

15m vlinderslag benen onderwater

1. van Ederen Jasmijn	10	08-021	22.06	25m	15-12-19	Haarlem (NED)
2. Schut Bodine	09	08-021	26.65	25m	29-9-19	Haarlem (NED)

25m vrije slag met koprol

1. van Ederen Jasmijn	10	08-021	23.13	25m	19-1-20	Zaandam (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)
2. Schut Bodine	09	08-021	1:09.03	25m	19-1-20	Zaandam (NED)

100m borstcrawl benen**25 vrije slag**

1. Schelvis Femke	84	08-021	13.11	25m	25-3-99	Heemskerk (NED)	507
2. de Groot Daniëlle	93	08-021	13.42	25m	31-5-08	Aalsmeer (NED)	473
2. Hoekstra Eline	03	08-021	13.42	25m	7-7-22	Heemskerk (NED)	473
4. Meijer Sylvia	81	08-021	13.43	25m	4-5-00	Heemskerk (NED)	472
5. Crok Linda	94	08-021	13.48	25m	30-6-11	Heemskerk (NED)	467
6. Wentink Yara	04	08-021	13.63	25m	7-7-22	Heemskerk (NED)	451
7. Hulshof Saskia	73	08-021	13.70	25m	31-12-89	Heemskerk (NED)	445
7. Schuyt Simone	75	08-021	13.70	25m	31-12-89	Heemskerk (NED)	445
9. Palmboom Nicole	91	08-021	13.79	25m	27-4-06	Heemskerk	436
10. Koster Lisa	94	08-021	13.81	25m	31-5-08	Aalsmeer (NED)	434
11. Gijzen-van der Kroft Nicole	84	08-021	13.95	25m	29-3-01	Heemskerk (NED)	421
12. van Staveren Marina	78	08-021	14.04	25m	14-4-11	Heemskerk (NED)	413
13. Schelvis Roos	86	08-021	14.05	25m	29-3-01	Heemskerk (NED)	412
13. Vink Lidewij	90	08-021	14.05	25m	19-4-07	Heemskerk (NED)	412
15. Besse Karen	75	08-021	14.10	25m	31-12-89	Heemskerk (NED)	408
16. Hoek Daniëlle	88	08-021	14.12	25m	30-6-11	Heemskerk (NED)	406
17. van der Geest Saskia	73	08-021	14.20	25m	12-1-89	Heemskerk (NED)	399
17. Stam Vanessa	80	08-021	14.20	25m	13-3-97	Heemskerk (NED)	399
19. van Ballegooie Simone	84	08-021	14.26	25m	29-3-01	Heemskerk (NED)	394
20. Groen Anne	95	08-021	14.32	25m	30-6-11	Heemskerk (NED)	389
21. Kleijne Daisy	89	08-021	14.33	25m	27-4-06	Heemskerk	388
22. Kramer Miranda	80	08-021	14.34	25m	4-5-00	Heemskerk (NED)	388
23. van Rookhuizen Sieta	79	08-021	14.35	25m	4-5-00	Heemskerk (NED)	387
23. van 't Veer Iris	03	08-021	14.35	25m	7-7-22	Heemskerk (NED)	387
25. Vink Marjolein	93	08-021	14.37	25m	29-5-08	Heemskerk (NED)	385

50 vrije slag

1. Kingma Danae	00	08-021	26.92	25m	29-1-16	Amsterdam (NED)	617
2. Wentink Yara	04	08-021	27.37	25m	29-6-24	Rotterdam (NED)	588
3. Schelvis Femke	84	08-021	27.68	25m	7-11-04	IJmuiden (NED)	568
4. Smit Sanne	01	08-021	27.94	25m	17-11-18	Hoofddorp (NED)	552
5. Drubers Mirjam	67	08-021	28.20	25m	31-12-84		537
5. Siemerink Laura	04	08-021	28.20	25m	21-4-19	Haarlem (NED)	537
7. de Groot Daniëlle	93	08-021	28.39	25m	21-6-08	Alkmaar (NED)	526
8. Broek Jade	97	08-021	28.47	25m	6-12-15	Purmerend (NED)	522
9. Hoekstra Eline	03	08-021	28.51	25m	23-11-19	Hoofddorp (NED)	520
10. Palmboom Nicole	91	08-021	28.58	25m	23-3-08	Haarlem (NED)	516
11. Groen Anne	95	08-021	28.77	25m	13-10-16	Heemskerk (NED)	506
12. Koster Lisa	94	08-021	28.78	25m	12-5-08	Purmerend (NED)	505
13. Crok Linda	94	08-021	28.99	25m	24-4-11	Haarlem (NED)	494
14. Meijer Sylvia	81	08-021	29.10	25m	6-4-97	Heemskerk (NED)	489
15. Vink Lidewij	90	08-021	29.17	25m	29-5-08	Heemskerk (NED)	485
16. van 't Veer Iris	03	08-021	29.36	25m	24-4-22	Den Helder (NED)	476
17. Hoek Daniëlle	88	08-021	29.49	25m	28-12-04	Maastricht (NED)	470
18. van de Poll Marianne	89	08-021	29.52	25m	29-1-04	Heemskerk (NED)	468
19. Kleijne Daisy	89	08-021	29.57	25m	13-4-09	Haarlem (NED)	466
20. van Rijn-Hofwegen Wilma	71	08-021	29.61	25m	1-12-13	Vlaardingen (NED)	464
21. Herwegh Yara	07	08-021	29.79	25m	10-11-24	Purmerend (NED)	456
22. Schuyt Simone	75	08-021	29.80	25m	22-1-89	Zaandam (NED)	455
22. Hulshof Saskia	73	08-021	29.80	25m	11-3-90	Heemskerk (NED)	455
24. Koopman Inge	93	08-021	29.82	25m	24-4-22	Den Helder (NED)	454
25. Vink Marjolein	93	08-021	29.88	25m	8-4-07	Haarlem (NED)	451

100 vrije slag

1. Kingma Danae	00	08-021	58.38	25m	18-3-18	Purmerend (NED)	637
2. Schelvis Femke	84	08-021	59.32	25m	9-1-05	Zuidoost Beemster (NED)	607
3. Wentink Yara	04	08-021	59.50	25m	28-5-23	Purmerend (NED)	602
4. Smit Sanne	01	08-021	1:00.05	25m	24-3-19	Purmerend (NED)	585
5. Koster Lisa	94	08-021	1:01.06	25m	11-5-08	Purmerend (NED)	557
6. Drubers Mirjam	67	08-021	1:01.60	25m	15-12-84	Hilversum (NED)	542
7. Broek Jade	97	08-021	1:01.74	25m	18-11-17	Hoofddorp (NED)	539
8. Crok Linda	94	08-021	1:02.01	25m	3-4-11	Zaandam (NED)	532
9. de Groot Daniëlle	93	08-021	1:02.13	25m	11-5-08	Purmerend (NED)	529
10. Hoekstra Eline	03	08-021	1:02.36	25m	2-6-22	Heemskerk (NED)	523
11. Groen Anne	95	08-021	1:02.91	25m	18-12-16	Heemskerk (NED)	509
12. Siemerink Laura	04	08-021	1:03.00	25m	24-3-19	Purmerend (NED)	507
13. Meijer Sylvia	81	08-021	1:03.20	25m	5-4-98	Heemskerk (NED)	502
14. Gijzen-van der Kroft Nicole	84	08-021	1:03.76	25m	10-12-00	Heemskerk (NED)	489
15. Palmboom Nicole	91	08-021	1:03.79	25m	9-3-08	Heemskerk (NED)	488
16. van 't Veer Iris	03	08-021	1:04.05	25m	23-4-23	Den Helder (NED)	482
17. Vink Lidewij	90	08-021	1:04.70	25m	30-10-05	Amsterdam (NED)	468
18. Hoek Daniëlle	88	08-021	1:05.01	25m	28-12-04	Maastricht (NED)	461
18. Kleijne Daisy	89	08-021	1:05.01	25m	28-3-05	Haarlem (NED)	461
20. Herwegh Yara	07	08-021	1:05.26	25m	12-1-25	Heemskerk (NED)	456
21. Crok Annemarie	89	08-021	1:05.34	25m	27-11-11	Heemskerk (NED)	454
22. Mallon Danique	94	08-021	1:05.55	25m	5-4-10	Haarlem (NED)	450
23. Schelvis Roos	86	08-021	1:05.56	25m	12-12-99	Heemskerk (NED)	450
24. Verbree Bets	63	08-021	1:05.70	25m	19-12-81	Hilversum (NED)	447
24. Hulshof Saskia	73	08-021	1:05.70	25m	5-11-89	Heemskerk (NED)	447

