

25 - 29 jaar, Dames, Korte baan (25m)

1-1-1900-31-7-2026

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

1. Broek Jade	97	08-021	14.64	25m	7-7-22	Heemskerk (NED)	364
2. Koopman Inge	93	08-021	14.67	25m	7-7-22	Heemskerk (NED)	362
3. Stins Mariska	84	08-021	14.68	25m	14-4-11	Heemskerk (NED)	361
4. Butter Anouk	82	08-021	14.76	25m	13-5-07	Grootebroek (NED)	355
5. ten Cate Joyce	80	08-021	15.60	25m	13-5-07	Grootebroek (NED)	301
6. Heus Pauline	78	08-021	16.25	25m	27-4-06	Heemskerk	266

50 vrije slag

1. Broek Jade	97	08-021	29.17	25m	24-4-22	Den Helder (NED)	485
2. Groen Anne	95	08-021	29.55	25m	12-11-23	Den Helder (NED)	467
3. Koopman Inge	93	08-021	29.82	25m	24-4-22	Den Helder (NED)	454
4. Palmboom Nicole	91	08-021	30.05	25m	17-5-18	Heemskerk (NED)	444
5. Spijker Kristel	84	08-021	30.19	25m	27-2-10	Hoom (NED)	438
6. Stins Mariska	84	08-021	30.30	25m	11-4-10	Zaandam (NED)	433
7. Hoek Daniëlle	88	08-021	30.31	25m	29-3-15	Zaandam (NED)	432
8. Jongema Helena	80	08-021	30.48	25m	2-2-08	Heerenveen (NED)	425
9. Butter Anouk	82	08-021	31.26	25m	8-4-07	Haarlem (NED)	394
10. van der Gracht Anouk	89	08-021	31.67	25m	18-9-14	Heemskerk (NED)	379
11. Kleijne Daisy	89	08-021	31.81	25m	17-4-14	Heemskerk (NED)	374
12. Visser Kelly	89	08-021	31.85	25m	6-3-16	Purmerend (NED)	373
13. de Haan Shira	00	08-021	31.89	25m	9-3-25	Purmerend (NED)	371
14. van Eerden Meike	00	08-021	33.14	25m	9-3-25	Purmerend (NED)	331
15. Schoonderwoerd Rianne	95	08-021	33.54	25m	23-4-23	Den Helder (NED)	319
16. ten Cate Joyce	80	08-021	34.23	25m	9-3-08	Heemskerk (NED)	300
17. de Ruijter Linda	87	08-021	34.53	25m	11-10-12	Heemskerk (NED)	292
18. Heus Pauline	78	08-021	34.67	25m	7-11-04	IJmuiden (NED)	289

100 vrije slag

1. Broek Jade	97	08-021	1:02.99	25m	20-11-22	Den Helder (NED)	507
2. Groen Anne	95	08-021	1:04.15	25m	11-2-24	Heemskerk (NED)	480
3. Spijker Kristel	84	08-021	1:06.15	25m	27-3-11	Heemstede (NED)	438
4. Palmboom Nicole	91	08-021	1:06.28	25m	2-2-17	Heemskerk (NED)	435
5. Hoek Daniëlle	88	08-021	1:07.46	25m	20-1-13	Heemskerk (NED)	413
6. Koopman Inge	93	08-021	1:07.64	25m	27-10-22	Heemskerk (NED)	410
7. van der Gracht Anouk	89	08-021	1:07.65	25m	19-1-14	Zaandam (NED)	409
8. Visser Kelly	89	08-021	1:07.79	25m	30-1-14	Heemskerk (NED)	407
9. Kleijne Daisy	89	08-021	1:08.22	25m	17-4-14	Heemskerk (NED)	399
10. Stins Mariska	84	08-021	1:08.53	25m	9-2-12	Heemskerk (NED)	394
11. de Haan Shira	00	08-021	1:09.46	25m	6-4-25	Purmerend (NED)	378
12. Jongema Helena	80	08-021	1:09.63	25m	24-9-09	Heemskerk (NED)	375
13. Schoonderwoerd Rianne	95	08-021	1:10.37	25m	23-4-23	Den Helder (NED)	364
14. Butter Anouk	82	08-021	1:11.68	25m	17-1-10	Amsterdam-oost (NED)	344
15. Kramer Miranda	80	08-021	1:12.03	25m	13-3-05	Amsterdam (NED)	339
16. Heus Pauline	78	08-021	1:13.55	25m	13-3-05	Amsterdam (NED)	318
17. de Ruijter Linda	87	08-021	1:14.08	25m	9-2-12	Heemskerk (NED)	312
18. ten Cate Joyce	80	08-021	1:15.85	25m	13-1-08	Heemskerk (NED)	290
19. van Eerden Meike	00	08-021	1:16.51	25m	27-2-25	Heemskerk (NED)	283

