

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

1. Crok Linda	94	08-021	13.48	25m	30-6-11	Heemskerk (NED)	467
2. Gijzen-van der Kroft Nicole	84	08-021	13.95	25m	29-3-01	Heemskerk (NED)	421
3. Vink Lidewij	90	08-021	14.05	25m	19-4-07	Heemskerk (NED)	412
4. Stam Vanessa	80	08-021	14.20	25m	13-3-97	Heemskerk (NED)	399
5. van Ballegooie Simone	84	08-021	14.26	25m	29-3-01	Heemskerk (NED)	394
6. Kleijne Daisy	89	08-021	14.33	25m	27-4-06	Heemskerk	388
7. Palmboom Nicole	91	08-021	14.41	25m	29-5-08	Heemskerk (NED)	382
8. Kramer Miranda	80	08-021	14.50	25m	13-3-97	Heemskerk (NED)	375
9. de Boer Irene	84	08-021	14.70	25m	29-3-01	Heemskerk (NED)	360
10. Essers Sanne	91	08-021	14.71	25m	29-5-08	Heemskerk (NED)	359
11. Mallon Danique	94	08-021	14.83	25m	30-6-11	Heemskerk (NED)	350
12. Stins Mariska	84	08-021	14.84	25m	29-3-01	Heemskerk (NED)	350
13. Crok Annemarie	89	08-021	14.85	25m	27-4-06	Heemskerk	349
14. van der Gracht Anouk	89	08-021	14.97	25m	27-4-06	Heemskerk	341
15. Heus Pauline	78	08-021	15.40	25m	27-4-95	Heemskerk (NED)	313
16. Butter Anouk	82	08-021	16.39	25m	25-3-99	Heemskerk (NED)	259
17. van Velsen Patricia	79	08-021	16.40	25m	14-3-96	Heemskerk (NED)	259
17. Oudendijk Bianca	79	08-021	16.40	25m	14-3-96	Heemskerk (NED)	259
19. van Assema Eline	05	08-021	16.47	25m	7-7-22	Heemskerk (NED)	256
20. Molenaar Eline	82	08-021	16.51	25m	25-3-99	Heemskerk (NED)	254
21. ten Cate Joyce	80	08-021	16.70	25m	13-3-97	Heemskerk (NED)	245
21. Zonneveld Chantal	84	08-021	16.70	25m	22-2-01	Heemskerk (NED)	245
23. de Wildt Maud	05	08-021	18.35	25m	7-7-22	Heemskerk (NED)	185
24. Beentjes Nicolet	80	08-021	19.40	25m	13-3-97	Heemskerk (NED)	156

**50 vrije slag**

1. Kingma Danae	00	08-021	27.18	25m	23-12-17	Hoofddorp (NED)	600
2. Smit Sanne	01	08-021	27.94	25m	17-11-18	Hoofddorp (NED)	552
3. Drubers Mirjam	67	08-021	28.20	25m	31-12-84		537
4. Palmboom Nicole	91	08-021	28.58	25m	23-3-08	Haarlem (NED)	516
5. Hoekstra Eline	03	08-021	28.91	25m	8-10-20	Heemskerk (NED)	498
6. Crok Linda	94	08-021	28.99	25m	24-4-11	Haarlem (NED)	494
7. Meijer Sylvia	81	08-021	29.10	25m	18-1-98	Zuidoost Beemster (NED)	489
8. Schelvis Femke	84	08-021	29.60	25m	27-9-01	Heemskerk	464
9. Wentink Yara	04	08-021	29.73	25m	26-9-21	Alkmaar (NED)	458
10. Hoek Daniëlle	88	08-021	29.78	25m	6-11-05	Zaandam (NED)	456
11. Herwegh Yara	07	08-021	29.79	25m	10-11-24	Purmerend (NED)	456
12. Hulshof Saskia	73	08-021	29.80	25m	11-3-90	Heemskerk (NED)	455

50 vrije slag (sinds 13)

13. Kleijne Daisy	89	08-021	29.83	25m	5-3-06	Purmerend (NED)	454
14. Gijzen-van der Kroft Nicole	84	08-021	29.90	25m	27-9-01	Heemskerk	451
15. Vink Lidewij	90	08-021	29.97	25m	8-4-07	Haarlem (NED)	447
16. Groen Anne	95	08-021	29.98	50m	19-5-12	Beverwijk (NED)	492
17. Koper Fiona	01	08-021	30.05	25m	17-6-18	Alkmaar (NED)	444
18. van 't Veer Iris	03	08-021	30.28	25m	4-10-20	Heemskerk (NED)	434
19. de Roode Xara	08	08-021	30.32	25m	9-3-25	Purmerend (NED)	432
20. van Ballegooie Simone	84	08-021	30.50	25m	26-4-01	Heemskerk (NED)	424
21. de Haan Shira	00	08-021	30.61	25m	12-3-17	Purmerend (NED)	420
22. Verbree Bets	63	08-021	30.80	25m	2-3-80	Heemskerk (NED)	412
23. Kramer Miranda	80	08-021	30.90	25m	16-11-97	Zaandam (NED)	408
24. Stam Vanessa	80	08-021	31.00	25m	6-11-97	Heemskerk (NED)	404
25. Schelvis Roos	86	08-021	31.03	25m	30-1-03	Heemskerk	403

100 vrije slag

1. Kingma Danae	00	08-021	58.69	25m	21-10-17	Amsterdam (NED)	627
2. Smit Sanne	01	08-021	1:00.87	25m	24-11-18	Hoofddorp (NED)	562
3. Drubers Mirjam	67	08-021	1:01.60	25m	15-12-84	Hilversum (NED)	542
4. Crok Linda	94	08-021	1:02.01	25m	3-4-11	Zaandam (NED)	532
5. Wentink Yara	04	08-021	1:02.17	25m	31-10-21	Heemskerk (NED)	528
6. Hoekstra Eline	03	08-021	1:02.47	25m	20-9-20	Haarlem (NED)	520
7. Schelvis Femke	84	08-021	1:02.91	25m	9-12-01	Heemskerk	509
8. Meijer Sylvia	81	08-021	1:03.20	25m	5-4-98	Heemskerk (NED)	502
9. Palmboom Nicole	91	08-021	1:03.79	25m	9-3-08	Heemskerk (NED)	488
10. Gijzen-van der Kroft Nicole	84	08-021	1:03.91	25m	9-12-01	Heemskerk	486
11. Groen Anne	95	08-021	1:04.96	25m	1-4-12	Zaandam (NED)	462
12. Kleijne Daisy	89	08-021	1:05.14	25m	17-4-06	Haarlem (NED)	459
13. Hoek Daniëlle	88	08-021	1:05.60	25m	28-12-05	Maastricht (NED)	449
14. Vink Lidewij	90	08-021	1:05.62	25m	18-11-07	Alkmaar (NED)	449
15. de Roode Xara	08	08-021	1:06.15	25m	12-1-25	Heemskerk (NED)	438
16. Hulshof Saskia	73	08-021	1:06.30	25m	3-5-90	Heemskerk (NED)	435
17. Stam Vanessa	80	08-021	1:06.70	25m	30-3-97	Haarlem (NED)	427
18. de Haan Shira	00	08-021	1:06.80	25m	11-5-17	Heemskerk (NED)	425
19. Schelvis Roos	86	08-021	1:06.92	25m	5-1-03	Aalsmeer (NED)	423
20. Crok Annemarie	89	08-021	1:06.96	25m	17-4-06	Haarlem (NED)	422
21. Verbree Bets	63	08-021	1:07.10	25m	6-9-80	Z.O. Beemster (NED)	419
22. Koper Fiona	01	08-021	1:07.37	25m	18-3-18	Purmerend (NED)	414
23. Mallon Danique	94	08-021	1:07.52	25m	16-1-11	Zaandam (NED)	412
24. Essers Sanne	91	08-021	1:07.56	25m	9-3-08	Heemskerk (NED)	411
25. Meijer Linda	77	08-021	1:07.80	25m	5-2-94		407