200 vrije slag

1. Schelvis Femke	84	08-021	2:07.73	25m	25-11-99	Heemskerk	646
2. Kingma Danae	00	08-021	2:10.58	25m	12-4-18	Heemskerk (NED)	604
3. Smit Sanne	01	08-021	2:13.76	25m	16-3-17	Heemskerk (NED)	562
4. Hoekstra Eline	03	08-021	2:14.26	25m	5-3-20	Heemskerk (NED)	556
5. Drubers Mirjam	67	08-021	2:15.30	25m	31-12-85		543
6. Wentink Yara	04	08-021	2:16.44	25m	14-3-24	Heemskerk (NED)	530
7. Broek Jade	97	08-021	2:17.18	25m	18-11-18	Hoofddorp (NED)	521
8. Koster Lisa	94	08-021	2:17.53	25m	10-5-08	Purmerend (NED)	517
9. Crok Linda	94	08-021	2:17.72	25m	2-10-11	Heemskerk (NED)	515
10. de Groot Daniëlle	93	08-021	2:17.81	25m	10-5-08	Purmerend (NED)	514
11. Groen Anne	95	08-021	2:17.96	25m	13-11-16	Purmerend (NED)	512
12. Vink Lidewij	90	08-021	2:19.09	25m	12-2-06	Zaandam (NED)	500
13. van 't Veer Iris	03	08-021	2:20.41	25m	30-3-23	Heemskerk (NED)	486
14. Hoek Daniëlle	88	08-021	2:20.46	25m	22-3-12	Heemskerk (NED)	485
15. Siemerink Laura	04	08-021	2:21.26	25m	13-1-19	Purmerend (NED)	477
16. Stel Serena	98	08-021	2:21.69	25m	18-4-10	Zaandam (NED)	473
17. Palmboom Nicole	91	08-021	2:22.48	25m	1-3-08	Hoorn (NED)	465
18. Verbree Bets	63	08-021	2:22.60	25m	7-2-82		464
19. Schelvis Roos	86	08-021	2:23.28	25m	26-9-02	Heemskerk	457
20. Mallon Danique	94	08-021	2:23.87	25m	3-10-10	Zaandam (NED)	452
21. Gijzen-van der Kroft Nicole	84	08-021	2:24.05	25m	30-11-00	Heemskerk (NED)	450
22. Kleijne Daisy	89	08-021	2:24.52	25m	13-3-05	Amsterdam (NED)	446
23. Meijer Sylvia	81	08-021	2:24.70	25m	11-12-97	Heemskerk (NED)	444
24. Crok Annemarie	89	08-021	2:25.47	25m	13-11-11	Zaandam (NED)	437
25. van der Gracht Anouk	89	08-021	2:25.68	25m	25-11-07	Amsterdam (NED)	435

250 vrije slag**300 vrije slag**

1. Schelvis Femke	84	08-021	3:27.55	25m	17-12-04	Drachten (NED)	573
2. Crok Linda	94	08-021	3:38.23	25m	25-4-11	Haarlem (NED)	493
3. Hoekstra Eline	03	08-021	3:39.67	25m	9-11-24	Purmerend (NED)	483
4. Vink Lidewij	90	08-021	3:40.07	25m	18-5-06	Heemskerk (NED)	481
5. Broek Jade	97	08-021	3:44.41	25m	4-10-15	Purmerend (NED)	453
6. Wentink Yara	04	08-021	3:44.70	25m	8-6-19	Purmerend (NED)	452
7. Hoek Daniëlle	88	08-021	3:47.20	25m	18-5-06	Heemskerk (NED)	437
8. Stel Serena	98	08-021	3:50.73	25m	29-1-10	Heerenveen (NED)	417
9. Palmboom Nicole	91	08-021	3:51.10	25m	18-5-06	Heemskerk (NED)	415
10. van de Poll Marianne	89	08-021	3:51.98	25m	29-4-04	Heemskerk (NED)	410
11. Groen Anne	95	08-021	3:52.00	25m	25-4-11	Haarlem (NED)	410
12. van der Gracht Anouk	89	08-021	3:52.29	25m	18-5-13	Purmerend (NED)	409
13. Koster Lisa	94	08-021	3:53.61	25m	14-10-07	Zaandam (NED)	402
14. Kleijne Daisy	89	08-021	3:56.50	25m	29-4-04	Heemskerk (NED)	387
15. Haasbroek Renske	03	08-021	3:56.60	25m	21-4-25	Haarlem (NED)	387
16. Teufer Irene	96	08-021	3:58.28	25m	30-3-08	Zaandam (NED)	379
17. Stins Mariska	84	08-021	4:01.45	25m	29-4-04	Heemskerk (NED)	364
18. Koopman Anitra	89	08-021	4:02.06	25m	29-4-04	Heemskerk (NED)	361
19. Meijer Sylvia	81	08-021	4:02.20	25m	19-4-98	Zaandam (NED)	361
20. Buur Naomi	01	08-021	4:02.95	25m	7-6-14	Purmerend (NED)	357
21. Essers Sanne	91	08-021	4:05.80	25m	14-10-07	Zaandam (NED)	345
22. de Ruijter Linda	87	08-021	4:07.06	25m	29-4-04	Heemskerk (NED)	340

300 vrije slag (sinds 23)

23. Mallon Danique	94	08-021	4:08.45	25m	14-10-07	Zaandam (NED)	334
24. de Roode Xara	08	08-021	4:10.21	25m	6-10-24	Den Helder (NED)	327
25. de Wildt Maud	05	08-021	4:13.28	25m	1-10-23	Den Helder (NED)	315

400 vrije slag

1. Schelvis Femke	84	08-021	4:32.44	25m	14-11-04	Heemskerk (NED)	637
2. Hoekstra Eline	03	08-021	4:48.25	25m	22-5-22	Hoofddorp (NED)	538
3. Crok Linda	94	08-021	4:50.50	25m	25-4-11	Haarlem (NED)	526
4. Vink Lidewij	90	08-021	4:54.59	25m	18-5-06	Heemskerk (NED)	504
5. Drubers Mirjam	67	08-021	4:55.60	25m	26-1-86	Castricum (NED)	499
6. Wentink Yara	04	08-021	4:56.18	25m	8-6-19	Purmerend (NED)	496
7. Smit Sanne	01	08-021	4:57.22	25m	29-12-18	Leeuwarden (NED)	491
8. Hoek Daniëlle	88	08-021	5:01.12	25m	18-5-06	Heemskerk (NED)	472
9. Groen Anne	95	08-021	5:01.68	25m	1-10-17	Purmerend (NED)	469
10. Koster Lisa	94	08-021	5:02.29	25m	18-11-07	Alkmaar (NED)	466
11. Broek Jade	97	08-021	5:04.72	25m	4-10-15	Purmerend (NED)	455
12. de Groot Daniëlle	93	08-021	5:05.33	25m	12-5-08	Purmerend (NED)	453
13. Stel Serena	98	08-021	5:06.13	25m	28-3-10	Zeist (NED)	449
14. Schelvis Roos	86	08-021	5:06.22	25m	30-5-02	Heemskerk	449
15. van 't Veer Iris	03	08-021	5:07.46	25m	22-4-19	Haarlem (NED)	443
16. Palmboom Nicole	91	08-021	5:08.81	25m	18-5-06	Heemskerk (NED)	437
17. Stam Vanessa	80	08-021	5:09.30	25m	22-2-98	Zaandam (NED)	435
18. Kleijne Daisy	89	08-021	5:10.46	25m	1-5-05	Zaandam (NED)	431
19. van der Gracht Anouk	89	08-021	5:11.00	25m	31-5-07	Heemskerk (NED)	428
20. van de Poll Marianne	89	08-021	5:12.47	25m	9-6-03	Z.o. Beemster	422
21. de Haan Shira	00	08-021	5:13.43	25m	17-4-17	Haarlem (NED)	418
22. Haasbroek Renske	03	08-021	5:14.47	25m	2-3-25	Amsterdam (NED)	414
23. Hulshof Saskia	73	08-021	5:15.40	25m	11-3-90	Heemskerk (NED)	411
24. Verbree Bets	63	08-021	5:15.70	25m	5-4-81	Heemskerk (NED)	409
25. Besse Karen	75	08-021	5:16.50	25m	10-3-91	Heemskerk (NED)	406

