

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

1. Dekker Elise	97	08-021	19.34	25m	20-3-05	Heemstede (NED)	158
2. Hoekstra Eline	03	08-021	19.80	25m	13-11-11	Zaandam (NED)	147
3. van der Horst Wendy	72	08-021	20.90	25m	10-2-80	Heerhugowaard (NED)	125
4. Renkema Iris	04	08-021	21.27	25m	11-11-12	Schagen (NED)	118
5. van Ederen Jasmijn	10	08-021	21.65	25m	13-5-18	Haarlem (NED)	112
6. Dijkstra Pascal	89	08-021	21.90	25m	23-1-97	Heemskerk	108
7. Essers Sanne	91	08-021	22.03	25m	10-10-99	Zaandam (NED)	107
8. Butter Noor	16	08-021	23.08	25m	4-4-24	Heemskerk (NED)	93
9. van Leeuwen Andrea	71	08-021	23.60	25m	1-9-79	Heemskerk (NED)	87
10. Haack Fenna	16	08-021	24.22	25m	21-4-24	Krommenie (NED)	80
11. de Haan Shira	00	08-021	24.40	25m	29-5-08	Heemskerk (NED)	78
12. Jonker Nicole	68	08-021	25.20	25m	14-9-76	Heemskerk (NED)	71
13. van der Zee Paula	68	08-021	26.20	25m	14-9-76	Heemskerk (NED)	63
14. Plokker Sylvia	68	08-021	26.70	25m	14-9-76	Heemskerk (NED)	60
15. van der Leden Laura	68	08-021	28.50	25m	14-9-76	Heemskerk (NED)	49
16. Wieman Lianne	03	08-021	29.06	25m	30-6-11	Heemskerk (NED)	46
17. Poppema Yvonne	68	08-021	29.10	25m	14-9-76	Heemskerk (NED)	46
18. Dekker Jane	17	08-021	29.38	25m	8-5-25	Heemskerk (NED)	45
19. Lammers Angelique	68	08-021	29.40	25m	14-9-76	Heemskerk (NED)	45
20. Huisman Jolanda	68	08-021	29.80	25m	30-3-76	Heemskerk (NED)	43
20. van Giezen Corina	68	08-021	29.80	25m	30-3-76	Heemskerk (NED)	43
22. Gravemaker Sandra	68	08-021	30.80	25m	14-9-76	Heemskerk (NED)	39
23. van Laarhoven Salome	15	08-021	31.31	25m	7-12-23	Heemskerk (NED)	37
24. van der Veldt Sandra	72	08-021	31.50	25m	10-2-80	Heerhugowaard (NED)	36
25. Zijlstra Mariëlle	83	08-021	31.70	25m	16-5-91	Heemskerk (NED)	35

50 vrije slag

1. Stel Kaylin	01	08-021	41.61	25m	22-11-09	Zaandam (NED)	167
2. Dekker Elise	97	08-021	42.70	25m	27-3-05	Haarlem (NED)	154
3. Renkema Iris	04	08-021	43.26	25m	2-12-12	Amstelveen (NED)	148
4. van Rijn Eline	07	08-021	44.66	25m	13-12-15	Zaandam (NED)	135
5. van Honk Chantal	80	08-021	45.10	25m	14-12-88		131
6. Butter Noor	16	08-021	45.34	25m	20-10-24	Heemskerk (NED)	129
7. Banks Riley	17	08-021	46.26	25m	27-2-25	Heemskerk (NED)	121
8. Essers Sanne	91	08-021	46.75	25m	14-11-99	Zaandam (NED)	117
9. Steenkamp Ciska	90	08-021	47.00	25m	26-11-98	Heemskerk (NED)	116
10. van Ederen Jasmijn	10	08-021	47.07	25m	16-9-18	Alkmaar (NED)	115
11. van der Horst Wendy	72	08-021	47.80	25m	28-9-80	Zaandam (NED)	110

50 vrije slag (sinds 12)

