

**15m vlinderslag benen onderwater**

|                       |    |        |       |     |          |               |
|-----------------------|----|--------|-------|-----|----------|---------------|
| 1. van Ederen Jasmijn | 10 | 08-021 | 22.06 | 25m | 15-12-19 | Haarlem (NED) |
|-----------------------|----|--------|-------|-----|----------|---------------|

**25m vrije slag met koprol**

|                       |    |        |       |     |         |               |
|-----------------------|----|--------|-------|-----|---------|---------------|
| 1. van Ederen Jasmijn | 10 | 08-021 | 24.63 | 25m | 29-9-19 | Haarlem (NED) |
|-----------------------|----|--------|-------|-----|---------|---------------|

**25m rugslag start**

|                       |    |        |       |     |          |               |
|-----------------------|----|--------|-------|-----|----------|---------------|
| 1. van Ederen Jasmijn | 10 | 08-021 | 24.90 | 25m | 15-12-19 | Haarlem (NED) |
|-----------------------|----|--------|-------|-----|----------|---------------|

**50m borstcrawl benen**

|                       |    |        |         |     |         |               |
|-----------------------|----|--------|---------|-----|---------|---------------|
| 1. van Ederen Jasmijn | 10 | 08-021 | 1:06.46 | 25m | 29-9-19 | Haarlem (NED) |
|-----------------------|----|--------|---------|-----|---------|---------------|

**100m borstcrawl benen****25 vrije slag**

|                           |    |        |       |     |          |                  |     |
|---------------------------|----|--------|-------|-----|----------|------------------|-----|
| 1. Stel Kaylin            | 01 | 08-021 | 17.16 | 25m | 3-1-10   | Culemborg (NED)  | 226 |
| 2. van Honk Chantal       | 80 | 08-021 | 17.50 | 25m | 31-12-89 | Heemskerk (NED)  | 213 |
| 3. Essers Sanne           | 91 | 08-021 | 17.72 | 25m | 8-10-00  | Heemskerk (NED)  | 205 |
| 4. Dijkstra Pascal        | 89 | 08-021 | 18.42 | 25m | 22-11-98 | Zaandam (NED)    | 183 |
| 5. Koopman Anitra         | 89 | 08-021 | 18.64 | 25m | 22-11-98 | Zaandam (NED)    | 176 |
| 6. Steenkamp Ciska        | 90 | 08-021 | 18.83 | 25m | 10-10-99 | Zaandam (NED)    | 171 |
| 7. Buur Naomi             | 01 | 08-021 | 19.00 | 25m | 14-11-10 | Castricum (NED)  | 166 |
| 8. Kleijne Daisy          | 89 | 08-021 | 19.33 | 25m | 22-11-98 | Zaandam (NED)    | 158 |
| 9. Hoekstra Eline         | 03 | 08-021 | 19.46 | 25m | 26-4-12  | Heemskerk (NED)  | 155 |
| 10. Pover Ellen           | 72 | 08-021 | 20.20 | 25m | 13-12-81 | Volendam (NED)   | 138 |
| 11. de Groot Daniëlle     | 93 | 08-021 | 20.43 | 25m | 6-10-02  | Zaandam          | 134 |
| 12. Blaauw Yente          | 03 | 08-021 | 21.02 | 25m | 26-4-12  | Heemskerk (NED)  | 123 |
| 13. Pover Karin           | 67 | 08-021 | 21.10 | 25m | 14-9-76  | Heemskerk (NED)  | 121 |
| 14. Hoekstra Femke        | 05 | 08-021 | 21.57 | 25m | 13-4-14  | Zaandam (NED)    | 114 |
| 15. Bakker Jesca          | 79 | 08-021 | 21.70 | 25m | 31-12-88 |                  | 111 |
| 16. van den Heuvel Sandra | 80 | 08-021 | 22.90 | 25m | 12-1-89  | Heemskerk (NED)  | 95  |
| 17. Bruin Marianne        | 78 | 08-021 | 23.50 | 25m | 17-12-87 | Heemskerk (NED)  | 88  |
| 18. Herwegh Izayra Rena   | 14 | 08-021 | 23.59 | 25m | 15-1-23  | Den Helder (NED) | 87  |
| 19. de Wildt Maud         | 05 | 08-021 | 23.66 | 25m | 13-4-14  | Zaandam (NED)    | 86  |
| 20. Eijndhoven Jonna      | 02 | 08-021 | 23.70 | 25m | 13-11-11 | Zaandam (NED)    | 85  |
| 21. Visser Mirjam         | 67 | 08-021 | 23.90 | 25m | 30-3-76  | Heemskerk (NED)  | 83  |
| 22. Wieman Lianne         | 03 | 08-021 | 24.68 | 25m | 26-4-12  | Heemskerk (NED)  | 76  |
| 23. Zuidervaart Anne      | 02 | 08-021 | 24.91 | 25m | 30-6-11  | Heemskerk (NED)  | 74  |
| 24. Janssen Tess          | 89 | 08-021 | 25.40 | 25m | 12-2-98  | Heemskerk (NED)  | 69  |
| 25. van Laarhoven Salome  | 15 | 08-021 | 25.68 | 25m | 21-4-24  | Krommenie (NED)  | 67  |

