

20 - 24 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. Meijer Sylvia | 81 | 08-021 | 13.74 | 25m | 29-3-01 | Heemskerk (NED) | 441 |
| 2. Hoek Daniëlle | 88 | 08-021 | 14.12 | 25m | 30-6-11 | Heemskerk (NED) | 406 |
| 3. Kramer Miranda | 80 | 08-021 | 14.34 | 25m | 4-5-00 | Heemskerk (NED) | 388 |
| 4. van Rookhuizen Sieta | 79 | 08-021 | 14.35 | 25m | 4-5-00 | Heemskerk (NED) | 387 |
| 5. Stins Mariska | 84 | 08-021 | 14.42 | 25m | 29-5-08 | Heemskerk (NED) | 381 |
| 6. Visser Kelly | 89 | 08-021 | 14.45 | 25m | 23-10-10 | Emmeloord (NED) | 379 |
| 7. Kleijne Daisy | 89 | 08-021 | 14.50 | 25m | 30-6-11 | Heemskerk (NED) | 375 |
| 8. Crok Annemarie | 89 | 08-021 | 14.65 | 25m | 30-6-11 | Heemskerk (NED) | 363 |
| 9. Palmboom Nicole | 91 | 08-021 | 14.68 | 25m | 30-6-11 | Heemskerk (NED) | 361 |
| 10. de Haan Shira | 00 | 08-021 | 14.70 | 25m | 7-7-22 | Heemskerk (NED) | 360 |
| 11. Heus Pauline | 78 | 08-021 | 14.94 | 25m | 4-5-00 | Heemskerk (NED) | 343 |
| 12. Deiman Caroline | 67 | 08-021 | 15.40 | 25m | 12-1-89 | Heemskerk (NED) | 313 |
| 13. ten Cate Joyce | 80 | 08-021 | 16.19 | 25m | 4-5-00 | Heemskerk (NED) | 269 |
| 14. de Ruijter Linda | 87 | 08-021 | 16.51 | 25m | 19-4-07 | Heemskerk (NED) | 254 |
| 15. Knight Kayleigh | 00 | 08-021 | 16.60 | 25m | 7-7-22 | Heemskerk (NED) | 250 |
| 16. ten Cate Ilona | 85 | 08-021 | 17.14 | 25m | 27-4-06 | Heemskerk | 227 |
| 17. Huneke Jolanda | 79 | 08-021 | 17.27 | 25m | 4-5-00 | Heemskerk (NED) | 222 |

50 vrije slag

| | | | | | | | |
|---------------------------------|----|--------|-------|-----|----------|-----------------|-----|
| 1. Wentink Yara | 04 | 08-021 | 27.37 | 25m | 29-6-24 | Rotterdam (NED) | 588 |
| 2. Schelvis Femke | 84 | 08-021 | 27.68 | 25m | 7-11-04 | IJmuiden (NED) | 568 |
| 3. Broek Jade | 97 | 08-021 | 28.50 | 25m | 23-11-19 | Hoofddorp (NED) | 520 |
| 4. Hoekstra Eline | 03 | 08-021 | 28.73 | 25m | 10-3-24 | Purmerend (NED) | 508 |
| 5. Groen Anne | 95 | 08-021 | 28.77 | 25m | 13-10-16 | Heemskerk (NED) | 506 |
| 6. Kingma Danae | 00 | 08-021 | 28.96 | 25m | 12-1-20 | Purmerend (NED) | 496 |
| 7. Hoek Daniëlle | 88 | 08-021 | 29.51 | 25m | 11-4-10 | Zaandam (NED) | 469 |
| 8. Kleijne Daisy | 89 | 08-021 | 29.57 | 25m | 13-4-09 | Haarlem (NED) | 466 |
| 9. Crok Linda | 94 | 08-021 | 29.61 | 25m | 13-10-16 | Heemskerk (NED) | 464 |
| 10. van 't Veer Iris | 03 | 08-021 | 30.00 | 25m | 9-3-25 | Purmerend (NED) | 446 |
| 11. Gijzen-van der Kroft Nicole | 84 | 08-021 | 30.06 | 25m | 29-1-04 | Heemskerk (NED) | 443 |
| 12. Crok Annemarie | 89 | 08-021 | 30.36 | 25m | 1-4-12 | Zaandam (NED) | 430 |
| 13. Palmboom Nicole | 91 | 08-021 | 30.43 | 25m | 3-4-11 | Zaandam (NED) | 427 |
| 14. van der Gracht Anouk | 89 | 08-021 | 30.65 | 50m | 25-5-13 | Beverwijk (NED) | 460 |
| 15. Stins Mariska | 84 | 08-021 | 30.76 | 25m | 9-3-08 | Heemskerk (NED) | 414 |
| 16. Visser Kelly | 89 | 08-021 | 30.78 | 25m | 11-10-12 | Heemskerk (NED) | 413 |
| 17. Kramer Miranda | 80 | 08-021 | 30.92 | 25m | 25-10-01 | Heemskerk | 407 |
| 18. Verbree Bets | 63 | 08-021 | 31.10 | 25m | 11-12-83 | Heemskerk (NED) | 400 |
| 19. Mallon Danique | 94 | 08-021 | 31.23 | 25m | 12-3-17 | Purmerend (NED) | 395 |

50 vrije slag (sinds 20)

| | | | | | | | | |
|-----|----------------------|----|--------|-------|-----|----------|------------------|-----|
| 20. | van Rookhuizen Sieta | 79 | 08-021 | 31.36 | 25m | 4-11-99 | Heemskerk (NED) | 390 |
| 21. | Haasbroek Renske | 03 | 08-021 | 31.37 | 25m | 24-11-24 | Den Haag (NED) | 390 |
| 22. | Butter Anouk | 82 | 08-021 | 31.39 | 25m | 25-9-05 | Etten-Leur (NED) | 389 |
| 23. | de Haan Shira | 00 | 08-021 | 31.44 | 25m | 12-11-23 | Den Helder (NED) | 387 |
| 24. | ten Bokkel Henrieke | 94 | 08-021 | 31.82 | 25m | 17-5-18 | Heemskerk (NED) | 374 |
| 25. | van Ballegoie Simone | 84 | 08-021 | 31.92 | 25m | 29-1-04 | Heemskerk (NED) | 370 |

100 vrije slag

| | | | | | | | | |
|-----|-----------------------------|----|--------|---------|-----|----------|--------------------------|-----|
| 1. | Schelvis Femke | 84 | 08-021 | 59.32 | 25m | 9-1-05 | Zuidoost Beemster (NED) | 607 |
| 2. | Wentink Yara | 04 | 08-021 | 1:00.07 | 25m | 10-3-24 | Purmerend (NED) | 585 |
| 3. | Kingma Danae | 00 | 08-021 | 1:00.08 | 25m | 12-1-20 | Purmerend (NED) | 585 |
| 4. | Broek Jade | 97 | 08-021 | 1:01.74 | 25m | 18-11-17 | Hoofddorp (NED) | 539 |
| 5. | Hoekstra Eline | 03 | 08-021 | 1:02.42 | 25m | 26-11-23 | Hoofddorp (NED) | 521 |
| 6. | Groen Anne | 95 | 08-021 | 1:02.91 | 25m | 18-12-16 | Heemskerk (NED) | 509 |
| 7. | Crok Linda | 94 | 08-021 | 1:03.21 | 25m | 19-1-14 | Zaandam (NED) | 502 |
| 8. | van 't Veer Iris | 03 | 08-021 | 1:04.05 | 25m | 23-4-23 | Den Helder (NED) | 482 |
| 9. | Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:05.00 | 25m | 14-3-04 | Zaandam | 462 |
| 10. | Crok Annemarie | 89 | 08-021 | 1:05.34 | 25m | 27-11-11 | Heemskerk (NED) | 454 |
| 11. | Hoek Daniëlle | 88 | 08-021 | 1:05.39 | 25m | 10-5-09 | Purmerend (NED) | 453 |
| 12. | Meijer Sylvia | 81 | 08-021 | 1:05.54 | 25m | 15-4-01 | Haarlem (NED) | 450 |
| 13. | Kleijne Daisy | 89 | 08-021 | 1:05.59 | 25m | 29-11-09 | Heemskerk (NED) | 449 |
| 14. | Palmboom Nicole | 91 | 08-021 | 1:05.86 | 25m | 16-1-11 | Zaandam (NED) | 444 |
| 15. | ten Bokkel Henrieke | 94 | 08-021 | 1:06.47 | 25m | 17-5-18 | Heemskerk (NED) | 432 |
| 16. | Visser Kelly | 89 | 08-021 | 1:06.57 | 25m | 28-10-12 | Amsterdam-Zuidoost (NED) | 430 |
| 17. | Stins Mariska | 84 | 08-021 | 1:06.83 | 25m | 11-4-04 | Haarlem | 425 |
| 18. | Kramer Miranda | 80 | 08-021 | 1:07.43 | 25m | 15-4-01 | Haarlem (NED) | 413 |
| 19. | van der Gracht Anouk | 89 | 08-021 | 1:07.45 | 25m | 25-4-13 | Heemskerk (NED) | 413 |
| 20. | de Haan Shira | 00 | 08-021 | 1:07.54 | 25m | 30-10-22 | Heemskerk (NED) | 411 |
| 21. | Butter Anouk | 82 | 08-021 | 1:08.85 | 25m | 28-11-04 | Heemskerk (NED) | 388 |
| 22. | van Rookhuizen Sieta | 79 | 08-021 | 1:09.10 | 25m | 12-3-00 | Heemskerk (NED) | 384 |
| 23. | Mallon Danique | 94 | 08-021 | 1:09.20 | 25m | 12-2-17 | Purmerend (NED) | 382 |
| 24. | de Boer Maia | 03 | 08-021 | 1:09.83 | 25m | 21-9-23 | Heemskerk (NED) | 372 |
| 25. | Haasbroek Renske | 03 | 08-021 | 1:10.51 | 25m | 10-3-24 | Purmerend (NED) | 361 |

