m	5-2-94		407
47.	Koopman Anitra	89	08-021	1:08.05	25m	28-12-04	Maastricht (NED)	402
48.	Schuyt Simone	75	08-021	1:08.10	25m	17-9-88		401
49.	de Boer Irene	84	08-021	1:08.28	25m	19-11-00	Zaandam (NED)	398

100 vrije slag (sinds 50)

50.	van der Geest Saskia	73	08-021	1:08.30	25m	18-2-89		398
51.	van de Poll Marianne	89	08-021	1:08.40	25m	25-3-04	Heemskerk	396
52.	Scholten Britt	04	08-021	1:08.56	25m	10-2-19	Purmerend (NED)	393
53.	Zonneveld Chantal	84	08-021	1:08.63	25m	19-11-00	Zaandam (NED)	392
54.	Petit Kirsten	00	08-021	1:08.69	25m	4-12-16	Zaandam (NED)	391
55.	Butter Anouk	82	08-021	1:08.85	25m	28-11-04	Heemskerk (NED)	388
56.	Zwaan Melissa	91	08-021	1:08.99	25m	28-12-03	Maastricht (NED)	386
57.	Dijkstra Lisette	86	08-021	1:09.00	25m	19-4-98	Zaandam (NED)	386
58.	de Boer Maia	03	08-021	1:09.01	25m	7-10-21	Heemskerk (NED)	386
59.	Blaauw Yente	03	08-021	1:09.09	25m	15-10-17	Alkmaar (NED)	384
60.	van Rookhuizen Sieta	79	08-021	1:09.10	25m	12-3-00	Heemskerk (NED)	384
61.	Niesten Iris	92	08-021	1:09.15	25m	15-3-09	Haarlem (NED)	383
62.	van Ballegooie Simone	84	08-021	1:09.20	25m	8-3-98	Zaandam (NED)	382
63.	Vredenburg Roos	95	08-021	1:09.26	25m	11-4-10	Zaandam (NED)	381
64.	de Groot Gitta	60	08-021	1:09.30	25m	19-2-78	Assendelft (NED)	381
64.	van Honk Chantal	80	08-021	1:09.30	25m	3-4-93		381
66.	de Wildt Maud	05	08-021	1:09.32	25m	30-10-22	Heemskerk (NED)	380
67.	Teufer Irene	96	08-021	1:09.39	25m	2-12-07	Alkmaar (NED)	379
68.	Jongema Helena	80	08-021	1:09.63	25m	24-9-09	Heemskerk (NED)	375
69.	Limmen Karin	76	08-021	1:09.70	25m	5-4-92	Heemskerk (NED)	374
70.	Hogema Fabiën	93	08-021	1:09.82	25m	9-4-07	Haarlem (NED)	372
70.	van Koeveringe Nicole	93	08-021	1:09.82	25m	15-3-09	Haarlem (NED)	372
72.	Renkema Iris	04	08-021	1:09.97	25m	15-10-17	Alkmaar (NED)	370
73.	van Eerden Meike	00	08-021	1:10.24	25m	17-5-18	Heemskerk (NED)	366
74.	Windmuller Wendy	69	08-021	1:10.30	25m	14-3-82		365
75.	Schoonderwoerd Rianne	95	08-021	1:10.37	25m	23-4-23	Den Helder (NED)	364
76.	Haasbroek Renske	03	08-021	1:10.51	25m	10-3-24	Purmerend (NED)	361
77.	Holland Yasmin	01	08-021	1:10.98	25m	18-3-18	Purmerend (NED)	354
78.	Bos Marieke	06	08-021	1:11.45	25m	20-9-20	Haarlem (NED)	347
79.	Hermans Liesbeth	66	08-021	1:11.50	25m	18-4-82		347
79.	van Assema Eline	05	08-021	1:11.50	25m	23-4-23	Den Helder (NED)	347
81.	de Ruijter Linda	87	08-021	1:11.63	25m	27-3-03	Heemskerk	345
82.	Boekling Annette	85	08-021	1:11.82	25m	22-4-01	Heemskerk (NED)	342
83.	van Langelaar Tessa	97	08-021	1:12.06	25m	11-11-12	Schagen (NED)	339
84.	de Boer Angela	80	08-021	1:12.30	25m	10-12-95	Heemskerk (NED)	335
85.	Pover Karin	67	08-021	1:12.40	25m	28-2-82		334
86.	van Sikkelerus Lisa	99	08-021	1:12.45	25m	10-11-13	Zaandam (NED)	333
87.	de Graaf Annemiek	70	08-021	1:12.50	25m	6-10-85	Wormerveer (NED)	332
88.	Heus Pauline	78	08-021	1:12.70	25m	8-3-98	Zaandam (NED)	330
88.	Krouwels Tanja	79	08-021	1:12.70	25m	8-3-98	Zaandam (NED)	330
90.	Ivens Suzanne	99	08-021	1:12.78	25m	20-1-13	Heemskerk (NED)	329
91.	van Duin Margret	60	08-021	1:12.90	25m	21-5-78	Heemskerk (NED)	327
91.	Oosterveen Yvonne	80	08-021	1:12.90	25m	6-1-93		327
93.	Angenent Nienke	01	08-021	1:13.07	25m	26-10-14	Zaandam (NED)	325
94.	Bakkum Wilma	62	08-021	1:13.10	25m	12-10-80	Wormerveer (NED)	324
95.	Visser Stacey	87	08-021	1:13.44	25m	11-3-01	Zaandam (NED)	320
95.	Veldhuis Amelia	03	08-021	1:13.44	25m	23-4-23	Den Helder (NED)	320
97.	van Galen Angela	65	08-021	1:13.80	25m	31-8-80	Heemskerk (NED)	315
98.	Plokker Sylvia	68	08-021	1:14.00	25m	10-4-83	Heemskerk (NED)	313
99.	van Huisstede Nikita	01	08-021	1:14.24	25m	6-12-15	Purmerend (NED)	310
100.	de Boer Claudia	77	08-021	1:14.40	25m	8-11-90	Heemskerk (NED)	308
101.	Regelink Anneke	83	08-021	1:14.44	25m	5-4-99	Haarlem (NED)	307
102.	Oudendijk Bianca	79	08-021	1:14.50	25m	23-4-94		306

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103.	van Giezen Sandra	63	08-021	1:14.60	25m	2-12-79	Zaandam (NED)	305
103.	van der Horst Sacha	69	08-021	1:14.60	25m	13-3-83	Castricum (NED)	305
105.	Zonneveld Cindy	75	08-021	1:14.80	25m	6-1-93		303
106.	Rodenburg Rianne	93	08-021	1:14.88	25m	28-10-06	Hoorn (NED)	302
107.	Munnik Yvonne	64	08-021	1:15.00	25m	21-5-78	Heemskerk (NED)	300
108.	Dijkstra Ingrid	68	08-021	1:15.10	25m	21-3-82		299
108.	Peters Yvonne	63	08-021	1:15.10	25m	20-12-86	Hilversum (NED)	299
110.	van Vliet Isabel	02	08-021	1:15.20	25m	16-9-18	Alkmaar (NED)	298
111.	Knight Kayleigh	00	08-021	1:15.26	25m	12-3-17	Purmerend (NED)	297
112.	Zonneveld Melissa	88	08-021	1:15.48	25m	24-2-05	Heemskerk (NED)	295
113.	Smid Diane	65	08-021	1:15.50	25m	31-5-07	Heemskerk (NED)	294
113.	de Vries Chrissie	93	08-021	1:15.50	50m	3-6-07	Beverwijk (NED)	321
115.	de Wolff Isabel	01	08-021	1:15.62	25m	19-5-16	Heemskerk (NED)	293
116.	Bos Chantal	74	08-021	1:15.80	25m	18-2-89		291
117.	ten Cate Joyce	80	08-021	1:15.85	25m	13-1-08	Heemskerk (NED)	290
118.	Bouwman Esther	63	08-021	1:16.10	25m	26-2-78	Castricum (NED)	287
119.	ten Cate Ilona	85	08-021	1:16.11	25m	16-4-06	Haarlem (NED)	287
120.	van Giezen Wendy	70	08-021	1:16.20	25m	12-2-84	Heemskerk (NED)	286
121.	Deiman Caroline	67	08-021	1:16.30	25m	18-2-89		285
122.	van Ballegooie Stefanie	86	08-021	1:16.42	25m	1-4-02	Haarlem	284
123.	van Leeuwen Andrea	71	08-021	1:16.60	25m	7-1-84	Hilversum (NED)	282
124.	Venema Jalina	04	08-021	1:16.66	25m	13-11-16	Purmerend (NED)	281
125.	Huisman Caroline	64	08-021	1:16.80	25m	27-5-78	IJmuiden (NED)	280
125.	Bruin Marianne	78	08-021	1:16.80	25m	16-12-90	Heemskerk (NED)	280
127.	de Graaf Dinie	71	08-021	1:17.00	25m	7-1-84	Hilversum (NED)	277
128.	Walraven Annet	62	08-021	1:17.20	25m	27-4-80	Assendelft (NED)	275
128.	Moolevliet Petra	82	08-021	1:17.20	25m	10-9-95	Assendelft (NED)	275
128.	Cappelle Carlijn	82	08-021	1:17.20	25m	19-1-97	Zaandam (NED)	275
131.	van Giezen Irene	67	08-021	1:17.30	25m	7-3-82		274
131.	de Vries Justine	83	08-021	1:17.30	25m	12-1-97	Heemskerk (NED)	274
131.	Dijkstra Maud	84	08-021	1:17.30	25m	17-5-98	Heemskerk (NED)	274
134.	Poppema Yvonne	68	08-021	1:17.60	25m	13-12-87	Assendelft (NED)	271
135.	Steenbakker Lisan	07	08-021	1:17.64	25m	4-4-24	Heemskerk (NED)	271
136.	Groot Tineke	60	08-021	1:17.70	25m	27-4-80	Assendelft (NED)	270
136.	Hoek Laura	86	08-021	1:17.70	25m	21-12-99	Heemskerk (NED)	270
138.	Huneker Jolanda	79	08-021	1:17.72	25m	25-5-00	Heemskerk (NED)	270
139.	Schaefer Lisa	06	08-021	1:17.78	25m	12-1-20	Purmerend (NED)	269
140.	van Giezen Corina	68	08-021	1:17.80	25m	21-3-82		269
140.	van Velsen Patricia	79	08-021	1:17.80	25m	3-4-93		269
142.	Bouwer Jolien	89	08-021	1:17.84	25m	16-3-03	Heemskerk	269
143.	Missot Gonda	66	08-021	1:17.90	25m	7-10-79	Heemskerk (NED)	268
143.	Bakker Jesca	79	08-021	1:17.90	25m	31-5-90	Heemskerk (NED)	268
145.	Limmen Miriam	75	08-021	1:18.10	25m	5-11-89	Heemskerk (NED)	266
146.	Mulder Amy	80	08-021	1:18.20	25m	6-2-94	Wormerveer (NED)	265
146.	van der Eng Laura	80	08-021	1:18.20	25m	30-5-96	Heemskerk (NED)	265
148.	Lindelauf Priscilla	85	08-021	1:18.25	25m	8-10-00	Heemskerk (NED)	264
149.	Visser Shana	04	08-021	1:18.32	25m	15-10-17	Alkmaar (NED)	264
150.	de Vriend Sofie	01	08-021	1:18.37	25m	28-10-12	Amsterdam-Zuidoost (NED)	263
151.	Raszinski Nienke	01	08-021	1:18.46	25m	17-4-14	Heemskerk (NED)	262
152.	Tholen Kirsten	66	08-021	1:18.60	25m	7-3-82		261
153.	Keessen Pam	62	08-021	1:18.70	25m	19-2-78	Assendelft (NED)	260
154.	Grul Lisanne	97	08-021	1:18.90	25m	25-4-13	Heemskerk (NED)	258
155.	Buur Cindy	99	08-021	1:18.91	25m	19-5-16	Heemskerk (NED)	258

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155.	van Rijn Sydney	03	08-021	1:18.91	25m	30-10-16	Den Helder (NED)	258
157.	Bakker Daniëlle	96	08-021	1:19.00	25m	22-1-09	Heemskerk (NED)	257
158.	Koper Birgit	87	08-021	1:19.21	25m	22-12-02	Zaandam	255
159.	Wiemann Lianne	03	08-021	1:19.47	25m	11-4-19	Heemskerk (NED)	252
160.	Hommersen Sandra	84	08-021	1:19.58	25m	7-3-99	Zaandam (NED)	251
161.	Nijholt Carin	60	08-021	1:19.60	25m	31-5-80	Heemskerk (NED)	251
162.	Dreyer Elly	63	08-021	1:19.70	25m	31-8-80	Heemskerk (NED)	250
163.	Limmen Anita	78	08-021	1:19.80	25m	3-4-93		249
164.	Windmuller Annemarie	67	08-021	1:20.00	25m	16-11-80	Haarlem (NED)	247
165.	Lund Karin	63	08-021	1:20.40	25m	10-12-77	Heemskerk (NED)	244
166.	Liefting Sarina	93	08-021	1:20.46	25m	18-3-07	Heemskerk (NED)	243
167.	Ardicyaka Irem	06	08-021	1:20.47	25m	4-10-20	Heemskerk (NED)	243
168.	Niesten Annet	62	08-021	1:20.50	25m	21-5-78	Heemskerk (NED)	243
168.	de Jong Desire	73	08-021	1:20.50	25m	4-10-87	Zaandam (NED)	243
170.	van Kooten Cynthia	93	08-021	1:20.68	25m	18-3-07	Heemskerk (NED)	241
171.	Deen Annette	60	08-021	1:20.80	25m	24-4-76	Heemskerk (NED)	240
172.	Nijman José	93	08-021	1:21.03	25m	25-9-08	Heemskerk (NED)	238
173.	Horst Diana	67	08-021	1:21.10	25m	20-9-81	Den Helder (NED)	237
174.	Nemchonok Alisa	82	08-021	1:21.45	25m	24-1-99	Assendelft (NED)	234
175.	Steenkamp Ciska	90	08-021	1:21.82	25m	7-10-01	Zaandam (NED)	231
176.	Molenaar Eline	82	08-021	1:21.96	25m	17-2-00	Heemskerk (NED)	230
177.	van de Kamp Yvonne	65	08-021	1:22.00	25m	7-3-82		230
178.	Besse Meta	78	08-021	1:22.40	25m	6-12-90	Heemskerk (NED)	226
179.	de Loos Marijke	94	08-021	1:22.43	25m	23-5-10	Purmerend (NED)	226
180.	van der Horst Wendy	72	08-021	1:22.50	25m	13-3-83	Castricum (NED)	225
180.	Ligterink Angela	76	08-021	1:22.50	25m	13-12-87	Assendelft (NED)	225
182.	de Graaf Isabella	04	08-021	1:22.54	25m	11-4-19	Heemskerk (NED)	225
183.	Huisman Jolanda	68	08-021	1:22.60	25m	7-1-84	Hilversum (NED)	225
184.	Stel Kaylin	01	08-021	1:22.68	25m	21-3-10	Zaandam (NED)	224
185.	de Vries Cathy	77	08-021	1:22.70	25m	6-12-90	Heemskerk (NED)	224
186.	Sierra Ana Maria	69	08-021	1:23.40	25m	21-3-82		218
187.	Essers Patricia	84	08-021	1:23.62	25m	17-2-00	Heemskerk (NED)	217
187.	van Putten Demi	96	08-021	1:23.62	25m	14-4-11	Heemskerk (NED)	217
189.	de Groot Sjors	08	08-021	1:23.75	25m	11-2-24	Heemskerk (NED)	215
190.	de Groot Linda	81	08-021	1:23.95	25m	23-4-00	Haarlem (NED)	214
191.	Zonneveld Monica	80	08-021	1:24.10	25m	6-1-93		213
192.	Weezepeel Natascha	07	08-021	1:24.13	25m	4-10-20	Heemskerk (NED)	213
193.	van Perlo Ingrid	73	08-021	1:24.80	25m	22-1-84	Zandvoort (NED)	208
194.	Buitenhuis Danine	91	08-021	1:24.93	25m	28-11-02	Heemskerk	207
195.	Schaaper Margriet	62	08-021	1:25.00	25m	10-12-77	Heemskerk (NED)	206
196.	de Groot Marlijn	92	08-021	1:25.11	25m	27-3-05	Haarlem (NED)	205
197.	Sminia Vinny	89	08-021	1:25.42	25m	30-3-06	Heemskerk (NED)	203
198.	Berloth Lydia	68	08-021	1:25.50	25m	10-4-83	Heemskerk (NED)	203
198.	Martens Iandra	03	08-021	1:25.50	25m	29-3-15	Zaandam (NED)	203
200.	Gorter Wilma	63	08-021	1:25.60	25m	31-12-75		202
200.	Calkhoven Mariëtte	65	08-021	1:25.60	25m	22-4-78	Heemskerk (NED)	202
202.	Beeksma Anne	88	08-021	1:25.72	25m	18-11-01	Heemskerk	201
203.	Sobh Shaime	03	08-021	1:26.13	25m	15-11-15	Purmerend (NED)	198
204.	Schelvis Liselot	92	08-021	1:26.33	25m	28-3-04	Zaandam (NED)	197
205.	Smit Lydia	84	08-021	1:26.41	25m	18-2-99	Heemskerk (NED)	196
206.	van Leen Cynthia	81	08-021	1:26.80	25m	4-4-96	Heemskerk (NED)	194
206.	Bakker Anna	97	08-021	1:26.80	25m	1-3-09	Heemstede (NED)	194
208.	Gelsumino Giulia	03	08-021	1:27.36	25m	15-11-15	Purmerend (NED)	190

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209.	Aafjes Suzan	69	08-021	1:27.50	25m	30-11-80	Heemskerk (NED)	189
210.	van Rijn Eline	07	08-021	1:27.63	25m	18-12-16	Heemskerk (NED)	188
211.	Terhorst Ilja	67	08-021	1:28.00	25m	13-4-80	Zaandam (NED)	186
212.	Cappelle Marcella	85	08-021	1:28.20	25m	8-3-98	Zaandam (NED)	184
213.	Bruin Adri	74	08-021	1:28.30	25m	12-12-87		184
214.	Pover Ellen	72	08-021	1:28.50	25m	28-10-84	Egmond (NED)	183
214.	Mosch Sabina	84	08-021	1:28.50	50m	25-10-98	Beverwijk (NED)	199
216.	Potemans Priscilla	84	08-021	1:28.90	25m	15-1-98	Heemskerk (NED)	180
217.	Meesters Audrey	90	08-021	1:28.93	25m	17-11-02	Heemskerk	180
218.	Oortwijn Jytte	10	08-021	1:29.15	25m	6-10-24	Den Helder (NED)	179
219.	Hoorn Linsey	94	08-021	1:29.26	50m	17-4-05	Beverwijk (NED)	194
220.	Sahin Sümeyye Sena	10	08-021	1:29.28	25m	21-9-23	Heemskerk (NED)	178
221.	Palthe Yvonne	67	08-021	1:29.50	25m	3-5-81	Zaandam (NED)	176
222.	Visser Robin	05	08-021	1:29.57	25m	11-5-17	Heemskerk (NED)	176
223.	Zijlstra Mariëlle	83	08-021	1:29.60	25m	28-1-96	Zaandam (NED)	176
224.	Viel Bianca	85	08-021	1:29.79	25m	17-2-00	Heemskerk (NED)	175
225.	de Boer Isabel	06	08-021	1:29.86	25m	11-6-16	Zaandam (NED)	174
226.	Bakker Lisette	83	08-021	1:29.99	25m	22-11-98	Zaandam (NED)	174
227.	Bos Annelies	74	08-021	1:30.10	25m	12-12-87		173
228.	van der Werf Chily	72	08-021	1:30.40	25m	22-1-84	Zandvoort (NED)	171
229.	van den Akker Terry	61	08-021	1:30.70	25m	24-5-75	Z.O. Beemster (NED)	170
229.	Hoekstra Karin	76	08-021	1:30.70	25m	15-1-88		170
231.	Beentjes Nicolet	80	08-021	1:31.22	25m	27-9-98	Assendelft (NED)	167
232.	Rodenburg Kyra	96	08-021	1:31.31	25m	1-10-06	Volendam (NED)	166
233.	Koopman Jessie	97	08-021	1:31.42	25m	15-11-09	Haarlem (NED)	166
234.	Rijpkema Marije	85	08-021	1:31.44	25m	28-2-02	Heemskerk	165
235.	Feenstra Petra	71	08-021	1:31.70	25m	22-1-84	Zandvoort (NED)	164
235.	Last Rooske	94	08-021	1:31.70	25m	11-4-10	Zaandam (NED)	164
237.	Dekker Elise	97	08-021	1:31.98	25m	18-12-05	Alkmaar (NED)	163
238.	Schut Bodine	09	08-021	1:32.04	25m	1-7-21	Heemskerk (NED)	162
239.	Yayli Serina	90	08-021	1:32.12	25m	25-4-02	Heemskerk	162
240.	van der Does Lisa	02	08-021	1:32.22	25m	9-3-14	Zaandam (NED)	161
241.	Doodeman Sara	00	08-021	1:32.75	25m	27-1-11	Heemskerk (NED)	159
242.	van Rijn Ilona	65	08-021	1:32.80	25m	19-2-78	Assendelft (NED)	158
243.	Rasch Monique	66	08-021	1:32.90	25m	1-11-81	Bergen (NED)	158
244.	Zeeman Judith	70	08-021	1:33.20	25m	29-11-81	Zaandam (NED)	156
245.	Dijkstra Janet	77	08-021	1:33.30	25m	18-3-89		156
246.	Hoogervorst Marlon	84	08-021	1:33.50	25m	5-2-95	Assendelft (NED)	155
247.	Smit Ingrid	67	08-021	1:33.60	25m	8-11-80	Heemskerk (NED)	154
248.	Bok Femke	74	08-021	1:33.80	25m	6-10-85	Wormerveer (NED)	153
249.	van Asch Maria	74	08-021	1:34.10	25m	7-1-93	Heemskerk (NED)	152
250.	van Duin Joke	59	08-021	1:34.20	25m	24-5-75	Z.O. Beemster (NED)	151
251.	Boere Sacha	91	08-021	1:34.44	25m	24-2-05	Heemskerk (NED)	150
252.	Dijkstra Pascal	89	08-021	1:35.38	25m	17-12-98	Heemskerk (NED)	146
253.	Hoeksema Kim	90	08-021	1:35.40	25m	27-9-01	Heemskerk	146
254.	Halbersma Jenny	70	08-021	1:35.60	25m	6-2-83		145
255.	Kesting Alexandra	00	08-021	1:35.72	25m	3-4-11	Zaandam (NED)	144
255.	Terluin Suus	09	08-021	1:35.72	25m	13-10-19	Heemskerk (NED)	144
257.	Beentjes Daphne	91	08-021	1:35.91	25m	6-4-03	Zaandam (NED)	143
258.	Willemse Renee	75	08-021	1:36.00	25m	27-10-85	(NED)	143
259.	Aardenburg Judith	93	08-021	1:36.22	25m	21-11-04	Zaandam (NED)	142
260.	Copier Alyssa	04	08-021	1:36.32	25m	24-11-13	Zaandam (NED)	141
261.	Lensen Sarian	89	08-021	1:36.93	25m	10-3-02	Heemskerk	139

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262.	Huisman Lianne	87	08-021	1:37.12	25m	26-4-01	Heemskerk (NED)	138
263.	van Ederen Jasmijn	10	08-021	1:37.69	25m	30-1-20	Heemskerk (NED)	136
264.	van Heerwaarden Vera	03	08-021	1:37.77	25m	5-3-20	Heemskerk (NED)	135
265.	Pezo Adna	90	08-021	1:37.94	25m	27-9-01	Heemskerk	135
266.	Nijman Linda	89	08-021	1:38.01	25m	22-4-01	Heemskerk (NED)	134
267.	Doevendans Phileine	06	08-021	1:38.39	25m	6-3-16	Purmerend (NED)	133
268.	Elghandor Kiyaan	03	08-021	1:38.75	25m	30-3-14	Zaandam (NED)	131
269.	van Dijk Yvonne	65	08-021	1:39.40	25m	10-12-77	Heemskerk (NED)	129
270.	Wiegman Brenda	72	08-021	1:39.70	25m	28-10-84	Egmond (NED)	128
271.	van Perlo Carla	75	08-021	1:40.10	25m	23-9-84	Heemskerk (NED)	126
272.	van den Braber Liesbeth	84	08-021	1:40.18	50m	25-10-98	Beverwijk (NED)	137
273.	Eijndhoven Jonna	02	08-021	1:40.76	25m	7-10-12	Zaandam (NED)	124
274.	Geurtsen Daisy	89	08-021	1:41.49	25m	26-4-01	Heemskerk (NED)	121
275.	Schijf Irene	83	08-021	1:42.10	25m	23-2-95	Heemskerk (NED)	119
276.	Vellinga Yvonne	64	08-021	1:42.20	25m	8-1-77	Heemskerk (NED)	118
277.	Kerkhoven Michelle	91	08-021	1:42.26	25m	16-9-01	Zaandam (NED)	118
278.	van der Wijden Eline	88	08-021	1:42.29	25m	10-12-00	Heemskerk (NED)	118
279.	Koper Ella	90	08-021	1:42.74	25m	31-3-02	Zaandam	117
280.	Herwegh Izayra Rena	14	08-021	1:43.03	25m	20-10-24	Heemskerk (NED)	116
281.	Kuijper Michelle	91	08-021	1:43.78	25m	30-9-01	Zaandam (NED)	113
282.	Koper Selma	03	08-021	1:44.04	25m	31-1-13	Heemskerk (NED)	112
283.	Salido Keesje	05	08-021	1:44.12	25m	13-6-15	Zaandam (NED)	112
284.	van den Heuvel Sandra	80	08-021	1:44.90	25m	11-2-90	Heemskerk (NED)	109
285.	van Ruth Yoore	78	08-021	1:45.30	25m	3-11-91	Assendelft (NED)	108
286.	Bovekerk Annefleur	99	08-021	1:45.47	25m	3-10-10	Zaandam (NED)	108
287.	Liefting Marielle	90	08-021	1:45.84	25m	31-3-02	Zaandam	107
288.	Salem Lamies	03	08-021	1:46.55	25m	14-1-18	Purmerend (NED)	104
289.	Snijder Femke	83	08-021	1:46.60	25m	12-3-94		104
290.	Boonstra Esmé	02	08-021	1:46.84	25m	31-1-13	Heemskerk (NED)	104
291.	Zuidervaart Anne	02	08-021	1:48.07	25m	22-4-12	Haarlem (NED)	100
292.	Werdekker Marjolein	81	08-021	1:48.40	25m	2-5-96	Heemskerk (NED)	99
293.	Groot Irma	63	08-021	1:48.50	25m	24-5-75	Z.O. Beemster (NED)	99
294.	Broers Margot	63	08-021	1:49.00	25m	10-12-77	Heemskerk (NED)	97
295.	Zonneveld Jennifer	88	08-021	1:49.12	25m	18-11-01	Heemskerk	97
296.	Doll Maartje	80	08-021	1:49.30	25m	24-4-93		97
297.	van Duivenvoorde Sanne	93	08-021	1:50.97	25m	26-9-02	Heemskerk	92
298.	Reiss Katinka	65	08-021	1:51.00	25m	10-12-77	Heemskerk (NED)	92
299.	van Noort Jony	85	08-021	1:51.70	25m	17-3-96	Heemskerk (NED)	91
300.	van der Leden Cynthia	66	08-021	1:53.10	25m	10-12-77	Heemskerk (NED)	87
301.	Tilgenkamp Lentley	13	08-021	1:53.30	25m	15-12-24	Amsterdam (NED)	87
302.	Gooijer Roos	97	08-021	1:53.54	25m	24-9-09	Heemskerk (NED)	86
303.	Haack Fenna	16	08-021	1:54.78	25m	15-12-24	Amsterdam (NED)	83
304.	Reeuwijk Danielle	70	08-021	1:55.50	25m	7-10-79	Heemskerk (NED)	82
305.	van der Leden Laura	68	08-021	1:55.70	25m	17-9-77	Heemskerk (NED)	81
306.	Butter Noor	16	08-021	1:55.95	25m	29-9-24	Krommenie (NED)	81
307.	Janssen Tess	89	08-021	1:57.22	25m	27-9-98	Assendelft (NED)	78
308.	Morianner Susanna	72	08-021	1:57.70	25m	7-3-82		77
309.	Reuderink Miranda	63	08-021	1:58.70	25m	10-12-77	Heemskerk (NED)	75
310.	Hol Manouk	05	08-021	2:01.76	25m	14-12-14	Zaandam (NED)	70
311.	van Dam Merel	14	08-021	2:02.60	25m	19-1-25	Krommenie (NED)	68
312.	Slotemaker Britt	14	08-021	2:03.92	25m	24-11-24	Zaandam (NED)	66
313.	Sanen Casey	99	08-021	2:04.44	25m	24-9-09	Heemskerk (NED)	65
314.	de Jong Frederike	75	08-021	2:05.50	25m	3-2-93		64

100 vrije slag (sinds 315)

315.	Post Aijuna	14	08-021	2:06.28	25m	29-9-24	Krommenie (NED)	63
316.	van 't Hof Manon	90	08-021	2:07.61	25m	7-4-02	Heemskerk	61
317.	van Laarhoven Salome	15	08-021	2:08.05	25m	15-12-24	Amsterdam (NED)	60
318.	Stoker Ianthe	84	08-021	2:08.60	25m	23-1-97	Heemskerk	59
319.	van der Zee Olga	66	08-021	2:12.80	25m	8-1-77	Heemskerk (NED)	54
320.	Werdekker Esther	83	08-021	2:14.00	25m	4-4-96	Heemskerk (NED)	52
321.	van Roon Jill	14	08-021	2:14.22	25m	20-10-24	Heemskerk (NED)	52
322.	van der Zee Paula	68	08-021	2:27.80	25m	8-1-77	Heemskerk (NED)	39
323.	Kerdijk Lianne	81	08-021	2:31.20	25m	4-4-91	Heemskerk (NED)	36

200 vrije slag

1.	Schelvis Femke	84	08-021	2:07.73	25m	25-11-99	Heemskerk	646
2.	Kingma Danae	00	08-021	2:10.58	25m	12-4-18	Heemskerk (NED)	604
3.	Smit Sanne	01	08-021	2:13.76	25m	16-3-17	Heemskerk (NED)	562
4.	Hoekstra Eline	03	08-021	2:14.26	25m	5-3-20	Heemskerk (NED)	556
5.	Drubers Mirjam	67	08-021	2:15.30	25m	31-12-85		543
6.	Wentink Yara	04	08-021	2:16.44	25m	14-3-24	Heemskerk (NED)	530
7.	Koster Lisa	94	08-021	2:16.81	50m	14-6-08	Drachten (NED)	563
8.	Broek Jade	97	08-021	2:17.18	25m	18-11-18	Hoofddorp (NED)	521
9.	Crok Linda	94	08-021	2:17.72	25m	2-10-11	Heemskerk (NED)	515
10.	de Groot Daniëlle	93	08-021	2:17.81	25m	10-5-08	Purmerend (NED)	514
11.	Groen Anne	95	08-021	2:17.96	25m	13-11-16	Purmerend (NED)	512
12.	Vink Lidewij	90	08-021	2:19.09	25m	12-2-06	Zaandam (NED)	500
13.	van 't Veer Iris	03	08-021	2:20.41	25m	30-3-23	Heemskerk (NED)	486
14.	Hoek Daniëlle	88	08-021	2:20.46	25m	22-3-12	Heemskerk (NED)	485
15.	Siemerink Laura	04	08-021	2:21.26	25m	13-1-19	Purmerend (NED)	477
16.	Stel Serena	98	08-021	2:21.69	25m	18-4-10	Zaandam (NED)	473
17.	Palmboom Nicole	91	08-021	2:22.48	25m	1-3-08	Hoorndiep (NED)	465
18.	Verbree Bets	63	08-021	2:22.60	25m	7-2-82		464
19.	Schelvis Roos	86	08-021	2:23.28	25m	26-9-02	Heemskerk	457
20.	Mallon Danique	94	08-021	2:23.87	25m	3-10-10	Zaandam (NED)	452
21.	Gijzen-van der Kroft Nicole	84	08-021	2:24.05	25m	30-11-00	Heemskerk (NED)	450
22.	Kleijne Daisy	89	08-021	2:24.52	25m	13-3-05	Amsterdam (NED)	446
23.	Meijer Sylvia	81	08-021	2:24.70	25m	11-12-97	Heemskerk (NED)	444
24.	Crok Annemarie	89	08-021	2:25.47	25m	13-11-11	Zaandam (NED)	437
25.	van der Gracht Anouk	89	08-021	2:25.68	25m	25-11-07	Amsterdam (NED)	435
26.	Hulshof Saskia	73	08-021	2:25.80	25m	28-2-90		434
27.	Stam Vanessa	80	08-021	2:26.50	25m	5-4-98	Heemskerk (NED)	428
28.	Stins Mariska	84	08-021	2:26.63	25m	5-11-00	Zaandam (NED)	427
29.	de Haan Shira	00	08-021	2:27.13	25m	13-11-16	Purmerend (NED)	422
30.	Besse Karen	75	08-021	2:27.60	25m	24-3-91	Zaandam (NED)	418
31.	van de Poll Marianne	89	08-021	2:27.82	25m	18-1-04	IJmuiden (NED)	416
32.	Koopman Anitra	89	08-021	2:28.16	25m	16-1-05	Zaandam (NED)	414
33.	Spijker Kristel	84	08-021	2:28.19	25m	14-11-10	Castricum (NED)	413
34.	Buur Naomi	01	08-021	2:28.35	25m	17-3-16	Heemskerk (NED)	412
35.	Zwarthoed Brenda	96	08-021	2:28.41	50m	18-5-08	Alkmaar (NED)	441
36.	Kramer Miranda	80	08-021	2:28.50	25m	9-4-98	Heemskerk (NED)	411
36.	Koper Fiona	01	08-021	2:28.50	25m	12-4-18	Heemskerk (NED)	411
38.	Stam Sabrina	82	08-021	2:29.10	25m	11-12-97	Heemskerk (NED)	406
39.	de Boer Irene	84	08-021	2:29.14	25m	11-3-01	Zaandam (NED)	405
40.	Visser Kelly	89	08-021	2:29.26	25m	11-11-12	Schagen (NED)	404
41.	Petit Kirsten	00	08-021	2:29.82	25m	12-4-18	Heemskerk (NED)	400

200 vrije slag (sinds 42)

42.	Limmen Karin	76	08-021	2:30.00	25m	15-1-94		399
43.	Haasbroek Renske	03	08-021	2:30.47	25m	14-3-24	Heemskerk (NED)	395
44.	Essers Sanne	91	08-021	2:30.76	25m	17-11-07	Barneveld (NED)	393
45.	van Staveren Marina	78	08-021	2:31.15	25m	17-11-13	Almere-Stad (NED)	389
46.	Vink Marjolein	93	08-021	2:31.36	25m	30-9-07	Volendam (NED)	388
47.	van Ballegooie Simone	84	08-021	2:31.40	25m	19-4-98	Zaandam (NED)	388
48.	Schuyt Simone	75	08-021	2:31.60	25m	12-11-89	Assendelft (NED)	386
49.	van der Geest Saskia	73	08-021	2:31.70	25m	18-2-89		385
50.	Meijer Linda	77	08-021	2:32.20	25m	15-1-94		381
51.	Teufer Irene	96	08-021	2:32.38	25m	20-1-08	Zaandam (NED)	380
52.	Dijkstra Lisette	86	08-021	2:32.40	25m	19-4-98	Zaandam (NED)	380
53.	Zonneveld Chantal	84	08-021	2:32.45	25m	12-3-00	Heemskerk (NED)	380
54.	van Rookhuizen Sieta	79	08-021	2:32.60	25m	19-4-98	Zaandam (NED)	378
55.	Butter Anouk	82	08-021	2:33.07	25m	31-5-01	Heemskerk (NED)	375
56.	Vredenburg Roos	95	08-021	2:33.51	25m	27-2-10	Hoom (NED)	372
57.	Jongema Helena	80	08-021	2:33.86	25m	16-3-08	Amersfoort (NED)	369
58.	de Wildt Maud	05	08-021	2:34.22	25m	30-3-23	Heemskerk (NED)	367
59.	van Eerden Meike	00	08-021	2:34.36	25m	6-10-19	Purmerend (NED)	366
60.	Schoonderwoerd Rianne	95	08-021	2:34.42	25m	30-3-23	Heemskerk (NED)	365
61.	de Boer Maia	03	08-021	2:34.80	25m	14-3-24	Heemskerk (NED)	363
62.	van Honk Chantal	80	08-021	2:35.30	25m	23-2-92	Zaandam (NED)	359
63.	Blaauw Yente	03	08-021	2:36.20	25m	16-3-17	Heemskerk (NED)	353
64.	Bos Marieke	06	08-021	2:36.31	25m	5-3-20	Heemskerk (NED)	352
65.	de Roode Xara	08	08-021	2:36.51	25m	14-3-24	Heemskerk (NED)	351
66.	Scholten Britt	04	08-021	2:36.90	25m	7-3-19	Heemskerk (NED)	348
67.	Koopman Inge	93	08-021	2:37.19	50m	20-2-22	Eindhoven (NED)	371
68.	Hogema Fabiën	93	08-021	2:37.22	25m	26-11-06	Heemskerk (NED)	346
69.	de Ruijter Linda	87	08-021	2:37.33	25m	26-9-02	Heemskerk	345
70.	Niesten Iris	92	08-021	2:37.56	25m	15-11-09	Haarlem (NED)	344
71.	de Boer Angela	80	08-021	2:37.80	25m	16-10-94	Heemskerk (NED)	342
72.	van Assema Eline	05	08-021	2:38.30	25m	30-3-23	Heemskerk (NED)	339
73.	van Sikkelerus Lisa	99	08-021	2:38.80	25m	8-12-13	Amstelveen (NED)	336
74.	Hermans Liesbeth	66	08-021	2:39.20	25m	2-11-80	Castricum (NED)	333
75.	Boekling Annette	85	08-021	2:39.25	25m	27-9-01	Heemskerk	333
76.	Windmuller Wendy	69	08-021	2:39.80	25m	16-1-83	Heemskerk (NED)	330
77.	Heus Pauline	78	08-021	2:40.00	25m	14-4-96	Zaandam (NED)	328
78.	Pover Karin	67	08-021	2:41.00	25m	17-1-82		322
78.	Herwegh Binthy	09	08-021	2:41.00	25m	12-11-23	Den Helder (NED)	322
80.	Oudendijk Bianca	79	08-021	2:41.10	25m	17-2-94	Heemskerk	322
80.	Krouwels Tanja	79	08-021	2:41.10	25m	15-2-98	Assendelft (NED)	322
80.	van Koeveringe Nicole	93	08-021	2:41.10	25m	26-11-06	Heemskerk (NED)	322
83.	van Langelaar Tessa	97	08-021	2:41.22	25m	10-3-13	Schagen (NED)	321
84.	Renkema Iris	04	08-021	2:41.45	25m	12-3-17	Purmerend (NED)	319
85.	Visser Stacey	87	08-021	2:41.69	25m	27-9-01	Heemskerk	318
86.	de Graaf Annemiek	70	08-021	2:41.80	25m	30-11-86	Heemskerk (NED)	317
87.	Ivens Suzanne	99	08-021	2:42.19	25m	21-3-13	Heemskerk (NED)	315
88.	de Boer Claudia	77	08-021	2:42.20	25m	22-4-90	Heemstede (NED)	315
89.	Tholen Kirsten	66	08-021	2:42.30	25m	6-2-83		314
90.	Hofland Yasmin	01	08-021	2:42.97	25m	12-4-18	Heemskerk (NED)	311
91.	ten Cate Ilona	85	08-021	2:43.01	25m	27-11-05	Heemskerk (NED)	310
92.	Zonneveld Melissa	88	08-021	2:44.06	25m	13-3-05	Amsterdam (NED)	304
93.	Plokker Sylvia	68	08-021	2:44.60	25m	17-5-81	Castricum (NED)	301
94.	Dijkstra Ingrid	68	08-021	2:44.80	25m	14-3-82		300

200 vrije slag (sinds 95)

95.	van Galen Angela	65	08-021	2:44.90	25m	23-5-81	Heemskerk (NED)	300
96.	van Huisstede Nikita	01	08-021	2:45.31	25m	2-10-16	Purmerend (NED)	298
97.	Bruin Marianne	78	08-021	2:45.50	25m	3-2-91	Zaandam (NED)	297
98.	Grul Lisanne	97	08-021	2:45.54	25m	21-3-13	Heemskerk (NED)	296
99.	Oosterveen Yvonne	80	08-021	2:45.80	25m	5-4-92	Heemskerk (NED)	295
100.	Rodenburg Rianne	93	08-021	2:46.07	25m	26-11-06	Heemskerk (NED)	294
101.	Lindelauf Priscilla	85	08-021	2:46.16	25m	14-1-01	Heemskerk (NED)	293
102.	Raszinski Nienke	01	08-021	2:46.62	25m	26-1-14	Zaandam (NED)	291
103.	Poppema Yvonne	68	08-021	2:46.70	25m	12-2-84	Heemskerk (NED)	290
104.	de Graaf Dinie	71	08-021	2:47.00	25m	23-9-84	Heemskerk (NED)	289
105.	Bouwman Esther	63	08-021	2:47.30	25m	21-4-79	Deinze (BEL)	287
106.	Walraven Annet	62	08-021	2:47.80	25m	7-5-78	Assendelft (NED)	285
107.	Angenent Nienke	01	08-021	2:48.12	25m	6-3-14	Heemskerk (NED)	283
108.	ten Cate Joyce	80	08-021	2:48.82	25m	25-4-02	Heemskerk	279
109.	van Giezen Irene	67	08-021	2:49.40	25m	16-1-83	Heemskerk (NED)	277
109.	Zonneveld Cindy	75	08-021	2:49.40	25m	20-3-93		277
111.	Steenbakker Lisan	07	08-021	2:49.52	25m	14-3-24	Heemskerk (NED)	276
112.	van Rijn Sydney	03	08-021	2:49.65	25m	12-4-18	Heemskerk (NED)	275
113.	Bos Chantal	74	08-021	2:49.70	25m	18-2-89		275
114.	Cappelle Carlijn	82	08-021	2:50.30	25m	23-1-97	Heemskerk	272
115.	Venema Jalina	04	08-021	2:50.36	25m	12-3-17	Purmerend (NED)	272
116.	de Wolff Isabel	01	08-021	2:50.56	25m	17-3-16	Heemskerk (NED)	271
116.	Visser Shana	04	08-021	2:50.56	25m	17-3-16	Heemskerk (NED)	271
118.	Deiman Caroline	67	08-021	2:51.00	25m	17-2-94	Heemskerk	269
119.	van Giezen Corina	68	08-021	2:51.20	25m	22-1-84	Zandvoort (NED)	268
120.	Knight Kayleigh	00	08-021	2:51.30	25m	16-3-17	Heemskerk (NED)	267
121.	van Ballegooie Stefanie	86	08-021	2:51.89	25m	14-1-01	Heemskerk (NED)	265
122.	Moolevliet Petra	82	08-021	2:51.90	25m	29-10-95	Castricum (NED)	265
123.	Limmen Miriam	75	08-021	2:52.20	25m	24-3-91	Zaandam (NED)	263
124.	Veldhuis Amelia	03	08-021	2:52.70	25m	3-11-19	Purmerend (NED)	261
125.	de Vriend Sofie	01	08-021	2:52.93	25m	27-1-13	Zaandam (NED)	260
126.	Koper Birgit	87	08-021	2:53.03	25m	19-1-03	Zaandam	259
127.	de Vries Chrissie	93	08-021	2:53.53	25m	25-10-07	Heemskerk (NED)	257
128.	Regelink Anneke	83	08-021	2:53.73	25m	25-11-99	Heemskerk	256
129.	Peters Yvonne	63	08-021	2:54.00	25m	12-2-84	Heemskerk (NED)	255
130.	van Duin Margret	60	08-021	2:54.10	25m	8-1-77	Heemskerk (NED)	255
131.	Munnik Yvonne	64	08-021	2:54.30	25m	7-5-78	Assendelft (NED)	254
132.	Huneker Jolanda	79	08-021	2:55.11	25m	17-1-99	Heemskerk (NED)	250
133.	Wieman Lianne	03	08-021	2:55.18	25m	7-3-19	Heemskerk (NED)	250
134.	Molenaar Eline	82	08-021	2:55.30	25m	20-2-00	Assendelft (NED)	249
135.	Hommersen Sandra	84	08-021	2:55.60	25m	9-4-98	Heemskerk (NED)	248
136.	Dijkstra Maud	84	08-021	2:56.00	25m	11-12-97	Heemskerk (NED)	247
137.	Bakkum Wilma	62	08-021	2:56.10	25m	30-11-80	Heemskerk (NED)	246
138.	Bakker Jesca	79	08-021	2:56.30	25m	1-3-90	Heemskerk (NED)	245
139.	van Velsen Patricia	79	08-021	2:56.60	25m	23-2-95	Heemskerk (NED)	244
140.	Nijman José	93	08-021	2:56.92	25m	5-10-08	Heemskerk (NED)	243
141.	Limmen Anita	78	08-021	2:57.00	25m	16-2-94		242
142.	de Groot Marlijn	92	08-021	2:57.20	25m	28-11-04	Heemskerk (NED)	242
143.	Hoek Laura	86	08-021	2:57.69	25m	21-11-99	Heemskerk (NED)	240
144.	van Giezen Sandra	63	08-021	2:57.90	25m	30-11-80	Heemskerk (NED)	239
145.	de Vries Justine	83	08-021	2:58.10	25m	3-11-96	Zaandam (NED)	238
146.	Ardicyaka Irem	06	08-021	2:58.65	25m	5-3-20	Heemskerk (NED)	236
147.	van Vliet Isabel	02	08-021	2:58.95	25m	1-10-17	Purmerend (NED)	234

200 vrije slag (sinds 148)

148.	de Vries Cathy	77	08-021	2:59.10	25m	22-9-91	Zaandam (NED)	234
149.	Liefting Sarina	93	08-021	2:59.69	25m	26-11-06	Heemskerk (NED)	232
150.	Steenkamp Ciska	90	08-021	3:00.79	25m	16-9-01	Zaandam (NED)	227
151.	Nijholt Carin	60	08-021	3:00.80	25m	12-2-78	Heemskerk (NED)	227
151.	Dreyer Elly	63	08-021	3:00.80	25m	21-4-79	Deinze (BEL)	227
153.	Nemchonok Alisa	82	08-021	3:00.88	25m	24-1-99	Assendelft (NED)	227
154.	Essers Patricia	84	08-021	3:01.32	25m	11-3-01	Zaandam (NED)	225
155.	de Groot Linda	81	08-021	3:01.97	25m	21-11-99	Heemskerk (NED)	223
156.	Bruin Adri	74	08-021	3:02.10	25m	19-2-89	Heemskerk (NED)	223
157.	Mulder Amy	80	08-021	3:02.30	25m	16-2-94		222
158.	de Loos Marijke	94	08-021	3:04.29	25m	3-10-10	Zaandam (NED)	215
159.	Huisman Jolanda	68	08-021	3:04.80	25m	22-1-84	Zandvoort (NED)	213
160.	van Kooten Cynthia	93	08-021	3:04.87	25m	26-11-06	Heemskerk (NED)	213
161.	Niesten Annet	62	08-021	3:06.00	25m	8-1-77	Heemskerk (NED)	209
161.	de Jong Desire	73	08-021	3:06.00	25m	8-11-87	Heemskerk (NED)	209
163.	Schaefer Lisa	06	08-021	3:06.95	25m	5-3-20	Heemskerk (NED)	206
164.	Besse Meta	78	08-021	3:07.40	25m	4-10-92	Assendelft (NED)	204
165.	Sobh Shaime	03	08-021	3:07.48	25m	19-2-15	Heemskerk (NED)	204
166.	van der Horst Sacha	69	08-021	3:07.50	25m	5-4-81	Heemskerk (NED)	204
167.	Buur Cindy	99	08-021	3:07.71	25m	19-2-15	Heemskerk (NED)	203
168.	Stel Kaylin	01	08-021	3:07.73	25m	28-3-10	Zeist (NED)	203
169.	de Graaf Isabella	04	08-021	3:07.97	25m	7-10-18	Purmerend (NED)	202
170.	Sahin Sümeyye Sena	10	08-021	3:08.41	25m	12-11-23	Den Helder (NED)	201
171.	Martens landra	03	08-021	3:09.63	25m	19-4-15	Zaandam (NED)	197
172.	Oortwijn Jytte	10	08-021	3:10.74	25m	6-10-24	Den Helder (NED)	194
173.	Windmuller Annemarie	67	08-021	3:11.00	25m	27-1-80	Zaandam (NED)	193
173.	Potemans Priscilla	84	08-021	3:11.00	25m	26-10-97	Heemskerk (NED)	193
175.	van Leen Cynthia	81	08-021	3:11.20	25m	29-9-96	Haarlem (NED)	192
176.	Keessen Pam	62	08-021	3:11.30	25m	12-2-78	Heemskerk (NED)	192
177.	van Putten Demi	96	08-021	3:11.34	25m	13-3-11	Heemskerk (NED)	192
178.	Meesters Audrey	90	08-021	3:11.40	25m	17-11-02	Heemskerk	192
179.	Smit Lydia	84	08-021	3:11.69	25m	17-10-99	Assendelft (NED)	191
180.	de Groot Sjors	08	08-021	3:11.77	25m	1-10-23	Den Helder (NED)	190
181.	Zonneveld Monica	80	08-021	3:11.80	25m	12-4-92	Heemstede (NED)	190
182.	Visser Robin	05	08-021	3:11.91	25m	7-5-17	Zaandam (NED)	190
183.	Viel Bianca	85	08-021	3:12.14	25m	25-11-99	Heemskerk	189
184.	Horst Diana	67	08-021	3:12.30	25m	23-5-81	Heemskerk (NED)	189
185.	Bakker Daniëlle	96	08-021	3:13.81	25m	10-5-08	Purmerend (NED)	184
186.	van de Kamp Yvonne	65	08-021	3:14.00	25m	14-3-81	Heemskerk (NED)	184
187.	Pover Ellen	72	08-021	3:14.30	25m	2-9-84	Heemskerk (NED)	183
188.	Gelsumino Giulia	03	08-021	3:14.85	25m	19-2-15	Heemskerk (NED)	182
189.	Bos Annelies	74	08-021	3:15.60	25m	29-11-87	Amstelveen (NED)	179
190.	Beeksma Anne	88	08-021	3:15.91	25m	17-3-02	Zaandam	179
191.	Zijlstra Mariëlle	83	08-021	3:16.80	25m	29-10-95	Castricum (NED)	176
192.	Koopman Jessie	97	08-021	3:17.38	25m	18-4-10	Zaandam (NED)	175
193.	van Leeuwen Andrea	71	08-021	3:18.60	25m	7-3-82		171
194.	Bakker Lisette	83	08-021	3:19.20	25m	9-4-98	Heemskerk (NED)	170
195.	Bakker Anna	97	08-021	3:19.24	25m	25-1-09	Zaandam (NED)	170
196.	Mosch Sabina	84	08-021	3:19.30	25m	26-10-97	Heemskerk (NED)	170
197.	Sierra Ana Maria	69	08-021	3:23.00	25m	14-3-81	Heemskerk (NED)	160
198.	Groot Tineke	60	08-021	3:23.20	25m	8-1-77	Heemskerk (NED)	160
199.	Terhorst Ilja	67	08-021	3:23.30	25m	2-11-80	Castricum (NED)	160
200.	Jansen Pauline	67	08-021	3:23.40	25m	16-1-83	Heemskerk (NED)	160

200 vrije slag (sinds 201)

201.	Berloth Lydia	68	08-021	3:23.90	25m	23-5-81	Heemskerk (NED)	158
202.	Weezepeel Natascha	07	08-021	3:24.06	25m	5-3-20	Heemskerk (NED)	158
203.	Palthe Yvonne	67	08-021	3:24.10	25m	23-5-81	Heemskerk (NED)	158
204.	Groot Irma	63	08-021	3:24.80	25m	8-1-77	Heemskerk (NED)	156
204.	Cappelle Marcella	85	08-021	3:24.80	25m	26-10-97	Heemskerk (NED)	156
206.	van Rijn Eline	07	08-021	3:24.97	25m	27-11-16	Zaandam (NED)	156
207.	Dekker Elise	97	08-021	3:24.99	25m	19-2-06	Zaandam (NED)	156
208.	van Son Sandra	72	08-021	3:25.10	25m	2-9-84	Heemskerk (NED)	156
209.	Feenstra Petra	71	08-021	3:26.30	25m	23-9-84	Heemskerk (NED)	153
210.	van Perlo Ingrid	73	08-021	3:26.40	25m	2-9-84	Heemskerk (NED)	153
211.	Huisman Lianne	87	08-021	3:26.80	25m	31-5-01	Heemskerk (NED)	152
212.	Yayli Serina	90	08-021	3:27.06	25m	17-11-02	Heemskerk	151
213.	Kerkhoven Michelle	91	08-021	3:27.61	25m	29-9-05	Heemskerk (NED)	150
214.	Beentjes Nicolet	80	08-021	3:27.90	25m	16-11-97	Zaandam (NED)	149
215.	Bouwer Jolien	89	08-021	3:28.30	25m	20-12-01	Heemskerk	149
216.	Aafjes Suzan	69	08-021	3:28.50	25m	23-5-81	Heemskerk (NED)	148
217.	Last Rooske	94	08-021	3:28.68	25m	3-10-10	Zaandam (NED)	148
218.	Schelvis Liselot	92	08-021	3:30.06	25m	29-4-04	Heemskerk (NED)	145
219.	Beentjes Daphne	91	08-021	3:32.26	25m	29-4-04	Heemskerk (NED)	140
220.	Rijkema Marije	85	08-021	3:32.28	25m	30-5-02	Heemskerk	140
221.	van Heerwaarden Vera	03	08-021	3:32.65	25m	5-3-20	Heemskerk (NED)	140
222.	Schijf Irene	83	08-021	3:35.00	25m	8-6-95	Heemskerk (NED)	135
223.	Kesting Alexandra	00	08-021	3:35.22	25m	17-4-11	Zaandam (NED)	135
224.	Lensen Sarian	89	08-021	3:37.88	25m	17-11-02	Heemskerk	130
225.	Boere Sacha	91	08-021	3:37.90	25m	28-4-05	Heemskerk (NED)	130
226.	van der Wijden Eline	88	08-021	3:38.14	25m	31-5-01	Heemskerk (NED)	129
227.	Rasch Monique	66	08-021	3:42.00	25m	23-5-81	Heemskerk (NED)	123
228.	Zeeman Judith	70	08-021	3:44.20	25m	14-3-81	Heemskerk (NED)	119
229.	van Giezen Wendy	70	08-021	3:44.90	25m	14-3-81	Heemskerk (NED)	118
230.	Salem Lamies	03	08-021	3:45.01	25m	14-1-18	Purmerend (NED)	118
231.	Aardenburg Judith	93	08-021	3:45.70	25m	29-9-05	Heemskerk (NED)	117
232.	Pezo Adna	90	08-021	3:47.63	25m	31-5-01	Heemskerk (NED)	114
233.	Eijndhoven Jonna	02	08-021	3:47.71	25m	9-12-12	Zaandam (NED)	114
234.	Liefting Marielle	90	08-021	3:48.46	25m	30-5-02	Heemskerk	112
235.	van den Braber Liesbeth	84	08-021	3:48.50	25m	15-2-98	Assendelft (NED)	112
236.	van Tol Sarjenka	97	08-021	3:49.82	25m	12-10-08	Zaandam (NED)	110
237.	Elghandor Kiyaan	03	08-021	3:50.53	25m	15-12-13	Zaandam (NED)	109
238.	Snijder Femke	83	08-021	3:50.80	25m	13-4-94		109
239.	van Noort Jony	85	08-021	3:56.50	25m	8-6-95	Heemskerk (NED)	101
240.	Verhagen Sabine	71	08-021	3:56.60	25m	23-9-84	Heemskerk (NED)	101
240.	Dijkstra Pascal	89	08-021	3:56.60	25m	19-3-98	Heemskerk (NED)	101
242.	Reuderink Miranda	63	08-021	3:57.50	25m	8-1-77	Heemskerk (NED)	100
243.	Rodenburg Kyra	96	08-021	3:58.92	25m	23-10-05	Zaandam (NED)	98
244.	Koper Ella	90	08-021	3:59.26	25m	31-5-01	Heemskerk (NED)	98
245.	Boonstra Esmé	02	08-021	4:03.16	25m	9-12-12	Zaandam (NED)	93
246.	Hoeksema Kim	90	08-021	4:19.20	25m	31-5-01	Heemskerk (NED)	77
247.	van 't Hof Manon	90	08-021	4:22.51	25m	30-5-02	Heemskerk	74
248.	van Duivenvoorde Sanne	93	08-021	4:26.63	25m	30-5-02	Heemskerk	71
249.	Geluk Mabelle	73	08-021	4:53.19	50m	4-6-11	Apeldoorn (NED)	57
250.	Zonneveld Jennifer	88	08-021	4:56.16	25m	31-5-01	Heemskerk (NED)	51

250 vrije slag

1. Stel Kaylin	01	08-021	5:19.71	OW	6-9-09	Vlissingen (NED)
2. de Wildt Maud	05	08-021	6:09.15	OW	26-7-14	Anna-Paulowna (NED)
3. Butter Noor	16	08-021	6:13.54	OW	21-7-24	Amsterdam (NED)
4. Haack Fenna	16	08-021	10:06.95	OW	13-7-24	Anna Paulowna (NED)

300 vrije slag

1. Schelvis Femke	84	08-021	3:27.55	25m	17-12-04	Drachten (NED)	573
2. Crok Linda	94	08-021	3:38.23	25m	25-4-11	Haarlem (NED)	493
3. Hoekstra Eline	03	08-021	3:39.67	25m	9-11-24	Purmerend (NED)	483
4. Vink Lidewij	90	08-021	3:40.07	25m	18-5-06	Heemskerk (NED)	481
5. Smit Sanne	01	08-021	3:44.38	50m	10-3-19	Amsterdam (NED)	472
6. Broek Jade	97	08-021	3:44.41	25m	4-10-15	Purmerend (NED)	453
7. Wentink Yara	04	08-021	3:44.70	25m	8-6-19	Purmerend (NED)	452
8. Hoek Daniëlle	88	08-021	3:47.20	25m	18-5-06	Heemskerk (NED)	437
9. Stel Serena	98	08-021	3:50.73	25m	29-1-10	Heerenveen (NED)	417
10. Koster Lisa	94	08-021	3:50.85	50m	17-5-08	Beverwijk (NED)	433
11. Palmboom Nicole	91	08-021	3:51.10	25m	18-5-06	Heemskerk (NED)	415
12. van de Poll Marianne	89	08-021	3:51.98	25m	29-4-04	Heemskerk (NED)	410
13. Groen Anne	95	08-021	3:52.00	25m	25-4-11	Haarlem (NED)	410
14. van der Gracht Anouk	89	08-021	3:52.29	25m	18-5-13	Purmerend (NED)	409
15. de Groot Daniëlle	93	08-021	3:55.78	50m	11-4-08	Antwerpen (BEL)	406
16. Kleijne Daisy	89	08-021	3:56.50	25m	29-4-04	Heemskerk (NED)	387
17. Teufer Irene	96	08-021	3:58.28	25m	30-3-08	Zaandam (NED)	379
18. Stins Mariska	84	08-021	4:01.45	25m	29-4-04	Heemskerk (NED)	364
19. Koopman Anitra	89	08-021	4:02.06	25m	29-4-04	Heemskerk (NED)	361
20. Meijer Sylvia	81	08-021	4:02.20	25m	19-4-98	Zaandam (NED)	361
21. Buur Naomi	01	08-021	4:02.95	25m	7-6-14	Purmerend (NED)	357
22. Essers Sanne	91	08-021	4:05.80	25m	14-10-07	Zaandam (NED)	345
22. Haasbroek Renske	03	08-021	4:05.80	25m	27-5-23	Purmerend (NED)	345
24. de Ruijter Linda	87	08-021	4:07.06	25m	29-4-04	Heemskerk (NED)	340
25. Mallon Danique	94	08-021	4:08.45	25m	14-10-07	Zaandam (NED)	334
26. de Roode Xara	08	08-021	4:10.21	25m	6-10-24	Den Helder (NED)	327
27. de Wildt Maud	05	08-021	4:13.28	25m	1-10-23	Den Helder (NED)	315
28. Koopman Inge	93	08-021	4:13.48	50m	8-4-22	Antwerpen (BEL)	327
29. Hogema Fabiën	93	08-021	4:13.63	25m	18-5-06	Heemskerk (NED)	314
30. Butter Anouk	82	08-021	4:14.06	25m	29-4-04	Heemskerk (NED)	312
31. Vink Marjolein	93	08-021	4:16.78	25m	14-10-07	Zaandam (NED)	303
32. Jongema Helena	80	08-021	4:17.20	50m	18-9-09	Cadiz (ESP)	313
33. Bos Marieke	06	08-021	4:17.87	25m	25-11-18	Hoofddorp (NED)	299
34. Herwegh Binthy	09	08-021	4:21.34	25m	1-10-23	Den Helder (NED)	287
35. Heus Pauline	78	08-021	4:23.79	25m	29-4-04	Heemskerk (NED)	279
36. ten Cate Ilona	85	08-021	4:25.58	25m	18-5-06	Heemskerk (NED)	273
37. Niesten Iris	92	08-021	4:27.05	25m	18-5-06	Heemskerk (NED)	269
38. Visser Kelly	89	08-021	4:28.39	25m	21-1-01	Heemskerk (NED)	265
39. Ivens Suzanne	99	08-021	4:31.38	25m	18-5-13	Purmerend (NED)	256
40. ten Cate Joyce	80	08-021	4:36.25	25m	29-4-04	Heemskerk (NED)	243
41. de Haan Shira	00	08-021	4:44.01	25m	18-5-13	Purmerend (NED)	223
42. van Koeveringe Nicole	93	08-021	4:44.73	25m	23-10-05	Zaandam (NED)	222
43. Steenkamp Ciska	90	08-021	4:51.03	25m	4-11-01	Heemskerk	208
44. van Kooten Cynthia	93	08-021	5:03.13	25m	12-1-06	Heemskerk (NED)	184
45. Stel Kaylin	01	08-021	5:03.48	25m	7-2-10	Zaandam (NED)	183
46. Sahin Sümeyye Sena	10	08-021	5:09.97	25m	1-10-23	Den Helder (NED)	172

