

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

1. Kingma Danae	00	08-021	27.47	50m	9-4-17	Eindhoven (NED)	639
2. Smit Sanne	01	08-021	28.67	50m	26-5-18	Amersfoort (NED)	562
3. Palmboom Nicole	91	08-021	29.38	50m	13-4-08	Antwerpen (BEL)	522
4. Drubers Mirjam	67	08-021	29.41	50m	20-5-84	Kampen (NED)	521
5. Crok Linda	94	08-021	29.42	50m	21-5-11	Beverwijk (NED)	520
6. Groen Anne	95	08-021	29.98	50m	19-5-12	Beverwijk (NED)	492
7. Kleijne Daisy	89	08-021	30.17	50m	20-5-06	Beverwijk (NED)	482
8. Herwegh Yara	07	08-021	30.54	50m	7-12-24	Beverwijk (NED)	465
9. Hoek Daniëlle	88	08-021	30.71	50m	28-5-05	Beverwijk (NED)	457
10. Vink Lidewij	90	08-021	31.02	50m	19-5-07	Beverwijk (NED)	444
11. de Haan Shira	00	08-021	31.09	50m	20-5-17	Alkmaar (NED)	441
12. Stam Vanessa	80	08-021	31.40	50m	8-6-97	Beverwijk (NED)	428
13. Hoekstra Eline	03	08-021	31.41	50m	8-3-20	Amsterdam (NED)	427
14. Koper Fiona	01	08-021	32.43	50m	8-12-18	Beverwijk (NED)	388
15. de Roode Xara	08	08-021	32.66	50m	13-12-25	Beverwijk (NED)	380
16. de Wildt Maud	05	08-021	32.84	50m	19-6-22	Bergbad Bückeburg (GER)	374
17. van der Gracht Anouk	89	08-021	33.77	50m	28-5-06	Beverwijk (NED)	344
18. Bos Marieke	06	08-021	34.34	50m	11-6-23	Bückeburg (GER)	327
19. Blaauw Yente	03	08-021	35.08	50m	23-2-20	Den Haag (NED)	307
20. Buur Cindy	99	08-021	35.55	50m	21-2-16	Alkmaar (NED)	295
21. Steenbakker Lisan	07	08-021	39.02	50m	9-6-24	Bückeburg (GER)	223
22. de Groot Sjors	08	08-021	40.08	50m	22-6-25	Bückeburg (GER)	205

100 vrije slag

1. Kingma Danae	00	08-021	59.59	50m	8-4-17	Eindhoven (NED)	653
2. Smit Sanne	01	08-021	1:02.54	50m	27-5-18	Amersfoort (NED)	565
3. Crok Linda	94	08-021	1:03.27	50m	22-5-11	Beverwijk (NED)	545
4. Drubers Mirjam	67	08-021	1:04.38	50m	20-5-84	Kampen (NED)	518
5. Palmboom Nicole	91	08-021	1:05.58	50m	12-4-08	Antwerpen (BEL)	490
6. Kleijne Daisy	89	08-021	1:06.46	50m	21-5-06	Beverwijk (NED)	471
7. Groen Anne	95	08-021	1:07.38	50m	20-5-12	Beverwijk (NED)	451
8. de Haan Shira	00	08-021	1:07.50	50m	27-5-17	Alkmaar (NED)	449
9. Hoekstra Eline	03	08-021	1:07.60	50m	8-3-20	Amsterdam (NED)	447
10. Gijzen-van der Kroft Nicole	84	08-021	1:07.89	50m	19-5-01	Beverwijk (NED)	441
11. Essers Sanne	91	08-021	1:08.80	50m	30-3-08	Alkmaar (NED)	424
12. Meijer Sylvia	81	08-021	1:10.00	50m	25-10-98	Beverwijk (NED)	403

100 vrije slag (sinds 13)