**50 vrije slag**

|                        |    |        |       |     |          |                      |     |
|------------------------|----|--------|-------|-----|----------|----------------------|-----|
| 1. Crok Linda          | 94 | 08-021 | 36.52 | 25m | 23-11-03 | Zaandam (NED)        | 247 |
| 2. Renkema Iris        | 04 | 08-021 | 36.85 | 25m | 24-11-13 | Zaandam (NED)        | 240 |
| 3. Stel Kaylin         | 01 | 08-021 | 37.80 | 25m | 5-4-10   | Haarlem (NED)        | 223 |
| 4. van der Horst Wendy | 72 | 08-021 | 38.00 | 25m | 31-12-81 |                      | 219 |
| 5. van Rijn Eline      | 07 | 08-021 | 39.05 | 25m | 13-10-16 | Heemskerk (NED)      | 202 |
| 6. Dijkstra Lisette    | 86 | 08-021 | 39.40 | 25m | 14-12-95 | Heemskerk (NED)      | 197 |
| 7. van Honk Chantal    | 80 | 08-021 | 39.90 | 25m | 13-12-89 |                      | 189 |
| 8. Hoekstra Eline      | 03 | 08-021 | 40.51 | 25m | 11-11-12 | Schagen (NED)        | 181 |
| 9. Dekker Elise        | 97 | 08-021 | 40.69 | 25m | 15-1-06  | Zaandam (NED)        | 178 |
| 10. Scholten Britt     | 04 | 08-021 | 40.77 | 25m | 10-11-13 | Zaandam (NED)        | 177 |
| 11. Schelvis Roos      | 86 | 08-021 | 40.80 | 25m | 14-12-95 | Heemskerk (NED)      | 177 |
| 12. Bos Marieke        | 06 | 08-021 | 40.86 | 25m | 4-10-15  | Purmerend (NED)      | 176 |
| 13. Dijkstra Pascal    | 89 | 08-021 | 41.11 | 25m | 26-11-98 | Heemskerk (NED)      | 173 |
| 14. Bakker Jesca       | 79 | 08-021 | 41.30 | 25m | 14-12-88 |                      | 171 |
| 15. Steenkamp Ciska    | 90 | 08-021 | 41.41 | 25m | 4-11-99  | Heemskerk (NED)      | 169 |
| 16. Butter Noor        | 16 | 08-021 | 41.72 | 25m | 11-5-25  | Krommenie (NED)      | 166 |
| 17. Koopman Anitra     | 89 | 08-021 | 41.76 | 25m | 26-11-98 | Heemskerk (NED)      | 165 |
| 18. Blaauw Yente       | 03 | 08-021 | 41.80 | 25m | 25-11-12 | Heemskerk (NED)      | 165 |
| 19. van Ederen Jasmijn | 10 | 08-021 | 42.10 | 25m | 19-9-19  | Heemskerk (NED)      | 161 |
| 20. Kleijne Daisy      | 89 | 08-021 | 42.25 | 25m | 15-11-98 | Zaandam (NED)        | 159 |
| 21. Teufer Irene       | 96 | 08-021 | 42.32 | 25m | 20-11-05 | Zaandam (NED)        | 159 |
| 22. de Haan Shira      | 00 | 08-021 | 42.41 | 25m | 4-10-09  | Amsterdam-oost (NED) | 158 |
| 23. van Perlo Ingrid   | 73 | 08-021 | 42.70 | 25m | 31-12-82 |                      | 154 |
| 24. Essers Sanne       | 91 | 08-021 | 42.79 | 25m | 16-1-00  | Zaandam (NED)        | 153 |
| 25. Bruin Marianne     | 78 | 08-021 | 43.10 | 25m | 29-11-87 | Amstelveen (NED)     | 150 |

**100 vrije slag**

|                         |    |        |         |     |          |                 |     |
|-------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Crok Linda           | 94 | 08-021 | 1:20.75 | 25m | 18-12-03 | Heemskerk (NED) | 240 |
| 2. Stel Kaylin          | 01 | 08-021 | 1:22.68 | 25m | 21-3-10  | Zaandam (NED)   | 224 |
| 3. Renkema Iris         | 04 | 08-021 | 1:24.14 | 25m | 15-12-13 | Zaandam (NED)   | 213 |
| 4. van Rijn Eline       | 07 | 08-021 | 1:27.63 | 25m | 18-12-16 | Heemskerk (NED) | 188 |
| 5. Essers Sanne         | 91 | 08-021 | 1:29.44 | 25m | 17-12-00 | Zaandam (NED)   | 177 |
| 6. van Honk Chantal     | 80 | 08-021 | 1:30.00 | 25m | 30-9-89  |                 | 174 |
| 7. Bos Marieke          | 06 | 08-021 | 1:30.80 | 25m | 13-12-15 | Zaandam (NED)   | 169 |
| 8. Scholten Britt       | 04 | 08-021 | 1:30.85 | 25m | 15-12-13 | Zaandam (NED)   | 169 |
| 9. Hoekstra Eline       | 03 | 08-021 | 1:31.01 | 25m | 25-11-12 | Heemskerk (NED) | 168 |
| 9. Blaauw Yente         | 03 | 08-021 | 1:31.01 | 25m | 25-11-12 | Heemskerk (NED) | 168 |
| 11. van der Horst Wendy | 72 | 08-021 | 1:31.90 | 25m | 19-12-81 | Hilversum (NED) | 163 |
| 12. Steenkamp Ciska     | 90 | 08-021 | 1:32.57 | 25m | 28-11-99 | Alkmaar (NED)   | 159 |
| 13. Bakker Jesca        | 79 | 08-021 | 1:33.60 | 25m | 18-9-88  | Heemskerk (NED) | 154 |
| 14. Meijer Linda        | 77 | 08-021 | 1:34.40 | 25m | 20-12-86 | Hilversum (NED) | 150 |
| 15. Teufer Irene        | 96 | 08-021 | 1:34.59 | 25m | 18-12-05 | Alkmaar (NED)   | 149 |
| 16. Dijkstra Pascal     | 89 | 08-021 | 1:35.38 | 25m | 17-12-98 | Heemskerk (NED) | 146 |
| 17. van Leeuwen Andrea  | 71 | 08-021 | 1:36.10 | 25m | 8-11-80  | Heemskerk (NED) | 142 |
| 18. Copier Alyssa       | 04 | 08-021 | 1:36.32 | 25m | 24-11-13 | Zaandam (NED)   | 141 |
| 19. Butter Noor         | 16 | 08-021 | 1:36.63 | 25m | 13-4-25  | Amsterdam (NED) | 140 |
| 20. Schelvis Roos       | 86 | 08-021 | 1:37.00 | 25m | 26-11-95 | Heemskerk (NED) | 139 |
| 21. de Haan Shira       | 00 | 08-021 | 1:37.50 | 25m | 13-6-09  | Zaandam (NED)   | 136 |
| 22. Dekker Elise        | 97 | 08-021 | 1:37.97 | 25m | 19-2-06  | Zaandam (NED)   | 134 |
| 23. van Perlo Ingrid    | 73 | 08-021 | 1:38.00 | 25m | 7-3-82   |                 | 134 |
| 24. Dijkstra Lisette    | 86 | 08-021 | 1:38.40 | 25m | 26-11-95 | Heemskerk (NED) | 133 |
| 25. Buur Naomi          | 01 | 08-021 | 1:38.48 | 25m | 28-11-10 | Heemskerk (NED) | 132 |