12. Hoekstra Eline	03	08-021	47.88	25m	20-11-11	Zaandam (NED)	109
12. Oliveira Rocha Yara	17	08-021	47.88	25m	27-2-25	Heemskerk (NED)	109
14. Scholten Britt	04	08-021	49.43	25m	4-11-12	Heemstede (NED)	99
15. van Perlo Carla	75	08-021	49.60	25m	11-12-83	Heemskerk (NED)	98
16. Dijkstra Pascal	89	08-021	50.10	25m	30-3-97	Haarlem (NED)	95
17. Haack Fenna	16	08-021	50.13	25m	20-10-24	Heemskerk (NED)	95
18. Teufer Irene	96	08-021	50.15	25m	21-11-04	Zaandam (NED)	95
19. de Haan Shira	00	08-021	50.23	25m	23-11-08	Zaandam (NED)	95
20. Haack Zowi	18	08-021	50.97	25m	1-2-26	Krommenie (NED)	91
21. Copier Alyssa	04	08-021	51.03	25m	4-11-12	Heemstede (NED)	90
22. de Boer Isabel	06	08-021	51.04	25m	16-11-14	Zaandam (NED)	90
23. van Perlo Ingrid	73	08-021	51.10	25m	7-11-81	Heemskerk (NED)	90
24. Hoekstra Femke	05	08-021	51.43	25m	31-10-13	Heemskerk (NED)	88
25. Koopman Anitra	89	08-021	53.90	25m	6-11-97	Heemskerk (NED)	76

100 vrije slag

1. Stel Kaylin	01	08-021	1:31.41	25m	13-12-09	Zaandam (NED)	166
2. Dekker Elise	97	08-021	1:31.98	25m	18-12-05	Alkmaar (NED)	163
3. van Rijn Eline	07	08-021	1:37.22	25m	13-12-15	Zaandam (NED)	138
4. van der Horst Wendy	72	08-021	1:38.60	25m	16-11-80	Haarlem (NED)	132
5. Renkema Iris	04	08-021	1:39.67	25m	9-12-12	Zaandam (NED)	128
6. Essers Sanne	91	08-021	1:39.71	25m	19-12-99	Wormerveer (NED)	127
7. van Leeuwen Andrea	71	08-021	1:41.90	25m	7-10-79	Heemskerk (NED)	119
8. Steenkamp Ciska	90	08-021	1:45.76	25m	17-12-98	Heemskerk (NED)	107
9. van Ederen Jasmijn	10	08-021	1:46.61	25m	28-10-18	Den Helder (NED)	104
10. Copier Alyssa	04	08-021	1:47.35	25m	9-12-12	Zaandam (NED)	102
11. Scholten Britt	04	08-021	1:49.01	25m	9-12-12	Zaandam (NED)	97
12. van Perlo Carla	75	08-021	1:49.30	25m	10-4-83	Heemskerk (NED)	97
13. van Honk Chantal	80	08-021	1:50.20	25m	6-10-88	Heemskerk (NED)	94
14. de Boer Isabel	06	08-021	1:50.57	25m	14-12-14	Zaandam (NED)	93
15. Kleijne Daisy	89	08-021	1:51.90	25m	11-12-97	Heemskerk (NED)	90
16. de Haan Shira	00	08-021	1:53.21	25m	14-12-08	Zaandam (NED)	87
17. Haack Fenna	16	08-021	1:54.78	25m	15-12-24	Amsterdam (NED)	83
18. Koopman Anitra	89	08-021	1:55.80	25m	11-12-97	Heemskerk (NED)	81
19. Butter Noor	16	08-021	1:55.95	25m	29-9-24	Krommenie (NED)	81
20. Dijkstra Pascal	89	08-021	1:57.90	25m	12-10-97	Assendelft (NED)	77
21. Pover Ellen	72	08-021	2:09.50	25m	12-10-80	Wormerveer (NED)	58
22. Janssen Tess	89	08-021	2:15.40	25m	11-12-97	Heemskerk (NED)	51
23. Morianner Susanna	72	08-021	2:22.40	25m	8-11-80	Heemskerk (NED)	43

200 vrije slag

1. Stel Kaylin	01	08-021	3:23.95	25m	26-10-09	Haarlem (NED)	158
2. Dekker Elise	97	08-021	3:42.72	25m	23-10-05	Zaandam (NED)	121
3. Essers Sanne	91	08-021	4:07.54	25m	24-10-99	Zaandam (NED)	88
4. Steenkamp Ciska	90	08-021	4:08.20	25m	19-3-98	Heemskerk (NED)	88