13. Stam Vanessa	80	08-021	1:10.80	50m	8-6-97	Beverwijk (NED)	389
14. Vink Lidewij	90	08-021	1:10.98	50m	20-5-07	Beverwijk (NED)	386
15. de Roode Xara	08	08-021	1:12.49	50m	22-6-25	Bückeburg (GER)	362
16. van Eerden Meike	00	08-021	1:13.13	50m	27-5-17	Alkmaar (NED)	353
17. de Wildt Maud	05	08-021	1:13.17	50m	19-6-22	Bergbad Bückeburg (GER)	352
18. van der Gracht Anouk	89	08-021	1:13.39	50m	28-5-06	Beverwijk (NED)	349
19. van 't Veer Iris	03	08-021	1:14.49	50m	19-1-20	Alkmaar (NED)	334
20. van Rookhuizen Sieta	79	08-021	1:14.60	50m	2-6-96	Beverwijk (NED)	333
21. Blaauw Yente	03	08-021	1:16.67	50m	23-2-20	Den Haag (NED)	306
22. van Assema Eline	05	08-021	1:17.00	50m	19-6-22	Bergbad Bückeburg (GER)	302
23. Heus Pauline	78	08-021	1:17.10	50m	11-6-95	Beverwijk (NED)	301
24. Bos Marieke	06	08-021	1:18.03	50m	11-6-23	Bückeburg (GER)	291
25. Steenbakker Lisan	07	08-021	1:21.06	50m	9-6-24	Bückeburg (GER)	259

200 vrije slag

1. Kingma Danae	00	08-021	2:13.79	50m	21-5-17	Alkmaar (NED)	602
2. Crok Linda	94	08-021	2:18.66	50m	15-5-11	Alkmaar (NED)	540
3. Smit Sanne	01	08-021	2:20.31	50m	2-6-18	Amersfoort (NED)	522
4. Hoekstra Eline	03	08-021	2:22.49	50m	8-3-20	Amsterdam (NED)	498
5. Vink Lidewij	90	08-021	2:27.36	50m	13-5-07	Alkmaar (NED)	450
6. Palmboom Nicole	91	08-021	2:28.40	50m	13-4-08	Antwerpen (BEL)	441
7. Hoek Daniëlle	88	08-021	2:31.88	50m	17-4-05	Beverwijk (NED)	411
8. Essers Sanne	91	08-021	2:33.83	50m	30-3-08	Alkmaar (NED)	396
9. de Haan Shira	00	08-021	2:34.33	50m	21-5-17	Alkmaar (NED)	392
10. van 't Veer Iris	03	08-021	2:36.84	50m	19-1-20	Alkmaar (NED)	373
11. Blaauw Yente	03	08-021	2:47.43	50m	23-2-20	Den Haag (NED)	307
12. de Wildt Maud	05	08-021	2:47.79	50m	18-6-22	Bergbad Bückeburg (GER)	305
13. Bos Marieke	06	08-021	2:56.02	50m	10-6-23	Bückeburg (GER)	264
14. de Groot Sjors	08	08-021	3:29.76	50m	21-6-25	Bückeburg (GER)	156

250 vrije slag**300 vrije slag**

1. Crok Linda	94	08-021	3:46.05	50m	14-5-11	Beverwijk (NED)	461
2. Hoekstra Eline	03	08-021	3:47.74	50m	23-2-20	Den Haag (NED)	451

400 vrije slag

1. Crok Linda	94	08-021	5:00.42	50m	14-5-11	Beverwijk (NED)	487
2. Hoekstra Eline	03	08-021	5:05.73	50m	23-2-20	Den Haag (NED)	462
3. Vink Lidewij	90	08-021	5:11.20	50m	12-5-07	Beverwijk (NED)	438
4. Smit Sanne	01	08-021	5:15.34	50m	18-2-18	Alkmaar (NED)	421
5. van 't Veer Iris	03	08-021	5:25.64	50m	19-1-20	Alkmaar (NED)	382

500 vrije slag**800 vrije slag**

1. Smit Sanne	01	08-021	10:38.10	50m	18-2-18	Alkmaar (NED)	438
2. Hoekstra Eline	03	08-021	10:44.14	50m	19-1-20	Alkmaar (NED)	426

800 vrije slag (sinds 3)

3. van 't Veer Iris	03	08-021	10:55.15	50m	19-1-20	Alkmaar (NED)	405
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1000 vrije slag1250 vrije slag1500 vrije slag

1. Hoekstra Eline	03	08-021	20:25.20	50m	1-3-20	Alkmaar (NED)	431
2. Smit Sanne	01	08-021	20:34.89	50m	15-4-18	Alkmaar (NED)	420