200 vrije slag

| | | | | | | | | |
|-----|----------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. | Schelvis Femke | 84 | 08-021 | 2:08.52 | 25m | 12-6-04 | Zuidbroek (NED) | 634 |
| 2. | Wentink Yara | 04 | 08-021 | 2:16.44 | 25m | 14-3-24 | Heemskerk (NED) | 530 |
| 3. | Broek Jade | 97 | 08-021 | 2:17.18 | 25m | 18-11-18 | Hoofddorp (NED) | 521 |
| 4. | Groen Anne | 95 | 08-021 | 2:17.96 | 25m | 13-11-16 | Purmerend (NED) | 512 |
| 5. | Hoekstra Eline | 03 | 08-021 | 2:18.75 | 25m | 14-3-24 | Heemskerk (NED) | 504 |
| 6. | Crok Linda | 94 | 08-021 | 2:19.31 | 25m | 15-11-15 | Purmerend (NED) | 498 |
| 7. | van 't Veer Iris | 03 | 08-021 | 2:20.41 | 25m | 30-3-23 | Heemskerk (NED) | 486 |
| 8. | Hoek Daniëlle | 88 | 08-021 | 2:20.46 | 25m | 22-3-12 | Heemskerk (NED) | 485 |
| 9. | Crok Annemarie | 89 | 08-021 | 2:25.47 | 25m | 13-11-11 | Zaandam (NED) | 437 |
| 10. | van der Gracht Anouk | 89 | 08-021 | 2:25.87 | 25m | 8-12-13 | Amstelveen (NED) | 433 |
| 11. | Kleijne Daisy | 89 | 08-021 | 2:26.27 | 25m | 15-11-09 | Haarlem (NED) | 430 |
| 12. | Palmboom Nicole | 91 | 08-021 | 2:28.22 | 25m | 22-3-12 | Heemskerk (NED) | 413 |
| 13. | Stins Mariska | 84 | 08-021 | 2:28.53 | 25m | 31-5-07 | Heemskerk (NED) | 410 |
| 14. | Visser Kelly | 89 | 08-021 | 2:29.26 | 25m | 11-11-12 | Schagen (NED) | 404 |
| 15. | Verbree Bets | 63 | 08-021 | 2:29.50 | 25m | 6-2-83 | | 403 |
| 16. | Haasbroek Renske | 03 | 08-021 | 2:30.47 | 25m | 14-3-24 | Heemskerk (NED) | 395 |

200 vrije slag (sinds 17)

| | | | | | | | |
|--------------------------|----|--------|---------|-----|----------|-----------------------------|-----|
| 17. Kramer Miranda | 80 | 08-021 | 2:31.59 | 25m | 9-11-03 | Zaandam | 386 |
| 18. van Rookhuizen Sieta | 79 | 08-021 | 2:32.75 | 25m | 19-11-00 | Zaandam (NED) | 377 |
| 19. de Haan Shira | 00 | 08-021 | 2:33.84 | 25m | 29-10-22 | Nieuwerkerk ad IJssel (NED) | 369 |
| 20. Butter Anouk | 82 | 08-021 | 2:34.05 | 25m | 13-1-02 | Zaandam | 368 |
| 21. van Eerden Meike | 00 | 08-021 | 2:34.49 | 25m | 20-11-22 | Den Helder (NED) | 365 |
| 22. de Boer Maia | 03 | 08-021 | 2:34.80 | 25m | 14-3-24 | Heemskerk (NED) | 363 |
| 23. Meijer Sylvia | 81 | 08-021 | 2:37.84 | 25m | 25-1-01 | Heemskerk (NED) | 342 |
| 24. Heus Pauline | 78 | 08-021 | 2:42.20 | 25m | 5-4-98 | Heemskerk (NED) | 315 |
| 25. ten Cate Ilona | 85 | 08-021 | 2:43.01 | 25m | 27-11-05 | Heemskerk (NED) | 310 |

250 vrije slag300 vrije slag

| | | | | | | | |
|-------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 3:27.55 | 25m | 17-12-04 | Drachten (NED) | 573 |
| 2. Hoekstra Eline | 03 | 08-021 | 3:39.67 | 25m | 9-11-24 | Purmerend (NED) | 483 |
| 3. Crok Linda | 94 | 08-021 | 3:47.91 | 25m | 4-10-15 | Purmerend (NED) | 433 |
| 4. van der Gracht Anouk | 89 | 08-021 | 3:52.29 | 25m | 18-5-13 | Purmerend (NED) | 409 |
| 5. Groen Anne | 95 | 08-021 | 3:52.31 | 25m | 4-10-15 | Purmerend (NED) | 409 |
| 6. Haasbroek Renske | 03 | 08-021 | 3:58.03 | 25m | 2-3-25 | Amsterdam (NED) | 380 |
| 7. Stins Mariska | 84 | 08-021 | 4:01.45 | 25m | 29-4-04 | Heemskerk (NED) | 364 |
| 8. Kleijne Daisy | 89 | 08-021 | 4:01.48 | 25m | 8-11-09 | Zaandam (NED) | 364 |
| 9. Butter Anouk | 82 | 08-021 | 4:14.06 | 25m | 29-4-04 | Heemskerk (NED) | 312 |
| 10. ten Cate Ilona | 85 | 08-021 | 4:25.58 | 25m | 18-5-06 | Heemskerk (NED) | 273 |
| 11. ten Cate Joyce | 80 | 08-021 | 4:36.25 | 25m | 29-4-04 | Heemskerk (NED) | 243 |

400 vrije slag

| | | | | | | | |
|--------------------------|----|--------|---------|-----|----------|----------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 4:32.44 | 25m | 14-11-04 | Heemskerk (NED) | 637 |
| 2. Hoekstra Eline | 03 | 08-021 | 4:55.65 | 25m | 9-11-24 | Purmerend (NED) | 499 |
| 3. Groen Anne | 95 | 08-021 | 5:01.68 | 25m | 1-10-17 | Purmerend (NED) | 469 |
| 4. Crok Linda | 94 | 08-021 | 5:02.24 | 25m | 2-10-16 | Purmerend (NED) | 467 |
| 5. Kleijne Daisy | 89 | 08-021 | 5:10.82 | 25m | 4-10-09 | Amsterdam-oost (NED) | 429 |
| 6. van der Gracht Anouk | 89 | 08-021 | 5:11.14 | 25m | 18-5-13 | Purmerend (NED) | 428 |
| 7. Haasbroek Renske | 03 | 08-021 | 5:14.47 | 25m | 2-3-25 | Amsterdam (NED) | 414 |
| 8. Hoek Daniëlle | 88 | 08-021 | 5:16.44 | 25m | 4-10-09 | Amsterdam-oost (NED) | 407 |
| 9. van 't Veer Iris | 03 | 08-021 | 5:21.06 | 50m | 19-2-23 | Alkmaar (NED) | 399 |
| 10. Verbree Bets | 63 | 08-021 | 5:21.20 | 25m | 27-2-83 | Assendelft (NED) | 389 |
| 11. van Eerden Meike | 00 | 08-021 | 5:25.39 | 25m | 6-10-24 | Den Helder (NED) | 374 |
| 12. van Rookhuizen Sieta | 79 | 08-021 | 5:26.92 | 25m | 28-2-99 | Zaandam (NED) | 369 |
| 13. Stins Mariska | 84 | 08-021 | 5:27.68 | 25m | 29-4-04 | Heemskerk (NED) | 366 |
| 14. Kramer Miranda | 80 | 08-021 | 5:29.78 | 25m | 31-5-01 | Heemskerk (NED) | 359 |
| 15. Butter Anouk | 82 | 08-021 | 5:42.01 | 25m | 29-4-04 | Heemskerk (NED) | 322 |
| 16. ten Cate Ilona | 85 | 08-021 | 5:47.08 | 25m | 28-4-05 | Heemskerk (NED) | 308 |
| 17. Heus Pauline | 78 | 08-021 | 5:56.37 | 25m | 30-5-02 | Heemskerk | 284 |
| 18. ten Cate Joyce | 80 | 08-021 | 6:01.34 | 25m | 30-5-02 | Heemskerk | 273 |
| 19. Pover Karin | 67 | 08-021 | 6:06.90 | 25m | 22-3-87 | Heerhugowaard (NED) | 261 |
| 20. Deiman Caroline | 67 | 08-021 | 6:11.80 | 25m | 19-3-89 | Zaandam (NED) | 250 |
| 21. Peters Yvonne | 63 | 08-021 | 6:18.00 | 25m | 27-2-83 | Assendelft (NED) | 238 |
| 22. Huneker Jolanda | 79 | 08-021 | 6:40.16 | 25m | 25-5-00 | Heemskerk (NED) | 201 |

