

16 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2025

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

| | | | | | | | |
|--------------------------------|----|--------|-------|-----|----------|-----------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 13.59 | 25m | 4-5-00 | Heemskerk (NED) | 455 |
| 2. Hulshof Saskia | 73 | 08-021 | 13.70 | 25m | 31-12-89 | Heemskerk (NED) | 445 |
| 2. Meijer Sylvia | 81 | 08-021 | 13.70 | 25m | 13-3-97 | Heemskerk (NED) | 445 |
| 4. Palmboom Nicole | 91 | 08-021 | 13.97 | 25m | 19-4-07 | Heemskerk (NED) | 419 |
| 5. van der Geest Saskia | 73 | 08-021 | 14.20 | 25m | 12-1-89 | Heemskerk (NED) | 399 |
| 6. Gijzen-van der Kroft Nicole | 84 | 08-021 | 14.25 | 25m | 4-5-00 | Heemskerk (NED) | 395 |
| 7. Groen Anne | 95 | 08-021 | 14.32 | 25m | 30-6-11 | Heemskerk (NED) | 389 |
| 8. Vink Lidewij | 90 | 08-021 | 14.35 | 25m | 27-4-06 | Heemskerk | 387 |
| 9. Stam Sabrina | 82 | 08-021 | 14.40 | 25m | 12-2-98 | Heemskerk (NED) | 383 |
| 10. Stins Mariska | 84 | 08-021 | 14.59 | 25m | 4-5-00 | Heemskerk (NED) | 368 |
| 11. Kramer Miranda | 80 | 08-021 | 14.60 | 25m | 14-3-96 | Heemskerk (NED) | 367 |
| 12. de Boer Irene | 84 | 08-021 | 14.84 | 25m | 4-5-00 | Heemskerk (NED) | 350 |
| 13. Essers Sanne | 91 | 08-021 | 14.87 | 25m | 19-4-07 | Heemskerk (NED) | 348 |
| 14. Limmen Karin | 76 | 08-021 | 14.90 | 25m | 26-9-92 | | 345 |
| 15. van Rookhuizen Sieta | 79 | 08-021 | 15.20 | 25m | 26-4-95 | | 325 |
| 16. Regelink Anneke | 83 | 08-021 | 15.21 | 25m | 25-3-99 | Heemskerk (NED) | 325 |
| 17. Niesten Iris | 92 | 08-021 | 15.36 | 25m | 29-5-08 | Heemskerk (NED) | 315 |
| 18. Bos Marieke | 06 | 08-021 | 15.68 | 25m | 7-7-22 | Heemskerk (NED) | 296 |
| 19. Lindelauf Priscilla | 85 | 08-021 | 15.79 | 25m | 29-3-01 | Heemskerk (NED) | 290 |
| 20. Oudendijk Bianca | 79 | 08-021 | 15.90 | 25m | 27-4-95 | Heemskerk (NED) | 284 |
| 21. van Velsen Patricia | 79 | 08-021 | 16.20 | 25m | 27-4-95 | Heemskerk (NED) | 269 |
| 22. van der Eng Laura | 80 | 08-021 | 16.30 | 25m | 14-3-96 | Heemskerk (NED) | 264 |
| 23. Groot Tineke | 60 | 08-021 | 17.00 | 25m | 30-3-76 | Heemskerk (NED) | 232 |
| 23. ten Cate Ilona | 85 | 08-021 | 17.00 | 25m | 29-3-01 | Heemskerk (NED) | 232 |
| 25. ten Cate Joyce | 80 | 08-021 | 17.10 | 25m | 14-3-96 | Heemskerk (NED) | 228 |

50 vrije slag

| | | | | | | | |
|--------------------|----|--------|-------|-----|----------|------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 26.92 | 25m | 29-1-16 | Amsterdam (NED) | 617 |
| 2. Schelvis Femke | 84 | 08-021 | 28.39 | 25m | 12-2-00 | Emmen | 526 |
| 3. Smit Sanne | 01 | 08-021 | 28.49 | 25m | 11-11-17 | Hoofddorp (NED) | 521 |
| 4. Hoekstra Eline | 03 | 08-021 | 28.51 | 25m | 23-11-19 | Hoofddorp (NED) | 520 |
| 5. Palmboom Nicole | 91 | 08-021 | 28.86 | 25m | 8-4-07 | Haarlem (NED) | 501 |
| 6. Meijer Sylvia | 81 | 08-021 | 29.10 | 25m | 6-4-97 | Heemskerk (NED) | 489 |
| 7. Crok Linda | 94 | 08-021 | 29.11 | 25m | 4-4-10 | Haarlem (NED) | 488 |
| 8. Wentink Yara | 04 | 08-021 | 29.28 | 25m | 8-10-20 | Heemskerk (NED) | 480 |
| 9. Hoek Daniëlle | 88 | 08-021 | 29.49 | 25m | 28-12-04 | Maastricht (NED) | 470 |
| 9. Vink Lidewij | 90 | 08-021 | 29.49 | 25m | 22-1-06 | Purmerend (NED) | 470 |
| 11. Kleijne Daisy | 89 | 08-021 | 29.66 | 25m | 30-12-05 | Maastricht (NED) | 462 |

50 vrije slag (sinds 12)

| | | | | | | | | |
|-----|-----------------------------|----|--------|-------|-----|----------|------------------|-----|
| 12. | van 't Veer Iris | 03 | 08-021 | 29.83 | 25m | 23-11-19 | Hoofddorp (NED) | 454 |
| 13. | Gijzen-van der Kroft Nicole | 84 | 08-021 | 29.99 | 25m | 26-10-00 | Heemskerk (NED) | 446 |
| 14. | Verbree Bets | 63 | 08-021 | 30.20 | 25m | 16-12-79 | (NED) | 437 |
| 14. | Hulshof Saskia | 73 | 08-021 | 30.20 | 25m | 14-12-89 | Heemskerk (NED) | 437 |
| 16. | Groen Anne | 95 | 08-021 | 30.31 | 25m | 29-5-11 | Purmerend (NED) | 432 |
| 17. | de Roode Xara | 08 | 08-021 | 30.34 | 25m | 10-11-24 | Purmerend (NED) | 431 |
| 18. | de Haan Shira | 00 | 08-021 | 30.39 | 25m | 13-10-16 | Heemskerk (NED) | 429 |
| 19. | Mallon Danique | 94 | 08-021 | 30.47 | 25m | 27-2-10 | Hoorn (NED) | 426 |
| 20. | Vink Marjolein | 93 | 08-021 | 30.48 | 25m | 8-3-09 | Purmerend (NED) | 425 |
| 21. | Essers Sanne | 91 | 08-021 | 30.55 | 25m | 30-12-07 | Maastricht (NED) | 422 |
| 22. | Siemerink Laura | 04 | 08-021 | 30.59 | 25m | 8-10-20 | Heemskerk (NED) | 421 |
| 23. | Besse Karen | 75 | 08-021 | 30.70 | 25m | 10-3-91 | Heemskerk (NED) | 416 |
| 23. | Stam Sabrina | 82 | 08-021 | 30.70 | 25m | 7-5-98 | Heemskerk (NED) | 416 |
| 25. | Crok Annemarie | 89 | 08-021 | 30.95 | 25m | 5-6-05 | Alkmaar (NED) | 406 |

100 vrije slag

| | | | | | | | | |
|-----|-----------------------------|----|--------|---------|-----|----------|---------------------|-----|
| 1. | Kingma Danae | 00 | 08-021 | 58.46 | 25m | 5-11-16 | Hoofddorp (NED) | 635 |
| 2. | Schelvis Femke | 84 | 08-021 | 1:00.44 | 25m | 23-4-00 | Haarlem (NED) | 574 |
| 3. | Smit Sanne | 01 | 08-021 | 1:01.20 | 25m | 8-10-17 | Alkmaar (NED) | 553 |
| 4. | Wentink Yara | 04 | 08-021 | 1:01.71 | 25m | 20-9-20 | Haarlem (NED) | 539 |
| 5. | Hoekstra Eline | 03 | 08-021 | 1:02.88 | 25m | 11-4-19 | Heemskerk (NED) | 510 |
| 6. | Crok Linda | 94 | 08-021 | 1:02.99 | 25m | 28-11-10 | Heemskerk (NED) | 507 |
| 7. | Meijer Sylvia | 81 | 08-021 | 1:03.60 | 25m | 31-3-97 | Haarlem (NED) | 493 |
| 8. | Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:03.76 | 25m | 10-12-00 | Heemskerk (NED) | 489 |
| 9. | Palmboom Nicole | 91 | 08-021 | 1:03.80 | 25m | 29-4-07 | Alkmaar (NED) | 488 |
| 10. | Vink Lidewij | 90 | 08-021 | 1:04.76 | 25m | 17-4-06 | Haarlem (NED) | 467 |
| 11. | Hoek Daniëlle | 88 | 08-021 | 1:05.01 | 25m | 28-12-04 | Maastricht (NED) | 461 |
| 11. | Kleijne Daisy | 89 | 08-021 | 1:05.01 | 25m | 28-3-05 | Haarlem (NED) | 461 |
| 13. | van 't Veer Iris | 03 | 08-021 | 1:05.50 | 25m | 10-2-19 | Purmerend (NED) | 451 |
| 14. | Mallon Danique | 94 | 08-021 | 1:05.55 | 25m | 5-4-10 | Haarlem (NED) | 450 |
| 15. | Hulshof Saskia | 73 | 08-021 | 1:05.70 | 25m | 5-11-89 | Heemskerk (NED) | 447 |
| 16. | Groen Anne | 95 | 08-021 | 1:05.77 | 25m | 27-11-11 | Heemskerk (NED) | 445 |
| 17. | Buur Naomi | 01 | 08-021 | 1:06.49 | 25m | 17-4-17 | Haarlem (NED) | 431 |
| 18. | Verbree Bets | 63 | 08-021 | 1:06.80 | 25m | 28-10-79 | Heerhugowaard (NED) | 425 |
| 19. | de Roode Xara | 08 | 08-021 | 1:06.91 | 25m | 20-10-24 | Heemskerk (NED) | 423 |
| 20. | Schelvis Roos | 86 | 08-021 | 1:06.99 | 25m | 17-11-02 | Heemskerk | 422 |
| 21. | Besse Karen | 75 | 08-021 | 1:07.00 | 25m | 24-2-91 | Heemskerk (NED) | 421 |
| 22. | Vink Marjolein | 93 | 08-021 | 1:07.14 | 25m | 11-1-09 | Alkmaar (NED) | 419 |
| 23. | Essers Sanne | 91 | 08-021 | 1:07.16 | 25m | 29-12-07 | Maastricht (NED) | 418 |
| 24. | Stam Vanessa | 80 | 08-021 | 1:07.50 | 25m | 15-12-96 | Heemskerk (NED) | 412 |
| 25. | Meijer Linda | 77 | 08-021 | 1:07.90 | 25m | 7-1-93 | Heemskerk (NED) | 405 |

