

19 jaar, Dames

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. Hoekstra Eline	03	08-021	13.42	25m	7-7-22	Heemskerk (NED)	473
2. Meijer Sylvia	81	08-021	13.43	25m	4-5-00	Heemskerk (NED)	472
3. van 't Veer Iris	03	08-021	14.35	25m	7-7-22	Heemskerk (NED)	387
4. Kramer Miranda	80	08-021	14.44	25m	25-3-99	Heemskerk (NED)	380
5. Butter Anouk	82	08-021	14.51	25m	29-3-01	Heemskerk (NED)	374
6. Crok Annemarie	89	08-021	14.69	25m	29-5-08	Heemskerk (NED)	361
7. Hoek Daniëlle	88	08-021	14.76	25m	19-4-07	Heemskerk (NED)	355
8. Kleijne Daisy	89	08-021	14.81	25m	29-5-08	Heemskerk (NED)	352
9. Krouwels Tanja	79	08-021	14.90	25m	12-2-98	Heemskerk (NED)	345
10. van der Gracht Anouk	89	08-021	15.20	25m	29-5-08	Heemskerk (NED)	325
11. Koper Birgit	87	08-021	15.46	25m	27-4-06	Heemskerk	309
12. de Boer Maia	03	08-021	16.44	25m	7-7-22	Heemskerk (NED)	257
13. Huneker Jolanda	79	08-021	16.70	25m	12-2-98	Heemskerk (NED)	245
14. ten Cate Joyce	80	08-021	17.20	25m	25-3-99	Heemskerk (NED)	224
15. Beentjes Nicolet	80	08-021	17.81	25m	25-3-99	Heemskerk (NED)	202

50 vrije slag

1. Kingma Danae	00	08-021	27.54	25m	19-9-19	Heemskerk (NED)	577
2. Wentink Yara	04	08-021	27.81	25m	26-11-23	Hoofddorp (NED)	560
3. Schelvis Femke	84	08-021	28.53	25m	28-12-03	Maastricht (NED)	519
4. Hoekstra Eline	03	08-021	28.73	25m	24-4-22	Den Helder (NED)	508
5. Broek Jade	97	08-021	28.99	25m	6-3-16	Purmerend (NED)	494
6. Crok Linda	94	08-021	29.19	25m	3-3-13	Purmerend (NED)	484
7. van 't Veer Iris	03	08-021	29.36	25m	24-4-22	Den Helder (NED)	476
8. Meijer Sylvia	81	08-021	29.45	25m	16-4-00	Almelo (NED)	472
9. Palmboom Nicole	91	08-021	29.55	25m	4-4-10	Haarlem (NED)	467
9. Groen Anne	95	08-021	29.55	25m	30-3-14	Zaandam (NED)	467
11. Hoek Daniëlle	88	08-021	29.92	25m	28-5-07	Purmerend (NED)	450
12. Gijzen-van der Kroft Nicole	84	08-021	30.08	25m	30-1-03	Heemskerk	442
13. Crok Annemarie	89	08-021	30.36	25m	9-3-08	Heemskerk (NED)	430
14. Kleijne Daisy	89	08-021	30.57	25m	27-4-08	Alkmaar (NED)	422
15. de Boer Maia	03	08-021	30.68	50m	19-6-22	Bergbad Bückeburg (GER)	459
16. de Haan Shira	00	08-021	30.78	25m	24-3-19	Purmerend (NED)	413
17. Kramer Miranda	80	08-021	30.88	25m	4-11-99	Heemskerk (NED)	409
18. Vink Lidewij	90	08-021	31.02	25m	23-4-09	Heemskerk (NED)	403
19. Stins Mariska	84	08-021	31.07	25m	28-12-03	Maastricht (NED)	401
20. Siemerink Laura	04	08-021	31.55	25m	12-11-23	Den Helder (NED)	383
21. van der Gracht Anouk	89	08-021	31.58	25m	23-3-08	Haarlem (NED)	382

50 vrije slag (sinds 22)

22. Essers Sanne	91	08-021	31.60	25m	14-3-10	Heemskerk (NED)	382
23. Butter Anouk	82	08-021	31.74	25m	22-4-01	Heemskerk (NED)	377
24. van Ballegoie Simone	84	08-021	31.94	25m	27-11-03	Heemskerk (NED)	370
25. van Rookhuizen Sieta	79	08-021	32.00	25m	7-5-98	Heemskerk (NED)	367

100 vrije slag

1. Kingma Danae	00	08-021	59.14	25m	10-2-19	Purmerend (NED)	613
2. Wentink Yara	04	08-021	59.50	25m	28-5-23	Purmerend (NED)	602
3. Schelvis Femke	84	08-021	1:01.30	25m	14-12-03	Heemskerk (NED)	550
4. Hoekstra Eline	03	08-021	1:02.36	25m	2-6-22	Heemskerk (NED)	523
5. Crok Linda	94	08-021	1:02.44	25m	25-4-13	Heemskerk (NED)	521
6. Broek Jade	97	08-021	1:02.91	25m	18-12-16	Heemskerk (NED)	509
7. Groen Anne	95	08-021	1:04.05	25m	17-4-14	Heemskerk (NED)	482
8. Gijzen-van der Kroft Nicole	84	08-021	1:04.61	25m	20-4-03	Haarlem	470
9. Meijer Sylvia	81	08-021	1:04.76	25m	23-4-00	Haarlem (NED)	467
10. Kleijne Daisy	89	08-021	1:05.11	25m	24-3-08	Haarlem (NED)	459
11. van 't Veer Iris	03	08-021	1:05.33	25m	2-6-22	Heemskerk (NED)	455
12. Crok Annemarie	89	08-021	1:05.83	25m	13-1-08	Heemskerk (NED)	444
13. Hoek Daniëlle	88	08-021	1:05.84	25m	31-5-07	Heemskerk (NED)	444
14. Verbree Bets	63	08-021	1:06.10	25m	18-4-82		439
15. Stins Mariska	84	08-021	1:06.74	25m	16-3-03	Heemskerk	426
16. Palmboom Nicole	91	08-021	1:07.15	25m	23-5-10	Purmerend (NED)	419
17. van der Gracht Anouk	89	08-021	1:08.23	25m	17-2-08	Zaandam (NED)	399
18. Kramer Miranda	80	08-021	1:08.37	25m	4-4-99	Haarlem (NED)	397
19. de Haan Shira	00	08-021	1:08.43	25m	13-10-19	Heemskerk (NED)	395
20. van Rookhuizen Sieta	79	08-021	1:09.40	25m	19-4-98	Zaandam (NED)	379
21. van Ballegoie Simone	84	08-021	1:09.88	25m	20-4-03	Haarlem	371
22. Essers Sanne	91	08-021	1:10.12	25m	3-10-10	Zaandam (NED)	368
23. Vink Lidewij	90	08-021	1:10.23	25m	18-1-09	Haarlem (NED)	366
24. de Boer Maia	03	08-021	1:10.38	25m	2-6-22	Heemskerk (NED)	363
25. Haasbroek Renske	03	08-021	1:10.81	25m	30-10-22	Heemskerk (NED)	357