250 vrije slag**300 vrije slag**

1. Stel Kaylin	01	08-021	5:27.33	25m	8-11-09	Zaandam (NED)	146
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400 vrije slag**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. Dekker Elise	97	08-021	23.11	25m	20-3-05	Heemstede (NED)	142
2. van Ederen Jasmijn	10	08-021	23.28	25m	13-5-18	Haarlem (NED)	139
3. van Perlo Ingrid	73	08-021	24.00	25m	13-12-81	Volendam (NED)	127
4. van der Horst Wendy	72	08-021	24.90	25m	16-3-80	Heemskerk (NED)	114
5. Renkema Iris	04	08-021	25.14	25m	30-9-12	Heemskerk (NED)	110
6. Butter Noor	16	08-021	25.25	25m	3-3-24	Krommenie (NED)	109
7. Steenkamp Ciska	90	08-021	26.30	25m	15-1-98	Heemskerk (NED)	96
8. Hoekstra Eline	03	08-021	26.60	25m	25-9-11	Hoorn (NED)	93
9. Dijkstra Pascal	89	08-021	27.00	25m	13-2-97	Heemskerk (NED)	89
10. Buur Naomi	01	08-021	27.16	25m	27-9-09	Hoorn (NED)	87
11. Haack Fenna	16	08-021	27.38	25m	3-3-24	Krommenie (NED)	85
12. Wieman Lianne	03	08-021	27.64	25m	25-9-11	Hoorn (NED)	83
13. Pover Ellen	72	08-021	27.80	25m	16-3-80	Heemskerk (NED)	82

25 rugslag (sinds 14)

14. de Haan Shira	00	08-021	30.24	25m	29-5-08	Heemskerk (NED)	63
15. Essers Sanne	91	08-021	30.92	25m	25-3-99	Heemskerk (NED)	59
16. van den Heuvel Sandra	80	08-021	31.40	25m	31-12-88		56
17. van Leeuwen Andrea	71	08-021	32.20	25m	13-10-79	Heemskerk (NED)	52
18. van der Veldt Sandra	72	08-021	34.00	25m	16-3-80	Heemskerk (NED)	44
19. Zijlstra Mariëlle	83	08-021	35.10	25m	16-5-91	Heemskerk (NED)	40
20. Roling Nora	15	08-021	43.85	25m	30-3-23	Heemskerk (NED)	20

50 rugslag

1. Stel Kaylin	01	08-021	45.67	25m	25-10-09	Nieuwegein (NED)	177
2. Dekker Elise	97	08-021	47.63	25m	2-10-05	Zaandam (NED)	156
3. van Ederen Jasmijn	10	08-021	50.52	25m	28-10-18	Den Helder (NED)	131
4. Butter Noor	16	08-021	51.09	25m	20-10-24	Heemskerk (NED)	126
5. van Rijn Eline	07	08-021	51.59	25m	22-11-15	Haarlem (NED)	123
6. Steenkamp Ciska	90	08-021	51.69	25m	29-10-98	Heemskerk (NED)	122
7. Scholten Britt	04	08-021	51.94	25m	4-11-12	Heemstede (NED)	120
8. van Honk Chantal	80	08-021	52.00	25m	15-12-88	Heemskerk (NED)	120
9. Hoekstra Eline	03	08-021	53.34	25m	18-12-11	Zaandam (NED)	111
10. Renkema Iris	04	08-021	53.85	25m	13-12-12	Heemskerk (NED)	108
11. Copier Alyssa	04	08-021	54.85	25m	4-11-12	Heemstede (NED)	102
12. Haack Fenna	16	08-021	55.37	25m	20-10-24	Heemskerk (NED)	99
13. van der Horst Wendy	72	08-021	55.60	25m	28-9-80	Zaandam (NED)	98
14. Essers Sanne	91	08-021	55.68	25m	14-11-99	Zaandam (NED)	97
15. Pover Ellen	72	08-021	55.90	25m	28-9-80	Zaandam (NED)	96
16. Dijkstra Pascal	89	08-021	56.80	25m	13-3-97	Heemskerk (NED)	92
17. Haack Zowi	18	08-021	57.12	25m	1-2-26	Krommenie (NED)	90
18. de Haan Shira	00	08-021	57.28	25m	23-11-08	Zaandam (NED)	90
19. Nobels Annita	68	08-021	57.70	25m	7-12-76	Heemskerk (NED)	88
20. van Perlo Ingrid	73	08-021	57.90	25m	7-11-81	Heemskerk (NED)	87
21. Huisman Jolanda	68	08-021	58.50	25m	7-12-76	Heemskerk (NED)	84
22. van den Heuvel Sandra	80	08-021	58.60	25m	14-12-88		84
23. Koopman Anitra	89	08-021	58.90	25m	9-10-97	Heemskerk (NED)	82
24. Buur Naomi	01	08-021	59.75	25m	24-9-09	Heemskerk (NED)	79
25. van Giezen Corina	68	08-021	59.80	25m	7-12-76	Heemskerk (NED)	79