200 vrije slag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 2:11.23 | 25m | 12-3-00 | Heemskerk (NED) | 595 |
| 2. Kingma Danae | 00 | 08-021 | 2:12.34 | 25m | 30-1-16 | Amsterdam (NED) | 581 |
| 3. Smit Sanne | 01 | 08-021 | 2:13.76 | 25m | 16-3-17 | Heemskerk (NED) | 562 |
| 4. Wentink Yara | 04 | 08-021 | 2:16.55 | 25m | 4-10-20 | Heemskerk (NED) | 528 |
| 5. Crok Linda | 94 | 08-021 | 2:17.82 | 25m | 3-10-10 | Zaandam (NED) | 514 |
| 6. Hoekstra Eline | 03 | 08-021 | 2:19.06 | 25m | 30-6-19 | Amsterdam (NED) | 500 |
| 7. Vink Lidewij | 90 | 08-021 | 2:19.09 | 25m | 12-2-06 | Zaandam (NED) | 500 |
| 8. van 't Veer Iris | 03 | 08-021 | 2:21.22 | 25m | 24-11-19 | Hoofddorp (NED) | 478 |
| 9. Schelvis Roos | 86 | 08-021 | 2:23.28 | 25m | 26-9-02 | Heemskerk | 457 |
| 9. Hoek Daniëlle | 88 | 08-021 | 2:23.28 | 25m | 30-9-04 | Heemskerk (NED) | 457 |
| 11. Mallon Danique | 94 | 08-021 | 2:23.87 | 25m | 3-10-10 | Zaandam (NED) | 452 |
| 12. Palmboom Nicole | 91 | 08-021 | 2:24.04 | 25m | 25-11-07 | Amsterdam (NED) | 450 |
| 13. Gijzen-van der Kroft Nicole | 84 | 08-021 | 2:24.05 | 25m | 30-11-00 | Heemskerk (NED) | 450 |
| 14. Groen Anne | 95 | 08-021 | 2:24.10 | 25m | 30-10-11 | Zaandam (NED) | 450 |
| 15. Kleijne Daisy | 89 | 08-021 | 2:24.52 | 25m | 13-3-05 | Amsterdam (NED) | 446 |
| 16. Meijer Sylvia | 81 | 08-021 | 2:24.70 | 25m | 11-12-97 | Heemskerk (NED) | 444 |
| 17. Stins Mariska | 84 | 08-021 | 2:26.63 | 25m | 5-11-00 | Zaandam (NED) | 427 |
| 18. de Haan Shira | 00 | 08-021 | 2:27.13 | 25m | 13-11-16 | Purmerend (NED) | 422 |
| 19. Hulshof Saskia | 73 | 08-021 | 2:27.60 | 25m | 5-10-89 | Heemskerk (NED) | 418 |
| 19. Besse Karen | 75 | 08-021 | 2:27.60 | 25m | 24-3-91 | Zaandam (NED) | 418 |
| 21. Koopman Anitra | 89 | 08-021 | 2:28.16 | 25m | 16-1-05 | Zaandam (NED) | 414 |
| 22. Buur Naomi | 01 | 08-021 | 2:28.90 | 25m | 16-3-17 | Heemskerk (NED) | 407 |
| 23. Petit Kirsten | 00 | 08-021 | 2:30.10 | 25m | 13-11-16 | Purmerend (NED) | 398 |
| 24. Essers Sanne | 91 | 08-021 | 2:30.76 | 25m | 17-11-07 | Barneveld (NED) | 393 |
| 25. Verbree Bets | 63 | 08-021 | 2:31.00 | 25m | 21-4-79 | Deinze (BEL) | 391 |

250 vrije slag**300 vrije slag**

| | | | | | | | |
|-------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. Vink Lidewij | 90 | 08-021 | 3:40.07 | 25m | 18-5-06 | Heemskerk (NED) | 481 |
| 2. Hoekstra Eline | 03 | 08-021 | 3:41.50 | 25m | 16-11-19 | Hoofddorp (NED) | 472 |
| 3. Hoek Daniëlle | 88 | 08-021 | 3:48.01 | 25m | 29-4-04 | Heemskerk (NED) | 432 |
| 4. Groen Anne | 95 | 08-021 | 3:52.00 | 25m | 25-4-11 | Haarlem (NED) | 410 |
| 5. Crok Linda | 94 | 08-021 | 3:56.70 | 25m | 7-2-10 | Zaandam (NED) | 386 |
| 6. Essers Sanne | 91 | 08-021 | 4:05.80 | 25m | 14-10-07 | Zaandam (NED) | 345 |
| 7. de Roode Xara | 08 | 08-021 | 4:10.21 | 25m | 6-10-24 | Den Helder (NED) | 327 |
| 8. de Groot Sjors | 08 | 08-021 | 5:15.56 | 25m | 6-10-24 | Den Helder (NED) | 163 |

400 vrije slag

| | | | | | | | |
|---------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 4:53.92 | 25m | 16-11-19 | Hoofddorp (NED) | 507 |
| 2. Vink Lidewij | 90 | 08-021 | 4:54.59 | 25m | 18-5-06 | Heemskerk (NED) | 504 |
| 3. Crok Linda | 94 | 08-021 | 4:58.56 | 25m | 22-5-10 | Purmerend (NED) | 484 |
| 4. Smit Sanne | 01 | 08-021 | 4:58.85 | 25m | 26-11-17 | Amsterdam (NED) | 483 |
| 5. Hoek Daniëlle | 88 | 08-021 | 5:01.19 | 25m | 29-4-04 | Heemskerk (NED) | 472 |
| 6. Schelvis Femke | 84 | 08-021 | 5:01.35 | 25m | 23-1-00 | Heemskerk (NED) | 471 |
| 7. Schelvis Roos | 86 | 08-021 | 5:06.22 | 25m | 30-5-02 | Heemskerk | 449 |
| 8. van 't Veer Iris | 03 | 08-021 | 5:07.46 | 25m | 22-4-19 | Haarlem (NED) | 443 |
| 9. Groen Anne | 95 | 08-021 | 5:10.16 | 25m | 25-4-11 | Haarlem (NED) | 432 |
| 10. Kleijne Daisy | 89 | 08-021 | 5:10.46 | 25m | 1-5-05 | Zaandam (NED) | 431 |
| 11. Palmboom Nicole | 91 | 08-021 | 5:14.30 | 25m | 31-5-07 | Heemskerk (NED) | 415 |

400 vrije slag (sinds 12)

| | | | | | | | |
|--------------------------|----|--------|---------|-----|----------|------------------|-----|
| 12. Besse Karen | 75 | 08-021 | 5:16.50 | 25m | 10-3-91 | Heemskerk (NED) | 406 |
| 13. Hulshof Saskia | 73 | 08-021 | 5:17.70 | 25m | 28-12-89 | Heemskerk (NED) | 402 |
| 14. de Haan Shira | 00 | 08-021 | 5:17.87 | 25m | 29-12-16 | Leeuwarden (NED) | 401 |
| 15. Koopman Anitra | 89 | 08-021 | 5:18.44 | 25m | 28-4-05 | Heemskerk (NED) | 399 |
| 16. Stam Vanessa | 80 | 08-021 | 5:19.00 | 25m | 29-9-96 | Haarlem (NED) | 397 |
| 17. Buur Naomi | 01 | 08-021 | 5:21.08 | 25m | 17-4-17 | Haarlem (NED) | 389 |
| 18. Crok Annemarie | 89 | 08-021 | 5:22.62 | 25m | 28-4-05 | Heemskerk (NED) | 384 |
| 19. Limmen Karin | 76 | 08-021 | 5:23.00 | 25m | 27-9-92 | Wormerveer (NED) | 382 |
| 20. Stam Sabrina | 82 | 08-021 | 5:25.00 | 25m | 22-2-98 | Zaandam (NED) | 375 |
| 21. de Boer Irene | 84 | 08-021 | 5:27.61 | 25m | 5-11-00 | Zaandam (NED) | 366 |
| 22. Stins Mariska | 84 | 08-021 | 5:29.69 | 25m | 5-11-00 | Zaandam (NED) | 359 |
| 23. van der Geest Saskia | 73 | 08-021 | 5:29.80 | 25m | 19-3-89 | Zaandam (NED) | 359 |
| 24. Zonneveld Chantal | 84 | 08-021 | 5:31.40 | 25m | 30-3-00 | Heemskerk (NED) | 354 |
| 25. Essers Sanne | 91 | 08-021 | 5:31.82 | 25m | 14-10-07 | Zaandam (NED) | 353 |