500 vrije slag

800 vrije slag

| | | | | | | | |
|-------------------------|----|--------|----------|-----|----------|-----------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 10:17.25 | 25m | 14-11-04 | Heemskerk (NED) | 468 |
| 2. Hoekstra Eline | 03 | 08-021 | 10:19.33 | 25m | 3-12-23 | Alkmaar (NED) | 463 |
| 3. Kleijne Daisy | 89 | 08-021 | 10:53.16 | 25m | 1-3-09 | Zaandam (NED) | 395 |
| 4. van 't Veer Iris | 03 | 08-021 | 10:53.65 | 50m | 19-2-23 | Alkmaar (NED) | 407 |
| 5. van Rookhuizen Sieta | 79 | 08-021 | 11:09.72 | 25m | 28-2-99 | Zaandam (NED) | 366 |
| 6. Haasbroek Renske | 03 | 08-021 | 11:31.92 | 25m | 15-10-23 | Alkmaar (NED) | 332 |
| 7. Kramer Miranda | 80 | 08-021 | 11:32.29 | 25m | 16-9-01 | Zaandam (NED) | 331 |
| 8. Butter Anouk | 82 | 08-021 | 11:51.92 | 25m | 17-10-04 | Zaandam (NED) | 305 |

1000 vrije slag

| | | | | | | |
|-------------------------|----|--------|----------|----|---------|------------------|
| 1. Crok Annemarie | 89 | 08-021 | 14:53.23 | OW | 25-7-10 | Langedijk (NED) |
| 2. van der Gracht Anouk | 89 | 08-021 | 14:55.47 | OW | 5-7-09 | Bodegraven (NED) |
| 3. Kleijne Daisy | 89 | 08-021 | 14:59.73 | OW | 5-7-09 | Bodegraven (NED) |
| 4. Butter Anouk | 82 | 08-021 | 15:59.15 | OW | 11-6-05 | Gorinchem (NED) |
| 5. de Haan Shira | 00 | 08-021 | 19:10.11 | OW | 16-7-22 | Amstelveen (NED) |

1250 vrije slag**1500 vrije slag**

| | | | | | | | |
|-------------------------|----|--------|----------|-----|----------|---------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 19:37.50 | 25m | 14-11-04 | Heemskerk (NED) | 476 |
| 2. Hoekstra Eline | 03 | 08-021 | 19:37.95 | 25m | 3-12-23 | Alkmaar (NED) | 475 |
| 3. van 't Veer Iris | 03 | 08-021 | 20:26.79 | 50m | 19-2-23 | Alkmaar (NED) | 429 |
| 4. Kleijne Daisy | 89 | 08-021 | 20:38.23 | 25m | 1-3-09 | Zaandam (NED) | 409 |
| 5. Kramer Miranda | 80 | 08-021 | 21:44.13 | 25m | 11-2-01 | Zaandam (NED) | 350 |
| 6. van Rookhuizen Sieta | 79 | 08-021 | 22:21.97 | 25m | 23-1-00 | Heemskerk (NED) | 321 |
| 7. Butter Anouk | 82 | 08-021 | 23:04.38 | 25m | 14-11-04 | Heemskerk (NED) | 293 |
| 8. van der Gracht Anouk | 89 | 08-021 | 23:28.37 | OW | 24-7-10 | Anna-Paulowna (NED) | |

2000 vrije slag

| | | | | | | | |
|-------------------------|----|--------|----------|-----|---------|----------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 26:01.09 | 25m | 7-3-04 | Zaandam | 484 |
| 2. Kleijne Daisy | 89 | 08-021 | 27:32.48 | 25m | 1-3-09 | Zaandam (NED) | 408 |
| 3. Hoekstra Eline | 03 | 08-021 | 28:13.56 | 50m | 24-3-24 | Alkmaar (NED) | 386 |
| 4. Kramer Miranda | 80 | 08-021 | 29:04.76 | 25m | 11-2-01 | Zaandam (NED) | 347 |
| 5. van der Gracht Anouk | 89 | 08-021 | 29:22.21 | OW | 4-9-10 | Wilhelminadorp (NED) | |
| 6. van Rookhuizen Sieta | 79 | 08-021 | 29:42.03 | 25m | 5-3-00 | Zaandam (NED) | 325 |
| 7. Butter Anouk | 82 | 08-021 | 30:35.49 | OW | 20-6-04 | Spaarnwoude (NED) | |
| 8. Crok Annemarie | 89 | 08-021 | 31:18.88 | OW | 21-6-09 | Spaarnwoude (NED) | |

2500 vrije slag

| | | | | | | |
|-------------------------|----|--------|----------|----|---------|-------------------|
| 1. Schelvis Femke | 84 | 08-021 | 33:53.31 | OW | 26-6-04 | Scheerwolde (NED) |
| 2. van der Gracht Anouk | 89 | 08-021 | 39:11.50 | OW | 4-7-09 | Oss (NED) |
| 3. Butter Anouk | 82 | 08-021 | 42:59.56 | OW | 10-7-04 | Oss (NED) |

3000 vrije slag

| | | | | | | |
|-------------------------|----|--------|----------|----|---------|-------------------|
| 1. Schelvis Femke | 84 | 08-021 | 42:18.93 | OW | 19-6-04 | Vriezenveen (NED) |
| 2. van der Gracht Anouk | 89 | 08-021 | 48:05.75 | OW | 29-8-09 | Tilburg (NED) |

4000 vrije slag**5000 vrije slag**

| | | | | | | |
|-------------------------|----|--------|------------|----|---------|-------------------|
| 1. Schelvis Femke | 84 | 08-021 | 1:10:50.81 | OW | 4-7-04 | Sluis (NED) |
| 2. van der Gracht Anouk | 89 | 08-021 | 1:23:35.85 | OW | 21-6-09 | Spaarnwoude (NED) |

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

| | | | | | | | |
|-------------------------|----|--------|-------|-----|----------|-------------------|-----|
| 1. Stins Mariska | 84 | 08-021 | 16.86 | 25m | 19-4-07 | Heemskerk (NED) | 367 |
| 2. Kramer Miranda | 80 | 08-021 | 16.88 | 25m | 22-2-01 | Heemskerk (NED) | 366 |
| 3. de Haan Shira | 00 | 08-021 | 16.90 | 25m | 7-7-22 | Heemskerk (NED) | 365 |
| 4. Hoek Daniëlle | 88 | 08-021 | 17.26 | 25m | 29-5-08 | Heemskerk (NED) | 342 |
| 5. Visser Kelly | 89 | 08-021 | 17.62 | 25m | 21-11-10 | Almere-Stad (NED) | 322 |
| 6. Deiman Caroline | 67 | 08-021 | 18.20 | 25m | 12-1-89 | Heemskerk (NED) | 292 |
| 6. Heus Pauline | 78 | 08-021 | 18.20 | 25m | 15-1-98 | Heemskerk (NED) | 292 |
| 8. van Rookhuizen Sieta | 79 | 08-021 | 18.57 | 25m | 25-3-99 | Heemskerk (NED) | 275 |
| 9. ten Cate Joyce | 80 | 08-021 | 19.37 | 25m | 17-2-00 | Heemskerk (NED) | 242 |
| 10. de Ruijter Linda | 87 | 08-021 | 19.42 | 25m | 19-4-07 | Heemskerk (NED) | 240 |
| 11. Knight Kayleigh | 00 | 08-021 | 20.26 | 25m | 7-7-22 | Heemskerk (NED) | 211 |
| 12. ten Cate Ilona | 85 | 08-021 | 20.95 | 25m | 27-4-06 | Heemskerk | 191 |