**200 vrije slag**

|                            |    |        |         |     |          |                 |     |
|----------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Crok Linda              | 94 | 08-021 | 3:05.29 | 25m | 26-10-03 | Zaandam         | 211 |
| 2. Stel Kaylin             | 01 | 08-021 | 3:07.73 | 25m | 28-3-10  | Zeist (NED)     | 203 |
| 3. Hoekstra Eline          | 03 | 08-021 | 3:23.50 | 25m | 21-10-12 | Zaandam (NED)   | 159 |
| 4. Essers Sanne            | 91 | 08-021 | 3:23.90 | 25m | 25-5-00  | Heemskerk (NED) | 158 |
| 5. van Rijn Eline          | 07 | 08-021 | 3:24.97 | 25m | 27-11-16 | Zaandam (NED)   | 156 |
| 6. Dekker Elise            | 97 | 08-021 | 3:24.99 | 25m | 19-2-06  | Zaandam (NED)   | 156 |
| 7. Steenkamp Ciska         | 90 | 08-021 | 3:31.92 | 25m | 24-10-99 | Zaandam (NED)   | 141 |
| 8. Teufer Irene            | 96 | 08-021 | 3:33.52 | 25m | 23-10-05 | Zaandam (NED)   | 138 |
| 9. Butter Noor             | 16 | 08-021 | 3:39.96 | 25m | 2-3-25   | Amsterdam (NED) | 126 |
| 10. Koopman Anitra         | 89 | 08-021 | 3:50.30 | 25m | 19-3-98  | Heemskerk (NED) | 110 |
| 11. Buur Naomi             | 01 | 08-021 | 3:55.42 | 25m | 19-12-10 | Zaandam (NED)   | 103 |
| 12. Schelvis Roos          | 86 | 08-021 | 3:55.70 | 25m | 8-6-95   | Heemskerk (NED) | 102 |
| 13. Kleijne Daisy          | 89 | 08-021 | 3:55.90 | 25m | 19-3-98  | Heemskerk (NED) | 102 |
| 14. Dijkstra Pascal        | 89 | 08-021 | 3:56.60 | 25m | 19-3-98  | Heemskerk (NED) | 101 |
| 15. Rodenburg Kyra         | 96 | 08-021 | 3:58.92 | 25m | 23-10-05 | Zaandam (NED)   | 98  |
| 16. van Duivenvoorde Sanne | 93 | 08-021 | 4:26.63 | 25m | 30-5-02  | Heemskerk       | 71  |

**250 vrije slag**

|                  |    |        |         |    |         |                     |  |
|------------------|----|--------|---------|----|---------|---------------------|--|
| 1. de Wildt Maud | 05 | 08-021 | 6:09.15 | OW | 26-7-14 | Anna-Paulowna (NED) |  |
|------------------|----|--------|---------|----|---------|---------------------|--|

**300 vrije slag**

|                 |    |        |         |     |          |                 |     |
|-----------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Crok Linda   | 94 | 08-021 | 4:47.33 | 25m | 16-11-03 | Heemskerk (NED) | 216 |
| 2. Stel Kaylin  | 01 | 08-021 | 5:03.48 | 25m | 7-2-10   | Zaandam (NED)   | 183 |
| 3. Dekker Elise | 97 | 08-021 | 5:17.66 | 25m | 19-2-06  | Zaandam (NED)   | 160 |
| 4. Essers Sanne | 91 | 08-021 | 5:31.90 | 25m | 23-1-00  | Heemskerk (NED) | 140 |
| 5. Butter Noor  | 16 | 08-021 | 5:38.24 | 25m | 2-3-25   | Amsterdam (NED) | 132 |
| 6. Buur Naomi   | 01 | 08-021 | 6:03.00 | 25m | 19-12-10 | Zaandam (NED)   | 107 |

**400 vrije slag**

|                        |    |        |         |     |          |                 |     |
|------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Stel Kaylin         | 01 | 08-021 | 6:30.74 | 25m | 28-3-10  | Zeist (NED)     | 216 |
| 2. van Rijn Eline      | 07 | 08-021 | 6:48.61 | 25m | 27-11-16 | Zaandam (NED)   | 189 |
| 3. Dekker Elise        | 97 | 08-021 | 7:07.93 | 25m | 19-2-06  | Zaandam (NED)   | 164 |
| 4. Bakker Jesca        | 79 | 08-021 | 7:13.50 | 25m | 6-10-88  | Heemskerk (NED) | 158 |
| 5. Essers Sanne        | 91 | 08-021 | 7:14.27 | 25m | 5-3-00   | Zaandam (NED)   | 157 |
| 6. van der Horst Wendy | 72 | 08-021 | 7:14.70 | 25m | 31-12-81 |                 | 157 |
| 7. Butter Noor         | 16 | 08-021 | 7:36.69 | 25m | 2-3-25   | Amsterdam (NED) | 135 |
| 8. Koopman Anitra      | 89 | 08-021 | 7:51.70 | 25m | 22-2-98  | Zaandam (NED)   | 122 |
| 9. Buur Naomi          | 01 | 08-021 | 7:56.02 | 25m | 19-12-10 | Zaandam (NED)   | 119 |
| 10. Kleijne Daisy      | 89 | 08-021 | 8:13.20 | 25m | 22-2-98  | Zaandam (NED)   | 107 |
| 11. Dijkstra Pascal    | 89 | 08-021 | 8:16.80 | 25m | 22-2-98  | Zaandam (NED)   | 105 |

**500 vrije slag****800 vrije slag****1000 vrije slag****1250 vrije slag**

**1500 vrije slag****2000 vrije slag****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. Stel Kaylin            | 01 | 08-021 | 20.44 | 25m | 3-1-10   | Culemborg (NED) | 206 |
| 2. van Honk Chantal       | 80 | 08-021 | 20.60 | 25m | 31-12-89 | Heemskerk (NED) | 201 |
| 3. Steenkamp Ciska        | 90 | 08-021 | 22.30 | 25m | 21-1-99  | Heemskerk (NED) | 158 |
| 4. Koper Fiona            | 01 | 08-021 | 22.67 | 25m | 26-9-10  | Hoorn (NED)     | 151 |
| 5. Koopman Anitra         | 89 | 08-021 | 22.90 | 25m | 15-1-98  | Heemskerk (NED) | 146 |
| 6. Pover Ellen            | 72 | 08-021 | 23.40 | 25m | 13-12-81 | Volendam (NED)  | 137 |
| 7. Kleijne Daisy          | 89 | 08-021 | 23.70 | 25m | 15-1-98  | Heemskerk (NED) | 132 |
| 8. Essers Sanne           | 91 | 08-021 | 23.78 | 25m | 16-1-00  | Zaandam (NED)   | 131 |
| 9. Bakker Jesca           | 79 | 08-021 | 23.90 | 25m | 31-12-88 |                 | 129 |
| 10. de Vriend Sofie       | 01 | 08-021 | 23.96 | 25m | 26-9-10  | Hoorn (NED)     | 128 |
| 11. Dijkstra Pascal       | 89 | 08-021 | 24.00 | 25m | 10-12-98 | Heemskerk (NED) | 127 |
| 12. Hoekstra Eline        | 03 | 08-021 | 24.72 | 25m | 7-1-12   | Hoorn (NED)     | 116 |
| 13. Buur Naomi            | 01 | 08-021 | 24.95 | 25m | 3-1-10   | Culemborg (NED) | 113 |
| 14. Blaauw Yente          | 03 | 08-021 | 25.37 | 25m | 22-4-12  | Haarlem (NED)   | 107 |
| 15. Hoekstra Femke        | 05 | 08-021 | 25.43 | 25m | 13-4-14  | Zaandam (NED)   | 107 |
| 16. Herwegh Izayra Rena   | 14 | 08-021 | 25.78 | 25m | 12-2-23  | Heemstede (NED) | 102 |
| 17. van den Heuvel Sandra | 80 | 08-021 | 26.10 | 25m | 12-1-89  | Heemskerk (NED) | 99  |
| 18. Wiegman Brenda        | 72 | 08-021 | 26.20 | 25m | 13-12-81 | Volendam (NED)  | 98  |
| 19. Petit Kirsten         | 00 | 08-021 | 26.73 | 25m | 27-9-09  | Hoorn (NED)     | 92  |
| 20. Janssen Tess          | 89 | 08-021 | 29.40 | 25m | 15-1-98  | Heemskerk (NED) | 69  |
| 21. Knight Kayleigh       | 00 | 08-021 | 31.00 | 25m | 27-9-09  | Hoorn (NED)     | 59  |
| 22. de Wildt Maud         | 05 | 08-021 | 31.05 | 25m | 13-4-14  | Zaandam (NED)   | 58  |
| 23. Eijndhoven Jonna      | 02 | 08-021 | 31.42 | 25m | 25-9-11  | Hoorn (NED)     | 56  |
| 24. van Dam Merel         | 14 | 08-021 | 31.81 | 25m | 30-3-23  | Heemskerk (NED) | 54  |
| 25. Slotemaker Britt      | 14 | 08-021 | 32.19 | 25m | 8-10-23  | Zaandam (NED)   | 52  |