500 vrije slag**800 vrije slag**

1. Schelvis Femke	84	08-021	9:32.54	25m	28-2-99	Zaandam (NED)	586
2. Crok Linda	94	08-021	10:11.36	25m	16-10-11	Zaandam (NED)	481
3. Vink Lidewij	90	08-021	10:13.37	25m	1-4-06	Zaandam (NED)	477
4. Stel Serena	98	08-021	10:13.69	25m	28-3-10	Zeist (NED)	476
5. Hoekstra Eline	03	08-021	10:19.33	25m	3-12-23	Alkmaar (NED)	463
6. Hoek Daniëlle	88	08-021	10:19.78	25m	17-10-04	Zaandam (NED)	462
7. van 't Veer Iris	03	08-021	10:32.39	25m	11-10-20	Alkmaar (NED)	435
8. Kingma Danae	00	08-021	10:34.87	25m	19-10-14	Zaandam (NED)	430
9. Kleijne Daisy	89	08-021	10:35.32	25m	1-4-06	Zaandam (NED)	429
10. Wentink Yara	04	08-021	10:36.31	25m	23-10-22	Hoofddorp (NED)	427
11. Stam Vanessa	80	08-021	10:36.50	25m	22-2-98	Zaandam (NED)	427
12. Smit Sanne	01	08-021	10:36.60	25m	8-10-17	Alkmaar (NED)	426
13. Koster Lisa	94	08-021	10:39.38	25m	9-12-07	Zaandam (NED)	421
14. Teufer Irene	96	08-021	10:41.66	25m	30-3-08	Zaandam (NED)	416
15. van der Gracht Anouk	89	08-021	10:43.54	25m	3-2-08	Zaandam (NED)	413
16. Schelvis Roos	86	08-021	10:47.23	25m	4-11-01	Heemskerk	406
17. Essers Sanne	91	08-021	10:56.82	25m	27-10-07	Barneveld (NED)	388

800 vrije slag (sinds 18)

18. Limmen Karin	76	08-021	11:00.20	25m	12-4-92	Heemstede (NED)	382
19. Groen Anne	95	08-021	11:03.36	25m	16-10-11	Zaandam (NED)	377
20. Besse Karen	75	08-021	11:03.90	25m	6-6-91	Heemskerk	376
21. van Rookhuizen Sieta	79	08-021	11:04.30	25m	14-4-94	Heemskerk	375
22. de Groot Daniëlle	93	08-021	11:05.30	25m	9-12-07	Zaandam (NED)	374
23. de Boer Irene	84	08-021	11:09.32	25m	5-11-00	Zaandam (NED)	367
24. Kramer Miranda	80	08-021	11:10.60	25m	22-2-98	Zaandam (NED)	365
25. Mallon Danique	94	08-021	11:12.78	25m	9-12-07	Zaandam (NED)	361

1000 vrije slag**1250 vrije slag****1500 vrije slag**

1. Schelvis Femke	84	08-021	19:04.76	25m	23-1-00	Heemskerk (NED)	518
2. Crok Linda	94	08-021	19:23.75	25m	4-12-11	Zaandam (NED)	493
3. Vink Lidewij	90	08-021	19:28.97	25m	12-1-06	Heemskerk (NED)	487
4. Hoekstra Eline	03	08-021	19:37.95	25m	3-12-23	Alkmaar (NED)	475
5. van 't Veer Iris	03	08-021	19:53.31	25m	11-10-20	Alkmaar (NED)	457
6. Hoek Daniëlle	88	08-021	20:03.26	25m	14-11-04	Heemskerk (NED)	446
7. Kleijne Daisy	89	08-021	20:17.52	25m	12-1-06	Heemskerk (NED)	431
8. Schelvis Roos	86	08-021	20:20.21	25m	4-11-01	Heemskerk	428
9. van der Gracht Anouk	89	08-021	20:26.00	25m	3-2-08	Zaandam (NED)	422
10. de Groot Daniëlle	93	08-021	21:01.65	25m	9-12-07	Zaandam (NED)	387
11. de Boer Irene	84	08-021	21:16.67	25m	23-1-00	Heemskerk (NED)	373
12. Limmen Karin	76	08-021	21:25.00	25m	7-2-93	Volendam (NED)	366
13. Groen Anne	95	08-021	21:38.25	25m	19-12-10	Zaandam (NED)	355
14. Stins Mariska	84	08-021	21:41.94	25m	4-1-01	Heemskerk (NED)	352
15. Kramer Miranda	80	08-021	21:44.13	25m	11-2-01	Zaandam (NED)	350
16. Essers Sanne	91	08-021	21:45.01	25m	3-12-06	Zaandam (NED)	350
17. van de Poll Marianne	89	08-021	21:47.89	25m	16-11-03	Heemskerk (NED)	347
18. Koopman Anitra	89	08-021	21:53.80	25m	16-2-03	Zaandam	343
19. de Ruijter Linda	87	08-021	21:56.67	25m	1-12-02	Heemskerk	340
20. Crok Annemarie	89	08-021	22:14.20	25m	16-11-03	Heemskerk (NED)	327
21. Besse Karen	75	08-021	22:20.60	25m	29-12-88	Heemskerk (NED)	322
22. van Rookhuizen Sieta	79	08-021	22:21.97	25m	23-1-00	Heemskerk (NED)	321
23. Zonneveld Chantal	84	08-021	22:25.85	25m	23-1-00	Heemskerk (NED)	319
24. Visser Kelly	89	08-021	22:30.91	25m	10-2-02	Zaandam	315
25. Buur Naomi	01	08-021	22:49.10	25m	9-2-14	Zaandam (NED)	303

2000 vrije slag

1. Schelvis Femke	84	08-021	25:28.90	25m	5-3-00	Zaandam (NED)	515
2. Crok Linda	94	08-021	26:17.78	25m	13-2-11	Zaandam (NED)	469
3. van de Poll Marianne	89	08-021	26:56.35	25m	7-3-04	Zaandam	436
4. Vink Lidewij	90	08-021	27:03.36	25m	28-1-07	Zaandam (NED)	431
5. Hoek Daniëlle	88	08-021	27:21.57	25m	7-3-04	Zaandam	416
6. van der Gracht Anouk	89	08-021	27:22.08	25m	3-2-08	Zaandam (NED)	416
7. Kleijne Daisy	89	08-021	27:32.48	25m	1-3-09	Zaandam (NED)	408
8. Essers Sanne	91	08-021	28:04.76	25m	28-1-07	Zaandam (NED)	385
9. Schelvis Roos	86	08-021	28:08.75	25m	10-2-02	Zaandam	382
10. Kramer Miranda	80	08-021	29:04.76	25m	11-2-01	Zaandam (NED)	347
11. Stins Mariska	84	08-021	29:08.81	25m	5-3-00	Zaandam (NED)	344
12. de Ruijter Linda	87	08-021	29:15.39	25m	16-2-03	Zaandam	340
13. Crok Annemarie	89	08-021	29:24.89	25m	7-3-04	Zaandam	335
14. van Rookhuizen Sieta	79	08-021	29:42.03	25m	5-3-00	Zaandam (NED)	325
15. Groen Anne	95	08-021	29:43.90	25m	13-2-11	Zaandam (NED)	324
16. Niesten Iris	92	08-021	32:20.51	25m	28-1-07	Zaandam (NED)	252
17. Boekling Annette	85	08-021	34:19.25	25m	5-3-00	Zaandam (NED)	211