**200 vrije slag**

1. Kingma Danae	00	08-021	2:13.76	25m	16-3-17	Heemskerk (NED)	562
2. Hoekstra Eline	03	08-021	2:14.26	25m	5-3-20	Heemskerk (NED)	556
3. Smit Sanne	01	08-021	2:15.57	25m	12-4-18	Heemskerk (NED)	540
4. Schelvis Femke	84	08-021	2:17.19	25m	25-1-01	Heemskerk (NED)	521
5. Crok Linda	94	08-021	2:17.72	25m	2-10-11	Heemskerk (NED)	515
6. Drubers Mirjam	67	08-021	2:18.20	25m	7-10-84	Volendam (NED)	510
7. Hoek Daniëlle	88	08-021	2:20.84	25m	27-11-05	Heemskerk (NED)	482
8. van 't Veer Iris	03	08-021	2:21.19	25m	5-3-20	Heemskerk (NED)	478
9. Palmboom Nicole	91	08-021	2:22.48	25m	1-3-08	Hoorn (NED)	465
10. Groen Anne	95	08-021	2:22.72	25m	2-12-12	Amstelveen (NED)	463
11. Meijer Sylvia	81	08-021	2:24.70	25m	9-4-98	Heemskerk (NED)	444
12. Vink Lidewij	90	08-021	2:24.79	25m	18-3-07	Heemskerk (NED)	443
13. Kleijne Daisy	89	08-021	2:25.19	25m	12-2-06	Zaandam (NED)	439
14. Hulshof Saskia	73	08-021	2:25.80	25m	28-2-90		434
15. Schelvis Roos	86	08-021	2:27.51	25m	27-2-03	Heemskerk	419
16. Gijzen-van der Kroft Nicole	84	08-021	2:27.92	25m	27-9-01	Heemskerk	416
17. Crok Annemarie	89	08-021	2:27.94	25m	12-2-06	Zaandam (NED)	415
18. Verbree Bets	63	08-021	2:28.10	25m	16-3-80	Zandvoort (NED)	414
18. Stam Vanessa	80	08-021	2:28.10	25m	23-1-97	Heemskerk	414
20. Koper Fiona	01	08-021	2:28.50	25m	12-4-18	Heemskerk (NED)	411
21. de Roode Xara	08	08-021	2:28.82	25m	6-4-25	Purmerend (NED)	408
22. Mallon Danique	94	08-021	2:29.10	25m	27-1-11	Heemskerk (NED)	406
23. de Boer Irene	84	08-021	2:29.14	25m	11-3-01	Zaandam (NED)	405
24. de Haan Shira	00	08-021	2:29.21	25m	16-3-17	Heemskerk (NED)	405
25. Kramer Miranda	80	08-021	2:30.60	25m	23-1-97	Heemskerk	394

**250 vrije slag****300 vrije slag**

1. Crok Linda	94	08-021	3:38.23	25m	25-4-11	Haarlem (NED)	493
2. Hoekstra Eline	03	08-021	3:47.74	50m	23-2-20	Den Haag (NED)	451
3. Vink Lidewij	90	08-021	3:52.99	25m	14-10-07	Zaandam (NED)	405
4. Meijer Sylvia	81	08-021	4:02.20	25m	19-4-98	Zaandam (NED)	361
5. van der Gracht Anouk	89	08-021	4:03.64	25m	18-5-06	Heemskerk (NED)	354
6. de Ruijter Linda	87	08-021	4:07.06	25m	29-4-04	Heemskerk (NED)	340

**400 vrije slag**

1. Crok Linda	94	08-021	4:50.50	25m	25-4-11	Haarlem (NED)	526
2. Smit Sanne	01	08-021	4:57.22	25m	29-12-18	Leeuwarden (NED)	491
3. Vink Lidewij	90	08-021	4:58.33	25m	9-4-07	Haarlem (NED)	485
4. Hoekstra Eline	03	08-021	4:58.94	25m	20-9-20	Haarlem (NED)	482
5. Schelvis Femke	84	08-021	5:08.19	25m	31-5-01	Heemskerk (NED)	440
6. van 't Veer Iris	03	08-021	5:09.95	25m	11-10-20	Alkmaar (NED)	433
7. de Haan Shira	00	08-021	5:13.43	25m	17-4-17	Haarlem (NED)	418
8. Kleijne Daisy	89	08-021	5:13.87	25m	1-4-06	Zaandam (NED)	417
9. Hoek Daniëlle	88	08-021	5:14.06	25m	23-10-05	Zaandam (NED)	416
10. Stam Vanessa	80	08-021	5:15.20	25m	23-2-97	Zaandam (NED)	411
11. Hulshof Saskia	73	08-021	5:15.40	25m	11-3-90	Heemskerk (NED)	411
12. Limmen Karin	76	08-021	5:16.50	25m	24-4-93		406
13. Meijer Sylvia	81	08-021	5:20.40	25m	19-3-98	Heemskerk (NED)	392

**400 vrije slag (sinds 14)**

14.	de Boer Irene	84	08-021	5:21.69	25m	31-5-01	Heemskerk (NED)	387
15.	Verbree Bets	63	08-021	5:23.00	25m	13-4-80	Zaandam (NED)	382
16.	Essers Sanne	91	08-021	5:27.54	25m	5-10-08	Heemskerk (NED)	367
17.	van der Gracht Anouk	89	08-021	5:27.82	25m	18-5-06	Heemskerk (NED)	366
18.	de Ruijter Linda	87	08-021	5:31.42	25m	29-4-04	Heemskerk (NED)	354
19.	Stins Mariska	84	08-021	5:31.58	25m	4-11-01	Heemskerk	353
20.	van Rookhuizen Sieta	79	08-021	5:34.10	25m	4-4-96	Heemskerk (NED)	345
21.	Gijzen-van der Kroft Nicole	84	08-021	5:35.02	25m	31-5-01	Heemskerk (NED)	343
22.	de Graaf Annemiek	70	08-021	5:36.10	25m	22-3-87	Heerhugowaard (NED)	339
23.	Zonneveld Chantal	84	08-021	5:40.92	25m	31-5-01	Heemskerk (NED)	325
24.	Tholen Kirsten	66	08-021	5:51.00	25m	27-2-83	Assendelft (NED)	298
25.	de Wildt Maud	05	08-021	5:55.87	25m	23-10-22	Hoofddorp (NED)	286