200 vrije slag

1. Schelvis Femke	84	08-021	2:14.47	25m	9-11-03	Zaandam	553
2. Kingma Danae	00	08-021	2:15.87	25m	6-10-19	Purmerend (NED)	536
3. Hoekstra Eline	03	08-021	2:16.30	25m	21-4-22	Heemskerk (NED)	531
4. Crok Linda	94	08-021	2:18.39	25m	10-11-13	Zaandam (NED)	508
5. Broek Jade	97	08-021	2:20.96	25m	13-11-16	Purmerend (NED)	480
6. van 't Veer Iris	03	08-021	2:21.14	25m	21-4-22	Heemskerk (NED)	478
7. Verbree Bets	63	08-021	2:22.60	25m	7-2-82		464
8. Groen Anne	95	08-021	2:23.23	25m	6-3-14	Heemskerk (NED)	458
9. Hoek Daniëlle	88	08-021	2:24.51	25m	25-10-07	Heemskerk (NED)	446
10. Kleijne Daisy	89	08-021	2:25.80	25m	16-11-08	Amsterdam-oost (NED)	434
11. van der Gracht Anouk	89	08-021	2:27.88	25m	16-11-08	Amsterdam-oost (NED)	416
12. Kramer Miranda	80	08-021	2:28.78	25m	17-1-99	Heemskerk (NED)	408
13. Gijzen-van der Kroft Nicole	84	08-021	2:29.81	25m	27-2-03	Heemskerk	400
14. Stins Mariska	84	08-021	2:30.67	25m	27-2-03	Heemskerk	393
15. de Haan Shira	00	08-021	2:31.20	25m	6-10-19	Purmerend (NED)	389
16. Palmboom Nicole	91	08-021	2:32.49	25m	14-11-10	Castricum (NED)	379
17. van Rookhuizen Sieta	79	08-021	2:32.60	25m	19-4-98	Zaandam (NED)	378
18. Butter Anouk	82	08-021	2:33.07	25m	31-5-01	Heemskerk (NED)	375

200 vrije slag (sinds 19)

19.	van Eerden Meike	00	08-021	2:34.36	25m	6-10-19	Purmerend (NED)	366
20.	de Boer Maia	03	08-021	2:34.98	25m	21-4-22	Heemskerk (NED)	361
21.	Besse Karen	75	08-021	2:35.80	25m	16-1-94	Heemskerk	356
22.	Meijer Sylvia	81	08-021	2:36.51	25m	19-11-00	Zaandam (NED)	351
23.	Haasbroek Renske	03	08-021	2:37.99	25m	20-11-22	Den Helder (NED)	341
24.	Krouwels Tanja	79	08-021	2:41.10	25m	15-2-98	Assendelft (NED)	322
25.	Wentink Yara	04	08-021	2:41.16	50m	19-2-23	Alkmaar (NED)	344

250 vrije slag**300 vrije slag**

1.	van der Gracht Anouk	89	08-021	4:09.38	50m	11-4-08	Antwerpen (BEL)	343
2.	de Ruijter Linda	87	08-021	4:22.64	25m	18-5-06	Heemskerk (NED)	283
3.	ten Cate Ilona	85	08-021	4:27.64	25m	29-4-04	Heemskerk (NED)	267

400 vrije slag

1.	Hoekstra Eline	03	08-021	4:48.25	25m	22-5-22	Hoofddorp (NED)	538
2.	Drubers Mirjam	67	08-021	4:55.60	25m	26-1-86	Castricum (NED)	499
3.	Schelvis Femke	84	08-021	5:01.20	25m	16-11-03	Heemskerk (NED)	472
4.	van der Gracht Anouk	89	08-021	5:11.85	25m	5-10-08	Heemskerk (NED)	425
5.	Hoek Daniëlle	88	08-021	5:14.52	25m	30-9-07	Volendam (NED)	414
6.	Kleijne Daisy	89	08-021	5:17.51	25m	5-10-08	Heemskerk (NED)	402
7.	Broek Jade	97	08-021	5:18.15	25m	2-10-16	Purmerend (NED)	400
8.	van 't Veer Iris	03	08-021	5:21.10	25m	23-10-22	Hoofddorp (NED)	389
9.	Meijer Sylvia	81	08-021	5:24.99	25m	30-3-00	Heemskerk (NED)	375
10.	Gijzen-van der Kroft Nicole	84	08-021	5:25.26	25m	12-6-03	Heemskerk	374
11.	Stins Mariska	84	08-021	5:26.40	25m	12-6-03	Heemskerk	370
12.	Besse Karen	75	08-021	5:32.80	25m	16-10-94	Heemskerk (NED)	349
13.	Wentink Yara	04	08-021	5:35.74	50m	19-2-23	Alkmaar (NED)	349
14.	Krouwels Tanja	79	08-021	5:47.00	25m	19-3-98	Heemskerk (NED)	308
15.	Zonneveld Cindy	75	08-021	5:50.80	25m	13-4-94		298
16.	Heus Pauline	78	08-021	5:51.10	25m	21-9-97	Alkmaar (NED)	298
17.	de Ruijter Linda	87	08-021	5:51.45	25m	18-5-06	Heemskerk (NED)	297
18.	van Ballegooie Simone	84	08-021	5:52.79	25m	12-6-03	Heemskerk	293
19.	ten Cate Ilona	85	08-021	5:55.88	25m	29-4-04	Heemskerk (NED)	286
20.	Huneker Jolanda	79	08-021	6:23.80	25m	19-3-98	Heemskerk (NED)	228
21.	van Giezen Sandra	63	08-021	6:46.90	25m	10-1-82	Wormerveer (NED)	191