200 vrije slag

1. Groen Anne	95	08-021	2:21.37	25m	30-3-23	Heemskerk (NED)	476
2. Hoek Daniëlle	88	08-021	2:24.84	25m	21-3-13	Heemskerk (NED)	443
3. Spijker Kristel	84	08-021	2:28.19	25m	14-11-10	Castricum (NED)	413
4. van der Gracht Anouk	89	08-021	2:28.99	25m	16-11-14	Zaandam (NED)	407
5. Broek Jade	97	08-021	2:29.14	25m	14-3-24	Heemskerk (NED)	405
6. Visser Kelly	89	08-021	2:31.54	25m	6-3-14	Heemskerk (NED)	386
7. Kleijne Daisy	89	08-021	2:32.61	25m	6-3-14	Heemskerk (NED)	378
8. Jongema Helena	80	08-021	2:33.86	25m	16-3-08	Amersfoort (NED)	369
9. Stins Mariska	84	08-021	2:34.07	25m	13-11-11	Zaandam (NED)	368
10. de Haan Shira	00	08-021	2:34.10	25m	2-2-25	Den Helder (NED)	368
11. Schoonderwoerd Rianne	95	08-021	2:34.42	25m	30-3-23	Heemskerk (NED)	365
12. van Eerden Meike	00	08-021	2:37.55	25m	5-6-25	Heemskerk (NED)	344
13. Heus Pauline	78	08-021	2:43.18	25m	9-11-03	Zaandam	309
14. Butter Anouk	82	08-021	2:44.28	25m	25-11-07	Amsterdam (NED)	303
15. Palmboom Nicole	91	08-021	2:46.89	25m	17-3-16	Heemskerk (NED)	289
16. Deiman Caroline	67	08-021	2:51.00	25m	17-2-94	Heemskerk	269
17. ten Cate Joyce	80	08-021	2:52.20	25m	26-11-06	Heemskerk (NED)	263

250 vrije slag**300 vrije slag**

1. van Eerden Meike	00	08-021	4:14.93	25m	5-10-25	Purmerend (NED)	309
2. Heus Pauline	78	08-021	4:23.79	25m	29-4-04	Heemskerk (NED)	279

400 vrije slag

1. van der Gracht Anouk	89	08-021	5:11.60	25m	21-4-14	Haarlem (NED)	426
2. Jongema Helena	80	08-021	5:31.62	25m	25-5-08	Grootebroek (NED)	353
3. Stins Mariska	84	08-021	5:36.64	25m	22-5-11	Grootebroek (NED)	338
4. van Eerden Meike	00	08-021	5:36.98	25m	5-10-25	Purmerend (NED)	337
5. Heus Pauline	78	08-021	5:55.73	25m	29-4-04	Heemskerk (NED)	286
6. Butter Anouk	82	08-021	6:07.38	25m	30-9-07	Volendam (NED)	260

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. Broek Jade	97	08-021	15.49	25m	7-7-22	Heemskerk (NED)	474
2. Koopman Inge	93	08-021	17.79	25m	7-7-22	Heemskerk (NED)	313
3. Butter Anouk	82	08-021	18.57	25m	19-4-07	Heemskerk (NED)	275
4. ten Cate Joyce	80	08-021	19.30	25m	29-5-08	Heemskerk (NED)	245
5. Heus Pauline	78	08-021	19.52	25m	27-4-06	Heemskerk	237