100 rugslag

1. Stel Kaylin	01	08-021	1:36.87	25m	13-12-09	Zaandam (NED)	183
2. Dekker Elise	97	08-021	1:45.61	25m	9-10-05	Zaandam (NED)	141
3. van Rijn Eline	07	08-021	1:46.14	25m	13-12-15	Zaandam (NED)	139
4. Renkema Iris	04	08-021	1:49.61	25m	13-12-12	Heemskerk (NED)	126
5. Scholten Britt	04	08-021	1:51.93	25m	13-12-12	Heemskerk (NED)	118
6. Steenkamp Ciska	90	08-021	1:53.81	25m	4-10-98	Haarlem (NED)	113
7. Copier Alyssa	04	08-021	1:57.25	25m	9-12-12	Zaandam (NED)	103
8. van Ederen Jasmijn	10	08-021	1:59.12	25m	29-11-18	Heemskerk (NED)	98
9. van der Horst Wendy	72	08-021	1:59.70	25m	12-10-80	Wormerveer (NED)	97
10. van Perlo Ingrid	73	08-021	2:01.20	25m	28-11-81	Heemskerk (NED)	93
11. Pover Ellen	72	08-021	2:01.40	25m	2-11-80	Castricum (NED)	93
12. Hoekstra Eline	03	08-021	2:01.68	25m	17-11-11	Heemskerk (NED)	92
13. Essers Sanne	91	08-021	2:01.81	25m	16-12-99	Heemskerk	92
14. Dijkstra Pascal	89	08-021	2:02.20	25m	11-9-97	Heemskerk (NED)	91
15. de Boer Isabel	06	08-021	2:03.32	25m	14-12-14	Zaandam (NED)	88

100 rugslag (sinds 16)

16. Teufer Irene	96	08-021	2:06.28	25m	23-12-04	Heemskerk (NED)	82
17. Hoekstra Femke	05	08-021	2:08.44	25m	12-12-13	Heemskerk (NED)	78
18. van Leeuwen Andrea	71	08-021	2:11.60	25m	4-11-79	Zaandam (NED)	73
19. Koopman Anitra	89	08-021	2:16.70	25m	11-9-97	Heemskerk (NED)	65
20. Wieman Lianne	03	08-021	2:18.96	25m	17-11-11	Heemskerk (NED)	62
21. de Haan Shira	00	08-021	2:20.53	25m	25-9-08	Heemskerk (NED)	60
22. Rodenburg Kyra	96	08-021	2:34.59	25m	23-12-04	Heemskerk (NED)	45
23. Morianner Susanna	72	08-021	2:40.10	25m	4-10-80	Heemskerk (NED)	40
24. Dijkstra Miranda	72	08-021	2:41.20	25m	27-9-80	Heemskerk (NED)	39