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. Schelvis Femke	84	08-021	15.10	25m	15-1-98	Heemskerk (NED)	512
2. Hoekstra Eline	03	08-021	15.36	25m	7-7-22	Heemskerk (NED)	486
3. Broek Jade	97	08-021	15.49	25m	7-7-22	Heemskerk (NED)	474
4. Meijer Sylvia	81	08-021	15.90	25m	13-2-97	Heemskerk (NED)	438
5. Hulshof Saskia	73	08-021	16.00	25m	12-1-89	Heemskerk (NED)	430
6. Palmboom Nicole	91	08-021	16.02	25m	19-4-07	Heemskerk (NED)	428
7. Schelvis Roos	86	08-021	16.39	25m	17-2-00	Heemskerk (NED)	400
8. Meijer Linda	77	08-021	16.40	25m	16-5-91	Heemskerk (NED)	399
8. Kramer Miranda	80	08-021	16.40	25m	15-1-98	Heemskerk (NED)	399
10. Wentink Yara	04	08-021	16.47	25m	7-7-22	Heemskerk (NED)	394

25 rugslag (sinds 11)

11. Kleijne Daisy	89	08-021	16.57	25m	27-4-06	Heemskerk	387
12. Mallon Danique	94	08-021	16.78	25m	29-5-08	Heemskerk (NED)	373
13. Stins Mariska	84	08-021	16.86	25m	19-4-07	Heemskerk (NED)	367
14. Stam Sabrina	82	08-021	16.90	25m	15-1-98	Heemskerk (NED)	365
14. Vink Lidewij	90	08-021	16.90	25m	19-4-07	Heemskerk (NED)	365
14. de Haan Shira	00	08-021	16.90	25m	7-7-22	Heemskerk (NED)	365
17. Crok Linda	94	08-021	16.95	25m	29-5-08	Heemskerk (NED)	361
18. Schuyt Simone	75	08-021	17.00	25m	12-1-89	Heemskerk (NED)	358
19. van Ballegooie Stefanie	86	08-021	17.07	25m	22-2-01	Heemskerk (NED)	354
20. Koster Lisa	94	08-021	17.13	25m	19-4-07	Heemskerk (NED)	350
21. Gijzen-van der Kroft Nicole	84	08-021	17.20	25m	13-2-97	Heemskerk (NED)	346
21. Stam Vanessa	80	08-021	17.20	25m	15-1-98	Heemskerk (NED)	346
23. van 't Veer Iris	03	08-021	17.22	25m	7-7-22	Heemskerk (NED)	345
24. Hoek Daniëlle	88	08-021	17.26	25m	29-5-08	Heemskerk (NED)	342
25. van Assema Eline	05	08-021	17.28	25m	7-7-22	Heemskerk (NED)	341

50 rugslag

1. Kingma Danae	00	08-021	31.06	25m	30-12-17	Leeuwarden (NED)	564
2. Broek Jade	97	08-021	31.17	25m	16-11-19	Hoofddorp (NED)	558
3. Wentink Yara	04	08-021	31.62	25m	29-6-24	Rotterdam (NED)	535
4. Hoekstra Eline	03	08-021	32.02	25m	5-12-21	Den Haag (NED)	515
5. Kleijne Daisy	89	08-021	32.44	25m	5-3-06	Purmerend (NED)	495
6. Koper Fiona	01	08-021	32.46	25m	15-2-18	Heemskerk (NED)	494
7. Schelvis Femke	84	08-021	32.93	25m	14-11-99	Zaandam (NED)	473
8. Siemerink Laura	04	08-021	33.00	25m	30-12-18	Leeuwarden (NED)	470
9. Palmboom Nicole	91	08-021	33.39	25m	29-12-07	Maastricht (NED)	454
10. van 't Veer Iris	03	08-021	33.54	25m	15-2-18	Heemskerk (NED)	448
11. Koster Lisa	94	08-021	33.96	25m	13-12-07	Heemskerk (NED)	431
12. Groen Anne	95	08-021	34.04	25m	2-10-16	Purmerend (NED)	428
13. Hulshof Saskia	73	08-021	34.10	25m	30-6-88	Heemskerk (NED)	426
14. Crok Linda	94	08-021	34.25	25m	3-3-13	Purmerend (NED)	421
15. ten Bokkel Henrieke	94	08-021	34.33	25m	12-4-18	Heemskerk (NED)	418
16. Smit Sanne	01	08-021	34.37	25m	15-2-15	Purmerend (NED)	416
17. Kramer Miranda	80	08-021	34.40	25m	5-4-98	Heemskerk (NED)	415
18. Meijer Sylvia	81	08-021	34.50	25m	26-1-97	Zuidoost Beemster (NED)	411
19. Schelvis Roos	86	08-021	34.63	25m	16-4-00	Almelo (NED)	407
20. Meijer Linda	77	08-021	34.70	25m	17-2-94	Heemskerk	404
21. Mallon Danique	94	08-021	34.73	25m	22-5-10	Purmerend (NED)	403
22. Buur Naomi	01	08-021	34.76	25m	18-2-16	Heemskerk (NED)	402
23. Vink Lidewij	90	08-021	34.96	25m	5-3-06	Purmerend (NED)	395
23. Herwegh Binthy	09	08-021	34.96	25m	27-10-24	Zaandam (NED)	395
25. Jongema Helena	80	08-021	35.08	25m	16-3-08	Amersfoort (NED)	391

100 rugslag

1. Broek Jade	97	08-021	1:06.99	25m	24-3-19	Purmerend (NED)	554
2. Kingma Danae	00	08-021	1:07.00	25m	24-3-19	Purmerend (NED)	554
3. Schelvis Femke	84	08-021	1:09.10	25m	28-11-04	Heemskerk (NED)	505
4. Hoekstra Eline	03	08-021	1:10.41	25m	17-2-22	Heemskerk (NED)	477
5. Kleijne Daisy	89	08-021	1:11.62	25m	16-4-06	Haarlem (NED)	453
6. Wentink Yara	04	08-021	1:11.77	25m	24-10-24	Heemskerk (NED)	450
7. Koper Fiona	01	08-021	1:11.99	25m	17-6-18	Alkmaar (NED)	446
8. Siemerink Laura	04	08-021	1:12.17	25m	23-11-19	Hoofddorp (NED)	443
9. Crok Linda	94	08-021	1:12.23	25m	17-11-11	Heemskerk (NED)	442
10. van 't Veer Iris	03	08-021	1:12.48	25m	1-4-18	Haarlem (NED)	437
11. Hulshof Saskia	73	08-021	1:12.60	25m	7-1-89	Hilversum (NED)	435
12. Meijer Sylvia	81	08-021	1:13.00	25m	30-3-97	Haarlem (NED)	428
13. Koster Lisa	94	08-021	1:13.07	25m	17-11-07	Barneveld (NED)	427
14. Schelvis Roos	86	08-021	1:13.34	25m	16-4-00	Almelo (NED)	422
15. Groen Anne	95	08-021	1:13.36	25m	15-1-17	Alkmaar (NED)	422
16. Smit Sanne	01	08-021	1:13.59	25m	10-1-16	Purmerend (NED)	418
17. Mallon Danique	94	08-021	1:14.20	25m	4-11-10	Heemskerk (NED)	407
18. Kramer Miranda	80	08-021	1:14.70	25m	30-3-97	Haarlem (NED)	399
19. Poppema Yvonne	68	08-021	1:15.10	25m	12-2-84	Heemskerk (NED)	393
20. Gijzen-van der Kroft Nicole	84	08-021	1:15.16	25m	15-4-01	Haarlem (NED)	392
21. de Graaf Annemiek	70	08-021	1:15.30	25m	31-12-86		390
22. Jongema Helena	80	08-021	1:15.36	25m	3-5-08	Winterswijk (NED)	389
23. Meijer Linda	77	08-021	1:15.80	25m	8-9-91	Assendelft (NED)	382
24. Zonneveld Chantal	84	08-021	1:16.21	25m	28-3-02	Heemskerk	376
25. Buur Naomi	01	08-021	1:16.29	25m	27-3-16	Haarlem (NED)	375