300 vrije slag (sinds 47)

47.	Nijman José	93	08-021	5:09.99	25m	14-10-07	Zaandam (NED)	172
48.	Rodenburg Rianne	93	08-021	5:13.29	25m	23-10-05	Zaandam (NED)	166
49.	Oortwijn Jytte	10	08-021	5:13.80	25m	12-1-25	Heemskerk (NED)	166
50.	Liefting Sarina	93	08-021	5:15.49	25m	23-10-05	Zaandam (NED)	163
51.	de Groot Sjors	08	08-021	5:15.56	25m	6-10-24	Den Helder (NED)	163
52.	Dekker Elise	97	08-021	5:17.66	25m	19-2-06	Zaandam (NED)	160
53.	Beentjes Daphne	91	08-021	5:28.04	25m	29-4-04	Heemskerk (NED)	145
54.	Schelvis Liselot	92	08-021	5:40.19	25m	16-11-03	Heemskerk (NED)	130
55.	Kesting Alexandra	00	08-021	5:41.26	25m	17-4-11	Zaandam (NED)	129

400 vrije slag

1.	Schelvis Femke	84	08-021	4:32.44	25m	14-11-04	Heemskerk (NED)	637
2.	Hoekstra Eline	03	08-021	4:48.25	25m	22-5-22	Hoofddorp (NED)	538
3.	Crok Linda	94	08-021	4:50.50	25m	25-4-11	Haarlem (NED)	526
4.	Vink Lidewij	90	08-021	4:54.59	25m	18-5-06	Heemskerk (NED)	504
5.	Drubers Mirjam	67	08-021	4:55.60	25m	26-1-86	Castricum (NED)	499
6.	Wentink Yara	04	08-021	4:56.18	25m	8-6-19	Purmerend (NED)	496
7.	Smit Sanne	01	08-021	4:57.22	25m	29-12-18	Leeuwarden (NED)	491
8.	Hoek Daniëlle	88	08-021	5:01.12	25m	18-5-06	Heemskerk (NED)	472
9.	Groen Anne	95	08-021	5:01.68	25m	1-10-17	Purmerend (NED)	469
10.	Koster Lisa	94	08-021	5:02.29	25m	18-11-07	Alkmaar (NED)	466
11.	Broek Jade	97	08-021	5:04.72	25m	4-10-15	Purmerend (NED)	455
12.	de Groot Daniëlle	93	08-021	5:05.33	25m	12-5-08	Purmerend (NED)	453
13.	Stel Serena	98	08-021	5:06.13	25m	28-3-10	Zeist (NED)	449
14.	Schelvis Roos	86	08-021	5:06.22	25m	30-5-02	Heemskerk	449
15.	van 't Veer Iris	03	08-021	5:07.46	25m	22-4-19	Haarlem (NED)	443
16.	Palmboom Nicole	91	08-021	5:08.81	25m	18-5-06	Heemskerk (NED)	437
17.	Stam Vanessa	80	08-021	5:09.30	25m	22-2-98	Zaandam (NED)	435
18.	Kleijne Daisy	89	08-021	5:10.46	25m	1-5-05	Zaandam (NED)	431
19.	van der Gracht Anouk	89	08-021	5:11.00	25m	31-5-07	Heemskerk (NED)	428
20.	van de Poll Marianne	89	08-021	5:12.47	25m	9-6-03	Z.o. Beemster	422
21.	de Haan Shira	00	08-021	5:13.43	25m	17-4-17	Haarlem (NED)	418
22.	Hulshof Saskia	73	08-021	5:15.40	25m	11-3-90	Heemskerk (NED)	411
23.	Verbree Bets	63	08-021	5:15.70	25m	5-4-81	Heemskerk (NED)	409
24.	Besse Karen	75	08-021	5:16.50	25m	10-3-91	Heemskerk (NED)	406
24.	Limmen Karin	76	08-021	5:16.50	25m	24-4-93		406
26.	Kingma Danae	00	08-021	5:17.00	25m	19-10-14	Zaandam (NED)	404
27.	Buur Naomi	01	08-021	5:17.34	25m	6-4-15	Haarlem (NED)	403
28.	de Boer Irene	84	08-021	5:18.40	25m	19-4-98	Zaandam (NED)	399
29.	Koopman Anitra	89	08-021	5:18.44	25m	28-4-05	Heemskerk (NED)	399
30.	Gijzen-van der Kroft Nicole	84	08-021	5:18.89	25m	30-5-02	Heemskerk	397
31.	Stins Mariska	84	08-021	5:19.17	25m	30-5-02	Heemskerk	396
32.	Teufer Irene	96	08-021	5:20.06	25m	30-3-08	Zaandam (NED)	393
33.	Meijer Sylvia	81	08-021	5:20.40	25m	19-3-98	Heemskerk (NED)	392
34.	Kramer Miranda	80	08-021	5:20.60	25m	19-3-98	Heemskerk (NED)	391
35.	van der Geest Saskia	73	08-021	5:21.20	25m	6-10-88	Heemskerk (NED)	389
36.	Crok Annemarie	89	08-021	5:22.62	25m	28-4-05	Heemskerk (NED)	384
37.	Haasbroek Renske	03	08-021	5:23.83	25m	26-11-23	Hoofddorp (NED)	379
38.	Stam Sabrina	82	08-021	5:25.00	25m	22-2-98	Zaandam (NED)	375
39.	Vredenburg Roos	95	08-021	5:25.15	25m	22-5-10	Purmerend (NED)	375
40.	van Eerden Meike	00	08-021	5:25.39	25m	6-10-24	Den Helder (NED)	374
41.	van Rookhuizen Sieta	79	08-021	5:26.92	25m	28-2-99	Zaandam (NED)	369

400 vrije slag (sinds 42)

42.	Essers Sanne	91	08-021	5:27.37	50m	20-4-07	Antwerpen (BEL)	376
43.	van Staveren Marina	78	08-021	5:29.02	25m	22-5-11	Grootebroek (NED)	362
44.	Mallon Danique	94	08-021	5:30.28	25m	9-12-07	Zaandam (NED)	358
45.	Zonneveld Chantal	84	08-021	5:31.40	25m	30-3-00	Heemskerk (NED)	354
46.	de Ruijter Linda	87	08-021	5:31.42	25m	29-4-04	Heemskerk (NED)	354
47.	Jongema Helena	80	08-021	5:31.62	25m	25-5-08	Grootebroek (NED)	353
48.	de Roode Xara	08	08-021	5:32.15	25m	6-10-24	Den Helder (NED)	351
49.	Dijkstra Lisette	86	08-021	5:34.30	25m	24-5-98	Zaandam (NED)	345
50.	Bos Marieke	06	08-021	5:34.43	25m	20-9-20	Haarlem (NED)	344
51.	Schuyt Simone	75	08-021	5:34.50	25m	5-10-88		344
52.	de Graaf Annemiek	70	08-021	5:36.10	25m	22-3-87	Heerhugowaard (NED)	339
53.	de Wildt Maud	05	08-021	5:36.91	25m	26-9-21	Alkmaar (NED)	337
54.	Meijer Linda	77	08-021	5:37.20	25m	24-4-93		336
55.	Butter Anouk	82	08-021	5:37.38	25m	25-5-00	Heemskerk (NED)	335
56.	de Boer Claudia	77	08-021	5:37.50	25m	10-3-91	Heemskerk (NED)	335
57.	de Boer Angela	80	08-021	5:37.60	25m	8-6-95	Heemskerk (NED)	335
58.	van Ballegooye Simone	84	08-021	5:38.04	25m	30-3-00	Heemskerk (NED)	333
59.	Siemerink Laura	04	08-021	5:38.76	25m	4-11-18	Alkmaar (NED)	331
60.	Koopman Inge	93	08-021	5:40.03	50m	8-4-22	Antwerpen (BEL)	336
61.	Hogema Fabiën	93	08-021	5:40.82	25m	18-5-06	Heemskerk (NED)	325
62.	Visser Kelly	89	08-021	5:42.43	25m	31-5-01	Heemskerk (NED)	321
63.	Hermans Liesbeth	66	08-021	5:43.00	25m	24-1-82		319
64.	van Honk Chantal	80	08-021	5:43.60	25m	19-1-92		317
65.	van Koeveringe Nicole	93	08-021	5:43.99	50m	29-3-09	Alkmaar (NED)	324
66.	Oudendijk Bianca	79	08-021	5:44.00	25m	17-12-94		316
67.	Vink Marjolein	93	08-021	5:44.72	50m	29-3-09	Alkmaar (NED)	322
68.	Krouwels Tanja	79	08-021	5:47.00	25m	19-3-98	Heemskerk (NED)	308
69.	ten Cate Ilona	85	08-021	5:47.08	25m	28-4-05	Heemskerk (NED)	308
70.	Herwegh Binthy	09	08-021	5:47.09	25m	1-10-23	Den Helder (NED)	308
71.	Zonneveld Cindy	75	08-021	5:50.80	25m	13-4-94		298
72.	Tholen Kirsten	66	08-021	5:51.00	25m	27-2-83	Assendelft (NED)	298
73.	Heus Pauline	78	08-021	5:51.10	25m	21-9-97	Alkmaar (NED)	298
74.	van Galen Angela	65	08-021	5:54.00	25m	14-3-81	Heemskerk (NED)	290
75.	Dijkstra Ingrid	68	08-021	5:54.70	25m	27-2-83	Assendelft (NED)	289
76.	Niesten Iris	92	08-021	5:57.33	25m	18-5-06	Heemskerk (NED)	282
77.	Renkema Iris	04	08-021	5:57.56	25m	14-6-15	Zaandam (NED)	282
78.	Ivens Suzanne	99	08-021	5:58.02	25m	18-5-13	Purmerend (NED)	281
79.	Oosterveen Yvonne	80	08-021	5:58.10	25m	26-9-92		280
80.	Visser Stacey	87	08-021	5:58.57	25m	5-11-00	Zaandam (NED)	279
81.	Lindelauw Priscilla	85	08-021	6:00.08	25m	25-5-00	Heemskerk (NED)	276
82.	Visser Shana	04	08-021	6:00.90	25m	5-11-17	Alkmaar (NED)	274
83.	Cappelle Carlijn	82	08-021	6:01.10	25m	23-2-97	Zaandam (NED)	273
84.	ten Cate Joyce	80	08-021	6:01.34	25m	30-5-02	Heemskerk	273
85.	Pover Karin	67	08-021	6:06.90	25m	22-3-87	Heerhugowaard (NED)	261
86.	Moolevliet Petra	82	08-021	6:08.70	25m	18-5-95	Heemskerk (NED)	257
87.	Scholten Britt	04	08-021	6:09.40	25m	18-9-16	Zaandam (NED)	255
88.	Bos Chantal	74	08-021	6:09.70	25m	5-10-88		255
89.	van Velsen Patricia	79	08-021	6:10.00	25m	7-6-95		254
90.	Smid Diane	65	08-021	6:10.90	25m	13-5-07	Grootebroek (NED)	252
91.	Hoek Laura	86	08-021	6:10.98	25m	25-5-00	Heemskerk (NED)	252
92.	Deiman Caroline	67	08-021	6:11.80	25m	19-3-89	Zaandam (NED)	250
93.	Mulder Amy	80	08-021	6:11.90	25m	14-4-94	Heemskerk	250
94.	Limmen Miriam	75	08-021	6:13.20	25m	30-6-93		248

400 vrije slag (sinds 95)

95.	de Boer Maia	03	08-021	6:13.23	25m	18-9-16	Zaandam (NED)	248
96.	van Ballegooie Stefanie	86	08-021	6:14.56	25m	30-5-02	Heemskerk	245
97.	Limmen Anita	78	08-021	6:17.80	25m	1-7-93	Heemskerk (NED)	239
98.	Plokker Sylvia	68	08-021	6:17.90	25m	14-3-81	Heemskerk (NED)	239
99.	Peters Yvonne	63	08-021	6:18.00	25m	27-2-83	Assendelft (NED)	238
100.	Dijkstra Maud	84	08-021	6:19.00	25m	23-2-97	Zaandam (NED)	236
101.	Huneker Jolanda	79	08-021	6:20.60	25m	21-9-97	Alkmaar (NED)	233
102.	Blaauw Yente	03	08-021	6:21.60	25m	15-6-14	Zaandam (NED)	232
103.	Boekling Annette	85	08-021	6:21.83	25m	30-5-02	Heemskerk	231
104.	Essers Patricia	84	08-021	6:22.42	25m	30-3-00	Heemskerk (NED)	230
105.	Steenkamp Ciska	90	08-021	6:27.30	25m	4-11-01	Heemskerk	222
106.	Hommersen Sandra	84	08-021	6:27.90	25m	19-3-98	Heemskerk (NED)	220
107.	Walraven Annet	62	08-021	6:28.50	25m	28-9-80	Zaandam (NED)	219
107.	van der Eng Laura	80	08-021	6:28.50	25m	4-4-96	Heemskerk (NED)	219
109.	Bakker Jesca	79	08-021	6:29.10	25m	28-12-89	Heemskerk (NED)	218
110.	Bruin Adri	74	08-021	6:29.60	25m	19-3-89	Zaandam (NED)	218
111.	de Vriend Sofie	01	08-021	6:30.06	25m	24-2-13	Zaandam (NED)	217
112.	van Giezen Sandra	63	08-021	6:30.50	25m	5-4-81	Heemskerk (NED)	216
113.	Stel Kaylin	01	08-021	6:30.74	25m	28-3-10	Zeist (NED)	216
114.	Molenaar Eline	82	08-021	6:32.47	25m	30-3-00	Heemskerk (NED)	213
115.	Wieman Lianne	03	08-021	6:33.33	25m	18-9-16	Zaandam (NED)	211
116.	Bouwer Jolien	89	08-021	6:36.29	25m	30-5-02	Heemskerk	207
117.	de Vries Justine	83	08-021	6:42.30	25m	4-4-96	Heemskerk (NED)	198
118.	Viel Bianca	85	08-021	6:44.78	25m	30-3-00	Heemskerk (NED)	194
119.	Dreyer Elly	63	08-021	6:45.60	25m	13-4-80	Zaandam (NED)	193
120.	Rodenburg Rianne	93	08-021	6:46.02	25m	23-10-05	Zaandam (NED)	192
121.	van Giezen Irene	67	08-021	6:46.40	25m	5-4-81	Heemskerk (NED)	192
122.	van Rijn Eline	07	08-021	6:48.61	25m	27-11-16	Zaandam (NED)	189
123.	van Baar Monique	73	08-021	6:49.50	25m	6-10-88	Heemskerk (NED)	187
124.	Nijman José	93	08-021	6:52.29	25m	14-10-07	Zaandam (NED)	184
125.	van Assema Eline	05	08-021	6:53.19	50m	2-4-17	Alkmaar (NED)	187
126.	van Huisstede Nikita	01	08-021	6:55.18	25m	3-6-12	Zaandam (NED)	180
127.	Liefting Sarina	93	08-021	6:55.62	25m	23-10-05	Zaandam (NED)	179
128.	Sahin Sümeyye Sena	10	08-021	6:56.38	25m	1-10-23	Den Helder (NED)	178
129.	Oortwijn Jytte	10	08-021	6:56.88	25m	12-1-25	Heemskerk (NED)	178
130.	van Perlo Ingrid	73	08-021	6:59.00	25m	13-3-83	Castricum (NED)	175
131.	Windmuller Annemarie	67	08-021	7:00.10	25m	14-3-81	Heemskerk (NED)	173
132.	Bruin Marianne	78	08-021	7:00.40	25m	6-10-88	Heemskerk (NED)	173
133.	Regelink Anneke	83	08-021	7:01.60	25m	4-4-96	Heemskerk (NED)	172
134.	Zijlstra Mariëlle	83	08-021	7:03.50	25m	4-4-96	Heemskerk (NED)	169
135.	de Groot Sjors	08	08-021	7:05.19	25m	28-1-24	Heemskerk (NED)	167
136.	Horst Diana	67	08-021	7:07.20	25m	14-3-81	Heemskerk (NED)	165
137.	Dekker Elise	97	08-021	7:07.93	25m	19-2-06	Zaandam (NED)	164
138.	van Kooten Cynthia	93	08-021	7:11.23	25m	3-12-06	Zaandam (NED)	160
139.	van Giezen Corina	68	08-021	7:12.00	25m	14-3-81	Heemskerk (NED)	159
140.	van der Horst Wendy	72	08-021	7:14.70	25m	31-12-81		157
141.	Huisman Jolanda	68	08-021	7:17.10	25m	14-3-81	Heemskerk (NED)	154
142.	Zonneveld Monica	80	08-021	7:17.50	25m	13-4-94		154
143.	de Graaf Isabella	04	08-021	7:18.41	25m	18-9-16	Zaandam (NED)	153
144.	Visser Robin	05	08-021	7:20.86	25m	24-1-16	Zaandam (NED)	150
145.	Palthe Yvonne	67	08-021	7:20.90	25m	14-3-81	Heemskerk (NED)	150
146.	Beentjes Daphne	91	08-021	7:22.66	25m	29-4-04	Heemskerk (NED)	148
147.	Besse Meta	78	08-021	7:23.20	25m	13-4-94		148

400 vrije slag (sinds 148)

148.	Beentjes Nicolet	80	08-021	7:26.60	25m	4-4-96	Heemskerk (NED)	144
149.	Schelvis Liselot	92	08-021	7:37.74	25m	16-11-03	Heemskerk (NED)	134
150.	Kesting Alexandra	00	08-021	7:45.71	25m	17-4-11	Zaandam (NED)	127
151.	Smit Lydia	84	08-021	7:50.60	25m	19-3-98	Heemskerk (NED)	123
152.	Cappelle Marcella	85	08-021	7:52.50	25m	19-3-98	Heemskerk (NED)	122
153.	Dijkstra Janet	77	08-021	8:01.00	25m	6-10-88	Heemskerk (NED)	115
154.	Dijkstra Pascal	89	08-021	8:16.80	25m	22-2-98	Zaandam (NED)	105
155.	Rasch Monique	66	08-021	8:27.90	25m	14-3-81	Heemskerk (NED)	98
156.	Geluk Mabelle	73	08-021	9:54.06	50m	4-6-11	Apeldoorn (NED)	63

500 vrije slag

1.	Stel Serena	98	08-021	7:26.55	OW	2-8-09	Hoom (NED)	
2.	Bos Marieke	06	08-021	8:31.18	OW	23-7-16	Amstelveen (NED)	
3.	Koopman Anitra	89	08-021	8:51.08	OW	23-7-00	Amsterdam (NED)	
4.	Buur Naomi	01	08-021	9:10.10	OW	1-9-12	Wilhelminadorp (NED)	
5.	Vink Marjolein	93	08-021	9:22.60	OW	27-8-05	Tilburg (NED)	
6.	de Wildt Maud	05	08-021	11:57.51	OW	18-7-15	Amstelveen (NED)	
7.	Buur Cindy	99	08-021	14:05.57	OW	23-7-11	Anna-Paulowna (NED)	
8.	Butter Anouk	82	08-021	16:39.30	OW	21-7-24	Amsterdam (NED)	

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	10:11.36	25m	16-10-11	Zaandam (NED)	481
3.	Vink Lidewij	90	08-021	10:13.37	25m	1-4-06	Zaandam (NED)	477
4.	Stel Serena	98	08-021	10:13.69	25m	28-3-10	Zeist (NED)	476
5.	Hoekstra Eline	03	08-021	10:19.33	25m	3-12-23	Alkmaar (NED)	463
6.	Hoek Daniëlle	88	08-021	10:19.78	25m	17-10-04	Zaandam (NED)	462
7.	van 't Veer Iris	03	08-021	10:32.39	25m	11-10-20	Alkmaar (NED)	435
8.	Kingma Danae	00	08-021	10:34.87	25m	19-10-14	Zaandam (NED)	430
9.	Kleijne Daisy	89	08-021	10:35.32	25m	1-4-06	Zaandam (NED)	429
10.	Wentink Yara	04	08-021	10:36.31	25m	23-10-22	Hoofddorp (NED)	427
11.	Stam Vanessa	80	08-021	10:36.50	25m	22-2-98	Zaandam (NED)	427
12.	Smit Sanne	01	08-021	10:36.60	25m	8-10-17	Alkmaar (NED)	426
13.	Koster Lisa	94	08-021	10:39.38	25m	9-12-07	Zaandam (NED)	421
14.	Teufer Irene	96	08-021	10:41.66	25m	30-3-08	Zaandam (NED)	416
15.	van der Gracht Anouk	89	08-021	10:43.54	25m	3-2-08	Zaandam (NED)	413
16.	Schelvis Roos	86	08-021	10:47.23	25m	4-11-01	Heemskerk	406
17.	Essers Sanne	91	08-021	10:56.82	25m	27-10-07	Barneveld (NED)	388
18.	Limmen Karin	76	08-021	11:00.20	25m	12-4-92	Heemstede (NED)	382
19.	Groen Anne	95	08-021	11:03.36	25m	16-10-11	Zaandam (NED)	377
20.	Besse Karen	75	08-021	11:03.90	25m	6-6-91	Heemskerk	376
21.	van Rookhuizen Sieta	79	08-021	11:04.30	25m	14-4-94	Heemskerk	375
22.	de Groot Daniëlle	93	08-021	11:05.30	25m	9-12-07	Zaandam (NED)	374
23.	de Boer Irene	84	08-021	11:09.32	25m	5-11-00	Zaandam (NED)	367
24.	Kramer Miranda	80	08-021	11:10.60	25m	22-2-98	Zaandam (NED)	365
25.	Mallon Danique	94	08-021	11:12.78	25m	9-12-07	Zaandam (NED)	361
26.	Hulshof Saskia	73	08-021	11:15.20	25m	22-4-90	Heemstede (NED)	357
27.	Stins Mariska	84	08-021	11:18.69	25m	5-11-00	Zaandam (NED)	352
28.	Gijzen-van der Kroft Nicole	84	08-021	11:20.64	25m	26-10-03	Zaandam	349
29.	Stam Sabrina	82	08-021	11:29.30	25m	29-3-98	Heemstede (NED)	336
30.	Dijkstra Lisette	86	08-021	11:29.50	25m	17-5-98	Den Helder (NED)	335

800 vrije slag (sinds 31)

31.	van de Poll Marianne	89	08-021	11:29.83	25m	16-11-03	Heemskerk (NED)	335
32.	van Honk Chantal	80	08-021	11:30.20	25m	12-4-92	Heemstede (NED)	334
33.	Koopman Anitra	89	08-021	11:31.66	25m	16-11-03	Heemskerk (NED)	332
34.	Haasbroek Renske	03	08-021	11:31.92	25m	15-10-23	Alkmaar (NED)	332
35.	de Boer Claudia	77	08-021	11:35.50	25m	8-4-90	Volendam (NED)	327
36.	de Haan Shira	00	08-021	11:37.34	25m	18-10-15	Zaandam (NED)	324
37.	Vink Marjolein	93	08-021	11:39.17	25m	14-10-07	Zaandam (NED)	322
38.	de Ruijter Linda	87	08-021	11:39.46	25m	8-9-02	Heemskerk	321
39.	Crok Annemarie	89	08-021	11:40.31	25m	16-11-03	Heemskerk (NED)	320
40.	Meijer Sylvia	81	08-021	11:41.68	25m	24-10-99	Zaandam (NED)	318
41.	de Boer Angela	80	08-021	11:46.00	25m	5-11-95	Volendam (NED)	312
42.	Zonneveld Chantal	84	08-021	11:49.67	25m	23-1-00	Heemskerk (NED)	308
43.	Butter Anouk	82	08-021	11:51.92	25m	17-10-04	Zaandam (NED)	305
44.	Visser Kelly	89	08-021	11:52.74	25m	10-2-02	Zaandam	304
45.	Hogema Fabiën	93	08-021	11:57.74	25m	3-12-06	Zaandam (NED)	297
46.	Buur Naomi	01	08-021	12:01.21	50m	18-2-14	Beverwijk (NED)	303
47.	Zonneveld Cindy	75	08-021	12:03.50	25m	22-4-90	Heemstede (NED)	290
48.	de Wildt Maud	05	08-021	12:05.47	25m	23-10-22	Hoofddorp (NED)	288
49.	Niessen Iris	92	08-021	12:06.37	25m	22-10-06	Zaandam (NED)	287
50.	van Ballegooie Simone	84	08-021	12:08.80	25m	16-2-97	Volendam (NED)	284
51.	Meijer Linda	77	08-021	12:09.10	25m	8-4-90	Volendam (NED)	284
52.	Hermans Liesbeth	66	08-021	12:09.20	25m	10-1-82	Wormerveer (NED)	284
53.	van Koeveringe Nicole	93	08-021	12:19.96	25m	3-12-06	Zaandam (NED)	271
54.	Renkema Iris	04	08-021	12:22.14	25m	7-2-16	Zaandam (NED)	269
55.	Herwegh Binthy	09	08-021	12:38.12	25m	15-10-23	Alkmaar (NED)	252
56.	Visser Stacey	87	08-021	12:38.83	25m	21-1-01	Heemskerk (NED)	252
57.	van Ballegooie Stefanie	86	08-021	12:57.57	25m	5-11-00	Zaandam (NED)	234
58.	de Vriend Sofie	01	08-021	13:02.76	25m	24-2-13	Zaandam (NED)	229
59.	Jongema Helena	80	08-021	13:10.26	50m	3-6-11	Apeldoorn (NED)	230
60.	Boekling Annette	85	08-021	13:27.82	25m	23-1-00	Heemskerk (NED)	208
61.	Nijman José	93	08-021	13:41.68	25m	14-10-07	Zaandam (NED)	198
62.	Steenkamp Ciska	90	08-021	13:56.79	25m	11-2-01	Zaandam (NED)	187
63.	de Vries Cathy	77	08-021	13:58.10	25m	6-6-91	Heemskerk	187
64.	van Kooten Cynthia	93	08-021	14:20.51	25m	3-12-06	Zaandam (NED)	172
65.	Liefting Sarina	93	08-021	14:25.95	25m	20-3-05	Zaandam (NED)	169
66.	Schelvis Liselot	92	08-021	15:20.84	25m	7-3-04	Zaandam	141
67.	Geluk Mabelle	73	08-021	20:25.45	50m	4-6-11	Apeldoorn (NED)	61

1000 vrije slag

1.	Vink Lidewij	90	08-021	14:29.79	OW	8-7-06	Oss (NED)	
2.	Crok Linda	94	08-021	14:29.84	OW	10-7-10	Wijk en Aalburg (NED)	
3.	Crok Annemarie	89	08-021	14:53.23	OW	25-7-10	Langedijk (NED)	
4.	Essers Sanne	91	08-021	14:54.95	OW	23-7-06	Langedijk (NED)	
5.	van der Gracht Anouk	89	08-021	14:55.47	OW	5-7-09	Bodegraven (NED)	
6.	Kleijne Daisy	89	08-021	14:59.73	OW	5-7-09	Bodegraven (NED)	
7.	Koopman Anitra	89	08-021	15:11.73	OW	24-6-01	Breukelen (NED)	
8.	de Ruijter Linda	87	08-021	15:40.56	OW	8-7-01	Amsterdam (NED)	
9.	van Staveren Marina	78	08-021	15:45.07	OW	4-8-13	Amstelveen (NED)	
10.	Kramer Miranda	80	08-021	15:51.40	OW	2-7-95	Veghel (NED)	
11.	Hermans Liesbeth	66	08-021	15:56.50	OW	14-6-81	Amstelveen (NED)	
12.	Butter Anouk	82	08-021	15:59.15	OW	11-6-05	Gorinchem (NED)	
13.	Visser Kelly	89	08-021	16:23.59	OW	16-6-01	Spaarnwoude (NED)	

1000 vrije slag (sinds 14)

14.	Oudendijk Bianca	79	08-021	16:34.50	OW	12-7-94	Harderwijk (NED)
15.	Hogema Fabiën	93	08-021	16:38.77	OW	2-7-06	Bodegraven (NED)
16.	Meijer Sylvia	81	08-021	16:39.40	OW	2-7-95	Veghel (NED)
17.	Smid Diane	65	08-021	16:39.99	OW	26-8-07	Oosterhout (NED)
18.	Stins Mariska	84	08-021	16:43.50	OW	12-7-98	Amsterdam (NED)
19.	Heus Pauline	78	08-021	16:45.90	OW	4-8-13	Amstelveen (NED)
20.	de Haan Shira	00	08-021	16:59.66	OW	26-8-17	Eindhoven (NED)
21.	Vink Marjolein	93	08-021	17:04.18	OW	5-7-08	Oss (NED)
22.	van Giezen Corina	68	08-021	17:05.00	OW	17-6-84	Amstelveen (NED)
23.	Visser Stacey	87	08-021	17:16.95	OW	16-6-01	Spaarnwoude (NED)
24.	Windmuller Wendy	69	08-021	17:20.80	OW	30-6-83	Amstelveen (NED)
25.	van Leeuwen Andrea	71	08-021	17:28.00	OW	17-6-84	Amstelveen (NED)
26.	Niesten Iris	92	08-021	17:35.15	OW	19-8-06	Bussloo (NED)
27.	van Rookhuizen Sieta	79	08-021	17:42.50	OW	4-9-94	Amsterdam (NED)
28.	Buur Naomi	01	08-021	17:46.78	OW	25-8-13	Oosterhout (NED)
29.	Dijkstra Ingrid	68	08-021	18:25.70	OW	30-6-83	Amstelveen (NED)
30.	Poppema Yvonne	68	08-021	18:49.50	OW	17-6-84	Amstelveen (NED)
31.	van Huisstede Nikita	01	08-021	19:27.30	OW	17-8-13	Heerjansdam (NED)
32.	de Graaf Dinie	71	08-021	19:28.50	OW	17-6-84	Amstelveen (NED)
33.	Buur Cindy	99	08-021	21:02.70	OW	17-8-13	Heerjansdam (NED)

1250 vrije slag

1.	Bos Marieke	06	08-021	22:34.57	OW	21-7-18	Hoorn (NED)
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1500 vrije slag

1.	Schelvis Femke	84	08-021	19:04.76	25m	23-1-00	Heemskerk (NED)	518
2.	Crok Linda	94	08-021	19:23.75	25m	4-12-11	Zaandam (NED)	493
3.	Vink Lidewij	90	08-021	19:28.97	25m	12-1-06	Heemskerk (NED)	487
4.	Hoekstra Eline	03	08-021	19:37.95	25m	3-12-23	Alkmaar (NED)	475
5.	van 't Veer Iris	03	08-021	19:53.31	25m	11-10-20	Alkmaar (NED)	457
6.	Hoek Daniëlle	88	08-021	20:03.26	25m	14-11-04	Heemskerk (NED)	446
7.	Kleijne Daisy	89	08-021	20:17.52	25m	12-1-06	Heemskerk (NED)	431
8.	Schelvis Roos	86	08-021	20:20.21	25m	4-11-01	Heemskerk	428
9.	van der Gracht Anouk	89	08-021	20:26.00	25m	3-2-08	Zaandam (NED)	422
10.	Smit Sanne	01	08-021	20:34.89	50m	15-4-18	Alkmaar (NED)	420
11.	de Groot Daniëlle	93	08-021	21:01.65	25m	9-12-07	Zaandam (NED)	387
12.	de Boer Irene	84	08-021	21:16.67	25m	23-1-00	Heemskerk (NED)	373
13.	Limmen Karin	76	08-021	21:25.00	25m	7-2-93	Volendam (NED)	366
14.	Wentink Yara	04	08-021	21:34.63	50m	19-2-23	Alkmaar (NED)	365
15.	Groen Anne	95	08-021	21:38.25	25m	19-12-10	Zaandam (NED)	355
16.	Stins Mariska	84	08-021	21:41.94	25m	4-1-01	Heemskerk (NED)	352
17.	Kramer Miranda	80	08-021	21:44.13	25m	11-2-01	Zaandam (NED)	350
18.	Essers Sanne	91	08-021	21:45.01	25m	3-12-06	Zaandam (NED)	350
19.	van de Poll Marianne	89	08-021	21:47.89	25m	16-11-03	Heemskerk (NED)	347
20.	Koopman Anitra	89	08-021	21:53.80	25m	16-2-03	Zaandam	343
21.	de Ruijter Linda	87	08-021	21:56.67	25m	1-12-02	Heemskerk	340
22.	Crok Annemarie	89	08-021	22:14.20	25m	16-11-03	Heemskerk (NED)	327
23.	Besse Karen	75	08-021	22:20.60	25m	29-12-88	Heemskerk (NED)	322
24.	van Rookhuizen Sieta	79	08-021	22:21.97	25m	23-1-00	Heemskerk (NED)	321
25.	Zonneveld Chantal	84	08-021	22:25.85	25m	23-1-00	Heemskerk (NED)	319
26.	Visser Kelly	89	08-021	22:30.91	25m	10-2-02	Zaandam	315
27.	Buur Naomi	01	08-021	22:49.10	25m	9-2-14	Zaandam (NED)	303

1500 vrije slag (sinds 28)

28.	Hogema Fabiën	93	08-021	22:56.00	25m	28-1-07	Zaandam (NED)	298
29.	Butter Anouk	82	08-021	23:04.38	25m	14-11-04	Heemskerk (NED)	293
30.	Vink Marjolein	93	08-021	23:15.85	25m	28-1-07	Zaandam (NED)	286
31.	Mallon Danique	94	08-021	23:47.44	25m	28-1-07	Zaandam (NED)	267
32.	de Boer Claudia	77	08-021	23:53.70	25m	17-3-90	Heerhugowaard (NED)	263
33.	van Koeveringe Nicole	93	08-021	24:03.62	25m	28-1-07	Zaandam (NED)	258
34.	Meijer Linda	77	08-021	24:06.20	25m	17-3-90	Heerhugowaard (NED)	257
35.	Niesten Iris	92	08-021	24:21.57	25m	3-12-06	Zaandam (NED)	249
36.	Jongema Helena	80	08-021	24:45.29	50m	3-6-11	Apeldoorn (NED)	241
37.	Boekling Annette	85	08-021	25:17.81	25m	23-1-00	Heemskerk (NED)	222
38.	van Staveren Marina	78	08-021	25:21.32	OW	22-7-12	Amsterdam (NED)	
39.	Bos Marieke	06	08-021	25:43.38	OW	15-7-18	Amsterdam (NED)	
40.	Heus Pauline	78	08-021	26:10.58	OW	21-7-13	Amsterdam (NED)	
41.	Hoek Laura	86	08-021	26:25.18	25m	5-3-00	Zaandam (NED)	195
42.	Visser Stacey	87	08-021	26:44.41	25m	5-3-00	Zaandam (NED)	188
43.	Nijman José	93	08-021	27:28.54	25m	28-1-07	Zaandam (NED)	173

2000 vrije slag

1.	Schelvis Femke	84	08-021	25:28.90	25m	5-3-00	Zaandam (NED)	515
2.	Crok Linda	94	08-021	26:17.78	25m	13-2-11	Zaandam (NED)	469
3.	van de Poll Marianne	89	08-021	26:56.35	25m	7-3-04	Zaandam	436
4.	Vink Lidewij	90	08-021	27:03.36	25m	28-1-07	Zaandam (NED)	431
5.	Hoek Daniëlle	88	08-021	27:21.57	25m	7-3-04	Zaandam	416
6.	van der Gracht Anouk	89	08-021	27:22.08	25m	3-2-08	Zaandam (NED)	416
7.	Kleijne Daisy	89	08-021	27:32.48	25m	1-3-09	Zaandam (NED)	408
8.	Essers Sanne	91	08-021	28:04.76	25m	28-1-07	Zaandam (NED)	385
9.	Schelvis Roos	86	08-021	28:08.75	25m	10-2-02	Zaandam	382
10.	Hoekstra Eline	03	08-021	28:13.56	50m	24-3-24	Alkmaar (NED)	386
11.	Kramer Miranda	80	08-021	29:04.76	25m	11-2-01	Zaandam (NED)	347
12.	Stins Mariska	84	08-021	29:08.81	25m	5-3-00	Zaandam (NED)	344
13.	de Ruijter Linda	87	08-021	29:15.39	25m	16-2-03	Zaandam	340
14.	Crok Annemarie	89	08-021	29:24.89	25m	7-3-04	Zaandam	335
15.	van Rookhuizen Sieta	79	08-021	29:42.03	25m	5-3-00	Zaandam (NED)	325
16.	Groen Anne	95	08-021	29:43.90	25m	13-2-11	Zaandam (NED)	324
17.	Butter Anouk	82	08-021	30:35.49	OW	20-6-04	Spaarnwoude (NED)	
18.	Niesten Iris	92	08-021	32:20.51	25m	28-1-07	Zaandam (NED)	252
19.	Palmboom Nicole	91	08-021	32:20.54	OW	5-7-09	Bodegraven (NED)	
20.	Vink Marjolein	93	08-021	34:07.78	OW	15-6-08	Spaarnwoude (NED)	
21.	Boekling Annette	85	08-021	34:19.25	25m	5-3-00	Zaandam (NED)	211
22.	Heus Pauline	78	08-021	35:03.55	OW	4-8-13	Amstelveen (NED)	
23.	Oudendijk Bianca	79	08-021	50:45.90	OW	6-7-96	Oss (NED)	
24.	van der Eng Laura	80	08-021	50:47.00	OW	6-7-96	Oss (NED)	

2500 vrije slag

1.	Schelvis Femke	84	08-021	33:53.31	OW	26-6-04	Scheerwolde (NED)	
2.	Vink Lidewij	90	08-021	36:34.47	OW	9-7-05	Oss (NED)	
3.	Crok Linda	94	08-021	37:25.63	OW	25-7-10	Langedijk (NED)	
4.	van der Gracht Anouk	89	08-021	39:11.50	OW	4-7-09	Oss (NED)	
5.	Butter Anouk	82	08-021	42:59.56	OW	10-7-04	Oss (NED)	
6.	Essers Sanne	91	08-021	45:43.56	OW	22-7-07	Langedijk (NED)	

3000 vrije slag

1. Schelvis Femke	84	08-021	42:18.93	OW	19-6-04	Vriezenveen (NED)
2. Vink Lidewij	90	08-021	44:59.59	OW	15-7-06	Wijk en Aalburg (NED)
3. Crok Linda	94	08-021	45:46.47	OW	10-7-10	Wijk en Aalburg (NED)
4. van der Gracht Anouk	89	08-021	48:05.75	OW	29-8-09	Tilburg (NED)
5. Kleijne Daisy	89	08-021	48:41.41	OW	19-7-08	Anna-Paulowna (NED)
6. Essers Sanne	91	08-021	48:59.81	OW	21-7-07	Anna-Paulowna (NED)
7. Heus Pauline	78	08-021	50:50.35	OW	7-9-13	Eindhoven (NED)
8. van Rookhuizen Sieta	79	08-021	51:49.00	OW	2-7-95	Veghel (NED)

4000 vrije slag**5000 vrije slag**

1. Schelvis Femke	84	08-021	1:10:50.81	OW	4-7-04	Sluis (NED)
2. Crok Linda	94	08-021	1:18:13.04	OW	20-6-10	Spaarnwoude (NED)
3. van der Gracht Anouk	89	08-021	1:22:18.67	OW	16-8-08	Heerjansdam (NED)

6000 vrije slag**6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Schelvis Femke	84	08-021	15.10	25m	15-1-98	Heemskerk (NED)	512
2. Hoekstra Eline	03	08-021	15.36	25m	7-7-22	Heemskerk (NED)	486
3. Broek Jade	97	08-021	15.49	25m	7-7-22	Heemskerk (NED)	474
4. Meijer Sylvia	81	08-021	15.90	25m	13-2-97	Heemskerk (NED)	438
5. Hulshof Saskia	73	08-021	16.00	25m	12-1-89	Heemskerk (NED)	430
6. Palmboom Nicole	91	08-021	16.02	25m	19-4-07	Heemskerk (NED)	428
7. Schelvis Roos	86	08-021	16.39	25m	17-2-00	Heemskerk (NED)	400
8. Meijer Linda	77	08-021	16.40	25m	16-5-91	Heemskerk (NED)	399
8. Kramer Miranda	80	08-021	16.40	25m	15-1-98	Heemskerk (NED)	399
10. Wentink Yara	04	08-021	16.47	25m	7-7-22	Heemskerk (NED)	394
11. Kleijne Daisy	89	08-021	16.57	25m	27-4-06	Heemskerk	387
12. Mallon Danique	94	08-021	16.78	25m	29-5-08	Heemskerk (NED)	373
13. Stins Mariska	84	08-021	16.86	25m	19-4-07	Heemskerk (NED)	367
14. Stam Sabrina	82	08-021	16.90	25m	15-1-98	Heemskerk (NED)	365
14. Vink Lidewij	90	08-021	16.90	25m	19-4-07	Heemskerk (NED)	365
14. de Haan Shira	00	08-021	16.90	25m	7-7-22	Heemskerk (NED)	365
17. Crok Linda	94	08-021	16.95	25m	29-5-08	Heemskerk (NED)	361
18. Schuyt Simone	75	08-021	17.00	25m	12-1-89	Heemskerk (NED)	358
19. van Ballegooie Stefanie	86	08-021	17.07	25m	22-2-01	Heemskerk (NED)	354
20. Koster Lisa	94	08-021	17.13	25m	19-4-07	Heemskerk (NED)	350
21. Gijzen-van der Kroft Nicole	84	08-021	17.20	25m	13-2-97	Heemskerk (NED)	346

25 rugslag (sinds 22)

21.	Stam Vanessa	80	08-021	17.20	25m	15-1-98	Heemskerk (NED)	346
23.	van 't Veer Iris	03	08-021	17.22	25m	7-7-22	Heemskerk (NED)	345
24.	Hoek Daniëlle	88	08-021	17.26	25m	29-5-08	Heemskerk (NED)	342
25.	van Assema Eline	05	08-021	17.28	25m	7-7-22	Heemskerk (NED)	341
26.	Besse Karen	75	08-021	17.40	25m	12-1-89	Heemskerk (NED)	334
26.	Bruin Adri	74	08-021	17.40	25m	12-1-89	Heemskerk (NED)	334
26.	de Groot Daniëlle	93	08-021	17.40	25m	19-4-07	Heemskerk (NED)	334
29.	Crok Annemarie	89	08-021	17.44	25m	27-4-06	Heemskerk	332
30.	Boekling Annette	85	08-021	17.45	25m	22-2-01	Heemskerk (NED)	331
31.	Zonneveld Chantal	84	08-021	17.48	25m	22-2-01	Heemskerk (NED)	330
32.	Limmen Karin	76	08-021	17.50	25m	16-6-93		328
32.	van Ballegooie Simone	84	08-021	17.50	25m	15-1-98	Heemskerk (NED)	328
34.	de Boer Irene	84	08-021	17.51	25m	22-2-01	Heemskerk (NED)	328
35.	Visser Kelly	89	08-021	17.62	25m	21-11-10	Almere-Stad (NED)	322
36.	Herwegh Binthy	09	08-021	17.69	25m	7-7-22	Heemskerk (NED)	318
37.	van der Gracht Anouk	89	08-021	17.72	25m	27-4-06	Heemskerk	316
38.	Essers Sanne	91	08-021	17.78	25m	27-4-06	Heemskerk	313
39.	Koopman Inge	93	08-021	17.79	25m	7-7-22	Heemskerk (NED)	313
40.	Zonneveld Cindy	75	08-021	17.80	25m	12-1-89	Heemskerk (NED)	312
40.	van Rookhuizen Sieta	79	08-021	17.80	25m	8-2-96	Heemskerk (NED)	312
42.	Koopman Anitra	89	08-021	17.83	25m	22-2-01	Heemskerk (NED)	310
42.	Jongema Helena	80	08-021	17.83	25m	20-11-11	Almere-Stad (NED)	310
44.	van der Geest Saskia	73	08-021	17.90	25m	12-1-89	Heemskerk (NED)	307
44.	Krouwels Tanja	79	08-021	17.90	25m	15-1-98	Heemskerk (NED)	307
46.	Liefting Sarina	93	08-021	17.95	25m	27-4-06	Heemskerk	304
47.	Heus Pauline	78	08-021	18.00	25m	16-3-95	Heemskerk (NED)	302
48.	Vink Marjolein	93	08-021	18.08	25m	19-4-07	Heemskerk (NED)	298
49.	Moolevliet Petra	82	08-021	18.10	25m	8-2-96	Heemskerk (NED)	297
50.	Rodenburg Rianne	93	08-021	18.13	25m	27-4-06	Heemskerk	295
50.	Niesten Iris	92	08-021	18.13	25m	29-5-08	Heemskerk (NED)	295
52.	de Boer Maia	03	08-021	18.17	25m	7-7-22	Heemskerk (NED)	293
53.	Deiman Caroline	67	08-021	18.20	25m	12-1-89	Heemskerk (NED)	292
53.	Dijkstra Lisette	86	08-021	18.20	25m	15-1-98	Heemskerk (NED)	292
55.	Oudendijk Bianca	79	08-021	18.30	25m	8-2-96	Heemskerk (NED)	287
55.	Hoek Laura	86	08-021	18.30	25m	25-3-99	Heemskerk (NED)	287
57.	Siemerink Laura	04	08-021	18.38	25m	7-7-22	Heemskerk (NED)	283
58.	de Ruijter Linda	87	08-021	18.54	25m	22-2-01	Heemskerk (NED)	276
59.	Butter Anouk	82	08-021	18.57	25m	19-4-07	Heemskerk (NED)	275
60.	Teufer Irene	96	08-021	18.79	25m	19-4-07	Heemskerk (NED)	265
61.	Dijkstra Janet	77	08-021	18.80	25m	12-1-89	Heemskerk (NED)	265
61.	van Honk Chantal	80	08-021	18.80	25m	16-5-91	Heemskerk (NED)	265
61.	ten Cate Joyce	80	08-021	18.80	25m	13-2-97	Heemskerk (NED)	265
64.	de Wildt Maud	05	08-021	18.87	25m	7-7-22	Heemskerk (NED)	262
65.	Splinter Nathalie	75	08-021	18.90	25m	12-1-89	Heemskerk (NED)	261
65.	de Vries Justine	83	08-021	18.90	25m	8-2-96	Heemskerk (NED)	261
65.	Beentjes Nicolet	80	08-021	18.90	25m	25-3-99	Heemskerk (NED)	261
68.	Hogema Fabiën	93	08-021	18.93	25m	19-4-07	Heemskerk (NED)	259
69.	Bruin Marianne	78	08-021	19.00	25m	16-5-91	Heemskerk (NED)	257
70.	de Vries Chrissie	93	08-021	19.02	25m	19-4-07	Heemskerk (NED)	256
71.	de Roode Xara	08	08-021	19.04	25m	7-7-22	Heemskerk (NED)	255
72.	van Velsen Patricia	79	08-021	19.10	25m	16-3-95	Heemskerk (NED)	252
73.	de Vries Cathy	77	08-021	19.20	25m	16-5-91	Heemskerk (NED)	249
74.	Cappelle Carlijn	82	08-021	19.30	25m	15-1-98	Heemskerk (NED)	245

25 rugslag (sinds 75)

75. Bos Chantal	74	08-021	19.40	25m	12-1-89	Heemskerk (NED)	241
75. de Boer Angela	80	08-021	19.40	25m	16-3-95	Heemskerk (NED)	241
77. Molenaar Eline	82	08-021	19.44	25m	17-2-00	Heemskerk (NED)	239
78. Hommersen Sandra	84	08-021	19.56	25m	25-3-99	Heemskerk (NED)	235
79. Dijkstra Maud	84	08-021	19.60	25m	5-2-98	Heemskerk (NED)	234
79. Zwarthoed Brenda	96	08-021	19.60	25m	19-4-07	Heemskerk (NED)	234
81. Lindelauf Priscilla	85	08-021	19.63	25m	17-2-00	Heemskerk (NED)	233
82. Limmen Miriam	75	08-021	19.70	25m	12-1-89	Heemskerk (NED)	230
83. Regelink Anneke	83	08-021	19.76	25m	25-3-99	Heemskerk (NED)	228
84. Bakker Jesca	79	08-021	19.80	25m	31-12-89	Heemskerk (NED)	227
85. Groen Anne	95	08-021	19.94	25m	29-5-08	Heemskerk (NED)	222
86. Nijman José	93	08-021	19.99	25m	29-5-08	Heemskerk (NED)	220
87. Bos Marieke	06	08-021	20.08	25m	7-7-22	Heemskerk (NED)	217
88. Koper Birgit	87	08-021	20.09	25m	27-4-06	Heemskerk	217
89. Steenkamp Ciska	90	08-021	20.19	25m	22-2-01	Heemskerk (NED)	214
90. de Boer Claudia	77	08-021	20.20	25m	31-12-89	Heemskerk (NED)	213
91. Essers Patricia	84	08-021	20.23	25m	17-2-00	Heemskerk (NED)	212
92. Vredenburg Roos	95	08-021	20.24	25m	29-5-08	Heemskerk (NED)	212
93. ten Cate Ilona	85	08-021	20.26	25m	22-2-01	Heemskerk (NED)	211
93. Knight Kayleigh	00	08-021	20.26	25m	7-7-22	Heemskerk (NED)	211
95. Zonneveld Monica	80	08-021	20.30	25m	16-6-93		210
96. van Koeveringe Nicole	93	08-021	20.35	25m	27-4-06	Heemskerk	209
97. Stel Kaylin	01	08-021	20.44	25m	3-1-10	Culemborg (NED)	206
98. Limmen Anita	78	08-021	20.50	25m	16-6-93		204
99. van Kooten Cynthia	93	08-021	20.59	25m	27-4-06	Heemskerk	201
100. de Groot Linda	81	08-021	20.60	25m	8-2-96	Heemskerk (NED)	201
100. Huneker Jolanda	79	08-021	20.60	25m	13-2-97	Heemskerk (NED)	201
102. Smit Lydia	84	08-021	20.61	25m	25-3-99	Heemskerk (NED)	201
102. Viel Bianca	85	08-021	20.61	25m	25-3-99	Heemskerk (NED)	201
104. Bakker Daniëlle	96	08-021	20.72	25m	29-5-08	Heemskerk (NED)	198
105. Visser Stacey	87	08-021	20.99	25m	17-2-00	Heemskerk (NED)	190
106. Besse Meta	78	08-021	21.00	25m	31-12-89	Heemskerk (NED)	190
107. Hoogervorst Marlon	84	08-021	21.20	25m	16-3-95	Heemskerk (NED)	185
108. van der Wijden Eline	88	08-021	21.30	25m	22-3-01	Heemskerk (NED)	182
109. van Honschoten Ingeborg	70	08-021	21.50	25m	10-2-80	Heerhugowaard (NED)	177
109. de Laat Anita	75	08-021	21.50	25m	22-3-88	Heemskerk (NED)	177
111. van der Eng Laura	80	08-021	21.60	25m	8-2-96	Heemskerk (NED)	174
111. van den Braber Liesbeth	84	08-021	21.60	25m	15-1-98	Heemskerk (NED)	174
113. Dijkstra Pascal	89	08-021	21.67	25m	25-3-99	Heemskerk (NED)	173
114. Potemans Priscilla	84	08-021	21.70	25m	15-1-98	Heemskerk (NED)	172
115. Mosch Sabina	84	08-021	22.00	25m	15-1-98	Heemskerk (NED)	165
116. Koper Ella	90	08-021	22.10	25m	27-4-06	Heemskerk	163
117. Rodenburg Kyra	96	08-021	22.12	25m	27-4-06	Heemskerk	162
118. Oortwijn Jytte	10	08-021	22.17	25m	7-7-22	Heemskerk (NED)	161
119. Dekker Danyk	94	08-021	22.22	25m	29-5-08	Heemskerk (NED)	160
120. Aafjes Suzan	69	08-021	22.30	25m	13-10-79	Heemskerk (NED)	158
121. Cappelle Marcella	85	08-021	22.50	25m	13-2-97	Heemskerk (NED)	154
122. Koper Fiona	01	08-021	22.67	25m	26-9-10	Hoom (NED)	151
123. Mulder Amy	80	08-021	22.80	25m	16-6-93		148
124. van der Horst Sacha	69	08-021	22.90	25m	13-10-79	Heemskerk (NED)	146
125. Bakker Anna	97	08-021	22.95	25m	29-5-08	Heemskerk (NED)	145
126. Huisman Lianne	87	08-021	23.10	25m	22-3-01	Heemskerk (NED)	143
127. Dekker Elise	97	08-021	23.11	25m	20-3-05	Heemstede (NED)	142

25 rugslag (sinds 128)

128.	van Ederen Jasmijn	10	08-021	23.28	25m	13-5-18	Haarlem (NED)	139
129.	Nijman Linda	89	08-021	23.32	25m	22-2-01	Heemskerk (NED)	139
130.	Pover Ellen	72	08-021	23.40	25m	13-12-81	Volendam (NED)	137
131.	Heus Inge	81	08-021	23.50	25m	16-5-91	Heemskerk (NED)	135
132.	Zijlstra Mariëlle	83	08-021	23.60	25m	16-3-95	Heemskerk (NED)	134
133.	Nagy Illango	10	08-021	23.64	25m	30-3-23	Heemskerk (NED)	133
134.	Sahin Sümeyye Sena	10	08-021	23.68	25m	7-7-22	Heemskerk (NED)	132
135.	Windmuller Wendy	69	08-021	23.90	25m	13-10-79	Heemskerk (NED)	129
135.	Schijf Irene	83	08-021	23.90	25m	27-4-95	Heemskerk (NED)	129
137.	de Vriend Sofie	01	08-021	23.96	25m	26-9-10	Hoom (NED)	128
138.	van Perlo Ingrid	73	08-021	24.00	25m	13-12-81	Volendam (NED)	127
138.	Bakker Lisette	83	08-021	24.00	25m	13-2-97	Heemskerk (NED)	127
140.	Martens Priscilla	85	08-021	24.10	25m	20-3-97	Heemskerk (NED)	125
141.	van Toledo Annelies	70	08-021	24.30	25m	10-2-80	Heerhugowaard (NED)	122
141.	van Leen Cynthia	81	08-021	24.30	25m	8-2-96	Heemskerk (NED)	122
143.	Bovekerk Annefleur	99	08-021	24.40	25m	27-9-09	Hoom (NED)	121
144.	Grul Lisanne	97	08-021	24.54	25m	29-5-08	Heemskerk (NED)	119
145.	Werdekker Marjolein	81	08-021	24.60	25m	13-2-97	Heemskerk (NED)	118
146.	van der Horst Wendy	72	08-021	24.90	25m	16-3-80	Heemskerk (NED)	114
146.	Kerkhoven Michelle	91	08-021	24.90	25m	22-2-01	Heemskerk (NED)	114
148.	Schelvis Liselot	92	08-021	24.94	25m	13-1-02	Zaandam	113
149.	Buur Naomi	01	08-021	24.95	25m	3-1-10	Culemborg (NED)	113
150.	van Noort Jony	85	08-021	25.00	25m	27-4-95	Heemskerk (NED)	112
151.	Renkema Iris	04	08-021	25.14	25m	30-9-12	Heemskerk (NED)	110
152.	Werdekker Esther	83	08-021	25.20	25m	13-2-97	Heemskerk (NED)	110
153.	Hoeksema Kim	90	08-021	25.21	25m	22-2-01	Heemskerk (NED)	110
154.	Butter Noor	16	08-021	25.25	25m	3-3-24	Krommenie (NED)	109
155.	Blaauw Yente	03	08-021	25.37	25m	22-4-12	Haarlem (NED)	107
156.	Hoekstra Femke	05	08-021	25.43	25m	13-4-14	Zaandam (NED)	107
157.	Liefting Mariëlle	90	08-021	25.53	25m	22-2-01	Heemskerk (NED)	105
158.	Pezo Adna	90	08-021	25.60	25m	22-2-01	Heemskerk (NED)	105
159.	van Berkel Nova	10	08-021	25.63	25m	30-3-23	Heemskerk (NED)	104
160.	Banks Riley	17	08-021	25.69	25m	10-12-23	Hoofddorp (NED)	103
161.	Herwegh Izayra Rena	14	08-021	25.78	25m	12-2-23	Heemstede (NED)	102
162.	Elghandor Kiyaan	03	08-021	25.95	25m	2-2-14	Haarlem (NED)	100
163.	van den Heuvel Sandra	80	08-021	26.10	25m	12-1-89	Heemskerk (NED)	99
164.	Wiegman Brenda	72	08-021	26.20	25m	13-12-81	Volendam (NED)	98
165.	Oliveira Rocha Yara	17	08-021	26.23	25m	21-4-24	Krommenie (NED)	97
166.	de Graaf Annemiek	70	08-021	26.40	25m	10-2-80	Heerhugowaard (NED)	95
167.	Petit Kirsten	00	08-021	26.73	25m	27-9-09	Hoom (NED)	92
168.	Nagy Noella	13	08-021	26.77	25m	30-3-23	Heemskerk (NED)	91
169.	Rijkema Marije	85	08-021	27.00	25m	15-1-98	Heemskerk (NED)	89
170.	Haack Fenna	16	08-021	27.38	25m	3-3-24	Krommenie (NED)	85
171.	Snijder Femke	83	08-021	27.60	25m	16-2-94		83
172.	Wieman Lianne	03	08-021	27.64	25m	25-9-11	Hoom (NED)	83
172.	Haack Zowi	18	08-021	27.64	25m	15-12-24	Amsterdam (NED)	83
174.	Kuijper Michelle	91	08-021	28.19	25m	22-2-01	Heemskerk (NED)	78
175.	Stoker Ianthe	84	08-021	28.40	25m	20-3-97	Heemskerk (NED)	76
176.	Janssen Tess	89	08-021	29.40	25m	15-1-98	Heemskerk (NED)	69
177.	Eijndhoven Jonna	02	08-021	31.42	25m	25-9-11	Hoom (NED)	56
178.	van Dam Merel	14	08-021	31.81	25m	30-3-23	Heemskerk (NED)	54
179.	Slotemaker Britt	14	08-021	32.19	25m	8-10-23	Zaandam (NED)	52
180.	van Leeuwen Andrea	71	08-021	32.20	25m	13-10-79	Heemskerk (NED)	52

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181.	Zeeman Judith	70	08-021	32.40	25m	13-10-79	Heemskerk (NED)	51
182.	van Laarhoven Salome	15	08-021	32.44	25m	3-3-24	Krommenie (NED)	51
183.	van der Veldt Sandra	72	08-021	34.00	25m	16-3-80	Heemskerk (NED)	44
184.	Adli Sara	13	08-021	38.87	25m	30-3-23	Heemskerk (NED)	30
185.	Roling Nora	15	08-021	43.85	25m	30-3-23	Heemskerk (NED)	20
186.	Atzei Sabina	71	08-021	44.00	25m	10-2-80	Heerhugowaard (NED)	20
187.	Adli Linda	14	08-021	44.09	25m	30-3-23	Heemskerk (NED)	20