**50 rugslag**

|                         |    |        |       |     |          |                          |     |
|-------------------------|----|--------|-------|-----|----------|--------------------------|-----|
| 1. Stel Kaylin          | 01 | 08-021 | 41.78 | 25m | 22-5-10  | Purmerend (NED)          | 231 |
| 2. Crok Linda           | 94 | 08-021 | 44.06 | 25m | 30-10-03 | Heemskerk                | 197 |
| 3. van Rijn Eline       | 07 | 08-021 | 44.83 | 25m | 30-10-16 | Den Helder (NED)         | 187 |
| 4. Renkema Iris         | 04 | 08-021 | 45.02 | 25m | 8-12-13  | Amstelveen (NED)         | 185 |
| 5. Bakker Jesca         | 79 | 08-021 | 45.20 | 25m | 15-12-88 | Heemskerk (NED)          | 183 |
| 6. Scholten Britt       | 04 | 08-021 | 45.71 | 25m | 15-12-13 | Zaandam (NED)            | 177 |
| 7. van Honk Chantal     | 80 | 08-021 | 45.80 | 25m | 5-11-89  | Heemskerk (NED)          | 176 |
| 7. Dijkstra Lisette     | 86 | 08-021 | 45.80 | 25m | 9-11-95  | Heemskerk (NED)          | 176 |
| 9. Steenkamp Ciska      | 90 | 08-021 | 46.28 | 25m | 7-11-99  | Zaandam (NED)            | 170 |
| 10. de Boer Isabel      | 06 | 08-021 | 47.09 | 50m | 5-12-15  | Beverwijk (NED)          | 189 |
| 11. Dekker Elise        | 97 | 08-021 | 47.32 | 25m | 15-1-06  | Zaandam (NED)            | 159 |
| 12. Koopman Anitra      | 89 | 08-021 | 47.41 | 25m | 22-11-98 | Zaandam (NED)            | 158 |
| 13. Hoekstra Eline      | 03 | 08-021 | 47.60 | 25m | 28-10-12 | Amsterdam-Zuidoost (NED) | 156 |
| 14. Blaauw Yente        | 03 | 08-021 | 47.64 | 25m | 28-10-12 | Amsterdam-Zuidoost (NED) | 156 |
| 15. van Ederen Jasmijn  | 10 | 08-021 | 47.94 | 25m | 15-9-19  | Zaandam (NED)            | 153 |
| 16. Teufer Irene        | 96 | 08-021 | 48.22 | 25m | 27-10-05 | Heemskerk (NED)          | 150 |
| 17. Buur Naomi          | 01 | 08-021 | 48.43 | 50m | 4-12-10  | Beverwijk (NED)          | 174 |
| 18. Essers Sanne        | 91 | 08-021 | 48.44 | 25m | 8-10-00  | Heemskerk (NED)          | 148 |
| 19. Dijkstra Pascal     | 89 | 08-021 | 48.52 | 25m | 22-11-98 | Zaandam (NED)            | 148 |
| 20. de Haan Shira       | 00 | 08-021 | 48.53 | 25m | 13-12-09 | Zaandam (NED)            | 147 |
| 21. Kleijne Daisy       | 89 | 08-021 | 48.82 | 25m | 8-11-98  | Zaandam (NED)            | 145 |
| 22. Butter Noor         | 16 | 08-021 | 49.27 | 25m | 9-2-25   | Krommenie (NED)          | 141 |
| 23. van der Horst Wendy | 72 | 08-021 | 49.60 | 25m | 1-11-81  | Bergen (NED)             | 138 |
| 24. van Giezen Corina   | 68 | 08-021 | 50.00 | 25m | 27-11-77 | IJmuiden (NED)           | 135 |
| 25. Schelvis Roos       | 86 | 08-021 | 50.30 | 25m | 9-11-95  | Heemskerk (NED)          | 132 |