500 vrije slag**800 vrije slag**

1.	Schelvis Femke	84	08-021	10:13.02	25m	16-11-03	Heemskerk (NED)	478
2.	Hoekstra Eline	03	08-021	10:27.24	25m	23-10-22	Hoofddorp (NED)	446
3.	van der Gracht Anouk	89	08-021	10:43.54	25m	3-2-08	Zaandam (NED)	413
4.	van 't Veer Iris	03	08-021	10:44.35	25m	23-10-22	Hoofddorp (NED)	411
5.	Kleijne Daisy	89	08-021	10:57.36	25m	9-11-08	Zaandam (NED)	387
6.	Gijzen-van der Kroft Nicole	84	08-021	11:20.64	25m	26-10-03	Zaandam	349
7.	Kramer Miranda	80	08-021	11:27.93	25m	24-10-99	Zaandam (NED)	338
8.	Wentink Yara	04	08-021	11:28.85	50m	19-2-23	Alkmaar (NED)	348

1000 vrije slag

1. van der Gracht Anouk	89	08-021	15:27.28	OW	17-8-08	Aalsmeer (NED)
2. Crok Annemarie	89	08-021	15:43.76	OW	12-7-08	Wijk en Aalburg (NED)
3. Kleijne Daisy	89	08-021	15:58.51	OW	20-7-08	Langedijk (NED)

1250 vrije slag**1500 vrije slag**

1. Schelvis Femke	84	08-021	19:18.83	25m	16-11-03	Heemskerk (NED)	499
2. van der Gracht Anouk	89	08-021	20:26.00	25m	3-2-08	Zaandam (NED)	422
3. Kleijne Daisy	89	08-021	20:43.35	25m	9-11-08	Zaandam (NED)	404
4. Wentink Yara	04	08-021	21:34.63	50m	19-2-23	Alkmaar (NED)	365
5. Butter Anouk	82	08-021	24:06.66	25m	21-1-01	Heemskerk (NED)	256
6. Crok Annemarie	89	08-021	24:56.00	OW	19-7-08	Anna-Paulowna (NED)	

2000 vrije slag

1. van der Gracht Anouk	89	08-021	27:22.08	25m	3-2-08	Zaandam (NED)	416
2. Kleijne Daisy	89	08-021	29:13.79	OW	22-6-08	Breukelen (NED)	
3. Stins Mariska	84	08-021	29:27.82	25m	16-2-03	Zaandam	333
4. Crok Annemarie	89	08-021	30:10.62	OW	6-9-08	Wilhelminadorp (NED)	
5. Kramer Miranda	80	08-021	32:12.30	OW	20-6-99	Spaarnwoude (NED)	

2500 vrije slag

1. van der Gracht Anouk	89	08-021	40:22.93	OW	20-7-08	Langedijk (NED)
-------------------------	----	--------	----------	----	---------	-----------------

3000 vrije slag

1. van der Gracht Anouk	89	08-021	48:14.52	OW	19-7-08	Anna-Paulowna (NED)
2. Kleijne Daisy	89	08-021	48:41.41	OW	19-7-08	Anna-Paulowna (NED)

4000 vrije slag**5000 vrije slag**

1. 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. Hoekstra Eline	03	08-021	15.36	25m	7-7-22	Heemskerk (NED)	486
2. Meijer Sylvia	81	08-021	17.09	25m	17-2-00	Heemskerk (NED)	353
3. van 't Veer Iris	03	08-021	17.22	25m	7-7-22	Heemskerk (NED)	345
4. Kramer Miranda	80	08-021	17.34	25m	25-3-99	Heemskerk (NED)	338
5. Kleijne Daisy	89	08-021	17.38	25m	29-5-08	Heemskerk (NED)	335
6. Crok Annemarie	89	08-021	17.58	25m	29-5-08	Heemskerk (NED)	324
7. Hoek Daniëlle	88	08-021	17.67	25m	19-4-07	Heemskerk (NED)	319
8. Krouwels Tanja	79	08-021	17.90	25m	15-1-98	Heemskerk (NED)	307
9. van der Gracht Anouk	89	08-021	18.04	25m	29-5-08	Heemskerk (NED)	300
10. de Boer Maia	03	08-021	18.17	25m	7-7-22	Heemskerk (NED)	293
11. van Rookhuizen Sieta	79	08-021	18.40	25m	15-1-98	Heemskerk (NED)	282
12. Heus Pauline	78	08-021	18.80	25m	13-2-97	Heemskerk (NED)	265
13. Beentjes Nicolet	80	08-021	18.90	25m	25-3-99	Heemskerk (NED)	261
14. Butter Anouk	82	08-021	19.50	25m	22-2-01	Heemskerk (NED)	237
15. ten Cate Joyce	80	08-021	19.79	25m	25-3-99	Heemskerk (NED)	227
16. Koper Birgit	87	08-021	20.09	25m	27-4-06	Heemskerk	217
17. Huneke Jolanda	79	08-021	20.60	25m	15-1-98	Heemskerk (NED)	201

50 rugslag

1. Kingma Danae	00	08-021	32.03	25m	6-10-19	Purmerend (NED)	514
2. Wentink Yara	04	08-021	32.21	25m	28-5-23	Purmerend (NED)	506
3. Broek Jade	97	08-021	32.62	50m	10-4-16	Eindhoven (NED)	570
4. Hoekstra Eline	03	08-021	32.66	25m	17-3-22	Heemskerk (NED)	485
5. Schelvis Femke	84	08-021	34.08	25m	30-10-03	Heemskerk	427
6. Kleijne Daisy	89	08-021	34.14	25m	7-12-08	Zaandam (NED)	425
7. Crok Linda	94	08-021	34.25	25m	3-3-13	Purmerend (NED)	421
8. Groen Anne	95	08-021	34.82	25m	30-1-14	Heemskerk (NED)	400
9. van 't Veer Iris	03	08-021	34.92	25m	17-3-22	Heemskerk (NED)	397
10. Stins Mariska	84	08-021	35.29	25m	7-6-03	Z.o. Beemster	384
11. Palmboom Nicole	91	08-021	35.75	25m	20-5-10	Heemskerk (NED)	370
12. Meijer Sylvia	81	08-021	36.12	25m	27-1-00	Heemskerk (NED)	358
13. de Haan Shira	00	08-021	36.26	25m	15-9-19	Zaandam (NED)	354
13. van Assema Eline	05	08-021	36.26	25m	10-3-24	Purmerend (NED)	354
15. Hoek Daniëlle	88	08-021	36.56	25m	13-12-07	Heemskerk (NED)	346
16. Gijzen-van der Kroft Nicole	84	08-021	36.59	25m	9-2-03	Zaandam (NED)	345
17. van der Gracht Anouk	89	08-021	36.85	25m	5-10-08	Heemskerk (NED)	338
18. Crok Annemarie	89	08-021	37.05	25m	10-5-08	Purmerend (NED)	332
19. Kramer Miranda	80	08-021	37.29	25m	10-1-99	Zuidoost Beemster (NED)	326
20. van Eerden Meike	00	08-021	37.30	25m	24-1-19	Heemskerk (NED)	325
20. Siemerink Laura	04	08-021	37.30	25m	23-4-23	Den Helder (NED)	325
22. de Boer Maia	03	08-021	37.45	25m	2-10-22	Den Helder (NED)	322
23. Butter Anouk	82	08-021	37.66	25m	22-4-01	Heemskerk (NED)	316
24. Vink Lidewij	90	08-021	38.04	25m	26-2-09	Heemskerk (NED)	307
25. Groot Tineke	60	08-021	38.30	25m	13-10-79	Heemskerk (NED)	301