50 rugslag

1.	Kingma Danae	00	08-021	31.06	25m	30-12-17	Leeuwarden (NED)	564
2.	Broek Jade	97	08-021	31.17	25m	16-11-19	Hoofddorp (NED)	558
3.	Wentink Yara	04	08-021	31.62	25m	29-6-24	Rotterdam (NED)	535
4.	Hoekstra Eline	03	08-021	32.02	25m	5-12-21	Den Haag (NED)	515
5.	Kleijne Daisy	89	08-021	32.44	25m	5-3-06	Purmerend (NED)	495
6.	Koper Fiona	01	08-021	32.46	25m	15-2-18	Heemskerk (NED)	494
7.	Schelvis Femke	84	08-021	32.93	25m	14-11-99	Zaandam (NED)	473
8.	Siemerink Laura	04	08-021	33.00	25m	30-12-18	Leeuwarden (NED)	470
9.	Palmboom Nicole	91	08-021	33.39	25m	29-12-07	Maastricht (NED)	454
10.	van 't Veer Iris	03	08-021	33.54	25m	15-2-18	Heemskerk (NED)	448
11.	Koster Lisa	94	08-021	33.96	25m	13-12-07	Heemskerk (NED)	431
12.	Groen Anne	95	08-021	34.04	25m	2-10-16	Purmerend (NED)	428
13.	Hulshof Saskia	73	08-021	34.10	25m	30-6-88	Heemskerk (NED)	426
14.	Crok Linda	94	08-021	34.25	25m	3-3-13	Purmerend (NED)	421
15.	ten Bokkel Henriëke	94	08-021	34.33	25m	12-4-18	Heemskerk (NED)	418
16.	Smit Sanne	01	08-021	34.37	25m	15-2-15	Purmerend (NED)	416
17.	Kramer Miranda	80	08-021	34.40	25m	5-4-98	Heemskerk (NED)	415
18.	Meijer Sylvia	81	08-021	34.50	25m	26-1-97	Zuidoost Beemster (NED)	411
19.	Schelvis Roos	86	08-021	34.63	25m	16-4-00	Almelo (NED)	407
20.	Meijer Linda	77	08-021	34.70	25m	17-2-94	Heemskerk	404
21.	Mallon Danique	94	08-021	34.73	25m	22-5-10	Purmerend (NED)	403
22.	Buur Naomi	01	08-021	34.76	25m	18-2-16	Heemskerk (NED)	402
23.	Vink Lidewij	90	08-021	34.96	25m	5-3-06	Purmerend (NED)	395
23.	Herwegh Binthy	09	08-021	34.96	25m	27-10-24	Zaandam (NED)	395
25.	Jongema Helena	80	08-021	35.08	25m	16-3-08	Amersfoort (NED)	391
26.	Stins Mariska	84	08-021	35.29	25m	7-6-03	Z.o. Beemster	384
27.	Hoek Daniëlle	88	08-021	35.31	25m	28-10-04	Heemskerk (NED)	384
28.	van Assema Eline	05	08-021	35.41	25m	19-9-21	Zaandam (NED)	380
29.	de Haan Shira	00	08-021	35.50	25m	4-10-20	Heemskerk (NED)	378
30.	Gijzen-van der Kroft Nicole	84	08-021	35.60	25m	29-11-01	Heemskerk	374
31.	Poppema Yvonne	68	08-021	35.70	25m	2-9-84	Heemskerk (NED)	371
31.	Stam Vanessa	80	08-021	35.70	25m	22-3-98	Assendelft (NED)	371
33.	van de Poll Marianne	89	08-021	35.74	25m	25-10-03	Nieuwegein (NED)	370
34.	van der Gracht Anouk	89	08-021	35.78	25m	18-5-13	Purmerend (NED)	369
35.	Koopman Inge	93	08-021	35.90	25m	2-10-22	Den Helder (NED)	365
36.	Stam Sabrina	82	08-021	36.00	25m	18-1-98	Zuidoost Beemster (NED)	362
37.	Koopman Anitra	89	08-021	36.05	25m	6-2-05	Zuidoost-Beemster (NED)	361
38.	de Boer Maia	03	08-021	36.21	25m	19-9-21	Zaandam (NED)	356
39.	Stel Serena	98	08-021	36.24	25m	27-2-10	Hoom (NED)	355
40.	van Honk Chantal	80	08-021	36.30	25m	12-5-93		353
41.	Scholten Britt	04	08-021	36.32	25m	15-2-18	Heemskerk (NED)	353
42.	Crok Annemarie	89	08-021	36.40	25m	28-12-03	Maastricht (NED)	350
43.	Petit Kirsten	00	08-021	36.47	25m	30-12-16	Leeuwarden (NED)	348

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44.	Zonneveld Chantal	84	08-021	36.56	25m	25-4-02	Heemskerk	346
45.	van Ballegooie Simone	84	08-021	36.61	25m	19-9-98	Amersfoort (NED)	344
46.	Boekling Annette	85	08-021	36.70	25m	25-1-01	Heemskerk (NED)	342
47.	Teufer Irene	96	08-021	36.75	25m	23-3-08	Haarlem (NED)	340
48.	de Boer Irene	84	08-021	36.80	25m	29-10-98	Heemskerk (NED)	339
49.	Niستن Iris	92	08-021	36.81	25m	1-3-09	Heemstede (NED)	339
50.	Vink Marjolein	93	08-021	36.83	25m	29-12-07	Maastricht (NED)	338
51.	Renkema Iris	04	08-021	36.87	25m	15-10-17	Alkmaar (NED)	337
52.	Spijker Kristel	84	08-021	36.96	25m	3-3-11	Heemskerk (NED)	335
53.	Schoonderwoerd Rianne	95	08-021	37.06	25m	30-3-23	Heemskerk (NED)	332
54.	van Duin Margret	60	08-021	37.10	25m	14-9-76	Heemskerk (NED)	331
54.	Verbree Bets	63	08-021	37.10	25m	22-11-80	Heemskerk (NED)	331
54.	Schuyt Simone	75	08-021	37.10	25m	15-12-88	Heemskerk (NED)	331
54.	Limmen Karin	76	08-021	37.10	25m	16-2-94		331
58.	van Staveren Marina	78	08-021	37.12	25m	22-3-12	Heemskerk (NED)	330
59.	Herwegh Yara	07	08-021	37.18	25m	27-10-24	Zaandam (NED)	329
60.	Essers Sanne	91	08-021	37.20	25m	23-4-06	Zaandam (NED)	328
61.	van Koeveringe Nicole	93	08-021	37.25	25m	13-4-09	Haarlem (NED)	327
62.	van Eerden Meike	00	08-021	37.30	25m	24-1-19	Heemskerk (NED)	325
63.	Haasbroek Renske	03	08-021	37.33	25m	10-3-24	Purmerend (NED)	325
64.	Dijkstra Lisette	86	08-021	37.40	25m	9-10-97	Heemskerk (NED)	323
65.	Besse Karen	75	08-021	37.60	25m	15-12-88	Heemskerk (NED)	318
66.	Butter Anouk	82	08-021	37.66	25m	22-4-01	Heemskerk (NED)	316
67.	Blaauw Yente	03	08-021	37.68	25m	15-2-18	Heemskerk (NED)	316
68.	Zonneveld Cindy	75	08-021	37.80	25m	8-4-90	Volendam (NED)	313
69.	Visser Kelly	89	08-021	37.88	25m	4-10-15	Purmerend (NED)	311
70.	van Ballegooie Stefanie	86	08-021	37.93	25m	25-1-01	Heemskerk (NED)	309
70.	de Roode Xara	08	08-021	37.93	50m	7-12-24	Beverwijk (NED)	363
72.	Heus Pauline	78	08-021	38.00	25m	17-12-95	Volendam (NED)	308
73.	de Wildt Maud	05	08-021	38.01	25m	17-3-22	Heemskerk (NED)	308
74.	de Groot Daniëlle	93	08-021	38.15	25m	13-12-07	Heemskerk (NED)	304
75.	Visser Stacey	87	08-021	38.18	25m	18-3-01	Zaandam (NED)	303
76.	Groot Tineke	60	08-021	38.30	25m	13-10-79	Heemskerk (NED)	301
77.	Zwaan Melissa	91	08-021	38.31	25m	28-12-03	Maastricht (NED)	300
78.	van der Geest Saskia	73	08-021	38.40	25m	14-12-88		298
79.	van Langelaar Tessa	97	08-021	38.47	25m	20-1-13	Heemskerk (NED)	297
80.	Windmuller Wendy	69	08-021	38.50	25m	7-11-81	Heemskerk (NED)	296
81.	van Rookhuizen Sieta	79	08-021	38.60	25m	17-2-94	Heemskerk	294
81.	Oudendijk Bianca	79	08-021	38.60	25m	9-11-95	Heemskerk (NED)	294
83.	Bruin Adri	74	08-021	38.70	25m	15-12-88	Heemskerk (NED)	291
84.	Veldhuis Amelia	03	08-021	38.81	25m	4-10-20	Heemskerk (NED)	289
85.	Schaefer Lisa	06	08-021	38.83	50m	26-1-20	Alkmaar (NED)	338
86.	Bakkum Wilma	62	08-021	38.90	25m	13-10-79	Heemskerk (NED)	287
87.	de Ruijter Linda	87	08-021	39.04	25m	7-6-03	Z.o. Beemster	284
88.	Liefting Sarina	93	08-021	39.08	25m	5-11-06	Zaandam (NED)	283
89.	Zwarthoed Brenda	96	08-021	39.10	25m	10-2-08	Purmerend (NED)	282
90.	Rodenburg Rianne	93	08-021	39.12	25m	28-10-06	Hoorn (NED)	282
91.	van Vliet Isabel	02	08-021	39.25	25m	30-1-20	Heemskerk (NED)	279
92.	Deiman Caroline	67	08-021	39.30	25m	10-1-91	Heemskerk (NED)	278
92.	Moolevliet Petra	82	08-021	39.30	25m	9-11-95	Heemskerk (NED)	278
94.	Angenent Nienke	01	08-021	39.32	25m	9-3-14	Zaandam (NED)	278
95.	Dreyer Elly	63	08-021	39.40	25m	13-10-79	Heemskerk (NED)	276
96.	Hermans Liesbeth	66	08-021	39.50	25m	7-11-81	Heemskerk (NED)	274

50 rugslag (sinds 97)

97.	ten Cate Joyce	80	08-021	39.60	25m	27-1-00	Heemskerk (NED)	272
98.	Zonneveld Melissa	88	08-021	39.61	25m	28-10-04	Heemskerk (NED)	272
99.	Vredenburg Roos	95	08-021	39.68	25m	20-5-10	Heemskerk (NED)	270
99.	de Vriend Sofie	01	08-021	39.68	25m	20-1-13	Heemskerk (NED)	270
99.	Hofland Yasmin	01	08-021	39.68	25m	2-2-17	Heemskerk (NED)	270
102.	Palthe Monique	64	08-021	40.00	25m	10-2-80	Heerhugowaard (NED)	264
102.	van Giezen Corina	68	08-021	40.00	25m	7-11-81	Heemskerk (NED)	264
102.	Dijkstra Ingrid	68	08-021	40.00	25m	7-11-81	Heemskerk (NED)	264
105.	Hoek Laura	86	08-021	40.01	25m	14-11-99	Zaandam (NED)	264
106.	Nijholt Carin	60	08-021	40.20	25m	14-9-76	Heemskerk (NED)	260
107.	Krouwels Tanja	79	08-021	40.28	25m	29-10-98	Heemskerk (NED)	258
108.	Cappelle Carlijn	82	08-021	40.30	25m	6-2-97	Heemskerk (NED)	258
109.	Ivens Suzanne	99	08-021	40.56	25m	10-3-13	Schagen (NED)	253
110.	de Vries Justine	83	08-021	40.60	25m	2-3-97	Haarlem (NED)	252
111.	de Boer Claudia	77	08-021	40.70	25m	31-5-90	Heemskerk (NED)	250
112.	van Rijn Sydney	03	08-021	40.74	25m	29-11-18	Heemskerk (NED)	250
113.	van Velsen Patricia	79	08-021	40.80	25m	23-2-95	Heemskerk (NED)	249
114.	Knight Kayleigh	00	08-021	40.81	25m	15-2-18	Heemskerk (NED)	248
115.	Huneker Jolanda	79	08-021	40.89	25m	6-12-98	Zaandam	247
116.	de Boer Angela	80	08-021	40.90	25m	22-2-95		247
116.	Hogema Fabiën	93	08-021	40.90	25m	23-4-06	Zaandam (NED)	247
118.	Oosterveen Yvonne	80	08-021	41.00	25m	12-5-93		245
118.	van Sikkelerus Lisa	99	08-021	41.00	25m	30-1-14	Heemskerk (NED)	245
120.	van Huisstede Nikita	01	08-021	41.09	25m	12-3-17	Purmerend (NED)	243
121.	Berloth Lydia	68	08-021	41.30	25m	13-12-81	Volendam (NED)	240
122.	Lund Karin	63	08-021	41.40	25m	23-10-77	Zandvoort (NED)	238
122.	Put Ann	64	08-021	41.40	25m	10-2-80	Heerhugowaard (NED)	238
122.	Bos Chantal	74	08-021	41.40	25m	14-12-88		238
125.	Steenbakker Lisan	07	08-021	41.47	25m	7-12-23	Heemskerk (NED)	237
126.	Pover Karin	67	08-021	41.50	25m	17-5-81	Castricum (NED)	236
127.	Raszinski Nienke	01	08-021	41.53	25m	9-3-14	Zaandam (NED)	236
128.	Steenkamp Ciska	90	08-021	41.56	25m	7-10-01	Zaandam (NED)	235
129.	van Kooten Cynthia	93	08-021	41.60	25m	19-10-06	Heemskerk	234
130.	ten Cate Ilona	85	08-021	41.62	25m	23-4-06	Zaandam (NED)	234
131.	de Wolff Isabel	01	08-021	41.68	25m	18-2-16	Heemskerk (NED)	233
132.	Stel Kaylin	01	08-021	41.78	25m	22-5-10	Purmerend (NED)	231
133.	Plokker Sylvia	68	08-021	41.80	25m	7-11-81	Heemskerk (NED)	231
134.	Lindelauf Priscilla	85	08-021	41.86	25m	25-1-01	Heemskerk (NED)	230
135.	Huisman Jolanda	68	08-021	41.90	25m	2-9-84	Heemskerk (NED)	229
136.	Bakker Jesca	79	08-021	42.00	25m	31-5-90	Heemskerk (NED)	228
137.	Koper Birgit	87	08-021	42.03	25m	27-4-03	Zaandam	227
138.	van de Kamp Yvonne	65	08-021	42.10	25m	13-10-79	Heemskerk (NED)	226
138.	Dijkstra Janet	77	08-021	42.10	25m	15-12-88	Heemskerk (NED)	226
140.	Grul Lisanne	97	08-021	42.13	25m	13-3-11	Heemskerk (NED)	226
141.	van Galen Angela	65	08-021	42.20	25m	13-10-79	Heemskerk (NED)	225
141.	Palthe Yvonne	67	08-021	42.20	25m	17-5-81	Castricum (NED)	225
141.	de Graaf Annemiek	70	08-021	42.20	25m	7-11-81	Heemskerk (NED)	225
141.	Tholen Kirsten	66	08-021	42.20	25m	7-11-81	Heemskerk (NED)	225
141.	Besse Meta	78	08-021	42.20	25m	10-1-91	Heemskerk (NED)	225
146.	Niessen Annet	62	08-021	42.30	25m	23-10-77	Zandvoort (NED)	223
146.	van Tellingen Ingrid	66	08-021	42.30	25m	13-12-81	Volendam (NED)	223
146.	Limmen Miriam	75	08-021	42.30	25m	31-5-90	Heemskerk (NED)	223
149.	Visser Robin	05	08-021	42.32	25m	2-10-16	Purmerend (NED)	223

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150.	Visser Shana	04	08-021	42.53	25m	28-3-16	Haarlem (NED)	219
151.	van Giezen Sandra	63	08-021	42.60	25m	7-11-81	Heemskerk (NED)	218
151.	de Vries Cathy	77	08-021	42.60	25m	10-1-91	Heemskerk (NED)	218
153.	Buur Cindy	99	08-021	42.81	25m	18-2-16	Heemskerk (NED)	215
154.	Splinter Nathalie	75	08-021	42.90	25m	15-12-88	Heemskerk (NED)	214
155.	Molenaar Eline	82	08-021	42.96	25m	14-11-99	Zaandam (NED)	213
156.	Limmen Anita	78	08-021	43.00	25m	12-5-93		212
156.	Hommersen Sandra	84	08-021	43.00	25m	22-3-98	Assendelft (NED)	212
158.	Nijman José	93	08-021	43.09	25m	28-10-07	Zaandam (NED)	211
159.	Dijkstra Maud	84	08-021	43.20	25m	25-1-98	Zaandam (NED)	209
160.	Bos Marieke	06	08-021	43.29	25m	24-1-19	Heemskerk (NED)	208
161.	Bouwman Esther	63	08-021	43.30	25m	14-9-76	Heemskerk (NED)	208
162.	Schaaper Margriet	62	08-021	43.40	25m	8-12-79	Heemskerk (NED)	206
162.	Bruin Marianne	78	08-021	43.40	25m	10-1-91	Heemskerk (NED)	206
162.	Sobh Shaime	03	08-021	43.40	25m	18-2-16	Heemskerk (NED)	206
165.	Geurtsen Daisy	89	08-021	43.43	25m	29-11-01	Heemskerk	206
166.	Wieman Lianne	03	08-021	43.58	25m	24-1-19	Heemskerk (NED)	204
167.	Ardicyaka Irem	06	08-021	43.61	25m	24-1-19	Heemskerk (NED)	203
168.	de Loos Marijke	94	08-021	43.66	25m	22-5-10	Purmerend (NED)	203
169.	van Eif Lia	60	08-021	43.80	25m	16-3-80	Heemskerk (NED)	201
169.	de Vries Chrissie	93	08-021	43.80	25m	27-10-05	Heemskerk (NED)	201
171.	Teunissen Petra	64	08-021	44.00	25m	7-12-76	Heemskerk (NED)	198
171.	de Pree Caroline	64	08-021	44.00	25m	10-2-80	Heerhugowaard (NED)	198
171.	van Baar Monique	73	08-021	44.00	25m	15-12-88	Heemskerk (NED)	198
174.	Wissenburg Petra	65	08-021	44.10	25m	7-12-76	Heemskerk (NED)	197
175.	Beentjes Nicolet	80	08-021	44.18	25m	29-10-98	Heemskerk (NED)	196
176.	Aafjes Suzan	69	08-021	44.20	25m	22-11-80	Heemskerk (NED)	195
177.	Venema Jalina	04	08-021	44.23	25m	2-2-17	Heemskerk (NED)	195
178.	de Groot Linda	81	08-021	44.30	25m	7-11-96	Heemskerk (NED)	194
179.	Viel Bianca	85	08-021	44.58	25m	14-11-99	Zaandam (NED)	190
180.	Reijnders Sandra	64	08-021	44.60	25m	10-2-80	Heerhugowaard (NED)	190
181.	Horst Diana	67	08-021	44.70	25m	22-11-80	Heemskerk (NED)	189
181.	Zonneveld Monica	80	08-021	44.70	25m	3-2-93		189
183.	Rasch Monique	66	08-021	44.80	25m	10-2-80	Heerhugowaard (NED)	188
183.	van der Horst Sacha	69	08-021	44.80	25m	7-11-81	Heemskerk (NED)	188
183.	Ligterink Angela	76	08-021	44.80	25m	15-3-87	Heemskerk (NED)	188
186.	van Rijn Eline	07	08-021	44.83	25m	30-10-16	Den Helder (NED)	187
187.	Buitenhuis Danine	91	08-021	44.87	25m	31-10-02	Heemskerk	187
188.	Regelink Anneke	83	08-021	44.89	25m	14-11-99	Zaandam (NED)	186
189.	van Giezen Irene	67	08-021	45.00	25m	7-11-81	Heemskerk (NED)	185
190.	Groot Irma	63	08-021	45.20	25m	14-9-76	Heemskerk (NED)	183
190.	Watertor Anne-Marie	65	08-021	45.20	25m	7-12-76	Heemskerk (NED)	183
190.	Mulder Amy	80	08-021	45.20	25m	12-5-93		183
193.	Missot Gonda	66	08-021	45.30	25m	14-9-76	Heemskerk (NED)	181
193.	Lund Jolanda	65	08-021	45.30	25m	10-2-80	Heerhugowaard (NED)	181
193.	Cappelle Marcella	85	08-021	45.30	25m	25-1-98	Zaandam (NED)	181
196.	Windmuller Annemarie	67	08-021	45.50	25m	13-10-79	Heemskerk (NED)	179
197.	Schut Bodine	09	08-021	45.72	25m	31-10-21	Heemskerk (NED)	176
198.	van Putten Demi	96	08-021	45.79	25m	29-5-11	Purmerend (NED)	176
199.	de Graaf Isabella	04	08-021	45.90	25m	30-1-20	Heemskerk (NED)	174
200.	Smit Lydia	84	08-021	45.98	25m	29-10-98	Heemskerk (NED)	174
201.	Essers Patricia	84	08-021	46.09	25m	14-11-99	Zaandam (NED)	172
202.	van Gent Anja	66	08-021	46.10	25m	10-2-80	Heerhugowaard (NED)	172

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203.	de Groot Sjors	08	08-021	46.24	50m	10-6-23	Bückeberg (GER)	200
204.	Oortwijn Jytte	10	08-021	46.25	25m	11-2-24	Heemskerk (NED)	170
205.	Weezepeol Natascha	07	08-021	46.41	25m	15-9-19	Zaandam (NED)	169
206.	Meesters Audrey	90	08-021	46.42	25m	27-4-03	Zaandam	169
207.	Sahin Sümeyye Sena	10	08-021	46.54	25m	7-12-23	Heemskerk (NED)	167
208.	de Groot Marlijn	92	08-021	46.73	25m	25-11-04	Heemskerk (NED)	165
209.	Dijkstra Pascal	89	08-021	47.08	25m	21-3-99	Assendelft (NED)	162
210.	Bakker Anna	97	08-021	47.09	25m	18-1-09	Haarlem (NED)	161
210.	de Boer Isabel	06	08-021	47.09	50m	5-12-15	Beverwijk (NED)	189
212.	Calkhoven Mariëtte	65	08-021	47.20	25m	14-9-76	Heemskerk (NED)	160
213.	Smit Ingrid	67	08-021	47.30	25m	22-11-80	Heemskerk (NED)	159
213.	Rodenburg Kyra	96	08-021	47.30	25m	1-10-06	Volendam (NED)	159
215.	Dekker Elise	97	08-021	47.32	25m	15-1-06	Zaandam (NED)	159
216.	Last Rooske	94	08-021	47.39	25m	20-5-10	Heemskerk (NED)	158
217.	Sierra Ana Maria	69	08-021	47.50	25m	7-11-81	Heemskerk (NED)	157
218.	de Pree Marlies	66	08-021	47.70	25m	10-2-80	Heerhugowaard (NED)	155
219.	Bakker Daniëlle	96	08-021	47.79	25m	16-3-08	Zaandam (NED)	154
220.	Wiesener Winnifred	62	08-021	47.80	25m	7-12-76	Heemskerk (NED)	154
220.	Peters Yvonne	63	08-021	47.80	25m	7-11-81	Heemskerk (NED)	154
220.	Hoogervorst Marlon	84	08-021	47.80	25m	23-2-95	Heemskerk (NED)	154
223.	van Ederen Jasmijn	10	08-021	47.94	25m	15-9-19	Zaandam (NED)	153
224.	Mosch Sabina	84	08-021	48.00	25m	6-2-97	Heemskerk (NED)	152
225.	Bouwer Jolien	89	08-021	48.08	25m	31-5-01	Heemskerk (NED)	152
226.	van Asch Maria	74	08-021	48.10	25m	3-2-93		151
227.	Bakker Lisette	83	08-021	48.14	25m	29-10-98	Heemskerk (NED)	151
228.	Rijpkema Marije	85	08-021	48.39	25m	25-4-02	Heemskerk	149
229.	van Leen Cynthia	81	08-021	48.40	25m	14-3-96	Heemskerk (NED)	149
230.	van Leeuwen Andrea	71	08-021	48.60	25m	7-11-81	Heemskerk (NED)	147
231.	Pezo Adna	90	08-021	48.77	25m	29-11-01	Heemskerk	145
232.	Terhorst Ilja	67	08-021	48.80	25m	13-10-79	Heemskerk (NED)	145
232.	van den Braber Liesbeth	84	08-021	48.80	25m	22-3-98	Assendelft (NED)	145
234.	Schelvis Liselot	92	08-021	48.91	25m	5-10-03	Heemskerk (NED)	144
235.	Aardenburg Judith	93	08-021	48.95	25m	28-10-04	Heemskerk (NED)	144
236.	Zijlstra Mariëlle	83	08-021	49.00	25m	9-11-95	Heemskerk (NED)	143
237.	Butter Noor	16	08-021	49.27	25m	9-2-25	Krommenie (NED)	141
238.	Lange Sandra	67	08-021	49.30	25m	10-2-80	Heerhugowaard (NED)	141
239.	van Dijk Yvonne	65	08-021	49.40	25m	14-9-76	Heemskerk (NED)	140
240.	van Perlo Ingrid	73	08-021	49.50	25m	2-9-84	Heemskerk (NED)	139
241.	van der Horst Wendy	72	08-021	49.60	25m	1-11-81	Bergen (NED)	138
242.	Bruins Julia	06	08-021	49.76	25m	24-10-24	Heemskerk (NED)	137
243.	Martens landra	03	08-021	49.98	25m	17-1-16	Purmerend (NED)	135
244.	van der Does Lisa	02	08-021	50.06	25m	2-3-14	Haarlem (NED)	134
245.	Hoeksema Kim	90	08-021	50.11	25m	28-3-02	Heemskerk	134
246.	van Eif Ans	62	08-021	50.30	25m	16-3-80	Heemskerk (NED)	132
246.	Potemans Priscilla	84	08-021	50.30	25m	7-11-96	Heemskerk (NED)	132
248.	Beentjes Daphne	91	08-021	50.37	25m	27-4-03	Zaandam	132
249.	Koper Selma	03	08-021	50.52	25m	21-3-13	Heemskerk (NED)	131
250.	Doodeman Sara	00	08-021	50.57	25m	3-10-10	Zaandam (NED)	130
251.	Keessen Pam	62	08-021	50.60	25m	7-12-76	Heemskerk (NED)	130
252.	Koopman Jessie	97	08-021	50.71	25m	21-3-10	Zaandam (NED)	129
253.	Lensen Sarian	89	08-021	50.76	25m	30-10-03	Heemskerk	129
254.	Welboren Els	64	08-021	50.80	25m	7-12-76	Heemskerk (NED)	129
254.	Mans Joyce	67	08-021	50.80	25m	10-2-80	Heerhugowaard (NED)	129

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256.	Yayli Serina	90	08-021	50.88	25m	28-3-02	Heemskerk	128
257.	Snijder Femke	83	08-021	50.90	25m	24-3-94	Heemskerk (NED)	128
258.	Doevendans Phileine	06	08-021	50.91	25m	17-3-16	Heemskerk (NED)	128
259.	Gelsumino Giulia	03	08-021	51.14	25m	10-12-15	Heemskerk (NED)	126
260.	Pirovano Monique	69	08-021	51.20	25m	16-3-80	Heemskerk (NED)	126
261.	Liefting Marielle	90	08-021	51.29	25m	31-10-02	Heemskerk	125
262.	Tilgenkamp Lentley	13	08-021	51.40	25m	19-1-25	Krommenie (NED)	124
263.	Vellinga Yvonne	64	08-021	51.50	25m	14-9-76	Heemskerk (NED)	123
264.	Huisman Caroline	64	08-021	51.70	25m	31-12-74		122
265.	Beeksma Anne	88	08-021	51.72	25m	29-3-01	Heemskerk (NED)	122
266.	Zeeman Judith	70	08-021	51.90	25m	7-11-81	Heemskerk (NED)	120
267.	Werdekker Marjolein	81	08-021	52.00	25m	10-4-97	Heemskerk (NED)	120
267.	Kuijper Michelle	91	08-021	52.00	25m	7-10-01	Zaandam (NED)	120
269.	Copier Alyssa	04	08-021	52.04	25m	10-2-13	Haarlem (NED)	120
270.	Terluin Suus	09	08-021	52.06	25m	5-3-20	Heemskerk (NED)	119
271.	van Galen Marion	61	08-021	52.20	25m	7-12-76	Heemskerk (NED)	118
272.	Herwegh Izayra Rena	14	08-021	52.34	50m	7-12-24	Beverwijk (NED)	138
273.	Oliveira Rocha Yara	17	08-021	52.38	25m	15-12-24	Amsterdam (NED)	117
274.	van den Heuvel Sandra	80	08-021	52.40	25m	1-11-89		117
275.	Haack Fenna	16	08-021	52.41	25m	9-2-25	Krommenie (NED)	117
276.	Welboren Julia	00	08-021	52.84	25m	11-12-11	Zaandam (NED)	114
277.	van der Eng Laura	80	08-021	52.90	25m	9-11-95	Heemskerk (NED)	114
278.	Nijman Linda	89	08-021	52.94	25m	25-1-01	Heemskerk (NED)	114
279.	Buur Carina	64	08-021	53.00	25m	7-12-76	Heemskerk (NED)	113
280.	Salido Keesje	05	08-021	53.12	25m	19-2-15	Heemskerk (NED)	112
281.	van Noort Jony	85	08-021	53.20	25m	14-3-96	Heemskerk (NED)	112
282.	Numan Annelies	63	08-021	53.30	25m	7-12-76	Heemskerk (NED)	111
283.	de Buyzer Anita	67	08-021	53.60	25m	10-2-80	Heerhugowaard (NED)	109
284.	Kesting Alexandra	00	08-021	53.82	25m	7-2-10	Haarlem (NED)	108
285.	Post Aijuna	14	08-021	53.88	25m	29-9-24	Krommenie (NED)	108
286.	Jonker Monique	66	08-021	54.00	25m	7-12-76	Heemskerk (NED)	107
286.	Zuidervaart Anne	02	08-021	54.00	25m	22-1-12	Zaandam (NED)	107
288.	Schijf Irene	83	08-021	54.10	25m	23-2-95	Heemskerk (NED)	106
289.	Nobels Marlies	65	08-021	54.20	25m	7-12-76	Heemskerk (NED)	106
290.	Boonstra Esmé	02	08-021	54.39	25m	21-3-13	Heemskerk (NED)	105
291.	Kerkhoven Michelle	91	08-021	54.50	25m	25-1-01	Heemskerk (NED)	104
292.	van Duivenvoorde Sanne	93	08-021	54.64	25m	31-10-02	Heemskerk	103
293.	van Ruth Yoore	78	08-021	54.70	25m	10-1-91	Heemskerk (NED)	103
293.	Werdekker Esther	83	08-021	54.70	25m	7-11-96	Heemskerk (NED)	103
295.	Beentjes Esther	66	08-021	54.80	25m	7-12-76	Heemskerk (NED)	102
296.	Koper Ella	90	08-021	54.82	25m	28-3-02	Heemskerk	102
297.	Banks Riley	17	08-021	54.93	25m	27-10-24	Zaandam (NED)	102
298.	de Graaf Dinie	71	08-021	55.00	25m	7-11-81	Heemskerk (NED)	101
299.	van der Wijden Eline	88	08-021	55.14	25m	29-3-01	Heemskerk (NED)	100
300.	Elghandor Kiyaan	03	08-021	55.29	25m	18-1-15	Zaandam (NED)	100
301.	de Weers Anne-Michelle	63	08-021	55.40	25m	7-12-76	Heemskerk (NED)	99
301.	Doll Maartje	80	08-021	55.40	25m	8-10-92	Heemskerk (NED)	99
303.	Eijndhoven Jonna	02	08-021	55.43	25m	30-9-12	Heemskerk (NED)	99
304.	Zwart Ellen	65	08-021	55.90	25m	7-12-76	Heemskerk (NED)	96
304.	Pover Ellen	72	08-021	55.90	25m	28-9-80	Zaandam (NED)	96
306.	Huisman Lianne	87	08-021	55.98	25m	29-3-01	Heemskerk (NED)	96
307.	Reiss Katinka	65	08-021	56.00	25m	7-12-76	Heemskerk (NED)	96
308.	Breems Jolanda	62	08-021	56.10	25m	7-12-76	Heemskerk (NED)	95

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308.	van der Leden Laura	68	08-021	56.10	25m	10-12-77	Heemskerk (NED)	95
310.	van Rijn Ilona	65	08-021	56.20	25m	7-12-76	Heemskerk (NED)	95
311.	Glorie Astrid	63	08-021	56.60	25m	7-12-76	Heemskerk (NED)	93
312.	van Roon Jill	14	08-021	56.81	25m	9-2-25	Krommenie (NED)	92
313.	de Wit Yvonne	66	08-021	57.00	25m	7-12-76	Heemskerk (NED)	91
314.	van Laarhoven Salome	15	08-021	57.01	25m	15-12-24	Amsterdam (NED)	91
315.	Hoekstra Femke	05	08-021	57.41	25m	7-9-14	Zaandam (NED)	89
316.	Nobels Annita	68	08-021	57.70	25m	7-12-76	Heemskerk (NED)	88
317.	Kuijl Karin	65	08-021	57.90	25m	7-12-76	Heemskerk (NED)	87
318.	van Zalingen Margreet	67	08-021	58.00	25m	7-12-76	Heemskerk (NED)	86
319.	Feenstra Petra	71	08-021	58.30	25m	7-11-81	Heemskerk (NED)	85
320.	Zonneveld Jennifer	88	08-021	58.51	25m	29-3-01	Heemskerk (NED)	84
321.	Breems Silvia	65	08-021	58.70	25m	7-12-76	Heemskerk (NED)	83
322.	Claesens Freeke	64	08-021	58.90	25m	14-9-76	Heemskerk (NED)	82
323.	van 't Hof Manon	90	08-021	58.93	25m	28-3-02	Heemskerk	82
324.	Beemsterboer Petra	68	08-021	59.10	25m	16-3-80	Heemskerk (NED)	81
325.	Boere Sacha	91	08-021	59.41	25m	28-10-04	Heemskerk (NED)	80
326.	van Wijngaarden Linda	65	08-021	59.80	25m	7-12-76	Heemskerk (NED)	79
327.	Slotemaker Britt	14	08-021	59.87	25m	24-10-24	Heemskerk (NED)	78
328.	Reuderink Miranda	63	08-021	1:00.30	25m	14-9-76	Heemskerk (NED)	77
329.	Bovekerk Annefleur	99	08-021	1:00.33	25m	24-9-09	Heemskerk (NED)	77
330.	Sanen Casey	99	08-021	1:00.47	25m	26-2-09	Heemskerk (NED)	76
331.	Heus Inge	81	08-021	1:00.80	25m	13-6-91	Heemskerk (NED)	75
332.	Hoor Linsey	94	08-021	1:00.86	25m	31-3-05	Heemskerk (NED)	75
333.	Steenkamp Meagan	08	08-021	1:01.15	25m	21-4-22	Heemskerk (NED)	73
334.	Woering Aletta	64	08-021	1:01.20	25m	7-12-76	Heemskerk (NED)	73
335.	Kraamer Carla	66	08-021	1:01.40	25m	7-12-76	Heemskerk (NED)	73
336.	van Megen Carla	65	08-021	1:01.80	25m	7-12-76	Heemskerk (NED)	71
337.	Morianner Susanna	72	08-021	1:01.90	25m	7-11-81	Heemskerk (NED)	71
338.	Haack Zowi	18	08-021	1:01.95	25m	19-1-25	Krommenie (NED)	71
339.	Gozeling Monique	67	08-021	1:02.10	25m	7-12-76	Heemskerk (NED)	70
340.	Bruins Bianca	81	08-021	1:02.20	25m	7-11-96	Heemskerk (NED)	70
341.	Halbersma Jenny	70	08-021	1:02.60	25m	7-11-81	Heemskerk (NED)	68
342.	ten Cate Naomi	93	08-021	1:02.84	25m	24-4-03	Heemskerk	68
343.	Jonker Nicole	68	08-021	1:03.40	25m	7-12-76	Heemskerk (NED)	66
344.	van Hiele Femke	13	08-021	1:04.22	25m	24-10-24	Heemskerk (NED)	63
345.	van Dam Merel	14	08-021	1:04.38	25m	19-1-25	Krommenie (NED)	63
346.	Stoker Ianthe	84	08-021	1:04.40	25m	13-3-97	Heemskerk (NED)	63
347.	Vet Mariska	66	08-021	1:04.80	25m	7-12-76	Heemskerk (NED)	62
348.	Kerdijk Lianne	81	08-021	1:05.10	25m	4-4-91	Heemskerk (NED)	61
349.	Gijzen Monique	68	08-021	1:05.20	25m	7-12-76	Heemskerk (NED)	61
350.	van der Leden Cynthia	66	08-021	1:05.30	25m	14-9-76	Heemskerk (NED)	60
351.	de Weers Marit	15	08-021	1:05.70	25m	2-4-23	Haarlem (NED)	59
352.	Zieck Esther	67	08-021	1:05.90	25m	7-12-76	Heemskerk (NED)	59
353.	Vonk Bea	67	08-021	1:06.30	25m	7-11-81	Heemskerk (NED)	58
354.	Janssen Tess	89	08-021	1:07.70	25m	12-2-98	Heemskerk (NED)	54
355.	Lammers Angelique	68	08-021	1:08.00	25m	7-12-76	Heemskerk (NED)	53
356.	de Jong Frederike	75	08-021	1:08.60	25m	3-2-93		52
357.	Huber Emma	13	08-021	1:10.50	25m	24-10-24	Heemskerk (NED)	48
358.	Verdonk Michaela	68	08-021	1:12.50	25m	7-12-76	Heemskerk (NED)	44
359.	Burgering Anouk	12	08-021	1:14.20	25m	21-4-22	Heemskerk (NED)	41
360.	Reuderink Bettina	67	08-021	1:14.60	25m	7-12-76	Heemskerk (NED)	40
361.	Dekker Jane	17	08-021	1:15.08	25m	24-10-24	Heemskerk (NED)	39

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362.	Berghuis Sascha	68	08-021	1:16.80	25m	16-3-80	Heemskerk (NED)	37
363.	Windmuller Jolande	65	08-021	1:17.00	25m	7-12-76	Heemskerk (NED)	37
364.	Gozeling Jolanda	68	08-021	1:20.60	25m	7-12-76	Heemskerk (NED)	32
365.	Mooy Monique	69	08-021	1:23.10	25m	7-12-76	Heemskerk (NED)	29
366.	Dekker Ivy	16	08-021	1:25.08	25m	24-10-24	Heemskerk (NED)	27
367.	Gravemaker Sandra	68	08-021	1:26.40	25m	7-12-76	Heemskerk (NED)	26
368.	Heesen Marieke	65	08-021	1:27.40	25m	7-12-76	Heemskerk (NED)	25
369.	Duyn Elaine	68	08-021	1:27.80	25m	7-12-76	Heemskerk (NED)	24
370.	Raaymakers Marjolein	68	08-021	1:32.20	25m	7-12-76	Heemskerk (NED)	21
371.	van der Meij Michelle	68	08-021	1:32.70	25m	7-12-76	Heemskerk (NED)	21
372.	Dorlandt Yvonne	69	08-021	1:35.00	25m	7-12-76	Heemskerk (NED)	19
373.	Onyemuna Gianna	12	08-021	1:35.66	25m	21-4-22	Heemskerk (NED)	19
374.	Bos Froke	69	08-021	1:37.00	25m	7-12-76	Heemskerk (NED)	18
375.	Koper Leny	69	08-021	1:37.50	25m	7-12-76	Heemskerk (NED)	18
376.	Hilbers Erna	69	08-021	1:53.00	25m	7-12-76	Heemskerk (NED)	11
377.	Reeuwijk Danielle	70	08-021	1:54.80	25m	7-12-76	Heemskerk (NED)	11
378.	van Roon Lexie	18	08-021	1:57.67	25m	24-10-24	Heemskerk (NED)	10
379.	Onyemuna Nicole	14	08-021	2:27.38	25m	21-4-22	Heemskerk (NED)	5

100 rugslag

1.	Broek Jade	97	08-021	1:06.99	25m	24-3-19	Purmerend (NED)	554
2.	Kingma Danae	00	08-021	1:07.00	25m	24-3-19	Purmerend (NED)	554
3.	Schelvis Femke	84	08-021	1:09.10	25m	28-11-04	Heemskerk (NED)	505
4.	Hoekstra Eline	03	08-021	1:10.41	25m	17-2-22	Heemskerk (NED)	477
5.	Kleijne Daisy	89	08-021	1:11.62	25m	16-4-06	Haarlem (NED)	453
6.	Wentink Yara	04	08-021	1:11.77	25m	24-10-24	Heemskerk (NED)	450
7.	Koper Fiona	01	08-021	1:11.99	25m	17-6-18	Alkmaar (NED)	446
8.	Siemerink Laura	04	08-021	1:12.17	25m	23-11-19	Hoofddorp (NED)	443
9.	Crok Linda	94	08-021	1:12.23	25m	17-11-11	Heemskerk (NED)	442
10.	van 't Veer Iris	03	08-021	1:12.48	25m	1-4-18	Haarlem (NED)	437
11.	Hulshof Saskia	73	08-021	1:12.60	25m	7-1-89	Hilversum (NED)	435
12.	Meijer Sylvia	81	08-021	1:13.00	25m	30-3-97	Haarlem (NED)	428
13.	Koster Lisa	94	08-021	1:13.07	25m	17-11-07	Barneveld (NED)	427
14.	Schelvis Roos	86	08-021	1:13.34	25m	16-4-00	Almelo (NED)	422
15.	Groen Anne	95	08-021	1:13.36	25m	15-1-17	Alkmaar (NED)	422
16.	Smit Sanne	01	08-021	1:13.59	25m	10-1-16	Purmerend (NED)	418
17.	Mallon Danique	94	08-021	1:14.20	25m	4-11-10	Heemskerk (NED)	407
18.	Kramer Miranda	80	08-021	1:14.70	25m	30-3-97	Haarlem (NED)	399
19.	Poppema Yvonne	68	08-021	1:15.10	25m	12-2-84	Heemskerk (NED)	393
20.	Gijzen-van der Kroft Nicole	84	08-021	1:15.16	25m	15-4-01	Haarlem (NED)	392
21.	de Graaf Annemiek	70	08-021	1:15.30	25m	31-12-86		390
22.	Jongema Helena	80	08-021	1:15.36	25m	3-5-08	Winterswijk (NED)	389
23.	Meijer Linda	77	08-021	1:15.80	25m	8-9-91	Assendelft (NED)	382
24.	Zonneveld Chantal	84	08-021	1:16.21	25m	28-3-02	Heemskerk	376
25.	Buur Naomi	01	08-021	1:16.29	25m	27-3-16	Haarlem (NED)	375
26.	Stins Mariska	84	08-021	1:16.36	25m	9-11-03	Zaandam	374
27.	Essers Sanne	91	08-021	1:16.44	25m	8-4-07	Haarlem (NED)	373
27.	Crok Annemarie	89	08-021	1:16.44	25m	17-11-11	Heemskerk (NED)	373
29.	Palmboom Nicole	91	08-021	1:16.47	25m	30-9-07	Volendam (NED)	372
30.	Drubers Mirjam	67	08-021	1:16.50	25m	6-10-85	Wormerveer (NED)	372
31.	Hoek Daniëlle	88	08-021	1:16.53	25m	11-3-12	Zaandam (NED)	371
32.	de Haan Shira	00	08-021	1:16.55	25m	5-6-17	Purmerend (NED)	371

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33.	Vink Lidewij	90	08-021	1:16.71	25m	30-9-07	Volendam (NED)	369
34.	Stel Serena	98	08-021	1:16.75	25m	5-4-10	Haarlem (NED)	368
35.	Petit Kirsten	00	08-021	1:17.06	25m	10-12-15	Heemskerk (NED)	364
36.	van Assema Eline	05	08-021	1:17.11	25m	3-11-19	Purmerend (NED)	363
37.	Koopman Anitra	89	08-021	1:17.16	25m	16-1-05	Zaandam (NED)	362
38.	Windmuller Wendy	69	08-021	1:17.30	25m	31-12-83		360
39.	de Boer Irene	84	08-021	1:17.31	25m	12-12-99	Heemskerk (NED)	360
40.	Herwegh Binthy	09	08-021	1:17.39	25m	24-10-24	Heemskerk (NED)	359
41.	van Honk Chantal	80	08-021	1:17.40	25m	21-2-93	(NED)	359
42.	Scholten Britt	04	08-021	1:17.63	25m	24-3-19	Purmerend (NED)	356
43.	van der Gracht Anouk	89	08-021	1:17.74	25m	18-3-07	Heemskerk (NED)	354
44.	Stam Vanessa	80	08-021	1:17.80	25m	29-5-97	Heemskerk	353
45.	Haasbroek Renske	03	08-021	1:17.87	25m	28-1-24	Heemskerk (NED)	352
46.	van Duin Margret	60	08-021	1:18.00	25m	31-12-79		351
46.	Stam Sabrina	82	08-021	1:18.00	25m	12-2-98	Heemskerk (NED)	351
48.	Koopman Inge	93	08-021	1:18.09	25m	13-3-22	Den Helder (NED)	349
49.	de Groot Daniëlle	93	08-021	1:18.10	25m	9-3-08	Heemskerk (NED)	349
50.	Verbree Bets	63	08-021	1:18.20	25m	17-1-82		348
51.	Groot Tineke	60	08-021	1:18.30	25m	27-1-80	Zaandam (NED)	347
51.	van Staveren Marina	78	08-021	1:18.30	25m	13-5-12	Grootebroek (NED)	347
53.	van Eerden Meike	00	08-021	1:18.76	25m	15-12-22	Heemskerk (NED)	341
54.	van Ballegooie Simone	84	08-021	1:19.05	25m	11-10-98	Alkmaar (NED)	337
55.	de Roode Xara	08	08-021	1:19.11	25m	24-10-24	Heemskerk (NED)	336
56.	Niessen Iris	92	08-021	1:19.13	25m	11-4-10	Zaandam (NED)	336
57.	Pover Karin	67	08-021	1:19.90	25m	4-10-87	Zaandam (NED)	326
58.	Boekling Annette	85	08-021	1:19.97	25m	28-3-02	Heemskerk	325
59.	van de Poll Marianne	89	08-021	1:20.06	25m	26-2-04	Heemskerk (NED)	324
60.	Blaauw Yente	03	08-021	1:20.07	25m	29-11-18	Heemskerk (NED)	324
61.	Spijker Kristel	84	08-021	1:20.25	25m	13-3-11	Heemskerk (NED)	322
62.	Schoonderwoerd Rianne	95	08-021	1:20.43	25m	23-4-23	Den Helder (NED)	320
63.	Heus Pauline	78	08-021	1:20.50	25m	10-12-95	Heemskerk (NED)	319
63.	de Boer Maia	03	08-021	1:20.50	25m	15-12-22	Heemskerk (NED)	319
65.	Vink Marjolein	93	08-021	1:20.67	25m	9-3-08	Heemskerk (NED)	317
66.	Visser Kelly	89	08-021	1:20.89	25m	11-11-12	Schagen (NED)	314
67.	Dijkstra Ingrid	68	08-021	1:21.50	25m	21-3-82		307
67.	Dijkstra Lisette	86	08-021	1:21.50	25m	8-3-98	Zaandam (NED)	307
69.	Liefting Sarina	93	08-021	1:21.51	25m	26-11-06	Heemskerk (NED)	307
70.	Butter Anouk	82	08-021	1:21.54	25m	26-2-04	Heemskerk (NED)	307
71.	Limmen Karin	76	08-021	1:21.70	25m	3-4-93		305
72.	Teufer Irene	96	08-021	1:21.82	25m	25-11-07	Amsterdam (NED)	304
73.	Angenent Nienke	01	08-021	1:21.93	25m	29-3-15	Zaandam (NED)	303
74.	Besse Karen	75	08-021	1:22.00	25m	22-9-91	Zaandam (NED)	302
75.	van der Geest Saskia	73	08-021	1:22.30	25m	18-9-88	Heemskerk (NED)	298
76.	Hermans Liesbeth	66	08-021	1:22.40	25m	24-1-82		297
77.	de Wildt Maud	05	08-021	1:22.62	25m	23-4-23	Den Helder (NED)	295
78.	van Ballegooie Stefanie	86	08-021	1:22.69	25m	7-4-02	Heemskerk	294
79.	van der Horst Sacha	69	08-021	1:22.70	25m	15-3-81	Z.O. Beemster (NED)	294
79.	Schuyt Simone	75	08-021	1:22.70	25m	30-9-90	Assendelft (NED)	294
81.	Tholen Kirsten	66	08-021	1:22.80	25m	6-10-85	Wormerveer (NED)	293
82.	van Giezen Corina	68	08-021	1:22.90	25m	7-2-82		292
83.	Zwaan Melissa	91	08-021	1:23.08	25m	28-12-03	Maastricht (NED)	290
84.	Zonneveld Cindy	75	08-021	1:23.30	25m	24-4-93		288
85.	van Langelaar Tessa	97	08-021	1:23.59	25m	21-4-13	Heemskerk (NED)	285

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86.	van Rookhuizen Sieta	79	08-021	1:23.60	25m	17-3-94	Heemskerk	285
87.	Renkema Iris	04	08-021	1:23.71	25m	12-2-17	Purmerend (NED)	284
88.	de Boer Claudia	77	08-021	1:23.80	25m	24-2-91	Heemskerk (NED)	283
88.	Krouwels Tanja	79	08-021	1:23.80	25m	15-2-98	Assendelft (NED)	283
90.	Zwarthoed Brenda	96	08-021	1:24.08	25m	27-3-08	Heemskerk (NED)	280
91.	Bakkum Wilma	62	08-021	1:24.20	25m	12-10-80	Wormerveer (NED)	279
92.	de Ruijter Linda	87	08-021	1:24.44	25m	10-12-15	Heemskerk (NED)	276
93.	Oudendijk Bianca	79	08-021	1:24.60	25m	15-10-94		275
94.	Huisman Jolanda	68	08-021	1:24.80	25m	12-2-84	Heemskerk (NED)	273
95.	Dreyer Elly	63	08-021	1:24.90	25m	27-1-80	Zaandam (NED)	272
95.	Deiman Caroline	67	08-021	1:24.90	25m	18-2-89		272
97.	van Koeveringe Nicole	93	08-021	1:24.93	25m	24-9-09	Heemskerk (NED)	272
98.	Moolevliet Petra	82	08-021	1:25.10	25m	6-4-96	Haarlem (NED)	270
99.	ten Cate Joyce	80	08-021	1:25.11	25m	4-5-00	Heemskerk (NED)	270
100.	van Huisstede Nikita	01	08-021	1:25.15	25m	10-12-15	Heemskerk (NED)	269
101.	Holland Yasmin	01	08-021	1:25.18	25m	15-11-15	Purmerend (NED)	269
101.	van Rijn Sydney	03	08-021	1:25.18	25m	29-11-18	Heemskerk (NED)	269
103.	Smid Diane	65	08-021	1:25.48	25m	13-5-07	Grootebroek (NED)	266
104.	Visser Stacey	87	08-021	1:25.65	25m	22-4-01	Heemskerk (NED)	265
105.	Steenbakker Lisan	07	08-021	1:25.79	25m	7-12-23	Heemskerk (NED)	263
106.	Zonneveld Melissa	88	08-021	1:25.90	25m	13-3-05	Amsterdam (NED)	262
107.	Bruin Adri	74	08-021	1:26.00	25m	30-9-89		262
108.	Schaefer Lisa	06	08-021	1:26.24	25m	13-10-19	Heemskerk (NED)	259
109.	Herwegh Yara	07	08-021	1:26.28	25m	24-10-24	Heemskerk (NED)	259
110.	de Vriend Sofie	01	08-021	1:26.36	25m	3-6-12	Zaandam (NED)	258
111.	van Galen Angela	65	08-021	1:26.40	25m	2-3-80	Heemskerk (NED)	258
112.	Bouwman Esther	63	08-021	1:26.50	25m	19-2-78	Assendelft (NED)	257
112.	van Sikkelerus Lisa	99	08-021	1:26.50	25m	7-4-13	Castricum (NED)	257
114.	Hogema Fabiën	93	08-021	1:26.65	25m	26-11-06	Heemskerk (NED)	256
115.	Vredenburg Roos	95	08-021	1:26.82	25m	11-4-10	Zaandam (NED)	254
116.	Veldhuis Amelia	03	08-021	1:26.93	25m	23-4-23	Den Helder (NED)	253
117.	van Velsen Patricia	79	08-021	1:27.50	25m	27-4-95	Heemskerk (NED)	248
118.	Rodenburg Rianne	93	08-021	1:27.57	25m	26-11-06	Heemskerk (NED)	248
119.	Bakker Jesca	79	08-021	1:27.60	25m	31-5-90	Heemskerk (NED)	247
120.	van de Kamp Yvonne	65	08-021	1:27.70	25m	17-1-82		247
121.	Knight Kayleigh	00	08-021	1:27.94	25m	1-10-17	Purmerend (NED)	245
122.	Nijholt Carin	60	08-021	1:28.00	25m	21-5-78	Heemskerk (NED)	244
123.	Hoek Laura	86	08-021	1:28.30	25m	21-12-99	Heemskerk (NED)	242
124.	Cappelle Carlijn	82	08-021	1:28.79	25m	11-10-98	Alkmaar (NED)	238
125.	de Groot Gitta	60	08-021	1:29.00	25m	10-12-77	Heemskerk (NED)	236
126.	van Giezen Wendy	70	08-021	1:29.10	25m	22-1-84	Zandvoort (NED)	235
127.	de Vries Chrissie	93	08-021	1:29.29	25m	31-5-07	Heemskerk (NED)	234
128.	ten Cate Ilona	85	08-021	1:29.42	25m	27-11-05	Heemskerk (NED)	233
129.	van Vliet Isabel	02	08-021	1:29.43	25m	18-3-18	Purmerend (NED)	232
130.	Lund Karin	63	08-021	1:29.50	25m	19-2-78	Assendelft (NED)	232
130.	Niesten Annet	62	08-021	1:29.50	25m	19-2-78	Assendelft (NED)	232
132.	Koper Birgit	87	08-021	1:29.51	25m	24-4-03	Heemskerk	232
133.	Ivens Suzanne	99	08-021	1:29.53	25m	18-1-15	Zaandam (NED)	232
134.	Plokker Sylvia	68	08-021	1:29.60	25m	1-11-81	Bergen (NED)	231
135.	Lindelauf Priscilla	85	08-021	1:29.69	25m	29-3-01	Heemskerk (NED)	230
136.	Palthe Yvonne	67	08-021	1:29.80	25m	18-10-81	Heemskerk (NED)	230
136.	Besse Meta	78	08-021	1:29.80	25m	10-3-91	Heemskerk (NED)	230
138.	Buur Cindy	99	08-021	1:29.89	25m	2-10-16	Purmerend (NED)	229

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139.	Schaaper Margriet	62	08-021	1:30.20	25m	7-5-78	Assendelft (NED)	227
139.	Berloth Lydia	68	08-021	1:30.20	25m	6-2-83		227
141.	Bakker Daniëlle	96	08-021	1:30.22	25m	18-1-09	Haarlem (NED)	226
142.	Visser Robin	05	08-021	1:30.29	25m	18-3-18	Purmerend (NED)	226
143.	Windmuller Annemarie	67	08-021	1:30.40	25m	16-3-80	Zandvoort (NED)	225
143.	Limmen Miriam	75	08-021	1:30.40	25m	7-12-89	Heemskerk (NED)	225
143.	Oosterveen Yvonne	80	08-021	1:30.40	25m	7-10-92		225
146.	de Boer Angela	80	08-021	1:30.50	25m	17-3-94	Heemskerk	224
147.	Steenkamp Ciska	90	08-021	1:30.64	25m	10-6-01	Zaandam (NED)	223
148.	Huisman Caroline	64	08-021	1:30.70	25m	12-2-78	Heemskerk (NED)	223
149.	Dijkstra Maud	84	08-021	1:31.10	25m	26-4-98	Alkmaar (NED)	220
150.	Bos Marieke	06	08-021	1:31.19	25m	10-2-19	Purmerend (NED)	219
151.	Visser Shana	04	08-021	1:31.27	25m	28-3-16	Haarlem (NED)	219
152.	Limmen Anita	78	08-021	1:31.50	25m	25-4-93	Heemskerk (NED)	217
153.	Nijman José	93	08-021	1:31.55	25m	27-3-08	Heemskerk (NED)	217
154.	Peters Yvonne	63	08-021	1:31.60	25m	6-10-85	Wormerveer (NED)	216
155.	Rasch Monique	66	08-021	1:31.70	25m	16-1-83	Heemskerk (NED)	216
155.	Nemchonok Alisa	82	08-021	1:31.70	25m	28-1-99	Heemskerk (NED)	216
157.	Raszinski Nienke	01	08-021	1:31.81	25m	11-5-14	Purmerend (NED)	215
158.	Missot Gonda	66	08-021	1:31.90	25m	15-9-79	Heemskerk (NED)	214
159.	van Leeuwen Andrea	71	08-021	1:32.20	25m	7-1-84	Hilversum (NED)	212
160.	de Graaf Dinie	71	08-021	1:32.30	25m	23-9-84	Heemskerk (NED)	211
161.	de Vries Justine	83	08-021	1:32.50	25m	13-3-97	Heemskerk (NED)	210
162.	Grul Lisanne	97	08-021	1:32.51	25m	22-1-12	Zaandam (NED)	210
163.	Sobh Shaime	03	08-021	1:32.54	25m	4-10-15	Purmerend (NED)	210
164.	Stel Kaylin	01	08-021	1:32.72	25m	5-4-10	Haarlem (NED)	209
165.	de Wolff Isabel	01	08-021	1:33.06	25m	10-12-15	Heemskerk (NED)	206
166.	Wieman Lianne	03	08-021	1:33.13	25m	18-1-18	Heemskerk (NED)	206
167.	Hommersen Sandra	84	08-021	1:33.30	25m	13-3-97	Heemskerk (NED)	205
168.	van Giezen Sandra	63	08-021	1:33.40	25m	16-1-83	Heemskerk (NED)	204
169.	Huneker Jolanda	79	08-021	1:33.50	25m	21-9-97	Alkmaar (NED)	203
170.	de Vries Cathy	77	08-021	1:33.90	25m	2-11-91		201
171.	Schut Bodine	09	08-021	1:34.27	25m	31-10-21	Heemskerk (NED)	198
172.	Regelink Anneke	83	08-021	1:34.30	25m	28-1-99	Heemskerk (NED)	198
173.	van Perlo Ingrid	73	08-021	1:34.50	25m	7-10-84	Volendam (NED)	197
174.	de Graaf Isabella	04	08-021	1:34.67	25m	17-2-22	Heemskerk (NED)	196
175.	van Rijn Eline	07	08-021	1:34.77	25m	27-11-16	Zaandam (NED)	195
176.	de Jong Desire	73	08-021	1:35.10	25m	27-9-87	Zaandam (NED)	193
177.	Wiegman Brenda	72	08-021	1:35.30	25m	7-10-84	Volendam (NED)	192
178.	Bruin Marianne	78	08-021	1:35.40	25m	7-2-91	Heemskerk (NED)	191
179.	Hoorn Linsey	94	08-021	1:35.42	50m	17-4-05	Beverwijk (NED)	225
180.	Zonneveld Monica	80	08-021	1:35.50	25m	7-10-92		191
181.	Beentjes Nicolet	80	08-021	1:35.51	25m	7-3-99	Zaandam (NED)	191
182.	Oortwijn Jytte	10	08-021	1:35.54	25m	11-2-24	Heemskerk (NED)	191
183.	Weezepoel Natascha	07	08-021	1:35.68	25m	21-11-21	Den Helder (NED)	190
184.	Viel Bianca	85	08-021	1:35.95	25m	4-5-00	Heemskerk (NED)	188
185.	de Loos Marijke	94	08-021	1:36.07	25m	7-2-10	Heemstede (NED)	187
186.	Mulder Amy	80	08-021	1:36.10	25m	21-2-93	(NED)	187
187.	van Giezen Irene	67	08-021	1:36.30	25m	29-11-81	Zaandam (NED)	186
188.	Mosch Sabina	84	08-021	1:36.36	25m	22-11-98	Zaandam (NED)	186
189.	Pover Ellen	72	08-021	1:36.50	25m	7-1-84	Hilversum (NED)	185
190.	van Kooten Cynthia	93	08-021	1:36.58	25m	26-11-06	Heemskerk (NED)	184
191.	Sahin Sümeyye Sena	10	08-021	1:36.62	25m	7-12-23	Heemskerk (NED)	184