200 rugslag500 rugslag25 schoolslag

1. Jonker Nicole	68	08-021	25.00	25m	14-9-76	Heemskerk (NED)	151
1. van der Zee Paula	68	08-021	25.00	25m	14-9-76	Heemskerk (NED)	151
3. van Leeuwen Andrea	71	08-021	26.10	25m	15-9-79	Heemskerk (NED)	132
4. Steenkamp Ciska	90	08-021	26.20	25m	19-3-98	Heemskerk (NED)	131
5. Dijkstra Pascal	89	08-021	26.30	25m	13-3-97	Heemskerk (NED)	129
6. Pover Ellen	72	08-021	26.50	25m	16-3-80	Heemskerk (NED)	126
7. van der Horst Wendy	72	08-021	26.80	25m	10-2-80	Heerhugowaard (NED)	122
8. Essers Sanne	91	08-021	27.04	25m	21-11-99	Heemskerk (NED)	119
9. Plokker Sylvia	68	08-021	27.20	25m	14-9-76	Heemskerk (NED)	117
10. de Haan Shira	00	08-021	27.37	25m	13-4-08	Hoorl (NED)	115
11. Butter Noor	16	08-021	27.44	25m	21-4-24	Krommenie (NED)	114
12. Poppema Yvonne	68	08-021	27.60	25m	14-9-76	Heemskerk (NED)	112
12. Lammers Angelique	68	08-021	27.60	25m	14-9-76	Heemskerk (NED)	112
14. van Ederen Jasmijn	10	08-021	27.62	25m	13-5-18	Haarlem (NED)	112
15. van der Leden Laura	68	08-021	28.20	25m	14-9-76	Heemskerk (NED)	105
16. Hoekstra Eline	03	08-021	28.50	25m	30-6-11	Heemskerk (NED)	102
17. Haack Fenna	16	08-021	29.10	25m	21-4-24	Krommenie (NED)	95
18. Zijlstra Mariëlle	83	08-021	29.50	25m	16-5-91	Heemskerk (NED)	92
19. van Giezen Corina	68	08-021	29.70	25m	14-9-76	Heemskerk (NED)	90
20. Gravemaker Sandra	68	08-021	30.10	25m	14-9-76	Heemskerk (NED)	86
20. van der Veldt Sandra	72	08-021	30.10	25m	16-3-80	Heemskerk (NED)	86
22. Wieman Lianne	03	08-021	30.52	25m	30-6-11	Heemskerk (NED)	83
23. Raaymakers Marjolein	68	08-021	30.80	25m	14-9-76	Heemskerk (NED)	80
24. Ververst Jacqueline	68	08-021	31.00	25m	14-9-76	Heemskerk (NED)	79
25. Huisman Jolanda	68	08-021	31.10	25m	30-3-76	Heemskerk (NED)	78

50 schoolslag

1. van Honk Chantal	80	08-021	51.30	25m	15-12-88	Heemskerk (NED)	174
2. Teufer Irene	96	08-021	52.50	25m	21-11-04	Zaandam (NED)	162
3. Steenkamp Ciska	90	08-021	52.80	25m	8-11-98	Zaandam (NED)	159
4. Butter Noor	16	08-021	54.07	25m	20-10-24	Heemskerk (NED)	148
5. Stel Kaylin	01	08-021	54.70	25m	24-10-09	Nieuwegein (NED)	143
6. Dijkstra Pascal	89	08-021	54.80	25m	11-9-97	Heemskerk (NED)	142
7. Hoekstra Eline	03	08-021	55.82	25m	20-11-11	Zaandam (NED)	135
8. van Rijn Eline	07	08-021	56.15	25m	11-10-15	Zaandam (NED)	132
9. van Ederen Jasmijn	10	08-021	56.26	25m	28-10-18	Den Helder (NED)	131
10. Renkema Iris	04	08-021	56.79	25m	18-11-12	Zaandam (NED)	128
11. Dekker Elise	97	08-021	56.84	25m	27-11-05	Heemskerk (NED)	127
12. Essers Sanne	91	08-021	56.96	25m	7-11-99	Zaandam (NED)	127
13. de Haan Shira	00	08-021	57.09	25m	7-12-08	Zaandam (NED)	126
14. Zeeman Esther	74	08-021	58.60	25m	29-11-82	Heemskerk (NED)	116
15. Oliveira Rocha Yara	17	08-021	58.85	25m	27-2-25	Heemskerk (NED)	115
16. van den Heuvel Sandra	80	08-021	59.40	25m	15-12-88	Heemskerk (NED)	112
17. Scholten Britt	04	08-021	1:00.56	25m	4-11-12	Heemstede (NED)	105
18. Koopman Anitra	89	08-021	1:01.00	25m	11-9-97	Heemskerk (NED)	103
19. Pover Ellen	72	08-021	1:01.80	25m	4-10-80	Heemskerk (NED)	99
20. Haack Fenna	16	08-021	1:02.20	25m	15-12-24	Amsterdam (NED)	97
21. Janssen Tess	89	08-021	1:02.70	25m	11-12-97	Heemskerk (NED)	95
22. de Boer Isabel	06	08-021	1:03.16	25m	16-11-14	Zaandam (NED)	93
23. van der Horst Wendy	72	08-021	1:03.20	25m	4-10-80	Heemskerk (NED)	93
24. Buur Naomi	01	08-021	1:04.18	25m	8-11-09	Heemstede (NED)	88
25. Wieman Lianne	03	08-021	1:04.71	25m	6-11-11	Heemstede (NED)	86