50 rugslag

| | | | | | | | |
|--------------------------|----|--------|-------|-----|----------|-------------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 31.17 | 25m | 16-11-19 | Hoofddorp (NED) | 558 |
| 2. Wentink Yara | 04 | 08-021 | 31.62 | 25m | 29-6-24 | Rotterdam (NED) | 535 |
| 3. Hoekstra Eline | 03 | 08-021 | 32.13 | 25m | 29-6-24 | Rotterdam (NED) | 509 |
| 4. Schelvis Femke | 84 | 08-021 | 33.29 | 25m | 28-10-04 | Heemskerk (NED) | 458 |
| 5. Kleijne Daisy | 89 | 08-021 | 33.68 | 25m | 6-12-09 | Zaandam (NED) | 442 |
| 6. Groen Anne | 95 | 08-021 | 34.04 | 25m | 2-10-16 | Purmerend (NED) | 428 |
| 7. ten Bokkel Henriëke | 94 | 08-021 | 34.33 | 25m | 12-4-18 | Heemskerk (NED) | 418 |
| 8. Crok Linda | 94 | 08-021 | 35.00 | 25m | 30-1-14 | Heemskerk (NED) | 394 |
| 9. van 't Veer Iris | 03 | 08-021 | 35.24 | 25m | 10-3-24 | Purmerend (NED) | 386 |
| 10. Kramer Miranda | 80 | 08-021 | 35.31 | 25m | 18-3-01 | Zaandam (NED) | 384 |
| 11. de Haan Shira | 00 | 08-021 | 35.50 | 25m | 4-10-20 | Heemskerk (NED) | 378 |
| 12. Stins Mariska | 84 | 08-021 | 35.57 | 25m | 15-5-05 | Zuidoost-Beemster (NED) | 375 |
| 13. Palmboom Nicole | 91 | 08-021 | 35.65 | 25m | 9-2-12 | Heemskerk (NED) | 373 |
| 14. van der Gracht Anouk | 89 | 08-021 | 35.78 | 25m | 18-5-13 | Purmerend (NED) | 369 |
| 15. Meijer Sylvia | 81 | 08-021 | 35.80 | 25m | 25-1-01 | Heemskerk (NED) | 368 |
| 16. Mallon Danique | 94 | 08-021 | 35.86 | 25m | 16-3-17 | Heemskerk (NED) | 366 |
| 17. Hoek Daniëlle | 88 | 08-021 | 36.09 | 25m | 3-3-11 | Heemskerk (NED) | 359 |
| 18. Crok Annemarie | 89 | 08-021 | 36.75 | 25m | 9-2-12 | Heemskerk (NED) | 340 |

50 rugslag (sinds 19)

| | | | | | | | |
|----------------------|----|--------|-------|-----|---------|------------------|-----|
| 19. Haasbroek Renske | 03 | 08-021 | 37.33 | 25m | 10-3-24 | Purmerend (NED) | 325 |
| 20. van Eerden Meike | 00 | 08-021 | 37.35 | 25m | 2-10-22 | Den Helder (NED) | 324 |
| 21. de Boer Maia | 03 | 08-021 | 37.73 | 25m | 10-3-24 | Purmerend (NED) | 314 |
| 22. Butter Anouk | 82 | 08-021 | 37.87 | 25m | 7-11-04 | Ijmuiden (NED) | 311 |
| 23. Visser Kelly | 89 | 08-021 | 38.06 | 25m | 22-3-12 | Heemskerk (NED) | 306 |
| 24. Hulshof Saskia | 73 | 08-021 | 38.10 | 25m | 4-2-93 | Heemskerk (NED) | 305 |
| 25. Siemerink Laura | 04 | 08-021 | 38.37 | 25m | 28-1-24 | Heemskerk (NED) | 299 |

100 rugslag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Broek Jade | 97 | 08-021 | 1:06.99 | 25m | 24-3-19 | Purmerend (NED) | 554 |
| 2. Schelvis Femke | 84 | 08-021 | 1:09.10 | 25m | 28-11-04 | Heemskerk (NED) | 505 |
| 3. Hoekstra Eline | 03 | 08-021 | 1:10.95 | 25m | 28-1-24 | Heemskerk (NED) | 466 |
| 4. Wentink Yara | 04 | 08-021 | 1:11.77 | 25m | 24-10-24 | Heemskerk (NED) | 450 |
| 5. Kleijne Daisy | 89 | 08-021 | 1:12.92 | 25m | 15-3-09 | Haarlem (NED) | 429 |
| 6. van 't Veer Iris | 03 | 08-021 | 1:13.06 | 25m | 24-10-24 | Heemskerk (NED) | 427 |
| 7. Groen Anne | 95 | 08-021 | 1:13.36 | 25m | 15-1-17 | Alkmaar (NED) | 422 |
| 8. Crok Linda | 94 | 08-021 | 1:13.87 | 25m | 17-11-16 | Heemskerk (NED) | 413 |
| 9. Kramer Miranda | 80 | 08-021 | 1:15.72 | 25m | 16-4-01 | Haarlem (NED) | 383 |
| 10. Crok Annemarie | 89 | 08-021 | 1:16.44 | 25m | 17-11-11 | Heemskerk (NED) | 373 |
| 11. Meijer Sylvia | 81 | 08-021 | 1:16.51 | 25m | 29-3-01 | Heemskerk (NED) | 372 |
| 12. Hoek Daniëlle | 88 | 08-021 | 1:16.53 | 25m | 11-3-12 | Zaandam (NED) | 371 |
| 13. Stins Mariska | 84 | 08-021 | 1:16.69 | 25m | 26-2-04 | Heemskerk (NED) | 369 |
| 14. Palmboom Nicole | 91 | 08-021 | 1:17.43 | 25m | 17-11-11 | Heemskerk (NED) | 358 |
| 15. Haasbroek Renske | 03 | 08-021 | 1:17.87 | 25m | 28-1-24 | Heemskerk (NED) | 352 |
| 16. Siemerink Laura | 04 | 08-021 | 1:17.96 | 25m | 28-1-24 | Heemskerk (NED) | 351 |
| 17. Groot Tineke | 60 | 08-021 | 1:18.30 | 25m | 27-1-80 | Zaandam (NED) | 347 |
| 18. van Eerden Meike | 00 | 08-021 | 1:18.76 | 25m | 15-12-22 | Heemskerk (NED) | 341 |
| 19. van der Gracht Anouk | 89 | 08-021 | 1:18.90 | 25m | 21-4-13 | Heemskerk (NED) | 339 |
| 20. de Haan Shira | 00 | 08-021 | 1:19.12 | 25m | 7-12-23 | Heemskerk (NED) | 336 |
| 21. Verbree Bets | 63 | 08-021 | 1:19.70 | 25m | 10-4-83 | Heemskerk (NED) | 329 |
| 22. Pover Karin | 67 | 08-021 | 1:19.90 | 25m | 4-10-87 | Zaandam (NED) | 326 |
| 23. Visser Kelly | 89 | 08-021 | 1:20.89 | 25m | 11-11-12 | Schagen (NED) | 314 |
| 24. Mallon Danique | 94 | 08-021 | 1:20.96 | 25m | 18-1-18 | Heemskerk (NED) | 314 |
| 25. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:21.44 | 25m | 26-2-04 | Heemskerk (NED) | 308 |

200 rugslag

| | | | | | | | |
|--------------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 2:30.24 | 25m | 16-11-19 | Hoofddorp (NED) | 499 |
| 2. Schelvis Femke | 84 | 08-021 | 2:32.47 | 25m | 23-12-04 | Heemskerk (NED) | 478 |
| 3. Groen Anne | 95 | 08-021 | 2:36.81 | 25m | 12-2-17 | Purmerend (NED) | 439 |
| 4. Hoekstra Eline | 03 | 08-021 | 2:36.92 | 25m | 29-1-23 | Heemskerk (NED) | 438 |
| 5. van 't Veer Iris | 03 | 08-021 | 2:38.86 | 25m | 2-2-25 | Den Helder (NED) | 422 |
| 6. Kleijne Daisy | 89 | 08-021 | 2:40.67 | 25m | 31-5-09 | Purmerend (NED) | 408 |
| 7. Crok Linda | 94 | 08-021 | 2:41.34 | 25m | 17-1-16 | Purmerend (NED) | 403 |
| 8. Crok Annemarie | 89 | 08-021 | 2:45.79 | 25m | 13-11-11 | Zaandam (NED) | 371 |
| 9. Hoek Daniëlle | 88 | 08-021 | 2:45.92 | 25m | 13-11-11 | Zaandam (NED) | 371 |
| 10. Kramer Miranda | 80 | 08-021 | 2:47.05 | 25m | 31-1-02 | Heemskerk | 363 |
| 11. Stins Mariska | 84 | 08-021 | 2:48.38 | 25m | 19-3-06 | Heemskerk (NED) | 355 |
| 12. Verbree Bets | 63 | 08-021 | 2:49.20 | 25m | 13-3-83 | Castricum (NED) | 349 |
| 13. van der Gracht Anouk | 89 | 08-021 | 2:49.32 | 25m | 10-11-13 | Zaandam (NED) | 349 |
| 14. Meijer Sylvia | 81 | 08-021 | 2:49.45 | 25m | 11-3-01 | Zaandam (NED) | 348 |
| 15. Palmboom Nicole | 91 | 08-021 | 2:49.80 | 25m | 13-11-11 | Zaandam (NED) | 346 |

200 rugslag (sinds 16)