50 rugslag

1. Broek Jade	97	08-021	31.20	25m	24-6-23	Rotterdam (NED)	556
2. Groen Anne	95	08-021	34.58	25m	30-3-23	Heemskerk (NED)	409
3. Jongema Helena	80	08-021	35.08	25m	16-3-08	Amersfoort (NED)	391
4. Koopman Inge	93	08-021	35.90	25m	2-10-22	Den Helder (NED)	365
5. Stins Mariska	84	08-021	36.18	25m	22-3-12	Heemskerk (NED)	357
6. Hoek Daniëlle	88	08-021	36.27	25m	30-1-14	Heemskerk (NED)	354
7. Palmboom Nicole	91	08-021	36.28	25m	16-3-17	Heemskerk (NED)	354
8. van der Gracht Anouk	89	08-021	36.76	25m	30-1-14	Heemskerk (NED)	340
9. Spijker Kristel	84	08-021	36.96	25m	3-3-11	Heemskerk (NED)	335
10. Schoonderwoerd Rianne	95	08-021	37.06	25m	30-3-23	Heemskerk (NED)	332
11. Visser Kelly	89	08-021	37.88	25m	4-10-15	Purmerend (NED)	311
12. de Haan Shira	00	08-021	38.34	25m	8-5-25	Heemskerk (NED)	300
13. van Eerden Meike	00	08-021	38.74	25m	8-5-25	Heemskerk (NED)	290
14. Butter Anouk	82	08-021	39.98	25m	4-10-09	Amsterdam-oost (NED)	264
15. de Ruijter Linda	87	08-021	40.04	25m	17-3-16	Heemskerk (NED)	263
16. ten Cate Joyce	80	08-021	40.46	25m	4-10-09	Amsterdam-oost (NED)	255
17. Heus Pauline	78	08-021	40.50	25m	30-10-03	Heemskerk	254

100 rugslag

1. Broek Jade	97	08-021	1:07.79	25m	6-11-22	Alkmaar (NED)	534
2. Groen Anne	95	08-021	1:13.56	25m	23-4-23	Den Helder (NED)	418
3. Jongema Helena	80	08-021	1:15.36	25m	3-5-08	Winterswijk (NED)	389
4. Stins Mariska	84	08-021	1:16.53	25m	20-11-11	Almere-Stad (NED)	371
5. Kleijne Daisy	89	08-021	1:18.08	25m	9-3-14	Zaandam (NED)	350
6. Koopman Inge	93	08-021	1:18.09	25m	13-3-22	Den Helder (NED)	349
7. van der Gracht Anouk	89	08-021	1:19.30	25m	30-10-14	Heemskerk (NED)	334
8. Hoek Daniëlle	88	08-021	1:19.41	25m	9-3-14	Zaandam (NED)	332
9. Palmboom Nicole	91	08-021	1:19.58	25m	17-11-16	Heemskerk (NED)	330
10. Spijker Kristel	84	08-021	1:20.25	25m	13-3-11	Heemskerk (NED)	322
11. Schoonderwoerd Rianne	95	08-021	1:20.43	25m	23-4-23	Den Helder (NED)	320
12. de Ruijter Linda	87	08-021	1:24.44	25m	10-12-15	Heemskerk (NED)	276
13. Visser Kelly	89	08-021	1:25.28	25m	17-1-16	Purmerend (NED)	268
14. Heus Pauline	78	08-021	1:25.30	25m	31-3-05	Heemskerk (NED)	268
15. ten Cate Joyce	80	08-021	1:25.46	25m	18-3-07	Heemskerk (NED)	266
16. Butter Anouk	82	08-021	1:25.48	25m	9-3-08	Heemskerk (NED)	266

200 rugslag

1. Broek Jade	97	08-021	2:31.21	25m	22-5-22	Hoofddorp (NED)	490
2. Groen Anne	95	08-021	2:36.71	25m	29-1-23	Heemskerk (NED)	440
3. Stins Mariska	84	08-021	2:47.34	25m	18-1-09	Haarlem (NED)	361
4. van der Gracht Anouk	89	08-021	2:47.36	25m	16-11-14	Zaandam (NED)	361
5. Jongema Helena	80	08-021	2:48.46	25m	23-1-09	Vlissingen (NED)	354
6. Hoek Daniëlle	88	08-021	2:51.81	25m	10-11-13	Zaandam (NED)	334
7. Kramer Miranda	80	08-021	2:53.33	25m	13-3-05	Amsterdam (NED)	325
8. Visser Kelly	89	08-021	3:00.41	25m	17-1-16	Purmerend (NED)	288
9. Heus Pauline	78	08-021	3:03.89	25m	13-3-05	Amsterdam (NED)	272
10. Butter Anouk	82	08-021	3:04.26	25m	18-3-07	Heemskerk (NED)	270
11. ten Cate Joyce	80	08-021	3:04.65	25m	19-3-06	Heemskerk (NED)	269