100 schoolslag

1. van Leeuwen Andrea	71	08-021	1:51.60	25m	25-11-79	Heemskerk (NED)	174
2. Steenkamp Ciska	90	08-021	1:54.20	25m	29-10-98	Heemskerk (NED)	162
3. Stel Kaylin	01	08-021	1:54.56	25m	19-11-09	Heemskerk (NED)	161
4. Teufer Irene	96	08-021	1:57.67	25m	28-10-04	Heemskerk (NED)	148
5. van Rijn Eline	07	08-021	2:00.80	25m	11-10-15	Zaandam (NED)	137
6. Butter Noor	16	08-021	2:00.84	25m	26-9-24	Heemskerk (NED)	137
7. Dijkstra Pascal	89	08-021	2:01.00	25m	14-12-97	Zaandam (NED)	136
8. van der Horst Wendy	72	08-021	2:02.50	25m	21-9-80	Heemskerk (NED)	131
8. de Haan Shira	00	08-021	2:02.50	25m	12-10-08	Zaandam (NED)	131
10. Essers Sanne	91	08-021	2:03.63	25m	19-12-99	Wormerveer (NED)	128
11. Pover Ellen	72	08-021	2:03.70	25m	21-9-80	Heemskerk (NED)	128
12. Renkema Iris	04	08-021	2:04.38	25m	2-12-12	Amstelveen (NED)	126
13. Koopman Anitra	89	08-021	2:07.20	25m	9-10-97	Heemskerk (NED)	117
14. van Ederen Jasmijn	10	08-021	2:08.06	25m	11-10-18	Heemskerk (NED)	115
15. Dekker Elise	97	08-021	2:08.23	25m	18-12-05	Alkmaar (NED)	115
16. Kleijne Daisy	89	08-021	2:08.90	25m	9-10-97	Heemskerk (NED)	113
17. Hoekstra Eline	03	08-021	2:10.63	25m	6-10-11	Heemskerk (NED)	108
18. Buur Naomi	01	08-021	2:12.45	25m	19-11-09	Heemskerk (NED)	104
19. Morianner Susanna	72	08-021	2:16.80	25m	13-12-80	Heemskerk (NED)	94
20. Rodenburg Kyra	96	08-021	2:17.17	25m	28-10-04	Heemskerk (NED)	93
21. Hoekstra Femke	05	08-021	2:17.26	25m	31-10-13	Heemskerk (NED)	93
22. van Perlo Ingrid	73	08-021	2:19.20	25m	7-11-81	Heemskerk (NED)	89
23. Wieman Lianne	03	08-021	2:23.37	25m	6-10-11	Heemskerk (NED)	82
24. Haack Fenna	16	08-021	2:23.85	25m	4-4-24	Heemskerk (NED)	81

200 schoolslag**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. Butter Noor	16	08-021	23.51	25m	24-10-24	Heemskerk (NED)	107
2. Scholten Britt	04	08-021	25.32	25m	13-12-12	Heemskerk (NED)	86
3. Renkema Iris	04	08-021	26.00	25m	13-12-12	Heemskerk (NED)	79
4. Hoekstra Eline	03	08-021	26.11	25m	17-11-11	Heemskerk (NED)	78
5. Dijkstra Pascal	89	08-021	26.40	25m	13-2-97	Heemskerk (NED)	76
6. Steenkamp Ciska	90	08-021	28.36	25m	4-10-98	Haarlem (NED)	61
7. Zijlstra Mariëlle	83	08-021	29.00	25m	16-5-91	Heemskerk (NED)	57
8. de Boer Isabel	06	08-021	29.23	25m	30-10-14	Heemskerk (NED)	56
9. Haack Fenna	16	08-021	29.84	25m	24-10-24	Heemskerk (NED)	52
10. Essers Sanne	91	08-021	34.78	25m	25-3-99	Heemskerk (NED)	33
11. Wieman Lianne	03	08-021	56.81	25m	17-11-11	Heemskerk (NED)	7