100 rugslag

1. Kingma Danae	00	08-021	1:07.00	25m	24-3-19	Purmerend (NED)	554
2. Broek Jade	97	08-021	1:08.23	25m	29-12-16	Leeuwarden (NED)	524
3. Hoekstra Eline	03	08-021	1:10.41	25m	17-2-22	Heemskerk (NED)	477
4. Schelvis Femke	84	08-021	1:12.71	25m	9-11-03	Zaandam	433
5. Crok Linda	94	08-021	1:13.01	25m	12-12-13	Heemskerk (NED)	428
6. van 't Veer Iris	03	08-021	1:13.49	25m	13-3-22	Den Helder (NED)	419
7. Wentink Yara	04	08-021	1:14.43	25m	23-4-23	Den Helder (NED)	404
8. Groen Anne	95	08-021	1:14.62	25m	9-3-14	Zaandam (NED)	401
9. Kleijne Daisy	89	08-021	1:15.40	25m	12-5-08	Purmerend (NED)	388
10. Stins Mariska	84	08-021	1:16.36	25m	9-11-03	Zaandam	374
11. Meijer Sylvia	81	08-021	1:16.43	25m	4-5-00	Heemskerk (NED)	373
12. Kramer Miranda	80	08-021	1:16.70	25m	28-1-99	Heemskerk (NED)	369
13. Gijzen-van der Kroft Nicole	84	08-021	1:17.56	25m	24-4-03	Heemskerk	357
14. Hulshof Saskia	73	08-021	1:17.70	25m	23-2-92	Zaandam (NED)	355
15. van Duin Margret	60	08-021	1:18.00	25m	31-12-79		351
16. Verbree Bets	63	08-021	1:18.20	25m	17-1-82		348
17. Crok Annemarie	89	08-021	1:18.58	25m	9-3-08	Heemskerk (NED)	343
18. van Assema Eline	05	08-021	1:19.33	25m	28-1-24	Heemskerk (NED)	333
19. Siemerink Laura	04	08-021	1:19.38	25m	23-4-23	Den Helder (NED)	333
20. van der Gracht Anouk	89	08-021	1:19.51	25m	25-9-08	Heemskerk (NED)	331
21. van Eerden Meike	00	08-021	1:20.05	25m	7-11-19	Heemskerk (NED)	324
22. Groot Tineke	60	08-021	1:20.10	25m	8-12-79	Heemskerk (NED)	324
23. de Haan Shira	00	08-021	1:20.39	25m	7-11-19	Heemskerk (NED)	320
24. Palmboom Nicole	91	08-021	1:20.40	25m	7-2-10	Heemstede (NED)	320
25. de Boer Maia	03	08-021	1:20.50	25m	15-12-22	Heemskerk (NED)	319

200 rugslag

1. Broek Jade	97	08-021	2:35.67	25m	11-9-16	Purmerend (NED)	449
2. Schelvis Femke	84	08-021	2:35.97	25m	25-9-03	Heemskerk (NED)	446
3. Crok Linda	94	08-021	2:38.82	25m	10-11-13	Zaandam (NED)	423
4. Groen Anne	95	08-021	2:40.92	25m	16-11-14	Zaandam (NED)	406
5. Kleijne Daisy	89	08-021	2:42.82	25m	11-5-08	Purmerend (NED)	392
6. Stins Mariska	84	08-021	2:44.24	25m	16-3-03	Heemskerk	382
7. Crok Annemarie	89	08-021	2:44.34	25m	13-1-08	Heemskerk (NED)	381
8. van Eerden Meike	00	08-021	2:44.82	25m	10-2-19	Purmerend (NED)	378
9. van 't Veer Iris	03	08-021	2:47.29	50m	18-6-22	Bergbad Bückebug (GER)	407
10. Hoekstra Eline	03	08-021	2:47.47	50m	18-6-22	Bergbad Bückebug (GER)	406
11. Meijer Sylvia	81	08-021	2:47.81	25m	12-3-00	Heemskerk (NED)	358
12. Gijzen-van der Kroft Nicole	84	08-021	2:48.98	25m	25-9-03	Heemskerk (NED)	351
13. Hoek Daniëlle	88	08-021	2:50.54	25m	25-1-07	Heemskerk (NED)	341
14. Groot Tineke	60	08-021	2:51.20	25m	25-11-79	Heemskerk (NED)	337
15. Palmboom Nicole	91	08-021	2:53.17	25m	14-11-10	Castricum (NED)	326
16. Kramer Miranda	80	08-021	2:54.60	25m	16-12-99	Heemskerk	318
17. de Haan Shira	00	08-021	2:54.85	25m	10-2-19	Purmerend (NED)	317
18. Vink Lidewij	90	08-021	2:55.68	25m	23-4-09	Heemskerk (NED)	312
19. van Duin Margret	60	08-021	2:57.20	25m	7-10-79	Heemskerk (NED)	304
20. Siemerink Laura	04	08-021	2:57.55	25m	1-10-23	Den Helder (NED)	302
21. Essers Sanne	91	08-021	2:58.36	25m	14-11-10	Castricum (NED)	298
22. Heus Pauline	78	08-021	3:01.00	25m	16-11-97	Zaandam (NED)	285
23. Krouwels Tanja	79	08-021	3:02.23	25m	11-10-98	Alkmaar (NED)	280
24. ten Cate Joyce	80	08-021	3:07.12	25m	16-12-99	Heemskerk	258
25. van Rookhuizen Sieta	79	08-021	3:08.36	25m	11-10-98	Alkmaar (NED)	253