200 rugslag

1. Schelvis Femke	84	08-021	2:26.44	25m	10-10-99	Zaandam (NED)	539
2. Kingma Danae	00	08-021	2:27.57	25m	18-3-18	Purmerend (NED)	527
3. Broek Jade	97	08-021	2:30.24	25m	16-11-19	Hoofddorp (NED)	499
4. van 't Veer Iris	03	08-021	2:35.01	25m	16-11-19	Hoofddorp (NED)	455
5. Crok Linda	94	08-021	2:36.36	25m	11-4-10	Zaandam (NED)	443
6. Groen Anne	95	08-021	2:36.71	25m	29-1-23	Heemskerk (NED)	440
7. Hoekstra Eline	03	08-021	2:36.92	25m	29-1-23	Heemskerk (NED)	438
8. Koper Fiona	01	08-021	2:37.77	25m	18-3-18	Purmerend (NED)	431
9. Kleijne Daisy	89	08-021	2:38.20	25m	10-4-05	Zuidoost-Beemster (NED)	428
10. de Graaf Annemiek	70	08-021	2:39.30	25m	13-4-86		419
11. Schelvis Roos	86	08-021	2:39.57	25m	19-11-00	Zaandam (NED)	417
12. Smit Sanne	01	08-021	2:40.69	25m	18-3-18	Purmerend (NED)	408
13. Gijzen-van der Kroft Nicole	84	08-021	2:40.92	25m	14-12-00	Heemskerk (NED)	406
14. Palmboom Nicole	91	08-021	2:41.16	25m	9-3-08	Heemskerk (NED)	404
15. Stel Serena	98	08-021	2:41.22	25m	21-3-10	Zaandam (NED)	404
16. Wentink Yara	04	08-021	2:42.13	25m	21-10-18	Purmerend (NED)	397
17. Meijer Sylvia	81	08-021	2:42.31	25m	24-9-98	Heemskerk (NED)	396
18. Hulshof Saskia	73	08-021	2:42.50	25m	4-11-89		394
19. Koster Lisa	94	08-021	2:42.59	25m	21-10-07	Zaandam (NED)	394
20. Crok Annemarie	89	08-021	2:42.61	25m	14-3-04	Zaandam	394
21. Mallon Danique	94	08-021	2:42.74	25m	11-4-10	Zaandam (NED)	393
22. Siemerink Laura	04	08-021	2:42.93	25m	8-2-26	Purmerend (NED)	391
23. Poppema Yvonne	68	08-021	2:43.10	25m	31-12-83		390
24. Kramer Miranda	80	08-021	2:43.40	25m	10-10-96	Heemskerk (NED)	388
25. Vink Lidewij	90	08-021	2:43.41	25m	9-3-08	Heemskerk (NED)	388

500 rugslag**25 schoolslag**

1. Palmboom Nicole	91	08-021	17.22	25m	27-4-06	Heemskerk	462
2. Kramer Miranda	80	08-021	17.60	25m	19-3-98	Heemskerk (NED)	433
3. Hoekstra Eline	03	08-021	17.70	25m	7-7-22	Heemskerk (NED)	426
4. van Honk Chantal	80	08-021	17.80	25m	16-5-91	Heemskerk (NED)	419
4. van Rookhuizen Sieta	79	08-021	17.80	25m	13-3-97	Heemskerk (NED)	419
6. de Groot Daniëlle	93	08-021	17.83	25m	29-5-08	Heemskerk (NED)	416
7. Hulshof Saskia	73	08-021	17.90	25m	12-1-89	Heemskerk (NED)	412
7. Stam Vanessa	80	08-021	17.90	25m	13-3-97	Heemskerk (NED)	412
9. van der Geest Saskia	73	08-021	18.10	25m	12-1-89	Heemskerk (NED)	398
9. Broek Jade	97	08-021	18.10	25m	7-7-22	Heemskerk (NED)	398
11. Hogema Fabiën	93	08-021	18.32	25m	19-4-07	Heemskerk (NED)	384
11. de Haan Shira	00	08-021	18.32	25m	7-7-22	Heemskerk (NED)	384
13. Gijzen-van der Kroft Nicole	84	08-021	18.40	25m	13-3-97	Heemskerk (NED)	379
14. van der Gracht Anouk	89	08-021	18.41	25m	27-4-06	Heemskerk	378
15. Koster Lisa	94	08-021	18.50	25m	19-4-07	Heemskerk (NED)	373
16. Schelvis Femke	84	08-021	18.60	25m	19-3-98	Heemskerk (NED)	367
17. Wentink Yara	04	08-021	18.62	25m	7-7-22	Heemskerk (NED)	366
18. Schelvis Roos	86	08-021	18.63	25m	22-2-01	Heemskerk (NED)	365
19. Crok Linda	94	08-021	18.68	25m	29-5-08	Heemskerk (NED)	362
20. Boekling Annette	85	08-021	18.72	25m	22-2-01	Heemskerk (NED)	360
21. Vink Lidewij	90	08-021	18.88	25m	19-4-07	Heemskerk (NED)	351
22. Stins Mariska	84	08-021	18.89	25m	25-3-99	Heemskerk (NED)	350
23. Crok Annemarie	89	08-021	19.04	25m	27-4-06	Heemskerk	342
24. Vink Marjolein	93	08-021	19.06	25m	19-4-07	Heemskerk (NED)	341
25. Schuyt Simone	75	08-021	19.10	25m	12-1-89	Heemskerk (NED)	339

50 schoolslag

1. Kingma Danae	00	08-021	34.17	25m	13-11-16	Purmerend (NED)	588
2. Broek Jade	97	08-021	36.51	25m	13-11-16	Purmerend (NED)	482
3. ten Bokkel Henrieke	94	08-021	36.64	25m	13-1-19	Purmerend (NED)	477
4. van Honk Chantal	80	08-021	37.00	25m	12-5-93		463
5. Palmboom Nicole	91	08-021	37.64	25m	30-12-07	Maastricht (NED)	440
6. de Haan Shira	00	08-021	38.14	25m	7-10-18	Purmerend (NED)	423
7. van 't Veer Iris	03	08-021	38.70	25m	16-11-25	Purmerend (NED)	405
8. Siemerink Laura	04	08-021	38.79	25m	21-4-19	Haarlem (NED)	402
9. van der Geest Saskia	73	08-021	38.90	25m	31-12-88		399
10. Kramer Miranda	80	08-021	38.91	25m	16-4-00	Almelo (NED)	398
11. Stam Vanessa	80	08-021	39.00	25m	26-1-97	Zuidoost Beemster (NED)	396
12. de Groot Daniëlle	93	08-021	39.29	25m	10-2-08	Purmerend (NED)	387
12. Wentink Yara	04	08-021	39.29	25m	14-3-24	Heemskerk (NED)	387
14. Crok Linda	94	08-021	39.33	25m	3-3-13	Purmerend (NED)	386
15. Smit Sanne	01	08-021	39.35	25m	7-3-19	Heemskerk (NED)	385
16. van Rookhuizen Sieta	79	08-021	39.42	25m	24-9-98	Heemskerk (NED)	383
17. Groen Anne	95	08-021	39.62	25m	16-3-17	Heemskerk (NED)	377
18. Koper Fiona	01	08-021	39.89	25m	7-3-19	Heemskerk (NED)	370
19. Hoekstra Eline	03	08-021	39.99	25m	1-4-18	Haarlem (NED)	367
20. Koster Lisa	94	08-021	40.10	25m	30-12-07	Maastricht (NED)	364
21. Schelvis Femke	84	08-021	40.22	25m	25-11-04	Heemskerk (NED)	361
22. Herwegh Binthy	09	08-021	40.25	25m	27-10-24	Zaandam (NED)	360

50 schoolslag (sinds 23)

23. Gijzen-van der Kroft Nicole	84	08-021	40.32	25m	17-3-02	Zaandam	358
24. Hulshof Saskia	73	08-021	40.40	25m	14-12-88		356
25. de Boer Maia	03	08-021	40.52	25m	21-9-23	Heemskerk (NED)	353