2000 vrije slag2500 vrije slag3000 vrije slag4000 vrije slag5000 vrije slag6000 vrije slag6500 vrije slag10000 vrije slag20000 vrije slag22000 vrije slag25 rugslag50 rugslag

1. Kingma Danae	00	08-021	31.90	50m	6-4-17	Eindhoven (NED)	610
2. Hoekstra Eline	03	08-021	33.62	50m	22-2-20	Den Haag (NED)	521
3. Kleijne Daisy	89	08-021	34.14	50m	21-5-06	Beverwijk (NED)	497
4. Smit Sanne	01	08-021	35.64	50m	15-4-18	Alkmaar (NED)	437
5. Kramer Miranda	80	08-021	35.70	50m	25-5-97	Beverwijk (NED)	435
6. Crok Linda	94	08-021	35.74	50m	22-5-11	Beverwijk (NED)	434
7. Groen Anne	95	08-021	36.03	50m	20-5-12	Beverwijk (NED)	423
8. Meijer Linda	77	08-021	36.70	50m	28-5-94	Beverwijk (NED)	400
9. Gijzen-van der Kroft Nicole	84	08-021	37.13	50m	19-5-01	Beverwijk (NED)	387
10. van Assema Eline	05	08-021	37.14	50m	18-6-22	Bergbad Bückeburg (GER)	386
11. Herwegh Yara	07	08-021	37.71	50m	7-12-24	Beverwijk (NED)	369
12. de Roode Xara	08	08-021	38.36	50m	13-12-25	Beverwijk (NED)	351

50 rugslag (sinds 13)

13. de Haan Shira	00	08-021	38.64	50m	9-12-17	Beverwijk (NED)	343
14. Buur Cindy	99	08-021	44.16	50m	21-2-16	Alkmaar (NED)	230
15. de Groot Sjors	08	08-021	48.88	50m	21-6-25	Bückeburg (GER)	169

100 rugslag

1. Hoekstra Eline	03	08-021	1:14.14	50m	8-3-20	Amsterdam (NED)	481
2. Kleijne Daisy	89	08-021	1:14.53	50m	20-5-06	Beverwijk (NED)	473
3. Crok Linda	94	08-021	1:16.15	50m	21-5-11	Beverwijk (NED)	444
4. Meijer Sylvia	81	08-021	1:20.14	50m	25-10-98	Beverwijk (NED)	381
5. de Boer Irene	84	08-021	1:20.83	50m	29-4-01	Beverwijk (NED)	371
6. van Assema Eline	05	08-021	1:20.99	50m	18-6-22	Bergbad Bückeburg (GER)	369
7. de Roode Xara	08	08-021	1:21.32	50m	21-6-25	Bückeburg (GER)	364
8. Niesten Iris	92	08-021	1:21.53	50m	6-6-09	Beverwijk (NED)	361
9. Stins Mariska	84	08-021	1:22.42	50m	19-5-01	Beverwijk (NED)	350
10. de Haan Shira	00	08-021	1:23.86	50m	17-6-17	Bergbad Bückeburg (GER)	332
11. Stam Vanessa	80	08-021	1:24.00	50m	7-6-97	Beverwijk (NED)	330
12. van der Gracht Anouk	89	08-021	1:25.57	50m	27-5-06	Beverwijk (NED)	313
13. de Wildt Maud	05	08-021	1:28.37	50m	18-6-22	Bergbad Bückeburg (GER)	284
14. Steenbakker Lisan	07	08-021	1:36.95	50m	8-6-24	Bückeburg (GER)	215

200 rugslag

1. Hoekstra Eline	03	08-021	2:42.98	50m	8-3-20	Amsterdam (NED)	441
2. Crok Linda	94	08-021	2:43.20	50m	15-5-11	Alkmaar (NED)	439
3. Groen Anne	95	08-021	2:43.81	50m	13-5-12	Beverwijk (NED)	434
4. Kleijne Daisy	89	08-021	2:48.21	50m	14-5-06	Beverwijk (NED)	401
5. de Haan Shira	00	08-021	2:52.09	50m	17-6-17	Bergbad Bückeburg (GER)	374
6. Palmboom Nicole	91	08-021	2:57.14	50m	18-5-08	Alkmaar (NED)	343
7. van Assema Eline	05	08-021	2:57.88	50m	18-6-22	Bergbad Bückeburg (GER)	339
8. de Boer Irene	84	08-021	2:58.85	50m	29-4-01	Beverwijk (NED)	333