500 rugslag**25 schoolslag**

1. Hoekstra Eline	03	08-021	17.70	25m	7-7-22	Heemskerk (NED)	426
2. Kramer Miranda	80	08-021	17.79	25m	25-3-99	Heemskerk (NED)	419
3. de Boer Maia	03	08-021	19.10	25m	7-7-22	Heemskerk (NED)	339
3. van 't Veer Iris	03	08-021	19.10	25m	7-7-22	Heemskerk (NED)	339
5. Crok Annemarie	89	08-021	19.18	25m	29-5-08	Heemskerk (NED)	334
6. Krouwels Tanja	79	08-021	19.60	25m	19-3-98	Heemskerk (NED)	313
7. Beentjes Nicolet	80	08-021	19.68	25m	25-3-99	Heemskerk (NED)	310
8. Kleijne Daisy	89	08-021	20.00	25m	29-5-08	Heemskerk (NED)	295
9. Koper Birgit	87	08-021	20.52	25m	27-4-06	Heemskerk	273
10. Hoek Daniëlle	88	08-021	20.86	25m	19-4-07	Heemskerk (NED)	260
11. Butter Anouk	82	08-021	21.00	25m	22-2-01	Heemskerk (NED)	255
12. Meijer Sylvia	81	08-021	21.24	25m	17-2-00	Heemskerk (NED)	246
13. ten Cate Joyce	80	08-021	22.20	25m	25-3-99	Heemskerk (NED)	215
14. Huneker Jolanda	79	08-021	23.00	25m	5-3-98	Heemskerk (NED)	194

50 schoolslag

1. Kingma Danae	00	08-021	35.97	25m	3-11-19	Purmerend (NED)	504
2. Broek Jade	97	08-021	36.51	25m	13-11-16	Purmerend (NED)	482
3. de Haan Shira	00	08-021	38.98	25m	3-11-19	Purmerend (NED)	396
4. Crok Linda	94	08-021	39.33	25m	3-3-13	Purmerend (NED)	386
5. van Rookhuizen Sieta	79	08-021	39.42	25m	24-9-98	Heemskerk (NED)	383
6. Kramer Miranda	80	08-021	39.77	25m	10-1-99	Zuidoost Beemster (NED)	373
7. Hoekstra Eline	03	08-021	40.14	25m	21-4-22	Heemskerk (NED)	363
8. van 't Veer Iris	03	08-021	40.37	25m	21-4-22	Heemskerk (NED)	357
9. Gijzen-van der Kroft Nicole	84	08-021	41.12	25m	27-11-03	Heemskerk (NED)	337
10. de Boer Maia	03	08-021	41.14	25m	20-11-22	Den Helder (NED)	337
11. Palmboom Nicole	91	08-021	41.16	25m	18-2-10	Heemskerk (NED)	336
12. van der Gracht Anouk	89	08-021	41.40	25m	31-1-08	Heemskerk (NED)	331
12. Groen Anne	95	08-021	41.40	25m	6-3-14	Heemskerk (NED)	331
14. Crok Annemarie	89	08-021	41.79	25m	16-11-08	Amsterdam-oost (NED)	321
15. Heus Pauline	78	08-021	42.10	25m	5-10-97	Zaandam (NED)	314
16. Stins Mariska	84	08-021	42.24	25m	27-11-03	Heemskerk (NED)	311
17. Schelvis Femke	84	08-021	42.57	25m	27-11-03	Heemskerk (NED)	304
17. Siemerink Laura	04	08-021	42.57	25m	1-10-23	Den Helder (NED)	304
19. Wentink Yara	04	08-021	42.80	25m	29-1-23	Heemskerk (NED)	299
20. Veldhuis Amelia	03	08-021	42.90	25m	2-10-22	Den Helder (NED)	297
21. Hoek Daniëlle	88	08-021	43.31	25m	25-11-07	Amsterdam (NED)	289
22. Kleijne Daisy	89	08-021	43.33	25m	31-1-08	Heemskerk (NED)	288
23. Krouwels Tanja	79	08-021	43.75	25m	24-9-98	Heemskerk (NED)	280
24. Essers Sanne	91	08-021	44.69	25m	3-10-10	Zaandam (NED)	263
25. Nijholt Carin	60	08-021	44.70	25m	15-9-79	Heemskerk (NED)	263

100 schoolslag

1. Kingma Danae	00	08-021	1:19.38	25m	6-10-19	Purmerend (NED)	484
2. Broek Jade	97	08-021	1:20.60	25m	30-12-16	Leeuwarden (NED)	463
3. de Haan Shira	00	08-021	1:24.06	25m	24-11-19	Hoofddorp (NED)	408
4. van Rookhuizen Sieta	79	08-021	1:25.50	25m	15-1-98	Heemskerk (NED)	387
5. Crok Linda	94	08-021	1:25.89	25m	6-10-13	Heemskerk (NED)	382
6. Kramer Miranda	80	08-021	1:26.67	25m	5-4-99	Haarlem (NED)	372
7. Gijzen-van der Kroft Nicole	84	08-021	1:27.82	25m	24-4-03	Heemskerk	358
8. Hoekstra Eline	03	08-021	1:27.96	25m	2-10-22	Den Helder (NED)	356
9. van 't Veer Iris	03	08-021	1:29.19	50m	18-6-22	Bergbad Bückebug (GER)	371
10. Palmboom Nicole	91	08-021	1:29.47	25m	25-4-10	Alkmaar (NED)	338
11. van Giezen Sandra	63	08-021	1:29.70	25m	14-3-82		336
12. Crok Annemarie	89	08-021	1:29.93	25m	5-10-08	Heemskerk (NED)	333
13. Stins Mariska	84	08-021	1:30.00	25m	5-1-03	Aalsmeer (NED)	332
14. Wentink Yara	04	08-021	1:30.30	25m	29-1-23	Heemskerk (NED)	329
15. Heus Pauline	78	08-021	1:31.00	25m	23-3-97	Volendam (NED)	321
16. Groen Anne	95	08-021	1:31.66	25m	26-10-14	Zaandam (NED)	314
17. de Boer Maia	03	08-021	1:31.88	25m	2-10-22	Den Helder (NED)	312
18. van der Gracht Anouk	89	08-021	1:32.09	25m	27-3-08	Heemskerk (NED)	310
19. Veldhuis Amelia	03	08-021	1:32.18	25m	2-10-22	Den Helder (NED)	309
20. Peters Yvonne	63	08-021	1:32.40	25m	14-3-82		307
21. Schelvis Femke	84	08-021	1:32.41	25m	28-12-03	Maastricht (NED)	307
22. Kleijne Daisy	89	08-021	1:32.88	25m	27-3-08	Heemskerk (NED)	302
23. Beentjes Nicolet	80	08-021	1:33.84	25m	14-2-99	Heemskerk (NED)	293
24. Nijholt Carin	60	08-021	1:34.40	25m	13-10-79	Heemskerk (NED)	288
25. Schelvis Roos	86	08-021	1:34.97	25m	16-1-05	Zaandam (NED)	283