**500 vrije slag****800 vrije slag**

1.	Crok Linda	94	08-021	10:11.36	25m	16-10-11	Zaandam (NED)	481
2.	van 't Veer Iris	03	08-021	10:32.39	25m	11-10-20	Alkmaar (NED)	435
3.	Kleijne Daisy	89	08-021	10:35.32	25m	1-4-06	Zaandam (NED)	429
4.	Hoek Daniëlle	88	08-021	10:36.26	25m	23-10-05	Zaandam (NED)	427
5.	Smit Sanne	01	08-021	10:38.10	50m	18-2-18	Alkmaar (NED)	438
6.	Schelvis Femke	84	08-021	10:38.63	25m	16-9-01	Zaandam (NED)	422
7.	Vink Lidewij	90	08-021	10:41.57	25m	14-10-07	Zaandam (NED)	417
8.	Hoekstra Eline	03	08-021	10:44.14	50m	19-1-20	Alkmaar (NED)	426
9.	Stam Vanessa	80	08-021	11:12.20	25m	16-2-97	Volendam (NED)	362
10.	Hulshof Saskia	73	08-021	11:15.20	25m	22-4-90	Heemstede (NED)	357
11.	Kramer Miranda	80	08-021	11:16.00	25m	23-2-97	Zaandam (NED)	356
12.	van der Gracht Anouk	89	08-021	11:18.02	25m	22-10-06	Zaandam (NED)	353
13.	Stins Mariska	84	08-021	11:27.66	25m	16-9-01	Zaandam (NED)	338
14.	Gijzen-van der Kroft Nicole	84	08-021	11:41.28	25m	16-9-01	Zaandam (NED)	319
15.	de Wildt Maud	05	08-021	12:05.47	25m	23-10-22	Hoofddorp (NED)	288

**1000 vrije slag**

1.	de Haan Shira	00	08-021	16:59.66	OW	26-8-17	Eindhoven (NED)	
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**1250 vrije slag****1500 vrije slag**

1.	Crok Linda	94	08-021	19:23.75	25m	4-12-11	Zaandam (NED)	493
2.	van 't Veer Iris	03	08-021	19:53.31	25m	11-10-20	Alkmaar (NED)	457
3.	Kleijne Daisy	89	08-021	20:17.52	25m	12-1-06	Heemskerk (NED)	431
4.	Hoekstra Eline	03	08-021	20:25.20	50m	1-3-20	Alkmaar (NED)	431
5.	Smit Sanne	01	08-021	20:34.89	50m	15-4-18	Alkmaar (NED)	420
6.	Limmen Karin	76	08-021	21:25.00	25m	7-2-93	Volendam (NED)	366
7.	van der Gracht Anouk	89	08-021	21:37.64	25m	3-12-06	Zaandam (NED)	356
8.	de Boer Irene	84	08-021	21:38.10	25m	21-1-01	Heemskerk (NED)	355
9.	Stins Mariska	84	08-021	21:41.94	25m	4-1-01	Heemskerk (NED)	352

**2000 vrije slag**

1. Crok Linda	94	08-021	26:17.78	25m	13-2-11	Zaandam (NED)	469
2. Vink Lidewij	90	08-021	27:03.36	25m	28-1-07	Zaandam (NED)	431
3. Schelvis Roos	86	08-021	28:11.96	25m	16-2-03	Zaandam	380
4. Stins Mariska	84	08-021	29:45.17	25m	11-2-01	Zaandam (NED)	324
5. Kramer Miranda	80	08-021	31:00.10	OW	29-6-97	Breukelen (NED)	
6. Oudendijk Bianca	79	08-021	50:45.90	OW	6-7-96	Oss (NED)	

**2500 vrije slag**

1. Vink Lidewij	90	08-021	43:27.35	OW	22-7-07	Langedijk (NED)	
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**3000 vrije slag**

1. Vink Lidewij	90	08-021	48:43.54	OW	21-7-07	Anna-Paulowna (NED)	
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**4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Kramer Miranda	80	08-021	16.50	25m	13-2-97	Heemskerk (NED)	392
2. Kleijne Daisy	89	08-021	16.57	25m	27-4-06	Heemskerk	387
3. Palmboom Nicole	91	08-021	16.58	25m	29-5-08	Heemskerk (NED)	386
4. Schelvis Femke	84	08-021	16.86	25m	22-2-01	Heemskerk (NED)	367
5. Vink Lidewij	90	08-021	16.90	25m	19-4-07	Heemskerk (NED)	365
6. van Assema Eline	05	08-021	17.28	25m	7-7-22	Heemskerk (NED)	341
7. Stam Vanessa	80	08-021	17.30	25m	13-2-97	Heemskerk (NED)	340
8. Crok Annemarie	89	08-021	17.44	25m	27-4-06	Heemskerk	332
9. Stins Mariska	84	08-021	17.46	25m	22-2-01	Heemskerk (NED)	331
10. Zonneveld Chantal	84	08-021	17.48	25m	22-2-01	Heemskerk (NED)	330
11. Limmen Karin	76	08-021	17.50	25m	16-6-93		328
12. de Boer Irene	84	08-021	17.51	25m	22-2-01	Heemskerk (NED)	328
13. van der Gracht Anouk	89	08-021	17.72	25m	27-4-06	Heemskerk	316
14. Gijzen-van der Kroft Nicole	84	08-021	17.79	25m	22-2-01	Heemskerk (NED)	313
15. van Rookhuizen Sieta	79	08-021	17.80	25m	8-2-96	Heemskerk (NED)	312
16. Heus Pauline	78	08-021	18.00	25m	16-3-95	Heemskerk (NED)	302
17. Oudendijk Bianca	79	08-021	18.30	25m	8-2-96	Heemskerk (NED)	287
18. Essers Sanne	91	08-021	18.41	25m	29-5-08	Heemskerk (NED)	282
19. ten Cate Joyce	80	08-021	18.80	25m	13-2-97	Heemskerk (NED)	265

**25 rugslag (sinds 20)**

20. de Wildt Maud	05	08-021	18.87	25m	7-7-22	Heemskerk (NED)	262
21. Butter Anouk	82	08-021	19.02	25m	25-3-99	Heemskerk (NED)	256
22. van Velsen Patricia	79	08-021	19.10	25m	7-2-96		252
23. Molenaar Eline	82	08-021	19.98	25m	25-3-99	Heemskerk (NED)	221
24. Essers Patricia	84	08-021	20.50	25m	22-2-01	Heemskerk (NED)	204
25. Beentjes Nicolet	80	08-021	20.70	25m	13-2-97	Heemskerk (NED)	198

**50 rugslag**

1. Kingma Danae	00	08-021	31.06	25m	30-12-17	Leeuwarden (NED)	564
2. Hoekstra Eline	03	08-021	32.20	25m	4-10-20	Heemskerk (NED)	506
3. Kleijne Daisy	89	08-021	32.44	25m	5-3-06	Purmerend (NED)	495
4. Koper Fiona	01	08-021	32.46	25m	15-2-18	Heemskerk (NED)	494
5. Schelvis Femke	84	08-021	33.93	25m	25-1-01	Heemskerk (NED)	433
6. Hulshof Saskia	73	08-021	34.30	25m	22-4-90	Heemstede (NED)	419
7. van 't Veer Iris	03	08-021	34.32	25m	4-10-20	Heemskerk (NED)	418
8. Palmboom Nicole	91	08-021	34.58	25m	10-2-08	Purmerend (NED)	409
9. Meijer Linda	77	08-021	34.70	25m	17-2-94	Heemskerk	404
9. Kramer Miranda	80	08-021	34.70	25m	9-10-97	Heemskerk (NED)	404
11. Crok Linda	94	08-021	34.78	25m	3-3-11	Heemskerk (NED)	402
12. Groen Anne	95	08-021	34.86	25m	9-2-12	Heemskerk (NED)	399
13. Meijer Sylvia	81	08-021	35.00	25m	22-3-98	Assendelft (NED)	394
14. Smit Sanne	01	08-021	35.33	25m	15-2-18	Heemskerk (NED)	383
15. Gijzen-van der Kroft Nicole	84	08-021	35.60	25m	29-11-01	Heemskerk	374
16. de Haan Shira	00	08-021	36.04	25m	2-2-17	Heemskerk (NED)	361
17. Hoek Daniëlle	88	08-021	36.06	25m	5-6-05	Alkmaar (NED)	360
18. Mallon Danique	94	08-021	36.18	25m	3-3-11	Heemskerk (NED)	357
19. Stam Vanessa	80	08-021	36.40	25m	9-10-97	Heemskerk (NED)	350
20. van Assema Eline	05	08-021	36.42	25m	2-10-22	Den Helder (NED)	350
21. Crok Annemarie	89	08-021	36.70	25m	7-5-06	Zaandam	342
22. Petit Kirsten	00	08-021	36.77	25m	2-2-17	Heemskerk (NED)	340
23. Vink Lidewij	90	08-021	36.81	25m	13-12-07	Heemskerk (NED)	339
23. Niesten Iris	92	08-021	36.81	25m	1-3-09	Heemstede (NED)	339
25. Schelvis Roos	86	08-021	36.92	25m	5-1-03	Aalsmeer (NED)	336