**100 rugslag**

|                        |    |        |         |     |          |                 |     |
|------------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Stel Kaylin         | 01 | 08-021 | 1:32.72 | 25m | 5-4-10   | Haarlem (NED)   | 209 |
| 2. Scholten Britt      | 04 | 08-021 | 1:33.74 | 25m | 15-12-13 | Zaandam (NED)   | 202 |
| 3. van Rijn Eline      | 07 | 08-021 | 1:34.77 | 25m | 27-11-16 | Zaandam (NED)   | 195 |
| 4. van Honk Chantal    | 80 | 08-021 | 1:37.30 | 25m | 7-12-89  | Heemskerk (NED) | 180 |
| 5. Bakker Jesca        | 79 | 08-021 | 1:37.70 | 25m | 31-12-88 |                 | 178 |
| 6. Hoekstra Eline      | 03 | 08-021 | 1:38.38 | 25m | 13-12-12 | Heemskerk (NED) | 175 |
| 7. Renkema Iris        | 04 | 08-021 | 1:38.48 | 25m | 15-12-13 | Zaandam (NED)   | 174 |
| 8. Steenkamp Ciska     | 90 | 08-021 | 1:39.73 | 25m | 16-12-99 | Heemskerk       | 168 |
| 9. Buur Naomi          | 01 | 08-021 | 1:40.20 | 25m | 28-11-10 | Heemskerk (NED) | 165 |
| 10. Crok Linda         | 94 | 08-021 | 1:40.78 | 25m | 28-9-03  | Zaandam (NED)   | 162 |
| 11. de Haan Shira      | 00 | 08-021 | 1:41.13 | 25m | 13-12-09 | Zaandam (NED)   | 161 |
| 12. Dijkstra Lisette   | 86 | 08-021 | 1:41.30 | 25m | 17-12-95 | Volendam (NED)  | 160 |
| 13. Blaauw Yente       | 03 | 08-021 | 1:41.89 | 25m | 13-12-12 | Heemskerk (NED) | 157 |
| 14. van Ederen Jasmijn | 10 | 08-021 | 1:42.10 | 25m | 2-6-19   | Hoofddorp (NED) | 156 |
| 15. de Boer Isabel     | 06 | 08-021 | 1:42.36 | 25m | 10-12-15 | Heemskerk (NED) | 155 |
| 16. Dekker Elise       | 97 | 08-021 | 1:43.77 | 25m | 5-2-06   | Zaandam (NED)   | 149 |
| 17. van Perlo Ingrid   | 73 | 08-021 | 1:45.30 | 25m | 31-12-82 |                 | 142 |
| 18. Koopman Anitra     | 89 | 08-021 | 1:45.36 | 25m | 4-10-98  | Haarlem (NED)   | 142 |
| 19. Schelvis Roos      | 86 | 08-021 | 1:45.50 | 25m | 29-10-95 | Castricum (NED) | 141 |
| 20. Essers Sanne       | 91 | 08-021 | 1:46.01 | 25m | 14-5-00  | Zaandam (NED)   | 139 |
| 21. Missot Gonda       | 66 | 08-021 | 1:46.50 | 25m | 31-12-75 |                 | 137 |
| 22. Bos Marieke        | 06 | 08-021 | 1:47.18 | 25m | 15-11-15 | Purmerend (NED) | 135 |
| 23. Kleijne Daisy      | 89 | 08-021 | 1:47.20 | 25m | 9-5-98   | Zaandam (NED)   | 135 |
| 24. Teufer Irene       | 96 | 08-021 | 1:47.66 | 25m | 9-10-05  | Zaandam (NED)   | 133 |
| 25. van Perlo Carla    | 75 | 08-021 | 1:49.10 | 25m | 12-2-84  | Heemskerk (NED) | 128 |

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

|                           |    |        |       |     |          |                  |     |
|---------------------------|----|--------|-------|-----|----------|------------------|-----|
| 1. van Honk Chantal       | 80 | 08-021 | 20.50 | 25m | 31-12-89 | Heemskerk (NED)  | 274 |
| 2. Steenkamp Ciska        | 90 | 08-021 | 22.30 | 25m | 21-11-99 | Heemskerk (NED)  | 213 |
| 3. de Groot Daniëlle      | 93 | 08-021 | 22.92 | 25m | 17-11-02 | Heemskerk        | 196 |
| 4. Stel Kaylin            | 01 | 08-021 | 23.45 | 25m | 11-4-10  | Zaandam (NED)    | 183 |
| 5. Hoekstra Eline         | 03 | 08-021 | 24.63 | 25m | 11-3-12  | Zaandam (NED)    | 158 |
| 6. Koopman Anitra         | 89 | 08-021 | 24.80 | 25m | 19-3-98  | Heemskerk (NED)  | 154 |
| 7. Renkema Iris           | 04 | 08-021 | 25.11 | 25m | 10-3-13  | Schagen (NED)    | 149 |
| 8. Bakker Jesca           | 79 | 08-021 | 25.30 | 25m | 31-12-88 |                  | 145 |
| 9. Essers Sanne           | 91 | 08-021 | 25.37 | 25m | 19-11-00 | Zaandam (NED)    | 144 |
| 10. Dijkstra Pascal       | 89 | 08-021 | 25.40 | 25m | 10-12-98 | Heemskerk (NED)  | 144 |
| 11. Scholten Britt        | 04 | 08-021 | 25.58 | 25m | 7-4-13   | Castricum (NED)  | 141 |
| 12. Wiegman Brenda        | 72 | 08-021 | 25.60 | 25m | 13-12-81 | Volendam (NED)   | 140 |
| 13. Zeeman Judith         | 70 | 08-021 | 25.90 | 25m | 15-9-79  | Heemskerk (NED)  | 136 |
| 14. Kleijne Daisy         | 89 | 08-021 | 26.20 | 25m | 19-3-98  | Heemskerk (NED)  | 131 |
| 15. Palthe Yvonne         | 67 | 08-021 | 26.30 | 25m | 14-9-76  | Heemskerk (NED)  | 129 |
| 15. van den Heuvel Sandra | 80 | 08-021 | 26.30 | 25m | 12-1-89  | Heemskerk (NED)  | 129 |
| 17. Peters Marion         | 67 | 08-021 | 26.40 | 25m | 14-9-76  | Heemskerk (NED)  | 128 |
| 18. Schelvis Liselot      | 92 | 08-021 | 26.45 | 25m | 18-11-01 | Heemskerk        | 127 |
| 19. Windmuller Annemarie  | 67 | 08-021 | 27.00 | 25m | 14-9-76  | Heemskerk (NED)  | 120 |
| 20. Herwegh Izayra Rena   | 14 | 08-021 | 27.38 | 25m | 15-1-23  | Den Helder (NED) | 115 |
| 21. Pover Karin           | 67 | 08-021 | 27.40 | 25m | 14-9-76  | Heemskerk (NED)  | 114 |
| 22. Post Aijuna           | 14 | 08-021 | 27.63 | 25m | 7-12-23  | Heemskerk (NED)  | 112 |
| 23. Niesten Iris          | 92 | 08-021 | 27.64 | 25m | 18-11-01 | Heemskerk        | 111 |
| 24. Reeuwijk Danielle     | 70 | 08-021 | 27.80 | 25m | 15-9-79  | Heemskerk (NED)  | 109 |
| 25. Knight Kayleigh       | 00 | 08-021 | 28.35 | 25m | 27-9-09  | Hoorn (NED)      | 103 |