500 rugslag**25 schoolslag****50 schoolslag**

1. Kingma Danae	00	08-021	35.96	50m	20-5-17	Alkmaar (NED)	546
2. de Haan Shira	00	08-021	39.34	50m	20-5-17	Alkmaar (NED)	417
3. Palmboom Nicole	91	08-021	39.87	50m	18-5-08	Alkmaar (NED)	400
4. Hoekstra Eline	03	08-021	41.98	50m	23-2-20	Den Haag (NED)	343
5. Herwegh Yara	07	08-021	42.20	50m	7-12-24	Beverwijk (NED)	338
6. van Assema Eline	05	08-021	44.57	50m	19-6-22	Bergbad Bückeburg (GER)	287
7. Bos Marieke	06	08-021	48.62	50m	11-6-23	Bückeburg (GER)	221
8. de Roode Xara	08	08-021	51.29	50m	13-12-25	Beverwijk (NED)	188
9. Steenbakker Lisan	07	08-021	59.40	50m	9-6-24	Bückeburg (GER)	121

100 schoolslag

1. Kingma Danae	00	08-021	1:23.15	50m	21-5-17	Alkmaar (NED)	458
2. de Haan Shira	00	08-021	1:25.72	50m	18-6-17	Bergbad Bückeburg (GER)	418
3. Palmboom Nicole	91	08-021	1:28.36	50m	12-4-08	Antwerpen (BEL)	382
4. Stam Vanessa	80	08-021	1:29.60	50m	8-6-97	Beverwijk (NED)	366
5. Hoekstra Eline	03	08-021	1:30.68	50m	23-2-20	Den Haag (NED)	353
6. Gijzen-van der Kroft Nicole	84	08-021	1:31.31	50m	21-10-01	Beverwijk (NED)	346
7. van Rookhuizen Sieta	79	08-021	1:32.80	50m	2-6-96	Beverwijk (NED)	330
8. van der Gracht Anouk	89	08-021	1:34.06	50m	28-5-06	Beverwijk (NED)	316
9. Heus Pauline	78	08-021	1:35.20	50m	11-6-95	Beverwijk (NED)	305
10. de Wildt Maud	05	08-021	1:35.50	50m	18-6-22	Bergbad Bückeburg (GER)	302
11. van Assema Eline	05	08-021	1:38.24	50m	19-6-22	Bergbad Bückeburg (GER)	278
12. Stins Mariska	84	08-021	1:39.12	50m	21-10-01	Beverwijk (NED)	270
13. Bos Marieke	06	08-021	1:43.16	50m	10-6-23	Bückeburg (GER)	240

200 schoolslag

1. de Haan Shira	00	08-021	3:01.71	50m	28-5-17	Alkmaar (NED)	448
2. Stam Vanessa	80	08-021	3:09.60	50m	24-5-97	Beverwijk (NED)	394
3. Gijzen-van der Kroft Nicole	84	08-021	3:13.20	50m	29-4-01	Beverwijk (NED)	373
4. Kramer Miranda	80	08-021	3:17.60	50m	9-11-97	Beverwijk (NED)	348
5. de Wildt Maud	05	08-021	3:26.09	50m	19-6-22	Bergbad Bückeburg (GER)	307
6. Molenaar Eline	82	08-021	3:35.19	50m	31-10-99	Beverwijk (NED)	270
7. Bos Marieke	06	08-021	3:40.66	50m	11-6-23	Bückeburg (GER)	250

250 schoolslag**500 schoolslag****800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