500 vrije slag**800 vrije slag**

| | | | | | | | |
|---------------------------------|----|--------|----------|-----|----------|------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 10:12.36 | 25m | 23-1-00 | Heemskerk (NED) | 479 |
| 2. Vink Lidewij | 90 | 08-021 | 10:13.37 | 25m | 1-4-06 | Zaandam (NED) | 477 |
| 3. Crok Linda | 94 | 08-021 | 10:14.71 | 25m | 28-3-10 | Zeist (NED) | 474 |
| 4. Hoek Daniëlle | 88 | 08-021 | 10:19.78 | 25m | 17-10-04 | Zaandam (NED) | 462 |
| 5. Hoekstra Eline | 03 | 08-021 | 10:33.85 | 25m | 8-12-19 | Zaandam (NED) | 432 |
| 6. Kleijne Daisy | 89 | 08-021 | 10:36.06 | 25m | 1-5-05 | Zaandam (NED) | 427 |
| 7. Smit Sanne | 01 | 08-021 | 10:36.60 | 25m | 8-10-17 | Alkmaar (NED) | 426 |
| 8. van 't Veer Iris | 03 | 08-021 | 10:47.80 | 25m | 8-12-19 | Zaandam (NED) | 405 |
| 9. Essers Sanne | 91 | 08-021 | 10:56.82 | 25m | 27-10-07 | Barneveld (NED) | 388 |
| 10. Limmen Karin | 76 | 08-021 | 11:00.20 | 25m | 12-4-92 | Heemstede (NED) | 382 |
| 11. Groen Anne | 95 | 08-021 | 11:03.36 | 25m | 16-10-11 | Zaandam (NED) | 377 |
| 12. Besse Karen | 75 | 08-021 | 11:03.90 | 25m | 6-6-91 | Heemskerk | 376 |
| 13. de Boer Irene | 84 | 08-021 | 11:09.32 | 25m | 5-11-00 | Zaandam (NED) | 367 |
| 14. Stins Mariska | 84 | 08-021 | 11:18.69 | 25m | 5-11-00 | Zaandam (NED) | 352 |
| 15. Stam Sabrina | 82 | 08-021 | 11:29.30 | 25m | 29-3-98 | Heemstede (NED) | 336 |
| 16. van der Gracht Anouk | 89 | 08-021 | 11:37.19 | 25m | 23-10-05 | Zaandam (NED) | 324 |
| 17. Gijzen-van der Kroft Nicole | 84 | 08-021 | 11:48.43 | 25m | 5-11-00 | Zaandam (NED) | 309 |
| 18. Zonneveld Chantal | 84 | 08-021 | 11:49.67 | 25m | 23-1-00 | Heemskerk (NED) | 308 |
| 19. van Rookhuizen Sieta | 79 | 08-021 | 11:57.10 | 25m | 5-11-95 | Volendam (NED) | 298 |
| 20. Hermans Liesbeth | 66 | 08-021 | 12:09.20 | 25m | 10-1-82 | Wormerveer (NED) | 284 |

1000 vrije slag**1250 vrije slag**

1500 vrije slag

| | | | | | | | |
|-----------------------|----|--------|----------|-----|----------|------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 19:04.76 | 25m | 23-1-00 | Heemskerk (NED) | 518 |
| 2. Vink Lidewij | 90 | 08-021 | 19:28.97 | 25m | 12-1-06 | Heemskerk (NED) | 487 |
| 3. Hoekstra Eline | 03 | 08-021 | 19:40.66 | 25m | 8-12-19 | Zaandam (NED) | 472 |
| 4. Crok Linda | 94 | 08-021 | 19:47.63 | 25m | 19-12-10 | Zaandam (NED) | 464 |
| 5. van 't Veer Iris | 03 | 08-021 | 19:59.70 | 25m | 8-12-19 | Zaandam (NED) | 450 |
| 6. Hoek Daniëlle | 88 | 08-021 | 20:03.26 | 25m | 14-11-04 | Heemskerk (NED) | 446 |
| 7. Kleijne Daisy | 89 | 08-021 | 21:10.83 | 25m | 20-3-05 | Zaandam (NED) | 379 |
| 8. de Boer Irene | 84 | 08-021 | 21:16.67 | 25m | 23-1-00 | Heemskerk (NED) | 373 |
| 9. Limmen Karin | 76 | 08-021 | 21:47.50 | 25m | 26-4-92 | Assendelft (NED) | 348 |
| 10. Essers Sanne | 91 | 08-021 | 21:50.57 | 25m | 9-12-07 | Zaandam (NED) | 345 |
| 11. Stins Mariska | 84 | 08-021 | 22:04.27 | 25m | 23-1-00 | Heemskerk (NED) | 334 |
| 12. Groen Anne | 95 | 08-021 | 22:15.43 | 25m | 13-2-11 | Zaandam (NED) | 326 |
| 13. Zonneveld Chantal | 84 | 08-021 | 22:25.85 | 25m | 23-1-00 | Heemskerk (NED) | 319 |

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 | 26:57.04 | 25m | 7-2-10 | Zaandam (NED) | 436 |
| 3. Vink Lidewij | 90 | 08-021 | 27:05.19 | 25m | 19-2-06 | Zaandam (NED) | 429 |
| 4. Hoek Daniëlle | 88 | 08-021 | 27:21.57 | 25m | 7-3-04 | Zaandam | 416 |
| 5. Essers Sanne | 91 | 08-021 | 28:04.76 | 25m | 28-1-07 | Zaandam (NED) | 385 |
| 6. Schelvis Roos | 86 | 08-021 | 28:08.75 | 25m | 10-2-02 | Zaandam | 382 |
| 7. Kleijne Daisy | 89 | 08-021 | 28:20.28 | 25m | 20-3-05 | Zaandam (NED) | 375 |
| 8. Stins Mariska | 84 | 08-021 | 29:08.81 | 25m | 5-3-00 | Zaandam (NED) | 344 |
| 9. de Ruijter Linda | 87 | 08-021 | 29:15.39 | 25m | 16-2-03 | Zaandam | 340 |
| 10. Groen Anne | 95 | 08-021 | 29:43.90 | 25m | 13-2-11 | Zaandam (NED) | 324 |

2500 vrije slag**3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag**

25 rugslag

| | | | | | | | | |
|-----|-----------------------------|----|--------|-------|-----|---------|-----------------|-----|
| 1. | Meijer Sylvia | 81 | 08-021 | 15.90 | 25m | 13-2-97 | Heemskerk (NED) | 438 |
| 2. | Hulshof Saskia | 73 | 08-021 | 16.00 | 25m | 12-1-89 | Heemskerk (NED) | 430 |
| 3. | Palmboom Nicole | 91 | 08-021 | 16.02 | 25m | 19-4-07 | Heemskerk (NED) | 428 |
| 4. | Schelvis Femke | 84 | 08-021 | 16.03 | 25m | 17-2-00 | Heemskerk (NED) | 427 |
| 5. | Kramer Miranda | 80 | 08-021 | 16.50 | 25m | 7-2-96 | | 392 |
| 6. | Stam Sabrina | 82 | 08-021 | 16.90 | 25m | 15-1-98 | Heemskerk (NED) | 365 |
| 7. | Vink Lidewij | 90 | 08-021 | 17.08 | 25m | 27-4-06 | Heemskerk | 353 |
| 8. | Stins Mariska | 84 | 08-021 | 17.34 | 25m | 17-2-00 | Heemskerk (NED) | 338 |
| 9. | Boekling Annette | 85 | 08-021 | 17.45 | 25m | 22-2-01 | Heemskerk (NED) | 331 |
| 10. | de Boer Irene | 84 | 08-021 | 17.53 | 25m | 17-2-00 | Heemskerk (NED) | 327 |
| 11. | Gijzen-van der Kroft Nicole | 84 | 08-021 | 17.75 | 25m | 17-2-00 | Heemskerk (NED) | 315 |
| 12. | van Ballegooie Simone | 84 | 08-021 | 17.87 | 25m | 17-2-00 | Heemskerk (NED) | 308 |
| 13. | van der Geest Saskia | 73 | 08-021 | 17.90 | 25m | 12-1-89 | Heemskerk (NED) | 307 |
| 14. | Essers Sanne | 91 | 08-021 | 18.07 | 25m | 19-4-07 | Heemskerk (NED) | 298 |
| 15. | Niesten Iris | 92 | 08-021 | 18.13 | 25m | 29-5-08 | Heemskerk (NED) | 295 |
| 16. | Zonneveld Chantal | 84 | 08-021 | 18.50 | 25m | 17-2-00 | Heemskerk (NED) | 278 |
| 17. | van Rookhuizen Sieta | 79 | 08-021 | 18.70 | 25m | 15-3-95 | | 269 |
| 17. | Oudendijk Bianca | 79 | 08-021 | 18.70 | 25m | 16-3-95 | Heemskerk (NED) | 269 |
| 19. | van Velsen Patricia | 79 | 08-021 | 19.10 | 25m | 16-3-95 | Heemskerk (NED) | 252 |
| 20. | Cappelle Carlijn | 82 | 08-021 | 19.30 | 25m | 15-1-98 | Heemskerk (NED) | 245 |
| 21. | de Boer Angela | 80 | 08-021 | 19.40 | 25m | 7-2-96 | | 241 |
| 22. | ten Cate Joyce | 80 | 08-021 | 19.50 | 25m | 8-2-96 | Heemskerk (NED) | 237 |
| 23. | Regelink Anneke | 83 | 08-021 | 19.76 | 25m | 25-3-99 | Heemskerk (NED) | 228 |
| 24. | Lindelauf Priscilla | 85 | 08-021 | 19.82 | 25m | 22-2-01 | Heemskerk (NED) | 226 |
| 25. | Bos Marieke | 06 | 08-021 | 20.08 | 25m | 7-7-22 | Heemskerk (NED) | 217 |

