

**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. Essers Sanne	91	08-021	5:27.37	50m	20-4-07	Antwerpen (BEL)	376
22. de Boer Irene	84	08-021	5:27.61	25m	5-11-00	Zaandam (NED)	366
23. Stins Mariska	84	08-021	5:29.69	25m	5-11-00	Zaandam (NED)	359
24. van der Geest Saskia	73	08-021	5:29.80	25m	19-3-89	Zaandam (NED)	359
25. Zonneveld Chantal	84	08-021	5:31.40	25m	30-3-00	Heemskerk (NED)	354

**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. Wentink Yara	04	08-021	11:48.31	50m	19-1-20	Alkmaar (NED)	320
18. Gijzen-van der Kroft Nicole	84	08-021	11:48.43	25m	5-11-00	Zaandam (NED)	309
19. Zonneveld Chantal	84	08-021	11:49.67	25m	23-1-00	Heemskerk (NED)	308
20. van Rookhuizen Sieta	79	08-021	11:57.10	25m	5-11-95	Volendam (NED)	298
21. Hermans Liesbeth	66	08-021	12:09.20	25m	10-1-82	Wormerveer (NED)	284

**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. Essers Sanne	91	08-021	15:19.80	OW	7-7-07	Oss (NED)	
4. van Giezen Corina	68	08-021	17:05.00	OW	17-6-84	Amstelveen (NED)	
5. Poppema Yvonne	68	08-021	18:49.50	OW	17-6-84	Amstelveen (NED)	

**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. Wentink Yara	04	08-021	22:11.17	50m	19-1-20	Alkmaar (NED)	336
13. Groen Anne	95	08-021	22:15.43	25m	13-2-11	Zaandam (NED)	326
14. 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
11. van Rookhuizen Sieta	79	08-021	34:54.00	OW	1-7-95	Oss (NED)	
12. van der Eng Laura	80	08-021	50:47.00	OW	6-7-96	Oss (NED)	

**2500 vrije slag**

1. Crok Linda	94	08-021	37:25.63	OW	25-7-10	Langedijk (NED)	
2. Vink Lidewij	90	08-021	38:03.10	OW	8-7-06	Oss (NED)	
3. Essers Sanne	91	08-021	45:43.56	OW	22-7-07	Langedijk (NED)	

**3000 vrije slag**

1. Vink Lidewij	90	08-021	44:59.59	OW	15-7-06	Wijk en Aalburg (NED)	
2. Crok Linda	94	08-021	45:46.47	OW	10-7-10	Wijk en Aalburg (NED)	
3. Essers Sanne	91	08-021	48:59.81	OW	21-7-07	Anna-Paulowna (NED)	
4. van Rookhuizen Sieta	79	08-021	51:49.00	OW	2-7-95	Veghel (NED)	

**4000 vrije slag****5000 vrije slag**

1. Crok Linda	94	08-021	1:18:13.04	OW	20-6-10	Spaarnwoude (NED)	
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**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 Ballegoie 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

**50 rugslag**

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

**50 rugslag (sinds 18)**

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

**100 rugslag**

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

**200 rugslag**

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

200 rugslag (sinds 15)

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 rugslag25 schoolslag

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**

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
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**

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

**200 schoolslag**

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
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 schoolslag****500 schoolslag**

1. Palmboom Nicole	91	08-021	9:24.22	OW	7-7-07	Oss (NED)
2. Essers Sanne	91	08-021	9:55.46	OW	7-7-07	Oss (NED)

**800 schoolslag****1000 schoolslag**

1. van der Gracht Anouk	89	08-021	21:47.56	OW	30-7-05	Horn (NED)
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**1250 schoolslag****1500 schoolslag**

**2000 schoolslag**

1. de Haan Shira	00	08-021	37:10.13	OW	23-7-16	Amstelveen (NED)
2. Stam Vanessa	80	08-021	37:13.80	OW	10-8-96	Amsterdam (NED)
3. van Rookhuizen Sieta	79	08-021	39:08.90	OW	16-7-95	Amsterdam (NED)
4. Kramer Miranda	80	08-021	39:38.30	OW	10-8-96	Amsterdam (NED)
5. Niesten Iris	92	08-021	41:20.29	OW	7-9-08	Vlissingen (NED)
6. van Galen Angela	65	08-021	41:41.50	OW	14-6-81	Amstelveen (NED)
7. van der Gracht Anouk	89	08-021	42:08.83	OW	3-9-05	Wilhelminadorp (NED)
8. Essers Sanne	91	08-021	42:58.86	OW	11-8-07	Heerjansdam (NED)