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192.	de Groot Linda	81	08-021	1:36.84	25m	28-1-99	Heemskerk (NED)	183
193.	Bos Chantal	74	08-021	1:37.20	25m	29-11-87	Amstelveen (NED)	181
194.	Bouwer Jolien	89	08-021	1:37.53	50m	20-10-02	Beverwijk (NED)	211
195.	Ardicyaka Irem	06	08-021	1:37.68	25m	7-11-19	Heemskerk (NED)	178
196.	Terhorst Ilja	67	08-021	1:37.90	25m	27-4-80	Assendelft (NED)	177
197.	Dijkstra Janet	77	08-021	1:38.00	25m	19-2-89	Heemskerk (NED)	177
198.	de Boer Isabel	06	08-021	1:38.26	25m	11-6-16	Zaandam (NED)	175
199.	Lund Jolanda	65	08-021	1:38.60	25m	31-5-80	Heemskerk (NED)	173
200.	de Groot Marlijn	92	08-021	1:38.61	25m	28-11-04	Heemskerk (NED)	173
201.	Beeksma Anne	88	08-021	1:38.98	25m	18-11-01	Heemskerk	171
202.	Ligterink Angela	76	08-021	1:39.00	25m	15-3-87	Heemskerk (NED)	171
203.	Munnik Yvonne	64	08-021	1:39.50	25m	10-12-77	Heemskerk (NED)	169
204.	de Groot Sjors	08	08-021	1:39.57	25m	7-12-23	Heemskerk (NED)	168
205.	Boere Sacha	91	08-021	1:39.68	25m	31-3-05	Heemskerk (NED)	168
206.	van der Horst Wendy	72	08-021	1:39.90	25m	6-2-83		167
207.	Essers Patricia	84	08-021	1:39.94	25m	11-3-01	Zaandam (NED)	166
208.	van den Braber Liesbeth	84	08-021	1:40.10	25m	12-2-98	Heemskerk (NED)	166
209.	Molenaar Eline	82	08-021	1:40.14	50m	7-5-00	Beverwijk (NED)	195
210.	Bos Annelies	74	08-021	1:40.60	25m	29-11-87	Amstelveen (NED)	163
211.	van der Eng Laura	80	08-021	1:40.70	25m	14-3-96	Heemskerk (NED)	163
212.	Aafjes Suzan	69	08-021	1:40.80	25m	13-4-80	Zaandam (NED)	162
213.	Smit Lydia	84	08-021	1:40.89	25m	28-1-99	Heemskerk (NED)	162
214.	Cappelle Marcella	85	08-021	1:41.20	25m	26-4-98	Alkmaar (NED)	160
215.	Venema Jalina	04	08-021	1:41.25	25m	17-11-16	Heemskerk (NED)	160
216.	Dekker Danyk	94	08-021	1:41.44	25m	27-3-08	Heemskerk (NED)	159
217.	van Leen Cynthia	81	08-021	1:41.50	25m	2-5-96	Heemskerk (NED)	159
218.	van Putten Demi	96	08-021	1:41.68	25m	4-11-10	Heemskerk (NED)	158
219.	Horst Diana	67	08-021	1:42.00	25m	2-11-80	Castricum (NED)	157
220.	Hoekstra Karin	76	08-021	1:42.10	25m	15-1-88		156
220.	van Ederen Jasmijn	10	08-021	1:42.10	25m	2-6-19	Hoofddorp (NED)	156
222.	Bakker Anna	97	08-021	1:42.31	25m	24-9-09	Heemskerk (NED)	155
223.	Feenstra Petra	71	08-021	1:42.40	25m	23-9-84	Heemskerk (NED)	155
224.	Bruins Julia	06	08-021	1:42.70	25m	24-10-24	Heemskerk (NED)	153
225.	Martens landra	03	08-021	1:43.23	25m	17-1-16	Purmerend (NED)	151
226.	Dijkstra Pascal	89	08-021	1:43.47	50m	2-5-99	Beverwijk (NED)	177
227.	Last Rooske	94	08-021	1:43.61	25m	4-11-10	Heemskerk (NED)	149
228.	Dekker Elise	97	08-021	1:43.77	25m	5-2-06	Zaandam (NED)	149
229.	Zeeman Judith	70	08-021	1:44.30	25m	7-2-82		146
230.	Hoogervorst Marlon	84	08-021	1:44.40	25m	20-10-94	Heemskerk (NED)	146
231.	Buithuis Danine	91	08-021	1:44.67	25m	19-12-02	Heemskerk	145
231.	Gelsumino Giulia	03	08-021	1:44.67	25m	10-12-15	Heemskerk (NED)	145
233.	Halbersma Jenny	70	08-021	1:44.90	25m	16-1-83	Heemskerk (NED)	144
234.	Jansen Pauline	67	08-021	1:45.10	25m	6-2-83		143
235.	Bok Femke	74	08-021	1:45.30	25m	12-2-84	Heemskerk (NED)	142
236.	Smit Ingrid	67	08-021	1:45.40	25m	27-4-80	Assendelft (NED)	142
237.	Walraven Annet	62	08-021	1:45.50	25m	10-12-77	Heemskerk (NED)	141
238.	Calkhoven Mariëtte	65	08-021	1:45.90	25m	27-11-77	IJmuiden (NED)	140
239.	Zijlstra Mariëlle	83	08-021	1:46.00	25m	4-2-96	Heerhugowaard (NED)	139
240.	Meesters Audrey	90	08-021	1:46.39	25m	24-4-03	Heemskerk	138
241.	Rodenburg Kyra	96	08-021	1:46.59	25m	8-10-06	Zaandam (NED)	137
242.	Schelvis Liselot	92	08-021	1:46.68	25m	29-9-02	Zaandam (NED)	137
243.	Bakker Lisette	83	08-021	1:46.80	25m	17-5-98	Heemskerk (NED)	136
244.	Kuijper Michelle	91	08-021	1:46.86	25m	13-1-02	Zaandam	136

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244.	Beentjes Daphne	91	08-021	1:46.86	25m	26-2-04	Heemskerk (NED)	136
246.	Koopman Jessie	97	08-021	1:47.15	25m	21-3-10	Zaandam (NED)	135
247.	van Dijk Yvonne	65	08-021	1:47.50	25m	10-12-77	Heemskerk (NED)	134
248.	van der Werf Chily	72	08-021	1:48.10	25m	12-2-84	Heemskerk (NED)	131
249.	Hoeksema Kim	90	08-021	1:48.14	25m	13-1-02	Zaandam	131
250.	Aardenburg Judith	93	08-021	1:48.60	25m	3-4-05	Zaandam (NED)	130
251.	van der Wijden Eline	88	08-021	1:48.69	25m	14-12-00	Heemskerk (NED)	129
252.	Potemans Priscilla	84	08-021	1:48.80	25m	30-8-97	Assendelft (NED)	129
253.	Doodeman Sara	00	08-021	1:49.03	25m	31-10-10	Zaandam (NED)	128
254.	van Perlo Carla	75	08-021	1:49.10	25m	12-2-84	Heemskerk (NED)	128
255.	Salido Keesje	05	08-021	1:49.39	25m	19-4-15	Zaandam (NED)	127
256.	Terluin Suus	09	08-021	1:49.54	25m	12-1-20	Purmerend (NED)	126
257.	van der Does Lisa	02	08-021	1:49.90	25m	19-1-14	Zaandam (NED)	125
258.	Koper Selma	03	08-021	1:50.37	25m	9-12-12	Zaandam (NED)	123
259.	van den Heuvel Sandra	80	08-021	1:50.90	25m	3-12-89	Zaandam (NED)	122
260.	Keessen Pam	62	08-021	1:51.40	25m	10-12-77	Heemskerk (NED)	120
261.	Copier Alyssa	04	08-021	1:51.54	25m	9-6-13	Zaandam (NED)	120
262.	Yayli Serina	90	08-021	1:51.71	25m	17-11-02	Heemskerk	119
263.	Kesting Alexandra	00	08-021	1:51.86	25m	16-1-11	Zaandam (NED)	119
264.	Elghandor Kiyaan	03	08-021	1:52.88	25m	18-1-15	Zaandam (NED)	115
265.	Rijkema Marije	85	08-021	1:53.26	25m	28-3-02	Heemskerk	114
266.	Sierra Ana Maria	69	08-021	1:53.30	25m	18-1-81	Zaandam (NED)	114
267.	Oosterveen Sandra	83	08-021	1:53.50	25m	3-3-92	Heemskerk (NED)	113
268.	Pezo Adna	90	08-021	1:53.69	25m	22-4-01	Heemskerk (NED)	113
269.	Welboren Julia	00	08-021	1:54.97	25m	11-12-11	Zaandam (NED)	109
270.	Nijman Linda	89	08-021	1:55.81	25m	22-4-01	Heemskerk (NED)	107
271.	Koper Ella	90	08-021	1:55.88	25m	13-1-02	Zaandam	107
272.	Bovekerk Annefleur	99	08-021	1:55.94	25m	14-11-10	Castricum (NED)	106
273.	Doll Maartje	80	08-021	1:56.40	25m	24-4-93		105
274.	Huisman Lianne	87	08-021	1:57.25	25m	19-11-00	Zaandam (NED)	103
275.	Lensen Sarian	89	08-021	1:57.33	25m	17-11-02	Heemskerk	103
276.	Gooijer Roos	97	08-021	1:57.81	25m	17-1-10	Amsterdam-oost (NED)	101
277.	Tilgenkamp Lentley	13	08-021	1:57.86	25m	15-12-24	Amsterdam (NED)	101
278.	Verhagen Sabine	71	08-021	1:57.90	25m	23-9-84	Heemskerk (NED)	101
279.	van Noort Jony	85	08-021	1:58.50	25m	10-3-96	Zaandam (NED)	100
280.	Broers Margot	63	08-021	1:58.60	25m	10-12-77	Heemskerk (NED)	99
281.	Eijndhoven Jonna	02	08-021	1:58.71	25m	7-10-12	Zaandam (NED)	99
282.	Zonneveld Jennifer	88	08-021	1:58.72	25m	18-11-01	Heemskerk	99
283.	van Duivenvoorde Sanne	93	08-021	2:00.19	25m	29-9-02	Zaandam (NED)	95
284.	Liefting Marielle	90	08-021	2:00.22	25m	31-1-02	Heemskerk	95
285.	Boonstra Esmé	02	08-021	2:01.14	25m	20-1-13	Heemskerk (NED)	93
286.	van Rijn Ilona	65	08-021	2:03.20	25m	10-12-77	Heemskerk (NED)	89
287.	Werdekker Marjolein	81	08-021	2:03.90	25m	10-10-96	Heemskerk (NED)	87
288.	Kerkhoven Michelle	91	08-021	2:04.19	50m	26-5-01	Beverwijk (NED)	102
289.	Reuderink Miranda	63	08-021	2:04.40	25m	10-12-77	Heemskerk (NED)	86
290.	Snijder Femke	83	08-021	2:04.70	25m	24-4-93		85
291.	Morianner Susanna	72	08-021	2:05.00	25m	11-10-81	Heemskerk (NED)	85
292.	Werdekker Esther	83	08-021	2:06.30	25m	10-10-96	Heemskerk (NED)	82
293.	Sanen Casey	99	08-021	2:08.28	25m	24-9-09	Heemskerk (NED)	78
294.	Hoekstra Femke	05	08-021	2:08.44	25m	12-12-13	Heemskerk (NED)	78
295.	Schijf Irene	83	08-021	2:08.90	25m	20-11-94	Wormerveer (NED)	77
296.	van der Pijl Madelon	89	08-021	2:12.68	25m	24-9-98	Heemskerk (NED)	71
297.	van der Leden Cynthia	66	08-021	2:18.20	25m	10-12-77	Heemskerk (NED)	63

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298.	Hol Manouk	05	08-021	2:18.53	25m	30-10-14	Heemskerk (NED)	62
299.	Reeuwijk Danielle	70	08-021	2:19.00	25m	4-11-79	Zaandam (NED)	62
300.	Reiss Katinka	65	08-021	2:24.90	25m	10-12-77	Heemskerk (NED)	54
300.	Janssen Tess	89	08-021	2:24.90	25m	1-3-98	Zaandam (NED)	54
302.	Bruins Bianca	81	08-021	2:34.50	25m	10-10-96	Heemskerk (NED)	45
303.	van der Stigchel Samantha	96	08-021	2:40.85	25m	27-3-08	Heemskerk (NED)	40
304.	Dijkstra Miranda	72	08-021	2:41.20	25m	27-9-80	Heemskerk (NED)	39

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1.	Schelvis Femke	84	08-021	2:26.44	25m	10-10-99	Zaandam (NED)	539
2.	Kingma Danae	00	08-021	2:27.57	25m	18-3-18	Purmerend (NED)	527
3.	Broek Jade	97	08-021	2:30.24	25m	16-11-19	Hoofddorp (NED)	499
4.	van 't Veer Iris	03	08-021	2:35.01	25m	16-11-19	Hoofddorp (NED)	455
5.	Crok Linda	94	08-021	2:36.36	25m	11-4-10	Zaandam (NED)	443
6.	Groen Anne	95	08-021	2:36.71	25m	29-1-23	Heemskerk (NED)	440
7.	Hoekstra Eline	03	08-021	2:36.92	25m	29-1-23	Heemskerk (NED)	438
8.	Koper Fiona	01	08-021	2:37.77	25m	18-3-18	Purmerend (NED)	431
9.	Kleijne Daisy	89	08-021	2:38.20	25m	10-4-05	Zuidoost-Beemster (NED)	428
10.	de Graaf Annemiek	70	08-021	2:39.30	25m	13-4-86		419
11.	Schelvis Roos	86	08-021	2:39.57	25m	19-11-00	Zaandam (NED)	417
12.	Smit Sanne	01	08-021	2:40.69	25m	18-3-18	Purmerend (NED)	408
13.	Gijzen-van der Kroft Nicole	84	08-021	2:40.92	25m	14-12-00	Heemskerk (NED)	406
14.	Palmboom Nicole	91	08-021	2:41.16	25m	9-3-08	Heemskerk (NED)	404
15.	Stel Serena	98	08-021	2:41.22	25m	21-3-10	Zaandam (NED)	404
16.	Wentink Yara	04	08-021	2:42.13	25m	21-10-18	Purmerend (NED)	397
17.	Meijer Sylvia	81	08-021	2:42.31	25m	24-9-98	Heemskerk (NED)	396
18.	Hulshof Saskia	73	08-021	2:42.50	25m	4-11-89		394
19.	Koster Lisa	94	08-021	2:42.59	25m	21-10-07	Zaandam (NED)	394
20.	Crok Annemarie	89	08-021	2:42.61	25m	14-3-04	Zaandam	394
21.	Mallon Danique	94	08-021	2:42.74	25m	11-4-10	Zaandam (NED)	393
22.	Poppe Yvonne	68	08-021	2:43.10	25m	31-12-83		390
23.	Siemerink Laura	04	08-021	2:43.28	25m	16-11-19	Hoofddorp (NED)	389
24.	Kramer Miranda	80	08-021	2:43.40	25m	10-10-96	Heemskerk (NED)	388
25.	Vink Lidewij	90	08-021	2:43.41	25m	9-3-08	Heemskerk (NED)	388
26.	Petit Kirsten	00	08-021	2:43.44	25m	18-3-18	Purmerend (NED)	388
27.	Meijer Linda	77	08-021	2:43.60	25m	14-10-93	Heemskerk	387
28.	Stins Mariska	84	08-021	2:44.24	25m	16-3-03	Heemskerk	382
29.	van Eerden Meike	00	08-021	2:44.82	25m	10-2-19	Purmerend (NED)	378
30.	Koopman Anitra	89	08-021	2:45.89	25m	27-11-05	Heemskerk (NED)	371
31.	Niesten Iris	92	08-021	2:45.90	25m	14-3-10	Heemskerk (NED)	371
32.	Hoek Daniëlle	88	08-021	2:45.92	25m	13-11-11	Zaandam (NED)	371
33.	Buur Naomi	01	08-021	2:46.99	25m	15-5-16	Purmerend (NED)	363
34.	van der Gracht Anouk	89	08-021	2:47.36	25m	16-11-14	Zaandam (NED)	361
35.	Essers Sanne	91	08-021	2:47.45	25m	21-10-07	Zaandam (NED)	360
36.	de Haan Shira	00	08-021	2:47.64	25m	30-12-16	Leeuwarden (NED)	359
37.	de Boer Irene	84	08-021	2:48.00	25m	17-1-99	Heemskerk (NED)	357
38.	Jongema Helena	80	08-021	2:48.46	25m	23-1-09	Vlissingen (NED)	354
39.	Drubers Mirjam	67	08-021	2:48.60	25m	7-10-84	Volendam (NED)	353
40.	van Honk Chantal	80	08-021	2:48.80	25m	18-4-92	Volendam (NED)	352
41.	Blaauw Yente	03	08-021	2:49.15	25m	19-3-17	Zaandam (NED)	350
42.	Zonneveld Chantal	84	08-021	2:49.17	25m	31-1-02	Heemskerk	350
43.	Verbree Bets	63	08-021	2:49.20	25m	13-3-83	Castricum (NED)	349

200 rugslag (sinds 44)

44.	van Assema Eline	05	08-021	2:49.34	25m	16-11-19	Hoofddorp (NED)	349
45.	Haasbroek Renske	03	08-021	2:50.14	25m	2-2-25	Den Helder (NED)	344
46.	Boekling Annette	85	08-021	2:50.40	25m	31-1-02	Heemskerk	342
47.	Groot Tineke	60	08-021	2:50.90	25m	2-11-80	Castricum (NED)	339
48.	Windmuller Wendy	69	08-021	2:53.00	25m	10-4-83	Heemskerk (NED)	327
49.	Stam Sabrina	82	08-021	2:53.50	50m	9-11-97	Beverwijk (NED)	365
50.	van Duin Margret	60	08-021	2:54.20	25m	12-3-78	Zaandam (NED)	320
50.	van Staveren Marina	78	08-021	2:54.20	25m	7-1-12	Zwolle (NED)	320
52.	Scholten Britt	04	08-021	2:54.24	25m	13-1-19	Purmerend (NED)	320
53.	Zwarthoed Brenda	96	08-021	2:55.06	25m	16-3-08	Zaandam (NED)	315
54.	Stam Vanessa	80	08-021	2:55.12	25m	11-10-98	Alkmaar (NED)	315
55.	van Koeveringe Nicole	93	08-021	2:56.91	25m	23-4-09	Heemskerk (NED)	306
56.	Vink Marjolein	93	08-021	2:57.16	25m	23-4-09	Heemskerk (NED)	304
57.	Teufer Irene	96	08-021	2:57.19	25m	16-12-07	Zaandam (NED)	304
58.	van de Poll Marianne	89	08-021	2:57.21	25m	5-10-03	Heemskerk (NED)	304
59.	Besse Karen	75	08-021	2:57.40	25m	1-11-89		303
60.	van der Geest Saskia	73	08-021	2:57.80	25m	1-11-89		301
61.	de Groot Daniëlle	93	08-021	2:58.02	25m	25-11-07	Amsterdam (NED)	300
62.	Tholen Kirsten	66	08-021	2:58.10	25m	14-3-82		300
63.	Dijkstra Ingrid	68	08-021	2:58.20	25m	24-1-82		299
64.	Visser Kelly	89	08-021	2:58.26	25m	10-11-13	Zaandam (NED)	299
65.	Renkema Iris	04	08-021	2:58.37	25m	19-3-17	Zaandam (NED)	298
66.	van Giezen Corina	68	08-021	2:58.90	25m	7-3-82		296
67.	van Ballegooie Simone	84	08-021	2:59.07	25m	17-3-02	Zaandam	295
68.	Heus Pauline	78	08-021	2:59.50	25m	12-10-95	Heemskerk (NED)	293
69.	de Vriend Sofie	01	08-021	2:59.87	25m	9-12-12	Zaandam (NED)	291
70.	de Wildt Maud	05	08-021	3:00.20	25m	13-3-22	Den Helder (NED)	289
71.	Holland Yasmin	01	08-021	3:00.29	25m	18-3-18	Purmerend (NED)	289
72.	Schuyt Simone	75	08-021	3:00.30	25m	3-5-90	Heemskerk (NED)	289
73.	Visser Stacey	87	08-021	3:00.50	25m	11-3-01	Zaandam (NED)	288
74.	Butter Anouk	82	08-021	3:00.58	25m	28-10-04	Heemskerk (NED)	287
75.	Limmen Karin	76	08-021	3:00.60	25m	6-11-93		287
76.	Dijkstra Lisette	86	08-021	3:01.00	25m	21-1-99	Heemskerk (NED)	285
77.	Moolevliet Petra	82	08-021	3:01.10	25m	12-10-95	Heemskerk (NED)	285
78.	Oudendijk Bianca	79	08-021	3:01.20	25m	17-3-96	Heemskerk (NED)	284
79.	Zonneveld Cindy	75	08-021	3:01.50	25m	14-10-93	Heemskerk	283
80.	van Langelaar Tessa	97	08-021	3:02.22	25m	1-4-12	Zaandam (NED)	280
81.	Krouwels Tanja	79	08-021	3:02.23	25m	11-10-98	Alkmaar (NED)	280
82.	van Rookhuizen Sieta	79	08-021	3:02.30	25m	10-4-94	Assendelft	279
83.	Vredenburg Roos	95	08-021	3:03.06	25m	14-3-10	Heemskerk (NED)	276
84.	Mosch Sabina	84	08-021	3:03.18	25m	19-12-02	Heemskerk	275
85.	de Boer Claudia	77	08-021	3:03.30	25m	8-11-90	Heemskerk (NED)	275
86.	Dreyer Elly	63	08-021	3:03.50	25m	16-11-80	Haarlem (NED)	274
87.	Bakkum Wilma	62	08-021	3:04.30	25m	25-11-79	Heemskerk (NED)	270
88.	Angenent Nienke	01	08-021	3:04.56	25m	15-12-13	Zaandam (NED)	269
89.	ten Cate Joyce	80	08-021	3:04.65	25m	19-3-06	Heemskerk (NED)	269
90.	de Ruijter Linda	87	08-021	3:05.06	25m	19-12-02	Heemskerk	267
91.	van der Horst Sacha	69	08-021	3:05.40	25m	10-4-83	Heemskerk (NED)	265
92.	van Ballegooie Stefanie	86	08-021	3:05.54	25m	7-10-01	Zaandam (NED)	265
93.	de Boer Maia	03	08-021	3:05.75	25m	14-1-18	Purmerend (NED)	264
94.	Hoek Laura	86	08-021	3:06.20	25m	12-3-00	Heemskerk (NED)	262
95.	Hogema Fabiën	93	08-021	3:06.51	25m	18-3-07	Heemskerk (NED)	261
96.	Liefting Sarina	93	08-021	3:06.62	25m	18-3-07	Heemskerk (NED)	260

200 rugslag (sinds 97)

97.	Rodenburg Rianne	93	08-021	3:07.83	25m	19-3-06	Heemskerk (NED)	255
98.	Bakker Jesca	79	08-021	3:08.20	25m	3-5-90	Heemskerk (NED)	254
99.	Veldhuis Amelia	03	08-021	3:08.63	25m	13-1-19	Purmerend (NED)	252
100.	van Galen Angela	65	08-021	3:09.10	25m	11-4-81	Heemskerk (NED)	250
100.	van de Kamp Yvonne	65	08-021	3:09.10	25m	17-5-81	Castricum (NED)	250
102.	Herwegh Binthy	09	08-021	3:09.47	50m	10-6-23	Bückeburg (GER)	280
103.	Hermans Liesbeth	66	08-021	3:09.50	25m	28-11-81	Heemskerk (NED)	249
103.	Deiman Caroline	67	08-021	3:09.50	25m	1-11-89		249
105.	van Velsen Patricia	79	08-021	3:10.70	25m	17-3-96	Heemskerk (NED)	244
106.	Knight Kayleigh	00	08-021	3:11.31	25m	12-3-17	Purmerend (NED)	242
107.	Bouwman Esther	63	08-021	3:12.70	25m	22-4-78	Heemskerk (NED)	236
108.	van Sikkelerus Lisa	99	08-021	3:12.98	25m	18-3-12	Zaandam (NED)	235
109.	de Vries Chrissie	93	08-021	3:13.10	25m	18-3-07	Heemskerk (NED)	235
110.	ten Cate Ilona	85	08-021	3:13.34	25m	19-3-06	Heemskerk (NED)	234
111.	Besse Meta	78	08-021	3:13.80	25m	13-10-93		232
112.	de Vries Justine	83	08-021	3:13.90	25m	12-1-97	Heemskerk (NED)	232
113.	Raszinski Nienke	01	08-021	3:15.07	25m	22-12-13	Zaandam (NED)	228
114.	Hommersen Sandra	84	08-021	3:15.40	25m	10-10-96	Heemskerk (NED)	227
115.	Huisman Jolanda	68	08-021	3:15.60	25m	11-4-81	Heemskerk (NED)	226
116.	Lindelauf Priscilla	85	08-021	3:16.11	25m	14-12-00	Heemskerk (NED)	224
117.	Limmen Anita	78	08-021	3:16.80	25m	14-10-93	Heemskerk	222
118.	van Rijn Sydney	03	08-021	3:17.33	25m	2-10-16	Purmerend (NED)	220
119.	Cappelle Carlijn	82	08-021	3:17.50	25m	11-9-97	Heemskerk (NED)	220
120.	Bouwer Jolien	89	08-021	3:17.54	25m	16-3-03	Heemskerk	219
121.	de Boer Angela	80	08-021	3:17.80	25m	19-10-94		219
122.	Pover Karin	67	08-021	3:17.90	25m	14-3-82		218
123.	Zonneveld Melissa	88	08-021	3:18.13	25m	23-12-04	Heemskerk (NED)	217
124.	Palthe Yvonne	67	08-021	3:18.20	25m	28-11-81	Heemskerk (NED)	217
125.	Berloth Lydia	68	08-021	3:18.50	25m	28-11-81	Heemskerk (NED)	216
126.	Visser Shana	04	08-021	3:18.71	25m	1-10-17	Purmerend (NED)	216
127.	Bos Marieke	06	08-021	3:18.77	25m	7-10-18	Purmerend (NED)	215
128.	Windmuller Annemarie	67	08-021	3:19.60	25m	16-3-80	Zandvoort (NED)	213
129.	van Vliet Isabel	02	08-021	3:19.70	25m	14-1-18	Purmerend (NED)	212
130.	Limmen Miriam	75	08-021	3:19.80	25m	2-11-89	Heemskerk (NED)	212
131.	Sobh Shaime	03	08-021	3:19.93	25m	11-10-15	Zaandam (NED)	212
132.	Bruin Marianne	78	08-021	3:20.00	25m	8-11-90	Heemskerk (NED)	211
133.	de Graaf Dinie	71	08-021	3:20.50	25m	6-10-85	Wormerveer (NED)	210
134.	Nijman José	93	08-021	3:21.14	25m	25-1-07	Heemskerk (NED)	208
135.	Viel Bianca	85	08-021	3:21.70	25m	16-12-99	Heemskerk	206
136.	Koper Birgit	87	08-021	3:22.00	25m	6-10-02	Zaandam	205
137.	Huneker Jolanda	79	08-021	3:22.09	25m	15-11-98	Assendelft (NED)	205
138.	Bruin Adri	74	08-021	3:22.20	25m	4-1-88	Zaandam (NED)	205
139.	Grul Lisanne	97	08-021	3:22.56	25m	21-3-10	Zaandam (NED)	203
140.	Wieman Lianne	03	08-021	3:22.98	25m	29-1-23	Heemskerk (NED)	202
141.	Bos Chantal	74	08-021	3:23.10	25m	4-1-88	Zaandam (NED)	202
142.	Plokker Sylvia	68	08-021	3:23.30	25m	11-4-81	Heemskerk (NED)	201
143.	Dijkstra Maud	84	08-021	3:23.50	25m	11-9-97	Heemskerk (NED)	201
144.	Visser Robin	05	08-021	3:24.09	25m	11-12-16	Alkmaar (NED)	199
145.	Ivens Suzanne	99	08-021	3:25.22	25m	29-3-15	Zaandam (NED)	196
146.	van Huisstede Nikita	01	08-021	3:25.31	25m	14-4-13	Zaandam (NED)	195
147.	Molenaar Eline	82	08-021	3:28.19	25m	16-12-99	Heemskerk	187
148.	Bakker Daniëlle	96	08-021	3:28.70	25m	5-10-08	Heemskerk (NED)	186
149.	de Groot Linda	81	08-021	3:29.60	25m	12-3-00	Heemskerk (NED)	184

200 rugslag (sinds 150)

150.	Buur Cindy	99	08-021	3:29.65	25m	6-3-16	Purmerend (NED)	183
151.	Peters Yvonne	63	08-021	3:30.60	25m	7-10-84	Volendam (NED)	181
152.	van Kooten Cynthia	93	08-021	3:32.75	25m	18-3-07	Heemskerk (NED)	176
153.	de Groot Marlijn	92	08-021	3:32.76	25m	15-5-05	Zuidoost-Beemster (NED)	175
154.	Aafjes Suzan	69	08-021	3:32.80	25m	11-4-81	Heemskerk (NED)	175
155.	Weezepeel Natascha	07	08-021	3:34.54	25m	6-10-19	Purmerend (NED)	171
156.	van der Eng Laura	80	08-021	3:35.10	25m	10-10-96	Heemskerk (NED)	170
157.	de Wolff Isabel	01	08-021	3:36.18	25m	14-4-13	Zaandam (NED)	167
158.	Beentjes Nicolet	80	08-021	3:36.99	25m	11-10-98	Alkmaar (NED)	165
159.	de Graaf Isabella	04	08-021	3:37.69	25m	13-1-19	Purmerend (NED)	164
160.	Venema Jalina	04	08-021	3:37.93	25m	24-1-16	Zaandam (NED)	163
161.	van Tellingen Ingrid	66	08-021	3:38.10	25m	28-11-81	Heemskerk (NED)	163
162.	van Giezen Wendy	70	08-021	3:38.20	25m	28-11-81	Heemskerk (NED)	163
163.	Essers Patricia	84	08-021	3:38.74	25m	16-12-99	Heemskerk	161
164.	Zonneveld Monica	80	08-021	3:39.20	25m	13-10-93		160
165.	Terhorst Ilja	67	08-021	3:39.50	25m	16-3-80	Zandvoort (NED)	160
166.	Koopman Jessie	97	08-021	3:40.00	25m	21-3-10	Zaandam (NED)	159
167.	Horst Diana	67	08-021	3:41.00	25m	11-4-81	Heemskerk (NED)	157
168.	Regelink Anneke	83	08-021	3:41.40	25m	10-10-96	Heemskerk (NED)	156
169.	Meesters Audrey	90	08-021	3:42.47	25m	19-12-02	Heemskerk	153
170.	Rasch Monique	66	08-021	3:44.00	25m	11-4-81	Heemskerk (NED)	150
171.	Lensen Sarian	89	08-021	3:45.17	25m	5-10-03	Heemskerk (NED)	148
172.	Bakker Lisette	83	08-021	3:45.72	25m	24-9-98	Heemskerk (NED)	147
173.	Beeksma Anne	88	08-021	3:46.81	25m	31-1-02	Heemskerk	145
174.	Oortwijn Jytte	10	08-021	3:46.95	25m	2-10-22	Den Helder (NED)	144
175.	de Roode Xara	08	08-021	3:50.21	25m	6-10-19	Purmerend (NED)	138
176.	Bakker Anna	97	08-021	3:52.19	25m	23-4-09	Heemskerk (NED)	135
177.	van den Braber Liesbeth	84	08-021	3:52.43	25m	15-11-98	Assendelft (NED)	134
178.	Sierra Ana Maria	69	08-021	3:55.00	25m	11-4-81	Heemskerk (NED)	130
179.	van Giezen Irene	67	08-021	3:59.70	25m	11-4-81	Heemskerk (NED)	123
180.	Rijpkema Marije	85	08-021	4:00.79	25m	31-1-02	Heemskerk	121
181.	Smit Lydia	84	08-021	4:01.22	25m	24-9-98	Heemskerk (NED)	120
182.	Elghandor Kiyaan	03	08-021	4:02.36	25m	11-10-15	Zaandam (NED)	119
183.	Zeeman Judith	70	08-021	4:09.30	25m	11-4-81	Heemskerk (NED)	109
184.	Potemans Priscilla	84	08-021	4:16.00	25m	11-9-97	Heemskerk (NED)	101
185.	Sahin Sümeyye Sena	10	08-021	4:18.36	25m	2-10-22	Den Helder (NED)	98

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.	Palmboom Nicole	91	08-021	17.22	25m	27-4-06	Heemskerk	462
2.	Kramer Miranda	80	08-021	17.60	25m	19-3-98	Heemskerk (NED)	433
3.	Hoekstra Eline	03	08-021	17.70	25m	7-7-22	Heemskerk (NED)	426
4.	van Honk Chantal	80	08-021	17.80	25m	16-5-91	Heemskerk (NED)	419
4.	van Rookhuizen Sieta	79	08-021	17.80	25m	13-3-97	Heemskerk (NED)	419
6.	de Groot Daniëlle	93	08-021	17.83	25m	29-5-08	Heemskerk (NED)	416
7.	Hulshof Saskia	73	08-021	17.90	25m	12-1-89	Heemskerk (NED)	412
7.	Stam Vanessa	80	08-021	17.90	25m	13-3-97	Heemskerk (NED)	412
9.	van der Geest Saskia	73	08-021	18.10	25m	12-1-89	Heemskerk (NED)	398
9.	Broek Jade	97	08-021	18.10	25m	7-7-22	Heemskerk (NED)	398
11.	Hogema Fabiën	93	08-021	18.32	25m	19-4-07	Heemskerk (NED)	384

25 schoolslag (sinds 12)

11.	de Haan Shira	00	08-021	18.32	25m	7-7-22	Heemskerk (NED)	384
13.	Gijzen-van der Kroft Nicole	84	08-021	18.40	25m	13-3-97	Heemskerk (NED)	379
14.	van der Gracht Anouk	89	08-021	18.41	25m	27-4-06	Heemskerk	378
15.	Koster Lisa	94	08-021	18.50	25m	19-4-07	Heemskerk (NED)	373
16.	Schelvis Femke	84	08-021	18.60	25m	19-3-98	Heemskerk (NED)	367
17.	Wentink Yara	04	08-021	18.62	25m	7-7-22	Heemskerk (NED)	366
18.	Schelvis Roos	86	08-021	18.63	25m	22-2-01	Heemskerk (NED)	365
19.	Crok Linda	94	08-021	18.68	25m	29-5-08	Heemskerk (NED)	362
20.	Boekling Annette	85	08-021	18.72	25m	22-2-01	Heemskerk (NED)	360
21.	Vink Lidewij	90	08-021	18.88	25m	19-4-07	Heemskerk (NED)	351
22.	Stins Mariska	84	08-021	18.89	25m	25-3-99	Heemskerk (NED)	350
23.	Crok Annemarie	89	08-021	19.04	25m	27-4-06	Heemskerk	342
24.	Vink Marjolein	93	08-021	19.06	25m	19-4-07	Heemskerk (NED)	341
25.	Schuyt Simone	75	08-021	19.10	25m	12-1-89	Heemskerk (NED)	339
25.	Stam Sabrina	82	08-021	19.10	25m	13-3-97	Heemskerk (NED)	339
25.	de Boer Maia	03	08-021	19.10	25m	7-7-22	Heemskerk (NED)	339
25.	van 't Veer Iris	03	08-021	19.10	25m	7-7-22	Heemskerk (NED)	339
29.	Besse Karen	75	08-021	19.40	25m	12-1-89	Heemskerk (NED)	323
29.	Beentjes Nicolet	80	08-021	19.40	25m	14-3-96	Heemskerk (NED)	323
31.	de Boer Irene	84	08-021	19.43	25m	25-3-99	Heemskerk (NED)	322
32.	Kleijne Daisy	89	08-021	19.45	25m	19-4-07	Heemskerk (NED)	321
33.	Essers Sanne	91	08-021	19.46	25m	27-4-06	Heemskerk	320
34.	Heus Pauline	78	08-021	19.50	25m	19-3-98	Heemskerk (NED)	318
35.	van Staveren Marina	78	08-021	19.54	25m	18-11-12	Almere-Stad (NED)	316
36.	Jongema Helena	80	08-021	19.59	25m	21-2-09	Heerenveen (NED)	314
37.	Nijholt Carin	60	08-021	19.60	25m	14-9-76	Heemskerk (NED)	313
37.	van Duin Margret	60	08-021	19.60	25m	14-9-76	Heemskerk (NED)	313
37.	Meijer Sylvia	81	08-021	19.60	25m	13-3-97	Heemskerk (NED)	313
37.	Krouwels Tanja	79	08-021	19.60	25m	19-3-98	Heemskerk (NED)	313
37.	Cappelle Carlijn	82	08-021	19.60	25m	19-3-98	Heemskerk (NED)	313
42.	Glorie Astrid	63	08-021	19.70	25m	14-9-76	Heemskerk (NED)	309
42.	Bruin Adri	74	08-021	19.70	25m	12-1-89	Heemskerk (NED)	309
42.	Niesten Iris	92	08-021	19.70	25m	29-5-08	Heemskerk (NED)	309
45.	Dijkstra Lisette	86	08-021	19.80	25m	19-3-98	Heemskerk (NED)	304
46.	Niesten Annet	62	08-021	19.90	25m	14-9-76	Heemskerk (NED)	299
46.	Limmen Miriam	75	08-021	19.90	25m	31-12-89	Heemskerk (NED)	299
46.	Limmen Karin	76	08-021	19.90	25m	16-5-91	Heemskerk (NED)	299
46.	Oudendijk Bianca	79	08-021	19.90	25m	14-3-96	Heemskerk (NED)	299
50.	van Assema Eline	05	08-021	19.94	25m	7-7-22	Heemskerk (NED)	298
51.	Herwegh Binthy	09	08-021	20.03	25m	7-7-22	Heemskerk (NED)	294
52.	Siemerink Laura	04	08-021	20.08	25m	7-7-22	Heemskerk (NED)	291
53.	Molenaar Eline	82	08-021	20.17	25m	25-3-99	Heemskerk (NED)	288
54.	Bruin Marianne	78	08-021	20.20	25m	16-5-91	Heemskerk (NED)	286
54.	Moolevliet Petra	82	08-021	20.20	25m	27-4-95	Heemskerk (NED)	286
56.	Butter Anouk	82	08-021	20.25	25m	25-3-99	Heemskerk (NED)	284
57.	van Kooten Cynthia	93	08-021	20.28	25m	19-4-07	Heemskerk (NED)	283
58.	Meijer Linda	77	08-021	20.30	25m	16-6-93		282
58.	Hoek Daniëlle	88	08-021	20.30	25m	29-5-08	Heemskerk (NED)	282
60.	Mallon Danique	94	08-021	20.36	25m	19-4-07	Heemskerk (NED)	280
61.	Bos Marieke	06	08-021	20.39	25m	7-7-22	Heemskerk (NED)	278
62.	Splinter Nathalie	75	08-021	20.40	25m	12-1-89	Heemskerk (NED)	278
62.	de Ruijter Linda	87	08-021	20.40	25m	20-1-00	Heemskerk (NED)	278
64.	Koopman Inge	93	08-021	20.43	25m	7-7-22	Heemskerk (NED)	277

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65.	Groot Tineke	60	08-021	20.50	25m	30-3-76	Heemskerk (NED)	274
66.	Koper Birgit	87	08-021	20.52	25m	27-4-06	Heemskerk	273
67.	Teufer Irene	96	08-021	20.57	25m	19-4-07	Heemskerk (NED)	271
68.	van Ballegooie Stefanie	86	08-021	20.61	25m	17-2-00	Heemskerk (NED)	269
69.	de Wildt Maud	05	08-021	20.63	25m	7-7-22	Heemskerk (NED)	269
70.	Koopman Anitra	89	08-021	20.67	25m	22-2-01	Heemskerk (NED)	267
71.	Zonneveld Cindy	75	08-021	20.70	25m	12-1-89	Heemskerk (NED)	266
72.	Dijkstra Maud	84	08-021	20.80	25m	5-2-98	Heemskerk (NED)	262
73.	Smit Lydia	84	08-021	20.84	25m	25-3-99	Heemskerk (NED)	261
74.	Welboren Trudy	61	08-021	20.90	25m	14-9-76	Heemskerk (NED)	258
75.	Liefting Sarina	93	08-021	20.92	25m	27-4-06	Heemskerk	258
76.	Bos Chantal	74	08-021	21.00	25m	12-1-89	Heemskerk (NED)	255
77.	Koper Ella	90	08-021	21.06	25m	27-4-06	Heemskerk	253
78.	de Boer Angela	80	08-021	21.10	25m	27-4-95	Heemskerk (NED)	251
79.	de Vries Cathy	77	08-021	21.20	25m	16-5-91	Heemskerk (NED)	248
79.	van Ballegooie Simone	84	08-021	21.20	25m	13-3-97	Heemskerk (NED)	248
79.	Hommers Sandra	84	08-021	21.20	25m	19-3-98	Heemskerk (NED)	248
82.	Oortwijn Jytte	10	08-021	21.26	25m	7-7-22	Heemskerk (NED)	245
83.	Visser Stacey	87	08-021	21.28	25m	17-2-00	Heemskerk (NED)	245
84.	Lund Karin	63	08-021	21.30	25m	14-9-76	Heemskerk (NED)	244
85.	Regelink Anneke	83	08-021	21.31	25m	25-3-99	Heemskerk (NED)	244
86.	Rodenburg Rianne	93	08-021	21.35	25m	27-4-06	Heemskerk	242
87.	Hoek Laura	86	08-021	21.38	25m	17-2-00	Heemskerk (NED)	241
88.	van Giezen Sandra	63	08-021	21.40	25m	14-9-76	Heemskerk (NED)	241
88.	Peters Yvonne	63	08-021	21.40	25m	14-9-76	Heemskerk (NED)	241
88.	de Boer Claudia	77	08-021	21.40	25m	31-12-89	Heemskerk (NED)	241
88.	Zonneveld Monica	80	08-021	21.40	25m	16-6-93		241
88.	Hoogervorst Marlon	84	08-021	21.40	25m	16-3-95	Heemskerk (NED)	241
88.	Visser Kelly	89	08-021	21.40	25m	22-2-01	Heemskerk (NED)	241
94.	de Laat Anita	75	08-021	21.50	25m	22-3-88	Heemskerk (NED)	237
95.	Vredenburg Roos	95	08-021	21.58	25m	29-5-08	Heemskerk (NED)	235
95.	ten Cate Joyce	80	08-021	21.58	25m	21-11-10	Almere-Stad (NED)	235
97.	Domburg Irma	62	08-021	21.60	25m	30-3-76	Heemskerk (NED)	234
97.	Dijkstra Janet	77	08-021	21.60	25m	12-1-89	Heemskerk (NED)	234
97.	Limmen Anita	78	08-021	21.60	25m	16-6-93		234
100.	Knight Kayleigh	00	08-021	21.62	25m	7-7-22	Heemskerk (NED)	233
101.	Lindelauf Priscilla	85	08-021	21.64	25m	17-2-00	Heemskerk (NED)	233
101.	Nijman José	93	08-021	21.64	25m	29-5-08	Heemskerk (NED)	233
103.	van de Kamp Pauline	61	08-021	21.80	25m	30-3-76	Heemskerk (NED)	228
103.	Keessen Pam	62	08-021	21.80	25m	14-9-76	Heemskerk (NED)	228
103.	Deiman Caroline	67	08-021	21.80	25m	17-12-87	Heemskerk (NED)	228
106.	Wegchelaer Ageeth	62	08-021	21.90	25m	30-3-76	Heemskerk (NED)	224
106.	Verbree Bets	63	08-021	21.90	25m	14-9-76	Heemskerk (NED)	224
108.	ten Cate Ilona	85	08-021	21.98	25m	19-4-07	Heemskerk (NED)	222
109.	Borg Karin	61	08-021	22.00	25m	30-3-76	Heemskerk (NED)	221
109.	Zijlstra Mariëlle	83	08-021	22.00	25m	14-3-96	Heemskerk (NED)	221
109.	Zonneveld Chantal	84	08-021	22.00	25m	13-3-97	Heemskerk (NED)	221
112.	Steenkamp Ciska	90	08-021	22.08	25m	22-2-01	Heemskerk (NED)	219
113.	Wissenburg Petra	65	08-021	22.10	25m	14-9-76	Heemskerk (NED)	218
113.	Bakkum Wilma	62	08-021	22.10	25m	14-9-76	Heemskerk (NED)	218
113.	Bakker Jesca	79	08-021	22.10	25m	12-1-89	Heemskerk (NED)	218
113.	van der Wijden Eline	88	08-021	22.10	25m	18-1-01	Heemskerk (NED)	218
117.	Viel Bianca	85	08-021	22.16	25m	25-3-99	Heemskerk (NED)	217

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117.	van Koeveringe Nicole	93	08-021	22.16	25m	27-4-06	Heemskerk	217
119.	van Zwieten Jacqueline	64	08-021	22.20	25m	14-9-76	Heemskerk (NED)	215
119.	Teunissen Petra	64	08-021	22.20	25m	14-9-76	Heemskerk (NED)	215
121.	van Velsen Patricia	79	08-021	22.30	25m	27-4-95	Heemskerk (NED)	213
122.	Groot Irma	63	08-021	22.40	25m	14-9-76	Heemskerk (NED)	210
123.	Limmen Corina	65	08-021	22.50	25m	30-3-76	Heemskerk (NED)	207
124.	Gerritsen Jolanda	64	08-021	22.60	25m	14-9-76	Heemskerk (NED)	204
124.	van Galen Marion	61	08-021	22.60	25m	14-9-76	Heemskerk (NED)	204
124.	de Vries Justine	83	08-021	22.60	25m	13-3-97	Heemskerk (NED)	204
127.	Bouwman Esther	63	08-021	22.70	25m	14-9-76	Heemskerk (NED)	202
128.	Essers Patricia	84	08-021	22.74	25m	17-2-00	Heemskerk (NED)	200
129.	Numan Annelies	63	08-021	22.80	25m	14-9-76	Heemskerk (NED)	199
130.	Groen Anne	95	08-021	22.84	25m	29-5-08	Heemskerk (NED)	198
131.	Missot Gonda	66	08-021	22.90	25m	14-9-76	Heemskerk (NED)	196
131.	van Leen Cynthia	81	08-021	22.90	25m	14-3-96	Heemskerk (NED)	196
133.	Leek Marja	63	08-021	23.00	25m	30-3-76	Heemskerk (NED)	194
133.	Reijnders Sandra	64	08-021	23.00	25m	14-9-76	Heemskerk (NED)	194
133.	Huneker Jolanda	79	08-021	23.00	25m	5-3-98	Heemskerk (NED)	194
136.	Buur Naomi	01	08-021	23.02	25m	13-3-11	Heemskerk (NED)	193
137.	Palthe Monique	64	08-021	23.10	25m	14-9-76	Heemskerk (NED)	191
137.	van der Zee Olga	66	08-021	23.10	25m	14-9-76	Heemskerk (NED)	191
139.	Koper Selma	03	08-021	23.24	25m	7-4-13	Castricum (NED)	188
140.	Schaaper Margriet	62	08-021	23.30	25m	30-3-76	Heemskerk (NED)	186
140.	van Galen Angela	65	08-021	23.30	25m	14-9-76	Heemskerk (NED)	186
140.	Potemans Priscilla	84	08-021	23.30	25m	13-3-97	Heemskerk (NED)	186
143.	Dekker Danyk	94	08-021	23.34	25m	29-5-08	Heemskerk (NED)	185
144.	Tahti Sandra	65	08-021	23.40	25m	14-9-76	Heemskerk (NED)	184
145.	Stel Kaylin	01	08-021	23.45	25m	11-4-10	Zaandam (NED)	183
146.	Welboren Els	64	08-021	23.50	25m	14-9-76	Heemskerk (NED)	182
146.	de Weers Anne-Michelle	63	08-021	23.50	25m	14-9-76	Heemskerk (NED)	182
148.	de Visser Jolanda	62	08-021	23.60	25m	30-3-76	Heemskerk (NED)	179
148.	Mulder Amy	80	08-021	23.60	25m	16-6-93		179
148.	van der Eng Laura	80	08-021	23.60	25m	14-3-96	Heemskerk (NED)	179
148.	Werdekker Esther	83	08-021	23.60	25m	13-3-97	Heemskerk (NED)	179
152.	Zwarthoed Brenda	96	08-021	23.68	25m	19-4-07	Heemskerk (NED)	177
153.	van Rijn Ilona	65	08-021	23.70	25m	14-9-76	Heemskerk (NED)	177
153.	Snijder Femke	83	08-021	23.70	25m	13-10-93		177
155.	Bakker Daniëlle	96	08-021	23.73	25m	29-5-08	Heemskerk (NED)	176
156.	Werdekker Marjolein	81	08-021	23.80	25m	13-3-97	Heemskerk (NED)	175
157.	van Huisstede Nikita	01	08-021	23.89	25m	3-4-11	Zaandam (NED)	173
158.	Sahin Sümeyye Sena	10	08-021	23.97	25m	7-7-22	Heemskerk (NED)	171
159.	Besse Meta	78	08-021	24.00	25m	31-12-89	Heemskerk (NED)	170
159.	van Noort Jony	85	08-021	24.00	25m	14-3-96	Heemskerk (NED)	170
161.	Bakker Anna	97	08-021	24.06	25m	29-5-08	Heemskerk (NED)	169
162.	Buur Carina	64	08-021	24.10	25m	30-3-76	Heemskerk (NED)	168
162.	Tholen Kirsten	66	08-021	24.10	25m	14-9-76	Heemskerk (NED)	168
162.	de Jonge Ida	61	08-021	24.10	25m	14-9-76	Heemskerk (NED)	168
165.	van der Horst Sacha	69	08-021	24.20	25m	15-9-79	Heemskerk (NED)	166
165.	de Groot Linda	81	08-021	24.20	25m	10-11-94	Heemskerk (NED)	166
167.	de Roode Xara	08	08-021	24.25	25m	7-7-22	Heemskerk (NED)	165
168.	Heus Inge	81	08-021	24.30	25m	16-5-91	Heemskerk (NED)	164
169.	Reuderink Miranda	63	08-021	24.40	25m	14-9-76	Heemskerk (NED)	162
169.	van de Kamp Yvonne	65	08-021	24.40	25m	14-9-76	Heemskerk (NED)	162

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171.	Claesens Freeke	64	08-021	24.50	25m	14-9-76	Heemskerk (NED)	160
171.	van Megen Carla	65	08-021	24.50	25m	14-9-76	Heemskerk (NED)	160
171.	Rasch Monique	66	08-021	24.50	25m	14-9-76	Heemskerk (NED)	160
171.	Cappelle Marcella	85	08-021	24.50	25m	19-3-98	Heemskerk (NED)	160
175.	Calkhoven Mariëtte	65	08-021	24.60	25m	14-9-76	Heemskerk (NED)	158
175.	Grul Lisanne	97	08-021	24.60	25m	29-5-08	Heemskerk (NED)	158
177.	Koper Fiona	01	08-021	24.62	25m	3-4-11	Zaandam (NED)	158
178.	Walraven Annet	62	08-021	24.70	25m	30-3-76	Heemskerk (NED)	156
178.	Huisman Lianne	87	08-021	24.70	25m	18-1-01	Heemskerk (NED)	156
180.	Nijman Linda	89	08-021	24.76	25m	22-2-01	Heemskerk (NED)	155
181.	Aafjes Suzan	69	08-021	24.80	25m	15-9-79	Heemskerk (NED)	154
182.	Dijkstra Pascal	89	08-021	24.81	25m	25-3-99	Heemskerk (NED)	154
183.	Groot Carolien	64	08-021	24.90	25m	30-3-76	Heemskerk (NED)	153
183.	de Graaf Annemiek	70	08-021	24.90	25m	16-3-80	Heemskerk (NED)	153
183.	Elghandor Kiyaan	03	08-021	24.90	25m	2-2-14	Haarlem (NED)	153
186.	Rodenburg Kyra	96	08-021	24.94	25m	27-4-06	Heemskerk	152
187.	van der Zee Paula	68	08-021	25.00	25m	14-9-76	Heemskerk (NED)	151
187.	Jonker Nicole	68	08-021	25.00	25m	14-9-76	Heemskerk (NED)	151
187.	Stoker Ianthe	84	08-021	25.00	25m	13-3-97	Heemskerk (NED)	151
190.	Jonker Monique	66	08-021	25.10	25m	14-9-76	Heemskerk (NED)	149
191.	Renkema Iris	04	08-021	25.11	25m	10-3-13	Schagen (NED)	149
192.	van Berkel Nova	10	08-021	25.19	25m	30-3-23	Heemskerk (NED)	147
193.	Put Ann	64	08-021	25.20	25m	14-9-76	Heemskerk (NED)	147
193.	Windmuller Wendy	69	08-021	25.20	25m	15-9-79	Heemskerk (NED)	147
193.	van Honschoten Ingeborg	70	08-021	25.20	25m	16-3-80	Heemskerk (NED)	147
193.	Schijf Irene	83	08-021	25.20	25m	16-3-95	Heemskerk (NED)	147
197.	Vellinga Yvonne	64	08-021	25.30	25m	14-9-76	Heemskerk (NED)	145
198.	de Groot Sjors	08	08-021	25.40	25m	7-7-22	Heemskerk (NED)	144
199.	Mosch Sabina	84	08-021	25.50	25m	13-3-97	Heemskerk (NED)	142
200.	Huber Emma	13	08-021	25.54	25m	24-10-24	Heemskerk (NED)	141
201.	Scholten Britt	04	08-021	25.58	25m	7-4-13	Castricum (NED)	141
202.	Wiegman Brenda	72	08-021	25.60	25m	13-12-81	Volendam (NED)	140
203.	Kerkhoven Michelle	91	08-021	25.72	25m	22-2-01	Heemskerk (NED)	138
204.	Zeeman Judith	70	08-021	25.90	25m	15-9-79	Heemskerk (NED)	136
205.	Liefting Marielle	90	08-021	25.97	25m	22-2-01	Heemskerk (NED)	134
206.	van den Braber Liesbeth	84	08-021	26.00	25m	13-3-97	Heemskerk (NED)	134
207.	Steenkamp Meagan	08	08-021	26.08	25m	21-4-22	Heemskerk (NED)	133
208.	van Leeuwen Andrea	71	08-021	26.10	25m	15-9-79	Heemskerk (NED)	132
209.	Pezo Adna	90	08-021	26.12	25m	22-2-01	Heemskerk (NED)	132
210.	de Vriend Sofie	01	08-021	26.27	25m	3-4-11	Zaandam (NED)	130
211.	de Haan Liesbeth	64	08-021	26.30	25m	30-3-76	Heemskerk (NED)	129
211.	Palthe Yvonne	67	08-021	26.30	25m	14-9-76	Heemskerk (NED)	129
211.	Cijsouw Karin	66	08-021	26.30	25m	14-9-76	Heemskerk (NED)	129
211.	van den Heuvel Sandra	80	08-021	26.30	25m	12-1-89	Heemskerk (NED)	129
215.	Peters Marion	67	08-021	26.40	25m	14-9-76	Heemskerk (NED)	128
215.	van der Leden Cynthia	66	08-021	26.40	25m	14-9-76	Heemskerk (NED)	128
215.	van Dijk Yvonne	65	08-021	26.40	25m	14-9-76	Heemskerk (NED)	128
218.	Schelvis Liselot	92	08-021	26.45	25m	18-11-01	Heemskerk	127
219.	van Wijngaarden Linda	65	08-021	26.50	25m	30-3-76	Heemskerk (NED)	126
219.	Pover Ellen	72	08-021	26.50	25m	16-3-80	Heemskerk (NED)	126
221.	Geluk Mabelle	73	08-021	26.65	25m	20-11-11	Almere-Stad (NED)	124
222.	Kuijl Karin	65	08-021	26.80	25m	14-9-76	Heemskerk (NED)	122
222.	van der Horst Wendy	72	08-021	26.80	25m	10-2-80	Heerhugowaard (NED)	122

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222.	Martens Priscilla	85	08-021	26.80	25m	20-3-97	Heemskerk (NED)	122
225.	Nobels Marlies	65	08-021	26.90	25m	14-9-76	Heemskerk (NED)	121
226.	Kragt Kirsten	10	08-021	26.95	25m	7-12-23	Heemskerk (NED)	120
227.	Windmuller Annemarie	67	08-021	27.00	25m	14-9-76	Heemskerk (NED)	120
228.	Plokker Sylvia	68	08-021	27.20	25m	14-9-76	Heemskerk (NED)	117
228.	Bakker Lisette	83	08-021	27.20	25m	14-3-96	Heemskerk (NED)	117
230.	Herwegh Izayra Rena	14	08-021	27.38	25m	15-1-23	Den Helder (NED)	115
231.	Pover Karin	67	08-021	27.40	25m	14-9-76	Heemskerk (NED)	114
231.	Konz Cyndy	66	08-021	27.40	25m	14-9-76	Heemskerk (NED)	114
233.	Butter Noor	16	08-021	27.44	25m	21-4-24	Krommenie (NED)	114
234.	Beentjes Esther	66	08-021	27.50	25m	30-3-76	Heemskerk (NED)	113
234.	de Wildt Gitta	66	08-021	27.50	25m	30-3-76	Heemskerk (NED)	113
236.	Lammers Angelique	68	08-021	27.60	25m	14-9-76	Heemskerk (NED)	112
236.	Poppema Yvonne	68	08-021	27.60	25m	14-9-76	Heemskerk (NED)	112
238.	van Ederen Jasmijn	10	08-021	27.62	25m	13-5-18	Haarlem (NED)	112
239.	Post Aijuna	14	08-021	27.63	25m	7-12-23	Heemskerk (NED)	112
240.	Hoeksema Kim	90	08-021	27.66	25m	22-2-01	Heemskerk (NED)	111
241.	Kraamer Carla	66	08-021	27.70	25m	30-3-76	Heemskerk (NED)	111
241.	Bakkum Astrid	65	08-021	27.70	25m	14-9-76	Heemskerk (NED)	111
243.	Veldhuis Amelia	03	08-021	27.77	25m	7-4-13	Castricum (NED)	110
244.	Nuyten Carolien	63	08-021	27.80	25m	30-3-76	Heemskerk (NED)	109
244.	Reeuwijk Danielle	70	08-021	27.80	25m	15-9-79	Heemskerk (NED)	109
246.	Banks Riley	17	08-021	27.93	25m	21-4-24	Krommenie (NED)	108
247.	Oliveira Rocha Yara	17	08-021	27.94	25m	21-4-24	Krommenie (NED)	108
248.	de Vries Annelies	64	08-021	28.00	25m	14-9-76	Heemskerk (NED)	107
248.	Ververst Brigitte	66	08-021	28.00	25m	14-9-76	Heemskerk (NED)	107
250.	van der Leden Laura	68	08-021	28.20	25m	14-9-76	Heemskerk (NED)	105
251.	de Buyzer Anita	67	08-021	28.40	25m	14-9-76	Heemskerk (NED)	103
252.	van Zalingen Margreet	67	08-021	28.50	25m	14-9-76	Heemskerk (NED)	102
252.	Eijndhoven Jonna	02	08-021	28.50	25m	11-3-12	Zaandam (NED)	102
254.	ter Horst Ilja	67	08-021	28.60	25m	30-3-76	Heemskerk (NED)	101
255.	van Laarhoven Salome	15	08-021	28.64	25m	21-4-24	Krommenie (NED)	100
256.	Slotemaker Britt	14	08-021	28.78	25m	1-2-24	Heemskerk (NED)	99
257.	Dwarswaard Wilma	64	08-021	29.00	25m	30-3-76	Heemskerk (NED)	96
258.	Zieck Esther	67	08-021	29.10	25m	30-3-76	Heemskerk (NED)	95
258.	Hollander Marianne	65	08-021	29.10	25m	30-3-76	Heemskerk (NED)	95
258.	Haack Fenna	16	08-021	29.10	25m	21-4-24	Krommenie (NED)	95
261.	Hoekstra Femke	05	08-021	29.11	25m	2-2-14	Haarlem (NED)	95
262.	Zwart Ellen	65	08-021	29.30	25m	30-3-76	Heemskerk (NED)	93
263.	Badahi Lina	10	08-021	29.34	25m	7-12-23	Heemskerk (NED)	93
264.	Kuijper Michelle	91	08-021	29.44	25m	22-2-01	Heemskerk (NED)	92
265.	Nagy Illango	10	08-021	29.51	25m	30-3-23	Heemskerk (NED)	91
266.	Dekker Elise	97	08-021	29.56	25m	21-3-04	Heemstede	91
267.	van Giezen Corina	68	08-021	29.70	25m	14-9-76	Heemskerk (NED)	90
268.	Gravemaker Sandra	68	08-021	30.10	25m	14-9-76	Heemskerk (NED)	86
268.	van der Veldt Sandra	72	08-021	30.10	25m	16-3-80	Heemskerk (NED)	86
270.	Copier Alyssa	04	08-021	30.34	25m	10-3-13	Schagen (NED)	84
271.	van der Mei Monique	65	08-021	30.50	25m	30-3-76	Heemskerk (NED)	83
272.	Wieman Lianne	03	08-021	30.52	25m	30-6-11	Heemskerk (NED)	83
273.	Eggink Christa	65	08-021	30.60	25m	30-3-76	Heemskerk (NED)	82
274.	Raaymakers Marjolein	68	08-021	30.80	25m	14-9-76	Heemskerk (NED)	80
275.	Zuidervaart Anne	02	08-021	30.84	25m	30-6-11	Heemskerk (NED)	80
276.	van Hiele Femke	13	08-021	30.90	25m	24-10-24	Heemskerk (NED)	80