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|-----|------------------|----|--------|-------|-----|----------|-------------------------|-----|
| 1. | Kingma Danae | 00 | 08-021 | 31.76 | 25m | 18-2-16 | Heemskerk (NED) | 528 |
| 2. | Hoekstra Eline | 03 | 08-021 | 32.10 | 25m | 16-11-19 | Hoofddorp (NED) | 511 |
| 3. | Kleijne Daisy | 89 | 08-021 | 33.04 | 25m | 28-12-05 | Maastricht (NED) | 468 |
| 4. | Palmboom Nicole | 91 | 08-021 | 33.39 | 25m | 29-12-07 | Maastricht (NED) | 454 |
| 5. | Koper Fiona | 01 | 08-021 | 33.41 | 25m | 2-2-17 | Heemskerk (NED) | 453 |
| 6. | Schelvis Femke | 84 | 08-021 | 33.47 | 25m | 27-1-00 | Heemskerk (NED) | 451 |
| 7. | Siemerink Laura | 04 | 08-021 | 33.60 | 25m | 30-1-20 | Heemskerk (NED) | 445 |
| 8. | van 't Veer Iris | 03 | 08-021 | 33.70 | 25m | 15-9-19 | Zaandam (NED) | 441 |
| 9. | Wentink Yara | 04 | 08-021 | 33.97 | 25m | 30-1-20 | Heemskerk (NED) | 431 |
| 10. | Hulshof Saskia | 73 | 08-021 | 34.50 | 25m | 14-12-89 | Heemskerk (NED) | 411 |
| 10. | Kramer Miranda | 80 | 08-021 | 34.50 | 25m | 7-11-96 | Heemskerk (NED) | 411 |
| 10. | Meijer Sylvia | 81 | 08-021 | 34.50 | 25m | 26-1-97 | Zuidoost Beemster (NED) | 411 |
| 13. | Mallon Danique | 94 | 08-021 | 34.73 | 25m | 22-5-10 | Purmerend (NED) | 403 |
| 14. | Crok Linda | 94 | 08-021 | 34.86 | 25m | 5-4-10 | Haarlem (NED) | 399 |
| 15. | Vink Lidewij | 90 | 08-021 | 34.96 | 25m | 5-3-06 | Purmerend (NED) | 395 |
| 16. | Smit Sanne | 01 | 08-021 | 35.18 | 25m | 2-2-17 | Heemskerk (NED) | 388 |
| 17. | Hoek Daniëlle | 88 | 08-021 | 35.31 | 25m | 28-10-04 | Heemskerk (NED) | 384 |
| 18. | van Assema Eline | 05 | 08-021 | 35.41 | 25m | 19-9-21 | Zaandam (NED) | 380 |
| 19. | Groen Anne | 95 | 08-021 | 35.46 | 25m | 13-11-11 | Zaandam (NED) | 379 |
| 20. | Poppema Yvonne | 68 | 08-021 | 35.70 | 25m | 2-9-84 | Heemskerk (NED) | 371 |
| 21. | Schelvis Roos | 86 | 08-021 | 35.75 | 25m | 17-3-02 | Zaandam | 370 |
| 22. | Stam Sabrina | 82 | 08-021 | 36.00 | 25m | 18-1-98 | Zuidoost Beemster (NED) | 362 |
| 23. | Koopman Anitra | 89 | 08-021 | 36.05 | 25m | 6-2-05 | Zuidoost-Beemster (NED) | 361 |
| 24. | Buur Naomi | 01 | 08-021 | 36.16 | 25m | 2-2-17 | Heemskerk (NED) | 357 |
| 25. | de Haan Shira | 00 | 08-021 | 36.40 | 25m | 18-2-16 | Heemskerk (NED) | 350 |

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|---------------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 1:08.59 | 25m | 17-11-16 | Heemskerk (NED) | 516 |
| 2. Hoekstra Eline | 03 | 08-021 | 1:10.67 | 25m | 7-11-19 | Heemskerk (NED) | 472 |
| 3. Schelvis Femke | 84 | 08-021 | 1:11.37 | 25m | 10-12-00 | Heemskerk (NED) | 458 |
| 4. Hulshof Saskia | 73 | 08-021 | 1:12.60 | 25m | 7-1-89 | Hilversum (NED) | 435 |
| 5. Kleijne Daisy | 89 | 08-021 | 1:12.62 | 25m | 13-3-05 | Amsterdam (NED) | 435 |
| 6. Meijer Sylvia | 81 | 08-021 | 1:13.00 | 25m | 30-3-97 | Haarlem (NED) | 428 |
| 7. Schelvis Roos | 86 | 08-021 | 1:13.67 | 25m | 10-3-02 | Heemskerk | 416 |
| 8. Crok Linda | 94 | 08-021 | 1:13.68 | 25m | 14-3-10 | Heemskerk (NED) | 416 |
| 9. van 't Veer Iris | 03 | 08-021 | 1:13.69 | 25m | 24-3-19 | Purmerend (NED) | 416 |
| 10. Smit Sanne | 01 | 08-021 | 1:13.90 | 25m | 12-3-17 | Purmerend (NED) | 412 |
| 11. Groen Anne | 95 | 08-021 | 1:14.00 | 25m | 13-6-11 | Purmerend (NED) | 411 |
| 12. Koper Fiona | 01 | 08-021 | 1:14.02 | 25m | 1-10-17 | Purmerend (NED) | 410 |
| 13. Mallon Danique | 94 | 08-021 | 1:14.20 | 25m | 4-11-10 | Heemskerk (NED) | 407 |
| 14. Poppema Yvonne | 68 | 08-021 | 1:15.10 | 25m | 12-2-84 | Heemskerk (NED) | 393 |
| 15. de Graaf Annemiek | 70 | 08-021 | 1:15.30 | 25m | 31-12-86 | | 390 |
| 16. Kramer Miranda | 80 | 08-021 | 1:15.40 | 25m | 6-4-96 | Haarlem (NED) | 388 |
| 17. Essers Sanne | 91 | 08-021 | 1:16.44 | 25m | 8-4-07 | Haarlem (NED) | 373 |
| 18. Palmboom Nicole | 91 | 08-021 | 1:16.47 | 25m | 30-9-07 | Volendam (NED) | 372 |
| 19. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:16.55 | 25m | 10-12-00 | Heemskerk (NED) | 371 |
| 20. Vink Lidewij | 90 | 08-021 | 1:16.77 | 25m | 16-4-06 | Haarlem (NED) | 368 |
| 21. Koopman Anitra | 89 | 08-021 | 1:17.16 | 25m | 16-1-05 | Zaandam (NED) | 362 |
| 22. Petit Kirsten | 00 | 08-021 | 1:17.19 | 25m | 6-3-16 | Purmerend (NED) | 362 |
| 23. de Haan Shira | 00 | 08-021 | 1:17.22 | 25m | 2-10-16 | Purmerend (NED) | 361 |
| 24. Meijer Linda | 77 | 08-021 | 1:17.40 | 25m | 12-12-93 | Heemskerk (NED) | 359 |
| 25. Zonneveld Chantal | 84 | 08-021 | 1:17.55 | 25m | 10-12-00 | Heemskerk (NED) | 357 |

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|--------------------------------|----|--------|---------|-----|----------|-------------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 2:29.72 | 25m | 12-3-00 | Heemskerk (NED) | 505 |
| 2. Kingma Danae | 00 | 08-021 | 2:31.58 | 25m | 30-12-16 | Leeuwarden (NED) | 486 |
| 3. van 't Veer Iris | 03 | 08-021 | 2:35.01 | 25m | 16-11-19 | Hoofddorp (NED) | 455 |
| 4. Crok Linda | 94 | 08-021 | 2:36.36 | 25m | 11-4-10 | Zaandam (NED) | 443 |
| 5. Kleijne Daisy | 89 | 08-021 | 2:38.20 | 25m | 10-4-05 | Zuidoost-Beemster (NED) | 428 |
| 6. Hoekstra Eline | 03 | 08-021 | 2:39.11 | 25m | 13-1-19 | Purmerend (NED) | 420 |
| 7. de Graaf Annemiek | 70 | 08-021 | 2:39.30 | 25m | 13-4-86 | | 419 |
| 8. Gijzen-van der Kroft Nicole | 84 | 08-021 | 2:40.92 | 25m | 14-12-00 | Heemskerk (NED) | 406 |
| 9. Schelvis Roos | 86 | 08-021 | 2:41.09 | 25m | 17-11-02 | Heemskerk | 405 |
| 10. Groen Anne | 95 | 08-021 | 2:41.40 | 25m | 3-4-11 | Zaandam (NED) | 403 |
| 11. Hulshof Saskia | 73 | 08-021 | 2:42.50 | 25m | 4-11-89 | | 394 |
| 12. Mallon Danique | 94 | 08-021 | 2:42.74 | 25m | 11-4-10 | Zaandam (NED) | 393 |
| 13. Kramer Miranda | 80 | 08-021 | 2:43.40 | 25m | 10-10-96 | Heemskerk (NED) | 388 |
| 14. Meijer Linda | 77 | 08-021 | 2:43.60 | 25m | 14-10-93 | Heemskerk | 387 |
| 15. Vink Lidewij | 90 | 08-021 | 2:44.24 | 25m | 26-1-06 | Heemskerk (NED) | 382 |
| 16. Meijer Sylvia | 81 | 08-021 | 2:44.80 | 25m | 11-9-97 | Heemskerk (NED) | 378 |
| 17. Koopman Anitra | 89 | 08-021 | 2:45.89 | 25m | 27-11-05 | Heemskerk (NED) | 371 |
| 18. Koper Fiona | 01 | 08-021 | 2:46.50 | 25m | 12-3-17 | Purmerend (NED) | 367 |
| 19. Stins Mariska | 84 | 08-021 | 2:47.27 | 25m | 14-12-00 | Heemskerk (NED) | 362 |
| 20. Crok Annemarie | 89 | 08-021 | 2:47.31 | 25m | 27-11-05 | Heemskerk (NED) | 361 |
| 21. Essers Sanne | 91 | 08-021 | 2:47.45 | 25m | 21-10-07 | Zaandam (NED) | 360 |
| 22. de Haan Shira | 00 | 08-021 | 2:47.64 | 25m | 30-12-16 | Leeuwarden (NED) | 359 |
| 23. Palmboom Nicole | 91 | 08-021 | 2:48.55 | 25m | 25-1-07 | Heemskerk (NED) | 353 |
| 24. de Boer Irene | 84 | 08-021 | 2:50.11 | 25m | 7-5-00 | Zaandam (NED) | 344 |
| 25. Hoek Daniëlle | 88 | 08-021 | 2:50.13 | 25m | 23-12-04 | Heemskerk (NED) | 344 |