50 vlinderslag

1. Dekker Elise	97	08-021	51.84	25m	15-12-05	Heemskerk (NED)	104
2. Butter Noor	16	08-021	52.15	25m	15-12-24	Amsterdam (NED)	102
3. Stel Kaylin	01	08-021	55.54	25m	25-10-09	Nieuwegein (NED)	84
4. van Honk Chantal	80	08-021	56.40	25m	14-12-88		80
5. van Leeuwen Andrea	71	08-021	58.10	25m	2-12-79	Zaandam (NED)	73
6. van der Horst Wendy	72	08-021	1:02.10	25m	4-10-80	Heemskerk (NED)	60
7. Kleijne Daisy	89	08-021	1:04.00	25m	11-12-97	Heemskerk (NED)	55
8. Essers Sanne	91	08-021	1:04.19	25m	25-11-99	Heemskerk	54
9. van den Heuvel Sandra	80	08-021	1:04.80	25m	14-12-88		53
9. Dijkstra Pascal	89	08-021	1:04.80	25m	14-12-97	Zaandam (NED)	53
11. van Ederen Jasmijn	10	08-021	1:04.93	25m	29-11-18	Heemskerk (NED)	52
12. Steenkamp Ciska	90	08-021	1:06.95	25m	17-12-98	Heemskerk (NED)	48
13. van Rijn Eline	07	08-021	1:06.97	25m	11-10-15	Zaandam (NED)	48
14. Renkema Iris	04	08-021	1:09.77	25m	7-10-12	Zaandam (NED)	42
15. Pover Ellen	72	08-021	1:10.60	25m	4-10-80	Heemskerk (NED)	41
16. de Haan Shira	00	08-021	1:10.97	25m	30-10-08	Heemskerk (NED)	40
17. Morianner Susanna	72	08-021	1:22.70	25m	22-11-80	Heemskerk (NED)	25

100 vlinderslag**200 vlinderslag****1000 vlinderslag****75 wisselslag****100 wisselslag**

1. Stel Kaylin	01	08-021	1:45.97	25m	19-11-09	Heemskerk (NED)	151
2. Dekker Elise	97	08-021	1:48.28	25m	18-12-05	Alkmaar (NED)	142
3. van der Horst Wendy	72	08-021	1:55.50	25m	19-10-80	Heemskerk (NED)	117
4. Butter Noor	16	08-021	1:55.56	25m	24-11-24	Zaandam (NED)	116
5. van Perlo Carla	75	08-021	1:56.50	25m	11-12-83	Heemskerk (NED)	114
6. Steenkamp Ciska	90	08-021	1:59.11	25m	20-12-98	Alkmaar (NED)	106
7. de Haan Shira	00	08-021	1:59.60	25m	7-12-08	Zaandam (NED)	105
8. van Leeuwen Andrea	71	08-021	2:00.50	25m	8-12-79	Heemskerk (NED)	103
9. Essers Sanne	91	08-021	2:00.54	25m	21-11-99	Heemskerk (NED)	103
10. Kleijne Daisy	89	08-021	2:03.10	25m	6-11-97	Heemskerk (NED)	96
11. Dijkstra Pascal	89	08-021	2:08.00	25m	6-11-97	Heemskerk (NED)	86
12. van Honk Chantal	80	08-021	2:09.30	25m	31-12-88		83
13. van Perlo Ingrid	73	08-021	2:09.40	25m	28-11-81	Heemskerk (NED)	83
14. Koopman Anitra	89	08-021	2:09.90	25m	6-11-97	Heemskerk (NED)	82
15. Morianner Susanna	72	08-021	2:19.50	25m	13-12-80	Heemskerk (NED)	66
16. Pover Ellen	72	08-021	2:23.00	25m	8-11-80	Heemskerk (NED)	61
17. van den Heuvel Sandra	80	08-021	2:33.90	25m	31-12-88		49
18. Dijkstra Miranda	72	08-021	3:04.40	25m	27-9-80	Heemskerk (NED)	28

200 wisselslag

1. Dekker Elise	97	08-021	3:57.54	25m	30-1-05	Zaandam (NED)	135
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300 wisselslag

400 wisselslag