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|------------------|-----|
| 16. Haasbroek Renske | 03 | 08-021 | 2:50.14 | 25m | 2-2-25 | Den Helder (NED) | 344 |
| 17. van Eerden Meike | 00 | 08-021 | 2:50.57 | 25m | 29-1-23 | Heemskerk (NED) | 341 |
| 18. Groot Tineke | 60 | 08-021 | 2:50.90 | 25m | 2-11-80 | Castricum (NED) | 339 |
| 19. van Assema Eline | 05 | 08-021 | 2:55.18 | 25m | 2-2-25 | Den Helder (NED) | 315 |
| 20. Mallon Danique | 94 | 08-021 | 2:55.22 | 25m | 4-2-18 | Purmerend (NED) | 315 |
| 21. Siemerink Laura | 04 | 08-021 | 2:56.01 | 25m | 2-2-25 | Den Helder (NED) | 310 |
| 22. Gijzen-van der Kroft Nicole | 84 | 08-021 | 2:56.29 | 25m | 14-3-04 | Zaandam | 309 |
| 23. Visser Kelly | 89 | 08-021 | 2:58.26 | 25m | 10-11-13 | Zaandam (NED) | 299 |
| 24. Heus Pauline | 78 | 08-021 | 3:00.37 | 25m | 11-10-98 | Alkmaar (NED) | 288 |
| 25. Butter Anouk | 82 | 08-021 | 3:00.58 | 25m | 28-10-04 | Heemskerk (NED) | 287 |

500 rugslag25 schoolslag

| | | | | | | | |
|-------------------------|----|--------|-------|-----|----------|------------------|-----|
| 1. Kramer Miranda | 80 | 08-021 | 17.81 | 25m | 17-2-00 | Heemskerk (NED) | 418 |
| 2. van Rookhuizen Sieta | 79 | 08-021 | 17.86 | 25m | 22-2-01 | Heemskerk (NED) | 414 |
| 3. de Haan Shira | 00 | 08-021 | 18.32 | 25m | 7-7-22 | Heemskerk (NED) | 384 |
| 4. Heus Pauline | 78 | 08-021 | 19.50 | 25m | 19-3-98 | Heemskerk (NED) | 318 |
| 5. Stins Mariska | 84 | 08-021 | 19.56 | 25m | 19-4-07 | Heemskerk (NED) | 315 |
| 6. Hoek Daniëlle | 88 | 08-021 | 20.30 | 25m | 29-5-08 | Heemskerk (NED) | 282 |
| 7. de Ruijter Linda | 87 | 08-021 | 20.43 | 25m | 19-2-11 | Heerenveen (NED) | 277 |
| 8. Visser Kelly | 89 | 08-021 | 21.57 | 25m | 19-2-11 | Heerenveen (NED) | 235 |
| 9. Knight Kayleigh | 00 | 08-021 | 21.62 | 25m | 7-7-22 | Heemskerk (NED) | 233 |
| 10. Deiman Caroline | 67 | 08-021 | 21.80 | 25m | 17-12-87 | Heemskerk (NED) | 228 |
| 11. ten Cate Ilona | 85 | 08-021 | 21.98 | 25m | 19-4-07 | Heemskerk (NED) | 222 |
| 12. ten Cate Joyce | 80 | 08-021 | 23.30 | 25m | 17-2-00 | Heemskerk (NED) | 186 |

50 schoolslag

| | | | | | | | |
|--------------------------|----|--------|-------|-----|----------|------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 36.58 | 25m | 11-11-17 | Hoofddorp (NED) | 479 |
| 2. de Haan Shira | 00 | 08-021 | 38.73 | 25m | 3-10-21 | Den Helder (NED) | 404 |
| 3. van 't Veer Iris | 03 | 08-021 | 38.89 | 25m | 27-2-25 | Heemskerk (NED) | 399 |
| 4. Kramer Miranda | 80 | 08-021 | 38.91 | 25m | 16-4-00 | Almelo (NED) | 398 |
| 5. Wentink Yara | 04 | 08-021 | 39.29 | 25m | 14-3-24 | Heemskerk (NED) | 387 |
| 6. Kingma Danae | 00 | 08-021 | 39.30 | 25m | 12-1-20 | Purmerend (NED) | 387 |
| 7. Groen Anne | 95 | 08-021 | 39.62 | 25m | 16-3-17 | Heemskerk (NED) | 377 |
| 8. Crok Linda | 94 | 08-021 | 39.79 | 25m | 1-10-17 | Purmerend (NED) | 372 |
| 9. van Rookhuizen Sieta | 79 | 08-021 | 40.14 | 25m | 14-11-99 | Zaandam (NED) | 363 |
| 10. Schelvis Femke | 84 | 08-021 | 40.22 | 25m | 25-11-04 | Heemskerk (NED) | 361 |
| 11. Hoekstra Eline | 03 | 08-021 | 40.27 | 25m | 14-3-24 | Heemskerk (NED) | 359 |
| 12. de Boer Maia | 03 | 08-021 | 40.52 | 25m | 21-9-23 | Heemskerk (NED) | 353 |
| 13. Crok Annemarie | 89 | 08-021 | 40.71 | 25m | 15-11-09 | Haarlem (NED) | 348 |
| 14. Palmboom Nicole | 91 | 08-021 | 40.94 | 25m | 22-3-12 | Heemskerk (NED) | 342 |
| 15. van der Gracht Anouk | 89 | 08-021 | 41.40 | 25m | 12-4-09 | Haarlem (NED) | 331 |
| 16. Kleijne Daisy | 89 | 08-021 | 42.24 | 25m | 22-1-09 | Heemskerk (NED) | 311 |
| 17. Heus Pauline | 78 | 08-021 | 42.30 | 25m | 15-11-98 | Zaandam (NED) | 310 |
| 18. Stins Mariska | 84 | 08-021 | 42.46 | 25m | 27-5-07 | Purmerend (NED) | 306 |
| 19. Hoek Daniëlle | 88 | 08-021 | 42.72 | 25m | 11-5-08 | Purmerend (NED) | 301 |
| 20. Siemerink Laura | 04 | 08-021 | 42.89 | 25m | 28-1-24 | Heemskerk (NED) | 297 |
| 21. van Assema Eline | 05 | 08-021 | 42.97 | 25m | 12-1-25 | Heemskerk (NED) | 296 |
| 22. Haasbroek Renske | 03 | 08-021 | 43.84 | 25m | 12-1-25 | Heemskerk (NED) | 278 |
| 23. Mallon Danique | 94 | 08-021 | 43.91 | 25m | 9-11-17 | Heemskerk (NED) | 277 |

50 schoolslag (sinds 24)

| | | | | | | | |
|----------------------|----|--------|-------|-----|---------|------------------|-----|
| 24. Veldhuis Amelia | 03 | 08-021 | 44.00 | 25m | 1-10-23 | Den Helder (NED) | 275 |
| 25. de Ruijter Linda | 87 | 08-021 | 45.25 | 25m | 27-1-11 | Heemskerk (NED) | 253 |

100 schoolslag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 1:19.62 | 25m | 24-11-19 | Hoofddorp (NED) | 480 |
| 2. de Haan Shira | 00 | 08-021 | 1:23.59 | 25m | 8-10-20 | Heemskerk (NED) | 415 |
| 3. Kingma Danae | 00 | 08-021 | 1:23.91 | 25m | 12-1-20 | Purmerend (NED) | 410 |
| 4. van Rookhuizen Sieta | 79 | 08-021 | 1:24.87 | 25m | 5-4-99 | Haarlem (NED) | 396 |
| 5. Kramer Miranda | 80 | 08-021 | 1:25.06 | 25m | 16-4-01 | Haarlem (NED) | 394 |
| 6. Crok Linda | 94 | 08-021 | 1:25.35 | 25m | 1-10-17 | Purmerend (NED) | 390 |
| 7. Wentink Yara | 04 | 08-021 | 1:25.45 | 25m | 26-9-24 | Heemskerk (NED) | 388 |
| 8. Schelvis Femke | 84 | 08-021 | 1:26.08 | 25m | 31-3-05 | Heemskerk (NED) | 380 |
| 9. Groen Anne | 95 | 08-021 | 1:26.47 | 25m | 13-10-16 | Heemskerk (NED) | 375 |
| 10. van 't Veer Iris | 03 | 08-021 | 1:26.58 | 25m | 28-1-24 | Heemskerk (NED) | 373 |
| 11. Hoekstra Eline | 03 | 08-021 | 1:27.11 | 25m | 26-9-24 | Heemskerk (NED) | 366 |
| 12. Crok Annemarie | 89 | 08-021 | 1:27.24 | 25m | 19-11-09 | Heemskerk (NED) | 365 |
| 13. Peters Yvonne | 63 | 08-021 | 1:27.40 | 25m | 6-10-85 | Wormerveer (NED) | 363 |
| 14. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:28.90 | 25m | 18-1-04 | IJmuiden (NED) | 345 |
| 15. Palmboom Nicole | 91 | 08-021 | 1:30.22 | 25m | 6-10-13 | Heemskerk (NED) | 330 |
| 16. Heus Pauline | 78 | 08-021 | 1:30.50 | 25m | 13-4-98 | Haarlem (NED) | 327 |
| 17. Kleijne Daisy | 89 | 08-021 | 1:31.66 | 25m | 19-11-09 | Heemskerk (NED) | 314 |
| 18. Hoek Daniëlle | 88 | 08-021 | 1:31.78 | 25m | 5-10-08 | Heemskerk (NED) | 313 |
| 19. Stins Mariska | 84 | 08-021 | 1:32.07 | 25m | 26-2-04 | Heemskerk (NED) | 310 |
| 20. van Giezen Sandra | 63 | 08-021 | 1:32.10 | 25m | 28-10-84 | Egmond (NED) | 310 |
| 21. Nijholt Carin | 60 | 08-021 | 1:33.50 | 25m | 16-3-80 | Zandvoort (NED) | 296 |
| 22. Siemerink Laura | 04 | 08-021 | 1:33.64 | 25m | 28-1-24 | Heemskerk (NED) | 295 |
| 23. van der Gracht Anouk | 89 | 08-021 | 1:33.81 | 25m | 10-5-09 | Purmerend (NED) | 293 |
| 24. Mallon Danique | 94 | 08-021 | 1:33.97 | 25m | 9-11-17 | Heemskerk (NED) | 292 |
| 25. Groot Tineke | 60 | 08-021 | 1:35.00 | 25m | 31-8-80 | Heemskerk (NED) | 282 |