50 vlinderslag

1. Kingma Danae	00	08-021	30.46	50m	6-4-17	Eindhoven (NED)	515
2. Hoekstra Eline	03	08-021	31.73	50m	26-1-20	Alkmaar (NED)	456
3. Palmboom Nicole	91	08-021	31.78	50m	12-4-08	Antwerpen (BEL)	454
4. de Haan Shira	00	08-021	31.88	50m	28-5-17	Alkmaar (NED)	450
5. Vink Lidewij	90	08-021	33.75	50m	12-5-07	Beverwijk (NED)	379
6. de Roode Xara	08	08-021	35.34	50m	13-12-25	Beverwijk (NED)	330
7. Koper Fiona	01	08-021	35.41	50m	8-12-18	Beverwijk (NED)	328
8. Crok Annemarie	89	08-021	35.47	50m	13-5-06	Beverwijk (NED)	326
9. Herwegh Yara	07	08-021	36.47	50m	7-12-24	Beverwijk (NED)	300
10. Meijer Sylvia	81	08-021	36.50	50m	25-10-98	Beverwijk (NED)	299
11. Essers Sanne	91	08-021	36.53	50m	17-5-08	Beverwijk (NED)	299
12. Stins Mariska	84	08-021	36.68	50m	13-5-01	Beverwijk (NED)	295
13. Blaauw Yente	03	08-021	38.08	50m	23-2-20	Den Haag (NED)	264
14. Steenbakker Lisan	07	08-021	44.31	50m	8-6-24	Bückeburg (GER)	167

100 vlinderslag

1. Palmboom Nicole	91	08-021	1:15.79	50m	18-5-08	Alkmaar (NED)	392
2. Vink Lidewij	90	08-021	1:16.13	50m	13-5-07	Alkmaar (NED)	387
3. Hoekstra Eline	03	08-021	1:17.45	50m	22-2-20	Den Haag (NED)	367
4. de Haan Shira	00	08-021	1:18.66	50m	17-6-17	Bergbad Bückeburg (GER)	350
5. Essers Sanne	91	08-021	1:19.59	50m	18-5-08	Alkmaar (NED)	338
6. Gijzen-van der Kroft Nicole	84	08-021	1:19.94	50m	29-4-01	Beverwijk (NED)	334
7. Stam Vanessa	80	08-021	1:20.20	50m	9-11-97	Beverwijk (NED)	331
8. Stins Mariska	84	08-021	1:21.97	50m	21-10-01	Beverwijk (NED)	310
9. Kramer Miranda	80	08-021	1:27.50	50m	9-11-97	Beverwijk (NED)	254
10. van der Gracht Anouk	89	08-021	1:28.01	50m	27-5-06	Beverwijk (NED)	250
11. Niesten Iris	92	08-021	1:30.21	50m	6-6-09	Beverwijk (NED)	232
12. de Roode Xara	08	08-021	1:30.98	50m	21-6-25	Bückeburg (GER)	226
13. Molenaar Eline	82	08-021	1:42.16	50m	31-10-99	Beverwijk (NED)	160
14. Heus Pauline	78	08-021	1:44.60	50m	10-6-95	Beverwijk (NED)	149
15. de Groot Sjors	08	08-021	1:54.97	50m	21-6-25	Bückeburg (GER)	112

200 vlinderslag

1. Hoekstra Eline	03	08-021	2:49.42	50m	22-2-20	Den Haag (NED)	371
2. Vink Lidewij	90	08-021	2:58.87	50m	20-5-07	Beverwijk (NED)	315

1000 vlinderslag**75 wisselslag****100 wisselslag**

200 wisselslag

1. Kingma Danae	00	08-021	2:34.82	50m	20-5-17	Alkmaar (NED)	540
2. Crok Linda	94	08-021	2:44.33	50m	21-5-11	Beverwijk (NED)	452
3. de Haan Shira	00	08-021	2:48.62	50m	17-6-17	Bergbad Bückeburg (GER)	418
4. Vink Lidewij	90	08-021	2:49.65	50m	19-5-07	Beverwijk (NED)	410
5. Gijzen-van der Kroft Nicole	84	08-021	2:51.82	50m	21-10-01	Beverwijk (NED)	395
6. Hoek Daniëlle	88	08-021	2:52.89	50m	17-4-05	Beverwijk (NED)	388
7. de Roode Xara	08	08-021	3:04.83	50m	21-6-25	Bückeburg (GER)	317
8. de Groot Sjors	08	08-021	3:59.79	50m	21-6-25	Bückeburg (GER)	145

300 wisselslag**400 wisselslag**