500 rugslag

25 schoolslag

1. Broek Jade	97	08-021	18.10	25m	7-7-22	Heemskerk (NED)	398
2. Jongema Helena	80	08-021	19.59	25m	21-2-09	Heerenveen (NED)	314
3. Heus Pauline	78	08-021	19.80	25m	27-4-06	Heemskerk	304
4. Koopman Inge	93	08-021	20.43	25m	7-7-22	Heemskerk (NED)	277
5. ten Cate Joyce	80	08-021	22.05	25m	29-5-08	Heemskerk (NED)	220

50 schoolslag

1. ten Bokkel Henrieke	94	08-021	36.64	25m	13-1-19	Purmerend (NED)	477
2. Broek Jade	97	08-021	37.34	25m	21-5-22	Hoofddorp (NED)	451
3. Palmboom Nicole	91	08-021	39.84	25m	13-11-16	Purmerend (NED)	371
4. Groen Anne	95	08-021	40.85	25m	21-4-22	Heemskerk (NED)	344
5. de Haan Shira	00	08-021	40.91	25m	16-11-25	Purmerend (NED)	343
6. Schoonderwoerd Rianne	95	08-021	41.01	25m	2-2-23	Heemskerk (NED)	340
7. Stins Mariska	84	08-021	42.56	25m	9-2-12	Heemskerk (NED)	304
8. Heus Pauline	78	08-021	42.76	25m	7-11-04	IJmuiden (NED)	300
9. van der Gracht Anouk	89	08-021	42.77	25m	15-11-15	Purmerend (NED)	300
10. Spijker Kristel	84	08-021	42.93	25m	5-2-12	Zaandam (NED)	296
11. Jongema Helena	80	08-021	43.60	25m	16-11-08	Amsterdam-oost (NED)	283
12. Hoek Daniëlle	88	08-021	44.28	25m	21-3-13	Heemskerk (NED)	270
13. de Ruijter Linda	87	08-021	44.48	25m	9-2-12	Heemskerk (NED)	266
14. Visser Kelly	89	08-021	46.12	25m	6-3-14	Heemskerk (NED)	239
15. ten Cate Joyce	80	08-021	47.74	25m	22-1-09	Heemskerk (NED)	215
16. van Eerden Meike	00	08-021	49.55	25m	5-6-25	Heemskerk (NED)	193

100 schoolslag

1. Broek Jade	97	08-021	1:22.47	25m	6-11-22	Alkmaar (NED)	432
2. ten Bokkel Henrieke	94	08-021	1:27.67	25m	10-2-19	Purmerend (NED)	359
3. Kramer Miranda	80	08-021	1:27.70	25m	16-1-05	Zaandam (NED)	359
4. Groen Anne	95	08-021	1:28.54	25m	26-9-24	Heemskerk (NED)	349
5. de Haan Shira	00	08-021	1:28.61	25m	18-9-25	Heemskerk (NED)	348
6. Palmboom Nicole	91	08-021	1:29.22	25m	9-11-17	Heemskerk (NED)	341
7. Spijker Kristel	84	08-021	1:29.97	25m	19-11-09	Heemskerk (NED)	332
8. Heus Pauline	78	08-021	1:30.88	25m	17-4-06	Haarlem (NED)	323
9. Peters Yvonne	63	08-021	1:32.20	25m	7-2-88	Heemskerk (NED)	309
10. Stins Mariska	84	08-021	1:34.22	25m	11-10-12	Heemskerk (NED)	289
11. de Ruijter Linda	87	08-021	1:34.96	25m	11-10-12	Heemskerk (NED)	283
12. Jongema Helena	80	08-021	1:36.85	25m	19-11-09	Heemskerk (NED)	266
13. Hoek Daniëlle	88	08-021	1:37.00	25m	20-1-13	Heemskerk (NED)	265
14. van der Gracht Anouk	89	08-021	1:37.98	25m	13-10-16	Heemskerk (NED)	257
15. ten Cate Joyce	80	08-021	1:42.76	25m	27-3-08	Heemskerk (NED)	223
16. Visser Kelly	89	08-021	1:46.77	25m	9-11-17	Heemskerk (NED)	199
17. van Eerden Meike	00	08-021	1:51.92	25m	18-9-25	Heemskerk (NED)	172