**50 schoolslag**

|                          |    |        |       |     |          |                 |     |
|--------------------------|----|--------|-------|-----|----------|-----------------|-----|
| 1. Teufer Irene          | 96 | 08-021 | 45.52 | 25m | 24-11-05 | Heemskerk (NED) | 249 |
| 2. van Honk Chantal      | 80 | 08-021 | 45.90 | 25m | 14-12-89 | Heemskerk (NED) | 242 |
| 3. Crok Linda            | 94 | 08-021 | 48.05 | 25m | 27-11-03 | Heemskerk (NED) | 211 |
| 4. Bakker Jesca          | 79 | 08-021 | 48.50 | 25m | 15-12-88 | Heemskerk (NED) | 205 |
| 5. Steenkamp Ciska       | 90 | 08-021 | 49.34 | 25m | 7-11-99  | Zaandam (NED)   | 195 |
| 6. Blaauw Yente          | 03 | 08-021 | 50.16 | 25m | 30-9-12  | Heemskerk (NED) | 186 |
| 7. Rodenburg Kyra        | 96 | 08-021 | 50.45 | 25m | 24-11-05 | Heemskerk (NED) | 182 |
| 8. Renkema Iris          | 04 | 08-021 | 50.49 | 25m | 22-9-13  | Purmerend (NED) | 182 |
| 9. Stel Kaylin           | 01 | 08-021 | 50.94 | 25m | 23-5-10  | Purmerend (NED) | 177 |
| 10. Schelvis Roos        | 86 | 08-021 | 51.00 | 25m | 12-10-95 | Heemskerk (NED) | 177 |
| 11. de Groot Daniëlle    | 93 | 08-021 | 51.16 | 25m | 28-11-02 | Heemskerk       | 175 |
| 12. van Leeuwen Andrea   | 71 | 08-021 | 51.30 | 25m | 28-9-80  | Zaandam (NED)   | 174 |
| 13. de Haan Shira        | 00 | 08-021 | 51.47 | 25m | 22-11-09 | Zaandam (NED)   | 172 |
| 14. Hoekstra Eline       | 03 | 08-021 | 51.55 | 25m | 30-9-12  | Heemskerk (NED) | 171 |
| 15. Scholten Britt       | 04 | 08-021 | 51.69 | 25m | 10-11-13 | Zaandam (NED)   | 170 |
| 16. Bos Marieke          | 06 | 08-021 | 51.87 | 25m | 22-11-15 | Haarlem (NED)   | 168 |
| 17. van Rookhuizen Sieta | 79 | 08-021 | 52.20 | 25m | 15-12-88 | Heemskerk (NED) | 165 |
| 18. Kerkhoven Michelle   | 91 | 08-021 | 52.33 | 25m | 30-11-00 | Heemskerk (NED) | 163 |
| 19. Koopman Anitra       | 89 | 08-021 | 52.73 | 25m | 8-11-98  | Zaandam (NED)   | 160 |
| 20. Butter Noor          | 16 | 08-021 | 52.84 | 25m | 13-4-25  | Amsterdam (NED) | 159 |

**50 schoolslag (sinds 21)**

|                           |    |        |       |     |          |                 |     |
|---------------------------|----|--------|-------|-----|----------|-----------------|-----|
| 21. Dijkstra Pascal       | 89 | 08-021 | 52.98 | 25m | 24-9-98  | Heemskerk (NED) | 157 |
| 22. van Rijn Eline        | 07 | 08-021 | 53.14 | 25m | 13-11-16 | Purmerend (NED) | 156 |
| 23. van den Heuvel Sandra | 80 | 08-021 | 53.30 | 25m | 1-10-89  | Zaandam (NED)   | 155 |
| 24. van der Gracht Anouk  | 89 | 08-021 | 54.16 | 25m | 8-11-98  | Zaandam (NED)   | 147 |
| 25. van der Geest Saskia  | 73 | 08-021 | 54.50 | 25m | 29-11-82 | Heemskerk (NED) | 145 |

**100 schoolslag**

|                                |    |        |         |     |          |                  |     |
|--------------------------------|----|--------|---------|-----|----------|------------------|-----|
| 1. van Honk Chantal            | 80 | 08-021 | 1:38.00 | 25m | 7-12-89  | Heemskerk (NED)  | 257 |
| 2. Teufer Irene                | 96 | 08-021 | 1:39.01 | 25m | 18-12-05 | Alkmaar (NED)    | 249 |
| 3. van Leeuwen Andrea          | 71 | 08-021 | 1:44.00 | 25m | 16-11-80 | Haarlem (NED)    | 215 |
| 4. Missot Gonda                | 66 | 08-021 | 1:46.30 | 25m | 31-12-75 |                  | 201 |
| 5. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:47.20 | 25m | 17-11-93 |                  | 196 |
| 6. Renkema Iris                | 04 | 08-021 | 1:47.91 | 25m | 31-10-13 | Heemskerk (NED)  | 192 |
| 7. van der Horst Wendy         | 72 | 08-021 | 1:48.00 | 25m | 6-9-81   | Heemskerk (NED)  | 192 |
| 8. Schelvis Roos               | 86 | 08-021 | 1:48.20 | 25m | 26-11-95 | Heemskerk (NED)  | 191 |
| 9. Dijkstra Lisette            | 86 | 08-021 | 1:48.60 | 25m | 26-11-95 | Heemskerk (NED)  | 189 |
| 10. de Haan Shira              | 00 | 08-021 | 1:48.91 | 25m | 11-10-09 | Zaandam (NED)    | 187 |
| 11. Steenkamp Ciska            | 90 | 08-021 | 1:49.24 | 25m | 19-12-99 | Wormerveer (NED) | 186 |
| 12. Crok Linda                 | 94 | 08-021 | 1:49.77 | 25m | 30-10-03 | Heemskerk        | 183 |
| 13. Stel Kaylin                | 01 | 08-021 | 1:50.44 | 25m | 5-6-10   | Zaandam (NED)    | 180 |
| 14. Plokker Sylvia             | 68 | 08-021 | 1:50.90 | 25m | 23-10-77 | Zandvoort (NED)  | 177 |
| 15. Blaauw Yente               | 03 | 08-021 | 1:51.19 | 25m | 7-10-12  | Zaandam (NED)    | 176 |
| 16. Butter Noor                | 16 | 08-021 | 1:51.99 | 25m | 21-4-25  | Haarlem (NED)    | 172 |
| 17. Pover Ellen                | 72 | 08-021 | 1:52.00 | 25m | 6-9-81   | Heemskerk (NED)  | 172 |
| 18. Hoekstra Eline             | 03 | 08-021 | 1:52.18 | 25m | 7-10-12  | Zaandam (NED)    | 171 |
| 19. Scholten Britt             | 04 | 08-021 | 1:52.21 | 25m | 31-10-13 | Heemskerk (NED)  | 171 |
| 20. Bos Marieke                | 06 | 08-021 | 1:52.68 | 25m | 11-10-15 | Zaandam (NED)    | 169 |
| 21. van Rijn Eline             | 07 | 08-021 | 1:52.96 | 25m | 18-12-16 | Heemskerk (NED)  | 168 |
| 22. Koopman Anitra             | 89 | 08-021 | 1:53.48 | 25m | 26-9-98  | Assendelft (NED) | 165 |
| 23. van Perlo Carla            | 75 | 08-021 | 1:54.20 | 25m | 7-10-84  | Volendam (NED)   | 162 |
| 24. Zeeman Judith              | 70 | 08-021 | 1:55.10 | 25m | 25-11-79 | Heemskerk (NED)  | 159 |
| 25. van Duivenvoorde Sanne     | 93 | 08-021 | 1:55.18 | 25m | 31-10-02 | Heemskerk        | 158 |