**100 rugslag**

1. Kingma Danae	00	08-021	1:07.40	25m	1-10-17	Purmerend (NED)	544
2. Schelvis Femke	84	08-021	1:11.40	25m	26-4-01	Heemskerk (NED)	457
3. Kleijne Daisy	89	08-021	1:11.62	25m	16-4-06	Haarlem (NED)	453
4. Koper Fiona	01	08-021	1:11.99	25m	17-6-18	Alkmaar (NED)	446
5. Crok Linda	94	08-021	1:12.23	25m	17-11-11	Heemskerk (NED)	442
6. van 't Veer Iris	03	08-021	1:13.07	25m	20-9-20	Haarlem (NED)	427
7. Hulshof Saskia	73	08-021	1:13.80	25m	22-3-90	Heemskerk (NED)	414
7. Meijer Sylvia	81	08-021	1:13.80	25m	12-4-98	Haarlem (NED)	414
9. Hoekstra Eline	03	08-021	1:14.14	50m	8-3-20	Amsterdam (NED)	481
10. Smit Sanne	01	08-021	1:14.25	25m	7-10-18	Purmerend (NED)	407
11. Groen Anne	95	08-021	1:14.64	25m	11-3-12	Zaandam (NED)	400
12. Kramer Miranda	80	08-021	1:14.70	25m	30-3-97	Haarlem (NED)	399
13. Gijzen-van der Kroft Nicole	84	08-021	1:15.16	25m	15-4-01	Haarlem (NED)	392
14. Schelvis Roos	86	08-021	1:15.34	25m	5-1-03	Aalsmeer (NED)	389
15. Meijer Linda	77	08-021	1:15.80	25m	6-2-94	Wormerveer (NED)	382
16. de Haan Shira	00	08-021	1:16.55	25m	5-6-17	Purmerend (NED)	371

**100 rugslag (sinds 17)**

17. Mallon Danique	94	08-021	1:16.68	25m	9-1-11	Alkmaar (NED)	369
18. de Graaf Annemiek	70	08-021	1:16.70	25m	22-3-87	Heerhugowaard (NED)	369
19. Vink Lidewij	90	08-021	1:16.71	25m	30-9-07	Volendam (NED)	369
20. van Assema Eline	05	08-021	1:17.47	25m	15-12-22	Heemskerk (NED)	358
21. Zonneveld Chantal	84	08-021	1:17.76	25m	26-4-01	Heemskerk (NED)	354
21. Palmboom Nicole	91	08-021	1:17.76	25m	25-9-08	Heemskerk (NED)	354
23. Stam Vanessa	80	08-021	1:17.80	25m	29-5-97	Heemskerk	353
24. de Boer Irene	84	08-021	1:17.95	25m	11-3-01	Zaandam (NED)	351
24. Stins Mariska	84	08-021	1:17.95	25m	15-4-01	Haarlem (NED)	351

**200 rugslag**

1. Kingma Danae	00	08-021	2:30.65	25m	12-3-17	Purmerend (NED)	495
2. van 't Veer Iris	03	08-021	2:35.84	25m	12-1-20	Purmerend (NED)	447
3. Hoekstra Eline	03	08-021	2:37.70	25m	27-9-20	Alkmaar (NED)	432
4. Koper Fiona	01	08-021	2:37.77	25m	18-3-18	Purmerend (NED)	431
5. Crok Linda	94	08-021	2:40.05	25m	16-1-11	Zaandam (NED)	413
6. Groen Anne	95	08-021	2:40.59	25m	16-12-12	Zaandam (NED)	409
7. Smit Sanne	01	08-021	2:40.69	25m	18-3-18	Purmerend (NED)	408
8. Kleijne Daisy	89	08-021	2:40.93	25m	26-1-06	Heemskerk (NED)	406
9. Palmboom Nicole	91	08-021	2:41.16	25m	9-3-08	Heemskerk (NED)	404
10. Schelvis Femke	84	08-021	2:41.19	25m	18-11-01	Heemskerk	404
11. Meijer Sylvia	81	08-021	2:42.31	25m	24-9-98	Heemskerk (NED)	396
12. Schelvis Roos	86	08-021	2:44.28	25m	16-3-03	Heemskerk	382
13. Kramer Miranda	80	08-021	2:45.80	25m	11-9-97	Heemskerk (NED)	371
14. Gijzen-van der Kroft Nicole	84	08-021	2:45.88	25m	18-11-01	Heemskerk	371
15. Hulshof Saskia	73	08-021	2:45.90	25m	3-5-90	Heemskerk (NED)	371
16. Petit Kirsten	00	08-021	2:48.03	25m	12-3-17	Purmerend (NED)	357
17. Essers Sanne	91	08-021	2:48.06	25m	9-3-08	Heemskerk (NED)	357
18. Crok Annemarie	89	08-021	2:48.19	25m	26-1-06	Heemskerk (NED)	356
19. Vink Lidewij	90	08-021	2:48.22	25m	25-1-07	Heemskerk (NED)	356
20. Drubers Mirjam	67	08-021	2:48.60	25m	7-10-84	Volendam (NED)	353
21. Mallon Danique	94	08-021	2:48.64	25m	16-1-11	Zaandam (NED)	353
22. de Roode Xara	08	08-021	2:48.84	25m	9-3-25	Purmerend (NED)	352
23. de Haan Shira	00	08-021	2:48.85	25m	4-6-17	Purmerend (NED)	352
24. Verbree Bets	63	08-021	2:49.30	25m	16-11-80	Haarlem (NED)	349
25. Hoek Daniëlle	88	08-021	2:49.37	25m	10-4-05	Zuidoost-Beemster (NED)	348

**500 rugslag****25 schoolslag**

1. Kramer Miranda	80	08-021	17.70	25m	13-3-97	Heemskerk (NED)	426
2. Stam Vanessa	80	08-021	17.90	25m	13-3-97	Heemskerk (NED)	412
3. Palmboom Nicole	91	08-021	18.13	25m	29-5-08	Heemskerk (NED)	396
4. van der Gracht Anouk	89	08-021	18.41	25m	27-4-06	Heemskerk	378
5. Gijzen-van der Kroft Nicole	84	08-021	18.62	25m	22-2-01	Heemskerk (NED)	366
6. Vink Lidewij	90	08-021	18.88	25m	19-4-07	Heemskerk (NED)	351
7. Crok Annemarie	89	08-021	19.04	25m	27-4-06	Heemskerk	342
8. Essers Sanne	91	08-021	19.60	25m	29-5-08	Heemskerk (NED)	313
9. Oudendijk Bianca	79	08-021	19.90	25m	14-3-96	Heemskerk (NED)	299
10. van Assema Eline	05	08-021	19.94	25m	7-7-22	Heemskerk (NED)	298
11. Stins Mariska	84	08-021	20.05	25m	22-2-01	Heemskerk (NED)	293