200 schoolslag

1. Broek Jade	97	08-021	2:58.61	25m	29-1-23	Heemskerk (NED)	427
2. ten Bokkel Henriëke	94	08-021	3:02.03	25m	10-2-19	Purmerend (NED)	404
3. de Haan Shira	00	08-021	3:12.89	25m	9-3-25	Purmerend (NED)	339
4. Palmboom Nicole	91	08-021	3:16.12	25m	12-2-17	Purmerend (NED)	323
5. Heus Pauline	78	08-021	3:17.29	25m	25-1-04	Zaandam	317
6. de Ruijter Linda	87	08-021	3:21.72	25m	17-1-16	Purmerend (NED)	296
7. Stins Mariska	84	08-021	3:21.77	25m	18-1-09	Haarlem (NED)	296
8. Hoek Daniëlle	88	08-021	3:30.86	25m	19-1-14	Zaandam (NED)	259
9. ten Cate Joyce	80	08-021	3:41.08	25m	19-10-06	Heemskerk	225

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. Koopman Inge	93	08-021	14.03	25m	7-7-22	Heemskerk (NED)	507
2. Broek Jade	97	08-021	14.58	25m	7-7-22	Heemskerk (NED)	452
3. Stins Mariska	84	08-021	15.44	25m	17-11-11	Heemskerk (NED)	380
4. Butter Anouk	82	08-021	16.13	25m	19-4-07	Heemskerk (NED)	333
5. Heus Pauline	78	08-021	17.50	25m	27-4-06	Heemskerk	261
6. ten Cate Joyce	80	08-021	19.42	25m	29-5-08	Heemskerk (NED)	191

50 vlinderslag

1. Broek Jade	97	08-021	31.32	25m	16-11-24	Hoofddorp (NED)	471
2. van der Gracht Anouk	89	08-021	31.92	25m	8-6-14	Purmerend (NED)	445
3. Koopman Inge	93	08-021	31.95	25m	17-2-22	Heemskerk (NED)	444
4. ten Bokkel Henrieke	94	08-021	32.73	25m	10-2-19	Purmerend (NED)	413
5. Palmboom Nicole	91	08-021	33.76	25m	17-11-16	Heemskerk (NED)	376
6. de Haan Shira	00	08-021	33.99	25m	2-2-25	Den Helder (NED)	369
7. Butter Anouk	82	08-021	34.10	25m	17-1-10	Amsterdam-oost (NED)	365
8. Hoek Daniëlle	88	08-021	34.30	25m	3-3-13	Purmerend (NED)	359
9. Stins Mariska	84	08-021	34.39	25m	18-2-10	Heemskerk (NED)	356
10. Jongema Helena	80	08-021	34.59	25m	4-5-08	Winterswijk (NED)	350
11. Groen Anne	95	08-021	34.81	25m	28-1-24	Heemskerk (NED)	343
12. Spijker Kristel	84	08-021	34.90	25m	17-11-11	Heemskerk (NED)	340
13. Visser Kelly	89	08-021	37.87	25m	17-3-16	Heemskerk (NED)	266
14. de Ruijter Linda	87	08-021	38.65	25m	10-12-15	Heemskerk (NED)	250
15. Heus Pauline	78	08-021	40.82	25m	18-1-04	IJmuiden (NED)	213
16. van Eerden Meike	00	08-021	41.00	25m	9-3-25	Purmerend (NED)	210
17. ten Cate Joyce	80	08-021	42.50	25m	30-10-08	Heemskerk (NED)	188

100 vlinderslag

1. Broek Jade	97	08-021	1:12.21	25m	22-1-23	Hoofddorp (NED)	432
2. van der Gracht Anouk	89	08-021	1:13.93	25m	9-3-14	Zaandam (NED)	403
3. Koopman Inge	93	08-021	1:14.92	25m	24-4-22	Den Helder (NED)	387
4. Hoek Daniëlle	88	08-021	1:17.22	25m	10-3-13	Schagen (NED)	353
5. Spijker Kristel	84	08-021	1:17.92	25m	13-3-11	Heemskerk (NED)	344
6. Stins Mariska	84	08-021	1:20.60	25m	14-3-10	Heemskerk (NED)	311
7. Groen Anne	95	08-021	1:20.70	25m	1-2-24	Heemskerk (NED)	309
8. Butter Anouk	82	08-021	1:23.65	25m	29-3-07	Heemskerk (NED)	278
9. Jongema Helena	80	08-021	1:24.21	25m	16-11-08	Amsterdam-oost (NED)	272
10. de Haan Shira	00	08-021	1:27.36	25m	12-1-25	Heemskerk (NED)	244
11. Palmboom Nicole	91	08-021	1:30.20	25m	18-2-16	Heemskerk (NED)	221
12. Peters Yvonne	63	08-021	1:32.20	25m	7-2-88	Heemskerk (NED)	207
13. Heus Pauline	78	08-021	1:32.49	25m	25-3-04	Heemskerk	205
14. ten Cate Joyce	80	08-021	1:35.29	25m	26-2-09	Heemskerk (NED)	188
15. van Eerden Meike	00	08-021	1:35.49	25m	27-2-25	Heemskerk (NED)	187