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277.	Burgering Anouk	12	08-021	30.92	25m	21-4-22	Heemskerk (NED)	79
278.	Ververst Jacqueline	68	08-021	31.00	25m	14-9-76	Heemskerk (NED)	79
278.	Reuderink Bettina	67	08-021	31.00	25m	14-9-76	Heemskerk (NED)	79
278.	Bos Froke	69	08-021	31.00	25m	14-9-76	Heemskerk (NED)	79
281.	Huisman Jolanda	68	08-021	31.10	25m	30-3-76	Heemskerk (NED)	78
282.	Welboren Carla	68	08-021	31.50	25m	30-3-76	Heemskerk (NED)	75
283.	Salido Keesje	05	08-021	31.55	25m	2-2-14	Haarlem (NED)	75
284.	Sobh Shaime	03	08-021	31.76	25m	11-3-12	Zaandam (NED)	73
285.	Nagy Noella	13	08-021	31.81	25m	30-3-23	Heemskerk (NED)	73
286.	Niessen Annemarie	67	08-021	32.60	25m	14-9-76	Heemskerk (NED)	68
287.	van Vliet Sandra	67	08-021	32.70	25m	30-3-76	Heemskerk (NED)	67
288.	de Graaf Marion	72	08-021	32.90	25m	10-2-80	Heerhugowaard (NED)	66
289.	Haack Zowi	18	08-021	33.22	25m	26-9-24	Heemskerk (NED)	64
290.	Windmuller Jolande	65	08-021	33.30	25m	14-9-76	Heemskerk (NED)	64
291.	de Weers Marit	15	08-021	34.00	25m	2-4-23	Haarlem (NED)	60
292.	Adli Sara	13	08-021	34.03	25m	30-3-23	Heemskerk (NED)	59
293.	Mooy Monique	69	08-021	34.80	25m	30-3-76	Heemskerk (NED)	56
294.	Berloth Lydia	68	08-021	35.00	25m	30-3-76	Heemskerk (NED)	55
294.	Atzei Sabina	71	08-021	35.00	25m	16-3-80	Heemskerk (NED)	55
296.	Lange Sandra	67	08-021	35.30	25m	30-3-76	Heemskerk (NED)	53
296.	Visser Mirjam	67	08-021	35.30	25m	30-3-76	Heemskerk (NED)	53
298.	de Vries Sascha	69	08-021	35.80	25m	30-3-76	Heemskerk (NED)	51
299.	Spanjaard Marijke	65	08-021	36.00	25m	30-3-76	Heemskerk (NED)	50
300.	Guldemond Collinda	68	08-021	36.50	25m	14-9-76	Heemskerk (NED)	48
301.	Dekker Ivy	16	08-021	37.33	25m	24-10-24	Heemskerk (NED)	45
302.	van Dam Merel	14	08-021	38.17	25m	30-3-23	Heemskerk (NED)	42
303.	de Wit Irene	68	08-021	38.30	25m	30-3-76	Heemskerk (NED)	42
304.	Tilgenkamp Lentley	13	08-021	39.17	25m	7-12-23	Heemskerk (NED)	39
305.	Dorlandt Yvonne	69	08-021	39.40	25m	30-3-76	Heemskerk (NED)	38
306.	Reitsma Liv	14	08-021	39.78	25m	15-12-22	Heemskerk (NED)	37
307.	Dekker Jane	17	08-021	40.39	25m	24-10-24	Heemskerk (NED)	35
308.	Roestenbergh Miriam	70	08-021	41.50	25m	14-9-76	Heemskerk (NED)	33
309.	Onyemuna Gianna	12	08-021	43.61	25m	21-4-22	Heemskerk (NED)	28
310.	Onyemuna Nicole	14	08-021	43.84	25m	21-4-22	Heemskerk (NED)	28
311.	Beemsterboer Marianne	67	08-021	46.00	25m	30-3-76	Heemskerk (NED)	24
312.	Roling Nora	15	08-021	53.61	25m	30-3-23	Heemskerk (NED)	15
313.	Adli Linda	14	08-021	53.66	25m	30-3-23	Heemskerk (NED)	15
314.	van Roon Lexie	18	08-021	53.68	25m	24-10-24	Heemskerk (NED)	15

50 schoolslag

1.	Kingma Danae	00	08-021	34.17	25m	13-11-16	Purmerend (NED)	588
2.	Broek Jade	97	08-021	36.51	25m	13-11-16	Purmerend (NED)	482
3.	ten Bokkel Henriëke	94	08-021	36.64	25m	13-1-19	Purmerend (NED)	477
4.	van Honk Chantal	80	08-021	37.00	50m	21-3-93	Beverwijk (NED)	501
5.	Palmboom Nicole	91	08-021	37.64	25m	30-12-07	Maastricht (NED)	440
6.	de Haan Shira	00	08-021	38.14	25m	7-10-18	Purmerend (NED)	423
7.	Siemerink Laura	04	08-021	38.79	25m	21-4-19	Haarlem (NED)	402
8.	van der Geest Saskia	73	08-021	38.90	25m	31-12-88		399
9.	Kramer Miranda	80	08-021	38.91	25m	16-4-00	Almelo (NED)	398
10.	Stam Vanessa	80	08-021	39.00	25m	26-1-97	Zuidoost Beemster (NED)	396
11.	de Groot Daniëlle	93	08-021	39.29	25m	10-2-08	Purmerend (NED)	387
11.	Wentink Yara	04	08-021	39.29	25m	14-3-24	Heemskerk (NED)	387

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13.	Crok Linda	94	08-021	39.33	25m	3-3-13	Purmerend (NED)	386
14.	Smit Sanne	01	08-021	39.35	25m	7-3-19	Heemskerk (NED)	385
15.	van Rookhuizen Sieta	79	08-021	39.42	25m	24-9-98	Heemskerk (NED)	383
16.	Groen Anne	95	08-021	39.62	25m	16-3-17	Heemskerk (NED)	377
17.	van 't Veer Iris	03	08-021	39.63	25m	12-1-25	Heemskerk (NED)	377
18.	Koper Fiona	01	08-021	39.89	25m	7-3-19	Heemskerk (NED)	370
19.	Hoekstra Eline	03	08-021	39.99	25m	1-4-18	Haarlem (NED)	367
20.	Koster Lisa	94	08-021	40.10	25m	30-12-07	Maastricht (NED)	364
21.	Schelvis Femke	84	08-021	40.22	25m	25-11-04	Heemskerk (NED)	361
22.	Herwegh Binthy	09	08-021	40.25	25m	27-10-24	Zaandam (NED)	360
23.	Gijzen-van der Kroft Nicole	84	08-021	40.32	25m	17-3-02	Zaandam	358
24.	Hulshof Saskia	73	08-021	40.40	25m	14-12-88		356
25.	de Boer Maia	03	08-021	40.52	25m	21-9-23	Heemskerk (NED)	353
26.	Vink Lidewij	90	08-021	40.57	25m	5-3-06	Purmerend (NED)	351
27.	Crok Annemarie	89	08-021	40.71	25m	15-11-09	Haarlem (NED)	348
28.	van der Gracht Anouk	89	08-021	40.72	25m	8-4-07	Haarlem (NED)	347
29.	Schelvis Roos	86	08-021	40.77	25m	3-12-00	Zaandam (NED)	346
30.	Vink Marjolein	93	08-021	40.96	25m	7-12-08	Zaandam (NED)	341
31.	Schoonderwoerd Rianne	95	08-021	41.01	25m	2-2-23	Heemskerk (NED)	340
32.	Hogema Fabiën	93	08-021	41.02	25m	8-4-07	Haarlem (NED)	340
32.	Teufer Irene	96	08-021	41.02	25m	25-11-07	Amsterdam (NED)	340
34.	Oudendijk Bianca	79	08-021	41.10	25m	24-4-94	Zaandam (NED)	338
35.	van Assema Eline	05	08-021	41.41	25m	7-10-21	Heemskerk (NED)	330
36.	van Galen Angela	65	08-021	41.50	25m	14-3-81	Heemskerk (NED)	328
37.	Hoek Daniëlle	88	08-021	41.52	25m	5-6-05	Alkmaar (NED)	328
37.	Stel Serena	98	08-021	41.52	25m	4-4-10	Haarlem (NED)	328
39.	Veldhuis Amelia	03	08-021	41.53	25m	7-10-21	Heemskerk (NED)	327
40.	Herwegh Yara	07	08-021	41.57	25m	27-10-24	Zaandam (NED)	327
41.	Petit Kirsten	00	08-021	41.59	25m	13-11-16	Purmerend (NED)	326
42.	van Huisstede Nikita	01	08-021	41.62	25m	19-2-15	Heemskerk (NED)	325
43.	Mallon Danique	94	08-021	41.66	25m	14-3-10	Heemskerk (NED)	324
43.	de Wildt Maud	05	08-021	41.66	25m	5-3-20	Heemskerk (NED)	324
45.	van Giezen Sandra	63	08-021	41.70	25m	14-3-81	Heemskerk (NED)	323
45.	Boekling Annette	85	08-021	41.70	25m	20-12-01	Heemskerk	323
47.	van Langelaar Tessa	97	08-021	41.72	25m	10-3-13	Schagen (NED)	323
48.	Stins Mariska	84	08-021	41.73	25m	15-4-01	Haarlem (NED)	323
49.	Buur Naomi	01	08-021	41.76	25m	17-3-16	Heemskerk (NED)	322
50.	Niesten Annet	62	08-021	41.80	25m	22-1-78	Zaandam (NED)	321
50.	Stam Sabrina	82	08-021	41.80	25m	27-10-96	Zaandam (NED)	321
52.	Kleijne Daisy	89	08-021	41.93	25m	29-4-07	Alkmaar (NED)	318
52.	Niesten Iris	92	08-021	41.93	25m	12-4-09	Haarlem (NED)	318
54.	van Staveren Marina	78	08-021	41.98	25m	9-2-12	Heemskerk (NED)	317
55.	Nijholt Carin	60	08-021	42.00	25m	27-11-77	IJmuiden (NED)	317
56.	Schuyt Simone	75	08-021	42.10	25m	15-12-88	Heemskerk (NED)	314
56.	Heus Pauline	78	08-021	42.10	25m	5-10-97	Zaandam (NED)	314
58.	de Groot Gitta	60	08-021	42.50	25m	27-11-77	IJmuiden (NED)	306
58.	Knight Kayleigh	00	08-021	42.50	25m	16-3-17	Heemskerk (NED)	306
60.	Limmen Karin	76	08-021	42.60	25m	7-11-90		303
61.	Moolevliet Petra	82	08-021	42.80	25m	10-10-96	Heemskerk (NED)	299
61.	Cappelle Carlijn	82	08-021	42.80	25m	11-9-97	Heemskerk (NED)	299
63.	van de Poll Marianne	89	08-021	42.85	25m	27-11-03	Heemskerk (NED)	298
64.	Koopman Anitra	89	08-021	42.87	25m	5-6-05	Alkmaar (NED)	298
65.	Spijker Kristel	84	08-021	42.93	25m	5-2-12	Zaandam (NED)	296

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66.	Renkema Iris	04	08-021	42.98	50m	29-5-16	Alkmaar (NED)	320
67.	van Duin Margret	60	08-021	43.00	25m	30-3-76	Heemskerk (NED)	295
67.	Meijer Sylvia	81	08-021	43.00	25m	27-10-96	Zaandam (NED)	295
69.	Essers Sanne	91	08-021	43.09	25m	30-12-07	Maastricht (NED)	293
70.	Scholten Britt	04	08-021	43.22	25m	5-3-20	Heemskerk (NED)	290
71.	Besse Karen	75	08-021	43.30	25m	8-11-90	Heemskerk (NED)	289
72.	van Kooten Cynthia	93	08-021	43.35	25m	31-5-07	Heemskerk (NED)	288
73.	Limmen Miriam	75	08-021	43.40	25m	14-12-89	Heemskerk (NED)	287
73.	Beentjes Nicolet	80	08-021	43.40	25m	5-10-97	Zaandam (NED)	287
73.	van Ballegooie Stefanie	86	08-021	43.40	25m	17-3-02	Zaandam	287
76.	Oortwijn Jytte	10	08-021	43.44	25m	14-3-24	Heemskerk (NED)	286
77.	Jongema Helena	80	08-021	43.60	25m	16-11-08	Amsterdam-oost (NED)	283
78.	Ivens Suzanne	99	08-021	43.65	25m	17-11-13	Heemskerk (NED)	282
79.	Krouwels Tanja	79	08-021	43.75	25m	24-9-98	Heemskerk (NED)	280
80.	Haasbroek Renske	03	08-021	43.84	25m	12-1-25	Heemskerk (NED)	278
81.	Bruin Adri	74	08-021	43.90	25m	15-12-88	Heemskerk (NED)	277
81.	de Boer Angela	80	08-021	43.90	25m	20-10-94	Heemskerk (NED)	277
83.	Smid Diane	65	08-021	43.93	25m	29-3-07	Heemskerk (NED)	277
84.	Visser Stacey	87	08-021	44.05	25m	3-12-00	Zaandam (NED)	274
85.	Blaauw Yente	03	08-021	44.08	25m	16-3-17	Heemskerk (NED)	274
86.	de Ruijter Linda	87	08-021	44.09	25m	25-11-04	Heemskerk (NED)	274
87.	Missot Gonda	66	08-021	44.20	25m	15-9-79	Heemskerk (NED)	272
88.	Hermans Liesbeth	66	08-021	44.30	25m	14-3-81	Heemskerk (NED)	270
88.	Plokker Sylvia	68	08-021	44.30	25m	14-3-81	Heemskerk (NED)	270
90.	de Wolff Isabel	01	08-021	44.34	25m	30-3-14	Zaandam (NED)	269
91.	Lund Karin	63	08-021	44.40	25m	22-1-78	Zaandam (NED)	268
91.	de Boer Claudia	77	08-021	44.40	25m	5-10-89	Heemskerk (NED)	268
93.	Liefting Sarina	93	08-021	44.44	25m	30-11-06	Heemskerk	267
94.	Verbree Bets	63	08-021	44.50	25m	15-9-79	Heemskerk (NED)	266
95.	de Boer Irene	84	08-021	44.60	25m	26-1-97	Zuidoost Beemster (NED)	264
95.	Buur Cindy	99	08-021	44.60	25m	13-11-16	Purmerend (NED)	264
97.	Peters Yvonne	63	08-021	44.70	25m	14-3-81	Heemskerk (NED)	263
98.	Vredenburg Roos	95	08-021	44.72	25m	7-2-10	Heemstede (NED)	262
99.	Munnik Yvonne	64	08-021	44.90	25m	22-1-78	Zaandam (NED)	259
100.	Zwaan Melissa	91	08-021	44.96	25m	28-12-03	Maastricht (NED)	258
101.	Deen Annette	60	08-021	45.00	25m	30-3-76	Heemskerk (NED)	257
101.	Oosterveen Yvonne	80	08-021	45.00	25m	12-5-93		257
101.	Dijkstra Lisette	86	08-021	45.00	25m	11-9-97	Heemskerk (NED)	257
104.	Sobh Shaime	03	08-021	45.01	25m	6-3-16	Purmerend (NED)	257
105.	Bos Marieke	06	08-021	45.05	25m	19-9-21	Zaandam (NED)	256
106.	van Baar Monique	73	08-021	45.10	25m	14-12-88		256
106.	Meijer Linda	77	08-021	45.10	25m	13-10-93		256
106.	van Ballegooie Simone	84	08-021	45.10	25m	5-10-97	Zaandam (NED)	256
109.	Koper Birgit	87	08-021	45.12	25m	27-4-03	Zaandam	255
110.	Zwarthoed Brenda	96	08-021	45.18	25m	11-5-08	Purmerend (NED)	254
111.	Groot Tineke	60	08-021	45.20	25m	15-9-79	Heemskerk (NED)	254
111.	Tholen Kirsten	66	08-021	45.20	25m	4-10-80	Heemskerk (NED)	254
111.	Splinter Nathalie	75	08-021	45.20	25m	15-12-88	Heemskerk (NED)	254
111.	Bruin Marianne	78	08-021	45.20	25m	8-11-90	Heemskerk (NED)	254
111.	van Vliet Isabel	02	08-021	45.20	25m	26-11-17	Purmerend (NED)	254
116.	Visser Kelly	89	08-021	45.25	25m	30-9-12	Heemskerk (NED)	253
117.	Aafjes Suzan	69	08-021	45.50	25m	3-5-81	Zaandam (NED)	249
117.	Beentjes Daphne	91	08-021	45.50	25m	27-4-03	Zaandam	249

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119.	Besse Meta	78	08-021	45.60	25m	7-2-91	Heemskerk (NED)	247
120.	Schaefer Lisa	06	08-021	45.69	25m	7-3-19	Heemskerk (NED)	246
121.	Zeeman Judith	70	08-021	45.70	25m	3-5-81	Zaandam (NED)	246
122.	Windmuller Wendy	69	08-021	45.80	25m	14-3-81	Heemskerk (NED)	244
122.	de Vries Cathy	77	08-021	45.80	25m	8-11-90	Heemskerk (NED)	244
124.	Smit Lydia	84	08-021	45.89	25m	24-9-98	Heemskerk (NED)	243
125.	Keessen Pam	62	08-021	46.00	25m	22-4-78	Heemskerk (NED)	241
126.	van Koeveringe Nicole	93	08-021	46.08	25m	22-1-09	Heemskerk (NED)	240
127.	van Sikkelerus Lisa	99	08-021	46.09	25m	9-3-14	Zaandam (NED)	239
128.	Dijkstra Maud	84	08-021	46.10	25m	5-10-97	Zaandam (NED)	239
129.	Molenaar Eline	82	08-021	46.15	25m	16-12-99	Heemskerk	239
130.	Zonneveld Cindy	75	08-021	46.30	25m	15-12-88	Heemskerk (NED)	236
130.	Dijkstra Janet	77	08-021	46.30	25m	15-12-88	Heemskerk (NED)	236
132.	Zonneveld Chantal	84	08-021	46.35	25m	16-12-99	Heemskerk	235
133.	Limmen Anita	78	08-021	46.40	25m	5-3-94		235
134.	Regelink Anneke	83	08-021	46.42	25m	24-9-98	Heemskerk (NED)	234
135.	Horst Diana	67	08-021	46.50	25m	14-3-81	Heemskerk (NED)	233
135.	Bakker Jesca	79	08-021	46.50	25m	14-12-89	Heemskerk (NED)	233
135.	Hoogervorst Marlon	84	08-021	46.50	25m	20-10-94	Heemskerk (NED)	233
138.	Wiemman Lianne	03	08-021	46.61	25m	7-3-19	Heemskerk (NED)	231
139.	Sahin Sümeyye Sena	10	08-021	46.65	25m	23-4-23	Den Helder (NED)	231
140.	Bakkum Wilma	62	08-021	46.80	25m	15-9-79	Heemskerk (NED)	229
140.	Lund Jolanda	65	08-021	46.80	25m	10-2-80	Heerhugowaard (NED)	229
140.	Bos Chantal	74	08-021	46.80	25m	14-12-88		229
143.	Rodenburg Rianne	93	08-021	46.82	25m	5-11-06	Zaandam (NED)	228
144.	Hofland Yasmin	01	08-021	46.99	25m	12-4-18	Heemskerk (NED)	226
145.	Reijnders Sandra	64	08-021	47.00	25m	10-2-80	Heerhugowaard (NED)	226
145.	Hommersen Sandra	84	08-021	47.00	25m	5-10-97	Zaandam (NED)	226
147.	van Eerden Meike	00	08-021	47.06	25m	20-11-22	Den Helder (NED)	225
148.	Grul Lisanne	97	08-021	47.10	25m	10-3-13	Schagen (NED)	224
149.	de Loos Marijke	94	08-021	47.13	25m	23-5-10	Purmerend (NED)	224
150.	van Rijn Sydney	03	08-021	47.14	25m	7-10-18	Purmerend (NED)	224
151.	van de Kamp Yvonne	65	08-021	47.20	25m	14-3-81	Heemskerk (NED)	223
152.	ten Cate Joyce	80	08-021	47.21	25m	27-1-11	Heemskerk (NED)	223
153.	Meesters Audrey	90	08-021	47.25	25m	27-4-03	Zaandam	222
154.	Huisman Caroline	64	08-021	47.30	25m	17-9-77	Heemskerk (NED)	221
154.	Beeksma Anne	88	08-021	47.30	25m	21-4-02	Heemstede	221
156.	Ardicyaka Irem	06	08-021	47.36	25m	7-3-19	Heemskerk (NED)	221
157.	Angenent Nienke	01	08-021	47.37	25m	6-3-14	Heemskerk (NED)	221
158.	Lange Sandra	67	08-021	47.50	25m	16-3-80	Heemskerk (NED)	219
159.	Put Ann	64	08-021	47.60	25m	10-2-80	Heerhugowaard (NED)	217
159.	Zonneveld Monica	80	08-021	47.60	25m	13-10-93		217
159.	Potemans Priscilla	84	08-021	47.60	25m	11-9-97	Heemskerk (NED)	217
162.	Butter Anouk	82	08-021	47.70	25m	9-4-98	Heemskerk (NED)	216
163.	Zonneveld Melissa	88	08-021	47.76	25m	30-9-04	Heemskerk (NED)	215
164.	Lindelauf Priscilla	85	08-021	47.78	25m	14-12-00	Heemskerk (NED)	215
165.	Berloth Lydia	68	08-021	47.80	25m	4-10-80	Heemskerk (NED)	215
166.	Luesken Marian	62	08-021	47.90	25m	30-3-76	Heemskerk (NED)	213
167.	van der Horst Sacha	69	08-021	48.00	25m	14-3-81	Heemskerk (NED)	212
168.	Boere Sacha	91	08-021	48.09	25m	28-4-05	Heemskerk (NED)	211
169.	Dijkstra Ingrid	68	08-021	48.10	25m	14-3-81	Heemskerk (NED)	211
169.	Bouwer Jolien	89	08-021	48.10	25m	28-11-02	Heemskerk	211
171.	Mooy Monique	69	08-021	48.20	25m	13-12-81	Volendam (NED)	209

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171.	Pover Karin	67	08-021	48.20	25m	8-3-87	Zaandam (NED)	209
171.	van Velsen Patricia	79	08-021	48.20	25m	20-10-94	Heemskerk (NED)	209
174.	Steenkamp Ciska	90	08-021	48.28	25m	14-12-00	Heemskerk (NED)	208
175.	Deiman Caroline	67	08-021	48.30	25m	8-2-89		208
175.	de Groot Linda	81	08-021	48.30	25m	10-10-96	Heemskerk (NED)	208
177.	Raszinski Nienke	01	08-021	48.47	25m	6-3-14	Heemskerk (NED)	206
178.	Nijman José	93	08-021	48.53	25m	28-10-07	Zaandam (NED)	205
179.	de Jong Desire	73	08-021	48.60	25m	8-3-87	Zaandam (NED)	204
180.	Martens landra	03	08-021	48.63	25m	8-1-15	Heemskerk (NED)	204
181.	van Giezen Corina	68	08-021	48.70	25m	14-3-81	Heemskerk (NED)	203
181.	de Graaf Annemiek	70	08-021	48.70	25m	3-5-81	Zaandam (NED)	203
183.	van Putten Demi	96	08-021	48.74	25m	29-5-11	Purmerend (NED)	202
184.	Bouwman Esther	63	08-021	48.80	25m	30-3-76	Heemskerk (NED)	202
184.	van Giezen Irene	67	08-021	48.80	25m	14-3-81	Heemskerk (NED)	202
186.	Viel Bianca	85	08-021	48.92	25m	14-12-00	Heemskerk (NED)	200
187.	Hoek Laura	86	08-021	48.96	25m	16-12-99	Heemskerk	200
188.	de Pree Caroline	64	08-021	49.00	25m	10-2-80	Heerhugowaard (NED)	199
188.	Rasch Monique	66	08-021	49.00	25m	14-3-81	Heemskerk (NED)	199
190.	Visser Shana	04	08-021	49.02	25m	16-3-17	Heemskerk (NED)	199
191.	Yayli Serina	90	08-021	49.16	25m	31-1-02	Heemskerk	197
192.	Huneker Jolanda	79	08-021	49.30	25m	10-10-96	Heemskerk (NED)	196
193.	Koopman Jessie	97	08-021	49.37	25m	7-2-10	Heemstede (NED)	195
194.	Bakker Daniëlle	96	08-021	49.49	25m	22-1-09	Heemskerk (NED)	193
195.	Mans Joyce	67	08-021	49.50	25m	16-3-80	Heemskerk (NED)	193
195.	van Leeuwen Andrea	71	08-021	49.50	25m	14-3-81	Heemskerk (NED)	193
197.	Liefting Mariëlle	90	08-021	49.67	25m	20-12-01	Heemskerk	191
198.	Palthe Monique	64	08-021	49.70	25m	10-2-80	Heerhugowaard (NED)	191
198.	Huisman Jolanda	68	08-021	49.70	25m	14-3-81	Heemskerk (NED)	191
198.	Buitenhuis Danine	91	08-021	49.70	25m	24-4-03	Heemskerk	191
201.	ten Cate Ilona	85	08-021	49.78	25m	30-11-06	Heemskerk	190
202.	van den Braber Liesbeth	84	08-021	49.80	25m	9-4-98	Heemskerk (NED)	190
203.	de Roode Xara	08	08-021	49.90	25m	14-3-24	Heemskerk (NED)	189
204.	Reyners Lisette	69	08-021	50.00	25m	29-11-82	Heemskerk (NED)	187
204.	Mulder Amy	80	08-021	50.00	25m	20-3-93		187
204.	de Vries Justine	83	08-021	50.00	25m	1-5-97	Heemskerk (NED)	187
207.	Reuderink Miranda	63	08-021	50.10	25m	17-9-77	Heemskerk (NED)	186
207.	Rijpkema Marije	85	08-021	50.10	25m	11-9-97	Heemskerk (NED)	186
207.	Aardenburg Judith	93	08-021	50.10	25m	28-11-04	Heemskerk (NED)	186
210.	Zijlstra Mariëlle	83	08-021	50.20	25m	16-9-95	Hoogeland (NED)	185
211.	Visser Robin	05	08-021	50.26	50m	25-3-18	Alkmaar (NED)	200
212.	Venema Jalina	04	08-021	50.27	25m	13-10-16	Heemskerk (NED)	184
213.	van der Eng Laura	80	08-021	50.30	25m	10-10-96	Heemskerk (NED)	184
214.	Dekker Danyk	94	08-021	50.39	25m	31-1-08	Heemskerk (NED)	183
215.	Poppema Yvonne	68	08-021	50.40	25m	10-2-80	Heerhugowaard (NED)	183
215.	van Giezen Wendy	70	08-021	50.40	25m	14-3-81	Heemskerk (NED)	183
217.	de Groot Marlijn	92	08-021	50.45	25m	16-5-05	Zuidoost-Beemster (NED)	182
217.	Rodenburg Kyra	96	08-021	50.45	25m	24-11-05	Heemskerk (NED)	182
219.	Last Rooske	94	08-021	50.47	25m	23-5-10	Purmerend (NED)	182
220.	Calkhoven Mariëtte	65	08-021	50.50	25m	30-3-76	Heemskerk (NED)	182
221.	Bakker Anna	97	08-021	50.53	25m	22-1-09	Heemskerk (NED)	182
222.	Steenbakker Lisan	07	08-021	50.67	25m	26-9-24	Heemskerk (NED)	180
223.	Wissenburg Petra	65	08-021	50.70	25m	17-9-77	Heemskerk (NED)	180
224.	Elghandor Kiyaan	03	08-021	50.77	25m	29-3-15	Zaandam (NED)	179

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225.	Smit Ingrid	67	08-021	50.80	25m	4-10-80	Heemskerk (NED)	179
226.	Stel Kaylin	01	08-021	50.94	25m	23-5-10	Purmerend (NED)	177
226.	Schut Bodine	09	08-021	50.94	25m	7-10-21	Heemskerk (NED)	177
228.	de Vriend Sofie	01	08-021	50.96	25m	3-2-13	Zaandam (NED)	177
229.	van der Wijden Eline	88	08-021	50.99	25m	14-12-00	Heemskerk (NED)	177
230.	Palthe Yvonne	67	08-021	51.00	25m	14-3-81	Heemskerk (NED)	177
230.	Windmuller Annemarie	67	08-021	51.00	25m	14-3-81	Heemskerk (NED)	177
230.	Cappelle Marcella	85	08-021	51.00	25m	5-10-97	Zaandam (NED)	177
233.	de Graaf Isabella	04	08-021	51.03	25m	7-10-18	Purmerend (NED)	176
234.	Weezepeel Natascha	07	08-021	51.05	25m	21-11-21	Den Helder (NED)	176
235.	Werdekker Marjolein	81	08-021	51.10	25m	13-2-97	Heemskerk (NED)	176
236.	de Graaf Dinie	71	08-021	51.20	25m	14-3-81	Heemskerk (NED)	175
236.	Hoolwerff Esther	77	08-021	51.20	25m	8-3-87	Zaandam (NED)	175
236.	van Asch Maria	74	08-021	51.20	25m	3-2-93		175
239.	Terhorst Ilja	67	08-021	51.50	25m	15-9-79	Heemskerk (NED)	171
239.	Sierra Ana Maria	69	08-021	51.50	25m	14-3-81	Heemskerk (NED)	171
239.	Koper Ella	90	08-021	51.50	25m	20-12-01	Heemskerk	171
242.	Essers Patricia	84	08-021	51.57	25m	16-12-99	Heemskerk	171
243.	Dreyer Elly	63	08-021	51.60	25m	22-4-78	Heemskerk (NED)	170
244.	Groot Irma	63	08-021	51.80	25m	30-3-76	Heemskerk (NED)	169
244.	Koper Leny	69	08-021	51.80	25m	10-2-80	Heerhugowaard (NED)	169
246.	Mosch Sabina	84	08-021	51.84	25m	28-11-02	Heemskerk	168
247.	Bakker Lisette	83	08-021	51.90	25m	9-4-98	Heemskerk (NED)	168
248.	van Rijn Ilona	65	08-021	52.00	25m	22-4-78	Heemskerk (NED)	167
249.	Bruins Julia	06	08-021	52.16	25m	4-4-24	Heemskerk (NED)	165
250.	Dijkstra Pascal	89	08-021	52.23	25m	20-5-99	Heemskerk (NED)	164
251.	Renkema Marianne	70	08-021	52.30	25m	29-11-82	Heemskerk (NED)	164
252.	Kerkhoven Michelle	91	08-021	52.33	25m	30-11-00	Heemskerk (NED)	163
253.	Nijman Linda	89	08-021	52.54	25m	19-11-00	Zaandam (NED)	161
254.	Koper Selma	03	08-021	52.67	25m	21-4-13	Heemskerk (NED)	160
255.	van der Werf Chily	72	08-021	52.70	25m	29-11-82	Heemskerk (NED)	160
256.	Boonstra Esmé	02	08-021	52.75	25m	31-1-13	Heemskerk (NED)	160
257.	Wiegman Brenda	72	08-021	52.80	25m	29-11-82	Heemskerk (NED)	159
257.	de Jong Frederike	75	08-021	52.80	25m	3-2-93		159
259.	Kesting Alexandra	00	08-021	52.81	25m	18-2-10	Heemskerk (NED)	159
260.	van Heerwaarden Vera	03	08-021	53.01	25m	5-3-20	Heemskerk (NED)	157
261.	Salido Keesje	05	08-021	53.02	25m	29-3-15	Zaandam (NED)	157
262.	Pover Ellen	72	08-021	53.10	25m	29-11-82	Heemskerk (NED)	156
263.	van Rijn Eline	07	08-021	53.14	25m	13-11-16	Purmerend (NED)	156
264.	van den Heuvel Sandra	80	08-021	53.20	25m	1-3-90	Heemskerk (NED)	156
264.	Werdekker Esther	83	08-021	53.20	25m	8-2-96	Heemskerk (NED)	156
266.	Doll Maartje	80	08-021	53.30	25m	12-5-93		155
267.	Butter Noor	16	08-021	53.37	25m	9-2-25	Krommenie (NED)	154
268.	Ikink Marion	66	08-021	53.60	25m	29-11-82	Heemskerk (NED)	152
269.	van Ederen Jasmijn	10	08-021	53.65	25m	23-2-20	Krommenie (NED)	152
270.	Schelvis Liselot	92	08-021	53.69	25m	28-2-02	Heemskerk	151
271.	van Duivenvoorde Gerda	72	08-021	53.90	25m	29-11-82	Heemskerk (NED)	150
272.	Salem Lamies	03	08-021	54.09	25m	14-1-18	Purmerend (NED)	148
273.	van Noort Jony	85	08-021	54.10	25m	12-10-95	Heemskerk (NED)	148
273.	van Leen Cynthia	81	08-021	54.10	25m	11-1-96	Heemskerk (NED)	148
275.	Jonker Monique	66	08-021	54.20	25m	17-9-77	Heemskerk (NED)	147
275.	de Bruin Debby	70	08-021	54.20	25m	29-11-82	Heemskerk (NED)	147
277.	van Duin Gerdine	65	08-021	54.40	25m	30-3-76	Heemskerk (NED)	145

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277.	van Ruth Yoore	78	08-021	54.40	25m	13-6-91	Heemskerk (NED)	145
277.	Geurtsen Daisy	89	08-021	54.40	25m	29-3-01	Heemskerk (NED)	145
280.	Herwegh Izayra Rena	14	08-021	54.44	25m	11-7-24	Heemskerk (NED)	145
281.	Doodeman Sara	00	08-021	54.45	25m	27-1-11	Heemskerk (NED)	145
282.	Lensen Sarian	89	08-021	54.49	25m	20-12-01	Heemskerk	145
283.	van der Does Lisa	02	08-021	54.58	25m	21-4-14	Haarlem (NED)	144
284.	de Jonge Ida	61	08-021	54.70	25m	17-9-77	Heemskerk (NED)	143
284.	van der Vaart Monique	70	08-021	54.70	25m	29-11-82	Heemskerk (NED)	143
284.	Bruins Bianca	81	08-021	54.70	25m	10-10-96	Heemskerk (NED)	143
287.	Huisman Lianne	87	08-021	54.72	25m	14-12-00	Heemskerk (NED)	143
287.	Kerkmeester Priscilla	96	08-021	54.72	25m	26-11-06	Heemskerk (NED)	143
289.	Hoeksema Kim	90	08-021	54.94	25m	18-11-01	Heemskerk	141
290.	Terluin Suus	09	08-021	54.96	25m	8-10-20	Heemskerk (NED)	141
291.	van 't Hof Manon	90	08-021	55.06	25m	28-2-02	Heemskerk	140
292.	de Boer Isabel	06	08-021	55.26	25m	6-9-15	Zaandam (NED)	139
293.	van Dijk Yvonne	65	08-021	55.30	25m	30-3-76	Heemskerk (NED)	138
294.	Pezo Adna	90	08-021	55.36	25m	20-12-01	Heemskerk	138
295.	Eijndhoven Jonna	02	08-021	55.38	25m	30-9-12	Heemskerk (NED)	138
295.	de Groot Sjors	08	08-021	55.38	25m	20-11-22	Den Helder (NED)	138
297.	van Gent Anja	66	08-021	55.70	25m	16-3-80	Heemskerk (NED)	135
298.	Visser Mara	09	08-021	55.72	25m	25-5-23	Heemskerk (NED)	135
299.	Mul Marinette	72	08-021	56.00	25m	29-11-82	Heemskerk (NED)	133
300.	Doevendans Phileine	06	08-021	56.18	25m	18-2-16	Heemskerk (NED)	132
301.	Morianner Susanna	72	08-021	56.20	25m	20-9-81	Den Helder (NED)	132
302.	Bos Froke	69	08-021	56.30	25m	10-2-80	Heerhugowaard (NED)	131
302.	van der Vaart Marjolijn	69	08-021	56.30	25m	29-11-82	Heemskerk (NED)	131
304.	Gelsumino Giulia	03	08-021	56.34	25m	24-9-15	Heemskerk (NED)	131
305.	Wegchelaer Ageeth	62	08-021	56.40	25m	17-9-77	Heemskerk (NED)	130
306.	Snijder Femke	83	08-021	56.50	25m	24-3-94	Heemskerk (NED)	130
307.	van der Horst Wendy	72	08-021	56.60	25m	14-3-81	Heemskerk (NED)	129
307.	van der Helm Martine	72	08-021	56.60	25m	29-11-82	Heemskerk (NED)	129
309.	Slotemaker Britt	14	08-021	56.69	25m	24-11-24	Zaandam (NED)	128
310.	Hoorn Linsey	94	08-021	56.77	25m	31-3-05	Heemskerk (NED)	128
311.	Dekker Elise	97	08-021	56.84	25m	27-11-05	Heemskerk (NED)	127
312.	van Loon Monique	66	08-021	56.90	25m	29-11-82	Heemskerk (NED)	127
313.	Post Aijuna	14	08-021	57.06	25m	26-9-24	Heemskerk (NED)	126
314.	van Duivenvoorde Jose	70	08-021	57.30	25m	29-11-82	Heemskerk (NED)	124
314.	Heus Inge	81	08-021	57.30	25m	13-6-91	Heemskerk (NED)	124
316.	Zonneveld Jennifer	88	08-021	57.32	25m	29-3-01	Heemskerk (NED)	124
317.	Banks Riley	17	08-021	57.33	25m	20-10-24	Heemskerk (NED)	124
318.	Brands Ingrid	72	08-021	57.40	25m	29-11-82	Heemskerk (NED)	124
319.	Schijf Irene	83	08-021	57.50	25m	20-10-94	Heemskerk (NED)	123
320.	Ligthart Danique	07	08-021	57.86	25m	8-10-20	Heemskerk (NED)	121
321.	de Ruyter Yvonne	71	08-021	58.00	25m	29-11-82	Heemskerk (NED)	120
322.	Zeeman Esther	74	08-021	58.60	25m	29-11-82	Heemskerk (NED)	116
323.	van Laarhoven Salome	15	08-021	58.70	25m	24-11-24	Zaandam (NED)	116
324.	Hol Manouk	05	08-021	58.77	25m	29-3-15	Zaandam (NED)	115
325.	van Roon Jill	14	08-021	58.92	25m	24-11-24	Zaandam (NED)	114
325.	Oliveira Rocha Yara	17	08-021	58.92	25m	24-11-24	Zaandam (NED)	114
327.	van der Pijl Madelon	89	08-021	59.13	25m	24-9-98	Heemskerk (NED)	113
328.	Kerdijk Lianne	81	08-021	59.50	25m	10-1-91	Heemskerk (NED)	111
329.	ten Cate Naomi	93	08-021	59.86	25m	27-3-03	Heemskerk	109
330.	Wiesener Winnifred	62	08-021	59.90	25m	17-9-77	Heemskerk (NED)	109

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331.	Copier Alyssa	04	08-021	1:00.18	25m	10-11-13	Zaandam (NED)	107
332.	Welboren Julia	00	08-021	1:00.68	25m	9-10-11	Zaandam (NED)	105
333.	Kuijper Michelle	91	08-021	1:00.70	25m	20-12-01	Heemskerk	105
334.	Hoekstra Femke	05	08-021	1:00.78	25m	9-6-14	Purmerend (NED)	104
335.	de Caluwe Joyce	94	08-021	1:00.85	25m	27-2-03	Heemskerk	104
336.	Atzei Sabina	71	08-021	1:00.90	25m	29-11-82	Heemskerk (NED)	104
337.	Kuijl Karin	65	08-021	1:01.00	25m	17-9-77	Heemskerk (NED)	103
338.	Sanen Casey	99	08-021	1:01.46	25m	8-11-09	Heemstede (NED)	101
339.	Janssen Tess	89	08-021	1:01.50	25m	9-4-98	Heemskerk (NED)	100
340.	Schoonenberg Patricia	72	08-021	1:01.80	25m	29-11-82	Heemskerk (NED)	99
340.	Tilgenkamp Lentley	13	08-021	1:01.80	25m	26-9-24	Heemskerk (NED)	99
342.	Koppes Monique	69	08-021	1:01.90	25m	10-2-80	Heerhugowaard (NED)	99
343.	Haack Fenna	16	08-021	1:02.13	25m	9-2-25	Krommenie (NED)	97
344.	van Zalingen Margreet	67	08-021	1:03.00	25m	17-9-77	Heemskerk (NED)	93
344.	Pirovano Monique	69	08-021	1:03.00	25m	10-2-80	Heerhugowaard (NED)	93
344.	van Perlo Carla	75	08-021	1:03.00	25m	29-11-82	Heemskerk (NED)	93
347.	Bovekerk Annefleur	99	08-021	1:03.49	25m	27-9-09	Hoon (NED)	91
348.	Zuidervaart Anne	02	08-021	1:04.18	25m	9-2-12	Heemskerk (NED)	88
349.	Beentjes Karin	72	08-021	1:04.60	25m	29-11-82	Heemskerk (NED)	87
350.	Stedelaar Jose	73	08-021	1:05.00	25m	29-11-82	Heemskerk (NED)	85
351.	Naber Eva	73	08-021	1:06.30	25m	29-11-82	Heemskerk (NED)	80
352.	van Dam Merel	14	08-021	1:07.58	25m	31-3-24	Haarlem (NED)	76
352.	Haack Zowi	18	08-021	1:07.58	25m	9-2-25	Krommenie (NED)	76
354.	van der Stigchel Samantha	96	08-021	1:08.17	25m	31-1-08	Heemskerk (NED)	74
355.	Windmuller Jolande	65	08-021	1:09.70	25m	17-9-77	Heemskerk (NED)	69
356.	Hartog Martine	74	08-021	1:11.90	25m	29-11-82	Heemskerk (NED)	63
357.	van Dijk Marike	73	08-021	1:14.80	25m	29-11-82	Heemskerk (NED)	56
358.	Bok Femke	74	08-021	1:16.10	25m	29-11-82	Heemskerk (NED)	53

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1.	Kingma Danae	00	08-021	1:16.62	25m	13-11-16	Purmerend (NED)	539
2.	Broek Jade	97	08-021	1:19.62	25m	24-11-19	Hoofddorp (NED)	480
3.	van Honk Chantal	80	08-021	1:19.80	25m	13-12-92	Heemskerk (NED)	477
4.	Drubers Mirjam	67	08-021	1:20.90	25m	31-12-85		458
5.	de Haan Shira	00	08-021	1:21.89	25m	7-10-18	Purmerend (NED)	441
6.	Palmboom Nicole	91	08-021	1:22.16	25m	25-11-07	Amsterdam (NED)	437
7.	van der Geest Saskia	73	08-021	1:22.60	25m	7-2-88	Heemskerk (NED)	430
8.	Stam Vanessa	80	08-021	1:24.30	25m	7-11-96	Heemskerk (NED)	404
9.	van Rookhuizen Sieta	79	08-021	1:24.87	25m	5-4-99	Haarlem (NED)	396
9.	de Groot Daniëlle	93	08-021	1:24.87	25m	27-3-08	Heemskerk (NED)	396
11.	Kramer Miranda	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
12.	Crok Linda	94	08-021	1:25.35	25m	1-10-17	Purmerend (NED)	390
13.	Hoekstra Eline	03	08-021	1:25.41	25m	8-10-20	Heemskerk (NED)	389
14.	Wentink Yara	04	08-021	1:25.45	25m	26-9-24	Heemskerk (NED)	388
15.	Teufer Irene	96	08-021	1:25.82	25m	24-3-08	Haarlem (NED)	383
16.	Schelvis Femke	84	08-021	1:25.84	25m	28-1-99	Heemskerk (NED)	383
17.	van 't Veer Iris	03	08-021	1:25.89	25m	3-11-19	Purmerend (NED)	382
18.	Gijzen-van der Kroft Nicole	84	08-021	1:25.98	25m	28-3-02	Heemskerk	381
19.	Groen Anne	95	08-021	1:26.47	25m	13-10-16	Heemskerk (NED)	375
20.	Stam Sabrina	82	08-021	1:26.50	25m	14-12-97	Heemskerk (NED)	374
21.	Schelvis Roos	86	08-021	1:26.96	25m	28-3-02	Heemskerk	368
22.	Herwegh Binthy	09	08-021	1:26.99	25m	20-10-24	Heemskerk (NED)	368

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23.	Crok Annemarie	89	08-021	1:27.24	25m	19-11-09	Heemskerk (NED)	365
24.	Peters Yvonne	63	08-021	1:27.40	25m	6-10-85	Wormerveer (NED)	363
25.	Siemerink Laura	04	08-021	1:27.53	25m	13-1-19	Purmerend (NED)	361
26.	ten Bokkel Henrieke	94	08-021	1:27.67	25m	10-2-19	Purmerend (NED)	359
27.	Koster Lisa	94	08-021	1:28.10	25m	17-11-07	Barneveld (NED)	354
28.	van Galen Angela	65	08-021	1:28.20	25m	14-3-82		353
29.	Mallon Danique	94	08-021	1:28.39	25m	14-3-10	Heemskerk (NED)	351
30.	Smit Sanne	01	08-021	1:28.41	25m	1-10-17	Purmerend (NED)	350
31.	Plokker Sylvia	68	08-021	1:28.70	25m	21-3-82		347
32.	Stel Serena	98	08-021	1:28.72	25m	5-4-10	Haarlem (NED)	347
33.	Hulshof Saskia	73	08-021	1:28.80	25m	28-2-90		346
34.	van der Gracht Anouk	89	08-021	1:29.12	25m	29-4-07	Alkmaar (NED)	342
35.	Niesten Iris	92	08-021	1:29.23	25m	29-11-09	Heemskerk (NED)	341
36.	Veldhuis Amelia	03	08-021	1:29.26	25m	8-10-20	Heemskerk (NED)	340
37.	Oudendijk Bianca	79	08-021	1:29.40	25m	19-11-94		339
38.	de Graaf Dinie	71	08-021	1:29.60	25m	31-12-83		337
39.	Boekling Annette	85	08-021	1:29.62	25m	16-4-00	Zaandam (NED)	336
40.	van Giezen Sandra	63	08-021	1:29.70	25m	14-3-82		336
41.	Vink Marjolein	93	08-021	1:29.86	25m	30-9-07	Volendam (NED)	334
42.	Vink Lidewij	90	08-021	1:29.92	25m	17-4-06	Haarlem (NED)	333
43.	Spijker Kristel	84	08-021	1:29.97	25m	19-11-09	Heemskerk (NED)	332
44.	Stins Mariska	84	08-021	1:30.00	25m	5-1-03	Aalsmeer (NED)	332
45.	Petit Kirsten	00	08-021	1:30.01	25m	13-11-16	Purmerend (NED)	332
46.	Kleijne Daisy	89	08-021	1:30.08	25m	16-2-06	Heemskerk (NED)	331
47.	de Wildt Maud	05	08-021	1:30.30	25m	6-10-19	Purmerend (NED)	329
48.	Essers Sanne	91	08-021	1:30.45	25m	29-12-06	Maastricht (NED)	327
49.	Heus Pauline	78	08-021	1:30.50	25m	13-4-98	Haarlem (NED)	327
50.	Niesten Annet	62	08-021	1:30.80	25m	26-2-78	Castricum (NED)	323
51.	Koper Fiona	01	08-021	1:30.88	25m	14-1-18	Purmerend (NED)	323
52.	de Groot Gitta	60	08-021	1:31.00	25m	23-10-77	Zandvoort (NED)	321
53.	Hoek Daniëlle	88	08-021	1:31.06	25m	3-10-04	Heemskerk (NED)	321
54.	Nijholt Carin	60	08-021	1:31.10	25m	23-10-77	Zandvoort (NED)	320
55.	van Huisstede Nikita	01	08-021	1:31.14	25m	6-3-16	Purmerend (NED)	320
56.	van Leeuwen Andrea	71	08-021	1:31.20	25m	12-2-84	Heemskerk (NED)	319
57.	Buur Naomi	01	08-021	1:31.22	25m	4-10-15	Purmerend (NED)	319
58.	Limmen Miriam	75	08-021	1:31.30	25m	10-1-91	Heemskerk (NED)	318
59.	Hogema Fabiën	93	08-021	1:31.50	25m	9-4-07	Haarlem (NED)	316
60.	Missot Gonda	66	08-021	1:31.70	25m	21-4-79	Deinze (BEL)	314
60.	van Staveren Marina	78	08-021	1:31.70	25m	13-5-12	Grootebroek (NED)	314
62.	de Boer Maia	03	08-021	1:31.71	25m	21-11-21	Den Helder (NED)	314
63.	Schuyt Simone	75	08-021	1:32.00	25m	30-9-89		311
64.	van Assema Eline	05	08-021	1:32.25	25m	3-10-21	Den Helder (NED)	308
65.	Meijer Sylvia	81	08-021	1:32.60	25m	10-12-95	Heemskerk (NED)	305
65.	de Boer Irene	84	08-021	1:32.60	25m	30-3-97	Haarlem (NED)	305
67.	van Langelaar Tessa	97	08-021	1:32.66	25m	25-11-12	Heemskerk (NED)	304
68.	Moolevliet Petra	82	08-021	1:32.70	25m	17-3-96	Heemskerk (NED)	304
69.	Cappelle Carlijn	82	08-021	1:32.80	25m	1-5-97	Heemskerk (NED)	303
70.	de Ruijter Linda	87	08-021	1:33.02	25m	23-3-03	Heemstede	301
71.	Visser Stacey	87	08-021	1:33.03	25m	22-4-01	Heemskerk (NED)	301
72.	van Duin Margret	60	08-021	1:33.10	25m	10-12-77	Heemskerk (NED)	300
73.	van Ballegooie Stefanie	86	08-021	1:33.46	25m	7-4-02	Heemskerk	297
74.	Besse Karen	75	08-021	1:33.50	25m	26-9-90		296
74.	Dijkstra Lisette	86	08-021	1:33.50	25m	9-10-97	Heemskerk (NED)	296

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76.	Herwegh Yara	07	08-021	1:33.64	25m	26-9-24	Heemskerk (NED)	295
77.	Schoonderwoerd Rianne	95	08-021	1:33.66	50m	28-5-23	Arnsberg (GER)	321
78.	de Boer Claudia	77	08-021	1:33.70	25m	5-1-91	Hilversum (NED)	294
79.	Ivens Suzanne	99	08-021	1:33.78	25m	17-11-13	Heemskerk (NED)	294
80.	Limmen Karin	76	08-021	1:33.80	25m	27-9-90	Heemskerk (NED)	293
81.	Beentjes Nicolet	80	08-021	1:33.84	25m	14-2-99	Heemskerk (NED)	293
82.	Koopman Anitra	89	08-021	1:33.95	25m	24-3-02	Heemstede	292
83.	Scholten Britt	04	08-021	1:34.28	25m	8-10-20	Heemskerk (NED)	289
84.	van der Horst Sacha	69	08-021	1:34.30	25m	17-5-81	Castricum (NED)	289
85.	Renkema Iris	04	08-021	1:34.36	25m	17-1-16	Purmerend (NED)	288
86.	Lund Karin	63	08-021	1:34.40	25m	12-2-78	Heemskerk (NED)	288
87.	Windmuller Wendy	69	08-021	1:34.60	25m	17-1-82		286
88.	Halbersma Jenny	70	08-021	1:34.90	25m	16-1-83	Heemskerk (NED)	283
88.	Bruin Adri	74	08-021	1:34.90	25m	18-2-89		283
90.	Knight Kayleigh	00	08-021	1:34.91	25m	14-1-18	Purmerend (NED)	283
91.	Groot Tineke	60	08-021	1:35.00	25m	31-8-80	Heemskerk (NED)	282
91.	de Boer Angela	80	08-021	1:35.00	25m	5-3-94		282
93.	Tholen Kirsten	66	08-021	1:35.10	25m	16-1-83	Heemskerk (NED)	281
94.	Buur Cindy	99	08-021	1:35.17	25m	13-10-16	Heemskerk (NED)	281
95.	van Ballegooie Simone	84	08-021	1:35.26	25m	26-9-98	Assendelft (NED)	280
95.	Krouwels Tanja	79	08-021	1:35.26	25m	29-10-98	Heemskerk (NED)	280
97.	Zonneveld Chantal	84	08-021	1:35.60	25m	27-1-99		277
98.	de Wolff Isabel	01	08-021	1:35.66	25m	6-3-16	Purmerend (NED)	277
99.	Vredenburg Roos	95	08-021	1:35.67	25m	22-5-10	Purmerend (NED)	276
100.	van Giezen Irene	67	08-021	1:35.70	25m	6-2-83		276
100.	Bruin Marianne	78	08-021	1:35.70	25m	16-12-90	Heemskerk (NED)	276
102.	Butter Anouk	82	08-021	1:35.77	25m	28-1-99	Heemskerk (NED)	276
103.	Blaauw Yente	03	08-021	1:35.88	25m	24-3-19	Purmerend (NED)	275
104.	van de Poll Marianne	89	08-021	1:36.03	25m	26-2-04	Heemskerk (NED)	273
104.	Haasbroek Renske	03	08-021	1:36.03	25m	26-11-23	Hoofddorp (NED)	273
106.	van Giezen Wendy	70	08-021	1:36.10	25m	7-2-82		273
107.	de Graaf Annemiek	70	08-021	1:36.40	25m	17-5-81	Castricum (NED)	270
108.	Oortwijn Jytte	10	08-021	1:36.43	25m	12-1-25	Heemskerk (NED)	270
109.	Verbree Bets	63	08-021	1:36.50	25m	8-2-81	Sassenheim (NED)	269
110.	Poppema Yvonne	68	08-021	1:36.70	25m	10-4-83	Heemskerk (NED)	268
111.	van Kooten Cynthia	93	08-021	1:36.73	25m	14-1-07	Amsterdam (NED)	267
112.	Munnik Yvonne	64	08-021	1:36.80	25m	7-5-78	Assendelft (NED)	267
113.	Jongema Helena	80	08-021	1:36.85	25m	19-11-09	Heemskerk (NED)	266
114.	Oosterveen Yvonne	80	08-021	1:36.90	25m	13-12-92	Heemskerk (NED)	266
115.	Bakker Jesca	79	08-021	1:37.10	25m	7-12-89	Heemskerk (NED)	264
116.	Zeeman Judith	70	08-021	1:37.50	25m	7-2-82		261
116.	Willemse Renee	75	08-021	1:37.50	25m	31-12-86		261
116.	Meijer Linda	77	08-021	1:37.50	25m	1-3-90	Heemskerk (NED)	261
119.	Huisman Caroline	64	08-021	1:37.80	25m	23-4-76		259
120.	Zwaan Melissa	91	08-021	1:38.15	25m	28-12-03	Maastricht (NED)	256
121.	Bos Marieke	06	08-021	1:38.17	25m	24-3-19	Purmerend (NED)	256
122.	Koper Birgit	87	08-021	1:38.25	25m	16-3-03	Heemskerk	255
123.	Liefting Sarina	93	08-021	1:38.28	25m	14-1-07	Amsterdam (NED)	255
124.	Huisman Jolanda	68	08-021	1:38.30	25m	12-2-84	Heemskerk (NED)	255
125.	Sierra Ana Maria	69	08-021	1:38.50	25m	14-3-82		253
126.	Visser Kelly	89	08-021	1:38.57	25m	11-10-12	Heemskerk (NED)	253
127.	Molenaar Eline	82	08-021	1:38.58	25m	10-10-99	Zaandam (NED)	253
127.	Beentjes Daphne	91	08-021	1:38.58	25m	26-2-04	Heemskerk (NED)	253

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129.	Rodenburg Rianne	93	08-021	1:38.68	25m	16-2-06	Heemskerk (NED)	252
130.	Walraven Annet	62	08-021	1:39.00	25m	7-5-78	Assendelft (NED)	249
131.	van Sikkelerus Lisa	99	08-021	1:39.35	25m	9-3-14	Zaandam (NED)	247
132.	Regelink Anneke	83	08-021	1:39.39	25m	28-1-99	Heemskerk (NED)	246
132.	Sahin Sümeyye Sena	10	08-021	1:39.39	25m	23-4-23	Den Helder (NED)	246
134.	van Giezen Corina	68	08-021	1:39.50	25m	17-1-82		246
135.	Berloth Lydia	68	08-021	1:39.60	25m	6-2-83		245
136.	Dijkstra Maud	84	08-021	1:39.90	25m	13-4-98	Haarlem (NED)	243
137.	Schaefer Lisa	06	08-021	1:39.97	25m	19-9-19	Heemskerk (NED)	242
138.	Pover Karin	67	08-021	1:40.00	25m	11-10-81	Heemskerk (NED)	242
139.	Angenent Nienke	01	08-021	1:40.08	25m	18-9-14	Heemskerk (NED)	241
140.	van Eerden Meike	00	08-021	1:40.09	25m	2-10-22	Den Helder (NED)	241
141.	van Koeveringe Nicole	93	08-021	1:40.15	25m	30-10-08	Heemskerk (NED)	241
142.	Rasch Monique	66	08-021	1:40.50	25m	16-1-83	Heemskerk (NED)	238
142.	de Vries Cathy	77	08-021	1:40.50	25m	10-1-91	Heemskerk (NED)	238
144.	Limmen Anita	78	08-021	1:40.60	25m	3-4-93		238
145.	Nijman José	93	08-021	1:40.71	25m	30-9-07	Volendam (NED)	237
146.	van Vliet Isabel	02	08-021	1:41.09	50m	4-3-18	Amsterdam (NED)	255
147.	Ardicyaka Irem	06	08-021	1:41.10	25m	6-10-19	Purmerend (NED)	234
148.	Hermans Liesbeth	66	08-021	1:41.20	25m	29-11-81	Zaandam (NED)	233
149.	Smit Lydia	84	08-021	1:41.25	25m	14-2-99	Heemskerk (NED)	233
150.	Dreyer Elly	63	08-021	1:41.50	25m	31-8-80	Heemskerk (NED)	231
150.	Besse Meta	78	08-021	1:41.50	25m	24-2-91	Heemskerk (NED)	231
150.	Lindelauf Priscilla	85	08-021	1:41.50	25m	12-4-98	Haarlem (NED)	231
153.	Bouwman Esther	63	08-021	1:41.80	25m	10-12-77	Heemskerk (NED)	229
153.	Hommersen Sandra	84	08-021	1:41.80	25m	28-1-99	Heemskerk (NED)	229
155.	Ligterink Angela	76	08-021	1:41.90	25m	16-1-88	Hilversum (NED)	229
156.	Zonneveld Cindy	75	08-021	1:42.00	25m	30-9-89		228
157.	Zwarthoed Brenda	96	08-021	1:42.08	25m	27-3-08	Heemskerk (NED)	227
158.	Hofland Yasmin	01	08-021	1:42.12	25m	9-11-17	Heemskerk (NED)	227
159.	Steenkamp Ciska	90	08-021	1:42.15	25m	30-9-01	Zaandam (NED)	227
160.	Terhorst Ilja	67	08-021	1:42.20	25m	21-9-80	Heemskerk (NED)	227
160.	Dijkstra Ingrid	68	08-021	1:42.20	25m	6-2-83		227
162.	Nemchonok Alisa	82	08-021	1:42.33	25m	28-1-99	Heemskerk (NED)	226
163.	Aafjes Suzan	69	08-021	1:42.40	25m	12-4-81	Z.O. Beemster (NED)	225
164.	Zonneveld Monica	80	08-021	1:42.50	25m	20-3-93		225
165.	Viel Bianca	85	08-021	1:42.76	25m	29-10-98	Heemskerk (NED)	223
165.	ten Cate Joyce	80	08-021	1:42.76	25m	27-3-08	Heemskerk (NED)	223
167.	van der Werf Chily	72	08-021	1:42.90	25m	29-9-85	Heemskerk (NED)	222
167.	Hoogervorst Marlon	84	08-021	1:42.90	25m	22-1-95	Castricum (NED)	222
169.	Bos Chantal	74	08-021	1:43.00	25m	13-12-87	Assendelft (NED)	221
170.	Rijkema Marije	85	08-021	1:43.30	25m	28-3-02	Heemskerk	219
171.	Dijkstra Janet	77	08-021	1:43.50	25m	18-2-89		218
172.	Kuiperi Judith	63	08-021	1:43.80	25m	24-5-75	Z.O. Beemster (NED)	216
173.	Bakkum Wilma	62	08-021	1:44.00	25m	23-10-77	Zandvoort (NED)	215
174.	Wieman Lianne	03	08-021	1:44.12	25m	9-11-17	Heemskerk (NED)	214
175.	Feenstra Petra	71	08-021	1:44.30	25m	22-1-84	Zandvoort (NED)	213
176.	Pover Ellen	72	08-021	1:44.80	25m	12-2-84	Heemskerk (NED)	210
176.	van Velsen Patricia	79	08-021	1:44.80	25m	27-11-93		210
178.	Grul Lisanne	97	08-021	1:44.88	25m	11-10-12	Heemskerk (NED)	210
179.	Zijlstra Mariëlle	83	08-021	1:44.90	25m	28-1-96	Zaandam (NED)	210
180.	Hoek Laura	86	08-021	1:44.99	25m	4-5-00	Heemskerk (NED)	209
181.	Martens landra	03	08-021	1:45.06	25m	24-9-15	Heemskerk (NED)	209