500 rugslag**25 schoolslag**

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|--------------------------------|----|--------|-------|-----|---------|-----------------|-----|
| 1. Palmboom Nicole | 91 | 08-021 | 17.65 | 25m | 19-4-07 | Heemskerk (NED) | 429 |
| 2. Hulshof Saskia | 73 | 08-021 | 17.90 | 25m | 12-1-89 | Heemskerk (NED) | 412 |
| 3. van der Geest Saskia | 73 | 08-021 | 18.10 | 25m | 12-1-89 | Heemskerk (NED) | 398 |
| 4. Boekling Annette | 85 | 08-021 | 18.72 | 25m | 22-2-01 | Heemskerk (NED) | 360 |
| 5. Kramer Miranda | 80 | 08-021 | 18.90 | 25m | 14-3-96 | Heemskerk (NED) | 350 |
| 6. van Rookhuizen Sieta | 79 | 08-021 | 19.10 | 25m | 26-4-95 | | 339 |
| 7. Gijzen-van der Kroft Nicole | 84 | 08-021 | 19.11 | 25m | 17-2-00 | Heemskerk (NED) | 338 |
| 8. Vink Lidewij | 90 | 08-021 | 19.29 | 25m | 27-4-06 | Heemskerk | 329 |
| 9. Beentjes Nicolet | 80 | 08-021 | 19.40 | 25m | 14-3-96 | Heemskerk (NED) | 323 |
| 10. Stins Mariska | 84 | 08-021 | 19.44 | 25m | 17-2-00 | Heemskerk (NED) | 321 |
| 11. Schelvis Femke | 84 | 08-021 | 19.59 | 25m | 17-2-00 | Heemskerk (NED) | 314 |
| 12. Nijholt Carin | 60 | 08-021 | 19.60 | 25m | 14-9-76 | Heemskerk (NED) | 313 |
| 12. van Duin Margret | 60 | 08-021 | 19.60 | 25m | 14-9-76 | Heemskerk (NED) | 313 |
| 12. Meijer Sylvia | 81 | 08-021 | 19.60 | 25m | 13-3-97 | Heemskerk (NED) | 313 |
| 12. Cappelle Carlijn | 82 | 08-021 | 19.60 | 25m | 19-3-98 | Heemskerk (NED) | 313 |
| 16. Niesten Iris | 92 | 08-021 | 19.70 | 25m | 29-5-08 | Heemskerk (NED) | 309 |
| 17. Oudendijk Bianca | 79 | 08-021 | 20.00 | 25m | 27-4-95 | Heemskerk (NED) | 295 |
| 18. Meijer Linda | 77 | 08-021 | 20.30 | 25m | 16-6-93 | | 282 |
| 19. Bos Marieke | 06 | 08-021 | 20.39 | 25m | 7-7-22 | Heemskerk (NED) | 278 |
| 20. Essers Sanne | 91 | 08-021 | 20.47 | 25m | 19-4-07 | Heemskerk (NED) | 275 |
| 21. Groot Tineke | 60 | 08-021 | 20.50 | 25m | 30-3-76 | Heemskerk (NED) | 274 |
| 22. Koper Ella | 90 | 08-021 | 21.06 | 25m | 27-4-06 | Heemskerk | 253 |
| 23. Regelink Anneke | 83 | 08-021 | 21.31 | 25m | 25-3-99 | Heemskerk (NED) | 244 |
| 24. Butter Anouk | 82 | 08-021 | 21.70 | 25m | 19-3-98 | Heemskerk (NED) | 231 |
| 25. Lindelauf Priscilla | 85 | 08-021 | 21.81 | 25m | 22-2-01 | Heemskerk (NED) | 227 |

50 schoolslag

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|---------------------------------|----|--------|-------|-----|----------|------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 34.17 | 25m | 13-11-16 | Purmerend (NED) | 588 |
| 2. Palmboom Nicole | 91 | 08-021 | 37.64 | 25m | 30-12-07 | Maastricht (NED) | 440 |
| 3. de Haan Shira | 00 | 08-021 | 38.19 | 25m | 29-12-16 | Leeuwarden (NED) | 421 |
| 4. Stam Vanessa | 80 | 08-021 | 39.10 | 25m | 10-10-96 | Heemskerk (NED) | 392 |
| 5. Crok Linda | 94 | 08-021 | 39.44 | 25m | 7-3-10 | Purmerend (NED) | 382 |
| 6. Hoekstra Eline | 03 | 08-021 | 40.10 | 25m | 24-3-19 | Purmerend (NED) | 364 |
| 7. van der Geest Saskia | 73 | 08-021 | 40.20 | 25m | 9-2-89 | Heemskerk (NED) | 361 |
| 8. Kramer Miranda | 80 | 08-021 | 40.50 | 25m | 17-3-96 | Heemskerk (NED) | 353 |
| 9. Vink Lidewij | 90 | 08-021 | 40.57 | 25m | 5-3-06 | Purmerend (NED) | 351 |
| 10. van 't Veer Iris | 03 | 08-021 | 40.62 | 25m | 3-11-19 | Purmerend (NED) | 350 |
| 11. Hulshof Saskia | 73 | 08-021 | 40.70 | 25m | 9-2-89 | Heemskerk (NED) | 348 |
| 12. van Rookhuizen Sieta | 79 | 08-021 | 40.80 | 25m | 12-10-95 | Heemskerk (NED) | 345 |
| 13. Wentink Yara | 04 | 08-021 | 40.93 | 25m | 5-3-20 | Heemskerk (NED) | 342 |
| 14. Smit Sanne | 01 | 08-021 | 41.23 | 25m | 16-3-17 | Heemskerk (NED) | 335 |
| 15. Koper Fiona | 01 | 08-021 | 41.35 | 25m | 16-3-17 | Heemskerk (NED) | 332 |
| 16. Siemerink Laura | 04 | 08-021 | 41.37 | 25m | 5-3-20 | Heemskerk (NED) | 331 |
| 17. Gijzen-van der Kroft Nicole | 84 | 08-021 | 41.38 | 25m | 14-12-00 | Heemskerk (NED) | 331 |
| 18. van Assema Eline | 05 | 08-021 | 41.41 | 25m | 7-10-21 | Heemskerk (NED) | 330 |
| 19. van Galen Angela | 65 | 08-021 | 41.50 | 25m | 14-3-81 | Heemskerk (NED) | 328 |
| 20. Crok Annemarie | 89 | 08-021 | 41.53 | 25m | 5-6-05 | Alkmaar (NED) | 327 |
| 21. Petit Kirsten | 00 | 08-021 | 41.59 | 25m | 13-11-16 | Purmerend (NED) | 326 |
| 22. van der Gracht Anouk | 89 | 08-021 | 41.60 | 25m | 11-12-05 | IJmuiden (NED) | 326 |

50 schoolslag (sinds 23)

| | | | | | | | |
|----------------------|----|--------|-------|-----|----------|-----------------|-----|
| 23. Mallon Danique | 94 | 08-021 | 41.66 | 25m | 14-3-10 | Heemskerk (NED) | 324 |
| 24. Boekling Annette | 85 | 08-021 | 41.70 | 25m | 20-12-01 | Heemskerk | 323 |
| 25. Vink Marjolein | 93 | 08-021 | 41.72 | 25m | 8-3-09 | Purmerend (NED) | 323 |

100 schoolslag

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|--------------------------------|----|--------|---------|-----|----------|-------------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 1:16.62 | 25m | 13-11-16 | Purmerend (NED) | 539 |
| 2. Palmboom Nicole | 91 | 08-021 | 1:22.16 | 25m | 25-11-07 | Amsterdam (NED) | 437 |
| 3. de Haan Shira | 00 | 08-021 | 1:22.78 | 25m | 11-9-16 | Purmerend (NED) | 427 |
| 4. Stam Vanessa | 80 | 08-021 | 1:24.30 | 25m | 7-11-96 | Heemskerk (NED) | 404 |
| 5. van 't Veer Iris | 03 | 08-021 | 1:25.89 | 25m | 3-11-19 | Purmerend (NED) | 382 |
| 6. van der Geest Saskia | 73 | 08-021 | 1:26.00 | 25m | 19-3-89 | Zaandam (NED) | 381 |
| 7. Hoekstra Eline | 03 | 08-021 | 1:26.13 | 25m | 6-10-19 | Purmerend (NED) | 379 |
| 8. Crok Linda | 94 | 08-021 | 1:26.54 | 25m | 14-3-10 | Heemskerk (NED) | 374 |
| 9. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:26.87 | 25m | 8-10-00 | Heemskerk (NED) | 369 |
| 10. Schelvis Roos | 86 | 08-021 | 1:26.96 | 25m | 28-3-02 | Heemskerk | 368 |
| 11. van Rookhuizen Sieta | 79 | 08-021 | 1:28.00 | 25m | 16-3-95 | Heemskerk (NED) | 355 |
| 12. Mallon Danique | 94 | 08-021 | 1:28.39 | 25m | 14-3-10 | Heemskerk (NED) | 351 |
| 13. Smit Sanne | 01 | 08-021 | 1:28.41 | 25m | 1-10-17 | Purmerend (NED) | 350 |
| 14. Kramer Miranda | 80 | 08-021 | 1:28.50 | 25m | 8-2-96 | Heemskerk (NED) | 349 |
| 15. Niesten Iris | 92 | 08-021 | 1:29.36 | 25m | 30-10-08 | Heemskerk (NED) | 339 |
| 16. Oudendijk Bianca | 79 | 08-021 | 1:29.60 | 25m | 5-3-95 | Heemskerk (NED) | 337 |
| 17. Crok Annemarie | 89 | 08-021 | 1:29.62 | 25m | 14-5-05 | Zuidoost-Beemster (NED) | 336 |
| 18. Groen Anne | 95 | 08-021 | 1:29.63 | 25m | 27-11-11 | Heemskerk (NED) | 336 |
| 19. Vink Lidewij | 90 | 08-021 | 1:29.92 | 25m | 17-4-06 | Haarlem (NED) | 333 |
| 20. Stam Sabrina | 82 | 08-021 | 1:30.00 | 25m | 15-1-98 | Heemskerk (NED) | 332 |
| 21. Petit Kirsten | 00 | 08-021 | 1:30.01 | 25m | 13-11-16 | Purmerend (NED) | 332 |
| 22. Boekling Annette | 85 | 08-021 | 1:30.63 | 25m | 16-4-01 | Haarlem (NED) | 325 |
| 23. Schelvis Femke | 84 | 08-021 | 1:30.76 | 25m | 4-5-00 | Heemskerk (NED) | 324 |
| 24. Niesten Annet | 62 | 08-021 | 1:30.80 | 25m | 26-2-78 | Castricum (NED) | 323 |
| 24. van Galen Angela | 65 | 08-021 | 1:30.80 | 25m | 18-1-81 | Zaandam (NED) | 323 |