25 schoolslag (sinds 12)

12. Heus Pauline	78	08-021	20.10	25m	27-4-95	Heemskerk (NED)	291
12. Meijer Sylvia	81	08-021	20.10	25m	19-3-98	Heemskerk (NED)	291
14. Molenaar Eline	82	08-021	20.17	25m	25-3-99	Heemskerk (NED)	288
15. Butter Anouk	82	08-021	20.25	25m	25-3-99	Heemskerk (NED)	284
16. de Wildt Maud	05	08-021	20.63	25m	7-7-22	Heemskerk (NED)	269
17. Beentjes Nicolet	80	08-021	20.70	25m	13-3-97	Heemskerk (NED)	266
18. de Boer Irene	84	08-021	20.77	25m	22-2-01	Heemskerk (NED)	263
19. Schelvis Femke	84	08-021	20.78	25m	22-2-01	Heemskerk (NED)	263
20. Kleijne Daisy	89	08-021	22.22	25m	27-4-06	Heemskerk	215
21. van Velsen Patricia	79	08-021	22.60	25m	14-3-96	Heemskerk (NED)	204
22. ten Cate Joyce	80	08-021	22.90	25m	13-3-97	Heemskerk (NED)	196
23. Essers Patricia	84	08-021	23.56	25m	22-2-01	Heemskerk (NED)	180

50 schoolslag

1. Kingma Danae	00	08-021	34.92	25m	29-12-17	Leeuwarden (NED)	551
2. Palmboom Nicole	91	08-021	37.87	25m	23-3-08	Haarlem (NED)	432
3. de Haan Shira	00	08-021	38.36	25m	16-4-17	Haarlem (NED)	416
4. Stam Vanessa	80	08-021	39.00	25m	26-1-97	Zuidoost Beemster (NED)	396
5. Kramer Miranda	80	08-021	39.70	25m	11-9-97	Heemskerk (NED)	375
6. Koper Fiona	01	08-021	40.24	25m	12-4-18	Heemskerk (NED)	360
7. Hoekstra Eline	03	08-021	40.29	25m	8-10-20	Heemskerk (NED)	359
8. Crok Linda	94	08-021	40.35	25m	6-2-11	Purmerend (NED)	357
9. Siemerink Laura	04	08-021	40.70	25m	3-10-21	Den Helder (NED)	348
10. van 't Veer Iris	03	08-021	40.85	25m	5-3-20	Heemskerk (NED)	344
11. Wentink Yara	04	08-021	41.06	25m	3-10-21	Den Helder (NED)	339
12. Gijzen-van der Kroft Nicole	84	08-021	41.23	25m	20-12-01	Heemskerk	335
13. van Rookhuizen Sieta	79	08-021	41.40	25m	17-3-96	Heemskerk (NED)	331
14. van der Gracht Anouk	89	08-021	41.46	25m	30-12-06	Maastricht (NED)	329
15. Hoek Daniëlle	88	08-021	41.52	25m	5-6-05	Alkmaar (NED)	328
16. Herwegh Yara	07	08-021	41.57	25m	27-10-24	Zaandam (NED)	327
17. Crok Annemarie	89	08-021	41.64	25m	23-4-06	Zaandam (NED)	325
18. Veldhuis Amelia	03	08-021	41.66	25m	5-3-20	Heemskerk (NED)	324
19. Stins Mariska	84	08-021	41.73	25m	15-4-01	Haarlem (NED)	323
20. Mallon Danique	94	08-021	41.78	25m	27-1-11	Heemskerk (NED)	322
21. van der Geest Saskia	73	08-021	41.90	25m	3-5-90	Heemskerk (NED)	319
22. Smit Sanne	01	08-021	41.92	25m	14-1-18	Purmerend (NED)	318
23. Niesten Iris	92	08-021	41.93	25m	12-4-09	Haarlem (NED)	318
24. Nijholt Carin	60	08-021	42.00	25m	27-11-77	IJmuiden (NED)	317
25. de Boer Maia	03	08-021	42.38	25m	5-3-20	Heemskerk (NED)	308

100 schoolslag

1. Kingma Danae	00	08-021	1:18.34	25m	9-11-17	Heemskerk (NED)	504
2. Drubers Mirjam	67	08-021	1:21.90	25m	15-12-84	Hilversum (NED)	441
3. de Haan Shira	00	08-021	1:22.34	25m	8-1-17	Purmerend (NED)	434
4. Palmboom Nicole	91	08-021	1:24.29	25m	24-3-08	Haarlem (NED)	404
5. Hoekstra Eline	03	08-021	1:25.41	25m	8-10-20	Heemskerk (NED)	389
6. Stam Vanessa	80	08-021	1:25.90	25m	19-1-97	Zaandam (NED)	382
7. Kramer Miranda	80	08-021	1:26.10	25m	30-8-97	Assendelft (NED)	379
8. van 't Veer Iris	03	08-021	1:26.12	25m	8-10-20	Heemskerk (NED)	379
9. Crok Linda	94	08-021	1:26.75	25m	27-11-11	Heemskerk (NED)	371
10. Gijzen-van der Kroft Nicole	84	08-021	1:27.11	25m	29-3-01	Heemskerk (NED)	366

**100 schoolslag (sinds 11)**

11.	van Galen Angela	65	08-021	1:28.20	25m	14-3-82		353
12.	Hulshof Saskia	73	08-021	1:28.80	25m	28-2-90		346
13.	van Rookhuizen Sieta	79	08-021	1:29.00	25m	7-4-96	Haarlem (NED)	343
14.	Niesten Iris	92	08-021	1:29.23	25m	29-11-09	Heemskerk (NED)	341
15.	Veldhuis Amelia	03	08-021	1:29.26	25m	8-10-20	Heemskerk (NED)	340
16.	Smit Sanne	01	08-021	1:29.45	25m	11-10-18	Heemskerk (NED)	338
17.	van der Geest Saskia	73	08-021	1:29.50	25m	25-11-90	Heemskerk (NED)	338
18.	Kleijne Daisy	89	08-021	1:30.08	25m	16-2-06	Heemskerk (NED)	331
19.	Groen Anne	95	08-021	1:30.61	25m	5-2-12	Zaandam (NED)	325
20.	van der Gracht Anouk	89	08-021	1:30.77	25m	28-12-06	Maastricht (NED)	324
21.	Koper Fiona	01	08-021	1:30.88	25m	14-1-18	Purmerend (NED)	323
22.	Crok Annemarie	89	08-021	1:30.96	25m	15-1-06	Zaandam (NED)	322
23.	Siemerink Laura	04	08-021	1:30.99	25m	21-11-21	Den Helder (NED)	321
24.	de Groot Gitta	60	08-021	1:31.00	25m	23-10-77	Zandvoort (NED)	321
24.	van Giezen Sandra	63	08-021	1:31.00	25m	16-3-80	Zandvoort (NED)	321