200 vlinderslag

1. Stins Mariska	84	08-021	2:58.47	25m	15-3-09	Haarlem (NED)	301
2. Broek Jade	97	08-021	2:59.95	25m	10-3-24	Purmerend (NED)	293
3. Spijker Kristel	84	08-021	3:01.28	25m	14-3-10	Heemskerk (NED)	287
4. van der Gracht Anouk	89	08-021	3:27.47	25m	6-3-16	Purmerend (NED)	191

1000 vlinderslag**75 wisselslag**

100 wisselslag

1. Broek Jade	97	08-021	1:11.51	25m	25-5-23	Heemskerk (NED)	493
2. Groen Anne	95	08-021	1:15.75	25m	20-10-24	Heemskerk (NED)	415
3. Koopman Inge	93	08-021	1:16.06	25m	2-10-22	Den Helder (NED)	410
4. van der Gracht Anouk	89	08-021	1:16.32	25m	26-10-14	Zaandam (NED)	405
5. Palmboom Nicole	91	08-021	1:16.50	25m	11-5-17	Heemskerk (NED)	403
6. de Haan Shira	00	08-021	1:17.81	25m	16-11-25	Purmerend (NED)	383
7. Stins Mariska	84	08-021	1:18.36	25m	25-4-13	Heemskerk (NED)	375
8. Spijker Kristel	84	08-021	1:18.48	25m	6-12-09	Zaandam (NED)	373
9. Jongema Helena	80	08-021	1:18.86	25m	2-2-08	Heerenveen (NED)	367
10. Hoek Daniëlle	88	08-021	1:18.98	25m	25-4-13	Heemskerk (NED)	366
11. Visser Kelly	89	08-021	1:23.18	25m	17-4-14	Heemskerk (NED)	313
12. de Ruijter Linda	87	08-021	1:23.79	25m	4-10-15	Purmerend (NED)	306
13. Heus Pauline	78	08-021	1:24.03	25m	4-4-04	Zaandam	304
14. Butter Anouk	82	08-021	1:25.57	25m	19-4-07	Heemskerk (NED)	288
15. van Eerden Meike	00	08-021	1:25.87	25m	16-11-25	Purmerend (NED)	285
16. ten Cate Joyce	80	08-021	1:28.63	25m	27-4-06	Heemskerk	259

200 wisselslag

1. Broek Jade	97	08-021	2:39.66	25m	12-11-23	Den Helder (NED)	444
2. ten Bokkel Henriëke	94	08-021	2:42.90	25m	13-1-19	Purmerend (NED)	418
3. van der Gracht Anouk	89	08-021	2:46.37	25m	30-3-14	Zaandam (NED)	392
4. Stins Mariska	84	08-021	2:47.46	25m	11-4-10	Zaandam (NED)	385
5. Groen Anne	95	08-021	2:48.49	25m	12-11-23	Den Helder (NED)	378
6. Kramer Miranda	80	08-021	2:49.48	25m	16-1-05	Zaandam (NED)	371
7. Spijker Kristel	84	08-021	2:51.21	25m	14-3-10	Heemskerk (NED)	360
8. Palmboom Nicole	91	08-021	2:51.44	25m	13-11-16	Purmerend (NED)	359
9. Hoek Daniëlle	88	08-021	2:52.00	25m	30-3-14	Zaandam (NED)	355
10. Jongema Helena	80	08-021	2:53.73	25m	12-1-08	Zwolle (NED)	345
11. Heus Pauline	78	08-021	3:01.97	25m	18-1-04	IJmuiden (NED)	300
12. van Eerden Meike	00	08-021	3:04.92	25m	9-3-25	Purmerend (NED)	286
13. Visser Kelly	89	08-021	3:08.44	25m	6-3-16	Purmerend (NED)	270
14. ten Cate Joyce	80	08-021	3:10.38	25m	9-3-08	Heemskerk (NED)	262

300 wisselslag**400 wisselslag**