200 schoolslag

1. Kingma Danae	00	08-021	2:58.80	25m	10-2-19	Purmerend (NED)	426
2. de Haan Shira	00	08-021	2:59.59	25m	10-2-19	Purmerend (NED)	420
3. Broek Jade	97	08-021	3:01.94	25m	17-1-16	Purmerend (NED)	404
4. van Rookhuizen Sieta	79	08-021	3:02.70	25m	26-4-98	Alkmaar (NED)	399
5. Kramer Miranda	80	08-021	3:05.94	25m	22-4-99	Heemskerk (NED)	379
6. Wentink Yara	04	08-021	3:08.99	25m	29-1-23	Heemskerk (NED)	361
7. Palmboom Nicole	91	08-021	3:10.67	25m	25-3-10	Heemskerk (NED)	351
8. Crok Annemarie	89	08-021	3:10.73	25m	13-1-08	Heemskerk (NED)	351
9. Heus Pauline	78	08-021	3:11.60	25m	6-4-97	Heemskerk (NED)	346
10. Gijzen-van der Kroft Nicole	84	08-021	3:11.98	25m	30-10-03	Heemskerk	344
11. van 't Veer Iris	03	08-021	3:13.94	50m	19-6-22	Bergbad Bückebug (GER)	369
12. van der Gracht Anouk	89	08-021	3:14.82	25m	13-1-08	Heemskerk (NED)	329
13. Groen Anne	95	08-021	3:14.90	25m	19-1-14	Zaandam (NED)	329
14. Schelvis Femke	84	08-021	3:15.06	25m	30-10-03	Heemskerk	328
15. Peters Yvonne	63	08-021	3:16.80	25m	21-3-82		319
16. Nijholt Carin	60	08-021	3:20.00	25m	9-9-79	Wormerveer (NED)	304
17. Stins Mariska	84	08-021	3:20.97	25m	30-10-03	Heemskerk	300
18. van Giezen Sandra	63	08-021	3:21.40	25m	7-3-82		298
19. Hoek Daniëlle	88	08-021	3:22.32	25m	13-12-07	Heemskerk (NED)	294
20. Groot Tineke	60	08-021	3:24.20	25m	28-10-79	Heerhugowaard (NED)	286
21. Essers Sanne	91	08-021	3:24.48	25m	25-3-10	Heemskerk (NED)	285
22. Vink Lidewij	90	08-021	3:25.10	25m	18-1-09	Haarlem (NED)	282
23. Hulshof Saskia	73	08-021	3:28.90	25m	4-10-92	Assendelft (NED)	267
24. Veldhuis Amelia	03	08-021	3:30.04	50m	19-6-22	Bergbad Bückebug (GER)	290
25. de Ruijter Linda	87	08-021	3:33.13	25m	19-10-06	Heemskerk	251

250 schoolslag**500 schoolslag****800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag**

1. van Rookhuizen Sieta	79	08-021	36:41.20	OW	12-7-98	Amsterdam (NED)
2. Kramer Miranda	80	08-021	42:31.80	OW	22-8-99	Bleiswijk (NED)

2500 schoolslag**3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Hoekstra Eline	03	08-021	13.99	25m	7-7-22	Heemskerk (NED)	511
2. Butter Anouk	82	08-021	15.30	25m	29-3-01	Heemskerk (NED)	391
3. van der Gracht Anouk	89	08-021	15.40	25m	29-5-08	Heemskerk (NED)	383
4. Meijer Sylvia	81	08-021	15.47	25m	4-5-00	Heemskerk (NED)	378
5. de Boer Maia	03	08-021	15.80	25m	7-7-22	Heemskerk (NED)	355
6. Crok Annemarie	89	08-021	15.86	25m	29-5-08	Heemskerk (NED)	351
7. Hoek Daniëlle	88	08-021	16.00	25m	19-4-07	Heemskerk (NED)	342
8. Kleijne Daisy	89	08-021	16.11	25m	29-5-08	Heemskerk (NED)	335
9. van Rookhuizen Sieta	79	08-021	16.30	25m	15-1-98	Heemskerk (NED)	323
10. Heus Pauline	78	08-021	16.40	25m	13-2-97	Heemskerk (NED)	317
11. Kramer Miranda	80	08-021	16.54	25m	25-3-99	Heemskerk (NED)	309
12. van 't Veer Iris	03	08-021	16.70	25m	7-7-22	Heemskerk (NED)	300
13. Krouwels Tanja	79	08-021	17.60	25m	15-1-98	Heemskerk (NED)	257
14. Huneke Jolanda	79	08-021	19.60	25m	5-3-98	Heemskerk (NED)	186
15. Koper Birgit	87	08-021	20.28	25m	27-4-06	Heemskerk	167
16. Beentjes Nicolet	80	08-021	20.62	25m	25-3-99	Heemskerk (NED)	159
17. ten Cate Joyce	80	08-021	21.26	25m	25-3-99	Heemskerk (NED)	145