**200 schoolslag**

1.	de Haan Shira	00	08-021	2:54.99	25m	15-1-17	Alkmaar (NED)	454
2.	Kingma Danae	00	08-021	2:55.27	25m	1-10-17	Purmerend (NED)	452
3.	Stam Vanessa	80	08-021	2:59.80	25m	6-4-97	Heemskerk (NED)	419
4.	van 't Veer Iris	03	08-021	3:01.36	25m	12-1-20	Purmerend (NED)	408
5.	Gijzen-van der Kroft Nicole	84	08-021	3:02.41	25m	25-1-01	Heemskerk (NED)	401
6.	Kramer Miranda	80	08-021	3:05.70	25m	9-10-97	Heemskerk (NED)	380
7.	Crok Linda	94	08-021	3:07.61	25m	13-3-11	Heemskerk (NED)	369
8.	Palmboom Nicole	91	08-021	3:08.02	25m	5-10-08	Heemskerk (NED)	366
9.	Schelvis Roos	86	08-021	3:09.18	25m	19-1-03	Zaandam	359
10.	van Galen Angela	65	08-021	3:10.60	25m	7-3-82		351
11.	Crok Annemarie	89	08-021	3:11.04	25m	15-1-06	Zaandam (NED)	349
12.	Koper Fiona	01	08-021	3:12.94	25m	7-10-18	Purmerend (NED)	339
13.	Smit Sanne	01	08-021	3:12.96	25m	7-10-18	Purmerend (NED)	339
14.	van der Geest Saskia	73	08-021	3:13.30	25m	22-3-90	Heemskerk (NED)	337
15.	Niesten Iris	92	08-021	3:13.79	25m	31-5-09	Purmerend (NED)	334
16.	Hulshof Saskia	73	08-021	3:14.50	25m	22-3-90	Heemskerk (NED)	331
17.	Vink Lidewij	90	08-021	3:15.38	25m	30-9-07	Volendam (NED)	326
18.	Heus Pauline	78	08-021	3:15.70	25m	23-4-95	Castricum (NED)	325
19.	Groen Anne	95	08-021	3:15.79	25m	11-3-12	Zaandam (NED)	324
20.	van Rookhuizen Sieta	79	08-021	3:15.80	25m	31-3-96	Castricum (NED)	324
21.	van der Gracht Anouk	89	08-021	3:17.06	25m	1-10-06	Volendam (NED)	318
22.	Stins Mariska	84	08-021	3:17.92	25m	29-11-01	Heemskerk	314
23.	Besse Karen	75	08-021	3:18.90	25m	4-10-92	Assendelft (NED)	309
24.	Hoek Daniëlle	88	08-021	3:18.93	25m	27-10-05	Heemskerk (NED)	309
25.	de Ruijter Linda	87	08-021	3:19.32	25m	28-10-04	Heemskerk (NED)	307

**250 schoolslag****500 schoolslag**

1.	van der Gracht Anouk	89	08-021	9:24.99	OW	8-7-06	Oss (NED)	
2.	de Haan Shira	00	08-021	10:22.42	OW	26-8-17	Eindhoven (NED)	

**800 schoolslag**

**1000 schoolslag**

1. van der Gracht Anouk	89	08-021	19:10.26	OW	29-7-06	Hoorn (NED)
2. Niesten Iris	92	08-021	21:11.80	OW	1-8-09	Hoorn (NED)

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

1. Stam Vanessa	80	08-021	36:35.10	OW	15-6-97	Spaarnwoude (NED)
2. van der Gracht Anouk	89	08-021	37:31.31	OW	25-6-06	Breukelen (NED)
3. de Haan Shira	00	08-021	37:31.83	OW	29-7-17	Amstelveen (NED)
4. van Galen Angela	65	08-021	38:42.40	OW	30-6-82	Amstelveen (NED)
5. van Rookhuizen Sieta	79	08-021	39:37.20	OW	10-8-96	Amsterdam (NED)
6. Rasch Monique	66	08-021	42:12.50	OW	30-6-83	Amstelveen (NED)
7. Niesten Iris	92	08-021	42:22.52	OW	2-8-09	Hoorn (NED)

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

1. van der Gracht Anouk	89	08-021	58:40.50	OW	22-7-06	Anna-Paulowna (NED)
2. Stam Vanessa	80	08-021	58:56.80	OW	21-7-97	Anna-Paulowna (NED)
3. de Haan Shira	00	08-021	59:23.60	OW	2-9-17	Wilhelminadorp (NED)

**4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Vink Lidewij	90	08-021	15.14	25m	19-4-07	Heemskerk (NED)	403
2. Gijzen-van der Kroft Nicole	84	08-021	15.23	25m	29-3-01	Heemskerk (NED)	396
3. de Boer Irene	84	08-021	15.46	25m	29-3-01	Heemskerk (NED)	379
4. Palmboom Nicole	91	08-021	15.61	25m	29-5-08	Heemskerk (NED)	368
5. Mallon Danique	94	08-021	15.70	25m	30-6-11	Heemskerk (NED)	362
6. Essers Sanne	91	08-021	15.87	25m	29-5-08	Heemskerk (NED)	350
7. Kramer Miranda	80	08-021	15.90	25m	13-2-97	Heemskerk (NED)	348
7. Stam Vanessa	80	08-021	15.90	25m	13-2-97	Heemskerk (NED)	348
9. Stins Mariska	84	08-021	15.94	25m	29-3-01	Heemskerk (NED)	345
10. van Ballegooie Simone	84	08-021	15.96	25m	29-3-01	Heemskerk (NED)	344
11. Crok Linda	94	08-021	15.98	25m	30-6-11	Heemskerk (NED)	343
11. van Assema Eline	05	08-021	15.98	25m	7-7-22	Heemskerk (NED)	343
13. Crok Annemarie	89	08-021	16.02	25m	27-4-06	Heemskerk	340
14. Limmen Karin	76	08-021	16.70	25m	16-6-93		300
14. van Rookhuizen Sieta	79	08-021	16.70	25m	7-2-96		300
16. Butter Anouk	82	08-021	16.74	25m	25-3-99	Heemskerk (NED)	298
17. van der Gracht Anouk	89	08-021	16.83	25m	27-4-06	Heemskerk	293
18. Kleijne Daisy	89	08-021	16.96	25m	27-4-06	Heemskerk	287
19. Oudendijk Bianca	79	08-021	17.10	25m	8-2-96	Heemskerk (NED)	280

25 vlinderslag (sinds 20)

20.	van Velsen Patricia	79	08-021	18.00	25m	8-2-96	Heemskerk (NED)	240
21.	de Wildt Maud	05	08-021	18.06	25m	7-7-22	Heemskerk (NED)	237
22.	Heus Pauline	78	08-021	18.40	25m	16-3-95	Heemskerk (NED)	224
23.	Molenaar Eline	82	08-021	19.32	25m	25-3-99	Heemskerk (NED)	194
24.	ten Cate Joyce	80	08-021	20.90	25m	13-2-97	Heemskerk (NED)	153
25.	Beentjes Nicolet	80	08-021	21.10	25m	13-2-97	Heemskerk (NED)	149