100 schoolslag

1. Kingma Danae	00	08-021	1:16.62	25m	13-11-16	Purmerend (NED)	539
2. Broek Jade	97	08-021	1:19.62	25m	24-11-19	Hoofddorp (NED)	480
3. van Honk Chantal	80	08-021	1:19.80	25m	13-12-92	Heemskerk (NED)	477
4. Drubers Mirjam	67	08-021	1:20.90	25m	31-12-85		458
5. de Haan Shira	00	08-021	1:21.89	25m	7-10-18	Purmerend (NED)	441
6. Palmboom Nicole	91	08-021	1:22.16	25m	25-11-07	Amsterdam (NED)	437
7. van der Geest Saskia	73	08-021	1:22.60	25m	7-2-88	Heemskerk (NED)	430
8. Stam Vanessa	80	08-021	1:24.30	25m	7-11-96	Heemskerk (NED)	404
9. van Rookhuizen Sieta	79	08-021	1:24.87	25m	5-4-99	Haarlem (NED)	396
9. de Groot Daniëlle	93	08-021	1:24.87	25m	27-3-08	Heemskerk (NED)	396
11. Kramer Miranda	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
12. Crok Linda	94	08-021	1:25.35	25m	1-10-17	Purmerend (NED)	390
13. Hoekstra Eline	03	08-021	1:25.41	25m	8-10-20	Heemskerk (NED)	389
14. Wentink Yara	04	08-021	1:25.45	25m	26-9-24	Heemskerk (NED)	388
15. van 't Veer Iris	03	08-021	1:25.51	25m	6-4-25	Purmerend (NED)	387
16. Teufer Irene	96	08-021	1:25.82	25m	24-3-08	Haarlem (NED)	383
17. Schelvis Femke	84	08-021	1:25.84	25m	28-1-99	Heemskerk (NED)	383
18. Gijzen-van der Kroft Nicole	84	08-021	1:25.98	25m	28-3-02	Heemskerk	381
19. Groen Anne	95	08-021	1:26.47	25m	13-10-16	Heemskerk (NED)	375
20. Stam Sabrina	82	08-021	1:26.50	25m	14-12-97	Heemskerk (NED)	374
21. Schelvis Roos	86	08-021	1:26.96	25m	28-3-02	Heemskerk	368
22. Herwegh Binthy	09	08-021	1:26.99	25m	20-10-24	Heemskerk (NED)	368
23. Crok Annemarie	89	08-021	1:27.24	25m	19-11-09	Heemskerk (NED)	365
24. Peters Yvonne	63	08-021	1:27.40	25m	6-10-85	Wormerveer (NED)	363
25. Siemerink Laura	04	08-021	1:27.53	25m	13-1-19	Purmerend (NED)	361

200 schoolslag

1. Kingma Danae	00	08-021	2:53.96	25m	4-10-15	Purmerend (NED)	462
2. de Haan Shira	00	08-021	2:54.99	25m	15-1-17	Alkmaar (NED)	454
3. van Honk Chantal	80	08-021	2:55.20	25m	9-1-93	Zuidoost Beemster (NED)	453
4. Broek Jade	97	08-021	2:57.88	25m	12-2-17	Purmerend (NED)	432
5. van der Geest Saskia	73	08-021	2:58.90	25m	31-12-88		425
6. Stam Vanessa	80	08-021	2:59.80	25m	6-4-97	Heemskerk (NED)	419
7. Hoekstra Eline	03	08-021	3:00.09	25m	6-10-19	Purmerend (NED)	417
8. van 't Veer Iris	03	08-021	3:01.36	25m	12-1-20	Purmerend (NED)	408
9. ten Bokkel Henrieke	94	08-021	3:02.03	25m	10-2-19	Purmerend (NED)	404
10. van Rookhuizen Sieta	79	08-021	3:02.04	25m	10-10-99	Zaandam (NED)	403
11. Gijzen-van der Kroft Nicole	84	08-021	3:02.41	25m	25-1-01	Heemskerk (NED)	401
12. Kramer Miranda	80	08-021	3:02.52	25m	27-1-00	Heemskerk (NED)	400
13. Palmboom Nicole	91	08-021	3:02.96	25m	13-12-07	Heemskerk (NED)	397
14. de Groot Daniëlle	93	08-021	3:04.53	25m	9-3-08	Heemskerk (NED)	387
15. Schelvis Femke	84	08-021	3:05.36	25m	3-10-04	Heemskerk (NED)	382
16. Crok Linda	94	08-021	3:05.44	25m	19-1-14	Zaandam (NED)	382
17. Crok Annemarie	89	08-021	3:05.90	25m	16-1-11	Zaandam (NED)	379
18. Teufer Irene	96	08-021	3:06.47	25m	20-1-08	Zaandam (NED)	375
19. Schelvis Roos	86	08-021	3:07.13	25m	21-11-99	Heemskerk (NED)	371

200 schoolslag (sinds 20)

20. Herwegh Binthy	09	08-021	3:07.69	25m	15-10-23	Alkmaar (NED)	368
21. Smit Sanne	01	08-021	3:08.36	25m	12-3-17	Purmerend (NED)	364
22. Vink Lidewij	90	08-021	3:08.43	25m	27-10-05	Heemskerk (NED)	364
23. Wentink Yara	04	08-021	3:08.99	25m	29-1-23	Heemskerk (NED)	361
24. van Galen Angela	65	08-021	3:09.00	25m	5-4-81	Heemskerk (NED)	360
25. Niesten Iris	92	08-021	3:09.37	25m	5-10-08	Heemskerk (NED)	358

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. Schelvis Femke	84	08-021	13.74	25m	4-5-00	Heemskerk (NED)	540
2. Wentink Yara	04	08-021	13.79	25m	7-7-22	Heemskerk (NED)	534
3. Hoekstra Eline	03	08-021	13.99	25m	7-7-22	Heemskerk (NED)	511
4. Koopman Inge	93	08-021	14.03	25m	7-7-22	Heemskerk (NED)	507
5. Broek Jade	97	08-021	14.58	25m	7-7-22	Heemskerk (NED)	452
6. van Rijn-Hofwegen Wilma	71	08-021	14.72	25m	1-12-13	Vlaardingen (NED)	439
7. de Haan Shira	00	08-021	14.73	25m	7-7-22	Heemskerk (NED)	438
8. Crok Annemarie	89	08-021	14.93	25m	30-6-11	Heemskerk (NED)	421
9. Palmboom Nicole	91	08-021	15.02	25m	19-4-07	Heemskerk (NED)	413
10. Siemerink Laura	04	08-021	15.05	25m	7-7-22	Heemskerk (NED)	411
11. van Staveren Marina	78	08-021	15.06	25m	17-11-11	Heemskerk (NED)	410
12. de Groot Daniëlle	93	08-021	15.10	25m	29-5-08	Heemskerk (NED)	406
13. Vink Lidewij	90	08-021	15.14	25m	19-4-07	Heemskerk (NED)	403
14. Gijzen-van der Kroft Nicole	84	08-021	15.23	25m	29-3-01	Heemskerk (NED)	396
15. Besse Karen	75	08-021	15.30	25m	12-1-89	Heemskerk (NED)	391
15. Butter Anouk	82	08-021	15.30	25m	29-3-01	Heemskerk (NED)	391
15. Stins Mariska	84	08-021	15.30	25m	19-4-07	Heemskerk (NED)	391

25 vlinderslag (sinds 18)

18. Schelvis Roos	86	08-021	15.39	25m	29-3-01	Heemskerk (NED)	384
19. Hulshof Saskia	73	08-021	15.40	25m	31-12-89	Heemskerk (NED)	383
19. van der Gracht Anouk	89	08-021	15.40	25m	29-5-08	Heemskerk (NED)	383
21. Meijer Sylvia	81	08-021	15.41	25m	29-3-01	Heemskerk (NED)	382
21. Hoek Daniëlle	88	08-021	15.41	25m	30-6-11	Heemskerk (NED)	382
23. de Boer Irene	84	08-021	15.46	25m	29-3-01	Heemskerk (NED)	379
24. Koster Lisa	94	08-021	15.51	25m	29-5-08	Heemskerk (NED)	375
25. Vink Marjolein	93	08-021	15.54	25m	29-5-08	Heemskerk (NED)	373