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|---------------------------------|----|--------|---------|-----|----------|---------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 2:56.62 | 25m | 2-10-16 | Purmerend (NED) | 442 |
| 2. de Haan Shira | 00 | 08-021 | 2:58.17 | 25m | 2-10-16 | Purmerend (NED) | 430 |
| 3. Hoekstra Eline | 03 | 08-021 | 3:00.09 | 25m | 6-10-19 | Purmerend (NED) | 417 |
| 4. Palmboom Nicole | 91 | 08-021 | 3:02.96 | 25m | 13-12-07 | Heemskerk (NED) | 397 |
| 5. van 't Veer Iris | 03 | 08-021 | 3:03.57 | 25m | 6-10-19 | Purmerend (NED) | 393 |
| 6. Schelvis Roos | 86 | 08-021 | 3:07.14 | 25m | 13-1-02 | Zaandam | 371 |
| 7. Smit Sanne | 01 | 08-021 | 3:08.36 | 25m | 12-3-17 | Purmerend (NED) | 364 |
| 8. Crok Linda | 94 | 08-021 | 3:08.77 | 25m | 25-3-10 | Heemskerk (NED) | 362 |
| 9. van Galen Angela | 65 | 08-021 | 3:09.00 | 25m | 5-4-81 | Heemskerk (NED) | 360 |
| 10. Niesten Iris | 92 | 08-021 | 3:09.37 | 25m | 5-10-08 | Heemskerk (NED) | 358 |
| 11. Gijzen-van der Kroft Nicole | 84 | 08-021 | 3:10.31 | 25m | 27-1-00 | Heemskerk (NED) | 353 |
| 12. van Rookhuizen Sieta | 79 | 08-021 | 3:10.80 | 25m | 24-4-95 | Castricum (NED) | 350 |
| 13. Niesten Annet | 62 | 08-021 | 3:11.10 | 25m | 7-5-78 | Assendelft (NED) | 349 |
| 14. Mallon Danique | 94 | 08-021 | 3:11.53 | 25m | 25-3-10 | Heemskerk (NED) | 346 |
| 15. Hulshof Saskia | 73 | 08-021 | 3:11.80 | 25m | 30-9-89 | | 345 |
| 16. Kramer Miranda | 80 | 08-021 | 3:12.20 | 25m | 4-2-96 | Heerhugowaard (NED) | 343 |
| 17. Schelvis Femke | 84 | 08-021 | 3:13.88 | 25m | 27-1-00 | Heemskerk (NED) | 334 |
| 18. van Huisstede Nikita | 01 | 08-021 | 3:15.53 | 25m | 12-3-17 | Purmerend (NED) | 325 |
| 19. Stins Mariska | 84 | 08-021 | 3:15.82 | 25m | 16-1-00 | Zaandam (NED) | 324 |

200 schoolslag (sinds 20)

| | | | | | | | |
|----------------------|----|--------|---------|-----|----------|-----------------|-----|
| 20. Crok Annemarie | 89 | 08-021 | 3:16.01 | 25m | 16-1-05 | Zaandam (NED) | 323 |
| 21. Essers Sanne | 91 | 08-021 | 3:16.79 | 25m | 13-12-07 | Heemskerk (NED) | 319 |
| 22. Oudendijk Bianca | 79 | 08-021 | 3:17.00 | 25m | 9-11-95 | Heemskerk (NED) | 318 |
| 23. Veldhuis Amelia | 03 | 08-021 | 3:18.93 | 25m | 6-10-19 | Purmerend (NED) | 309 |
| 24. Hoek Daniëlle | 88 | 08-021 | 3:18.97 | 25m | 28-10-04 | Heemskerk (NED) | 309 |
| 25. Limmen Miriam | 75 | 08-021 | 3:19.30 | 25m | 14-3-91 | Heemskerk (NED) | 307 |

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

| | | | | | | | |
|--------------------------------|----|--------|-------|-----|----------|-----------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 13.74 | 25m | 4-5-00 | Heemskerk (NED) | 540 |
| 2. Palmboom Nicole | 91 | 08-021 | 15.02 | 25m | 19-4-07 | Heemskerk (NED) | 413 |
| 3. Hulshof Saskia | 73 | 08-021 | 15.40 | 25m | 31-12-89 | Heemskerk (NED) | 383 |
| 4. Vink Lidewij | 90 | 08-021 | 15.51 | 25m | 27-4-06 | Heemskerk | 375 |
| 5. Kramer Miranda | 80 | 08-021 | 15.60 | 25m | 8-2-96 | Heemskerk (NED) | 369 |
| 5. Meijer Sylvia | 81 | 08-021 | 15.60 | 25m | 13-2-97 | Heemskerk (NED) | 369 |
| 7. Stam Sabrina | 82 | 08-021 | 15.70 | 25m | 15-1-98 | Heemskerk (NED) | 362 |
| 8. Gijzen-van der Kroft Nicole | 84 | 08-021 | 15.84 | 25m | 4-5-00 | Heemskerk (NED) | 352 |
| 9. Stins Mariska | 84 | 08-021 | 15.91 | 25m | 4-5-00 | Heemskerk (NED) | 347 |
| 10. de Boer Irene | 84 | 08-021 | 16.00 | 25m | 4-5-00 | Heemskerk (NED) | 342 |
| 11. Essers Sanne | 91 | 08-021 | 16.40 | 25m | 19-4-07 | Heemskerk (NED) | 317 |
| 12. Groen Anne | 95 | 08-021 | 16.50 | 25m | 30-6-11 | Heemskerk (NED) | 311 |
| 13. van Rookhuizen Sieta | 79 | 08-021 | 16.70 | 25m | 16-3-95 | Heemskerk (NED) | 300 |
| 14. Bos Marieke | 06 | 08-021 | 16.92 | 25m | 7-7-22 | Heemskerk (NED) | 289 |
| 15. van der Geest Saskia | 73 | 08-021 | 17.00 | 25m | 12-1-89 | Heemskerk (NED) | 285 |
| 16. Niesten Iris | 92 | 08-021 | 17.32 | 25m | 29-5-08 | Heemskerk (NED) | 269 |
| 17. Regelink Anneke | 83 | 08-021 | 17.52 | 25m | 25-3-99 | Heemskerk (NED) | 260 |

25 vlinderslag (sinds 18)

| | | | | | | | | |
|-----|---------------------|----|--------|-------|-----|---------|-----------------|-----|
| 18. | Oudendijk Bianca | 79 | 08-021 | 17.70 | 25m | 16-3-95 | Heemskerk (NED) | 252 |
| 19. | Cappelle Carlijn | 82 | 08-021 | 18.00 | 25m | 15-1-98 | Heemskerk (NED) | 240 |
| 20. | Lindelauw Priscilla | 85 | 08-021 | 18.87 | 25m | 29-3-01 | Heemskerk (NED) | 208 |
| 21. | van Velsen Patricia | 79 | 08-021 | 18.90 | 25m | 16-3-95 | Heemskerk (NED) | 207 |
| 22. | de Boer Angela | 80 | 08-021 | 19.20 | 25m | 7-2-96 | | 197 |
| 23. | Koopman Anitra | 89 | 08-021 | 20.00 | 25m | 27-3-05 | Haarlem (NED) | 175 |
| 24. | Koper Ella | 90 | 08-021 | 20.22 | 25m | 27-4-06 | Heemskerk | 169 |
| 25. | ten Cate Ilona | 85 | 08-021 | 20.32 | 25m | 29-3-01 | Heemskerk (NED) | 167 |