50 vlinderslag

1.	Kingma Danae	00	08-021	29.36	25m	20-10-17	Amsterdam (NED)	572
2.	Wentink Yara	04	08-021	30.70	25m	5-12-21	Den Haag (NED)	500
3.	Hoekstra Eline	03	08-021	31.73	50m	26-1-20	Alkmaar (NED)	456
4.	Palmboom Nicole	91	08-021	31.78	50m	12-4-08	Antwerpen (BEL)	454
5.	de Haan Shira	00	08-021	31.88	50m	28-5-17	Alkmaar (NED)	450
6.	Smit Sanne	01	08-021	32.36	25m	29-11-18	Heemskerk (NED)	427
7.	Drubers Mirjam	67	08-021	33.00	25m	28-10-84	Egmond (NED)	403
8.	Koper Fiona	01	08-021	33.19	25m	18-1-18	Heemskerk (NED)	396
9.	Gijzen-van der Kroft Nicole	84	08-021	33.36	25m	7-1-01	Zuidoostbeemster (NED)	390
10.	Vink Lidewij	90	08-021	33.71	25m	11-3-07	Purmerend (NED)	378
11.	Verbree Bets	63	08-021	33.80	25m	8-11-80	Heemskerk (NED)	375
12.	Crok Annemarie	89	08-021	33.86	25m	22-1-06	Purmerend (NED)	373
13.	Crok Linda	94	08-021	34.09	25m	12-6-11	Purmerend (NED)	365
14.	Hoek Daniëlle	88	08-021	34.13	25m	29-12-05	Maastricht (NED)	364
15.	Stam Vanessa	80	08-021	34.30	25m	11-12-97	Heemskerk (NED)	359
16.	Mallon Danique	94	08-021	34.53	25m	6-2-11	Purmerend (NED)	351
17.	Kleijne Daisy	89	08-021	34.67	25m	5-3-06	Purmerend (NED)	347
18.	Herwegh Yara	07	08-021	35.16	25m	27-10-24	Zaandam (NED)	333
19.	Kramer Miranda	80	08-021	35.30	25m	23-1-97	Heemskerk	329
20.	van der Gracht Anouk	89	08-021	35.33	25m	14-12-06	Heemskerk (NED)	328
21.	Siemerink Laura	04	08-021	35.47	25m	21-11-21	Den Helder (NED)	324
22.	Meijer Sylvia	81	08-021	35.60	25m	18-1-98	Zuidoost Beemster (NED)	321
23.	Groen Anne	95	08-021	35.61	25m	13-12-12	Heemskerk (NED)	320
24.	de Groot Gitta	60	08-021	35.80	25m	23-10-77	Zandvoort (NED)	315
25.	Butter Anouk	82	08-021	35.95	25m	25-11-99	Heemskerk	311

100 vlinderslag

1.	Wentink Yara	04	08-021	1:07.49	25m	5-12-21	Den Haag (NED)	529
2.	Kingma Danae	00	08-021	1:09.75	25m	12-2-17	Purmerend (NED)	479
3.	Smit Sanne	01	08-021	1:11.71	25m	18-11-18	Hoofddorp (NED)	441
4.	Hoekstra Eline	03	08-021	1:11.74	25m	12-1-20	Purmerend (NED)	441
5.	Drubers Mirjam	67	08-021	1:13.40	25m	23-9-84	Heemskerk (NED)	411
6.	Vink Lidewij	90	08-021	1:14.28	25m	29-3-07	Heemskerk (NED)	397
7.	Palmboom Nicole	91	08-021	1:14.43	25m	23-3-08	Haarlem (NED)	394
8.	de Haan Shira	00	08-021	1:14.89	25m	12-2-17	Purmerend (NED)	387
9.	Schelvis Femke	84	08-021	1:15.58	25m	14-1-01	Heemskerk (NED)	377
10.	Verbree Bets	63	08-021	1:16.60	25m	30-11-80	Heemskerk (NED)	362
11.	Gijzen-van der Kroft Nicole	84	08-021	1:16.86	25m	14-1-01	Heemskerk (NED)	358
12.	Stam Vanessa	80	08-021	1:16.90	25m	14-12-97	Heemskerk (NED)	358
13.	Mallon Danique	94	08-021	1:17.56	25m	13-3-11	Heemskerk (NED)	349
14.	Crok Linda	94	08-021	1:17.75	25m	2-10-11	Heemskerk (NED)	346
15.	Essers Sanne	91	08-021	1:17.96	25m	13-1-08	Heemskerk (NED)	343
16.	de Boer Irene	84	08-021	1:18.99	25m	16-4-01	Haarlem (NED)	330

**100 vlinderslag (sinds 17)**

17. Crok Annemarie	89	08-021	1:19.04	25m	17-4-06	Haarlem (NED)	329
18. Hulshof Saskia	73	08-021	1:19.30	25m	1-4-90	Zaandam (NED)	326
19. Stins Mariska	84	08-021	1:19.70	25m	22-2-01	Heemskerk (NED)	321
20. Kleijne Daisy	89	08-021	1:19.75	25m	12-2-06	Zaandam (NED)	321
21. Hoek Daniëlle	88	08-021	1:20.74	25m	28-12-05	Maastricht (NED)	309
22. de Roode Xara	08	08-021	1:21.52	25m	9-3-25	Purmerend (NED)	300
23. van der Gracht Anouk	89	08-021	1:21.97	25m	29-12-06	Maastricht (NED)	295
24. Meijer Sylvia	81	08-021	1:22.50	25m	13-4-98	Haarlem (NED)	290
25. Kramer Miranda	80	08-021	1:22.70	25m	14-12-97	Heemskerk (NED)	287

**200 vlinderslag**

1. Vink Lidewij	90	08-021	2:46.45	25m	21-1-07	Zaandam (NED)	371
2. Hoekstra Eline	03	08-021	2:49.42	50m	22-2-20	Den Haag (NED)	371
3. Palmboom Nicole	91	08-021	2:51.40	25m	31-1-08	Heemskerk (NED)	339
4. Mallon Danique	94	08-021	2:56.37	25m	13-6-11	Purmerend (NED)	311
5. de Haan Shira	00	08-021	2:58.95	25m	12-3-17	Purmerend (NED)	298
6. Schelvis Femke	84	08-021	2:59.93	25m	20-12-01	Heemskerk	293
7. Stins Mariska	84	08-021	3:02.02	25m	26-4-01	Heemskerk (NED)	283
8. Gijzen-van der Kroft Nicole	84	08-021	3:02.96	25m	26-4-01	Heemskerk (NED)	279
9. Kleijne Daisy	89	08-021	3:09.42	25m	30-11-06	Heemskerk	251
10. Crok Annemarie	89	08-021	3:09.88	25m	30-11-06	Heemskerk	249
11. Hoek Daniëlle	88	08-021	3:11.29	25m	24-11-05	Heemskerk (NED)	244
12. van der Gracht Anouk	89	08-021	3:16.87	25m	30-11-06	Heemskerk	224
13. Schelvis Roos	86	08-021	3:17.95	25m	27-11-03	Heemskerk (NED)	220
14. de Ruijter Linda	87	08-021	3:19.34	25m	25-11-04	Heemskerk (NED)	216
15. Oudendijk Bianca	79	08-021	3:21.60	25m	4-2-96	Heerhugowaard (NED)	208
16. Meijer Sylvia	81	08-021	3:23.30	25m	29-3-98	Heemstede (NED)	203
17. van Galen Angela	65	08-021	3:32.40	25m	18-4-82		178