50 vlinderslag

1. Wentink Yara	04	08-021	28.75	25m	22-5-22	Hoofddorp (NED)	609
2. Kingma Danae	00	08-021	29.36	25m	20-10-17	Amsterdam (NED)	572
3. Broek Jade	97	08-021	30.60	25m	10-12-15	Heemskerk (NED)	505
4. Schelvis Femke	84	08-021	30.83	25m	17-10-99	Zaandam (NED)	494
5. Hoekstra Eline	03	08-021	30.94	25m	22-5-22	Hoofddorp (NED)	489
6. Siemerink Laura	04	08-021	30.95	25m	8-2-26	Purmerend (NED)	488
7. Palmboom Nicole	91	08-021	31.87	25m	24-3-08	Haarlem (NED)	447
8. van der Gracht Anouk	89	08-021	31.89	25m	12-12-13	Heemskerk (NED)	446
9. Koopman Inge	93	08-021	31.95	25m	17-2-22	Heemskerk (NED)	444
10. van de Poll Marianne	89	08-021	32.31	25m	4-4-04	Zaandam	429
11. Smit Sanne	01	08-021	32.36	25m	29-11-18	Heemskerk (NED)	427
12. Crok Annemarie	89	08-021	32.37	25m	17-11-11	Heemskerk (NED)	427
13. Drubers Mirjam	67	08-021	32.50	25m	10-11-85		422
14. de Haan Shira	00	08-021	32.56	25m	19-9-21	Zaandam (NED)	419
15. Groen Anne	95	08-021	32.57	25m	12-2-17	Purmerend (NED)	419
16. Vink Lidewij	90	08-021	32.65	25m	5-3-06	Purmerend (NED)	416
17. ten Bokkel Henrieke	94	08-021	32.73	25m	10-2-19	Purmerend (NED)	413
18. Gijzen-van der Kroft Nicole	84	08-021	32.95	25m	18-12-03	Heemskerk (NED)	405
19. Verbree Bets	63	08-021	33.00	25m	17-5-81	Castricum (NED)	403
20. Hoek Daniëlle	88	08-021	33.06	25m	19-2-12	Purmerend (NED)	401
21. van Staveren Marina	78	08-021	33.15	25m	22-3-12	Heemskerk (NED)	397
22. Teufer Irene	96	08-021	33.18	25m	9-3-08	Heemskerk (NED)	396
23. Koper Fiona	01	08-021	33.19	25m	18-1-18	Heemskerk (NED)	396
24. Stam Vanessa	80	08-021	33.30	25m	24-5-98	Zaandam (NED)	392
25. de Groot Daniëlle	93	08-021	33.34	25m	29-12-07	Maastricht (NED)	391

100 vlinderslag

1. Wentink Yara	04	08-021	1:05.06	25m	23-11-24	Den Haag (NED)	591
2. Schelvis Femke	84	08-021	1:08.80	25m	10-10-99	Zaandam (NED)	500
3. Broek Jade	97	08-021	1:09.19	25m	3-11-19	Purmerend (NED)	491
4. Kingma Danae	00	08-021	1:09.42	25m	13-1-19	Purmerend (NED)	486
5. Hoekstra Eline	03	08-021	1:09.89	25m	12-11-23	Den Helder (NED)	477
6. Drubers Mirjam	67	08-021	1:10.80	25m	31-12-85		458
7. Smit Sanne	01	08-021	1:11.71	25m	18-11-18	Hoofddorp (NED)	441
8. Vink Lidewij	90	08-021	1:12.85	25m	10-12-06	Heemskerk (NED)	421
9. de Groot Daniëlle	93	08-021	1:13.13	25m	25-11-07	Amsterdam (NED)	416
10. Palmboom Nicole	91	08-021	1:13.63	25m	17-11-07	Barneveld (NED)	407
11. Mallon Danique	94	08-021	1:13.93	25m	23-5-10	Purmerend (NED)	403
11. van der Gracht Anouk	89	08-021	1:13.93	25m	9-3-14	Zaandam (NED)	403
13. Crok Annemarie	89	08-021	1:14.05	25m	29-11-09	Heemskerk (NED)	401
14. Verbree Bets	63	08-021	1:14.50	25m	7-2-82		393

100 vlinderslag (sinds 15)

15. de Haan Shira	00	08-021	1:14.89	25m	12-2-17	Purmerend (NED)	387
16. Koopman Inge	93	08-021	1:14.92	25m	24-4-22	Den Helder (NED)	387
17. Hoek Daniëlle	88	08-021	1:15.40	25m	9-2-12	Heemskerk (NED)	379
18. van de Poll Marianne	89	08-021	1:15.65	25m	14-12-03	Heemskerk (NED)	376
19. Stins Mariska	84	08-021	1:15.83	25m	27-5-04	Heemskerk (NED)	373
20. Groen Anne	95	08-021	1:16.26	25m	2-2-17	Heemskerk (NED)	367
21. Stam Vanessa	80	08-021	1:16.60	25m	15-12-96	Heemskerk (NED)	362
22. Essers Sanne	91	08-021	1:16.69	25m	21-10-07	Zaandam (NED)	361
23. Gijzen-van der Kroft Nicole	84	08-021	1:16.86	25m	14-1-01	Heemskerk (NED)	358
24. Siemerink Laura	04	08-021	1:17.11	25m	17-11-19	Hoofddorp (NED)	355
25. Besse Karen	75	08-021	1:17.20	25m	24-2-91	Heemskerk (NED)	353

200 vlinderslag

1. Wentink Yara	04	08-021	2:34.17	25m	10-3-24	Purmerend (NED)	466
2. Schelvis Femke	84	08-021	2:35.87	25m	25-11-04	Heemskerk (NED)	451
3. Hoekstra Eline	03	08-021	2:38.02	25m	16-2-25	Haarlem (NED)	433
4. Vink Lidewij	90	08-021	2:46.45	25m	21-1-07	Zaandam (NED)	371
5. Mallon Danique	94	08-021	2:48.96	25m	18-2-10	Heemskerk (NED)	354
6. Broek Jade	97	08-021	2:48.98	25m	24-3-19	Purmerend (NED)	354
7. Stam Vanessa	80	08-021	2:49.10	25m	29-3-98	Heemstede (NED)	353
8. Crok Annemarie	89	08-021	2:49.30	25m	14-3-10	Heemskerk (NED)	352
9. Palmboom Nicole	91	08-021	2:51.40	25m	31-1-08	Heemskerk (NED)	339
10. van der Gracht Anouk	89	08-021	2:52.59	25m	9-3-08	Heemskerk (NED)	332
11. Teufer Irene	96	08-021	2:54.51	25m	16-12-07	Zaandam (NED)	321
12. Verbree Bets	63	08-021	2:54.70	25m	31-12-81		320
13. de Groot Daniëlle	93	08-021	2:56.23	25m	26-5-07	Purmerend (NED)	312
14. Stins Mariska	84	08-021	2:58.47	25m	15-3-09	Haarlem (NED)	301
15. Kingma Danae	00	08-021	2:58.59	25m	24-3-19	Purmerend (NED)	300
16. de Haan Shira	00	08-021	2:58.95	25m	12-3-17	Purmerend (NED)	298
17. van de Poll Marianne	89	08-021	2:59.51	25m	7-6-03	Z.o. Beemster	295
18. Spijker Kristel	84	08-021	3:01.28	25m	14-3-10	Heemskerk (NED)	287
19. Koopman Inge	93	08-021	3:02.12	25m	18-2-23	Heerenveen (NED)	283
20. Gijzen-van der Kroft Nicole	84	08-021	3:02.96	25m	26-4-01	Heemskerk (NED)	279
21. Schelvis Roos	86	08-021	3:03.76	25m	20-12-01	Heemskerk	275
22. Butter Anouk	82	08-021	3:04.98	25m	26-4-01	Heemskerk (NED)	270
23. Groen Anne	95	08-021	3:05.24	25m	12-3-17	Purmerend (NED)	269
24. Meijer Linda	77	08-021	3:06.00	25m	7-2-93	Volendam (NED)	265
24. Kleijne Daisy	89	08-021	3:06.00	25m	31-1-08	Heemskerk (NED)	265