**2500 schoolslag****3000 schoolslag**

1. Niesten Iris	92	08-021	1:08:36.23	OW	30-8-08	Tilburg (NED)
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**4000 schoolslag****5000 schoolslag****25 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
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. Lindelauf 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	30.48	50m	5-6-16	Alkmaar (NED)	514
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. Siemerink Laura	04	08-021	32.38	50m	26-1-20	Alkmaar (NED)	429
6. Vink Lidewij	90	08-021	32.65	25m	5-3-06	Purmerend (NED)	416
7. Wentink Yara	04	08-021	32.92	25m	12-1-20	Purmerend (NED)	406
8. Mallon Danique	94	08-021	33.41	25m	23-5-10	Purmerend (NED)	388
9. Crok Annemarie	89	08-021	33.48	25m	14-5-05	Zuidoost-Beemster (NED)	386
10. de Haan Shira	00	08-021	33.65	25m	4-12-16	Zaandam (NED)	380
11. Gijzen-van der Kroft Nicole	84	08-021	33.69	25m	30-11-00	Heemskerk (NED)	378
12. Essers Sanne	91	08-021	33.72	25m	28-12-07	Maastricht (NED)	377
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. Smit Sanne	01	08-021	1:12.40	50m	26-3-17	Alkmaar (NED)	449
6. Vink Lidewij	90	08-021	1:12.85	25m	10-12-06	Heemskerk (NED)	421
7. Palmboom Nicole	91	08-021	1:13.63	25m	17-11-07	Barneveld (NED)	407
8. Mallon Danique	94	08-021	1:13.93	25m	23-5-10	Purmerend (NED)	403
9. Stam Vanessa	80	08-021	1:16.60	25m	15-12-96	Heemskerk (NED)	362
10. Essers Sanne	91	08-021	1:16.69	25m	21-10-07	Zaandam (NED)	361
11. de Haan Shira	00	08-021	1:16.99	25m	4-12-16	Zaandam (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
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. de Ruijter Linda	87	08-021	3:21.96	50m	29-3-03	Beverwijk (NED)	219
13. Koopman Anitra	89	08-021	3:24.89	25m	24-11-05	Heemskerk (NED)	198
14. Hermans Liesbeth	66	08-021	3:30.20	25m	7-3-82		184
15. Verbree Bets	63	08-021	3:35.60	25m	2-12-79	Zaandam (NED)	170
16. Tholen Kirsten	66	08-021	3:36.30	25m	7-3-82		169

**1000 vlinderslag****100 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
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	Hoorn (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 Ballegooie 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. Wentink Yara	04	08-021	5:57.98	50m	8-3-20	Amsterdam (NED)	411
8. de Haan Shira	00	08-021	5:58.80	25m	30-12-16	Leeuwarden (NED)	375
9. Essers Sanne	91	08-021	6:00.29	25m	11-2-07	Zaandam (NED)	371
10. Crok Annemarie	89	08-021	6:07.86	25m	30-1-05	Zaandam (NED)	348
11. Gijzen-van der Kroft Nicole	84	08-021	6:11.31	25m	30-3-00	Heemskerk (NED)	339
12. Kramer Miranda	80	08-021	6:12.10	25m	17-3-96	Heemskerk (NED)	336
12. Hoek Daniëlle	88	08-021	6:12.10	25m	29-2-04	Wormerveer	336
14. Stins Mariska	84	08-021	6:12.28	25m	30-3-00	Heemskerk (NED)	336
15. de Boer Irene	84	08-021	6:14.76	25m	30-3-00	Heemskerk (NED)	329

400 wisselslag (sinds 16)

16. de Ruijter Linda	87	08-021	6:18.75	25m	23-2-03	Heemskerk	319
17. Tholen Kirsten	66	08-021	6:27.30	25m	3-4-82	Heemskerk (NED)	298
18. Hermans Liesbeth	66	08-021	6:31.10	25m	3-4-82	Heemskerk (NED)	290
19. van der Gracht Anouk	89	08-021	6:35.47	25m	30-1-05	Zaandam (NED)	280
20. de Roode Xara	08	08-021	6:47.22	25m	10-3-24	Purmerend (NED)	257
21. Veldhuis Amelia	03	08-021	7:06.09	50m	20-1-19	Alkmaar (NED)	244
22. van Tellingen Ingrid	66	08-021	7:34.70	25m	3-4-82	Heemskerk (NED)	184
23. de Groot Sjors	08	08-021	7:48.16	25m	10-3-24	Purmerend (NED)	169