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182.	de Vries Justine	83	08-021	1:45.20	25m	13-2-97	Heemskerk (NED)	208
182.	Visser Shana	04	08-021	1:45.20	25m	9-10-16	Alkmaar (NED)	208
184.	Bouwer Jolien	89	08-021	1:45.22	25m	19-1-03	Zaandam	208
185.	van de Kamp Yvonne	65	08-021	1:45.30	25m	27-1-80	Zaandam (NED)	207
185.	Deiman Caroline	67	08-021	1:45.30	25m	4-11-89		207
187.	Dekker Danyk	94	08-021	1:45.33	25m	27-3-08	Heemskerk (NED)	207
188.	van der Leden Cynthia	66	08-021	1:45.40	25m	27-11-77	IJmuiden (NED)	207
188.	Horst Diana	67	08-021	1:45.40	25m	11-10-81	Heemskerk (NED)	207
190.	van Rijn Sydney	03	08-021	1:45.46	25m	7-10-18	Purmerend (NED)	206
191.	Bakker Anna	97	08-021	1:45.86	25m	18-1-09	Haarlem (NED)	204
192.	de Loos Marijke	94	08-021	1:46.22	25m	19-11-09	Heemskerk (NED)	202
193.	Meesters Audrey	90	08-021	1:46.30	25m	19-1-03	Zaandam	201
194.	Schaaper Margriet	62	08-021	1:46.50	25m	1-9-79	Heemskerk (NED)	200
195.	Raszinski Nienke	01	08-021	1:46.51	25m	10-11-13	Zaandam (NED)	200
196.	van Putten Demi	96	08-021	1:46.57	25m	13-3-11	Heemskerk (NED)	200
197.	de Roode Xara	08	08-021	1:46.81	25m	2-2-25	Den Helder (NED)	199
198.	Koper Ella	90	08-021	1:46.86	25m	3-2-02	Zaandam (NED)	198
199.	Jansen Pauline	67	08-021	1:46.90	25m	6-2-83		198
200.	de Groot Linda	81	08-021	1:46.91	25m	28-1-99	Heemskerk (NED)	198
201.	Steenbakker Lisan	07	08-021	1:47.07	25m	26-9-24	Heemskerk (NED)	197
202.	Windmuller Annemarie	67	08-021	1:47.50	25m	2-12-79	Zaandam (NED)	195
203.	van der Wijden Eline	88	08-021	1:47.97	25m	10-12-00	Heemskerk (NED)	192
204.	van der Horst Wendy	72	08-021	1:48.00	25m	6-9-81	Heemskerk (NED)	192
205.	Venema Jalina	04	08-021	1:48.14	25m	12-3-17	Purmerend (NED)	191
206.	Snijder Femke	83	08-021	1:48.20	25m	3-4-94	Haarlem (NED)	191
207.	Yayli Serina	90	08-021	1:48.27	25m	24-3-02	Heemstede	191
208.	de Nijs Martine	71	08-021	1:48.40	25m	28-10-84	Egmond (NED)	190
208.	de Jong Desire	73	08-021	1:48.40	25m	22-3-87	Heerhugowaard (NED)	190
210.	Zonneveld Melissa	88	08-021	1:48.55	25m	28-10-04	Heemskerk (NED)	189
211.	de Groot Marlijn	92	08-021	1:48.56	25m	27-3-05	Haarlem (NED)	189
212.	Mulder Amy	80	08-021	1:48.70	25m	20-12-92	Volendam (NED)	188
213.	Huneker Jolanda	79	08-021	1:48.82	25m	29-10-98	Heemskerk (NED)	188
214.	Beeksma Anne	88	08-021	1:48.83	25m	13-1-02	Zaandam	188
215.	Potemans Priscilla	84	08-021	1:49.00	25m	7-11-96	Heemskerk (NED)	187
216.	Liefting Marielle	90	08-021	1:49.01	50m	20-10-02	Beverwijk (NED)	203
217.	Visser Robin	05	08-021	1:49.09	25m	13-10-16	Heemskerk (NED)	186
218.	Boere Sacha	91	08-021	1:49.13	25m	31-3-05	Heemskerk (NED)	186
219.	Smit Ingrid	67	08-021	1:49.20	25m	21-9-80	Heemskerk (NED)	186
219.	Wiegman Brenda	72	08-021	1:49.20	25m	12-2-84	Heemskerk (NED)	186
219.	Bos Annelies	74	08-021	1:49.20	25m	12-12-87		186
222.	Bakker Daniëlle	96	08-021	1:49.23	25m	10-5-08	Purmerend (NED)	186
223.	Geurtsen Daisy	89	08-021	1:49.61	25m	13-1-02	Zaandam	184
224.	van Perlo Carla	75	08-021	1:50.10	25m	29-9-85	Heemskerk (NED)	181
225.	Buitenhuis Danine	91	08-021	1:50.11	25m	31-10-02	Heemskerk	181
226.	Last Rooske	94	08-021	1:50.28	25m	4-10-09	Amsterdam-oost (NED)	180
227.	Verhagen Sabine	71	08-021	1:50.30	25m	28-10-84	Egmond (NED)	180
228.	Bruins Julia	06	08-021	1:50.34	25m	4-4-24	Heemskerk (NED)	180
229.	Koopman Jessie	97	08-021	1:50.39	25m	17-1-10	Amsterdam-oost (NED)	180
230.	ten Cate Ilona	85	08-021	1:50.40	25m	12-6-00	Haarlem (NED)	180
231.	de Graaf Isabella	04	08-021	1:50.41	25m	7-10-18	Purmerend (NED)	180
232.	Stel Kaylin	01	08-021	1:50.44	25m	5-6-10	Zaandam (NED)	180
233.	Weezepeel Natascha	07	08-021	1:50.50	25m	21-11-21	Den Helder (NED)	179
234.	Schelvis Liselot	92	08-021	1:51.00	50m	25-4-04	Beverwijk (NED)	192

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235.	Mosch Sabina	84	08-021	1:51.10	25m	17-5-98	Heemskerk (NED)	176
236.	van der Eng Laura	80	08-021	1:51.30	25m	6-4-96	Haarlem (NED)	175
237.	van der Poel Kelly	72	08-021	1:51.40	25m	29-9-85	Heemskerk (NED)	175
238.	van den Braber Liesbeth	84	08-021	1:51.48	25m	26-9-98	Assendelft (NED)	175
239.	Calkhoven Mariëtte	65	08-021	1:51.50	25m	10-12-77	Heemskerk (NED)	174
239.	Keessen Pam	62	08-021	1:51.50	25m	10-12-77	Heemskerk (NED)	174
241.	van Leen Cynthia	81	08-021	1:51.70	25m	4-4-96	Heemskerk (NED)	174
242.	van Dijk Yvonne	65	08-021	1:51.80	25m	10-12-77	Heemskerk (NED)	173
242.	van den Heuvel Sandra	80	08-021	1:51.80	25m	1-4-90	Zaandam (NED)	173
244.	Palthe Yvonne	67	08-021	1:52.10	25m	1-11-81	Bergen (NED)	172
245.	Bakker Lisette	83	08-021	1:52.24	25m	29-10-98	Heemskerk (NED)	171
246.	Rodenburg Kyra	96	08-021	1:52.32	25m	2-4-06	Zaandam (NED)	171
247.	van Perlo Ingrid	73	08-021	1:52.40	25m	29-9-85	Heemskerk (NED)	170
248.	Sobh Shaime	03	08-021	1:52.58	25m	17-1-16	Purmerend (NED)	169
249.	Brands Ingrid	72	08-021	1:52.70	25m	29-9-85	Heemskerk (NED)	169
250.	van Rijn Eline	07	08-021	1:52.96	25m	18-12-16	Heemskerk (NED)	168
251.	Salido Keesje	05	08-021	1:53.07	25m	14-6-15	Zaandam (NED)	167
252.	Essers Patricia	84	08-021	1:53.26	25m	14-5-00	Heemskerk (NED)	166
253.	Elghandor Kiyaan	03	08-021	1:53.59	25m	24-9-15	Heemskerk (NED)	165
254.	Reiss Katinka	65	08-021	1:53.90	25m	10-12-77	Heemskerk (NED)	164
254.	Werdekker Esther	83	08-021	1:53.90	25m	7-11-96	Heemskerk (NED)	164
256.	Koper Selma	03	08-021	1:53.91	25m	17-3-13	Zaandam (NED)	164
257.	Bok Femke	74	08-021	1:54.00	25m	29-9-85	Heemskerk (NED)	163
257.	van Ruth Yoore	78	08-021	1:54.00	25m	3-11-91	Assendelft (NED)	163
259.	de Vriend Sofie	01	08-021	1:54.15	25m	11-3-12	Zaandam (NED)	163
260.	Salem Lamies	03	08-021	1:54.33	25m	14-1-18	Purmerend (NED)	162
261.	van Rijn Ilona	65	08-021	1:54.40	25m	10-12-77	Heemskerk (NED)	161
261.	Hoekstra Karin	76	08-021	1:54.40	25m	7-2-88	Heemskerk (NED)	161
263.	Dijkstra Pascal	89	08-021	1:54.98	25m	28-1-99	Heemskerk (NED)	159
264.	Terluin Suus	09	08-021	1:55.09	25m	8-10-20	Heemskerk (NED)	159
265.	Nijman Linda	89	08-021	1:55.16	25m	25-1-01	Heemskerk (NED)	158
266.	van Duivenvoorde Sanne	93	08-021	1:55.18	25m	31-10-02	Heemskerk	158
267.	Reuderink Miranda	63	08-021	1:55.20	25m	10-12-77	Heemskerk (NED)	158
268.	Kerkhoven Michelle	91	08-021	1:55.21	25m	25-1-01	Heemskerk (NED)	158
269.	van der Does Lisa	02	08-021	1:55.41	25m	21-4-14	Haarlem (NED)	157
270.	van Ederen Jasmijn	10	08-021	1:55.44	25m	23-2-20	Krommenie (NED)	157
271.	Doll Maartje	80	08-021	1:55.50	25m	7-1-93	Heemskerk (NED)	157
272.	Huisman Lianne	87	08-021	1:55.59	25m	10-12-00	Heemskerk (NED)	157
273.	Cappelle Marcella	85	08-021	1:56.14	25m	11-10-98	Alkmaar (NED)	154
274.	Broers Margot	63	08-021	1:56.30	25m	10-12-77	Heemskerk (NED)	154
275.	Aardenburg Judith	93	08-021	1:56.57	25m	28-10-04	Heemskerk (NED)	153
276.	Gelsumino Giulia	03	08-021	1:57.64	25m	24-9-15	Heemskerk (NED)	148
277.	van 't Hof Manon	90	08-021	1:57.67	25m	7-4-02	Heemskerk	148
278.	van Noort Jony	85	08-021	1:58.00	25m	4-4-96	Heemskerk (NED)	147
279.	Pezo Adna	90	08-021	1:58.06	25m	15-4-01	Haarlem (NED)	147
280.	Hoeksema Kim	90	08-021	1:58.10	25m	10-3-02	Heemskerk	147
281.	de Boer Isabel	06	08-021	1:58.41	25m	11-10-15	Zaandam (NED)	146
282.	Werdekker Marjolein	81	08-021	1:58.60	25m	10-4-97	Heemskerk (NED)	145
283.	de Groot Sjors	08	08-021	1:58.82	25m	20-11-22	Den Helder (NED)	144
284.	Lensen Sarian	89	08-021	1:58.84	25m	7-4-02	Heemskerk	144
285.	Kesting Alexandra	00	08-021	1:58.92	25m	23-1-11	Zaandam (NED)	144
286.	Doodeman Sara	00	08-021	1:59.00	25m	13-3-11	Heemskerk (NED)	143
287.	Schut Bodine	09	08-021	1:59.06	25m	8-10-20	Heemskerk (NED)	143

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288.	Vellinga Yvonne	64	08-021	1:59.80	25m	8-1-77	Heemskerk (NED)	141
289.	Morianner Susanna	72	08-021	2:00.10	25m	17-1-82		139
290.	Butter Noor	16	08-021	2:00.84	25m	26-9-24	Heemskerk (NED)	137
291.	van den Akker Terry	61	08-021	2:00.90	25m	24-5-75	Z.O. Beemster (NED)	137
292.	Doevendans Phileine	06	08-021	2:01.01	25m	13-3-16	Zaandam (NED)	136
293.	Herwegh Izayra Rena	14	08-021	2:01.02	25m	20-10-24	Heemskerk (NED)	136
294.	Boonstra Esmé	02	08-021	2:01.50	25m	7-10-12	Zaandam (NED)	135
295.	van der Leden Laura	68	08-021	2:01.90	25m	23-10-77	Zandvoort (NED)	133
296.	Eijndhoven Jonna	02	08-021	2:02.40	25m	7-10-12	Zaandam (NED)	132
297.	Schijf Irene	83	08-021	2:03.20	25m	19-2-95	Assendelft (NED)	129
298.	Hoorn Linsey	94	08-021	2:04.07	25m	28-4-05	Heemskerk (NED)	126
299.	van Heerwaarden Vera	03	08-021	2:04.51	25m	19-9-19	Heemskerk (NED)	125
300.	van der Zee Olga	66	08-021	2:05.00	25m	8-1-77	Heemskerk (NED)	124
301.	Ligthart Danique	07	08-021	2:05.23	25m	8-10-20	Heemskerk (NED)	123
302.	Hoekstra Femke	05	08-021	2:06.34	25m	18-9-14	Heemskerk (NED)	120
303.	Copier Alyssa	04	08-021	2:06.92	25m	31-10-13	Heemskerk (NED)	118
304.	Vonk Bea	67	08-021	2:07.10	25m	7-11-81	Heemskerk (NED)	118
304.	Kerdijk Lianne	81	08-021	2:07.10	25m	14-3-91	Heemskerk (NED)	118
306.	Dekker Elise	97	08-021	2:08.23	25m	18-12-05	Alkmaar (NED)	115
307.	Sanen Casey	99	08-021	2:08.55	25m	19-11-09	Heemskerk (NED)	114
308.	Hol Manouk	05	08-021	2:09.57	25m	22-3-15	Zaandam (NED)	111
309.	Geluk Mabelle	73	08-021	2:09.64	25m	20-11-11	Almere-Stad (NED)	111
310.	Bovekerk Annefleur	99	08-021	2:10.27	25m	14-11-10	Castricum (NED)	109
311.	Janssen Tess	89	08-021	2:11.00	25m	17-5-98	Heemskerk (NED)	107
312.	Reeuwijk Danielle	70	08-021	2:11.60	25m	1-9-79	Heemskerk (NED)	106
313.	Gijzen Monique	68	08-021	2:12.90	25m	22-4-78	Heemskerk (NED)	103
314.	Tilgenkamp Lentley	13	08-021	2:13.10	25m	24-11-24	Zaandam (NED)	102
315.	Post Aijuna	14	08-021	2:13.48	25m	29-9-24	Krommenie (NED)	101
316.	van Roon Jill	14	08-021	2:16.95	25m	29-9-24	Krommenie (NED)	94
317.	van der Zee Paula	68	08-021	2:17.80	25m	8-1-77	Heemskerk (NED)	92
318.	Welboren Julia	00	08-021	2:18.36	25m	9-10-11	Zaandam (NED)	91
319.	Stoker Ianthe	84	08-021	2:18.90	25m	7-11-96	Heemskerk (NED)	90
320.	van Laarhoven Salome	15	08-021	2:23.79	25m	4-4-24	Heemskerk (NED)	81
321.	Haack Fenna	16	08-021	2:23.85	25m	4-4-24	Heemskerk (NED)	81
322.	Kuijper Michelle	91	08-021	2:25.31	25m	25-1-01	Heemskerk (NED)	79
323.	van der Stigchel Samantha	96	08-021	2:32.68	25m	27-3-08	Heemskerk (NED)	68
324.	Zuidervaart Anne	02	08-021	2:32.88	25m	6-10-11	Heemskerk (NED)	67
325.	van Dam Merel	14	08-021	2:33.51	25m	4-4-24	Heemskerk (NED)	67

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1.	Kingma Danae	00	08-021	2:53.96	25m	4-10-15	Purmerend (NED)	462
2.	de Haan Shira	00	08-021	2:54.99	25m	15-1-17	Alkmaar (NED)	454
3.	van Honk Chantal	80	08-021	2:55.20	25m	9-1-93	Zuidoost Beemster (NED)	453
4.	Broek Jade	97	08-021	2:57.88	25m	12-2-17	Purmerend (NED)	432
5.	van der Geest Saskia	73	08-021	2:58.90	25m	31-12-88		425
6.	Stam Vanessa	80	08-021	2:59.80	25m	6-4-97	Heemskerk (NED)	419
7.	Hoekstra Eline	03	08-021	3:00.09	25m	6-10-19	Purmerend (NED)	417
8.	van 't Veer Iris	03	08-021	3:01.36	25m	12-1-20	Purmerend (NED)	408
9.	ten Bokkel Henriëke	94	08-021	3:02.03	25m	10-2-19	Purmerend (NED)	404
10.	van Rookhuizen Sieta	79	08-021	3:02.04	25m	10-10-99	Zaandam (NED)	403
11.	Gijzen-van der Kroft Nicole	84	08-021	3:02.41	25m	25-1-01	Heemskerk (NED)	401
12.	Kramer Miranda	80	08-021	3:02.52	25m	27-1-00	Heemskerk (NED)	400

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13.	Palmboom Nicole	91	08-021	3:02.96	25m	13-12-07	Heemskerk (NED)	397
14.	de Groot Daniëlle	93	08-021	3:04.53	25m	9-3-08	Heemskerk (NED)	387
15.	Schelvis Femke	84	08-021	3:05.36	25m	3-10-04	Heemskerk (NED)	382
16.	Crok Linda	94	08-021	3:05.44	25m	19-1-14	Zaandam (NED)	382
17.	Crok Annemarie	89	08-021	3:05.90	25m	16-1-11	Zaandam (NED)	379
18.	Teufer Irene	96	08-021	3:06.47	25m	20-1-08	Zaandam (NED)	375
19.	Schelvis Roos	86	08-021	3:07.13	25m	21-11-99	Heemskerk (NED)	371
20.	Herwegh Binthy	09	08-021	3:07.69	25m	15-10-23	Alkmaar (NED)	368
21.	Smit Sanne	01	08-021	3:08.36	25m	12-3-17	Purmerend (NED)	364
22.	Vink Lidewij	90	08-021	3:08.43	25m	27-10-05	Heemskerk (NED)	364
23.	Wentink Yara	04	08-021	3:08.99	25m	29-1-23	Heemskerk (NED)	361
24.	van Galen Angela	65	08-021	3:09.00	25m	5-4-81	Heemskerk (NED)	360
25.	Niesten Iris	92	08-021	3:09.37	25m	5-10-08	Heemskerk (NED)	358
26.	Vink Marjolein	93	08-021	3:10.04	25m	18-11-07	Alkmaar (NED)	355
27.	Niesten Annet	62	08-021	3:11.10	25m	7-5-78	Assendelft (NED)	349
28.	Mallon Danique	94	08-021	3:11.53	25m	25-3-10	Heemskerk (NED)	346
29.	Heus Pauline	78	08-021	3:11.60	25m	6-4-97	Heemskerk (NED)	346
30.	Hulshof Saskia	73	08-021	3:11.80	25m	30-9-89		345
31.	Koper Fiona	01	08-021	3:12.94	25m	7-10-18	Purmerend (NED)	339
32.	Groen Anne	95	08-021	3:13.13	25m	18-1-15	Zaandam (NED)	338
33.	Koster Lisa	94	08-021	3:13.37	25m	13-12-07	Heemskerk (NED)	337
34.	van der Gracht Anouk	89	08-021	3:14.82	25m	13-1-08	Heemskerk (NED)	329
35.	Moolevliet Petra	82	08-021	3:15.00	25m	23-4-95	Castricum (NED)	328
36.	van Huisstede Nikita	01	08-021	3:15.53	25m	12-3-17	Purmerend (NED)	325
37.	Stins Mariska	84	08-021	3:15.82	25m	16-1-00	Zaandam (NED)	324
38.	Plokker Sylvia	68	08-021	3:15.90	25m	21-3-82		324
39.	Oudendijk Bianca	79	08-021	3:16.40	25m	23-11-94		321
40.	Limmen Miriam	75	08-021	3:16.50	25m	11-3-90	Heemskerk (NED)	321
41.	Essers Sanne	91	08-021	3:16.79	25m	13-12-07	Heemskerk (NED)	319
42.	Peters Yvonne	63	08-021	3:16.80	25m	21-3-82		319
43.	Stam Sabrina	82	08-021	3:17.00	25m	9-3-97	Alkmaar (NED)	318
44.	Siemerink Laura	04	08-021	3:17.15	25m	7-10-18	Purmerend (NED)	318
45.	Kleijne Daisy	89	08-021	3:18.16	25m	13-12-07	Heemskerk (NED)	313
46.	Buur Naomi	01	08-021	3:18.33	25m	11-9-16	Purmerend (NED)	312
47.	Boekling Annette	85	08-021	3:18.35	25m	27-1-00	Heemskerk (NED)	312
48.	de Ruijter Linda	87	08-021	3:18.60	25m	17-11-02	Heemskerk	311
48.	Stel Serena	98	08-021	3:18.60	25m	25-3-10	Heemskerk (NED)	311
50.	Besse Karen	75	08-021	3:18.90	25m	4-10-92	Assendelft (NED)	309
51.	Hoek Daniëlle	88	08-021	3:18.93	25m	27-10-05	Heemskerk (NED)	309
51.	Veldhuis Amelia	03	08-021	3:18.93	25m	6-10-19	Purmerend (NED)	309
53.	Blaauw Yente	03	08-021	3:19.99	25m	24-3-19	Purmerend (NED)	304
54.	Nijholt Carin	60	08-021	3:20.00	25m	9-9-79	Wormerveer (NED)	304
55.	de Wildt Maud	05	08-021	3:20.64	25m	29-1-23	Heemskerk (NED)	301
56.	de Boer Claudia	77	08-021	3:20.80	25m	14-3-91	Heemskerk (NED)	300
57.	Limmen Karin	76	08-021	3:21.00	25m	6-12-90	Heemskerk (NED)	300
58.	Koopman Anitra	89	08-021	3:21.16	25m	28-10-04	Heemskerk (NED)	299
59.	van Giezen Sandra	63	08-021	3:21.40	25m	7-3-82		298
59.	de Boer Irene	84	08-021	3:21.40	25m	8-12-96	Heerhugowaard (NED)	298
61.	Vredenburg Roos	95	08-021	3:21.99	25m	25-3-10	Heemskerk (NED)	295
62.	de Boer Maia	03	08-021	3:22.59	25m	29-1-23	Heemskerk (NED)	293
63.	Bakker Jesca	79	08-021	3:22.60	25m	11-3-90	Heemskerk (NED)	293
64.	Lund Karin	63	08-021	3:23.90	50m	11-6-78	Beverwijk (NED)	317
65.	van Ballegoie Stefanie	86	08-021	3:23.98	25m	19-11-00	Zaandam (NED)	287

200 schoolslag (sinds 66)

66.	Hogema Fabiën	93	08-021	3:24.02	25m	27-5-07	Purmerend (NED)	286
67.	Visser Stacey	87	08-021	3:24.10	25m	18-11-01	Heemskerk	286
68.	Groot Tineke	60	08-021	3:24.20	25m	28-10-79	Heerhugowaard (NED)	286
68.	van Ballegooie Simone	84	08-021	3:24.20	25m	9-10-97	Heemskerk (NED)	286
68.	Petit Kirsten	00	08-021	3:24.20	25m	1-10-17	Purmerend (NED)	286
71.	Cappelle Carlijn	82	08-021	3:24.40	25m	9-3-97	Alkmaar (NED)	285
72.	Scholten Britt	04	08-021	3:24.43	25m	24-3-19	Purmerend (NED)	285
73.	Pover Karin	67	08-021	3:24.80	25m	7-11-81	Heemskerk (NED)	283
74.	Haasbroek Renske	03	08-021	3:25.16	25m	12-11-23	Den Helder (NED)	282
75.	Schuyt Simone	75	08-021	3:25.60	25m	10-3-90		280
76.	van Kooten Cynthia	93	08-021	3:25.73	25m	19-10-06	Heemskerk	279
77.	de Groot Gitta	60	08-021	3:27.00	25m	3-6-78	Z.O. Beemster (NED)	274
78.	de Boer Angela	80	08-021	3:27.10	25m	24-11-94	Heemskerk (NED)	274
79.	van Staveren Marina	78	08-021	3:27.23	25m	17-10-15	Emmeloord (NED)	273
80.	Beentjes Nicolet	80	08-021	3:27.40	25m	5-11-95	Assendelft (NED)	273
81.	van Langelaar Tessa	97	08-021	3:27.75	25m	2-10-11	Heemskerk (NED)	271
82.	Liefting Sarina	93	08-021	3:28.08	25m	19-10-06	Heemskerk	270
83.	Tholen Kirsten	66	08-021	3:28.90	25m	22-3-81	Wieringerwerf (NED)	267
84.	Meijer Linda	77	08-021	3:29.40	25m	7-1-93	Heemskerk (NED)	265
85.	Ivens Suzanne	99	08-021	3:29.78	25m	6-10-13	Heemskerk (NED)	263
86.	van de Poll Marianne	89	08-021	3:29.83	25m	30-10-03	Heemskerk	263
87.	van Giezen Irene	67	08-021	3:29.90	25m	13-3-83	Castricum (NED)	263
88.	Bruin Marianne	78	08-021	3:30.10	25m	6-12-90	Heemskerk (NED)	262
88.	Knight Kayleigh	00	08-021	3:30.10	25m	1-10-17	Purmerend (NED)	262
90.	Koper Birgit	87	08-021	3:30.51	25m	17-11-02	Heemskerk	261
91.	Bruin Adri	74	08-021	3:30.80	25m	30-9-89		260
92.	Visser Kelly	89	08-021	3:30.96	25m	29-11-01	Heemskerk	259
93.	van Assema Eline	05	08-021	3:31.30	25m	10-2-19	Purmerend (NED)	258
94.	Bos Marieke	06	08-021	3:31.34	25m	29-10-17	Den Helder (NED)	258
95.	van Koevinge Nicole	93	08-021	3:31.50	25m	1-10-06	Volendam (NED)	257
96.	Hermans Liesbeth	66	08-021	3:32.00	25m	7-11-81	Heemskerk (NED)	255
97.	Meijer Sylvia	81	08-021	3:32.10	25m	9-11-95	Heemskerk (NED)	255
98.	Verbree Bets	63	08-021	3:32.20	25m	19-10-80	Heemskerk (NED)	255
99.	de Wolff Isabel	01	08-021	3:32.75	25m	16-3-14	Zaandam (NED)	253
100.	Oortwijn Jytte	10	08-021	3:32.89	25m	6-10-24	Den Helder (NED)	252
101.	Rodenburg Rianne	93	08-021	3:33.38	25m	27-10-05	Heemskerk (NED)	250
101.	van Vliet Isabel	02	08-021	3:33.38	25m	18-3-18	Purmerend (NED)	250
103.	Zonneveld Chantal	84	08-021	3:33.62	25m	22-11-98	Zaandam (NED)	249
104.	Oosterveen Yvonne	80	08-021	3:34.10	25m	6-1-93		248
105.	Renkema Iris	04	08-021	3:34.39	25m	12-2-17	Purmerend (NED)	247
106.	Missot Gonda	66	08-021	3:35.00	25m	28-10-79	Heerhugowaard (NED)	245
107.	Molenaar Eline	82	08-021	3:35.19	50m	31-10-99	Beverwijk (NED)	270
108.	Zonneveld Cindy	75	08-021	3:35.40	25m	21-3-90		243
109.	Walraven Annet	62	08-021	3:36.20	25m	22-1-78	Zaandam (NED)	241
110.	Windmuller Wendy	69	08-021	3:36.40	25m	7-11-81	Heemskerk (NED)	240
111.	Viel Bianca	85	08-021	3:36.63	25m	17-1-99	Heemskerk (NED)	239
112.	Hommersen Sandra	84	08-021	3:37.00	25m	9-10-97	Heemskerk (NED)	238
113.	Limmen Anita	78	08-021	3:37.30	25m	18-11-93	Heemskerk	237
114.	Terhorst Ilja	67	08-021	3:37.60	25m	19-10-80	Heemskerk (NED)	236
114.	Besse Meta	78	08-021	3:37.60	25m	14-3-91	Heemskerk (NED)	236
116.	Buur Cindy	99	08-021	3:37.72	25m	26-10-14	Zaandam (NED)	236
117.	Sahin Súmeyye Sena	10	08-021	3:37.76	25m	29-1-23	Heemskerk (NED)	235
118.	Hofland Yasmin	01	08-021	3:37.99	25m	12-3-17	Purmerend (NED)	235

200 schoolslag (sinds 119)

119.	van Giezen Corina	68	08-021	3:38.20	25m	7-11-81	Heemskerk (NED)	234
120.	van Eerden Meike	00	08-021	3:38.30	25m	26-10-14	Zaandam (NED)	234
121.	de Loos Marijke	94	08-021	3:39.00	25m	25-3-10	Heemskerk (NED)	232
122.	Lindelauw Priscilla	85	08-021	3:39.23	25m	17-1-99	Heemskerk (NED)	231
123.	Zonneveld Monica	80	08-021	3:39.70	25m	7-1-93	Heemskerk (NED)	229
124.	de Vries Cathy	77	08-021	3:40.10	25m	14-3-91	Heemskerk (NED)	228
125.	ten Cate Joyce	80	08-021	3:41.08	25m	19-10-06	Heemskerk	225
126.	Dijkstra Ingrid	68	08-021	3:41.10	25m	7-11-81	Heemskerk (NED)	225
127.	Angenent Nienke	01	08-021	3:41.85	25m	16-3-14	Zaandam (NED)	223
128.	Zijlstra Mariëlle	83	08-021	3:42.40	25m	9-11-95	Heemskerk (NED)	221
129.	de Graaf Annemiek	70	08-021	3:42.60	25m	7-11-81	Heemskerk (NED)	220
130.	Zeeman Judith	70	08-021	3:43.00	25m	7-11-81	Heemskerk (NED)	219
131.	Bouwer Jolien	89	08-021	3:44.44	25m	6-10-02	Zaandam	215
132.	Huisman Jolanda	68	08-021	3:44.50	25m	7-11-81	Heemskerk (NED)	215
133.	Rasch Monique	66	08-021	3:44.80	25m	7-11-81	Heemskerk (NED)	214
134.	Visser Shana	04	08-021	3:44.95	25m	18-9-16	Zaandam (NED)	214
135.	Wieman Lianne	03	08-021	3:45.26	25m	18-3-18	Purmerend (NED)	213
136.	Nijman José	93	08-021	3:45.64	25m	19-10-06	Heemskerk	212
137.	Dijkstra Maud	84	08-021	3:45.80	25m	1-5-97	Heemskerk (NED)	211
138.	Schaefer Lisa	06	08-021	3:47.52	25m	10-2-19	Purmerend (NED)	206
139.	de Groot Linda	81	08-021	3:47.84	25m	10-10-99	Zaandam (NED)	206
140.	Schaaper Margriet	62	08-021	3:48.00	25m	9-9-79	Wormerveer (NED)	205
140.	van Velsen Patricia	79	08-021	3:48.00	25m	7-1-93	Heemskerk (NED)	205
142.	Raszinski Nienke	01	08-021	3:48.02	25m	22-12-13	Zaandam (NED)	205
143.	van de Kamp Yvonne	65	08-021	3:48.20	25m	28-10-79	Heerhugowaard (NED)	205
144.	Zwarthoed Brenda	96	08-021	3:48.25	25m	20-1-08	Zaandam (NED)	204
145.	Dijkstra Janet	77	08-021	3:49.50	25m	17-11-93		201
146.	Bakkum Wilma	62	08-021	3:49.60	25m	19-10-80	Heemskerk (NED)	201
147.	Sierra Ana Maria	69	08-021	3:49.70	25m	7-11-81	Heemskerk (NED)	201
148.	de Vries Justine	83	08-021	3:50.40	25m	10-4-97	Heemskerk (NED)	199
149.	Regelink Anneke	83	08-021	3:51.60	25m	9-11-95	Heemskerk (NED)	196
150.	Grul Lisanne	97	08-021	3:51.95	25m	25-3-10	Heemskerk (NED)	195
151.	Weezepeel Natascha	07	08-021	3:52.15	25m	21-11-21	Den Helder (NED)	194
152.	Meesters Audrey	90	08-021	3:52.76	25m	31-10-02	Heemskerk	193
153.	Visser Robin	05	08-021	3:52.96	25m	18-3-18	Purmerend (NED)	192
154.	Martens landra	03	08-021	3:53.03	25m	22-3-15	Zaandam (NED)	192
155.	van Rijn Sydney	03	08-021	3:53.11	25m	18-3-18	Purmerend (NED)	192
156.	Hoek Laura	86	08-021	3:53.65	25m	27-1-00	Heemskerk (NED)	191
157.	Deiman Caroline	67	08-021	3:53.80	25m	15-3-87	Heemskerk (NED)	190
158.	de Roode Xara	08	08-021	3:54.52	25m	21-11-21	Den Helder (NED)	188
159.	Bakker Anna	97	08-021	3:54.74	25m	25-1-09	Zaandam (NED)	188
160.	Rijkema Marije	85	08-021	3:55.05	25m	29-11-01	Heemskerk	187
161.	Koopman Jessie	97	08-021	3:55.46	25m	11-10-09	Zaandam (NED)	186
162.	Stel Kaylin	01	08-021	3:55.56	25m	25-3-10	Heemskerk (NED)	186
163.	van Duin Joke	59	08-021	3:57.50	25m	24-5-75	Z.O. Beemster (NED)	181
164.	Sobh Shaime	03	08-021	3:57.71	25m	11-10-15	Zaandam (NED)	181
165.	Mulder Amy	80	08-021	3:58.10	25m	7-1-93	Heemskerk (NED)	180
165.	Huneker Jolanda	79	08-021	3:58.10	25m	26-4-98	Alkmaar (NED)	180
167.	Yayli Serina	90	08-021	3:58.67	25m	31-10-02	Heemskerk	179
168.	Steenkamp Ciska	90	08-021	3:59.33	25m	24-1-99	Assendelft (NED)	177
169.	Elghandor Kiyaan	03	08-021	3:59.34	25m	11-10-15	Zaandam (NED)	177
170.	van Sikkelerus Lisa	99	08-021	4:00.72	25m	9-10-11	Zaandam (NED)	174
171.	Essers Patricia	84	08-021	4:01.67	25m	21-11-99	Heemskerk (NED)	172

200 schoolslag (sinds 172)

172.	de Vriend Sofie	01	08-021	4:01.73	25m	17-3-13	Zaandam (NED)	172
173.	Bakker Lisette	83	08-021	4:01.91	25m	22-11-98	Zaandam (NED)	172
174.	Liefting Marielle	90	08-021	4:02.13	25m	31-10-02	Heemskerk	171
175.	van Putten Demi	96	08-021	4:02.20	25m	25-3-10	Heemskerk (NED)	171
176.	Last Rooske	94	08-021	4:02.86	25m	25-3-10	Heemskerk (NED)	170
177.	de Nijs Martine	71	08-021	4:04.00	25m	2-9-84	Heemskerk (NED)	167
178.	de Graaf Isabella	04	08-021	4:04.41	25m	12-2-17	Purmerend (NED)	166
179.	Aardenburg Judith	93	08-021	4:05.39	25m	2-10-05	Zaandam (NED)	164
180.	Terluin Suus	09	08-021	4:06.20	25m	12-1-20	Purmerend (NED)	163
181.	Verhagen Sabine	71	08-021	4:07.00	25m	2-9-84	Heemskerk (NED)	161
182.	Lensen Sarian	89	08-021	4:07.60	25m	9-11-03	Zaandam	160
183.	Cappelle Marcella	85	08-021	4:08.30	25m	9-10-97	Heemskerk (NED)	159
184.	van Asch Maria	74	08-021	4:08.60	25m	7-1-93	Heemskerk (NED)	158
185.	Palthe Yvonne	67	08-021	4:08.90	25m	7-11-81	Heemskerk (NED)	158
186.	Ardicyaka Irem	06	08-021	4:09.27	50m	25-3-18	Alkmaar (NED)	173
187.	ten Cate Ilona	85	08-021	4:10.40	25m	21-11-99	Heemskerk (NED)	155
188.	Gelsumino Giulia	03	08-021	4:11.92	25m	22-3-15	Zaandam (NED)	152
189.	Mosch Sabina	84	08-021	4:14.81	25m	22-11-98	Zaandam (NED)	147
190.	van Tol Sarjenka	97	08-021	4:17.22	25m	12-10-08	Zaandam (NED)	143
191.	Kesting Alexandra	00	08-021	4:21.59	25m	25-3-10	Heemskerk (NED)	136
192.	de Groot Sjors	08	08-021	4:24.23	25m	23-4-23	Den Helder (NED)	132
193.	Schut Bodine	09	08-021	4:24.46	25m	12-1-20	Purmerend (NED)	131
194.	Doodeman Sara	00	08-021	4:58.68	25m	25-3-10	Heemskerk (NED)	91

250 schoolslag

1.	Butter Noor	16	08-021	6:20.75	OW	6-7-24	Hoek (NED)
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500 schoolslag

1.	Vink Marjolein	93	08-021	8:55.64	OW	4-8-07	Hoor (NED)
2.	Niesten Iris	92	08-021	9:15.25	OW	19-8-06	Bussloo (NED)
3.	Hogema Fabiën	93	08-021	9:17.26	OW	17-6-07	Spaarnwoude (NED)
4.	Palmboom Nicole	91	08-021	9:24.22	OW	7-7-07	Oss (NED)
5.	van der Gracht Anouk	89	08-021	9:24.99	OW	8-7-06	Oss (NED)
6.	Essers Sanne	91	08-021	9:55.46	OW	7-7-07	Oss (NED)
7.	de Haan Shira	00	08-021	10:22.42	OW	26-8-17	Eindhoven (NED)
8.	Buur Naomi	01	08-021	10:43.20	OW	9-8-14	Heerjansdam (NED)
9.	Kleijne Daisy	89	08-021	10:53.79	OW	18-8-02	Eersel (NED)
10.	Buur Cindy	99	08-021	11:05.80	OW	17-8-13	Heerjansdam (NED)

800 schoolslag

1000 schoolslag

1. van der Gracht Anouk	89	08-021	19:10.26	OW	29-7-06	Hoorn (NED)
2. Oudendijk Bianca	79	08-021	19:12.90	OW	4-9-05	Vlissingen (NED)
3. Heus Pauline	78	08-021	19:15.32	OW	21-7-13	Amsterdam (NED)
4. Broek Jade	97	08-021	19:34.67	OW	15-7-23	Amstelveen (NED)
5. Niesten Iris	92	08-021	19:48.74	OW	4-8-07	Hoorn (NED)
6. Vink Marjolein	93	08-021	20:29.19	OW	13-8-06	Aalsmeer (NED)
7. Hogema Fabiën	93	08-021	21:14.37	OW	21-7-07	Anna-Paulowna (NED)
8. de Haan Shira	00	08-021	23:11.82	OW	15-7-23	Amstelveen (NED)
9. Bos Marieke	06	08-021	23:37.46	OW	16-9-18	Anna-Paulowna (NED)
10. Geluk Mabelle	73	08-021	24:19.16	OW	11-9-11	Vught (NED)

1250 schoolslag**1500 schoolslag****2000 schoolslag**

1. Niesten Iris	92	08-021	36:26.77	OW	24-6-07	Breukelen (NED)
2. van der Gracht Anouk	89	08-021	36:32.33	OW	24-6-07	Breukelen (NED)
3. Stam Vanessa	80	08-021	36:35.10	OW	15-6-97	Spaarnwoude (NED)
4. van Rookhuizen Sieta	79	08-021	36:41.20	OW	12-7-98	Amsterdam (NED)
5. de Haan Shira	00	08-021	37:10.13	OW	23-7-16	Amstelveen (NED)
6. Essers Sanne	91	08-021	38:08.54	OW	16-7-06	Stadskanaal (NED)
7. Kramer Miranda	80	08-021	38:12.80	OW	18-6-00	Spaarnwoude (NED)
8. van Galen Angela	65	08-021	38:42.40	OW	30-6-82	Amstelveen (NED)
9. Rasch Monique	66	08-021	42:12.50	OW	30-6-83	Amstelveen (NED)
10. van Giezen Sandra	63	08-021	43:16.00	OW	14-6-81	Amstelveen (NED)

2500 schoolslag**3000 schoolslag**

1. van Rookhuizen Sieta	79	08-021	57:26.50	OW	5-9-99	Vlissingen (NED)
2. van der Gracht Anouk	89	08-021	58:40.50	OW	22-7-06	Anna-Paulowna (NED)
3. Stam Vanessa	80	08-021	58:56.80	OW	21-7-97	Anna-Paulowna (NED)
4. de Haan Shira	00	08-021	59:23.60	OW	2-9-17	Wilhelminadorp (NED)
5. Niesten Iris	92	08-021	1:08:36.23	OW	30-8-08	Tilburg (NED)

4000 schoolslag**5000 schoolslag**

1. van Rookhuizen Sieta	79	08-021	1:35:09.71	OW	7-7-01	Vriezenveen (NED)
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25 vlinderslag

1.	Schelvis Femke	84	08-021	13.74	25m	4-5-00	Heemskerk (NED)	540
2.	Wentink Yara	04	08-021	13.79	25m	7-7-22	Heemskerk (NED)	534
3.	Hoekstra Eline	03	08-021	13.99	25m	7-7-22	Heemskerk (NED)	511
4.	Koopman Inge	93	08-021	14.03	25m	7-7-22	Heemskerk (NED)	507
5.	Broek Jade	97	08-021	14.58	25m	7-7-22	Heemskerk (NED)	452
6.	van Rijn-Hofwegen Wilma	71	08-021	14.72	25m	1-12-13	Vlaardingen (NED)	439
7.	de Haan Shira	00	08-021	14.73	25m	7-7-22	Heemskerk (NED)	438
8.	Crok Annemarie	89	08-021	14.93	25m	30-6-11	Heemskerk (NED)	421
9.	Palmboom Nicole	91	08-021	15.02	25m	19-4-07	Heemskerk (NED)	413
10.	Siemerink Laura	04	08-021	15.05	25m	7-7-22	Heemskerk (NED)	411
11.	van Staveren Marina	78	08-021	15.06	25m	17-11-11	Heemskerk (NED)	410
12.	de Groot Daniëlle	93	08-021	15.10	25m	29-5-08	Heemskerk (NED)	406
13.	Vink Lidewij	90	08-021	15.14	25m	19-4-07	Heemskerk (NED)	403
14.	Gijzen-van der Kroft Nicole	84	08-021	15.23	25m	29-3-01	Heemskerk (NED)	396
15.	Besse Karen	75	08-021	15.30	25m	12-1-89	Heemskerk (NED)	391
15.	Butter Anouk	82	08-021	15.30	25m	29-3-01	Heemskerk (NED)	391
15.	Stins Mariska	84	08-021	15.30	25m	19-4-07	Heemskerk (NED)	391
18.	Schelvis Roos	86	08-021	15.39	25m	29-3-01	Heemskerk (NED)	384
19.	Hulshof Saskia	73	08-021	15.40	25m	31-12-89	Heemskerk (NED)	383
19.	van der Gracht Anouk	89	08-021	15.40	25m	29-5-08	Heemskerk (NED)	383
21.	Meijer Sylvia	81	08-021	15.41	25m	29-3-01	Heemskerk (NED)	382
21.	Hoek Daniëlle	88	08-021	15.41	25m	30-6-11	Heemskerk (NED)	382
23.	de Boer Irene	84	08-021	15.46	25m	29-3-01	Heemskerk (NED)	379
24.	Koster Lisa	94	08-021	15.51	25m	29-5-08	Heemskerk (NED)	375
25.	Vink Marjolein	93	08-021	15.54	25m	29-5-08	Heemskerk (NED)	373
25.	Kleijne Daisy	89	08-021	15.54	25m	30-6-11	Heemskerk (NED)	373
27.	Meijer Linda	77	08-021	15.60	25m	16-5-91	Heemskerk (NED)	369
27.	Kramer Miranda	80	08-021	15.60	25m	8-2-96	Heemskerk (NED)	369
29.	van Rookhuizen Sieta	79	08-021	15.65	25m	4-5-00	Heemskerk (NED)	365
30.	Essers Sanne	91	08-021	15.68	25m	27-4-06	Heemskerk	363
31.	Stam Sabrina	82	08-021	15.70	25m	15-1-98	Heemskerk (NED)	362
31.	Mallon Danique	94	08-021	15.70	25m	30-6-11	Heemskerk (NED)	362
33.	Stam Vanessa	80	08-021	15.80	25m	15-1-98	Heemskerk (NED)	355
33.	de Boer Maia	03	08-021	15.80	25m	7-7-22	Heemskerk (NED)	355
35.	Schuyt Simone	75	08-021	15.90	25m	31-12-89	Heemskerk (NED)	348
36.	van Ballegooie Simone	84	08-021	15.96	25m	29-3-01	Heemskerk (NED)	344
37.	Crok Linda	94	08-021	15.98	25m	30-6-11	Heemskerk (NED)	343
37.	van Assema Eline	05	08-021	15.98	25m	7-7-22	Heemskerk (NED)	343
39.	Hogema Fabiën	93	08-021	16.21	25m	27-4-06	Heemskerk	328
40.	Boekling Annette	85	08-021	16.33	25m	4-5-00	Heemskerk (NED)	321
41.	Visser Kelly	89	08-021	16.37	25m	4-11-10	Heemskerk (NED)	319
42.	Heus Pauline	78	08-021	16.40	25m	13-2-97	Heemskerk (NED)	317
42.	de Vries Chrissie	93	08-021	16.40	25m	19-4-07	Heemskerk (NED)	317
44.	Teufer Irene	96	08-021	16.45	25m	19-4-07	Heemskerk (NED)	314
45.	Groen Anne	95	08-021	16.50	25m	30-6-11	Heemskerk (NED)	311
46.	Herwegh Binthy	09	08-021	16.56	25m	7-7-22	Heemskerk (NED)	308
47.	Visser Stacey	87	08-021	16.59	25m	29-3-01	Heemskerk (NED)	306
48.	Moolevliet Petra	82	08-021	16.60	25m	8-2-96	Heemskerk (NED)	306
49.	Limmen Karin	76	08-021	16.70	25m	16-6-93		300
49.	van 't Veer Iris	03	08-021	16.70	25m	7-7-22	Heemskerk (NED)	300
51.	Deiman Caroline	67	08-021	16.90	25m	12-1-89	Heemskerk (NED)	290
52.	Bos Marieke	06	08-021	16.92	25m	7-7-22	Heemskerk (NED)	289
53.	van der Geest Saskia	73	08-021	17.00	25m	12-1-89	Heemskerk (NED)	285

25 vlinderslag (sinds 54)

54.	Oudendijk Bianca	79	08-021	17.10	25m	8-2-96	Heemskerk (NED)	280
55.	Rodenburg Rianne	93	08-021	17.18	25m	27-4-06	Heemskerk	276
56.	Niستن Iris	92	08-021	17.32	25m	29-5-08	Heemskerk (NED)	269
57.	de Ruijter Linda	87	08-021	17.37	25m	17-11-11	Heemskerk (NED)	267
58.	Regelink Anneke	83	08-021	17.52	25m	25-3-99	Heemskerk (NED)	260
59.	Krouwels Tanja	79	08-021	17.60	25m	15-1-98	Heemskerk (NED)	257
59.	Dijkstra Lisette	86	08-021	17.60	25m	15-1-98	Heemskerk (NED)	257
61.	Bruin Marianne	78	08-021	17.80	25m	16-5-91	Heemskerk (NED)	248
62.	van Velsen Patricia	79	08-021	18.00	25m	8-2-96	Heemskerk (NED)	240
62.	Cappelle Carlijn	82	08-021	18.00	25m	15-1-98	Heemskerk (NED)	240
62.	Vredenburg Roos	95	08-021	18.00	25m	29-5-08	Heemskerk (NED)	240
65.	de Wildt Maud	05	08-021	18.06	25m	7-7-22	Heemskerk (NED)	237
66.	Smit Lydia	84	08-021	18.08	25m	25-3-99	Heemskerk (NED)	237
67.	Hommersen Sandra	84	08-021	18.13	25m	25-3-99	Heemskerk (NED)	235
68.	Ivens Suzanne	99	08-021	18.16	25m	30-6-11	Heemskerk (NED)	233
69.	de Vries Justine	83	08-021	18.20	25m	13-2-97	Heemskerk (NED)	232
70.	Petit Kirsten	00	08-021	18.22	25m	30-6-11	Heemskerk (NED)	231
71.	Zonneveld Cindy	75	08-021	18.30	25m	12-1-89	Heemskerk (NED)	228
72.	Bakker Jesca	79	08-021	18.40	25m	31-12-89	Heemskerk (NED)	224
73.	ten Cate Ilona	85	08-021	18.43	25m	29-5-08	Heemskerk (NED)	223
74.	Hoek Laura	86	08-021	18.50	25m	4-5-00	Heemskerk (NED)	221
75.	Nijman José	93	08-021	18.59	25m	19-4-07	Heemskerk (NED)	218
75.	ten Cate Joyce	80	08-021	18.59	25m	17-11-11	Heemskerk (NED)	218
77.	Koopman Anitra	89	08-021	18.66	25m	29-3-01	Heemskerk (NED)	215
78.	van Kooten Cynthia	93	08-021	18.67	25m	19-4-07	Heemskerk (NED)	215
79.	Bruin Adri	74	08-021	18.70	25m	12-1-89	Heemskerk (NED)	214
79.	van Honk Chantal	80	08-021	18.70	25m	16-5-91	Heemskerk (NED)	214
81.	Buur Naomi	01	08-021	18.78	25m	17-11-11	Heemskerk (NED)	211
82.	Knight Kayleigh	00	08-021	18.81	25m	7-7-22	Heemskerk (NED)	210
83.	Lindelauf Priscilla	85	08-021	18.87	25m	29-3-01	Heemskerk (NED)	208
84.	van Putten Demi	96	08-021	18.89	25m	30-6-11	Heemskerk (NED)	207
85.	Bos Chantal	74	08-021	18.90	25m	12-1-89	Heemskerk (NED)	207
86.	Zonneveld Chantal	84	08-021	19.00	25m	15-1-98	Heemskerk (NED)	204
87.	van Ballegooie Stefanie	86	08-021	19.04	25m	4-5-00	Heemskerk (NED)	202
88.	Limmen Miriam	75	08-021	19.20	25m	31-12-89	Heemskerk (NED)	197
88.	de Boer Angela	80	08-021	19.20	25m	16-3-95	Heemskerk (NED)	197
90.	Zwarthoed Brenda	96	08-021	19.22	25m	19-4-07	Heemskerk (NED)	197
91.	Molenaar Eline	82	08-021	19.32	25m	25-3-99	Heemskerk (NED)	194
92.	de Boer Claudia	77	08-021	19.40	25m	31-12-89	Heemskerk (NED)	191
92.	Dijkstra Maud	84	08-021	19.40	25m	5-3-98	Heemskerk (NED)	191
94.	de Groot Linda	81	08-021	19.50	25m	8-2-96	Heemskerk (NED)	188
95.	Huneker Jolanda	79	08-021	19.60	25m	5-3-98	Heemskerk (NED)	186
96.	Limmen Anita	78	08-021	19.80	25m	17-6-93	Heemskerk (NED)	180
97.	Koper Ella	90	08-021	20.22	25m	27-4-06	Heemskerk	169
98.	Koper Birgit	87	08-021	20.28	25m	27-4-06	Heemskerk	167
99.	Beentjes Nicolet	80	08-021	20.62	25m	25-3-99	Heemskerk (NED)	159
100.	Bakker Daniëlle	96	08-021	20.63	25m	29-5-08	Heemskerk (NED)	159
101.	Liefting Sarina	93	08-021	20.80	25m	27-4-06	Heemskerk	155
102.	Zonneveld Monica	80	08-021	21.10	25m	16-6-93		149
103.	Stel Kaylin	01	08-021	21.13	25m	3-1-10	Culemborg (NED)	148
104.	Copier Alyssa	04	08-021	21.15	25m	13-4-14	Zaandam (NED)	148
105.	Hoogervorst Marlon	84	08-021	21.20	25m	15-12-94	Heemskerk (NED)	147
106.	Dekker Danyk	94	08-021	21.39	25m	29-5-08	Heemskerk (NED)	143

25 vlinderslag (sinds 107)

107.	Mulder Amy	80	08-021	21.50	25m	16-6-93		140
108.	de Vriend Sofie	01	08-021	21.64	25m	30-6-11	Heemskerk (NED)	138
109.	Splinter Nathalie	75	08-021	21.70	25m	12-1-89	Heemskerk (NED)	137
110.	Viel Bianca	85	08-021	21.74	25m	25-3-99	Heemskerk (NED)	136
111.	van der Wijden Eline	88	08-021	21.90	25m	22-3-01	Heemskerk (NED)	133
112.	Dijkstra Janet	77	08-021	22.00	25m	12-1-89	Heemskerk (NED)	131
112.	Besse Meta	78	08-021	22.00	25m	31-12-89	Heemskerk (NED)	131
112.	van der Eng Laura	80	08-021	22.00	25m	8-2-96	Heemskerk (NED)	131
115.	Nijman Linda	89	08-021	22.16	25m	29-3-01	Heemskerk (NED)	128
116.	van Koeveringe Nicole	93	08-021	22.30	25m	27-4-06	Heemskerk	126
117.	van Rijn Sydney	03	08-021	22.62	25m	13-4-14	Zaandam (NED)	121
118.	Steenkamp Ciska	90	08-021	22.71	25m	4-5-00	Heemskerk (NED)	119
119.	Elghandor Kiyaan	03	08-021	22.85	25m	13-4-14	Zaandam (NED)	117
120.	Mosch Sabina	84	08-021	22.90	25m	6-2-97	Heemskerk (NED)	116
121.	Sobh Shaime	03	08-021	23.17	25m	13-4-14	Zaandam (NED)	112
122.	Snijder Femke	83	08-021	23.20	25m	24-3-94	Heemskerk (NED)	112
123.	Doodeman Sara	00	08-021	23.23	25m	4-11-10	Heemskerk (NED)	111
124.	van Sikkelerus Lisa	99	08-021	23.24	25m	30-6-11	Heemskerk (NED)	111
125.	de Laat Anita	75	08-021	23.40	25m	22-3-88	Heemskerk (NED)	109
125.	van Leen Cynthia	81	08-021	23.40	25m	8-2-96	Heemskerk (NED)	109
127.	van Huisstede Nikita	01	08-021	23.47	25m	17-11-11	Heemskerk (NED)	108
128.	Rodenburg Kyra	96	08-021	23.51	25m	27-4-06	Heemskerk	107
128.	Butter Noor	16	08-021	23.51	25m	24-10-24	Heemskerk (NED)	107
130.	Bruins Julia	06	08-021	23.73	25m	1-2-24	Heemskerk (NED)	104
131.	Koper Fiona	01	08-021	23.79	25m	30-6-11	Heemskerk (NED)	104
132.	Werdekker Marjolein	81	08-021	23.80	25m	13-2-97	Heemskerk (NED)	103
133.	Bakker Lisette	83	08-021	24.00	25m	13-2-97	Heemskerk (NED)	101
134.	Koper Selma	03	08-021	24.25	25m	20-1-13	Heemskerk (NED)	98
135.	Blaauw Yente	03	08-021	24.46	25m	13-12-12	Heemskerk (NED)	95
136.	Heus Inge	81	08-021	24.80	25m	16-5-91	Heemskerk (NED)	91
137.	Renkema Iris	04	08-021	24.96	25m	20-1-13	Heemskerk (NED)	90
138.	Beeksma Anne	88	08-021	25.27	25m	29-3-01	Heemskerk (NED)	86
139.	Tilgenkamp Lentley	13	08-021	25.30	25m	21-4-24	Krommenie (NED)	86
140.	Scholten Britt	04	08-021	25.32	25m	13-12-12	Heemskerk (NED)	86
141.	Banks Riley	17	08-021	25.36	25m	24-10-24	Heemskerk (NED)	85
142.	Veldhuis Amelia	03	08-021	25.44	25m	13-4-14	Zaandam (NED)	85
143.	Dijkstra Pascal	89	08-021	25.54	25m	25-3-99	Heemskerk (NED)	84
144.	Sahin Sümeyye Sena	10	08-021	25.56	25m	7-7-22	Heemskerk (NED)	83
145.	Oliveira Rocha Yara	17	08-021	25.62	25m	1-4-24	Haarlem (NED)	83
146.	Herwegh Izayra Rena	14	08-021	25.68	25m	24-10-24	Heemskerk (NED)	82
147.	Pezo Adna	90	08-021	25.72	25m	25-3-01	Heerhugowaard (NED)	82
148.	Zijlstra Mariëlle	83	08-021	25.80	25m	27-4-95	Heemskerk (NED)	81
149.	Werdekker Esther	83	08-021	25.90	25m	13-2-97	Heemskerk (NED)	80
149.	Potemans Priscilla	84	08-021	25.90	25m	15-1-98	Heemskerk (NED)	80
151.	Welboren Julia	00	08-021	26.18	25m	17-11-11	Heemskerk (NED)	78
152.	Martens Priscilla	85	08-021	26.20	25m	20-3-97	Heemskerk (NED)	77
152.	Schelvis Liselot	92	08-021	26.20	25m	10-3-02	Heemskerk	77
154.	Geurtsen Daisy	89	08-021	26.24	25m	29-3-01	Heemskerk (NED)	77
155.	Kerkhoven Michelle	91	08-021	26.35	25m	29-3-01	Heemskerk (NED)	76
156.	Schijf Irene	83	08-021	26.40	25m	16-3-95	Heemskerk (NED)	76
157.	van Noort Jony	85	08-021	26.50	25m	16-3-95	Heemskerk (NED)	75
158.	Boonstra Esmé	02	08-021	26.52	25m	13-12-12	Heemskerk (NED)	75
159.	Oortwijn Jytte	10	08-021	26.64	25m	7-7-22	Heemskerk (NED)	74

25 vlinderslag (sinds 160)

160.	Kesting Alexandra	00	08-021	26.70	25m	4-11-10	Heemskerk (NED)	73
160.	Wieman Lianne	03	08-021	26.70	25m	13-4-14	Zaandam (NED)	73
160.	van Laarhoven Salome	15	08-021	26.70	25m	24-10-24	Heemskerk (NED)	73
160.	van Dam Merel	14	08-021	26.70	25m	24-10-24	Heemskerk (NED)	73
164.	Huisman Lianne	87	08-021	26.80	25m	18-1-01	Heemskerk (NED)	72
165.	Kragt Kirsten	10	08-021	26.81	25m	1-2-24	Heemskerk (NED)	72
166.	Cappelle Marcella	85	08-021	26.90	25m	13-2-97	Heemskerk (NED)	71
167.	de Roode Xara	08	08-021	26.95	25m	29-11-18	Heemskerk (NED)	71
168.	Buur Cindy	99	08-021	26.96	25m	30-6-11	Heemskerk (NED)	71
169.	van den Braber Liesbeth	84	08-021	27.00	25m	15-1-98	Heemskerk (NED)	71
170.	van den Heuvel Sandra	80	08-021	27.20	25m	2-11-89	Heemskerk (NED)	69
170.	Rijkema Marije	85	08-021	27.20	25m	15-1-98	Heemskerk (NED)	69
172.	Grul Lisanne	97	08-021	27.45	25m	29-5-08	Heemskerk (NED)	67
173.	Bovekerk Annefleur	99	08-021	27.49	25m	28-3-10	Hoom (NED)	67
174.	Bakker Anna	97	08-021	27.79	25m	29-5-08	Heemskerk (NED)	65
175.	Eijndhoven Jonna	02	08-021	27.92	25m	13-12-12	Heemskerk (NED)	64
176.	Liefting Marielle	90	08-021	28.29	25m	29-3-01	Heemskerk (NED)	61
177.	de Boer Isabel	06	08-021	28.44	25m	18-1-15	Zaandam (NED)	60
178.	Zonneveld Jennifer	88	08-021	29.08	25m	29-3-01	Heemskerk (NED)	56
179.	Haack Fenna	16	08-021	29.84	25m	24-10-24	Heemskerk (NED)	52
180.	Janssen Tess	89	08-021	30.40	25m	15-1-98	Heemskerk (NED)	49
181.	Slotemaker Britt	14	08-021	31.17	25m	24-10-24	Heemskerk (NED)	46
182.	Schut Bodine	09	08-021	31.63	25m	29-11-18	Heemskerk (NED)	44
183.	Zuidervaart Anne	02	08-021	32.03	25m	22-1-12	Zaandam (NED)	42
184.	Salido Keesje	05	08-021	32.36	25m	30-10-14	Heemskerk (NED)	41
185.	Stoker Ianthe	84	08-021	32.70	25m	20-3-97	Heemskerk (NED)	40
186.	Hol Manouk	05	08-021	33.08	25m	30-10-14	Heemskerk (NED)	38
187.	Haack Zowi	18	08-021	33.22	25m	24-10-24	Heemskerk (NED)	38
188.	Hoeksema Kim	90	08-021	33.77	25m	29-3-01	Heemskerk (NED)	36
189.	van Roon Jill	14	08-021	38.44	25m	24-10-24	Heemskerk (NED)	24

50 vlinderslag

1.	Wentink Yara	04	08-021	28.75	25m	22-5-22	Hoofddorp (NED)	609
2.	Kingma Danae	00	08-021	29.36	25m	20-10-17	Amsterdam (NED)	572
3.	Broek Jade	97	08-021	30.60	25m	10-12-15	Heemskerk (NED)	505
4.	Schelvis Femke	84	08-021	30.83	25m	17-10-99	Zaandam (NED)	494
5.	Hoekstra Eline	03	08-021	30.94	25m	22-5-22	Hoofddorp (NED)	489
6.	Siemerink Laura	04	08-021	31.04	25m	7-11-19	Heemskerk (NED)	484
7.	Palmboom Nicole	91	08-021	31.78	50m	12-4-08	Antwerpen (BEL)	454
8.	de Haan Shira	00	08-021	31.88	50m	28-5-17	Alkmaar (NED)	450
9.	van der Gracht Anouk	89	08-021	31.89	25m	12-12-13	Heemskerk (NED)	446
10.	Koopman Inge	93	08-021	31.95	25m	17-2-22	Heemskerk (NED)	444
11.	van de Poll Marianne	89	08-021	32.31	25m	4-4-04	Zaandam	429
12.	Smit Sanne	01	08-021	32.36	25m	29-11-18	Heemskerk (NED)	427
13.	Crok Annemarie	89	08-021	32.37	25m	17-11-11	Heemskerk (NED)	427
14.	Drubers Mirjam	67	08-021	32.50	25m	10-11-85		422
15.	Groen Anne	95	08-021	32.57	25m	12-2-17	Purmerend (NED)	419
16.	Vink Lidewij	90	08-021	32.65	25m	5-3-06	Purmerend (NED)	416
17.	ten Bokkel Henriëke	94	08-021	32.73	25m	10-2-19	Purmerend (NED)	413
18.	Gijzen-van der Kroft Nicole	84	08-021	32.95	25m	18-12-03	Heemskerk (NED)	405
19.	Verbree Bets	63	08-021	33.00	25m	17-5-81	Castricum (NED)	403
20.	Teufer Irene	96	08-021	33.06	50m	12-4-08	Antwerpen (BEL)	403

50 vlinderslag (sinds 21)

