

15m vlinderslag benen onderwater

1. van Ederen Jasmijn	10	08-021	22.06	25m	15-12-19	Haarlem (NED)
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25m vrije slag met koprol

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

1. van Ederen Jasmijn	10	08-021	24.90	25m	15-12-19	Haarlem (NED)
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50m borstcrawl benen

1. van Ederen Jasmijn	10	08-021	1:06.46	25m	29-9-19	Haarlem (NED)
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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. Butter Noor	16	08-021	40.38	25m	15-6-25	Amsterdam-Noord (NED)	183
9. Hoekstra Eline	03	08-021	40.51	25m	11-11-12	Schagen (NED)	181
10. Dekker Elise	97	08-021	40.69	25m	15-1-06	Zaandam (NED)	178
11. Scholten Britt	04	08-021	40.77	25m	10-11-13	Zaandam (NED)	177
12. Schelvis Roos	86	08-021	40.80	25m	14-12-95	Heemskerk (NED)	177
13. Bos Marieke	06	08-021	40.86	25m	4-10-15	Purmerend (NED)	176
14. Dijkstra Pascal	89	08-021	41.11	25m	26-11-98	Heemskerk (NED)	173
15. Bakker Jesca	79	08-021	41.30	25m	14-12-88		171
16. Steenkamp Ciska	90	08-021	41.41	25m	4-11-99	Heemskerk (NED)	169
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. Butter Noor	16	08-021	1:33.17	25m	14-6-25	Amsterdam-Noord (NED)	156
14. Bakker Jesca	79	08-021	1:33.60	25m	18-9-88	Heemskerk (NED)	154
15. Meijer Linda	77	08-021	1:34.40	25m	20-12-86	Hilversum (NED)	150
16. Teufer Irene	96	08-021	1:34.59	25m	18-12-05	Alkmaar (NED)	149
17. Dijkstra Pascal	89	08-021	1:35.38	25m	17-12-98	Heemskerk (NED)	146
18. van Leeuwen Andrea	71	08-021	1:36.10	25m	8-11-80	Heemskerk (NED)	142
19. Copier Alyssa	04	08-021	1:36.32	25m	24-11-13	Zaandam (NED)	141
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. Butter Noor	16	08-021	3:24.71	25m	5-6-25	Heemskerk (NED)	156
6. van Rijn Eline	07	08-021	3:24.97	25m	27-11-16	Zaandam (NED)	156
7. Dekker Elise	97	08-021	3:24.99	25m	19-2-06	Zaandam (NED)	156
8. Steenkamp Ciska	90	08-021	3:31.92	25m	24-10-99	Zaandam (NED)	141
9. Teufer Irene	96	08-021	3:33.52	25m	23-10-05	Zaandam (NED)	138
10. Haack Fenna	16	08-021	3:44.56	25m	5-6-25	Heemskerk (NED)	118
11. Koopman Anitra	89	08-021	3:50.30	25m	19-3-98	Heemskerk (NED)	110
12. Buur Naomi	01	08-021	3:55.42	25m	19-12-10	Zaandam (NED)	103
13. Schelvis Roos	86	08-021	3:55.70	25m	8-6-95	Heemskerk (NED)	102
14. Kleijne Daisy	89	08-021	3:55.90	25m	19-3-98	Heemskerk (NED)	102
15. Dijkstra Pascal	89	08-021	3:56.60	25m	19-3-98	Heemskerk (NED)	101
16. Rodenburg Kyra	96	08-021	3:58.92	25m	23-10-05	Zaandam (NED)	98
17. van Duivenvoorde Sanne	93	08-021	4:26.63	25m	30-5-02	Heemskerk	71

250 vrije slag

1. Butter Noor	16	08-021	5:19.40	OW	29-6-25	Alkmaar (NED)	
2. 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

25 rugslag (sinds 24)

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

100 rugslag (sinds 21)

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

50 schoolslag (sinds 13)

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. Butter Noor	16	08-021	52.16	25m	5-6-25	Heemskerk (NED)	165
18. van Rookhuizen Sieta	79	08-021	52.20	25m	15-12-88	Heemskerk (NED)	165
19. Kerkhoven Michelle	91	08-021	52.33	25m	30-11-00	Heemskerk (NED)	163
20. Koopman Anitra	89	08-021	52.73	25m	8-11-98	Zaandam (NED)	160
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
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. Butter Noor	16	08-021	1:40.23	25m	15-6-25	Amsterdam-Noord (NED)	179
8. Steenkamp Ciska	90	08-021	1:41.06	25m	28-11-99	Alkmaar (NED)	174
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

100 wisselslag (sinds 16)

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**