**200 schoolslag**

|                    |    |        |         |     |         |                  |     |
|--------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. Stel Kaylin     | 01 | 08-021 | 3:55.56 | 25m | 25-3-10 | Heemskerk (NED)  | 186 |
| 2. Steenkamp Ciska | 90 | 08-021 | 3:59.33 | 25m | 24-1-99 | Assendelft (NED) | 177 |
| 3. Buur Naomi      | 01 | 08-021 | 4:27.84 | 25m | 25-3-10 | Heemskerk (NED)  | 126 |

**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. van Honk Chantal       | 80 | 08-021 | 19.00 | 25m | 31-12-89 | Heemskerk (NED) | 204 |
| 2. Hoekstra Eline         | 03 | 08-021 | 19.97 | 25m | 13-12-12 | Heemskerk (NED) | 175 |
| 3. Stel Kaylin            | 01 | 08-021 | 21.13 | 25m | 3-1-10   | Culemborg (NED) | 148 |
| 4. Bruin Marianne         | 78 | 08-021 | 23.10 | 25m | 17-12-87 | Heemskerk (NED) | 113 |
| 5. Buur Naomi             | 01 | 08-021 | 23.99 | 25m | 4-11-10  | Heemskerk (NED) | 101 |
| 6. Copier Alyssa          | 04 | 08-021 | 24.22 | 25m | 20-1-13  | Heemskerk (NED) | 98  |
| 7. Blaauw Yente           | 03 | 08-021 | 24.46 | 25m | 13-12-12 | Heemskerk (NED) | 95  |
| 8. de Wildt Maud          | 05 | 08-021 | 24.56 | 25m | 30-10-14 | Heemskerk (NED) | 94  |
| 9. Essers Sanne           | 91 | 08-021 | 24.76 | 25m | 4-5-00   | Heemskerk (NED) | 92  |
| 10. Renkema Iris          | 04 | 08-021 | 24.96 | 25m | 20-1-13  | Heemskerk (NED) | 90  |
| 11. de Vriend Sofie       | 01 | 08-021 | 25.09 | 25m | 4-11-10  | Heemskerk (NED) | 88  |
| 12. Dijkstra Pascal       | 89 | 08-021 | 25.70 | 25m | 10-12-98 | Heemskerk (NED) | 82  |
| 13. Steenkamp Ciska       | 90 | 08-021 | 26.40 | 25m | 18-3-99  | Heemskerk (NED) | 76  |
| 14. van Laarhoven Salome  | 15 | 08-021 | 26.70 | 25m | 24-10-24 | Heemskerk (NED) | 73  |
| 15. van den Heuvel Sandra | 80 | 08-021 | 27.20 | 25m | 2-11-89  | Heemskerk (NED) | 69  |
| 16. Kleijne Daisy         | 89 | 08-021 | 27.60 | 25m | 15-1-98  | Heemskerk (NED) | 66  |
| 17. van der Gracht Anouk  | 89 | 08-021 | 28.00 | 25m | 4-10-98  | Haarlem (NED)   | 63  |
| 18. Bakker Jesca          | 79 | 08-021 | 28.40 | 25m | 31-12-88 |                 | 61  |
| 19. de Boer Isabel        | 06 | 08-021 | 28.44 | 25m | 18-1-15  | Zaandam (NED)   | 60  |
| 20. Herwegh Izayra Rena   | 14 | 08-021 | 28.97 | 25m | 5-2-23   | Krommenie (NED) | 57  |
| 21. Koper Fiona           | 01 | 08-021 | 29.38 | 25m | 4-11-10  | Heemskerk (NED) | 55  |
| 22. Koopman Anitra        | 89 | 08-021 | 29.40 | 25m | 15-1-98  | Heemskerk (NED) | 55  |
| 23. Sobh Shaime           | 03 | 08-021 | 29.96 | 25m | 22-4-12  | Haarlem (NED)   | 52  |
| 24. Janssen Tess          | 89 | 08-021 | 30.40 | 25m | 15-1-98  | Heemskerk (NED) | 49  |
| 25. Oortwijn Jytte        | 10 | 08-021 | 31.17 | 25m | 7-11-19  | Heemskerk (NED) | 46  |

**50 vlinderslag**

|                     |    |        |       |     |          |                 |     |
|---------------------|----|--------|-------|-----|----------|-----------------|-----|
| 1. Teufer Irene     | 96 | 08-021 | 43.12 | 25m | 15-12-05 | Heemskerk (NED) | 180 |
| 2. Rodenburg Kyra   | 96 | 08-021 | 43.87 | 25m | 24-11-05 | Heemskerk (NED) | 171 |
| 3. Butter Noor      | 16 | 08-021 | 45.62 | 25m | 13-4-25  | Amsterdam (NED) | 152 |
| 4. van Honk Chantal | 80 | 08-021 | 46.40 | 25m | 17-12-89 | Heemstede (NED) | 145 |
| 5. Stel Kaylin      | 01 | 08-021 | 46.44 | 25m | 6-6-10   | Zaandam (NED)   | 144 |
| 6. Crok Linda       | 94 | 08-021 | 46.88 | 25m | 18-12-03 | Heemskerk (NED) | 140 |
| 6. Scholten Britt   | 04 | 08-021 | 46.88 | 25m | 12-12-13 | Heemskerk (NED) | 140 |
| 8. de Haan Shira    | 00 | 08-021 | 47.71 | 25m | 11-10-09 | Zaandam (NED)   | 133 |
| 9. Bakker Jesca     | 79 | 08-021 | 48.20 | 25m | 15-12-88 | Heemskerk (NED) | 129 |
| 10. Missot Gonda    | 66 | 08-021 | 48.60 | 25m | 31-12-75 |                 | 126 |