50 vlinderslag

| | | | | | | | | |
|-----|-----------------------------|----|--------|-------|-----|----------|-------------------------|-----|
| 1. | Kingma Danae | 00 | 08-021 | 30.62 | 25m | 17-11-16 | Heemskerk (NED) | 504 |
| 2. | Hoekstra Eline | 03 | 08-021 | 31.04 | 25m | 7-11-19 | Heemskerk (NED) | 484 |
| 3. | Schelvis Femke | 84 | 08-021 | 31.46 | 25m | 16-4-00 | Almelo (NED) | 465 |
| 4. | Palmboom Nicole | 91 | 08-021 | 32.01 | 25m | 27-10-07 | Barneveld (NED) | 441 |
| 5. | Vink Lidewij | 90 | 08-021 | 32.65 | 25m | 5-3-06 | Purmerend (NED) | 416 |
| 6. | Wentink Yara | 04 | 08-021 | 32.92 | 25m | 12-1-20 | Purmerend (NED) | 406 |
| 7. | Mallon Danique | 94 | 08-021 | 33.41 | 25m | 23-5-10 | Purmerend (NED) | 388 |
| 8. | Crok Annemarie | 89 | 08-021 | 33.48 | 25m | 14-5-05 | Zuidoost-Beemster (NED) | 386 |
| 9. | de Haan Shira | 00 | 08-021 | 33.65 | 25m | 4-12-16 | Zaandam (NED) | 380 |
| 10. | Gijzen-van der Kroft Nicole | 84 | 08-021 | 33.69 | 25m | 30-11-00 | Heemskerk (NED) | 378 |
| 11. | Essers Sanne | 91 | 08-021 | 33.72 | 25m | 28-12-07 | Maastricht (NED) | 377 |
| 12. | Siemerink Laura | 04 | 08-021 | 33.93 | 25m | 30-1-20 | Heemskerk (NED) | 370 |
| 13. | Verbree Bets | 63 | 08-021 | 34.00 | 25m | 31-12-79 | | 368 |
| 14. | Smit Sanne | 01 | 08-021 | 34.14 | 25m | 12-2-17 | Purmerend (NED) | 364 |
| 15. | Stins Mariska | 84 | 08-021 | 34.23 | 25m | 30-11-00 | Heemskerk (NED) | 361 |
| 16. | Crok Linda | 94 | 08-021 | 34.37 | 25m | 7-3-10 | Purmerend (NED) | 356 |
| 17. | de Boer Irene | 84 | 08-021 | 34.53 | 25m | 30-11-00 | Heemskerk (NED) | 351 |
| 18. | Besse Karen | 75 | 08-021 | 34.60 | 25m | 10-1-91 | Heemskerk (NED) | 349 |
| 18. | Meijer Linda | 77 | 08-021 | 34.60 | 25m | 24-4-93 | | 349 |
| 20. | Hulshof Saskia | 73 | 08-021 | 34.80 | 25m | 14-12-89 | Heemskerk (NED) | 343 |
| 21. | Buur Naomi | 01 | 08-021 | 34.85 | 25m | 17-4-17 | Haarlem (NED) | 342 |
| 22. | Stam Sabrina | 82 | 08-021 | 34.90 | 25m | 18-1-98 | Zuidoost Beemster (NED) | 340 |
| 23. | Kleijne Daisy | 89 | 08-021 | 34.92 | 25m | 5-6-05 | Alkmaar (NED) | 340 |
| 24. | Schelvis Roos | 86 | 08-021 | 35.04 | 25m | 31-1-02 | Heemskerk | 336 |
| 25. | Hoek Daniëlle | 88 | 08-021 | 35.07 | 25m | 28-12-04 | Maastricht (NED) | 335 |

100 vlinderslag

| | | | | | | | | |
|-----|-----------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. | Wentink Yara | 04 | 08-021 | 1:10.95 | 25m | 20-9-20 | Haarlem (NED) | 455 |
| 2. | Hoekstra Eline | 03 | 08-021 | 1:10.98 | 25m | 3-11-19 | Purmerend (NED) | 455 |
| 3. | Schelvis Femke | 84 | 08-021 | 1:11.10 | 25m | 17-2-00 | Heemskerk (NED) | 453 |
| 4. | Kingma Danae | 00 | 08-021 | 1:11.97 | 25m | 18-2-16 | Heemskerk (NED) | 436 |
| 5. | Vink Lidewij | 90 | 08-021 | 1:12.85 | 25m | 10-12-06 | Heemskerk (NED) | 421 |
| 6. | Palmboom Nicole | 91 | 08-021 | 1:13.63 | 25m | 17-11-07 | Barneveld (NED) | 407 |
| 7. | Mallon Danique | 94 | 08-021 | 1:13.93 | 25m | 23-5-10 | Purmerend (NED) | 403 |
| 8. | Stam Vanessa | 80 | 08-021 | 1:16.60 | 25m | 15-12-96 | Heemskerk (NED) | 362 |
| 9. | Essers Sanne | 91 | 08-021 | 1:16.69 | 25m | 21-10-07 | Zaandam (NED) | 361 |
| 10. | de Haan Shira | 00 | 08-021 | 1:16.99 | 25m | 4-12-16 | Zaandam (NED) | 356 |
| 11. | Smit Sanne | 01 | 08-021 | 1:17.02 | 25m | 2-2-17 | Heemskerk (NED) | 356 |
| 12. | Besse Karen | 75 | 08-021 | 1:17.20 | 25m | 24-2-91 | Heemskerk (NED) | 353 |
| 13. | Verbree Bets | 63 | 08-021 | 1:17.30 | 25m | 25-11-79 | Heemskerk (NED) | 352 |
| 14. | Hulshof Saskia | 73 | 08-021 | 1:18.90 | 25m | 18-2-89 | | 331 |

100 vlinderslag (sinds 15)

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|------------------|-----|
| 15. Crok Linda | 94 | 08-021 | 1:19.56 | 25m | 20-5-10 | Heemskerk (NED) | 323 |
| 16. Siemerink Laura | 04 | 08-021 | 1:19.79 | 25m | 12-1-20 | Purmerend (NED) | 320 |
| 17. Crok Annemarie | 89 | 08-021 | 1:19.86 | 25m | 27-3-05 | Haarlem (NED) | 319 |
| 18. Stam Sabrina | 82 | 08-021 | 1:20.70 | 25m | 26-4-98 | Alkmaar (NED) | 309 |
| 19. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:20.78 | 25m | 24-4-00 | Haarlem (NED) | 308 |
| 20. Herwegh Binthy | 09 | 08-021 | 1:20.93 | 25m | 27-2-25 | Heemskerk (NED) | 307 |
| 21. de Boer Irene | 84 | 08-021 | 1:21.10 | 25m | 8-10-00 | Heemskerk (NED) | 305 |
| 22. Stins Mariska | 84 | 08-021 | 1:21.15 | 25m | 11-6-00 | Haarlem (NED) | 304 |
| 23. Kleijne Daisy | 89 | 08-021 | 1:21.29 | 25m | 28-12-05 | Maastricht (NED) | 303 |
| 24. Schelvis Roos | 86 | 08-021 | 1:21.55 | 25m | 31-3-02 | Haarlem | 300 |
| 25. Kramer Miranda | 80 | 08-021 | 1:21.80 | 25m | 7-4-96 | Haarlem (NED) | 297 |

200 vlinderslag

| | | | | | | | |
|----------------------|----|--------|---------|-----|----------|---------------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 2:40.19 | 25m | 23-11-19 | Hoofddorp (NED) | 416 |
| 2. Mallon Danique | 94 | 08-021 | 2:48.96 | 25m | 18-2-10 | Heemskerk (NED) | 354 |
| 3. Vink Lidewij | 90 | 08-021 | 2:53.55 | 25m | 30-11-06 | Heemskerk | 327 |
| 4. Stam Vanessa | 80 | 08-021 | 3:03.10 | 25m | 8-12-96 | Heerhugowaard (NED) | 278 |
| 5. Schelvis Roos | 86 | 08-021 | 3:03.76 | 25m | 25-4-02 | Heemskerk | 275 |
| 6. Meijer Linda | 77 | 08-021 | 3:06.00 | 25m | 7-2-93 | Volendam (NED) | 265 |
| 7. Crok Linda | 94 | 08-021 | 3:06.01 | 25m | 18-2-10 | Heemskerk (NED) | 265 |
| 8. Kleijne Daisy | 89 | 08-021 | 3:07.53 | 25m | 24-11-05 | Heemskerk (NED) | 259 |
| 9. Crok Annemarie | 89 | 08-021 | 3:08.98 | 25m | 24-11-05 | Heemskerk (NED) | 253 |
| 10. de Boer Irene | 84 | 08-021 | 3:15.15 | 25m | 16-4-00 | Zaandam (NED) | 230 |
| 11. Boekling Annette | 85 | 08-021 | 3:19.10 | 25m | 20-12-01 | Heemskerk | 216 |
| 12. Koopman Anitra | 89 | 08-021 | 3:24.89 | 25m | 24-11-05 | Heemskerk (NED) | 198 |
| 13. Hermans Liesbeth | 66 | 08-021 | 3:30.20 | 25m | 7-3-82 | | 184 |
| 14. Verbree Bets | 63 | 08-021 | 3:35.60 | 25m | 2-12-79 | Zaandam (NED) | 170 |
| 15. Tholen Kirsten | 66 | 08-021 | 3:36.30 | 25m | 7-3-82 | | 169 |