20.	Hoek Daniëlle	88	08-021	33.06	25m	19-2-12	Purmerend (NED)	401
22.	van Staveren Marina	78	08-021	33.15	25m	22-3-12	Heemskerk (NED)	397
23.	Koper Fiona	01	08-021	33.19	25m	18-1-18	Heemskerk (NED)	396
24.	Stam Vanessa	80	08-021	33.30	25m	24-5-98	Zaandam (NED)	392
25.	de Groot Daniëlle	93	08-021	33.34	25m	29-12-07	Maastricht (NED)	391
26.	Mallon Danique	94	08-021	33.41	25m	23-5-10	Purmerend (NED)	388
27.	Essers Sanne	91	08-021	33.72	25m	28-12-07	Maastricht (NED)	377
28.	Veldhuis Amelia	03	08-021	33.74	25m	29-1-23	Heemskerk (NED)	377
29.	Kleijne Daisy	89	08-021	33.96	25m	15-3-09	Haarlem (NED)	369
30.	Crok Linda	94	08-021	34.09	25m	12-6-11	Purmerend (NED)	365
31.	Besse Karen	75	08-021	34.10	25m	24-2-94	Heemskerk (NED)	365
31.	Butter Anouk	82	08-021	34.10	25m	17-1-10	Amsterdam-oost (NED)	365
33.	Stins Mariska	84	08-021	34.23	25m	30-11-00	Heemskerk (NED)	361
34.	Visser Kelly	89	08-021	34.34	25m	17-3-02	Zaandam	357
35.	Herwegh Binthy	09	08-021	34.39	25m	27-10-24	Zaandam (NED)	356
36.	Scholten Britt	04	08-021	34.52	25m	24-11-19	Hoofddorp (NED)	352
37.	de Boer Irene	84	08-021	34.53	25m	30-11-00	Heemskerk (NED)	351
38.	Jongema Helena	80	08-021	34.59	25m	4-5-08	Winterswijk (NED)	350
39.	Meijer Linda	77	08-021	34.60	25m	24-4-93		349
40.	Koster Lisa	94	08-021	34.65	25m	10-2-08	Purmerend (NED)	348
41.	Schelvis Roos	86	08-021	34.67	25m	30-11-00	Heemskerk (NED)	347
42.	Buur Naomi	01	08-021	34.78	25m	15-2-15	Purmerend (NED)	344
43.	Hulshof Saskia	73	08-021	34.80	25m	14-12-89	Heemskerk (NED)	343
43.	Spijker Kristel	84	08-021	34.80	50m	9-5-10	Eindhoven (NED)	345
45.	Stam Sabrina	82	08-021	34.90	25m	18-1-98	Zuidoost Beemster (NED)	340
46.	Haasbroek Renske	03	08-021	34.96	25m	2-2-25	Den Helder (NED)	339
47.	Vink Marjolein	93	08-021	35.07	25m	8-3-09	Purmerend (NED)	335
48.	Kramer Miranda	80	08-021	35.09	25m	31-1-02	Heemskerk	335
49.	Herwegh Yara	07	08-021	35.16	25m	27-10-24	Zaandam (NED)	333
50.	Meijer Sylvia	81	08-021	35.20	25m	26-1-97	Zuidoost Beemster (NED)	332
51.	Petit Kirsten	00	08-021	35.31	25m	10-12-15	Heemskerk (NED)	329
51.	van 't Veer Iris	03	08-021	35.31	25m	2-2-25	Den Helder (NED)	329
53.	Koopman Anitra	89	08-021	35.36	25m	5-6-05	Alkmaar (NED)	327
54.	de Groot Gitta	60	08-021	35.80	25m	23-10-77	Zandvoort (NED)	315
55.	van Rookhuizen Sieta	79	08-021	35.93	25m	17-10-99	Zaandam (NED)	312
56.	van Ballegooie Simone	84	08-021	36.00	25m	9-4-98	Heemskerk (NED)	310
57.	Zwaan Melissa	91	08-021	36.29	25m	28-12-03	Maastricht (NED)	303
58.	Zwarthoed Brenda	96	08-021	36.36	25m	9-3-08	Heemskerk (NED)	301
59.	Schuyt Simone	75	08-021	36.40	25m	1-11-89		300
59.	Moolevliet Petra	82	08-021	36.40	25m	16-9-94		300
61.	van Assema Eline	05	08-021	36.41	25m	23-4-23	Den Helder (NED)	300
62.	Zonneveld Chantal	84	08-021	36.49	25m	31-1-02	Heemskerk	298
63.	de Roode Xara	08	08-021	36.52	25m	24-10-24	Heemskerk (NED)	297
64.	van Giezen Sandra	63	08-021	36.60	25m	28-10-84	Egmond (NED)	295
64.	Dijkstra Lisette	86	08-021	36.60	25m	7-5-98	Heemskerk (NED)	295
66.	Boekling Annette	85	08-021	36.65	25m	31-1-02	Heemskerk	294
67.	Hogema Fabiën	93	08-021	36.68	25m	11-3-07	Purmerend (NED)	293
68.	de Boer Maia	03	08-021	36.90	25m	17-2-22	Heemskerk (NED)	288
69.	van Duin Margret	60	08-021	37.00	25m	23-10-77	Zandvoort (NED)	286
70.	Renkema Iris	04	08-021	37.17	25m	9-10-16	Alkmaar (NED)	282
71.	Stel Serena	98	08-021	37.21	25m	18-4-10	Zaandam (NED)	281
72.	Visser Stacey	87	08-021	37.23	25m	3-12-00	Zaandam (NED)	280
73.	Windmuller Wendy	69	08-021	37.30	25m	11-10-81	Heemskerk (NED)	279

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73.	de Graaf Annemiek	70	08-021	37.30	25m	21-5-87	Heemskerk (NED)	279
73.	Oudendijk Bianca	79	08-021	37.30	25m	11-1-96	Heemskerk (NED)	279
76.	de Ruijter Linda	87	08-021	37.35	25m	22-12-02	Zaandam	278
76.	de Wildt Maud	05	08-021	37.35	25m	21-11-21	Den Helder (NED)	278
78.	van Rijn Sydney	03	08-021	37.58	25m	18-1-18	Heemskerk (NED)	273
79.	Heus Pauline	78	08-021	37.60	25m	23-1-97	Heemskerk	272
80.	van Eerden Meike	00	08-021	37.75	25m	29-11-18	Heemskerk (NED)	269
81.	Blaauw Yente	03	08-021	37.76	25m	29-11-18	Heemskerk (NED)	269
82.	Limmen Karin	76	08-021	37.80	25m	24-4-93		268
83.	Vredenburg Roos	95	08-021	37.95	25m	23-5-10	Purmerend (NED)	265
84.	Niesten Iris	92	08-021	38.06	25m	30-10-08	Heemskerk (NED)	262
85.	van der Geest Saskia	73	08-021	38.10	25m	14-12-88		262
86.	van der Horst Sacha	69	08-021	38.20	25m	28-10-84	Egmond (NED)	259
87.	Zonneveld Cindy	75	08-021	38.50	25m	13-5-93	Heemskerk (NED)	253
88.	Deiman Caroline	67	08-021	38.80	25m	1-11-89		248
88.	Krouwels Tanja	79	08-021	38.80	25m	11-12-97	Heemskerk (NED)	248
90.	van Langelaar Tessa	97	08-021	38.85	25m	13-12-12	Heemskerk (NED)	247
91.	Tholen Kirsten	66	08-021	38.90	25m	17-5-81	Castricum (NED)	246
92.	van Vliet Isabel	02	08-021	38.92	25m	7-11-19	Heemskerk (NED)	245
93.	Plokker Sylvia	68	08-021	39.10	25m	17-5-81	Castricum (NED)	242
94.	van Honk Chantal	80	08-021	39.30	25m	12-5-93		238
95.	van Koeveringe Nicole	93	08-021	39.46	25m	13-4-09	Haarlem (NED)	235
96.	Hofland Yasmin	01	08-021	39.62	25m	4-2-18	Purmerend (NED)	233
97.	ten Cate Ilona	85	08-021	39.82	25m	23-4-06	Zaandam (NED)	229
97.	Rodenburg Rianne	93	08-021	39.82	25m	23-4-06	Zaandam (NED)	229
99.	Ardicyaka Irem	06	08-021	39.90	25m	4-10-20	Heemskerk (NED)	228
100.	van Huisstede Nikita	01	08-021	39.95	25m	10-12-15	Heemskerk (NED)	227
101.	van Ballegooie Stefanie	86	08-021	40.12	25m	30-11-00	Heemskerk (NED)	224
102.	de Vriend Sofie	01	08-021	40.35	25m	19-5-13	Purmerend (NED)	220
102.	Knight Kayleigh	00	08-021	40.35	25m	17-4-17	Haarlem (NED)	220
104.	Ivens Suzanne	99	08-021	40.41	25m	30-10-14	Heemskerk (NED)	219
105.	Hommersen Sandra	84	08-021	40.60	25m	22-3-98	Assendelft (NED)	216
106.	Angenent Nienke	01	08-021	40.68	25m	18-1-15	Zaandam (NED)	215
107.	Bos Marieke	06	08-021	40.82	25m	10-12-17	Zaandam (NED)	213
108.	Venema Jalina	04	08-021	40.88	25m	17-11-16	Heemskerk (NED)	212
109.	Bruin Marianne	78	08-021	40.90	25m	9-1-91		211
110.	Bakker Jesca	79	08-021	41.10	25m	17-12-89	Heemstede (NED)	208
111.	Buur Cindy	99	08-021	41.16	25m	17-11-16	Heemskerk (NED)	207
112.	Munnik Yvonne	64	08-021	41.20	25m	22-1-78	Zaandam (NED)	207
113.	Grul Lisanne	97	08-021	41.36	25m	13-12-12	Heemskerk (NED)	204
114.	Bruin Adri	74	08-021	41.40	25m	15-12-88	Heemskerk (NED)	204
115.	Nijholt Carin	60	08-021	41.50	25m	23-10-77	Zandvoort (NED)	202
116.	Bouwman Esther	63	08-021	41.70	25m	27-11-77	IJmuiden (NED)	199
116.	Windmuller Annemarie	67	08-021	41.70	25m	9-9-79	Wormerveer (NED)	199
116.	Cappelle Carlijn	82	08-021	41.70	25m	23-3-97	Volendam (NED)	199
119.	Schaefer Lisa	06	08-021	41.75	50m	26-1-20	Alkmaar (NED)	200
120.	Niesten Annet	62	08-021	41.80	25m	27-11-77	IJmuiden (NED)	198
120.	de Boer Angela	80	08-021	41.80	25m	17-9-94	Hoogland (NED)	198
122.	ten Cate Joyce	80	08-021	41.94	25m	18-2-10	Heemskerk (NED)	196
123.	Regelink Anneke	83	08-021	42.06	25m	25-11-99	Heemskerk	194
124.	Steenbakker Lisan	07	08-021	42.11	25m	24-10-24	Heemskerk (NED)	194
125.	Dijkstra Ingrid	68	08-021	42.20	25m	11-10-81	Heemskerk (NED)	192
125.	van Giezen Wendy	70	08-021	42.20	25m	21-3-82		192

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127.	van Velsen Patricia	79	08-021	42.30	25m	24-4-94	Zaandam (NED)	191
127.	de Vries Justine	83	08-021	42.30	25m	23-3-97	Volendam (NED)	191
129.	Molenaar Eline	82	08-021	42.46	25m	14-11-99	Zaandam (NED)	189
129.	de Vries Chrissie	93	08-021	42.46	25m	15-12-05	Heemskerk (NED)	189
131.	Limmen Miriam	75	08-021	42.50	25m	1-11-89		188
131.	Oosterveen Yvonne	80	08-021	42.50	25m	24-4-93		188
133.	Hermans Liesbeth	66	08-021	42.60	25m	11-4-81	Heemskerk (NED)	187
134.	Horst Diana	67	08-021	42.70	25m	11-10-81	Heemskerk (NED)	186
135.	Palthe Yvonne	67	08-021	42.90	25m	17-5-81	Castricum (NED)	183
136.	Huisman Caroline	64	08-021	43.00	25m	22-1-78	Zaandam (NED)	182
136.	Lindelauf Priscilla	85	08-021	43.00	25m	27-9-98	Assendelft (NED)	182
138.	Meesters Audrey	90	08-021	43.07	25m	27-4-03	Zaandam	181
139.	de Boer Claudia	77	08-021	43.10	25m	10-1-91	Heemskerk (NED)	180
140.	Sminia Vinny	89	08-021	43.15	25m	30-3-06	Heemskerk (NED)	180
141.	Nijman José	93	08-021	43.39	25m	27-10-07	Barneveld (NED)	177
142.	Bos Chantal	74	08-021	43.60	25m	14-12-88		174
142.	de Groot Linda	81	08-021	43.60	25m	14-11-99	Zaandam (NED)	174
144.	Oortwijn Jytte	10	08-021	43.65	25m	28-1-24	Heemskerk (NED)	174
145.	Rodenburg Kyra	96	08-021	43.87	25m	24-11-05	Heemskerk (NED)	171
146.	van Leeuwen Andrea	71	08-021	43.90	25m	16-1-83	Heemskerk (NED)	171
147.	de Wolff Isabel	01	08-021	43.98	25m	17-11-16	Heemskerk (NED)	170
148.	Huneker Jolanda	79	08-021	44.00	25m	23-1-97	Heemskerk	170
149.	Liefting Sarina	93	08-021	44.34	25m	30-12-06	Hoom (NED)	166
150.	Limmen Anita	78	08-021	44.40	25m	12-5-93		165
151.	van Sikkelerus Lisa	99	08-021	44.49	25m	26-4-12	Heemskerk (NED)	164
152.	Zonneveld Melissa	88	08-021	44.62	25m	23-12-04	Heemskerk (NED)	163
153.	de Graaf Isabella	04	08-021	44.64	25m	15-10-17	Alkmaar (NED)	162
154.	van Galen Angela	65	08-021	44.70	25m	11-4-81	Heemskerk (NED)	162
154.	de Vries Cathy	77	08-021	44.70	25m	13-6-91	Heemskerk (NED)	162
154.	Dijkstra Maud	84	08-021	44.70	25m	11-12-97	Heemskerk (NED)	162
157.	Visser Shana	04	08-021	44.97	25m	18-1-18	Heemskerk (NED)	159
158.	Hoek Laura	86	08-021	45.08	25m	14-11-99	Zaandam (NED)	158
159.	van Putten Demi	96	08-021	45.15	25m	4-11-10	Heemskerk (NED)	157
160.	Mosch Sabina	84	08-021	45.30	50m	25-10-98	Beverwijk (NED)	156
161.	Raszinski Nienke	01	08-021	45.52	25m	19-1-14	Zaandam (NED)	153
162.	van Kooten Cynthia	93	08-021	45.62	25m	15-12-05	Heemskerk (NED)	152
163.	Sierra Ana Maria	69	08-021	45.70	25m	11-10-81	Heemskerk (NED)	151
163.	Peters Yvonne	63	08-021	45.70	25m	28-10-84	Egmond (NED)	151
163.	Huisman Jolanda	68	08-021	45.70	25m	28-10-84	Egmond (NED)	151
166.	de Graaf Dinie	71	08-021	45.80	25m	16-1-83	Heemskerk (NED)	150
167.	Nemchonok Alisa	82	08-021	45.87	25m	24-1-99	Assendelft (NED)	150
168.	Zonneveld Monica	80	08-021	46.00	25m	17-11-93		148
169.	Besse Meta	78	08-021	46.10	25m	10-1-91	Heemskerk (NED)	147
170.	Essers Patricia	84	08-021	46.16	25m	14-11-99	Zaandam (NED)	147
171.	Missot Gonda	66	08-021	46.20	25m	12-2-78	Heemskerk (NED)	146
172.	Buitenhuis Danine	91	08-021	46.22	25m	19-12-02	Heemskerk	146
173.	Beeksma Anne	88	08-021	46.25	25m	31-1-02	Heemskerk	146
174.	Wieman Lianne	03	08-021	46.29	25m	7-11-19	Heemskerk (NED)	146
175.	Weezepeel Natascha	07	08-021	46.37	25m	3-10-21	Den Helder (NED)	145
176.	Stel Kaylin	01	08-021	46.44	25m	6-6-10	Zaandam (NED)	144
177.	Martens landra	03	08-021	46.52	25m	29-3-15	Zaandam (NED)	143
178.	Bakker Anna	97	08-021	46.54	25m	9-3-08	Heemskerk (NED)	143
178.	Bakker Daniëlle	96	08-021	46.54	25m	9-3-08	Heemskerk (NED)	143

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180.	de Groot Marlijn	92	08-021	46.55	25m	14-5-05	Zuidoost-Beemster (NED)	143
180.	de Groot Sjors	08	08-021	46.55	25m	24-10-24	Heemskerk (NED)	143
182.	Sobh Shaime	03	08-021	46.67	25m	10-12-15	Heemskerk (NED)	142
183.	van Baar Monique	73	08-021	47.20	25m	15-12-88	Heemskerk (NED)	137
183.	Dijkstra Janet	77	08-021	47.20	25m	17-11-93		137
183.	van Leen Cynthia	81	08-021	47.20	25m	14-3-96	Heemskerk (NED)	137
186.	Mulder Amy	80	08-021	47.30	25m	18-11-93	Heemskerk	136
187.	van de Kamp Yvonne	65	08-021	47.50	25m	11-4-81	Heemskerk (NED)	135
188.	Hoogervorst Marlon	84	08-021	47.70	25m	24-11-94	Heemskerk (NED)	133
189.	van der Horst Wendy	72	08-021	48.00	25m	16-1-83	Heemskerk (NED)	131
190.	van den Braber Liesbeth	84	08-021	48.04	25m	27-9-98	Assendelft (NED)	130
191.	Butter Noor	16	08-021	48.15	25m	16-2-25	Haarlem (NED)	129
192.	Beentjes Nicolet	80	08-021	48.60	25m	27-9-98	Assendelft (NED)	126
193.	Pover Karin	67	08-021	48.80	25m	9-9-79	Wormerveer (NED)	124
194.	de Loos Marijke	94	08-021	48.94	25m	25-3-10	Heemskerk (NED)	123
195.	Rijpkema Marije	85	08-021	49.35	25m	31-1-02	Heemskerk	120
196.	Dekker Elise	97	08-021	49.52	25m	5-2-06	Zaandam (NED)	119
197.	Tilgenkamp Lentley	13	08-021	49.55	25m	16-2-25	Haarlem (NED)	119
198.	Smit Lydia	84	08-021	49.68	25m	17-12-98	Heemskerk (NED)	118
199.	Bruins Julia	06	08-021	49.71	25m	24-10-24	Heemskerk (NED)	117
200.	Copier Alyssa	04	08-021	50.00	25m	9-6-13	Zaandam (NED)	115
201.	Last Rooske	94	08-021	50.09	25m	9-5-10	Purmerend (NED)	115
202.	Visser Robin	05	08-021	50.18	25m	12-2-17	Purmerend (NED)	114
203.	Gelsumino Giulia	03	08-021	50.36	25m	10-12-15	Heemskerk (NED)	113
204.	Aafjes Suzan	69	08-021	50.50	25m	12-10-80	Wormerveer (NED)	112
205.	Aardenburg Judith	93	08-021	50.51	25m	25-11-04	Heemskerk (NED)	112
206.	Steenkamp Ciska	90	08-021	50.69	25m	11-11-01	Zaandam	111
207.	Schut Bodine	09	08-021	50.92	25m	4-10-20	Heemskerk (NED)	109
208.	Potemans Priscilla	84	08-021	51.30	25m	31-8-97	Assendelft (NED)	107
209.	Hoorn Linsey	94	08-021	51.43	50m	17-4-05	Beverwijk (NED)	107
210.	Sahin Sümeyye Sena	10	08-021	51.61	25m	1-2-24	Heemskerk (NED)	105
211.	Schelvis Liselot	92	08-021	51.77	25m	14-3-04	Zaandam	104
212.	van der Wijden Eline	88	08-021	51.83	25m	22-2-01	Heemskerk (NED)	104
213.	Bouwer Jolien	89	08-021	51.87	25m	28-2-02	Heemskerk	103
214.	Viel Bianca	85	08-021	51.97	25m	14-11-99	Zaandam (NED)	103
215.	Zeeman Judith	70	08-021	52.00	25m	29-11-81	Zaandam (NED)	103
216.	Koper Birgit	87	08-021	52.05	25m	27-4-03	Zaandam	102
217.	Cappelle Marcella	85	08-021	52.40	25m	26-10-97	Heemskerk (NED)	100
218.	van Ederen Jasmijn	10	08-021	52.59	25m	5-3-20	Heemskerk (NED)	99
219.	van der Does Lisa	02	08-021	52.60	25m	30-3-14	Zaandam (NED)	99
220.	Feenstra Petra	71	08-021	53.00	25m	16-1-83	Heemskerk (NED)	97
220.	Werdekker Marjolein	81	08-021	53.00	25m	13-3-97	Heemskerk (NED)	97
222.	Terhorst Ilja	67	08-021	53.10	25m	8-11-80	Heemskerk (NED)	96
223.	van Giezen Corina	68	08-021	53.30	25m	21-9-80	Heemskerk (NED)	95
224.	van Rijn Eline	07	08-021	53.32	25m	17-11-16	Heemskerk (NED)	95
225.	van Perlo Carla	75	08-021	53.50	25m	28-10-84	Egmond (NED)	94
226.	Koopman Jessie	97	08-021	54.12	25m	18-4-10	Zaandam (NED)	91
227.	Bok Femke	74	08-021	54.20	25m	28-10-84	Egmond (NED)	91
228.	Doodeman Sara	00	08-021	54.69	25m	13-2-11	Purmerend (NED)	88
229.	Bakker Lisette	83	08-021	54.80	25m	11-12-97	Heemskerk (NED)	88
230.	Yayli Serina	90	08-021	54.91	25m	1-4-02	Haarlem	87
231.	van den Heuvel Sandra	80	08-021	55.00	25m	3-12-89	Zaandam (NED)	87
232.	de Boer Isabel	06	08-021	55.08	25m	11-6-16	Zaandam (NED)	86

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233.	Terluin Suus	09	08-021	55.13	25m	5-3-20	Heemskerk (NED)	86
234.	van Giezen Irene	67	08-021	55.40	25m	11-4-81	Heemskerk (NED)	85
235.	Kesting Alexandra	00	08-021	55.57	25m	3-4-11	Zaandam (NED)	84
236.	Koper Ella	90	08-021	55.63	25m	10-3-02	Heemskerk	84
237.	Lensen Sarian	89	08-021	56.24	25m	9-2-03	Zaandam (NED)	81
238.	Rasch Monique	66	08-021	56.50	25m	11-4-81	Heemskerk (NED)	80
239.	Dijkstra Pascal	89	08-021	56.90	25m	22-4-99	Heemskerk (NED)	78
240.	Boonstra Esmé	02	08-021	56.93	25m	7-4-13	Castricum (NED)	78
241.	Zijlstra Mariëlle	83	08-021	57.20	25m	29-10-95	Castricum (NED)	77
242.	Elghandor Kiyaan	03	08-021	57.23	25m	30-3-14	Zaandam (NED)	77
243.	Smit Ingrid	67	08-021	57.40	25m	8-11-80	Heemskerk (NED)	76
244.	Snijder Femke	83	08-021	58.00	25m	12-5-93		74
245.	van der Werf Chily	72	08-021	58.20	25m	16-1-83	Heemskerk (NED)	73
246.	Schijf Irene	83	08-021	58.30	25m	24-11-94	Heemskerk (NED)	73
247.	Liefting Mariëlle	90	08-021	58.95	25m	10-3-02	Heemskerk	70
248.	Hoeksema Kim	90	08-021	59.12	25m	31-1-02	Heemskerk	70
249.	Koper Selma	03	08-021	59.26	25m	21-3-13	Heemskerk (NED)	69
250.	Eijndhoven Jonna	02	08-021	1:00.39	50m	10-6-12	Beverwijk (NED)	66
251.	Beentjes Daphne	91	08-021	1:00.80	25m	19-12-02	Heemskerk	64
252.	Haack Fenna	16	08-021	1:00.82	25m	16-2-25	Haarlem (NED)	64
253.	Doevendans Phileine	06	08-021	1:01.05	25m	6-3-16	Purmerend (NED)	63
254.	Huisman Lianne	87	08-021	1:01.12	25m	22-2-01	Heemskerk (NED)	63
255.	Salido Keesje	05	08-021	1:01.25	25m	19-2-15	Heemskerk (NED)	63
256.	Hoekstra Karin	76	08-021	1:01.70	25m	21-5-87	Heemskerk (NED)	61
257.	Nijman Linda	89	08-021	1:02.34	25m	25-3-01	Heerhugowaard (NED)	59
258.	Boere Sacha	91	08-021	1:02.39	25m	25-11-04	Heemskerk (NED)	59
259.	Werdekker Esther	83	08-021	1:03.20	25m	14-3-96	Heemskerk (NED)	57
260.	Kerdijk Lianne	81	08-021	1:03.60	25m	4-4-91	Heemskerk (NED)	56
261.	Kerkhoven Michelle	91	08-021	1:03.71	25m	22-2-01	Heemskerk (NED)	56
262.	Doll Maartje	80	08-021	1:03.80	25m	12-5-93		55
263.	Herwegh Izayra Rena	14	08-021	1:04.07	25m	29-1-23	Heemskerk (NED)	55
264.	Morianner Susanna	72	08-021	1:04.20	25m	20-9-81	Den Helder (NED)	54
265.	Welboren Julia	00	08-021	1:04.96	25m	9-2-12	Heemskerk (NED)	52
266.	van Laarhoven Salome	15	08-021	1:05.10	25m	15-12-24	Amsterdam (NED)	52
267.	Pezo Adna	90	08-021	1:05.60	50m	27-5-01	Beverwijk (NED)	51
268.	Wiegman Brenda	72	08-021	1:06.40	25m	16-1-83	Heemskerk (NED)	49
269.	Pover Ellen	72	08-021	1:07.00	25m	11-4-81	Heemskerk (NED)	48
270.	Janssen Tess	89	08-021	1:09.33	25m	27-9-98	Assendelft (NED)	43
271.	Stoker Ianthe	84	08-021	1:11.50	25m	23-1-97	Heemskerk	39
272.	van Perlo Ingrid	73	08-021	1:12.90	25m	21-3-82		37
273.	van Noort Jony	85	08-021	1:18.40	25m	14-3-96	Heemskerk (NED)	30
274.	Zuidervaart Anne	02	08-021	1:19.93	25m	22-3-12	Heemskerk (NED)	28
275.	Kuijper Michelle	91	08-021	1:23.14	25m	22-2-01	Heemskerk (NED)	25

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1. Wentink Yara	04	08-021	1:05.06	25m	23-11-24	Den Haag (NED)	591
2. Schelvis Femke	84	08-021	1:08.80	25m	10-10-99	Zaandam (NED)	500
3. Broek Jade	97	08-021	1:09.19	25m	3-11-19	Purmerend (NED)	491
4. Kingma Danae	00	08-021	1:09.42	25m	13-1-19	Purmerend (NED)	486
5. Hoekstra Eline	03	08-021	1:09.89	25m	12-11-23	Den Helder (NED)	477
6. Drubers Mirjam	67	08-021	1:10.80	25m	31-12-85		458
7. Smit Sanne	01	08-021	1:11.71	25m	18-11-18	Hoofddorp (NED)	441
8. Vink Lidewij	90	08-021	1:12.85	25m	10-12-06	Heemskerk (NED)	421
9. de Groot Daniëlle	93	08-021	1:13.13	25m	25-11-07	Amsterdam (NED)	416
10. Palmboom Nicole	91	08-021	1:13.63	25m	17-11-07	Barneveld (NED)	407
11. Mallon Danique	94	08-021	1:13.93	25m	23-5-10	Purmerend (NED)	403
11. van der Gracht Anouk	89	08-021	1:13.93	25m	9-3-14	Zaandam (NED)	403
13. Crok Annemarie	89	08-021	1:14.05	25m	29-11-09	Heemskerk (NED)	401
14. Verbree Bets	63	08-021	1:14.50	25m	7-2-82		393
15. de Haan Shira	00	08-021	1:14.89	25m	12-2-17	Purmerend (NED)	387
16. Koopman Inge	93	08-021	1:14.92	25m	24-4-22	Den Helder (NED)	387
17. Hoek Daniëlle	88	08-021	1:15.40	25m	9-2-12	Heemskerk (NED)	379
18. van de Poll Marianne	89	08-021	1:15.65	25m	14-12-03	Heemskerk (NED)	376
19. Stins Mariska	84	08-021	1:15.83	25m	27-5-04	Heemskerk (NED)	373
20. Teufer Irene	96	08-021	1:16.12	50m	13-4-08	Antwerpen (BEL)	387
21. Groen Anne	95	08-021	1:16.26	25m	2-2-17	Heemskerk (NED)	367
22. Stam Vanessa	80	08-021	1:16.60	25m	15-12-96	Heemskerk (NED)	362
23. Essers Sanne	91	08-021	1:16.69	25m	21-10-07	Zaandam (NED)	361
24. Gijzen-van der Kroft Nicole	84	08-021	1:16.86	25m	14-1-01	Heemskerk (NED)	358
25. Siemerink Laura	04	08-021	1:17.11	25m	17-11-19	Hoofddorp (NED)	355
26. Besse Karen	75	08-021	1:17.20	25m	24-2-91	Heemskerk (NED)	353
27. Crok Linda	94	08-021	1:17.58	25m	13-11-16	Purmerend (NED)	348
28. van Staveren Marina	78	08-021	1:17.69	25m	18-2-12	Heerenveen (NED)	347
29. Spijker Kristel	84	08-021	1:17.92	25m	13-3-11	Heemskerk (NED)	344
30. Hulshof Saskia	73	08-021	1:18.90	25m	18-2-89		331
31. Schelvis Roos	86	08-021	1:18.99	25m	15-4-01	Haarlem (NED)	330
31. de Boer Irene	84	08-021	1:18.99	25m	16-4-01	Haarlem (NED)	330
33. Koster Lisa	94	08-021	1:19.44	25m	15-12-07	Heemskerk (NED)	324
34. Stam Sabrina	82	08-021	1:19.70	25m	6-4-97	Heemskerk (NED)	321
35. Kleijne Daisy	89	08-021	1:19.75	25m	12-2-06	Zaandam (NED)	321
36. Kramer Miranda	80	08-021	1:20.35	25m	28-2-02	Heemskerk	313
37. Butter Anouk	82	08-021	1:20.45	25m	25-3-04	Heemskerk	312
38. Veldhuis Amelia	03	08-021	1:21.34	25m	20-11-22	Den Helder (NED)	302
39. van 't Veer Iris	03	08-021	1:21.64	25m	1-2-24	Heemskerk (NED)	299
40. de Groot Gitta	60	08-021	1:21.70	25m	31-12-79		298
41. Moolevliet Petra	82	08-021	1:21.80	25m	6-4-96	Haarlem (NED)	297
42. Meijer Linda	77	08-021	1:22.10	25m	27-11-93		294
43. Vink Marjolein	93	08-021	1:22.18	25m	26-2-09	Heemskerk (NED)	293
44. Meijer Sylvia	81	08-021	1:22.50	25m	13-4-98	Haarlem (NED)	290
45. van Ballegooie Simone	84	08-021	1:22.69	25m	11-10-98	Alkmaar (NED)	288
46. de Ruijter Linda	87	08-021	1:22.80	25m	22-12-02	Zaandam	286
47. Koopman Anitra	89	08-021	1:22.99	25m	20-2-05	Aalsmeer (NED)	284
48. van Rookhuizen Sieta	79	08-021	1:23.10	25m	17-1-93	Zaandam	283
49. Plokker Sylvia	68	08-021	1:23.60	25m	31-5-81	Heerhugowaard (NED)	278
50. Zonneveld Chantal	84	08-021	1:23.73	25m	28-2-02	Heemskerk	277
51. Herwegh Binthy	09	08-021	1:24.00	25m	9-4-23	Haarlem (NED)	274
52. Scholten Britt	04	08-021	1:24.06	25m	11-2-18	Zaandam (NED)	274
53. Visser Stacey	87	08-021	1:24.15	25m	31-5-01	Heemskerk (NED)	273

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54.	Windmuller Wendy	69	08-021	1:24.20	25m	12-2-84	Heemskerk (NED)	272
55.	Jongema Helena	80	08-021	1:24.21	25m	16-11-08	Amsterdam-oost (NED)	272
56.	Koper Fiona	01	08-021	1:24.37	25m	24-1-19	Heemskerk (NED)	271
57.	Boekling Annette	85	08-021	1:24.82	25m	28-2-02	Heemskerk	266
58.	de Graaf Annemiek	70	08-021	1:25.20	25m	30-11-86	Heemskerk (NED)	263
58.	van der Geest Saskia	73	08-021	1:25.20	25m	6-12-89		263
60.	Zwaan Melissa	91	08-021	1:25.28	25m	28-12-03	Maastricht (NED)	262
61.	Schuyt Simone	75	08-021	1:25.80	25m	10-3-90		257
62.	Limmen Karin	76	08-021	1:26.30	25m	4-10-92	Assendelft (NED)	253
63.	Oudendijk Bianca	79	08-021	1:26.60	25m	5-11-95	Volendam (NED)	250
64.	Dijkstra Lisette	86	08-021	1:26.80	25m	24-5-98	Zaandam (NED)	249
65.	Buur Naomi	01	08-021	1:26.83	25m	18-2-16	Heemskerk (NED)	248
66.	Vredenburg Roos	95	08-021	1:27.10	25m	20-5-10	Heemskerk (NED)	246
67.	de Roode Xara	08	08-021	1:27.11	25m	2-2-25	Den Helder (NED)	246
68.	Bruin Marianne	78	08-021	1:27.20	25m	24-2-91	Heemskerk (NED)	245
69.	Petit Kirsten	00	08-021	1:27.26	25m	12-2-17	Purmerend (NED)	245
70.	van Duin Margret	60	08-021	1:27.40	25m	12-2-78	Heemskerk (NED)	243
71.	Haasbroek Renske	03	08-021	1:27.44	25m	12-1-25	Heemskerk (NED)	243
72.	Bakker Jesca	79	08-021	1:28.50	25m	22-4-90	Heemstede (NED)	234
72.	Visser Kelly	89	08-021	1:28.50	25m	28-2-02	Heemskerk	234
74.	Stel Serena	98	08-021	1:28.51	25m	18-2-10	Heemskerk (NED)	234
75.	Zonneveld Cindy	75	08-021	1:28.60	25m	4-2-93	Heemskerk (NED)	234
76.	Blaauw Yente	03	08-021	1:28.68	25m	15-2-18	Heemskerk (NED)	233
77.	Zwarthoed Brenda	96	08-021	1:28.87	25m	3-2-08	Purmerend (NED)	232
78.	de Boer Maia	03	08-021	1:29.40	25m	20-11-22	Den Helder (NED)	227
79.	Hogema Fabiën	93	08-021	1:29.44	25m	29-3-07	Heemskerk (NED)	227
80.	Krouwels Tanja	79	08-021	1:29.50	25m	12-2-98	Heemskerk (NED)	227
81.	ten Cate Ilona	85	08-021	1:29.56	25m	16-4-06	Haarlem (NED)	226
82.	Pover Karin	67	08-021	1:29.80	25m	13-3-83	Castricum (NED)	224
83.	Deiman Caroline	67	08-021	1:29.90	25m	6-12-89		224
84.	Hermans Liesbeth	66	08-021	1:30.00	25m	7-2-82		223
85.	van Giezen Sandra	63	08-021	1:30.20	25m	12-2-84	Heemskerk (NED)	221
85.	van Honk Chantal	80	08-021	1:30.20	25m	3-2-93		221
87.	Niesten Iris	92	08-021	1:30.21	50m	6-6-09	Beverwijk (NED)	232
88.	Dijkstra Ingrid	68	08-021	1:30.60	25m	16-1-83	Heemskerk (NED)	218
89.	Tholen Kirsten	66	08-021	1:30.70	25m	24-1-82		218
90.	van Eerden Meike	00	08-021	1:30.79	25m	24-1-19	Heemskerk (NED)	217
91.	de Wildt Maud	05	08-021	1:31.02	25m	24-11-19	Hoofddorp (NED)	215
92.	van Giezen Wendy	70	08-021	1:31.10	25m	27-2-83	Assendelft (NED)	215
93.	Poppema Yvonne	68	08-021	1:31.30	25m	7-10-84	Volendam (NED)	213
94.	van Koeveringe Nicole	93	08-021	1:31.60	25m	26-2-09	Heemskerk (NED)	211
95.	Heus Pauline	78	08-021	1:31.80	25m	6-4-96	Haarlem (NED)	210
96.	Peters Yvonne	63	08-021	1:32.20	25m	7-2-88	Heemskerk (NED)	207
97.	de Boer Claudia	77	08-021	1:32.30	25m	4-4-91	Heemskerk (NED)	207
98.	Hofland Yasmin	01	08-021	1:32.34	25m	4-2-18	Purmerend (NED)	206
99.	van Giezen Irene	67	08-021	1:32.50	25m	13-3-83	Castricum (NED)	205
100.	van Assema Eline	05	08-021	1:32.54	25m	2-2-23	Heemskerk (NED)	205
101.	Renkema Iris	04	08-021	1:32.76	25m	1-10-17	Purmerend (NED)	204
102.	van der Horst Sacha	69	08-021	1:33.40	25m	23-9-84	Heemskerk (NED)	199
102.	Cappelle Carljin	82	08-021	1:33.40	25m	6-4-97	Heemskerk (NED)	199
104.	Hommersen Sandra	84	08-021	1:33.86	25m	11-10-98	Alkmaar (NED)	196
105.	de Boer Angela	80	08-021	1:34.70	25m	27-4-95	Heemskerk (NED)	191
106.	Rodenburg Rianne	93	08-021	1:35.06	25m	17-4-06	Haarlem (NED)	189

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107.	Nijholt Carin	60	08-021	1:35.20	25m	13-4-80	Zaandam (NED)	188
108.	ten Cate Joyce	80	08-021	1:35.29	25m	26-2-09	Heemskerk (NED)	188
109.	Besse Meta	78	08-021	1:35.30	25m	29-11-92	Heemskerk (NED)	188
110.	Bruin Adri	74	08-021	1:35.40	25m	30-9-89		187
111.	Steenbakker Lisan	07	08-021	1:35.44	25m	10-3-24	Purmerend (NED)	187
112.	Lindelauf Priscilla	85	08-021	1:35.49	25m	17-2-00	Heemskerk (NED)	187
113.	de Vries Justine	83	08-021	1:35.80	25m	13-3-97	Heemskerk (NED)	185
114.	van Ballegooie Stefanie	86	08-021	1:36.26	25m	18-11-01	Heemskerk	182
115.	Missot Gonda	66	08-021	1:36.50	25m	28-10-79	Heerhugowaard (NED)	181
116.	Venema Jalina	04	08-021	1:36.61	25m	2-2-17	Heemskerk (NED)	180
117.	de Groot Linda	81	08-021	1:36.79	25m	23-4-00	Haarlem (NED)	179
118.	Walraven Annet	62	08-021	1:36.90	25m	4-10-80	Heemskerk (NED)	178
118.	Palthe Yvonne	67	08-021	1:36.90	25m	18-10-81	Heemskerk (NED)	178
120.	Huneker Jolanda	79	08-021	1:36.96	25m	17-1-99	Heemskerk (NED)	178
121.	Molenaar Eline	82	08-021	1:37.06	25m	20-2-00	Assendelft (NED)	178
122.	van Galen Angela	65	08-021	1:37.10	25m	16-11-80	Haarlem (NED)	177
123.	Zonneveld Melissa	88	08-021	1:37.13	25m	25-11-04	Heemskerk (NED)	177
124.	van Giezen Corina	68	08-021	1:37.40	25m	23-9-84	Heemskerk (NED)	176
125.	Niesten Annet	62	08-021	1:37.60	25m	31-12-75		175
126.	Limmen Miriam	75	08-021	1:37.70	25m	1-4-90	Zaandam (NED)	174
127.	de Vriend Sofie	01	08-021	1:37.77	25m	2-6-12	Zaandam (NED)	174
128.	van Huisstede Nikita	01	08-021	1:37.90	25m	13-11-16	Purmerend (NED)	173
129.	Huisman Caroline	64	08-021	1:38.00	25m	23-10-77	Zandvoort (NED)	173
130.	de Graaf Dinie	71	08-021	1:39.00	25m	28-10-84	Egmond (NED)	167
131.	Munnik Yvonne	64	08-021	1:39.10	25m	26-2-78	Castricum (NED)	167
132.	van Rijn Sydney	03	08-021	1:39.27	25m	2-10-16	Purmerend (NED)	166
133.	Limmen Anita	78	08-021	1:39.40	25m	28-9-94		165
134.	Meesters Audrey	90	08-021	1:39.90	25m	27-3-03	Heemskerk	163
135.	Angenent Nienke	01	08-021	1:40.31	25m	8-1-15	Heemskerk (NED)	161
136.	Knight Kayleigh	00	08-021	1:40.32	25m	15-2-18	Heemskerk (NED)	161
137.	van Leeuwen Andrea	71	08-021	1:40.60	25m	28-10-84	Egmond (NED)	159
138.	Bakkum Wilma	62	08-021	1:40.90	25m	30-11-80	Heemskerk (NED)	158
139.	van Velsen Patricia	79	08-021	1:41.20	25m	14-3-96	Heemskerk (NED)	157
140.	Hoek Laura	86	08-021	1:41.34	25m	23-4-00	Haarlem (NED)	156
141.	Bos Chantal	74	08-021	1:41.40	25m	18-2-89		156
141.	Oosterveen Yvonne	80	08-021	1:41.40	25m	3-2-93		156
143.	Essers Patricia	84	08-021	1:42.09	25m	17-2-00	Heemskerk (NED)	153
144.	van Vliet Isabel	02	08-021	1:42.32	25m	14-1-18	Purmerend (NED)	152
145.	Dijkstra Maud	84	08-021	1:42.40	25m	5-4-98	Heemskerk (NED)	151
146.	Visser Shana	04	08-021	1:42.49	25m	2-10-16	Purmerend (NED)	151
147.	de Vries Cathy	77	08-021	1:42.60	25m	21-4-91	Heemstede (NED)	150
148.	Bouwman Esther	63	08-021	1:42.70	25m	3-6-78	Z.O. Beemster (NED)	150
149.	Grul Lisanne	97	08-021	1:42.86	25m	9-2-12	Heemskerk (NED)	149
150.	Windmuller Annemarie	67	08-021	1:43.00	25m	17-2-80	Heerhugowaard (NED)	149
150.	van Langelaar Tessa	97	08-021	1:43.00	25m	27-3-11	Heemstede (NED)	149
152.	Oortwijn Jytte	10	08-021	1:43.22	25m	1-2-24	Heemskerk (NED)	148
153.	Zonneveld Monica	80	08-021	1:43.30	25m	15-1-94		147
154.	Dreyer Elly	63	08-021	1:43.40	25m	2-3-80	Heemskerk (NED)	147
155.	Bouwer Jolien	89	08-021	1:43.41	25m	28-11-02	Heemskerk	147
156.	Huisman Jolanda	68	08-021	1:43.90	25m	23-9-84	Heemskerk (NED)	145
157.	Mulder Amy	80	08-021	1:44.10	25m	15-1-94		144
158.	de Groot Sjors	08	08-021	1:44.36	25m	1-2-24	Heemskerk (NED)	143
159.	de Vries Chrissie	93	08-021	1:44.49	25m	29-3-07	Heemskerk (NED)	142

100 vlinderslag (sinds 160)

160.	Sobh Shaime	03	08-021	1:45.15	25m	18-2-16	Heemskerk (NED)	140
161.	Regelink Anneke	83	08-021	1:45.24	25m	5-4-99	Haarlem (NED)	139
162.	Schaefer Lisa	06	08-021	1:45.29	25m	30-1-20	Heemskerk (NED)	139
163.	Liefting Sarina	93	08-021	1:45.50	25m	30-11-06	Heemskerk	138
164.	Ivens Suzanne	99	08-021	1:45.53	25m	26-10-14	Zaandam (NED)	138
165.	Groot Tineke	60	08-021	1:46.10	25m	2-3-80	Heemskerk (NED)	136
166.	de Groot Marlijn	92	08-021	1:46.11	25m	3-10-04	Heemskerk (NED)	136
167.	de Wolff Isabel	01	08-021	1:46.70	25m	18-2-16	Heemskerk (NED)	134
168.	de Graaf Isabella	04	08-021	1:46.72	25m	1-10-17	Purmerend (NED)	133
169.	Horst Diana	67	08-021	1:46.80	25m	18-10-81	Heemskerk (NED)	133
170.	Berloth Lydia	68	08-021	1:46.90	25m	16-1-83	Heemskerk (NED)	133
171.	Nemchonok Alisa	82	08-021	1:47.21	25m	5-4-99	Haarlem (NED)	132
172.	van Putten Demi	96	08-021	1:48.50	25m	3-3-11	Heemskerk (NED)	127
173.	Viel Bianca	85	08-021	1:48.69	25m	22-4-99	Heemskerk (NED)	126
174.	Jansen Pauline	67	08-021	1:49.00	25m	16-1-83	Heemskerk (NED)	125
175.	Bos Marieke	06	08-021	1:49.09	25m	10-6-17	Zaandam (NED)	125
176.	Wieman Lianne	03	08-021	1:49.43	25m	30-1-20	Heemskerk (NED)	124
177.	Beentjes Nicolet	80	08-021	1:49.50	25m	30-5-96	Heemskerk (NED)	124
178.	van de Kamp Yvonne	65	08-021	1:49.60	25m	4-10-80	Heemskerk (NED)	123
179.	Rasch Monique	66	08-021	1:49.80	25m	6-9-81	Heemskerk (NED)	123
180.	Koper Birgit	87	08-021	1:50.78	25m	28-11-02	Heemskerk	119
181.	Smit Lydia	84	08-021	1:50.87	25m	22-4-99	Heemskerk (NED)	119
182.	Ardicyaka Irem	06	08-021	1:51.00	25m	3-11-19	Purmerend (NED)	119
183.	Hoekstra Karin	76	08-021	1:51.60	25m	17-1-88	Assendelft (NED)	117
184.	Raszinski Nienke	01	08-021	1:51.78	25m	30-1-14	Heemskerk (NED)	116
185.	Sierra Ana Maria	69	08-021	1:52.80	25m	18-4-82		113
186.	van der Horst Wendy	72	08-021	1:53.50	25m	13-3-83	Castricum (NED)	111
187.	van der Eng Laura	80	08-021	1:53.90	25m	9-11-96		110
188.	Mosch Sabina	84	08-021	1:54.45	25m	27-3-03	Heemskerk	108
189.	Schut Bodine	09	08-021	1:54.73	25m	4-10-20	Heemskerk (NED)	107
190.	Sahin Sümeyye Sena	10	08-021	1:54.96	25m	1-2-24	Heemskerk (NED)	107
191.	Stel Kaylin	01	08-021	1:55.09	25m	20-5-10	Heemskerk (NED)	106
192.	van den Braber Liesbeth	84	08-021	1:55.90	25m	12-2-98	Heemskerk (NED)	104
193.	Weezepeel Natascha	07	08-021	1:56.33	25m	30-1-20	Heemskerk (NED)	103
194.	Schaaper Margriet	62	08-021	1:56.50	25m	13-10-79	Heemskerk (NED)	103
195.	Verhagen Sabine	71	08-021	1:57.20	25m	28-10-84	Egmond (NED)	101
195.	de Jong Desire	73	08-021	1:57.20	25m	8-11-87	Heemskerk (NED)	101
197.	Bakker Anna	97	08-021	1:57.97	25m	26-2-09	Heemskerk (NED)	99
198.	Bos Annelies	74	08-021	1:58.40	25m	29-11-87	Amstelveen (NED)	98
199.	Bakker Daniëlle	96	08-021	1:58.72	25m	5-10-08	Heemskerk (NED)	97
200.	Martens landra	03	08-021	1:58.83	25m	8-1-15	Heemskerk (NED)	97
201.	Snijder Femke	83	08-021	1:59.20	25m	4-4-94	Haarlem (NED)	96
202.	Aafjes Suzan	69	08-021	2:01.00	25m	18-1-81	Zaandam (NED)	91
203.	Steenkamp Ciska	90	08-021	2:01.17	25m	24-4-00	Haarlem (NED)	91
204.	Yayli Serina	90	08-021	2:02.61	25m	28-11-02	Heemskerk	88
205.	Bakker Lisette	83	08-021	2:03.30	25m	15-11-98	Assendelft (NED)	86
206.	Brands Ingrid	72	08-021	2:03.60	25m	29-9-85	Heemskerk (NED)	86
207.	Last Rooske	94	08-021	2:03.64	25m	20-5-10	Heemskerk (NED)	86
208.	de Loos Marijke	94	08-021	2:04.26	25m	20-5-10	Heemskerk (NED)	84
209.	Hoogervorst Marlon	84	08-021	2:04.30	25m	13-11-94	Hoom (NED)	84
210.	Rodenburg Kyra	96	08-021	2:05.15	25m	24-11-05	Heemskerk (NED)	83
211.	Smit Ingrid	67	08-021	2:05.60	25m	22-11-80	Heemskerk (NED)	82
212.	Buur Cindy	99	08-021	2:06.11	25m	30-1-14	Heemskerk (NED)	81

100 vlinderslag (sinds 213)

213.	Nijman José	93	08-021	2:06.51	25m	11-2-07	Zaandam (NED)	80
214.	Aardenburg Judith	93	08-021	2:06.77	25m	2-10-05	Zaandam (NED)	79
215.	Schelvis Liselot	92	08-021	2:07.72	25m	8-2-04	Zaandam (NED)	78
216.	Rijkema Marije	85	08-021	2:08.60	25m	28-2-02	Heemskerk	76
217.	Gelsumino Giulia	03	08-021	2:10.18	25m	8-1-15	Heemskerk (NED)	73
218.	Cappelle Marcella	85	08-021	2:10.90	25m	12-2-98	Heemskerk (NED)	72
219.	Koper Ella	90	08-021	2:12.17	25m	3-2-02	Zaandam (NED)	70
220.	Boere Sacha	91	08-021	2:12.33	25m	24-2-05	Heemskerk (NED)	70
221.	Lensen Sarian	89	08-021	2:13.35	25m	27-3-03	Heemskerk	68
222.	Visser Robin	05	08-021	2:19.25	25m	13-12-15	Zaandam (NED)	60
223.	Pezo Adna	90	08-021	2:28.91	25m	16-4-01	Haarlem (NED)	49

200 vlinderslag

1.	Wentink Yara	04	08-021	2:34.17	25m	10-3-24	Purmerend (NED)	466
2.	Schelvis Femke	84	08-021	2:35.87	25m	25-11-04	Heemskerk (NED)	451
3.	Hoekstra Eline	03	08-021	2:38.02	25m	16-2-25	Haarlem (NED)	433
4.	Vink Lidewij	90	08-021	2:46.45	25m	21-1-07	Zaandam (NED)	371
5.	Mallon Danique	94	08-021	2:48.96	25m	18-2-10	Heemskerk (NED)	354
6.	Broek Jade	97	08-021	2:48.98	25m	24-3-19	Purmerend (NED)	354
7.	Stam Vanessa	80	08-021	2:49.10	25m	29-3-98	Heemstede (NED)	353
8.	Crok Annemarie	89	08-021	2:49.30	25m	14-3-10	Heemskerk (NED)	352
9.	Teufer Irene	96	08-021	2:49.76	50m	12-4-08	Antwerpen (BEL)	369
10.	Palmboom Nicole	91	08-021	2:51.40	25m	31-1-08	Heemskerk (NED)	339
11.	van der Gracht Anouk	89	08-021	2:52.59	25m	9-3-08	Heemskerk (NED)	332
12.	Verbree Bets	63	08-021	2:54.70	25m	31-12-81		320
13.	de Groot Daniëlle	93	08-021	2:56.23	25m	26-5-07	Purmerend (NED)	312
14.	Stins Mariska	84	08-021	2:58.47	25m	15-3-09	Haarlem (NED)	301
15.	Kingma Danae	00	08-021	2:58.59	25m	24-3-19	Purmerend (NED)	300
16.	de Haan Shira	00	08-021	2:58.95	25m	12-3-17	Purmerend (NED)	298
17.	van de Poll Marianne	89	08-021	2:59.51	25m	7-6-03	Z.o. Beemster	295
18.	Spijker Kristel	84	08-021	3:01.28	25m	14-3-10	Heemskerk (NED)	287
19.	Koopman Inge	93	08-021	3:02.12	25m	18-2-23	Heerenveen (NED)	283
20.	Gijzen-van der Kroft Nicole	84	08-021	3:02.96	25m	26-4-01	Heemskerk (NED)	279
21.	Schelvis Roos	86	08-021	3:03.76	25m	20-12-01	Heemskerk	275
22.	Butter Anouk	82	08-021	3:04.98	25m	26-4-01	Heemskerk (NED)	270
23.	Groen Anne	95	08-021	3:05.24	25m	12-3-17	Purmerend (NED)	269
24.	Meijer Linda	77	08-021	3:06.00	25m	7-2-93	Volendam (NED)	265
24.	Kleijne Daisy	89	08-021	3:06.00	25m	31-1-08	Heemskerk (NED)	265
26.	Crok Linda	94	08-021	3:06.01	25m	18-2-10	Heemskerk (NED)	265
27.	Stel Serena	98	08-021	3:07.06	25m	18-2-10	Heemskerk (NED)	261
28.	de Ruijter Linda	87	08-021	3:07.60	25m	22-12-02	Zaandam	259
29.	Hoek Daniëlle	88	08-021	3:07.93	25m	31-1-08	Heemskerk (NED)	257
30.	Kramer Miranda	80	08-021	3:09.21	25m	27-11-03	Heemskerk (NED)	252
31.	Koster Lisa	94	08-021	3:11.30	25m	31-1-08	Heemskerk (NED)	244
32.	de Boer Irene	84	08-021	3:15.15	25m	16-4-00	Zaandam (NED)	230
33.	Moolevliet Petra	82	08-021	3:15.30	25m	4-2-96	Heerhugowaard (NED)	229
34.	van Rookhuizen Sieta	79	08-021	3:16.10	25m	26-1-92	Volendam (NED)	226
35.	Essers Sanne	91	08-021	3:16.44	25m	18-2-10	Heemskerk (NED)	225
36.	Vink Marjolein	93	08-021	3:17.91	25m	31-1-08	Heemskerk (NED)	220
37.	Vredenburg Roos	95	08-021	3:19.06	25m	18-2-10	Heemskerk (NED)	216
38.	Boekling Annette	85	08-021	3:19.10	25m	20-12-01	Heemskerk	216
39.	Oudendijk Bianca	79	08-021	3:21.60	25m	4-2-96	Heerhugowaard (NED)	208

200 vlinderslag (sinds 40)

40.	Koopman Anitra	89	08-021	3:22.70	25m	25-11-04	Heemskerk (NED)	205
41.	Meijer Sylvia	81	08-021	3:23.30	25m	29-3-98	Heemstede (NED)	203
42.	Visser Stacey	87	08-021	3:27.93	50m	29-4-01	Beverwijk (NED)	201
43.	Petit Kirsten	00	08-021	3:30.05	25m	20-5-13	Purmerend (NED)	184
44.	Hermans Liesbeth	66	08-021	3:30.20	25m	7-3-82		184
45.	Niesten Iris	92	08-021	3:31.96	25m	30-11-06	Heemskerk	179
46.	van Galen Angela	65	08-021	3:32.40	25m	18-4-82		178
47.	van Giezen Sandra	63	08-021	3:32.90	25m	18-4-82		177
48.	Tholen Kirsten	66	08-021	3:36.30	25m	7-3-82		169
49.	Siemerink Laura	04	08-021	3:37.20	25m	27-11-16	Zaandam (NED)	167
50.	Visser Kelly	89	08-021	3:37.49	25m	17-3-02	Zaandam	166
51.	Blaauw Yente	03	08-021	3:38.15	25m	27-11-16	Zaandam (NED)	164
52.	van 't Veer Iris	03	08-021	3:40.13	25m	27-11-16	Zaandam (NED)	160
53.	Holland Yasmin	01	08-021	3:40.40	25m	6-4-14	Zaandam (NED)	159
54.	Scholten Britt	04	08-021	3:45.13	25m	27-11-16	Zaandam (NED)	149
55.	Venema Jalina	04	08-021	3:45.14	25m	24-4-16	Zaandam (NED)	149
56.	Pover Karin	67	08-021	3:45.30	25m	7-3-82		149
57.	Buur Naomi	01	08-021	3:47.93	25m	6-4-14	Zaandam (NED)	144
58.	Renkema Iris	04	08-021	3:50.96	25m	13-12-15	Zaandam (NED)	138
59.	Veldhuis Amelia	03	08-021	3:51.64	25m	27-11-16	Zaandam (NED)	137
60.	de Wildt Maud	05	08-021	3:53.68	25m	27-11-16	Zaandam (NED)	134
61.	van Giezen Irene	67	08-021	3:54.00	25m	7-3-82		133
62.	de Boer Maia	03	08-021	3:55.74	25m	27-11-16	Zaandam (NED)	130
63.	Ivens Suzanne	99	08-021	4:14.47	25m	28-5-12	Purmerend (NED)	103
64.	Knight Kayleigh	00	08-021	4:18.31	25m	18-3-12	Zaandam (NED)	99

1000 vlinderslag

1.	Wentink Yara	04	08-021	15:22.84	25m	16-2-25	Haarlem (NED)	
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100 wisselslag

1.	Kingma Danae	00	08-021	1:07.44	25m	23-12-17	Hoofddorp (NED)	588
2.	Broek Jade	97	08-021	1:09.81	25m	2-1-16	Horn (NED)	530
3.	Schelvis Femke	84	08-021	1:09.84	25m	18-2-99	Heemskerk (NED)	529
4.	Wentink Yara	04	08-021	1:10.16	25m	25-6-23	Rotterdam (NED)	522
5.	ten Bokkel Henriëke	94	08-021	1:11.34	25m	17-5-18	Heemskerk (NED)	497
6.	Hoekstra Eline	03	08-021	1:12.07	25m	2-6-22	Heemskerk (NED)	482
7.	Palmboom Nicole	91	08-021	1:12.94	25m	10-2-08	Purmerend (NED)	465
8.	Crok Linda	94	08-021	1:12.98	25m	11-4-10	Zaandam (NED)	464
9.	Groen Anne	95	08-021	1:13.00	25m	2-10-16	Purmerend (NED)	463
10.	Siemerink Laura	04	08-021	1:13.78	25m	22-4-19	Haarlem (NED)	449
11.	Koster Lisa	94	08-021	1:13.98	25m	12-5-08	Purmerend (NED)	445
12.	Gijzen-van der Kroft Nicole	84	08-021	1:14.28	25m	27-9-01	Heemskerk	440
13.	Schelvis Roos	86	08-021	1:15.00	25m	12-12-99	Heemskerk (NED)	427
14.	Smit Sanne	01	08-021	1:15.06	25m	11-12-16	Alkmaar (NED)	426
15.	de Haan Shira	00	08-021	1:15.07	25m	11-5-17	Heemskerk (NED)	426
16.	de Groot Daniëlle	93	08-021	1:15.39	25m	6-1-08	Alkmaar (NED)	421
17.	Crok Annemarie	89	08-021	1:15.40	25m	19-11-09	Heemskerk (NED)	420
18.	Kramer Miranda	80	08-021	1:15.65	25m	15-11-98	Zaandam (NED)	416
19.	van 't Veer Iris	03	08-021	1:15.66	25m	17-5-18	Heemskerk (NED)	416
20.	Mallon Danique	94	08-021	1:15.90	25m	11-4-10	Zaandam (NED)	412
21.	Kleijne Daisy	89	08-021	1:15.95	25m	30-12-05	Maastricht (NED)	411
22.	Koopman Inge	93	08-021	1:16.06	25m	2-10-22	Den Helder (NED)	410

100 wisselslag (sinds 23)