**1000 vlinderslag****100 wisselslag**

1. Kingma Danae	00	08-021	1:07.44	25m	23-12-17	Hoofddorp (NED)	588
2. Wentink Yara	04	08-021	1:11.14	25m	1-7-21	Heemskerk (NED)	501
3. Palmboom Nicole	91	08-021	1:12.94	25m	10-2-08	Purmerend (NED)	465
4. Crok Linda	94	08-021	1:13.98	25m	14-4-11	Heemskerk (NED)	445
5. Gijzen-van der Kroft Nicole	84	08-021	1:14.28	25m	27-9-01	Heemskerk	440
6. de Haan Shira	00	08-021	1:15.07	25m	11-5-17	Heemskerk (NED)	426
7. Schelvis Femke	84	08-021	1:15.87	25m	27-9-01	Heemskerk	413
8. Smit Sanne	01	08-021	1:16.03	25m	17-5-18	Heemskerk (NED)	410
9. Kleijne Daisy	89	08-021	1:16.50	25m	26-3-06	Purmerend (NED)	403
10. Vink Lidewij	90	08-021	1:16.58	25m	19-4-07	Heemskerk (NED)	401
11. Siemerink Laura	04	08-021	1:16.77	25m	3-10-21	Den Helder (NED)	398
12. Kramer Miranda	80	08-021	1:16.80	25m	5-10-97	Zaandam (NED)	398
13. Groen Anne	95	08-021	1:16.86	25m	12-2-12	Heemstede (NED)	397
14. Hoek Daniëlle	88	08-021	1:17.68	25m	30-12-05	Maastricht (NED)	384
15. Stam Vanessa	80	08-021	1:17.70	25m	5-10-97	Zaandam (NED)	384
16. Crok Annemarie	89	08-021	1:17.76	25m	23-4-06	Zaandam (NED)	383
17. Mallon Danique	94	08-021	1:17.88	25m	9-1-11	Alkmaar (NED)	382
18. Stins Mariska	84	08-021	1:18.50	25m	27-9-01	Heemskerk	373
19. Verbree Bets	63	08-021	1:18.60	25m	31-5-80	Heemskerk (NED)	371

**100 wisselslag (sinds 20)**

20. Niesten Iris	92	08-021	1:18.63	25m	19-11-09	Heemskerk (NED)	371
21. van der Gracht Anouk	89	08-021	1:18.72	25m	30-12-06	Maastricht (NED)	369
22. Herwegh Yara	07	08-021	1:18.83	25m	20-10-24	Heemskerk (NED)	368
23. Meijer Sylvia	81	08-021	1:19.21	25m	15-11-98	Zaandam (NED)	363
24. Schelvis Roos	86	08-021	1:19.53	25m	12-1-03	Zuidoostbeemster (NED)	358
25. Petit Kirsten	00	08-021	1:19.75	25m	11-5-17	Heemskerk (NED)	355

**200 wisselslag**

1. Kingma Danae	00	08-021	2:30.72	25m	12-2-17	Purmerend (NED)	528
2. Hoekstra Eline	03	08-021	2:37.65	25m	12-1-20	Purmerend (NED)	461
3. Crok Linda	94	08-021	2:38.33	25m	24-4-11	Haarlem (NED)	455
4. Palmboom Nicole	91	08-021	2:39.09	25m	13-1-08	Heemskerk (NED)	449
5. Wentink Yara	04	08-021	2:41.08	25m	21-11-21	Den Helder (NED)	432
6. Schelvis Femke	84	08-021	2:42.22	25m	14-1-01	Heemskerk (NED)	423
7. de Haan Shira	00	08-021	2:42.93	25m	12-2-17	Purmerend (NED)	418
8. Drubers Mirjam	67	08-021	2:43.40	25m	2-9-84	Heemskerk (NED)	414
9. Kleijne Daisy	89	08-021	2:43.70	25m	9-4-06	Purmerend (NED)	412
10. Stam Vanessa	80	08-021	2:44.10	25m	6-11-97	Heemskerk (NED)	409
11. Gijzen-van der Kroft Nicole	84	08-021	2:44.29	25m	7-10-01	Zaandam (NED)	408
12. Smit Sanne	01	08-021	2:44.45	25m	17-6-18	Alkmaar (NED)	406
13. Hulshof Saskia	73	08-021	2:45.40	25m	11-2-90	Heemskerk (NED)	399
14. Hoek Daniëlle	88	08-021	2:45.72	25m	16-1-05	Zaandam (NED)	397
15. Kramer Miranda	80	08-021	2:46.00	25m	6-11-97	Heemskerk (NED)	395
16. Besse Karen	75	08-021	2:46.40	25m	12-1-92	Assendelft (NED)	392
17. Vink Lidewij	90	08-021	2:46.93	25m	14-10-07	Zaandam (NED)	389
18. Crok Annemarie	89	08-021	2:46.98	25m	9-4-06	Purmerend (NED)	388
19. Schelvis Roos	86	08-021	2:47.60	25m	30-1-03	Heemskerk	384
20. Groen Anne	95	08-021	2:48.39	25m	26-4-12	Heemskerk (NED)	378
21. Stins Mariska	84	08-021	2:49.43	25m	7-10-01	Zaandam (NED)	372
22. van der Gracht Anouk	89	08-021	2:49.55	25m	14-12-06	Heemskerk (NED)	371
23. Verbree Bets	63	08-021	2:50.80	25m	27-4-80	Assendelft (NED)	363
24. Meijer Sylvia	81	08-021	2:51.60	25m	26-4-98	Alkmaar (NED)	358
25. Siemerink Laura	04	08-021	2:52.19	25m	21-11-21	Den Helder (NED)	354

**300 wisselslag**

1. Hoek Daniëlle	88	08-021	4:24.44	25m	13-11-05	Zaandam (NED)
2. Stins Mariska	84	08-021	4:28.22	25m	20-1-01	Amsterdam (NED)
3. van der Gracht Anouk	89	08-021	4:30.13	25m	3-12-06	Zaandam (NED)

**400 wisselslag**

1. Smit Sanne	01	08-021	5:43.46	25m	17-11-18	Hoofddorp (NED)	428
2. de Haan Shira	00	08-021	5:51.41	25m	4-6-17	Purmerend (NED)	400
3. Gijzen-van der Kroft Nicole	84	08-021	5:54.96	25m	25-2-01	Heemskerk (NED)	388
4. Kleijne Daisy	89	08-021	5:55.59	25m	1-4-06	Zaandam (NED)	386
5. Stam Vanessa	80	08-021	5:56.80	25m	12-1-97	Heemskerk (NED)	382
6. Stins Mariska	84	08-021	5:58.47	25m	25-2-01	Heemskerk (NED)	376
7. Vink Lidewij	90	08-021	6:04.82	25m	11-2-07	Zaandam (NED)	357
8. Hoek Daniëlle	88	08-021	6:05.19	25m	30-1-05	Zaandam (NED)	356
9. Kramer Miranda	80	08-021	6:08.40	25m	12-1-97	Heemskerk (NED)	347
10. Essers Sanne	91	08-021	6:10.33	25m	24-2-08	Zaandam (NED)	341

400 wisselslag (sinds 11)

11. Crok Annemarie	89	08-021	6:16.65	25m	15-6-06	Heemskerk (NED)	324
12. van Rookhuizen Sieta	79	08-021	6:23.30	25m	17-3-96	Heemskerk (NED)	308
13. de Roode Xara	08	08-021	6:26.43	25m	2-2-25	Den Helder (NED)	300
14. van der Gracht Anouk	89	08-021	6:30.63	25m	29-1-06	Zaandam (NED)	291
15. de Ruijter Linda	87	08-021	6:31.38	25m	29-2-04	Wormerveer	289
16. van Galen Angela	65	08-021	6:35.50	25m	28-2-82		280
17. Steenbakker Lisan	07	08-021	7:04.24	25m	10-3-24	Purmerend (NED)	227
18. de Groot Sjors	08	08-021	7:58.35	25m	2-2-25	Den Helder (NED)	158