**50 vlinderslag (sinds 11)**

|                           |    |        |       |     |          |                  |     |
|---------------------------|----|--------|-------|-----|----------|------------------|-----|
| 11. Dekker Elise          | 97 | 08-021 | 49.52 | 25m | 5-2-06   | Zaandam (NED)    | 119 |
| 12. Copier Alyssa         | 04 | 08-021 | 50.00 | 25m | 9-6-13   | Zaandam (NED)    | 115 |
| 13. Renkema Iris          | 04 | 08-021 | 52.04 | 25m | 13-10-13 | Zaandam (NED)    | 102 |
| 14. van Rijn Eline        | 07 | 08-021 | 53.32 | 25m | 17-11-16 | Heemskerk (NED)  | 95  |
| 15. van Perlo Carla       | 75 | 08-021 | 53.50 | 25m | 28-10-84 | Egmond (NED)     | 94  |
| 16. van Leeuwen Andrea    | 71 | 08-021 | 54.10 | 25m | 30-11-80 | Heemskerk (NED)  | 91  |
| 17. de Wildt Maud         | 05 | 08-021 | 54.23 | 50m | 29-11-14 | Beverwijk (NED)  | 91  |
| 18. Hoekstra Eline        | 03 | 08-021 | 54.30 | 25m | 7-10-12  | Zaandam (NED)    | 90  |
| 19. Koopman Anitra        | 89 | 08-021 | 54.31 | 25m | 27-9-98  | Assendelft (NED) | 90  |
| 20. Essers Sanne          | 91 | 08-021 | 54.54 | 25m | 3-12-00  | Zaandam (NED)    | 89  |
| 21. van den Heuvel Sandra | 80 | 08-021 | 55.00 | 25m | 3-12-89  | Zaandam (NED)    | 87  |
| 22. van der Horst Wendy   | 72 | 08-021 | 55.50 | 25m | 18-10-81 | Heemskerk (NED)  | 84  |
| 23. Steenkamp Ciska       | 90 | 08-021 | 55.65 | 25m | 25-11-99 | Heemskerk        | 84  |
| 24. van Ederen Jasmijn    | 10 | 08-021 | 56.01 | 25m | 29-9-19  | Haarlem (NED)    | 82  |
| 25. Bos Marieke           | 06 | 08-021 | 56.26 | 25m | 10-12-15 | Heemskerk (NED)  | 81  |

**100 vlinderslag**

|                   |    |        |         |     |          |                 |     |
|-------------------|----|--------|---------|-----|----------|-----------------|-----|
| 1. Stel Kaylin    | 01 | 08-021 | 1:55.09 | 25m | 20-5-10  | Heemskerk (NED) | 106 |
| 2. Rodenburg Kyra | 96 | 08-021 | 2:05.15 | 25m | 24-11-05 | Heemskerk (NED) | 83  |

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

|                        |    |        |         |     |          |                      |     |
|------------------------|----|--------|---------|-----|----------|----------------------|-----|
| 1. Crok Linda          | 94 | 08-021 | 1:33.15 | 25m | 30-11-03 | Heemskerk (NED)      | 223 |
| 2. van Honk Chantal    | 80 | 08-021 | 1:33.30 | 25m | 31-12-89 | Heemskerk (NED)      | 222 |
| 3. Teufer Irene        | 96 | 08-021 | 1:35.14 | 25m | 15-12-05 | Heemskerk (NED)      | 209 |
| 4. Stel Kaylin         | 01 | 08-021 | 1:38.09 | 25m | 23-5-10  | Purmerend (NED)      | 191 |
| 5. Bakker Jesca        | 79 | 08-021 | 1:38.20 | 25m | 31-12-88 |                      | 190 |
| 6. Renkema Iris        | 04 | 08-021 | 1:38.50 | 25m | 10-11-13 | Zaandam (NED)        | 188 |
| 7. Steenkamp Ciska     | 90 | 08-021 | 1:41.06 | 25m | 28-11-99 | Alkmaar (NED)        | 174 |
| 8. Butter Noor         | 16 | 08-021 | 1:41.34 | 25m | 8-5-25   | Heemskerk (NED)      | 173 |
| 9. van Rijn Eline      | 07 | 08-021 | 1:41.45 | 25m | 20-11-16 | Zaandam (NED)        | 172 |
| 10. Essers Sanne       | 91 | 08-021 | 1:43.06 | 25m | 17-12-00 | Zaandam (NED)        | 164 |
| 11. de Haan Shira      | 00 | 08-021 | 1:43.12 | 25m | 4-10-09  | Amsterdam-oost (NED) | 164 |
| 12. Dijkstra Lisette   | 86 | 08-021 | 1:43.90 | 25m | 14-12-95 | Heemskerk (NED)      | 160 |
| 13. Schelvis Roos      | 86 | 08-021 | 1:44.40 | 25m | 3-12-95  | Alkmaar (NED)        | 158 |
| 14. Dijkstra Pascal    | 89 | 08-021 | 1:44.74 | 25m | 26-11-98 | Heemskerk (NED)      | 157 |
| 15. Missot Gonda       | 66 | 08-021 | 1:44.90 | 25m | 31-12-75 |                      | 156 |
| 16. van Leeuwen Andrea | 71 | 08-021 | 1:45.50 | 25m | 13-12-80 | Heemskerk (NED)      | 153 |
| 17. Hoekstra Eline     | 03 | 08-021 | 1:46.28 | 25m | 11-11-12 | Schagen (NED)        | 150 |
| 18. Koopman Anitra     | 89 | 08-021 | 1:47.00 | 25m | 26-11-98 | Heemskerk (NED)      | 147 |
| 19. Scholten Britt     | 04 | 08-021 | 1:47.35 | 25m | 9-6-13   | Zaandam (NED)        | 145 |
| 20. Kleijne Daisy      | 89 | 08-021 | 1:47.84 | 25m | 15-11-98 | Zaandam (NED)        | 143 |
| 21. Bos Marieke        | 06 | 08-021 | 1:47.90 | 25m | 4-10-15  | Purmerend (NED)      | 143 |
| 22. Blaauw Yente       | 03 | 08-021 | 1:48.05 | 25m | 11-11-12 | Schagen (NED)        | 143 |
| 23. Bruin Marianne     | 78 | 08-021 | 1:48.60 | 25m | 12-12-87 |                      | 140 |
| 24. van Perlo Carla    | 75 | 08-021 | 1:49.90 | 25m | 12-2-84  | Heemskerk (NED)      | 135 |
| 25. de Boer Isabel     | 06 | 08-021 | 1:49.92 | 25m | 14-6-15  | Zaandam (NED)        | 135 |

**200 wisselslag**

|                 |    |        |         |     |         |                 |     |
|-----------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. Essers Sanne | 91 | 08-021 | 4:00.25 | 25m | 30-3-00 | Heemskerk (NED) | 130 |
| 2. Butter Noor  | 16 | 08-021 | 4:11.65 | 25m | 16-2-25 | Haarlem (NED)   | 113 |

**300 wisselslag****400 wisselslag**