

20 - 24 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2025

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

1. 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. Stins Mariska	84	08-021	30.76	25m	9-3-08	Heemskerk (NED)	414
15. Visser Kelly	89	08-021	30.78	25m	11-10-12	Heemskerk (NED)	413
16. Kramer Miranda	80	08-021	30.92	25m	25-10-01	Heemskerk	407
17. Verbree Bets	63	08-021	31.10	25m	11-12-83	Heemskerk (NED)	400
18. van der Gracht Anouk	89	08-021	31.22	25m	21-4-13	Heemskerk (NED)	396
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 Ballegooie 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 slag**300 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	3:56.60	25m	21-4-25	Haarlem (NED)	387
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. Verbree Bets	63	08-021	5:21.20	25m	27-2-83	Assendelft (NED)	389
10. van Eerden Meike	00	08-021	5:25.39	25m	6-10-24	Den Helder (NED)	374
11. van Rookhuizen Sieta	79	08-021	5:26.92	25m	28-2-99	Zaandam (NED)	369
12. Stins Mariska	84	08-021	5:27.68	25m	29-4-04	Heemskerk (NED)	366
13. Kramer Miranda	80	08-021	5:29.78	25m	31-5-01	Heemskerk (NED)	359
14. Butter Anouk	82	08-021	5:42.01	25m	29-4-04	Heemskerk (NED)	322
15. ten Cate Ilona	85	08-021	5:47.08	25m	28-4-05	Heemskerk (NED)	308
16. Heus Pauline	78	08-021	5:56.37	25m	30-5-02	Heemskerk	284
17. ten Cate Joyce	80	08-021	6:01.34	25m	30-5-02	Heemskerk	273
18. Pover Karin	67	08-021	6:06.90	25m	22-3-87	Heerhugowaard (NED)	261
19. Deiman Caroline	67	08-021	6:11.80	25m	19-3-89	Zaandam (NED)	250
20. Peters Yvonne	63	08-021	6:18.00	25m	27-2-83	Assendelft (NED)	238
21. Huneke 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 Rookhuizen Sieta	79	08-021	11:09.72	25m	28-2-99	Zaandam (NED)	366
5. Haasbroek Renske	03	08-021	11:31.92	25m	15-10-23	Alkmaar (NED)	332
6. Kramer Miranda	80	08-021	11:32.29	25m	16-9-01	Zaandam (NED)	331
7. Butter Anouk	82	08-021	11:51.92	25m	17-10-04	Zaandam (NED)	305

1000 vrije slag**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. Kleijne Daisy	89	08-021	20:38.23	25m	1-3-09	Zaandam (NED)	409
4. Kramer Miranda	80	08-021	21:44.13	25m	11-2-01	Zaandam (NED)	350
5. van Rookhuizen Sieta	79	08-021	22:21.97	25m	23-1-00	Heemskerk (NED)	321
6. Butter Anouk	82	08-021	23:04.38	25m	14-11-04	Heemskerk (NED)	293

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. Kramer Miranda	80	08-021	29:04.76	25m	11-2-01	Zaandam (NED)	347
4. van Rookhuizen Sieta	79	08-021	29:42.03	25m	5-3-00	Zaandam (NED)	325

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

25 rugslag

1. 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 Henrieke	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	35.02	25m	8-5-25	Heemskerk (NED)	393
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
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. van Assema Eline	05	08-021	37.80	25m	6-4-25	Purmerend (NED)	313
23. Butter Anouk	82	08-021	37.87	25m	7-11-04	IJmuiden (NED)	311
24. Visser Kelly	89	08-021	38.06	25m	22-3-12	Heemskerk (NED)	306
25. Hulshof Saskia	73	08-021	38.10	25m	4-2-93	Heemskerk (NED)	305

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

100 rugslag (sinds 11)

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. van Assema Eline	05	08-021	1:20.13	25m	6-4-25	Purmerend (NED)	323
24. Visser Kelly	89	08-021	1:20.89	25m	11-11-12	Schagen (NED)	314
25. Mallon Danique	94	08-021	1:20.96	25m	18-1-18	Heemskerk (NED)	314

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
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 rugslag

25 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
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. van 't Veer Iris	03	08-021	1:25.51	25m	6-4-25	Purmerend (NED)	387
9. Schelvis Femke	84	08-021	1:26.08	25m	31-3-05	Heemskerk (NED)	380
10. Groen Anne	95	08-021	1:26.47	25m	13-10-16	Heemskerk (NED)	375

100 schoolslag (sinds 11)

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
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**

1250 schoolslag**1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****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
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. Huneke 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	31.05	25m	24-11-24	Den Haag (NED)	484
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. Crok Annemarie	89	08-021	32.37	25m	17-11-11	Heemskerk (NED)	427
8. de Haan Shira	00	08-021	32.56	25m	19-9-21	Zaandam (NED)	419
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

50 vlinderslag (sinds 15)

15. ten Bokkel Henrieke	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	1:14.58	25m	17-11-13	Heemskerk (NED)	392
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
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

200 vlinderslag (sinds 12)

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
14. Haasbroek Renske	03	08-021	3:24.40	25m	6-4-25	Purmerend (NED)	200

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 Henrieke	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 't Veer Iris	03	08-021	1:15.90	25m	8-5-25	Heemskerk (NED)	412
10. van der Gracht Anouk	89	08-021	1:16.15	25m	20-5-13	Purmerend (NED)	408
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
23. van Assema Eline	05	08-021	1:21.69	25m	8-5-25	Heemskerk (NED)	331
24. Butter Anouk	82	08-021	1:22.29	25m	29-9-05	Heemskerk (NED)	323
25. Mallon Danique	94	08-021	1:23.17	25m	1-10-17	Purmerend (NED)	313

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

200 wisselslag (sinds 17)

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. Kramer Miranda	80	08-021	6:01.21	25m	25-2-01	Heemskerk (NED)	368
4. van Rookhuizen Sieta	79	08-021	6:19.17	25m	30-3-00	Heemskerk (NED)	318
5. ten Cate Ilona	85	08-021	6:45.60	25m	15-6-06	Heemskerk (NED)	260