1000 vlinderslag100 wisselslag

| | | | | | | | |
|----------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 1:08.21 | 25m | 29-12-16 | Leeuwarden (NED) | 568 |
| 2. Schelvis Femke | 84 | 08-021 | 1:12.53 | 25m | 12-2-00 | Emmen | 472 |
| 3. Hoekstra Eline | 03 | 08-021 | 1:12.93 | 25m | 29-9-19 | Alkmaar (NED) | 465 |
| 4. Crok Linda | 94 | 08-021 | 1:12.98 | 25m | 11-4-10 | Zaandam (NED) | 464 |
| 5. Palmboom Nicole | 91 | 08-021 | 1:13.60 | 25m | 30-12-07 | Maastricht (NED) | 452 |
| 6. de Haan Shira | 00 | 08-021 | 1:15.49 | 25m | 11-9-16 | Purmerend (NED) | 419 |
| 7. Smit Sanne | 01 | 08-021 | 1:15.76 | 25m | 11-5-17 | Heemskerk (NED) | 415 |
| 8. Mallon Danique | 94 | 08-021 | 1:15.90 | 25m | 11-4-10 | Zaandam (NED) | 412 |
| 9. Kleijne Daisy | 89 | 08-021 | 1:15.95 | 25m | 30-12-05 | Maastricht (NED) | 411 |
| 10. Schelvis Roos | 86 | 08-021 | 1:16.04 | 25m | 26-9-02 | Heemskerk | 410 |
| 11. van 't Veer Iris | 03 | 08-021 | 1:16.08 | 25m | 23-11-19 | Hoofddorp (NED) | 409 |
| 12. Besse Karen | 75 | 08-021 | 1:16.10 | 25m | 14-3-91 | Heemskerk (NED) | 409 |
| 13. Hulshof Saskia | 73 | 08-021 | 1:16.20 | 25m | 31-12-89 | Heemskerk (NED) | 407 |
| 13. Kramer Miranda | 80 | 08-021 | 1:16.20 | 25m | 15-12-96 | Heemskerk (NED) | 407 |
| 15. Vink Lidewij | 90 | 08-021 | 1:16.36 | 25m | 26-3-06 | Purmerend (NED) | 405 |
| 16. Hoek Daniëlle | 88 | 08-021 | 1:17.14 | 25m | 30-9-04 | Heemskerk (NED) | 393 |
| 17. Groen Anne | 95 | 08-021 | 1:17.54 | 25m | 14-4-11 | Heemskerk (NED) | 387 |
| 18. Petit Kirsten | 00 | 08-021 | 1:17.74 | 25m | 4-12-16 | Zaandam (NED) | 384 |
| 19. Essers Sanne | 91 | 08-021 | 1:17.84 | 25m | 21-1-07 | Zaandam (NED) | 382 |

100 wisselslag (sinds 20)

| | | | | | | | |
|--------------------|----|--------|---------|-----|----------|-------------------------|-----|
| 20. Crok Annemarie | 89 | 08-021 | 1:18.48 | 25m | 29-9-05 | Heemskerk (NED) | 373 |
| 21. Stam Vanessa | 80 | 08-021 | 1:18.70 | 25m | 27-10-96 | Zaandam (NED) | 370 |
| 22. Blaauw Yente | 03 | 08-021 | 1:19.20 | 25m | 11-4-19 | Heemskerk (NED) | 363 |
| 23. Buur Naomi | 01 | 08-021 | 1:19.25 | 25m | 11-5-17 | Heemskerk (NED) | 362 |
| 24. Koopman Anitra | 89 | 08-021 | 1:19.33 | 25m | 9-1-05 | Zuidoost Beemster (NED) | 361 |
| 25. Vink Marjolein | 93 | 08-021 | 1:19.46 | 25m | 11-1-09 | Alkmaar (NED) | 359 |

200 wisselslag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|-------------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 2:35.06 | 25m | 12-3-00 | Heemskerk (NED) | 485 |
| 2. Kingma Danae | 00 | 08-021 | 2:35.07 | 25m | 17-1-16 | Purmerend (NED) | 485 |
| 3. Hoekstra Eline | 03 | 08-021 | 2:36.77 | 25m | 10-2-19 | Purmerend (NED) | 469 |
| 4. Smit Sanne | 01 | 08-021 | 2:39.42 | 25m | 12-2-17 | Purmerend (NED) | 446 |
| 5. Crok Linda | 94 | 08-021 | 2:41.16 | 25m | 4-4-10 | Haarlem (NED) | 432 |
| 6. Palmboom Nicole | 91 | 08-021 | 2:43.90 | 25m | 18-3-07 | Heemskerk (NED) | 411 |
| 7. Vink Lidewij | 90 | 08-021 | 2:44.06 | 25m | 14-12-06 | Heemskerk (NED) | 409 |
| 8. Wentink Yara | 04 | 08-021 | 2:44.14 | 25m | 12-1-20 | Purmerend (NED) | 409 |
| 9. Stam Sabrina | 82 | 08-021 | 2:44.60 | 25m | 7-5-98 | Heemskerk (NED) | 405 |
| 10. Schelvis Roos | 86 | 08-021 | 2:44.66 | 25m | 10-3-02 | Heemskerk | 405 |
| 11. de Haan Shira | 00 | 08-021 | 2:45.73 | 25m | 4-12-16 | Zaandam (NED) | 397 |
| 12. Mallon Danique | 94 | 08-021 | 2:45.92 | 25m | 26-9-10 | Zaandam (NED) | 396 |
| 13. Kleijne Daisy | 89 | 08-021 | 2:46.06 | 25m | 10-4-05 | Zuidoost-Beemster (NED) | 395 |
| 14. Groen Anne | 95 | 08-021 | 2:46.41 | 25m | 11-6-11 | Purmerend (NED) | 392 |
| 15. Crok Annemarie | 89 | 08-021 | 2:46.62 | 25m | 15-12-05 | Heemskerk (NED) | 391 |
| 16. Gijzen-van der Kroft Nicole | 84 | 08-021 | 2:47.18 | 25m | 8-10-00 | Heemskerk (NED) | 387 |
| 17. Hulshof Saskia | 73 | 08-021 | 2:47.20 | 25m | 16-12-89 | | 387 |
| 18. van 't Veer Iris | 03 | 08-021 | 2:47.26 | 25m | 17-11-19 | Hoofddorp (NED) | 386 |
| 19. Essers Sanne | 91 | 08-021 | 2:47.50 | 25m | 24-2-07 | Hoom (NED) | 385 |
| 20. Stins Mariska | 84 | 08-021 | 2:47.95 | 25m | 26-10-00 | Heemskerk (NED) | 381 |
| 21. Stam Vanessa | 80 | 08-021 | 2:48.10 | 25m | 12-12-96 | Heemskerk (NED) | 380 |
| 22. van der Geest Saskia | 73 | 08-021 | 2:48.30 | 25m | 18-2-89 | | 379 |
| 23. Kramer Miranda | 80 | 08-021 | 2:48.40 | 25m | 2-5-96 | Heemskerk (NED) | 378 |
| 23. Hoek Daniëlle | 88 | 08-021 | 2:48.40 | 25m | 3-10-04 | Heemskerk (NED) | 378 |
| 25. Koopman Anitra | 89 | 08-021 | 2:48.74 | 25m | 27-1-05 | Heemskerk (NED) | 376 |

300 wisselslag

| | | | | | | |
|--------------------------------|----|--------|---------|-----|----------|-----------------|
| 1. Kleijne Daisy | 89 | 08-021 | 4:23.11 | 25m | 13-11-05 | Zaandam (NED) |
| 2. Crok Annemarie | 89 | 08-021 | 4:23.42 | 25m | 13-11-05 | Zaandam (NED) |
| 3. Hoek Daniëlle | 88 | 08-021 | 4:25.43 | 25m | 19-12-04 | Heemskerk (NED) |
| 4. Gijzen-van der Kroft Nicole | 84 | 08-021 | 4:26.28 | 25m | 23-1-00 | Heemskerk (NED) |
| 5. Essers Sanne | 91 | 08-021 | 4:31.53 | 25m | 9-12-07 | Zaandam (NED) |
| 6. van Ballegoie Simone | 84 | 08-021 | 4:41.34 | 25m | 23-1-00 | Heemskerk (NED) |
| 7. van der Gracht Anouk | 89 | 08-021 | 4:45.41 | 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 | 5:30.02 | 25m | 30-3-00 | Heemskerk (NED) | 483 |
| 3. Vink Lidewij | 90 | 08-021 | 5:43.03 | 25m | 1-4-06 | Zaandam (NED) | 430 |
| 4. Smit Sanne | 01 | 08-021 | 5:47.60 | 25m | 8-1-17 | Purmerend (NED) | 413 |
| 5. Kleijne Daisy | 89 | 08-021 | 5:55.34 | 25m | 30-1-05 | Zaandam (NED) | 386 |
| 6. Schelvis Roos | 86 | 08-021 | 5:57.41 | 25m | 24-2-02 | Heemskerk | 380 |
| 7. de Haan Shira | 00 | 08-021 | 5:58.80 | 25m | 30-12-16 | Leeuwarden (NED) | 375 |
| 8. Essers Sanne | 91 | 08-021 | 6:00.29 | 25m | 11-2-07 | Zaandam (NED) | 371 |
| 9. Crok Annemarie | 89 | 08-021 | 6:07.86 | 25m | 30-1-05 | Zaandam (NED) | 348 |
| 10. Gijzen-van der Kroft Nicole | 84 | 08-021 | 6:11.31 | 25m | 30-3-00 | Heemskerk (NED) | 339 |
| 11. Kramer Miranda | 80 | 08-021 | 6:12.10 | 25m | 17-3-96 | Heemskerk (NED) | 336 |
| 11. Hoek Daniëlle | 88 | 08-021 | 6:12.10 | 25m | 29-2-04 | Wormerveer | 336 |
| 13. Stins Mariska | 84 | 08-021 | 6:12.28 | 25m | 30-3-00 | Heemskerk (NED) | 336 |
| 14. de Boer Irene | 84 | 08-021 | 6:14.76 | 25m | 30-3-00 | Heemskerk (NED) | 329 |
| 15. de Ruijter Linda | 87 | 08-021 | 6:18.75 | 25m | 23-2-03 | Heemskerk | 319 |
| 16. Tholen Kirsten | 66 | 08-021 | 6:27.30 | 25m | 3-4-82 | Heemskerk (NED) | 298 |
| 17. Hermans Liesbeth | 66 | 08-021 | 6:31.10 | 25m | 3-4-82 | Heemskerk (NED) | 290 |
| 18. van der Gracht Anouk | 89 | 08-021 | 6:35.47 | 25m | 30-1-05 | Zaandam (NED) | 280 |
| 19. de Roode Xara | 08 | 08-021 | 6:47.22 | 25m | 10-3-24 | Purmerend (NED) | 257 |
| 20. van Tellingen Ingrid | 66 | 08-021 | 7:34.70 | 25m | 3-4-82 | Heemskerk (NED) | 184 |
| 21. de Groot Sjors | 08 | 08-021 | 7:48.16 | 25m | 10-3-24 | Purmerend (NED) | 169 |