200 schoolslag

| | | | | | | | |
|--------------------------|----|--------|---------|-----|----------|----------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 2:57.88 | 25m | 12-2-17 | Purmerend (NED) | 432 |
| 2. de Haan Shira | 00 | 08-021 | 3:01.89 | 25m | 27-9-20 | Alkmaar (NED) | 404 |
| 3. van Rookhuizen Sieta | 79 | 08-021 | 3:02.04 | 25m | 10-10-99 | Zaandam (NED) | 403 |
| 4. Kingma Danae | 00 | 08-021 | 3:02.50 | 25m | 12-1-20 | Purmerend (NED) | 400 |
| 5. Kramer Miranda | 80 | 08-021 | 3:02.52 | 25m | 27-1-00 | Heemskerk (NED) | 400 |
| 6. van 't Veer Iris | 03 | 08-021 | 3:03.57 | 25m | 9-3-25 | Purmerend (NED) | 393 |
| 7. Schelvis Femke | 84 | 08-021 | 3:05.36 | 25m | 3-10-04 | Heemskerk (NED) | 382 |
| 8. Crok Linda | 94 | 08-021 | 3:05.44 | 25m | 19-1-14 | Zaandam (NED) | 382 |
| 9. Crok Annemarie | 89 | 08-021 | 3:05.90 | 25m | 16-1-11 | Zaandam (NED) | 379 |
| 10. Palmboom Nicole | 91 | 08-021 | 3:10.18 | 25m | 16-1-11 | Zaandam (NED) | 354 |
| 11. Groen Anne | 95 | 08-021 | 3:13.13 | 25m | 18-1-15 | Zaandam (NED) | 338 |
| 12. Heus Pauline | 78 | 08-021 | 3:15.38 | 25m | 7-3-99 | Zaandam (NED) | 326 |
| 13. Stins Mariska | 84 | 08-021 | 3:18.54 | 25m | 3-10-04 | Heemskerk (NED) | 311 |
| 14. Kleijne Daisy | 89 | 08-021 | 3:20.52 | 25m | 25-3-10 | Heemskerk (NED) | 302 |
| 15. van der Gracht Anouk | 89 | 08-021 | 3:22.21 | 25m | 17-1-10 | Amsterdam-oost (NED) | 294 |
| 16. Hoek Daniëlle | 88 | 08-021 | 3:22.24 | 25m | 16-1-11 | Zaandam (NED) | 294 |
| 17. Peters Yvonne | 63 | 08-021 | 3:22.40 | 25m | 15-3-87 | Heemskerk (NED) | 293 |
| 18. de Boer Maia | 03 | 08-021 | 3:22.59 | 25m | 29-1-23 | Heemskerk (NED) | 293 |
| 19. Veldhuis Amelia | 03 | 08-021 | 3:23.26 | 25m | 29-1-23 | Heemskerk (NED) | 290 |
| 20. Groot Tineke | 60 | 08-021 | 3:25.10 | 25m | 21-9-80 | Heemskerk (NED) | 282 |

200 schoolslag (sinds 21)

| | | | | | | | |
|----------------------|----|--------|---------|-----|----------|------------------|-----|
| 21. Haasbroek Renske | 03 | 08-021 | 3:25.16 | 25m | 12-11-23 | Den Helder (NED) | 282 |
| 22. van Assema Eline | 05 | 08-021 | 3:31.20 | 25m | 9-3-25 | Purmerend (NED) | 258 |
| 23. de Ruijter Linda | 87 | 08-021 | 3:36.97 | 25m | 13-12-07 | Heemskerk (NED) | 238 |
| 24. van Eerden Meike | 00 | 08-021 | 3:41.29 | 25m | 12-1-20 | Purmerend (NED) | 224 |
| 25. ten Cate Joyce | 80 | 08-021 | 3:43.95 | 25m | 28-10-04 | Heemskerk (NED) | 216 |

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

| | | | | | | |
|------------------|----|--------|----------|----|---------|------------------|
| 1. de Haan Shira | 00 | 08-021 | 23:11.82 | OW | 15-7-23 | Amstelveen (NED) |
|------------------|----|--------|----------|----|---------|------------------|

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

| | | | | | | |
|-------------------------|----|--------|----------|----|---------|-------------------|
| 1. van Rookhuizen Sieta | 79 | 08-021 | 37:11.40 | OW | 25-6-00 | Breukelen (NED) |
| 2. Kramer Miranda | 80 | 08-021 | 38:12.80 | OW | 18-6-00 | Spaarnwoude (NED) |

2500 schoolslag**3000 schoolslag**

| | | | | | | |
|-------------------------|----|--------|----------|----|--------|------------------|
| 1. van Rookhuizen Sieta | 79 | 08-021 | 57:26.50 | OW | 5-9-99 | Vlissingen (NED) |
|-------------------------|----|--------|----------|----|--------|------------------|

4000 schoolslag**5000 schoolslag**

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

25 vlinderslag

| | | | | | | | |
|-------------------------|----|--------|-------|-----|---------|------------------|-----|
| 1. de Haan Shira | 00 | 08-021 | 14.73 | 25m | 7-7-22 | Heemskerk (NED) | 438 |
| 2. Crok Annemarie | 89 | 08-021 | 14.93 | 25m | 30-6-11 | Heemskerk (NED) | 421 |
| 3. Butter Anouk | 82 | 08-021 | 15.30 | 25m | 25-9-05 | Etten-Leur (NED) | 391 |
| 3. Stins Mariska | 84 | 08-021 | 15.30 | 25m | 19-4-07 | Heemskerk (NED) | 391 |
| 5. Meijer Sylvia | 81 | 08-021 | 15.41 | 25m | 29-3-01 | Heemskerk (NED) | 382 |
| 5. Hoek Daniëlle | 88 | 08-021 | 15.41 | 25m | 30-6-11 | Heemskerk (NED) | 382 |
| 7. Palmboom Nicole | 91 | 08-021 | 15.49 | 25m | 30-6-11 | Heemskerk (NED) | 376 |
| 8. Kleijne Daisy | 89 | 08-021 | 15.54 | 25m | 30-6-11 | Heemskerk (NED) | 373 |
| 9. van Rookhuizen Sieta | 79 | 08-021 | 15.65 | 25m | 4-5-00 | Heemskerk (NED) | 365 |
| 10. Kramer Miranda | 80 | 08-021 | 15.90 | 25m | 4-5-00 | Heemskerk (NED) | 348 |
| 11. Visser Kelly | 89 | 08-021 | 16.37 | 25m | 4-11-10 | Heemskerk (NED) | 319 |
| 12. Heus Pauline | 78 | 08-021 | 16.81 | 25m | 25-3-99 | Heemskerk (NED) | 294 |

25 vlinderslag (sinds 13)

| | | | | | | | |
|----------------------|----|--------|-------|-----|----------|-----------------|-----|
| 13. Deiman Caroline | 67 | 08-021 | 16.90 | 25m | 12-1-89 | Heemskerk (NED) | 290 |
| 14. de Ruijter Linda | 87 | 08-021 | 17.37 | 25m | 17-11-11 | Heemskerk (NED) | 267 |
| 15. ten Cate Ilona | 85 | 08-021 | 18.43 | 25m | 29-5-08 | Heemskerk (NED) | 223 |
| 16. Knight Kayleigh | 00 | 08-021 | 18.81 | 25m | 7-7-22 | Heemskerk (NED) | 210 |
| 17. ten Cate Joyce | 80 | 08-021 | 19.12 | 25m | 4-5-00 | Heemskerk (NED) | 200 |
| 18. Hunekeer Jolanda | 79 | 08-021 | 20.10 | 25m | 4-5-00 | Heemskerk (NED) | 172 |