50 vlinderslag

1. Wentink Yara	04	08-021	29.34	25m	7-12-23	Heemskerk (NED)	573
2. Kingma Danae	00	08-021	29.93	50m	26-5-19	Amersfoort (NED)	543
3. Broek Jade	97	08-021	30.81	25m	2-1-16	Hoon (NED)	495
4. Hoekstra Eline	03	08-021	30.94	25m	22-5-22	Hoofddorp (NED)	489
5. de Haan Shira	00	08-021	32.65	25m	15-9-19	Zaandam (NED)	416
6. van der Gracht Anouk	89	08-021	32.71	25m	24-3-08	Haarlem (NED)	414
7. Gijzen-van der Kroft Nicole	84	08-021	32.95	25m	18-12-03	Heemskerk (NED)	405
8. Schelvis Femke	84	08-021	33.30	25m	9-3-03	Zuidoostbeemster (NED)	392
9. Palmboom Nicole	91	08-021	33.40	25m	23-5-10	Purmerend (NED)	388
10. Crok Annemarie	89	08-021	33.89	25m	7-12-08	Zaandam (NED)	372
11. Besse Karen	75	08-021	34.10	25m	24-2-94	Heemskerk (NED)	365
12. Kleijne Daisy	89	08-021	34.40	25m	24-3-08	Haarlem (NED)	355
13. Crok Linda	94	08-021	34.45	25m	3-3-13	Purmerend (NED)	354
14. Veldhuis Amelia	03	08-021	34.65	50m	18-6-22	Bergbad Bückebug (GER)	350
15. Hoek Daniëlle	88	08-021	34.79	25m	27-5-07	Purmerend (NED)	344
16. Groen Anne	95	08-021	34.81	25m	30-10-14	Heemskerk (NED)	343
17. Siemerink Laura	04	08-021	34.82	50m	10-6-23	Bückebug (GER)	345
18. Stins Mariska	84	08-021	35.23	25m	28-12-03	Maastricht (NED)	331
19. Kramer Miranda	80	08-021	35.36	25m	10-1-99	Zuidoost Beemster (NED)	327
20. Butter Anouk	82	08-021	35.55	25m	31-5-01	Heemskerk (NED)	322
21. Essers Sanne	91	08-021	35.77	25m	25-3-10	Heemskerk (NED)	316
22. Vink Lidewij	90	08-021	35.83	25m	8-3-09	Purmerend (NED)	315
23. van 't Veer Iris	03	08-021	36.19	25m	17-2-22	Heemskerk (NED)	305
24. de Boer Maia	03	08-021	36.90	25m	17-2-22	Heemskerk (NED)	288
25. van Assema Eline	05	08-021	37.08	25m	24-10-24	Heemskerk (NED)	284

100 vlinderslag

1. Wentink Yara	04	08-021	1:05.63	25m	22-1-23	Hoofddorp (NED)	576
2. Kingma Danae	00	08-021	1:09.42	25m	13-1-19	Purmerend (NED)	486
3. Broek Jade	97	08-021	1:10.25	25m	18-2-16	Heemskerk (NED)	469
4. Hoekstra Eline	03	08-021	1:10.28	25m	24-4-22	Den Helder (NED)	469
5. Drubers Mirjam	67	08-021	1:12.80	25m	9-2-86	Castricum (NED)	422
6. Schelvis Femke	84	08-021	1:13.53	25m	27-3-03	Heemskerk	409
7. van der Gracht Anouk	89	08-021	1:14.40	25m	27-4-08	Alkmaar (NED)	395
8. Verbree Bets	63	08-021	1:14.50	25m	7-2-82		393
9. Crok Annemarie	89	08-021	1:15.86	25m	30-11-08	Heemskerk (NED)	373
10. Palmboom Nicole	91	08-021	1:16.59	25m	23-5-10	Purmerend (NED)	362
11. Vink Lidewij	90	08-021	1:17.41	25m	26-2-09	Heemskerk (NED)	351
12. Stins Mariska	84	08-021	1:17.91	25m	28-12-03	Maastricht (NED)	344
13. de Haan Shira	00	08-021	1:18.30	25m	24-1-19	Heemskerk (NED)	339
14. Gijzen-van der Kroft Nicole	84	08-021	1:18.54	25m	5-10-03	Heemskerk (NED)	336
15. Crok Linda	94	08-021	1:19.70	25m	31-1-13	Heemskerk (NED)	321
16. Hoek Daniëlle	88	08-021	1:20.10	25m	21-10-07	Zaandam (NED)	316
17. Siemerink Laura	04	08-021	1:20.28	25m	12-11-23	Den Helder (NED)	314
18. Groen Anne	95	08-021	1:20.46	25m	9-3-14	Zaandam (NED)	312
19. Kramer Miranda	80	08-021	1:21.08	25m	22-4-99	Heemskerk (NED)	305
20. Veldhuis Amelia	03	08-021	1:21.34	25m	20-11-22	Den Helder (NED)	302
21. de Groot Gitta	60	08-021	1:21.70	25m	31-12-79		298
22. van 't Veer Iris	03	08-021	1:21.81	25m	24-4-22	Den Helder (NED)	297
23. Butter Anouk	82	08-021	1:22.69	25m	15-4-01	Haarlem (NED)	288
24. Kleijne Daisy	89	08-021	1:24.28	25m	24-2-08	Zaandam (NED)	272
25. Besse Karen	75	08-021	1:25.40	25m	6-2-94	Wormerveer (NED)	261

200 vlinderslag

1. Hoekstra Eline	03	08-021	2:39.69	25m	6-11-22	Alkmaar (NED)	420
2. Schelvis Femke	84	08-021	2:46.15	25m	27-11-03	Heemskerk (NED)	373
3. Wentink Yara	04	08-021	2:48.79	50m	14-5-23	Amsterdam (NED)	375
4. van der Gracht Anouk	89	08-021	2:52.59	25m	9-3-08	Heemskerk (NED)	332
5. Verbree Bets	63	08-021	2:54.70	25m	18-4-82		320
6. Crok Annemarie	89	08-021	2:57.47	25m	9-3-08	Heemskerk (NED)	306
7. Kingma Danae	00	08-021	2:58.59	25m	24-3-19	Purmerend (NED)	300
8. Palmboom Nicole	91	08-021	3:00.37	25m	18-2-10	Heemskerk (NED)	291
9. Stins Mariska	84	08-021	3:00.56	25m	27-11-03	Heemskerk (NED)	290
10. de Haan Shira	00	08-021	3:01.27	25m	24-3-19	Purmerend (NED)	287
11. Vink Lidewij	90	08-021	3:02.44	25m	15-3-09	Haarlem (NED)	281
12. Butter Anouk	82	08-021	3:04.98	25m	26-4-01	Heemskerk (NED)	270
13. Gijzen-van der Kroft Nicole	84	08-021	3:05.89	25m	27-11-03	Heemskerk (NED)	266
14. Kleijne Daisy	89	08-021	3:06.00	25m	31-1-08	Heemskerk (NED)	265
15. Essers Sanne	91	08-021	3:16.44	25m	18-2-10	Heemskerk (NED)	225
16. van Rookhuizen Sieta	79	08-021	3:16.70	25m	29-3-98	Heemstede (NED)	224
17. de Ruijter Linda	87	08-021	3:25.76	25m	30-11-06	Heemskerk	196
18. van Giezen Sandra	63	08-021	3:32.90	25m	18-4-82		177

1000 vlinderslag

1. Wentink Yara	04	08-021	16:15.59	25m	8-1-23	Haarlem (NED)
-----------------	----	--------	----------	-----	--------	---------------