23.	Besse Karen	75	08-021	1:16.10	25m	14-3-91	Heemskerk (NED)	409
24.	van der Gracht Anouk	89	08-021	1:16.15	25m	20-5-13	Purmerend (NED)	408
25.	Hulshof Saskia	73	08-021	1:16.20	25m	31-12-89	Heemskerk (NED)	407
26.	Vink Lidewij	90	08-021	1:16.36	25m	26-3-06	Purmerend (NED)	405
27.	Herwegh Binthy	09	08-021	1:16.38	25m	27-10-24	Zaandam (NED)	404
28.	van Staveren Marina	78	08-021	1:16.71	25m	13-5-12	Grootebroek (NED)	399
29.	Buur Naomi	01	08-021	1:16.81	25m	10-1-16	Purmerend (NED)	398
30.	Hoek Daniëlle	88	08-021	1:16.84	25m	12-2-12	Heemstede (NED)	397
31.	Stam Vanessa	80	08-021	1:17.70	25m	5-10-97	Zaandam (NED)	384
32.	Petit Kirsten	00	08-021	1:17.74	25m	4-12-16	Zaandam (NED)	384
33.	Essers Sanne	91	08-021	1:17.84	25m	21-1-07	Zaandam (NED)	382
34.	van Rookhuizen Sieta	79	08-021	1:18.07	25m	14-11-99	Zaandam (NED)	379
35.	Meijer Sylvia	81	08-021	1:18.16	25m	18-2-99	Heemskerk (NED)	377
36.	van Honk Chantal	80	08-021	1:18.20	25m	15-4-93	Heemskerk (NED)	377
37.	van de Poll Marianne	89	08-021	1:18.30	25m	4-4-04	Zaandam	375
38.	Stins Mariska	84	08-021	1:18.32	25m	28-12-03	Maastricht (NED)	375
39.	Vink Marjolein	93	08-021	1:18.37	25m	2-12-07	Alkmaar (NED)	374
40.	Spijker Kristel	84	08-021	1:18.48	25m	6-12-09	Zaandam (NED)	373
41.	Verbree Bets	63	08-021	1:18.60	25m	31-5-80	Heemskerk (NED)	371
42.	Niesten Iris	92	08-021	1:18.63	25m	19-11-09	Heemskerk (NED)	371
43.	Herwegh Yara	07	08-021	1:18.83	25m	20-10-24	Heemskerk (NED)	368
44.	Jongema Helena	80	08-021	1:18.86	25m	2-2-08	Heerenveen (NED)	367
45.	de Boer Maia	03	08-021	1:19.01	25m	3-10-21	Den Helder (NED)	365
46.	Dijkstra Lisette	86	08-021	1:19.13	25m	13-12-98	Heemskerk (NED)	364
47.	Koopman Anitra	89	08-021	1:19.18	25m	28-12-04	Maastricht (NED)	363
48.	Blaauw Yente	03	08-021	1:19.20	25m	11-4-19	Heemskerk (NED)	363
49.	Stel Serena	98	08-021	1:19.33	25m	4-4-10	Haarlem (NED)	361
50.	Teufer Irene	96	08-021	1:19.40	25m	6-1-08	Alkmaar (NED)	360
51.	Stam Sabrina	82	08-021	1:19.60	25m	3-11-96	Zaandam (NED)	357
52.	Haasbroek Renske	03	08-021	1:19.95	25m	4-4-24	Heemskerk (NED)	353
53.	de Wildt Maud	05	08-021	1:20.14	25m	30-10-22	Heemskerk (NED)	350
54.	van Assema Eline	05	08-021	1:20.16	25m	1-7-21	Heemskerk (NED)	350
55.	Windmuller Wendy	69	08-021	1:20.20	25m	15-3-87	Heemskerk (NED)	349
55.	Meijer Linda	77	08-021	1:20.20	25m	16-6-93		349
55.	Scholten Britt	04	08-021	1:20.20	25m	11-4-19	Heemskerk (NED)	349
58.	de Boer Irene	84	08-021	1:20.53	25m	28-11-99	Alkmaar (NED)	345
59.	Heus Pauline	78	08-021	1:20.70	25m	15-12-96	Heemskerk (NED)	343
60.	Limmen Karin	76	08-021	1:20.80	25m	11-12-93		342
61.	Boekling Annette	85	08-021	1:21.34	25m	27-9-01	Heemskerk	335
62.	de Roode Xara	08	08-021	1:21.39	25m	20-10-24	Heemskerk (NED)	334
63.	van der Geest Saskia	73	08-021	1:21.40	25m	31-12-88		334
64.	Plokker Sylvia	68	08-021	1:21.60	25m	16-1-83	Heemskerk (NED)	332
64.	van Ballegoie Simone	84	08-021	1:21.60	25m	30-11-97	Alkmaar (NED)	332
66.	Moolevliet Petra	82	08-021	1:21.80	25m	1-10-95	Heemskerk (NED)	329
67.	Zwarthoed Brenda	96	08-021	1:21.93	25m	12-5-08	Purmerend (NED)	328
68.	Visser Stacey	87	08-021	1:22.19	25m	27-9-01	Heemskerk	325
69.	Butter Anouk	82	08-021	1:22.29	25m	29-9-05	Heemskerk (NED)	323
70.	Visser Kelly	89	08-021	1:22.38	25m	27-2-03	Heemskerk	322
71.	Renkema Iris	04	08-021	1:22.47	25m	9-10-16	Alkmaar (NED)	321
72.	Zonneveld Chantal	84	08-021	1:22.86	25m	14-11-99	Zaandam (NED)	317
73.	van Langelaar Tessa	97	08-021	1:22.92	25m	21-4-13	Heemskerk (NED)	316
74.	Schuyt Simone	75	08-021	1:23.20	25m	31-12-89	Heemskerk (NED)	313
75.	Dijkstra Ingrid	68	08-021	1:23.30	25m	16-1-83	Heemskerk (NED)	312

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75.	van Eerden Meike	00	08-021	1:23.30	25m	11-4-19	Heemskerk (NED)	312
77.	Hermans Liesbeth	66	08-021	1:23.40	25m	17-1-82		311
78.	Veldhuis Amelia	03	08-021	1:23.42	25m	3-10-21	Den Helder (NED)	310
79.	van Galen Angela	65	08-021	1:23.50	25m	17-2-80	Heerhugowaard (NED)	309
79.	van Giezen Irene	67	08-021	1:23.50	25m	16-1-83	Heemskerk (NED)	309
81.	Zwaan Melissa	91	08-021	1:23.64	25m	28-12-03	Maastricht (NED)	308
82.	de Ruijter Linda	87	08-021	1:23.76	25m	25-9-03	Heemskerk (NED)	307
83.	Oudendijk Bianca	79	08-021	1:23.90	25m	11-12-94	Heemskerk (NED)	305
84.	Angenent Nienke	01	08-021	1:23.96	25m	26-10-14	Zaandam (NED)	304
85.	van Koeveringe Nicole	93	08-021	1:24.11	25m	1-3-09	Heemstede (NED)	303
86.	Vredenburg Roos	95	08-021	1:24.15	25m	19-11-09	Heemskerk (NED)	302
87.	Poppema Yvonne	68	08-021	1:24.20	25m	22-1-84	Zandvoort (NED)	302
88.	Hogema Fabiën	93	08-021	1:24.74	25m	27-4-06	Heemskerk	296
89.	Koper Fiona	01	08-021	1:24.79	25m	21-9-14	Purmerend (NED)	296
90.	Pover Karin	67	08-021	1:24.80	25m	17-1-82		295
90.	Tholen Kirsten	66	08-021	1:24.80	25m	17-1-82		295
92.	Rodenburg Rianne	93	08-021	1:24.91	25m	27-4-06	Heemskerk	294
93.	van Sikkelerus Lisa	99	08-021	1:24.97	25m	17-11-13	Heemskerk (NED)	294
94.	Hofland Yasmin	01	08-021	1:25.06	25m	17-5-18	Heemskerk (NED)	293
95.	van Huisstede Nikita	01	08-021	1:25.21	25m	6-12-15	Purmerend (NED)	291
96.	Bakkum Wilma	62	08-021	1:25.40	25m	27-9-80	Heemskerk (NED)	289
97.	Ivens Suzanne	99	08-021	1:25.57	25m	25-11-12	Heemskerk (NED)	288
98.	Bruin Marianne	78	08-021	1:26.00	25m	16-5-91	Heemskerk (NED)	283
99.	de Boer Claudia	77	08-021	1:26.20	25m	4-2-90	Volendam (NED)	281
100.	Krouwels Tanja	79	08-021	1:26.24	25m	18-2-99	Heemskerk (NED)	281
101.	van Giezen Corina	68	08-021	1:26.40	25m	22-1-84	Zandvoort (NED)	279
101.	Limmen Miriam	75	08-021	1:26.40	25m	14-3-91	Heemskerk (NED)	279
103.	de Wolff Isabel	01	08-021	1:26.46	25m	19-5-16	Heemskerk (NED)	279
104.	de Boer Angela	80	08-021	1:26.70	25m	19-11-94		276
105.	Zonneveld Cindy	75	08-021	1:26.90	25m	16-6-93		274
106.	van Giezen Sandra	63	08-021	1:27.00	25m	27-9-80	Heemskerk (NED)	274
107.	Niesten Annet	62	08-021	1:27.40	25m	21-5-78	Heemskerk (NED)	270
107.	Hommersen Sandra	84	08-021	1:27.40	25m	14-12-97	Heemskerk (NED)	270
109.	Lindelauf Priscilla	85	08-021	1:27.41	25m	27-9-01	Heemskerk	270
110.	Nijholt Carin	60	08-021	1:27.70	25m	31-5-80	Heemskerk (NED)	267
110.	Groot Tineke	60	08-021	1:27.70	25m	27-9-80	Heemskerk (NED)	267
112.	Deiman Caroline	67	08-021	1:27.90	25m	31-12-88		265
113.	Buur Cindy	99	08-021	1:27.97	25m	19-5-16	Heemskerk (NED)	265
114.	Cappelle Carlijn	82	08-021	1:28.00	25m	5-10-97	Zaandam (NED)	264
115.	Oosterveen Yvonne	80	08-021	1:28.10	25m	4-10-92	Assendelft (NED)	263
116.	Bos Marieke	06	08-021	1:28.30	25m	25-5-23	Heemskerk (NED)	262
117.	Liefting Sarina	93	08-021	1:28.48	25m	5-11-06	Zaandam (NED)	260
118.	van Rijn Sydney	03	08-021	1:28.52	25m	17-5-18	Heemskerk (NED)	260
119.	ten Cate Joyce	80	08-021	1:28.63	25m	27-4-06	Heemskerk	259
120.	Steenbakker Lisan	07	08-021	1:28.88	25m	4-4-24	Heemskerk (NED)	257
121.	Bruin Adri	74	08-021	1:29.30	25m	12-1-89	Heemskerk (NED)	253
122.	Ardicyaka Irem	06	08-021	1:29.37	25m	11-4-19	Heemskerk (NED)	252
123.	Hoek Laura	86	08-021	1:29.47	25m	12-12-99	Heemskerk (NED)	251
124.	de Vries Chrissie	93	08-021	1:29.48	25m	19-4-07	Heemskerk (NED)	251
125.	ten Cate Ilona	85	08-021	1:29.63	25m	29-9-05	Heemskerk (NED)	250
126.	Knight Kayleigh	00	08-021	1:29.67	25m	17-5-18	Heemskerk (NED)	250
127.	Walraven Annet	62	08-021	1:29.80	25m	31-5-80	Heemskerk (NED)	249
127.	de Graaf Annemiek	70	08-021	1:29.80	25m	24-1-82		249

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127.	Huisman Jolanda	68	08-021	1:29.80	25m	22-1-84	Zandvoort (NED)	249
127.	Limmen Anita	78	08-021	1:29.80	25m	16-6-93		249
131.	Peters Yvonne	63	08-021	1:29.90	25m	15-3-87	Heemskerk (NED)	248
132.	de Vriend Sofie	01	08-021	1:29.98	25m	5-1-13	Hoorndam (NED)	247
133.	van Velsen Patricia	79	08-021	1:30.00	25m	19-11-94		247
134.	Bakker Jesca	79	08-021	1:30.30	25m	5-11-89	Heemskerk (NED)	245
135.	Grul Lisanne	97	08-021	1:30.36	25m	1-4-12	Zaandam (NED)	244
136.	Dreyer Elly	63	08-021	1:30.40	25m	8-12-79	Heemskerk (NED)	244
136.	Nijman José	93	08-021	1:30.40	25m	31-5-08	Aalsmeer (NED)	244
138.	de Vries Cathy	77	08-021	1:30.70	25m	16-5-91	Heemskerk (NED)	241
139.	Raszinski Nienke	01	08-021	1:30.89	25m	17-4-14	Heemskerk (NED)	240
140.	van der Horst Sacha	69	08-021	1:31.00	25m	17-5-81	Castricum (NED)	239
141.	de Vries Justine	83	08-021	1:31.10	25m	8-12-96	Heerhugowaard (NED)	238
142.	Koper Birgit	87	08-021	1:31.15	25m	27-4-06	Heemskerk	238
143.	Regelink Anneke	83	08-021	1:31.16	25m	26-11-98	Heemskerk (NED)	238
144.	van Giezen Wendy	70	08-021	1:31.40	25m	24-1-82		236
144.	Berloth Lydia	68	08-021	1:31.40	25m	16-1-83	Heemskerk (NED)	236
146.	Besse Meta	78	08-021	1:31.70	25m	14-3-91	Heemskerk (NED)	234
147.	Missot Gonda	66	08-021	1:31.90	25m	10-12-77	Heemskerk (NED)	232
147.	Palthe Yvonne	67	08-021	1:31.90	25m	16-1-83	Heemskerk (NED)	232
149.	Schaefer Lisa	06	08-021	1:32.27	25m	9-12-18	Zaandam (NED)	229
150.	Molenaar Eline	82	08-021	1:32.40	25m	18-2-99	Heemskerk (NED)	228
151.	Windmuller Annemarie	67	08-021	1:32.50	25m	31-8-80	Heemskerk (NED)	228
152.	Schaaper Margriet	62	08-021	1:32.90	25m	8-12-79	Heemskerk (NED)	225
152.	Ligterink Angela	76	08-021	1:32.90	25m	16-1-88	Hilversum (NED)	225
154.	Nemchonok Alisa	82	08-021	1:32.98	25m	18-2-99	Heemskerk (NED)	224
155.	Bos Chantal	74	08-021	1:33.10	25m	31-12-88		223
156.	Visser Shana	04	08-021	1:33.30	25m	10-12-17	Zaandam (NED)	222
157.	Huneker Jolanda	79	08-021	1:33.37	25m	18-2-99	Heemskerk (NED)	221
158.	van Putten Demi	96	08-021	1:33.48	25m	27-3-11	Heemstede (NED)	220
159.	Dijkstra Maud	84	08-021	1:33.50	25m	5-10-97	Zaandam (NED)	220
160.	van de Kamp Yvonne	65	08-021	1:33.60	25m	17-2-80	Heerhugowaard (NED)	220
161.	Visser Robin	05	08-021	1:33.80	25m	11-5-17	Heemskerk (NED)	218
162.	Oortwijn Jytte	10	08-021	1:33.94	25m	4-6-23	Haarlem (NED)	217
163.	Smit Lydia	84	08-021	1:34.01	25m	18-2-99	Heemskerk (NED)	217
164.	van Ballegooie Stefanie	86	08-021	1:34.03	25m	14-11-99	Zaandam (NED)	217
165.	Buitenhuis Danine	91	08-021	1:34.21	25m	30-1-03	Heemskerk	215
166.	de Groot Linda	81	08-021	1:34.36	25m	14-11-99	Zaandam (NED)	214
167.	Steenkamp Ciska	90	08-021	1:34.41	25m	25-10-01	Heemskerk	214
168.	de Graaf Dinie	71	08-021	1:34.50	25m	10-4-83	Heemskerk (NED)	213
169.	Sobh Shaime	03	08-021	1:34.59	25m	19-5-16	Heemskerk (NED)	213
170.	Bouwman Esther	63	08-021	1:35.20	25m	24-4-76	Heemskerk (NED)	209
171.	Zonneveld Monica	80	08-021	1:36.00	25m	17-6-93	Heemskerk (NED)	203
172.	Meesters Audrey	90	08-021	1:36.32	25m	27-2-03	Heemskerk	201
173.	de Graaf Isabella	04	08-021	1:36.41	25m	11-4-19	Heemskerk (NED)	201
174.	Viel Bianca	85	08-021	1:36.44	25m	18-2-99	Heemskerk (NED)	201
175.	de Groot Marlijn	92	08-021	1:36.48	25m	14-11-04	Zaandam (NED)	200
176.	Terhorst Iija	67	08-021	1:36.80	25m	17-2-80	Heerhugowaard (NED)	198
177.	Venema Jalina	04	08-021	1:36.86	25m	19-5-16	Heemskerk (NED)	198
178.	van Kooten Cynthia	93	08-021	1:37.23	25m	29-9-05	Heemskerk (NED)	196
179.	Mulder Amy	80	08-021	1:37.50	25m	4-10-92	Assendelft (NED)	194
180.	Sahin Sümeyye Sena	10	08-021	1:37.57	25m	25-5-23	Heemskerk (NED)	194
181.	Rodenburg Kyra	96	08-021	1:37.71	25m	26-11-06	Heemskerk (NED)	193

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182.	Pover Ellen	72	08-021	1:37.80	25m	22-1-84	Zandvoort (NED)	192
182.	van Perlo Ingrid	73	08-021	1:37.80	25m	29-9-85	Heemskerk (NED)	192
184.	Weezepeel Natascha	07	08-021	1:37.87	25m	1-7-21	Heemskerk (NED)	192
185.	Stel Kaylin	01	08-021	1:38.09	25m	23-5-10	Purmerend (NED)	191
186.	Dijkstra Janet	77	08-021	1:38.30	25m	31-12-88		189
187.	Mosch Sabina	84	08-021	1:38.70	25m	5-4-98	Heemskerk (NED)	187
188.	van Rijn Eline	07	08-021	1:38.71	25m	11-5-17	Heemskerk (NED)	187
189.	Bakker Anna	97	08-021	1:38.79	25m	29-5-08	Heemskerk (NED)	187
190.	Essers Patricia	84	08-021	1:38.81	25m	14-11-99	Zaandam (NED)	187
191.	van Vliet Isabel	02	08-021	1:38.83	25m	26-10-14	Zaandam (NED)	186
192.	Beentjes Nicolet	80	08-021	1:38.90	25m	5-10-97	Zaandam (NED)	186
193.	Koopman Jessie	97	08-021	1:39.09	25m	11-4-10	Zaandam (NED)	185
194.	Schut Bodine	09	08-021	1:39.35	25m	3-10-21	Den Helder (NED)	184
195.	van Leeuwen Andrea	71	08-021	1:39.60	25m	24-1-82		182
196.	Splinter Nathalie	75	08-021	1:39.70	25m	12-1-89	Heemskerk (NED)	182
197.	van der Eng Laura	80	08-021	1:39.90	25m	4-2-96	Heerhugowaard (NED)	181
198.	de Groot Sjors	08	08-021	1:39.94	25m	6-10-24	Den Helder (NED)	180
199.	Smit Ingrid	67	08-021	1:40.50	25m	31-8-80	Heemskerk (NED)	177
200.	Calkhoven Mariëtte	65	08-021	1:40.90	25m	12-2-78	Heemskerk (NED)	175
201.	Schelvis Liselot	92	08-021	1:41.06	25m	30-11-03	Heemskerk (NED)	174
202.	Bok Femke	74	08-021	1:41.50	25m	29-9-85	Heemskerk (NED)	172
202.	Willemse Renee	75	08-021	1:41.50	25m	6-10-85	Wormerveer (NED)	172
204.	de Loos Marijke	94	08-021	1:41.73	25m	19-11-09	Heemskerk (NED)	171
205.	Hoogervorst Marlon	84	08-021	1:41.80	25m	26-1-95	Heemskerk (NED)	171
206.	Aafjes Suzan	69	08-021	1:42.00	25m	8-11-80	Heemskerk (NED)	170
207.	Cappelle Marcella	85	08-021	1:42.21	25m	15-11-98	Zaandam (NED)	169
208.	Wieman Lianne	03	08-021	1:42.76	25m	19-5-16	Heemskerk (NED)	166
209.	Wiegman Brenda	72	08-021	1:42.80	25m	22-1-84	Zandvoort (NED)	166
210.	Beeksma Anne	88	08-021	1:42.88	25m	25-10-01	Heemskerk	165
211.	van Rijn Ilona	65	08-021	1:42.90	25m	12-2-78	Heemskerk (NED)	165
212.	Aardenburg Judith	93	08-021	1:42.98	25m	21-11-04	Zaandam (NED)	165
213.	Lund Jolanda	65	08-021	1:43.00	25m	31-5-80	Heemskerk (NED)	165
214.	Potemans Priscilla	84	08-021	1:43.30	25m	5-10-97	Zaandam (NED)	163
215.	Elghandor Kiyaan	03	08-021	1:43.69	25m	23-4-15	Heemskerk (NED)	161
216.	van der Werf Chily	72	08-021	1:43.70	25m	22-1-84	Zandvoort (NED)	161
217.	van Perlo Carla	75	08-021	1:43.80	25m	6-10-85	Wormerveer (NED)	161
217.	Zijlstra Mariëlle	83	08-021	1:43.80	25m	4-2-96	Heerhugowaard (NED)	161
219.	van Dijk Yvonne	65	08-021	1:44.30	25m	10-12-77	Heemskerk (NED)	159
220.	Koper Ella	90	08-021	1:44.39	25m	27-4-06	Heemskerk	158
221.	Dekker Danyk	94	08-021	1:44.55	25m	29-5-08	Heemskerk (NED)	157
222.	Dijkstra Pascal	89	08-021	1:44.74	25m	26-11-98	Heemskerk (NED)	157
223.	Kesting Alexandra	00	08-021	1:44.82	25m	14-4-11	Heemskerk (NED)	156
224.	van der Horst Wendy	72	08-021	1:44.90	25m	28-2-82		156
225.	van Ederen Jasmijn	10	08-021	1:45.26	25m	19-1-20	Zaandam (NED)	154
226.	van der Does Lisa	02	08-021	1:45.63	25m	20-4-14	Haarlem (NED)	153
227.	Horst Diana	67	08-021	1:45.90	25m	27-9-80	Heemskerk (NED)	151
228.	Geurtsen Daisy	89	08-021	1:46.07	25m	25-10-01	Heemskerk	151
229.	Copier Alyssa	04	08-021	1:46.61	25m	30-3-14	Zaandam (NED)	148
230.	Martens landra	03	08-021	1:46.83	25m	16-11-14	Zaandam (NED)	148
231.	Butter Noor	16	08-021	1:47.08	25m	19-1-25	Krommenie (NED)	146
232.	van den Braber Liesbeth	84	08-021	1:47.20	25m	5-4-98	Heemskerk (NED)	146
233.	Koper Selma	03	08-021	1:47.23	25m	25-4-13	Heemskerk (NED)	146
234.	Gelsumino Giulia	03	08-021	1:47.59	25m	16-11-14	Zaandam (NED)	144

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235.	Zeeman Judith	70	08-021	1:47.90	25m	13-12-80	Heemskerk (NED)	143
236.	Last Rooske	94	08-021	1:48.05	25m	19-11-09	Heemskerk (NED)	143
237.	Yayli Serina	90	08-021	1:48.13	25m	27-2-03	Heemskerk	142
238.	Dekker Elise	97	08-021	1:48.28	25m	18-12-05	Alkmaar (NED)	142
239.	Bouwer Jolien	89	08-021	1:48.31	25m	25-10-01	Heemskerk	142
240.	Doevendans Phileine	06	08-021	1:48.54	25m	19-5-16	Heemskerk (NED)	141
241.	Huisman Lianne	87	08-021	1:48.59	25m	26-4-01	Heemskerk (NED)	140
242.	Doll Maartje	80	08-021	1:48.70	25m	17-6-93	Heemskerk (NED)	140
243.	Bakker Lisette	83	08-021	1:48.80	25m	2-3-97	Haarlem (NED)	140
244.	Beentjes Daphne	91	08-021	1:49.25	25m	17-11-02	Heemskerk	138
245.	Hoolwerff Esther	77	08-021	1:49.70	25m	21-5-87	Heemskerk (NED)	136
246.	van den Heuvel Sandra	80	08-021	1:49.80	25m	22-4-90	Heemstede (NED)	136
247.	Lensen Sarian	89	08-021	1:49.83	25m	25-9-03	Heemskerk (NED)	136
248.	de Boer Isabel	06	08-021	1:49.92	25m	14-6-15	Zaandam (NED)	135
249.	Snijder Femke	83	08-021	1:51.40	25m	19-1-94		130
250.	Salido Keesje	05	08-021	1:51.48	25m	23-4-15	Heemskerk (NED)	130
251.	Pezo Adna	90	08-021	1:51.64	25m	18-11-01	Heemskerk	129
252.	Werdekker Marjolein	81	08-021	1:52.00	25m	12-12-96	Heemskerk (NED)	128
253.	Liefting Marielle	90	08-021	1:52.04	25m	26-9-02	Heemskerk	128
254.	Schijf Irene	83	08-021	1:52.40	25m	5-3-95	Heemskerk (NED)	127
255.	Sierra Ana Maria	69	08-021	1:52.90	25m	13-12-80	Heemskerk (NED)	125
256.	Nijman Linda	89	08-021	1:53.12	25m	26-4-01	Heemskerk (NED)	124
257.	Reiss Katinka	65	08-021	1:54.20	25m	10-12-77	Heemskerk (NED)	121
258.	Kuijper Michelle	91	08-021	1:54.58	25m	18-11-01	Heemskerk	119
259.	van der Wijden Eline	88	08-021	1:54.98	25m	26-10-00	Heemskerk (NED)	118
260.	Rijkema Marije	85	08-021	1:56.01	25m	27-9-01	Heemskerk	115
261.	van der Leden Cynthia	66	08-021	1:56.50	25m	10-12-77	Heemskerk (NED)	114
262.	Welboren Julia	00	08-021	1:57.23	25m	26-4-12	Heemskerk (NED)	112
263.	Hoeksema Kim	90	08-021	1:57.24	25m	18-11-01	Heemskerk	111
264.	Zonneveld Jennifer	88	08-021	1:58.70	25m	25-10-01	Heemskerk	107
265.	van Tol Sarjenka	97	08-021	1:59.04	25m	5-10-08	Heemskerk (NED)	106
266.	van Noort Jony	85	08-021	2:02.30	25m	14-12-95	Heemskerk (NED)	98
267.	Bovekerk Annefleur	99	08-021	2:02.62	25m	3-10-10	Zaandam (NED)	97
268.	Hoorn Linsey	94	08-021	2:03.09	25m	27-1-05	Heemskerk (NED)	96
269.	Eijndhoven Jonna	02	08-021	2:03.43	25m	18-11-12	Zaandam (NED)	95
270.	Halbersma Jenny	70	08-021	2:03.80	25m	28-11-81	Heemskerk (NED)	95
271.	Tilgenkamp Lentley	13	08-021	2:04.26	25m	19-1-25	Krommenie (NED)	94
272.	Herwegh Izayra Rena	14	08-021	2:05.29	25m	9-4-23	Haarlem (NED)	91
273.	Boonstra Esmé	02	08-021	2:06.32	25m	11-11-12	Schagen (NED)	89
274.	Morianner Susanna	72	08-021	2:06.60	25m	28-2-82		88
275.	Hoekstra Femke	05	08-021	2:06.64	25m	21-9-14	Purmerend (NED)	88
276.	van Roon Jill	14	08-021	2:09.00	25m	9-2-25	Krommenie (NED)	84
277.	van Laarhoven Salome	15	08-021	2:13.18	25m	24-11-24	Zaandam (NED)	76
278.	van Dam Merel	14	08-021	2:19.48	25m	9-2-25	Krommenie (NED)	66
279.	Schuyt Patricia	77	08-021	2:20.00	25m	21-5-87	Heemskerk (NED)	65
280.	Dijkstra Miranda	72	08-021	3:04.40	25m	27-9-80	Heemskerk (NED)	28

200 wisselslag

1.	Schelvis Femke	84	08-021	2:29.81	25m	4-11-99	Heemskerk (NED)	538
2.	Kingma Danae	00	08-021	2:30.72	25m	12-2-17	Purmerend (NED)	528
3.	Wentink Yara	04	08-021	2:32.25	25m	16-11-24	Hoofddorp (NED)	512
4.	Broek Jade	97	08-021	2:35.38	25m	15-11-15	Purmerend (NED)	482
5.	Drubers Mirjam	67	08-021	2:35.70	25m	18-5-85	(NED)	479
6.	Hoekstra Eline	03	08-021	2:36.77	25m	10-2-19	Purmerend (NED)	469
7.	Groen Anne	95	08-021	2:37.83	25m	12-3-17	Purmerend (NED)	460
8.	Crok Linda	94	08-021	2:38.33	25m	24-4-11	Haarlem (NED)	455
9.	Smit Sanne	01	08-021	2:38.68	25m	10-2-19	Purmerend (NED)	452
10.	Palmboom Nicole	91	08-021	2:39.09	25m	13-1-08	Heemskerk (NED)	449
11.	Crok Annemarie	89	08-021	2:40.68	25m	3-4-11	Zaandam (NED)	436
12.	Stam Vanessa	80	08-021	2:41.90	25m	5-4-98	Heemskerk (NED)	426
13.	van 't Veer Iris	03	08-021	2:42.29	25m	23-4-23	Den Helder (NED)	423
14.	ten Bokkel Henriëke	94	08-021	2:42.90	25m	13-1-19	Purmerend (NED)	418
15.	de Haan Shira	00	08-021	2:42.93	25m	12-2-17	Purmerend (NED)	418
16.	Kleijne Daisy	89	08-021	2:43.70	25m	9-4-06	Purmerend (NED)	412
17.	Vink Lidewij	90	08-021	2:44.06	25m	14-12-06	Heemskerk (NED)	409
17.	Stel Serena	98	08-021	2:44.06	25m	18-4-10	Zaandam (NED)	409
19.	Gijzen-van der Kroft Nicole	84	08-021	2:44.29	25m	7-10-01	Zaandam (NED)	408
20.	Stam Sabrina	82	08-021	2:44.60	25m	7-5-98	Heemskerk (NED)	405
21.	Koster Lisa	94	08-021	2:44.63	25m	25-11-07	Amsterdam (NED)	405
22.	Schelvis Roos	86	08-021	2:44.66	25m	10-3-02	Heemskerk	405
23.	van der Gracht Anouk	89	08-021	2:45.00	25m	1-3-08	Hoorn (NED)	402
24.	Kramer Miranda	80	08-021	2:45.04	25m	13-1-02	Zaandam	402
25.	Hulshof Saskia	73	08-021	2:45.40	25m	11-2-90	Heemskerk (NED)	399
25.	van Honk Chantal	80	08-021	2:45.40	25m	25-3-93	Heemskerk (NED)	399
27.	Teufer Irene	96	08-021	2:45.65	25m	24-2-08	Zaandam (NED)	398
28.	Hoek Daniëlle	88	08-021	2:45.72	25m	16-1-05	Zaandam (NED)	397
29.	Mallon Danique	94	08-021	2:45.92	25m	26-9-10	Zaandam (NED)	396
30.	Besse Karen	75	08-021	2:46.40	25m	12-1-92	Assendelft (NED)	392
31.	Vink Marjolein	93	08-021	2:46.63	25m	13-1-08	Heemskerk (NED)	391
32.	de Groot Daniëlle	93	08-021	2:47.06	25m	13-1-08	Heemskerk (NED)	388
33.	Buur Naomi	01	08-021	2:47.45	25m	27-3-16	Haarlem (NED)	385
34.	Stins Mariska	84	08-021	2:47.46	25m	11-4-10	Zaandam (NED)	385
35.	Essers Sanne	91	08-021	2:47.50	25m	24-2-07	Hoorn (NED)	385
36.	Siemerink Laura	04	08-021	2:48.01	25m	10-2-19	Purmerend (NED)	381
37.	van der Geest Saskia	73	08-021	2:48.30	25m	18-2-89		379
38.	Koopman Anitra	89	08-021	2:48.74	25m	27-1-05	Heemskerk (NED)	376
39.	Verbree Bets	63	08-021	2:49.30	25m	22-3-81	Wieringerwerf (NED)	372
40.	de Boer Irene	84	08-021	2:51.12	25m	12-3-00	Heemskerk (NED)	361
41.	Spijker Kristel	84	08-021	2:51.21	25m	14-3-10	Heemskerk (NED)	360
42.	Meijer Sylvia	81	08-021	2:51.60	25m	26-4-98	Alkmaar (NED)	358
43.	Petit Kirsten	00	08-021	2:52.13	25m	4-2-18	Purmerend (NED)	354
44.	van de Poll Marianne	89	08-021	2:52.33	25m	14-3-04	Zaandam	353
45.	Limmen Karin	76	08-021	2:52.70	25m	12-1-92	Assendelft (NED)	351
46.	Scholten Britt	04	08-021	2:53.15	25m	10-2-19	Purmerend (NED)	348
47.	de Graaf Annemiek	70	08-021	2:53.20	25m	21-5-87	Heemskerk (NED)	348
48.	Meijer Linda	77	08-021	2:53.30	25m	24-3-93		347
49.	de Boer Maia	03	08-021	2:53.31	25m	21-11-21	Den Helder (NED)	347
50.	Jongema Helena	80	08-021	2:53.73	25m	12-1-08	Zwolle (NED)	345
51.	van Ballegooie Simone	84	08-021	2:53.90	25m	8-3-98	Zaandam (NED)	344
52.	Boekling Annette	85	08-021	2:54.84	25m	26-4-01	Heemskerk (NED)	338
53.	van Rookhuizen Sieta	79	08-021	2:54.90	25m	26-1-95	Heemskerk (NED)	338

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54.	Niستن Iris	92	08-021	2:54.91	25m	22-1-09	Heemskerk (NED)	338
55.	van Duin Margret	60	08-021	2:55.80	25m	10-12-77	Heemskerk (NED)	333
56.	Haasbroek Renske	03	08-021	2:56.18	25m	12-11-23	Den Helder (NED)	330
57.	Heus Pauline	78	08-021	2:56.70	25m	2-3-97	Haarlem (NED)	328
58.	de Wildt Maud	05	08-021	2:57.09	25m	12-11-23	Den Helder (NED)	325
59.	Windmuller Wendy	69	08-021	2:57.20	25m	30-11-86	Heemskerk (NED)	325
60.	Dijkstra Lisette	86	08-021	2:57.30	25m	26-4-98	Alkmaar (NED)	324
61.	de Ruijter Linda	87	08-021	2:57.34	25m	30-1-03	Heemskerk	324
62.	Herwegh Binthy	09	08-021	2:57.35	25m	9-4-23	Haarlem (NED)	324
63.	de Groot Gitta	60	08-021	2:57.40	25m	10-12-77	Heemskerk (NED)	324
64.	Koper Fiona	01	08-021	2:57.59	25m	12-2-17	Purmerend (NED)	323
65.	van Assema Eline	05	08-021	2:58.10	25m	23-4-23	Den Helder (NED)	320
66.	de Roode Xara	08	08-021	2:58.34	25m	12-1-25	Heemskerk (NED)	319
67.	Blaauw Yente	03	08-021	2:58.35	25m	10-2-19	Purmerend (NED)	318
68.	Oudendijk Bianca	79	08-021	2:58.80	25m	5-2-94		316
69.	Vredenburg Roos	95	08-021	2:58.84	25m	4-4-10	Haarlem (NED)	316
70.	Moolevliet Petra	82	08-021	2:59.40	25m	2-5-96	Heemskerk (NED)	313
71.	Schuyt Simone	75	08-021	2:59.50	25m	4-11-89		312
72.	van Staveren Marina	78	08-021	2:59.65	50m	13-3-11	Amersfoort (NED)	345
73.	de Boer Claudia	77	08-021	3:00.10	25m	3-2-91	Zaandam (NED)	309
74.	Visser Kelly	89	08-021	3:00.18	25m	3-11-19	Purmerend (NED)	309
75.	Zonneveld Chantal	84	08-021	3:01.12	25m	4-11-99	Heemskerk (NED)	304
76.	van Galen Angela	65	08-021	3:01.40	25m	31-12-79		303
77.	Krouwels Tanja	79	08-021	3:01.50	25m	6-11-97	Heemskerk (NED)	302
78.	van Koeveringe Nicole	93	08-021	3:01.81	25m	12-4-09	Haarlem (NED)	301
79.	Renkema Iris	04	08-021	3:01.92	25m	7-2-16	Zaandam (NED)	300
80.	van Eerden Meike	00	08-021	3:02.31	25m	4-2-18	Purmerend (NED)	298
81.	Holland Yasmin	01	08-021	3:02.54	25m	4-2-18	Purmerend (NED)	297
82.	Hermans Liesbeth	66	08-021	3:02.70	25m	21-3-82		296
83.	Visser Stacey	87	08-021	3:02.76	25m	25-10-01	Heemskerk	296
84.	Dijkstra Ingrid	68	08-021	3:03.00	25m	18-4-82		295
85.	Hogema Fabiën	93	08-021	3:03.28	25m	31-5-07	Heemskerk (NED)	293
86.	Tholen Kirsten	66	08-021	3:03.30	25m	21-3-82		293
87.	Plokker Sylvia	68	08-021	3:04.10	25m	10-1-82	Wormerveer (NED)	290
88.	Veldhuis Amelia	03	08-021	3:04.48	25m	12-1-20	Purmerend (NED)	288
89.	Nijholt Carin	60	08-021	3:04.70	25m	21-4-79	Deinze (BEL)	287
89.	van der Horst Sacha	69	08-021	3:04.70	25m	11-12-83	Heemskerk (NED)	287
89.	Bruin Marianne	78	08-021	3:04.70	25m	3-2-91	Zaandam (NED)	287
92.	Butter Anouk	82	08-021	3:04.75	25m	5-11-00	Zaandam (NED)	286
93.	Poppema Yvonne	68	08-021	3:05.20	25m	11-12-83	Heemskerk (NED)	284
94.	de Graaf Dinie	71	08-021	3:05.40	25m	6-10-85	Wormerveer (NED)	283
95.	Zonneveld Cindy	75	08-021	3:05.70	25m	3-4-93		282
96.	de Boer Angela	80	08-021	3:06.40	25m	14-12-95	Heemskerk (NED)	279
97.	van Giezen Corina	68	08-021	3:07.00	25m	11-12-83	Heemskerk (NED)	276
98.	Bruin Adri	74	08-021	3:07.20	25m	18-3-89		275
99.	van Huisstede Nikita	01	08-021	3:07.83	25m	17-1-16	Purmerend (NED)	273
100.	van Leeuwen Andrea	71	08-021	3:08.00	25m	11-12-83	Heemskerk (NED)	272
101.	Peters Yvonne	63	08-021	3:08.50	25m	30-11-86	Heemskerk (NED)	270
102.	van Ballegooie Stefanie	86	08-021	3:08.88	25m	25-10-01	Heemskerk	268
103.	Limmen Miriam	75	08-021	3:09.00	25m	1-4-90	Zaandam (NED)	268
104.	van Langelaar Tessa	97	08-021	3:09.14	25m	26-4-12	Heemskerk (NED)	267
105.	Pover Karin	67	08-021	3:09.30	25m	11-12-83	Heemskerk (NED)	266
106.	Angenent Nienke	01	08-021	3:09.89	25m	16-3-14	Zaandam (NED)	264

200 wisselslag (sinds 107)

107.	Groot Tineke	60	08-021	3:10.00	25m	27-4-80	Assendelft (NED)	263
108.	van Giezen Wendy	70	08-021	3:10.20	25m	11-12-83	Heemskerk (NED)	262
109.	ten Cate Joyce	80	08-021	3:10.38	25m	9-3-08	Heemskerk (NED)	262
110.	Rodenburg Rianne	93	08-021	3:10.69	25m	15-12-05	Heemskerk (NED)	260
111.	Bouwman Esther	63	08-021	3:10.80	25m	10-12-77	Heemskerk (NED)	260
112.	Cappelle Carlijn	82	08-021	3:11.10	25m	8-3-98	Zaandam (NED)	259
113.	Bakkum Wilma	62	08-021	3:11.50	25m	28-9-80	Zaandam (NED)	257
114.	Oosterveen Yvonne	80	08-021	3:11.70	25m	15-3-92	Zuidoost Beemster (NED)	256
115.	de Vriend Sofie	01	08-021	3:12.11	25m	24-2-13	Zaandam (NED)	255
116.	Missot Gonda	66	08-021	3:12.30	25m	25-11-79	Heemskerk (NED)	254
117.	Niesten Annet	62	08-021	3:12.60	25m	10-12-77	Heemskerk (NED)	253
118.	Hommersen Sandra	84	08-021	3:12.90	25m	6-11-97	Heemskerk (NED)	252
119.	Munnik Yvonne	64	08-021	3:13.00	25m	12-3-78	Zaandam (NED)	251
120.	Deiman Caroline	67	08-021	3:13.30	25m	18-2-89		250
121.	Knight Kayleigh	00	08-021	3:13.38	25m	17-1-16	Purmerend (NED)	250
122.	van Giezen Sandra	63	08-021	3:14.10	25m	18-1-81	Zaandam (NED)	247
123.	Lindelauf Priscilla	85	08-021	3:14.28	25m	25-10-01	Heemskerk	246
124.	Dijkstra Maud	84	08-021	3:14.50	25m	7-5-98	Heemskerk (NED)	245
125.	Limmen Anita	78	08-021	3:15.20	25m	12-1-92	Assendelft (NED)	243
126.	Lund Karin	63	08-021	3:15.60	25m	10-12-77	Heemskerk (NED)	241
126.	Huisman Jolanda	68	08-021	3:15.60	25m	11-12-83	Heemskerk (NED)	241
126.	Berloth Lydia	68	08-021	3:15.60	25m	11-12-83	Heemskerk (NED)	241
129.	ten Cate Ilona	85	08-021	3:15.69	25m	14-12-06	Heemskerk (NED)	241
130.	van der Werf Chily	72	08-021	3:15.90	25m	6-10-85	Wormerveer (NED)	240
131.	Schaefer Lisa	06	08-021	3:16.78	25m	12-1-20	Purmerend (NED)	237
132.	Dreyer Elly	63	08-021	3:16.80	25m	2-3-80	Heemskerk (NED)	237
133.	Zonneveld Melissa	88	08-021	3:17.08	25m	27-1-05	Heemskerk (NED)	236
134.	Besse Meta	78	08-021	3:17.10	25m	19-1-94		236
135.	van Sikkelerus Lisa	99	08-021	3:17.20	25m	26-4-12	Heemskerk (NED)	235
136.	Grul Lisanne	97	08-021	3:17.29	25m	22-1-12	Zaandam (NED)	235
137.	Raszinski Nienke	01	08-021	3:17.45	25m	26-1-14	Zaandam (NED)	235
138.	Koper Birgit	87	08-021	3:17.54	25m	16-3-03	Heemskerk	234
139.	Bos Marieke	06	08-021	3:17.70	25m	15-10-17	Alkmaar (NED)	234
140.	van Vliet Isabel	02	08-021	3:17.71	25m	4-2-18	Purmerend (NED)	234
141.	Molenaar Eline	82	08-021	3:18.06	25m	4-11-99	Heemskerk (NED)	232
142.	de Vries Justine	83	08-021	3:18.90	25m	12-12-96	Heemskerk (NED)	229
143.	Liefting Sarina	93	08-021	3:18.95	25m	9-4-06	Purmerend (NED)	229
144.	Bouwer Jolien	89	08-021	3:19.24	25m	19-1-03	Zaandam	228
145.	Mulder Amy	80	08-021	3:19.40	25m	19-1-94		228
146.	de Groot Linda	81	08-021	3:19.50	25m	2-5-96	Heemskerk (NED)	227
147.	Schaaper Margriet	62	08-021	3:20.00	25m	4-11-79	Zaandam (NED)	226
148.	Venema Jalina	04	08-021	3:20.01	25m	13-11-16	Purmerend (NED)	226
149.	van Velsen Patricia	79	08-021	3:20.40	25m	25-1-95		224
150.	Ivens Suzanne	99	08-021	3:20.63	25m	18-5-13	Purmerend (NED)	224
151.	van Giezen Irene	67	08-021	3:20.70	25m	11-12-83	Heemskerk (NED)	223
151.	Zonneveld Monica	80	08-021	3:20.70	25m	19-1-94		223
153.	Visser Shana	04	08-021	3:21.55	25m	14-1-18	Purmerend (NED)	221
154.	Horst Diana	67	08-021	3:21.60	25m	6-9-81	Heemskerk (NED)	220
155.	Regelink Anneke	83	08-021	3:21.68	25m	7-3-99	Zaandam (NED)	220
156.	Walraven Annet	62	08-021	3:21.70	25m	9-9-79	Wormerveer (NED)	220
157.	Nijman José	93	08-021	3:22.11	25m	14-10-07	Zaandam (NED)	219
158.	Oortwijn Jytte	10	08-021	3:22.37	25m	28-1-24	Heemskerk (NED)	218
159.	van de Kamp Yvonne	65	08-021	3:22.50	25m	31-5-81	Heerhugowaard (NED)	217

200 wisselslag (sinds 160)

160.	van Rijn Sydney	03	08-021	3:22.93	25m	13-3-16	Zaandam (NED)	216
161.	de Wolff Isabel	01	08-021	3:23.07	25m	17-1-16	Purmerend (NED)	216
162.	Hoek Laura	86	08-021	3:23.35	25m	20-5-99	Heemskerk (NED)	215
163.	Bos Chantal	74	08-021	3:23.50	25m	21-5-87	Heemskerk (NED)	214
164.	Wieman Lianne	03	08-021	3:24.08	25m	4-2-18	Purmerend (NED)	212
165.	Huneker Jolanda	79	08-021	3:25.25	25m	26-11-98	Heemskerk (NED)	209
166.	Windmuller Annemarie	67	08-021	3:25.30	25m	16-11-80	Haarlem (NED)	209
167.	Palthe Yvonne	67	08-021	3:25.90	25m	28-11-81	Heemskerk (NED)	207
168.	de Groot Marlijn	92	08-021	3:26.46	25m	14-5-05	Zuidoost-Beemster (NED)	205
169.	Steenkamp Ciska	90	08-021	3:27.55	25m	9-6-01	Zaandam (NED)	202
170.	Sierra Ana Maria	69	08-021	3:27.60	25m	18-4-82		202
171.	de Jong Desire	73	08-021	3:29.10	25m	4-10-87	Zaandam (NED)	197
172.	Meesters Audrey	90	08-021	3:29.98	25m	19-1-03	Zaandam	195
173.	Willemse Renee	75	08-021	3:30.00	25m	30-11-86	Heemskerk (NED)	195
174.	Viel Bianca	85	08-021	3:30.13	25m	12-3-00	Heemskerk (NED)	195
175.	van Rijn Eline	07	08-021	3:30.41	25m	11-6-17	Zaandam (NED)	194
176.	Zwarthoed Brenda	96	08-021	3:30.65	25m	31-5-07	Heemskerk (NED)	193
177.	van Tellingen Ingrid	66	08-021	3:32.00	25m	28-11-81	Heemskerk (NED)	189
178.	Zeeman Judith	70	08-021	3:32.70	25m	3-4-82	Heemskerk (NED)	188
179.	Buur Cindy	99	08-021	3:32.74	25m	7-6-14	Purmerend (NED)	187
180.	Sobh Shaime	03	08-021	3:33.44	25m	25-1-15	Zaandam (NED)	186
181.	Martens landra	03	08-021	3:33.84	25m	15-11-15	Purmerend (NED)	185
182.	Ardicyaka Irem	06	08-021	3:34.20	25m	13-1-19	Purmerend (NED)	184
183.	Nemchonok Alisa	82	08-021	3:34.65	25m	26-11-98	Heemskerk (NED)	182
184.	van der Eng Laura	80	08-021	3:37.00	25m	2-5-96	Heemskerk (NED)	177
185.	Essers Patricia	84	08-021	3:37.50	25m	8-10-00	Heemskerk (NED)	175
186.	Ligterink Angela	76	08-021	3:39.00	25m	21-5-87	Heemskerk (NED)	172
187.	Mosch Sabina	84	08-021	3:39.40	25m	21-9-97	Alkmaar (NED)	171
188.	de Boer Isabel	06	08-021	3:40.34	25m	12-6-16	Zaandam (NED)	169
189.	Pover Ellen	72	08-021	3:40.90	25m	11-12-83	Heemskerk (NED)	167
190.	de Graaf Isabella	04	08-021	3:41.76	25m	13-11-16	Purmerend (NED)	165
191.	de Loos Marijke	94	08-021	3:42.51	25m	17-1-10	Amsterdam-oost (NED)	164
192.	Keessen Pam	62	08-021	3:42.80	25m	10-12-77	Heemskerk (NED)	163
193.	Aafjes Suzan	69	08-021	3:42.90	25m	23-5-81	Heemskerk (NED)	163
194.	Rasch Monique	66	08-021	3:43.00	25m	23-5-81	Heemskerk (NED)	163
195.	Koopman Jessie	97	08-021	3:43.88	25m	18-4-10	Zaandam (NED)	161
196.	Beentjes Nicolet	80	08-021	3:45.70	25m	14-12-95	Heemskerk (NED)	157
197.	Schelvis Liselot	92	08-021	3:46.02	25m	28-3-04	Zaandam (NED)	156
198.	van den Braber Liesbeth	84	08-021	3:46.30	25m	11-1-98	Assendelft (NED)	156
199.	Visser Robin	05	08-021	3:46.41	25m	24-4-16	Zaandam (NED)	155
200.	Smit Ingrid	67	08-021	3:47.40	25m	25-10-80	Heemskerk (NED)	153
200.	Smit Lydia	84	08-021	3:47.40	25m	7-5-98	Heemskerk (NED)	153
202.	Aardenburg Judith	93	08-021	3:47.62	25m	12-12-04	Zaandam (NED)	153
203.	Brands Ingrid	72	08-021	3:47.70	25m	6-10-85	Wormerveer (NED)	153
204.	Zijlstra Mariëlle	83	08-021	3:49.40	25m	5-11-95	Volendam (NED)	149
205.	Weezepeel Natascha	07	08-021	3:49.42	25m	3-11-19	Purmerend (NED)	149
206.	Rodenburg Kyra	96	08-021	3:50.34	25m	8-10-06	Zaandam (NED)	148
207.	Sahin Sümeyye Sena	10	08-021	3:50.61	25m	20-11-22	Den Helder (NED)	147
208.	Last Rooske	94	08-021	3:52.95	25m	17-1-10	Amsterdam-oost (NED)	143
209.	de Groot Sjors	08	08-021	3:53.08	50m	10-6-23	Bückeburg (GER)	158
210.	Wiegman Brenda	72	08-021	3:54.00	25m	11-12-83	Heemskerk (NED)	141
211.	van Perlo Carla	75	08-021	3:54.20	25m	22-9-85		140
212.	Schut Bodine	09	08-021	3:55.61	25m	3-11-19	Purmerend (NED)	138

200 wisselslag (sinds 213)

213.	Reuderink Miranda	63	08-021	3:57.20	25m	10-12-77	Heemskerk (NED)	135
214.	Dekker Elise	97	08-021	3:57.54	25m	30-1-05	Zaandam (NED)	135
215.	Cappelle Marcella	85	08-021	3:59.00	25m	7-5-98	Heemskerk (NED)	132
216.	Yayli Serina	90	08-021	3:59.90	25m	24-2-02	Heemskerk	131
217.	Koper Ella	90	08-021	4:01.07	25m	31-3-02	Zaandam	129
218.	Potemans Priscilla	84	08-021	4:03.10	25m	16-2-97	Volendam (NED)	125
219.	Lensen Sarian	89	08-021	4:03.95	25m	30-1-03	Heemskerk	124
220.	Snijder Femke	83	08-021	4:07.60	25m	12-3-94		119
221.	Hoekstra Karin	76	08-021	4:08.60	25m	21-5-87	Heemskerk (NED)	117
222.	Boonstra Esmé	02	08-021	4:10.58	25m	14-4-13	Zaandam (NED)	115
223.	Butter Noor	16	08-021	4:11.65	25m	16-2-25	Haarlem (NED)	113
224.	Broers Margot	63	08-021	4:12.20	25m	10-12-77	Heemskerk (NED)	112
225.	Tilgenkamp Lentley	13	08-021	4:27.25	25m	12-1-25	Heemskerk (NED)	94
226.	Kesting Alexandra	00	08-021	4:27.69	25m	20-3-11	Zaandam (NED)	94
227.	Vonk Bea	67	08-021	4:42.90	25m	28-11-81	Heemskerk (NED)	79

300 wisselslag

1.	Schelvis Femke	84	08-021	4:07.83	25m	30-11-03	Heemskerk (NED)	
2.	Vink Lidewij	90	08-021	4:12.63	25m	13-11-05	Zaandam (NED)	
3.	Schelvis Roos	86	08-021	4:19.22	25m	20-1-01	Amsterdam (NED)	
4.	Kleijne Daisy	89	08-021	4:20.65	25m	19-12-04	Heemskerk (NED)	
5.	Essers Sanne	91	08-021	4:22.14	25m	3-12-06	Zaandam (NED)	
6.	Crok Annemarie	89	08-021	4:23.42	25m	13-11-05	Zaandam (NED)	
7.	Hoek Daniëlle	88	08-021	4:24.44	25m	13-11-05	Zaandam (NED)	
8.	Crok Linda	94	08-021	4:25.22	25m	9-11-08	Zaandam (NED)	
9.	Gijzen-van der Kroft Nicole	84	08-021	4:26.28	25m	23-1-00	Heemskerk (NED)	
10.	van de Poll Marianne	89	08-021	4:28.07	25m	30-11-03	Heemskerk (NED)	
11.	Stins Mariska	84	08-021	4:28.22	25m	20-1-01	Amsterdam (NED)	
12.	de Groot Daniëlle	93	08-021	4:29.29	25m	9-12-07	Zaandam (NED)	
13.	van der Gracht Anouk	89	08-021	4:30.13	25m	3-12-06	Zaandam (NED)	
14.	Koopman Anitra	89	08-021	4:34.08	25m	30-11-03	Heemskerk (NED)	
15.	de Ruijter Linda	87	08-021	4:39.73	25m	24-11-02	Amsterdam	
16.	van Ballegooie Simone	84	08-021	4:41.34	25m	23-1-00	Heemskerk (NED)	
17.	Mallon Danique	94	08-021	4:41.82	25m	9-11-08	Zaandam (NED)	
18.	Palmboom Nicole	91	08-021	4:42.54	25m	19-12-04	Heemskerk (NED)	
19.	Heus Pauline	78	08-021	4:44.97	25m	23-1-00	Heemskerk (NED)	
20.	Niesten Iris	92	08-021	4:47.61	25m	3-12-06	Zaandam (NED)	
21.	Visser Stacey	87	08-021	4:50.92	25m	20-1-01	Amsterdam (NED)	
22.	Hogema Fabiën	93	08-021	5:00.83	25m	13-11-05	Zaandam (NED)	
23.	Vink Marjolein	93	08-021	5:05.15	25m	13-11-05	Zaandam (NED)	
24.	van Ballegooie Stefanie	86	08-021	5:05.52	25m	20-1-01	Amsterdam (NED)	
25.	Hoek Laura	86	08-021	5:12.22	25m	23-1-00	Heemskerk (NED)	
26.	Rodenburg Rianne	93	08-021	5:16.57	25m	13-11-05	Zaandam (NED)	
27.	Liefting Sarina	93	08-021	5:23.74	25m	13-11-05	Zaandam (NED)	

400 wisselslag

1.	Hoekstra Eline	03	08-021	5:29.10	25m	24-11-19	Hoofddorp (NED)	487
2.	Schelvis Femke	84	08-021	5:29.20	25m	10-5-98	Zaandam (NED)	486
3.	Vink Lidewij	90	08-021	5:43.03	25m	1-4-06	Zaandam (NED)	430
4.	Smit Sanne	01	08-021	5:43.46	25m	17-11-18	Hoofddorp (NED)	428
5.	van 't Veer Iris	03	08-021	5:50.25	25m	3-4-22	Haarlem (NED)	404
6.	de Haan Shira	00	08-021	5:51.41	25m	4-6-17	Purmerend (NED)	400
7.	van der Gracht Anouk	89	08-021	5:52.01	25m	24-2-08	Zaandam (NED)	398
8.	Schelvis Roos	86	08-021	5:54.48	25m	25-2-01	Heemskerk (NED)	389
9.	Gijzen-van der Kroft Nicole	84	08-021	5:54.96	25m	25-2-01	Heemskerk (NED)	388
10.	Palmboom Nicole	91	08-021	5:55.32	25m	15-6-06	Heemskerk (NED)	387
11.	Kleijne Daisy	89	08-021	5:55.34	25m	30-1-05	Zaandam (NED)	386
12.	Stins Mariska	84	08-021	5:55.41	25m	24-2-02	Heemskerk	386
13.	Stam Vanessa	80	08-021	5:56.80	25m	12-1-97	Heemskerk (NED)	382
14.	Wentink Yara	04	08-021	5:57.98	50m	8-3-20	Amsterdam (NED)	411
15.	Crok Linda	94	08-021	5:58.13	25m	24-2-08	Zaandam (NED)	377
16.	Broek Jade	97	08-021	5:58.94	50m	1-3-20	Alkmaar (NED)	408
17.	Essers Sanne	91	08-021	6:00.29	25m	11-2-07	Zaandam (NED)	371
18.	Kramer Miranda	80	08-021	6:01.21	25m	25-2-01	Heemskerk (NED)	368
19.	Verbree Bets	63	08-021	6:03.30	25m	3-4-82	Heemskerk (NED)	362
20.	Besse Karen	75	08-021	6:03.50	25m	4-2-90	Volendam (NED)	361
21.	Mallon Danique	94	08-021	6:04.26	25m	24-2-08	Zaandam (NED)	359
22.	Hoek Daniëlle	88	08-021	6:05.19	25m	30-1-05	Zaandam (NED)	356
23.	van de Poll Marianne	89	08-021	6:06.21	25m	29-2-04	Wormerveer	353
24.	Crok Annemarie	89	08-021	6:07.62	25m	29-2-04	Wormerveer	349
25.	Koopman Anitra	89	08-021	6:09.20	25m	23-2-03	Heemskerk	344
26.	Stam Sabrina	82	08-021	6:13.60	25m	23-2-97	Zaandam (NED)	332
27.	de Boer Irene	84	08-021	6:14.76	25m	30-3-00	Heemskerk (NED)	329
28.	Herwegh Binthy	09	08-021	6:17.10	25m	28-5-23	Purmerend (NED)	323
29.	Blaauw Yente	03	08-021	6:17.24	25m	19-3-17	Zaandam (NED)	323
30.	van Ballegooie Simone	84	08-021	6:18.60	25m	29-3-98	Heemstede (NED)	319
31.	de Ruijter Linda	87	08-021	6:18.75	25m	23-2-03	Heemskerk	319
32.	van Rookhuizen Sieta	79	08-021	6:19.17	25m	30-3-00	Heemskerk (NED)	318
33.	de Wildt Maud	05	08-021	6:19.36	25m	24-11-19	Hoofddorp (NED)	318
34.	Vink Marjolein	93	08-021	6:21.35	25m	11-2-07	Zaandam (NED)	313
35.	Visser Kelly	89	08-021	6:22.96	25m	24-2-02	Heemskerk	309
36.	Dijkstra Lisette	86	08-021	6:25.30	25m	22-2-98	Zaandam (NED)	303
37.	de Roode Xara	08	08-021	6:26.43	25m	2-2-25	Den Helder (NED)	300
38.	Tholen Kirsten	66	08-021	6:27.30	25m	3-4-82	Heemskerk (NED)	298
39.	Niesten Iris	92	08-021	6:27.79	25m	11-2-07	Zaandam (NED)	297
40.	Hermans Liesbeth	66	08-021	6:31.10	25m	3-4-82	Heemskerk (NED)	290
41.	Dijkstra Ingrid	68	08-021	6:31.20	25m	3-4-82	Heemskerk (NED)	290
42.	Visser Stacey	87	08-021	6:32.17	25m	25-2-01	Heemskerk (NED)	287
43.	Koster Lisa	94	08-021	6:32.26	25m	11-2-07	Zaandam (NED)	287
44.	Hogema Fabiën	93	08-021	6:33.87	25m	29-1-06	Zaandam (NED)	284
45.	van Galen Angela	65	08-021	6:35.50	25m	28-2-82		280
46.	Scholten Britt	04	08-021	6:38.53	25m	19-3-17	Zaandam (NED)	274
47.	Buur Naomi	01	08-021	6:38.69	25m	23-2-14	Zaandam (NED)	273
48.	Plokker Sylvia	68	08-021	6:45.00	25m	3-4-82	Heemskerk (NED)	261
49.	ten Cate Ilona	85	08-021	6:45.60	25m	15-6-06	Heemskerk (NED)	260
50.	Siemerink Laura	04	08-021	6:46.58	50m	21-1-18	Alkmaar (NED)	281
51.	van Ballegooie Stefanie	86	08-021	6:49.29	25m	25-2-01	Heemskerk (NED)	253
52.	Cappelle Carlijn	82	08-021	6:50.70	25m	23-2-97	Zaandam (NED)	250
53.	Windmuller Wendy	69	08-021	6:54.60	25m	3-4-82	Heemskerk (NED)	243

400 wisselslag (sinds 54)

54. Hoek Laura	86	08-021	6:56.08	25m	30-3-00	Heemskerk (NED)	241
55. Pover Karin	67	08-021	6:57.80	25m	10-1-82	Wormerveer (NED)	238
56. van Giezen Corina	68	08-021	6:58.40	25m	3-4-82	Heemskerk (NED)	237
57. Renkema Iris	04	08-021	7:00.17	25m	19-3-17	Zaandam (NED)	234
58. Steenbakker Lisan	07	08-021	7:04.24	25m	10-3-24	Purmerend (NED)	227
59. Veldhuis Amelia	03	08-021	7:06.09	50m	20-1-19	Alkmaar (NED)	244
60. van Giezen Sandra	63	08-021	7:13.50	25m	3-4-82	Heemskerk (NED)	213
61. van der Horst Sacha	69	08-021	7:17.00	25m	3-4-82	Heemskerk (NED)	208
62. Palthe Yvonne	67	08-021	7:23.00	25m	3-4-82	Heemskerk (NED)	199
63. Berloth Lydia	68	08-021	7:23.50	25m	3-4-82	Heemskerk (NED)	199
64. Peters Yvonne	63	08-021	7:28.10	25m	28-2-82		192
65. van Tellingen Ingrid	66	08-021	7:34.70	25m	3-4-82	Heemskerk (NED)	184
66. Nijman José	93	08-021	7:47.05	25m	11-2-07	Zaandam (NED)	170
67. de Groot Sjors	08	08-021	7:48.16	25m	10-3-24	Purmerend (NED)	169
68. Sierra Ana Maria	69	08-021	8:13.00	25m	3-4-82	Heemskerk (NED)	144