50 vlinderslag

| | | | | | | | |
|---------------------------------|----|--------|-------|-----|----------|------------------|-----|
| 1. Wentink Yara | 04 | 08-021 | 29.22 | 25m | 28-1-24 | Heemskerk (NED) | 580 |
| 2. Kingma Danae | 00 | 08-021 | 30.64 | 25m | 12-1-20 | Purmerend (NED) | 503 |
| 3. Broek Jade | 97 | 08-021 | 30.76 | 25m | 12-1-20 | Purmerend (NED) | 497 |
| 4. Hoekstra Eline | 03 | 08-021 | 31.01 | 50m | 2-6-24 | Amsterdam (NED) | 488 |
| 5. van der Gracht Anouk | 89 | 08-021 | 31.89 | 25m | 12-12-13 | Heemskerk (NED) | 446 |
| 6. Schelvis Femke | 84 | 08-021 | 32.21 | 25m | 23-12-04 | Heemskerk (NED) | 433 |
| 7. de Haan Shira | 00 | 08-021 | 32.34 | 50m | 26-1-20 | Alkmaar (NED) | 431 |
| 8. Crok Annemarie | 89 | 08-021 | 32.37 | 25m | 17-11-11 | Heemskerk (NED) | 427 |
| 9. Groen Anne | 95 | 08-021 | 32.57 | 25m | 12-2-17 | Purmerend (NED) | 419 |
| 10. Hoek Daniëlle | 88 | 08-021 | 33.06 | 25m | 19-2-12 | Purmerend (NED) | 401 |
| 11. Siemerink Laura | 04 | 08-021 | 33.11 | 25m | 2-2-25 | Den Helder (NED) | 399 |
| 12. Veldhuis Amelia | 03 | 08-021 | 33.74 | 25m | 29-1-23 | Heemskerk (NED) | 377 |
| 13. Palmboom Nicole | 91 | 08-021 | 33.85 | 25m | 17-11-11 | Heemskerk (NED) | 373 |
| 14. Kleijne Daisy | 89 | 08-021 | 33.96 | 25m | 15-3-09 | Haarlem (NED) | 369 |
| 15. ten Bokkel Henriëke | 94 | 08-021 | 34.32 | 25m | 12-4-18 | Heemskerk (NED) | 358 |
| 16. Stins Mariska | 84 | 08-021 | 34.69 | 25m | 28-4-05 | Heemskerk (NED) | 347 |
| 17. Crok Linda | 94 | 08-021 | 34.73 | 25m | 17-11-16 | Heemskerk (NED) | 345 |
| 18. Butter Anouk | 82 | 08-021 | 34.87 | 25m | 23-12-04 | Heemskerk (NED) | 341 |
| 19. Haasbroek Renske | 03 | 08-021 | 34.96 | 25m | 2-2-25 | Den Helder (NED) | 339 |
| 20. Mallon Danique | 94 | 08-021 | 35.08 | 25m | 16-3-17 | Heemskerk (NED) | 335 |
| 21. Kramer Miranda | 80 | 08-021 | 35.09 | 25m | 31-1-02 | Heemskerk | 335 |
| 22. van 't Veer Iris | 03 | 08-021 | 35.31 | 25m | 2-2-25 | Den Helder (NED) | 329 |
| 23. Gijzen-van der Kroft Nicole | 84 | 08-021 | 35.37 | 25m | 18-1-04 | IJmuiden (NED) | 327 |
| 24. van Rookhuizen Sieta | 79 | 08-021 | 35.93 | 25m | 17-10-99 | Zaandam (NED) | 312 |
| 25. van Assema Eline | 05 | 08-021 | 36.57 | 25m | 2-2-25 | Den Helder (NED) | 296 |

100 vlinderslag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. Wentink Yara | 04 | 08-021 | 1:05.06 | 25m | 23-11-24 | Den Haag (NED) | 591 |
| 2. Broek Jade | 97 | 08-021 | 1:09.19 | 25m | 3-11-19 | Purmerend (NED) | 491 |
| 3. Hoekstra Eline | 03 | 08-021 | 1:09.89 | 25m | 12-11-23 | Den Helder (NED) | 477 |
| 4. Schelvis Femke | 84 | 08-021 | 1:10.87 | 25m | 24-2-05 | Heemskerk (NED) | 457 |
| 5. Crok Annemarie | 89 | 08-021 | 1:14.05 | 25m | 29-11-09 | Heemskerk (NED) | 401 |
| 6. van der Gracht Anouk | 89 | 08-021 | 1:14.52 | 50m | 29-6-13 | Eindhoven (NED) | 412 |
| 7. Verbree Bets | 63 | 08-021 | 1:14.60 | 25m | 13-3-83 | Castricum (NED) | 392 |
| 8. Hoek Daniëlle | 88 | 08-021 | 1:15.40 | 25m | 9-2-12 | Heemskerk (NED) | 379 |
| 9. Stins Mariska | 84 | 08-021 | 1:15.83 | 25m | 27-5-04 | Heemskerk (NED) | 373 |
| 10. Groen Anne | 95 | 08-021 | 1:16.26 | 25m | 2-2-17 | Heemskerk (NED) | 367 |
| 11. de Haan Shira | 00 | 08-021 | 1:17.20 | 25m | 30-1-20 | Heemskerk (NED) | 353 |
| 12. Crok Linda | 94 | 08-021 | 1:17.58 | 25m | 13-11-16 | Purmerend (NED) | 348 |
| 13. Palmboom Nicole | 91 | 08-021 | 1:17.65 | 25m | 31-1-13 | Heemskerk (NED) | 347 |
| 14. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:19.36 | 25m | 25-3-04 | Heemskerk | 325 |
| 15. Kramer Miranda | 80 | 08-021 | 1:20.35 | 25m | 28-2-02 | Heemskerk | 313 |
| 16. Butter Anouk | 82 | 08-021 | 1:20.45 | 25m | 25-3-04 | Heemskerk | 312 |

100 vlinderslag (sinds 17)

| | | | | | | | |
|---------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 17. Siemerink Laura | 04 | 08-021 | 1:20.49 | 25m | 12-1-25 | Heemskerk (NED) | 312 |
| 18. Kleijne Daisy | 89 | 08-021 | 1:21.46 | 25m | 26-2-09 | Heemskerk (NED) | 301 |
| 19. van 't Veer Iris | 03 | 08-021 | 1:21.64 | 25m | 1-2-24 | Heemskerk (NED) | 299 |
| 20. Mallon Danique | 94 | 08-021 | 1:23.15 | 25m | 14-1-18 | Purmerend (NED) | 283 |
| 21. van Rookhuizen Sieta | 79 | 08-021 | 1:24.50 | 25m | 10-10-99 | Zaandam (NED) | 269 |
| 22. Haasbroek Renske | 03 | 08-021 | 1:27.44 | 25m | 12-1-25 | Heemskerk (NED) | 243 |
| 23. van Ballegooie Simone | 84 | 08-021 | 1:28.28 | 25m | 25-3-04 | Heemskerk | 236 |
| 24. ten Cate Ilona | 85 | 08-021 | 1:29.56 | 25m | 16-4-06 | Haarlem (NED) | 226 |
| 25. de Ruijter Linda | 87 | 08-021 | 1:29.75 | 25m | 29-3-07 | Heemskerk (NED) | 225 |

200 vlinderslag

| | | | | | | | |
|-------------------------|----|--------|---------|-----|----------|-------------------------|-----|
| 1. Wentink Yara | 04 | 08-021 | 2:34.17 | 25m | 10-3-24 | Purmerend (NED) | 466 |
| 2. Schelvis Femke | 84 | 08-021 | 2:35.87 | 25m | 25-11-04 | Heemskerk (NED) | 451 |
| 3. Hoekstra Eline | 03 | 08-021 | 2:38.02 | 25m | 16-2-25 | Haarlem (NED) | 433 |
| 4. Broek Jade | 97 | 08-021 | 2:48.98 | 25m | 24-3-19 | Purmerend (NED) | 354 |
| 5. Crok Annemarie | 89 | 08-021 | 2:49.30 | 25m | 14-3-10 | Heemskerk (NED) | 352 |
| 6. Stins Mariska | 84 | 08-021 | 2:58.73 | 25m | 15-5-05 | Zuidoost-Beemster (NED) | 299 |
| 7. van der Gracht Anouk | 89 | 08-021 | 3:01.83 | 25m | 15-3-09 | Haarlem (NED) | 284 |
| 8. Groen Anne | 95 | 08-021 | 3:05.24 | 25m | 12-3-17 | Purmerend (NED) | 269 |
| 9. Butter Anouk | 82 | 08-021 | 3:06.69 | 25m | 12-6-04 | Zuidbroek (NED) | 262 |
| 10. Mallon Danique | 94 | 08-021 | 3:06.70 | 25m | 12-3-17 | Purmerend (NED) | 262 |
| 11. Kleijne Daisy | 89 | 08-021 | 3:07.59 | 25m | 18-2-10 | Heemskerk (NED) | 259 |
| 12. Hoek Daniëlle | 88 | 08-021 | 3:07.93 | 25m | 31-1-08 | Heemskerk (NED) | 257 |
| 13. Kramer Miranda | 80 | 08-021 | 3:09.21 | 25m | 27-11-03 | Heemskerk (NED) | 252 |