100 wisselslag

1. Broek Jade	97	08-021	1:09.81	25m	2-1-16	Hoor (NED)	530
2. Wentink Yara	04	08-021	1:10.16	25m	25-6-23	Rotterdam (NED)	522
3. Hoekstra Eline	03	08-021	1:12.07	25m	2-6-22	Heemskerk (NED)	482
4. Crok Linda	94	08-021	1:13.18	25m	25-4-13	Heemskerk (NED)	460
5. Schelvis Femke	84	08-021	1:13.53	25m	25-9-03	Heemskerk (NED)	453
6. van 't Veer Iris	03	08-021	1:15.94	25m	2-6-22	Heemskerk (NED)	412
7. Palmboom Nicole	91	08-021	1:15.96	25m	25-4-10	Alkmaar (NED)	411
8. Gijzen-van der Kroft Nicole	84	08-021	1:16.03	25m	27-2-03	Heemskerk	410
9. Crok Annemarie	89	08-021	1:16.38	25m	6-1-08	Alkmaar (NED)	404
10. de Haan Shira	00	08-021	1:16.50	25m	11-4-19	Heemskerk (NED)	403
11. van der Gracht Anouk	89	08-021	1:16.60	25m	6-1-08	Alkmaar (NED)	401
12. Kramer Miranda	80	08-021	1:16.76	25m	18-2-99	Heemskerk (NED)	398
13. Groen Anne	95	08-021	1:16.82	25m	26-10-14	Zaandam (NED)	398
14. Stins Mariska	84	08-021	1:18.32	25m	28-12-03	Maastricht (NED)	375
15. Siemerink Laura	04	08-021	1:19.01	25m	1-10-23	Den Helder (NED)	365
16. Kleijne Daisy	89	08-021	1:20.09	25m	29-5-08	Heemskerk (NED)	351
17. van Rookhuizen Sieta	79	08-021	1:20.21	25m	15-11-98	Zaandam (NED)	349
18. Hoek Daniëlle	88	08-021	1:20.40	25m	25-10-07	Heemskerk (NED)	347
19. van Assema Eline	05	08-021	1:20.57	25m	10-3-24	Purmerend (NED)	345
20. de Boer Maia	03	08-021	1:21.16	25m	2-6-22	Heemskerk (NED)	337
21. Essers Sanne	91	08-021	1:21.90	25m	3-10-10	Zaandam (NED)	328
22. Heus Pauline	78	08-021	1:22.00	25m	5-10-97	Zaandam (NED)	327
23. van Eerden Meike	00	08-021	1:23.30	25m	11-4-19	Heemskerk (NED)	312
24. Veldhuis Amelia	03	08-021	1:23.52	25m	2-10-22	Den Helder (NED)	309
25. van Ballegoie Simone	84	08-021	1:26.67	25m	25-9-03	Heemskerk (NED)	277

200 wisselslag

1. Kingma Danae	00	08-021	2:34.27	25m	3-11-19	Purmerend (NED)	492
2. Hoekstra Eline	03	08-021	2:36.87	25m	4-6-22	Purmerend (NED)	468
3. Broek Jade	97	08-021	2:37.56	25m	6-3-16	Purmerend (NED)	462
4. Schelvis Femke	84	08-021	2:38.43	25m	30-1-03	Heemskerk	455
5. Crok Linda	94	08-021	2:40.87	25m	7-4-13	Castricum (NED)	434
6. Crok Annemarie	89	08-021	2:42.97	25m	9-3-08	Heemskerk (NED)	418
7. Groen Anne	95	08-021	2:44.36	25m	30-3-14	Zaandam (NED)	407
8. van der Gracht Anouk	89	08-021	2:45.00	25m	1-3-08	Hoornd (NED)	402
9. Wentink Yara	04	08-021	2:46.43	50m	10-6-23	Bückeburg (GER)	435
10. Palmboom Nicole	91	08-021	2:47.43	25m	14-3-10	Heemskerk (NED)	385
11. Gijzen-van der Kroft Nicole	84	08-021	2:48.04	25m	30-1-03	Heemskerk	381
12. Kleijne Daisy	89	08-021	2:48.05	25m	16-11-08	Amsterdam-oost (NED)	381
13. Hoek Daniëlle	88	08-021	2:48.55	25m	25-11-07	Amsterdam (NED)	377
14. Stins Mariska	84	08-021	2:49.96	25m	30-1-03	Heemskerk	368
15. de Haan Shira	00	08-021	2:49.97	25m	29-9-19	Alkmaar (NED)	368
16. Kramer Miranda	80	08-021	2:51.22	25m	24-10-99	Zaandam (NED)	360
17. Schelvis Roos	86	08-021	2:55.17	25m	27-1-05	Heemskerk (NED)	336
18. Besse Karen	75	08-021	2:55.70	25m	20-11-94	Wormerveer (NED)	333
19. van Rookhuizen Sieta	79	08-021	2:55.75	25m	22-11-98	Zaandam (NED)	333
20. Heus Pauline	78	08-021	2:56.70	25m	2-3-97	Haarlem (NED)	328
21. Siemerink Laura	04	08-021	2:59.34	25m	23-4-23	Den Helder (NED)	313
22. Vink Lidewij	90	08-021	2:59.60	25m	22-1-09	Heemskerk (NED)	312
23. Meijer Sylvia	81	08-021	2:59.76	25m	16-1-00	Zaandam (NED)	311
24. Krouwels Tanja	79	08-021	3:01.70	25m	7-5-98	Heemskerk (NED)	301
25. van Duin Margret	60	08-021	3:02.80	25m	4-11-79	Zaandam (NED)	296

300 wisselslag

1. Schelvis Femke	84	08-021	4:07.83	25m	30-11-03	Heemskerk (NED)
-------------------	----	--------	---------	-----	----------	-----------------

400 wisselslag

1. Hoekstra Eline	03	08-021	5:31.86	25m	5-6-22	Purmerend (NED)	475
2. van 't Veer Iris	03	08-021	5:50.25	25m	3-4-22	Haarlem (NED)	404
3. van der Gracht Anouk	89	08-021	5:52.01	25m	24-2-08	Zaandam (NED)	398
4. Stins Mariska	84	08-021	6:01.24	25m	23-2-03	Heemskerk	368
5. Verbree Bets	63	08-021	6:03.30	25m	3-4-82	Heemskerk (NED)	362
6. Gijzen-van der Kroft Nicole	84	08-021	6:12.72	25m	23-2-03	Heemskerk	335
7. Kleijne Daisy	89	08-021	6:12.73	25m	24-2-08	Zaandam (NED)	335
8. van Giezen Sandra	63	08-021	7:13.50	25m	3-4-82	Heemskerk (NED)	213
9. Peters Yvonne	63	08-021	7:28.10	25m	28-2-82		192