1000 vlinderslag

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

100 wisselslag

| | | | | | | | |
|--------------------------|----|--------|---------|-----|----------|-------------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 1:09.81 | 25m | 7-10-18 | Purmerend (NED) | 530 |
| 2. Wentink Yara | 04 | 08-021 | 1:10.18 | 25m | 23-11-24 | Den Haag (NED) | 522 |
| 3. Schelvis Femke | 84 | 08-021 | 1:10.47 | 25m | 9-1-05 | Zuidoost Beemster (NED) | 515 |
| 4. ten Bokkel Henriëke | 94 | 08-021 | 1:11.34 | 25m | 17-5-18 | Heemskerk (NED) | 497 |
| 5. Groen Anne | 95 | 08-021 | 1:13.00 | 25m | 2-10-16 | Purmerend (NED) | 463 |
| 6. Hoekstra Eline | 03 | 08-021 | 1:13.25 | 25m | 10-3-24 | Purmerend (NED) | 459 |
| 7. Crok Linda | 94 | 08-021 | 1:15.12 | 25m | 11-5-17 | Heemskerk (NED) | 425 |
| 8. Crok Annemarie | 89 | 08-021 | 1:15.40 | 25m | 19-11-09 | Heemskerk (NED) | 420 |
| 9. van der Gracht Anouk | 89 | 08-021 | 1:16.15 | 25m | 20-5-13 | Purmerend (NED) | 408 |
| 10. van 't Veer Iris | 03 | 08-021 | 1:16.26 | 25m | 20-10-24 | Heemskerk (NED) | 406 |
| 11. Kramer Miranda | 80 | 08-021 | 1:16.28 | 25m | 27-9-01 | Heemskerk | 406 |
| 12. de Haan Shira | 00 | 08-021 | 1:16.63 | 25m | 3-10-21 | Den Helder (NED) | 401 |
| 13. Hoek Daniëlle | 88 | 08-021 | 1:16.84 | 25m | 12-2-12 | Heemstede (NED) | 397 |
| 14. van Rookhuizen Sieta | 79 | 08-021 | 1:18.07 | 25m | 14-11-99 | Zaandam (NED) | 379 |
| 15. Stins Mariska | 84 | 08-021 | 1:18.48 | 25m | 29-9-05 | Heemskerk (NED) | 373 |
| 16. Palmboom Nicole | 91 | 08-021 | 1:18.59 | 25m | 14-4-11 | Heemskerk (NED) | 371 |
| 17. Kleijne Daisy | 89 | 08-021 | 1:18.76 | 25m | 2-10-11 | Heemskerk (NED) | 369 |
| 18. de Boer Maia | 03 | 08-021 | 1:19.11 | 25m | 1-10-23 | Den Helder (NED) | 364 |
| 19. Haasbroek Renske | 03 | 08-021 | 1:19.95 | 25m | 4-4-24 | Heemskerk (NED) | 353 |
| 20. Siemerink Laura | 04 | 08-021 | 1:20.14 | 25m | 10-3-24 | Purmerend (NED) | 350 |
| 21. Heus Pauline | 78 | 08-021 | 1:21.28 | 25m | 10-12-00 | Heemskerk (NED) | 336 |
| 22. Hulshof Saskia | 73 | 08-021 | 1:21.60 | 25m | 12-12-93 | Heemskerk (NED) | 332 |

100 wisselslag (sinds 23)

| | | | | | | | |
|--------------------|----|--------|---------|-----|---------|-----------------|-----|
| 23. Butter Anouk | 82 | 08-021 | 1:22.29 | 25m | 29-9-05 | Heemskerk (NED) | 323 |
| 24. Mallon Danique | 94 | 08-021 | 1:23.17 | 25m | 1-10-17 | Purmerend (NED) | 313 |
| 25. Visser Kelly | 89 | 08-021 | 1:23.59 | 25m | 14-4-11 | Heemskerk (NED) | 308 |

200 wisselslag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|----------------------|-----|
| 1. Wentink Yara | 04 | 08-021 | 2:32.25 | 25m | 16-11-24 | Hoofddorp (NED) | 512 |
| 2. Hoekstra Eline | 03 | 08-021 | 2:35.53 | 25m | 9-3-25 | Purmerend (NED) | 480 |
| 3. Schelvis Femke | 84 | 08-021 | 2:35.57 | 25m | 16-1-05 | Zaandam (NED) | 480 |
| 4. Broek Jade | 97 | 08-021 | 2:35.81 | 25m | 21-11-21 | Den Helder (NED) | 478 |
| 5. Groen Anne | 95 | 08-021 | 2:37.83 | 25m | 12-3-17 | Purmerend (NED) | 460 |
| 6. Crok Annemarie | 89 | 08-021 | 2:40.68 | 25m | 3-4-11 | Zaandam (NED) | 436 |
| 7. Crok Linda | 94 | 08-021 | 2:42.09 | 25m | 13-11-16 | Purmerend (NED) | 424 |
| 8. van 't Veer Iris | 03 | 08-021 | 2:42.29 | 25m | 23-4-23 | Den Helder (NED) | 423 |
| 9. Kramer Miranda | 80 | 08-021 | 2:45.04 | 25m | 13-1-02 | Zaandam | 402 |
| 10. van der Gracht Anouk | 89 | 08-021 | 2:45.63 | 25m | 15-3-09 | Haarlem (NED) | 398 |
| 11. Kleijne Daisy | 89 | 08-021 | 2:46.20 | 25m | 11-4-10 | Zaandam (NED) | 394 |
| 12. Palmboom Nicole | 91 | 08-021 | 2:46.29 | 25m | 1-4-12 | Zaandam (NED) | 393 |
| 13. Hoek Daniëlle | 88 | 08-021 | 2:47.36 | 25m | 16-11-08 | Amsterdam-oost (NED) | 386 |
| 14. Stins Mariska | 84 | 08-021 | 2:48.06 | 25m | 9-3-08 | Heemskerk (NED) | 381 |
| 15. de Haan Shira | 00 | 08-021 | 2:48.85 | 25m | 23-10-22 | Hoofddorp (NED) | 375 |
| 16. Verbree Bets | 63 | 08-021 | 2:49.80 | 25m | 10-4-83 | Heemskerk (NED) | 369 |
| 17. Gijzen-van der Kroft Nicole | 84 | 08-021 | 2:51.47 | 25m | 18-1-04 | IJmuiden (NED) | 358 |
| 18. Haasbroek Renske | 03 | 08-021 | 2:53.80 | 25m | 9-3-25 | Purmerend (NED) | 344 |
| 19. Meijer Sylvia | 81 | 08-021 | 2:54.47 | 25m | 14-1-01 | Heemskerk (NED) | 340 |
| 20. van Rookhuizen Sieta | 79 | 08-021 | 2:56.28 | 25m | 4-11-99 | Heemskerk (NED) | 330 |
| 21. Heus Pauline | 78 | 08-021 | 2:57.20 | 25m | 5-4-98 | Heemskerk (NED) | 325 |
| 22. Mallon Danique | 94 | 08-021 | 3:01.48 | 25m | 14-1-18 | Purmerend (NED) | 302 |
| 23. van Eerden Meike | 00 | 08-021 | 3:04.76 | 25m | 21-11-21 | Den Helder (NED) | 286 |
| 24. van Ballegooie Simone | 84 | 08-021 | 3:05.09 | 25m | 29-1-04 | Heemskerk (NED) | 285 |
| 25. Veldhuis Amelia | 03 | 08-021 | 3:06.94 | 25m | 23-4-23 | Den Helder (NED) | 276 |

300 wisselslag

| | | | | | | |
|-----------------|----|--------|---------|-----|---------|-----------------|
| 1. Heus Pauline | 78 | 08-021 | 4:44.97 | 25m | 23-1-00 | Heemskerk (NED) |
|-----------------|----|--------|---------|-----|---------|-----------------|

400 wisselslag

| | | | | | | | |
|-------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 5:34.73 | 25m | 26-11-23 | Hoofddorp (NED) | 462 |
| 2. Schelvis Femke | 84 | 08-021 | 5:43.59 | 25m | 29-5-04 | Z.o. Beemster | 428 |
| 3. Broek Jade | 97 | 08-021 | 5:58.94 | 50m | 1-3-20 | Alkmaar (NED) | 408 |
| 4. Kramer Miranda | 80 | 08-021 | 6:01.21 | 25m | 25-2-01 | Heemskerk (NED) | 368 |
| 5. van Rookhuizen Sieta | 79 | 08-021 | 6:19.17 | 25m | 30-3-00 | Heemskerk (NED) | 318 |
| 6. ten Cate Ilona | 85 | 08-021 | 6:45.60 | 25m | 15-6-06 | Heemskerk (NED) | 260 |