1000 vlinderslag

1. Wentink Yara	04	08-021	15:22.84	25m	16-2-25	Haarlem (NED)	
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75 wisselslag

1. Ramazani Helia	16	08-021	1:41.51	25m	9-11-25	Zaandam (NED)	
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100 wisselslag

1. Kingma Danae	00	08-021	1:07.44	25m	23-12-17	Hoofddorp (NED)	588
2. Broek Jade	97	08-021	1:09.81	25m	2-1-16	Hoor (NED)	530
3. Schelvis Femke	84	08-021	1:09.84	25m	18-2-99	Heemskerk (NED)	529
4. Wentink Yara	04	08-021	1:10.16	25m	25-6-23	Rotterdam (NED)	522
5. ten Bokkel Henrieke	94	08-021	1:11.34	25m	17-5-18	Heemskerk (NED)	497
6. Hoekstra Eline	03	08-021	1:12.07	25m	2-6-22	Heemskerk (NED)	482
7. Palmboom Nicole	91	08-021	1:12.94	25m	10-2-08	Purmerend (NED)	465
8. Crok Linda	94	08-021	1:12.98	25m	11-4-10	Zaandam (NED)	464
9. Groen Anne	95	08-021	1:13.00	25m	2-10-16	Purmerend (NED)	463
10. Siemerink Laura	04	08-021	1:13.78	25m	22-4-19	Haarlem (NED)	449
11. Koster Lisa	94	08-021	1:13.98	25m	12-5-08	Purmerend (NED)	445
12. Gijzen-van der Kroft Nicole	84	08-021	1:14.28	25m	27-9-01	Heemskerk	440
13. Schelvis Roos	86	08-021	1:15.00	25m	12-12-99	Heemskerk (NED)	427
14. Smit Sanne	01	08-021	1:15.06	25m	11-12-16	Alkmaar (NED)	426
15. de Haan Shira	00	08-021	1:15.07	25m	11-5-17	Heemskerk (NED)	426
16. de Groot Daniëlle	93	08-021	1:15.39	25m	6-1-08	Alkmaar (NED)	421
17. Crok Annemarie	89	08-021	1:15.40	25m	19-11-09	Heemskerk (NED)	420
18. Kramer Miranda	80	08-021	1:15.65	25m	15-11-98	Zaandam (NED)	416
19. van 't Veer Iris	03	08-021	1:15.66	25m	17-5-18	Heemskerk (NED)	416
20. Mallon Danique	94	08-021	1:15.90	25m	11-4-10	Zaandam (NED)	412
21. Kleijne Daisy	89	08-021	1:15.95	25m	30-12-05	Maastricht (NED)	411
22. Koopman Inge	93	08-021	1:16.06	25m	2-10-22	Den Helder (NED)	410
23. Besse Karen	75	08-021	1:16.10	25m	14-3-91	Heemskerk (NED)	409
24. van der Gracht Anouk	89	08-021	1:16.15	25m	20-5-13	Purmerend (NED)	408
25. Hulshof Saskia	73	08-021	1:16.20	25m	31-12-89	Heemskerk (NED)	407

200 wisselslag

1. Schelvis Femke	84	08-021	2:29.81	25m	4-11-99	Heemskerk (NED)	538
2. Kingma Danae	00	08-021	2:30.72	25m	12-2-17	Purmerend (NED)	528
3. Wentink Yara	04	08-021	2:32.25	25m	16-11-24	Hoofddorp (NED)	512
4. Broek Jade	97	08-021	2:35.38	25m	15-11-15	Purmerend (NED)	482
5. Hoekstra Eline	03	08-021	2:35.53	25m	9-3-25	Purmerend (NED)	480
6. Drubers Mirjam	67	08-021	2:35.70	25m	18-5-85	(NED)	479
7. Groen Anne	95	08-021	2:37.83	25m	12-3-17	Purmerend (NED)	460
8. Crok Linda	94	08-021	2:38.33	25m	24-4-11	Haarlem (NED)	455
9. Smit Sanne	01	08-021	2:38.68	25m	10-2-19	Purmerend (NED)	452
10. Palmboom Nicole	91	08-021	2:39.09	25m	13-1-08	Heemskerk (NED)	449
11. Crok Annemarie	89	08-021	2:40.68	25m	3-4-11	Zaandam (NED)	436
12. Stam Vanessa	80	08-021	2:41.90	25m	5-4-98	Heemskerk (NED)	426
13. van 't Veer Iris	03	08-021	2:42.29	25m	23-4-23	Den Helder (NED)	423
14. ten Bokkel Henrieke	94	08-021	2:42.90	25m	13-1-19	Purmerend (NED)	418
15. de Haan Shira	00	08-021	2:42.93	25m	12-2-17	Purmerend (NED)	418
16. Kleijne Daisy	89	08-021	2:43.70	25m	9-4-06	Purmerend (NED)	412
17. Vink Lidewij	90	08-021	2:44.06	25m	14-12-06	Heemskerk (NED)	409
17. Stel Serena	98	08-021	2:44.06	25m	18-4-10	Zaandam (NED)	409
19. Gijzen-van der Kroft Nicole	84	08-021	2:44.29	25m	7-10-01	Zaandam (NED)	408
20. Stam Sabrina	82	08-021	2:44.60	25m	7-5-98	Heemskerk (NED)	405
21. Koster Lisa	94	08-021	2:44.63	25m	25-11-07	Amsterdam (NED)	405
22. Schelvis Roos	86	08-021	2:44.66	25m	10-3-02	Heemskerk	405
23. van der Gracht Anouk	89	08-021	2:45.00	25m	1-3-08	Hoor (NED)	402
24. Kramer Miranda	80	08-021	2:45.04	25m	13-1-02	Zaandam	402
25. Hulshof Saskia	73	08-021	2:45.40	25m	11-2-90	Heemskerk (NED)	399

300 wisselslag

1. Schelvis Femke	84	08-021	4:07.83	25m	30-11-03	Heemskerk (NED)
2. Vink Lidewij	90	08-021	4:12.63	25m	13-11-05	Zaandam (NED)
3. Schelvis Roos	86	08-021	4:19.22	25m	20-1-01	Amsterdam (NED)
4. Kleijne Daisy	89	08-021	4:20.65	25m	19-12-04	Heemskerk (NED)
5. Essers Sanne	91	08-021	4:22.14	25m	3-12-06	Zaandam (NED)
6. Crok Annemarie	89	08-021	4:23.42	25m	13-11-05	Zaandam (NED)
7. Hoek Daniëlle	88	08-021	4:24.44	25m	13-11-05	Zaandam (NED)
8. Crok Linda	94	08-021	4:25.22	25m	9-11-08	Zaandam (NED)
9. Gijzen-van der Kroft Nicole	84	08-021	4:26.28	25m	23-1-00	Heemskerk (NED)
10. van de Poll Marianne	89	08-021	4:28.07	25m	30-11-03	Heemskerk (NED)
11. Stins Mariska	84	08-021	4:28.22	25m	20-1-01	Amsterdam (NED)
12. de Groot Daniëlle	93	08-021	4:29.29	25m	9-12-07	Zaandam (NED)
13. van der Gracht Anouk	89	08-021	4:30.13	25m	3-12-06	Zaandam (NED)
14. Koopman Anitra	89	08-021	4:34.08	25m	30-11-03	Heemskerk (NED)
15. de Ruijter Linda	87	08-021	4:39.73	25m	24-11-02	Amsterdam
16. van Ballegooie Simone	84	08-021	4:41.34	25m	23-1-00	Heemskerk (NED)
17. Mallon Danique	94	08-021	4:41.82	25m	9-11-08	Zaandam (NED)
18. Palmboom Nicole	91	08-021	4:42.54	25m	19-12-04	Heemskerk (NED)
19. Heus Pauline	78	08-021	4:44.97	25m	23-1-00	Heemskerk (NED)
20. Niesten Iris	92	08-021	4:47.61	25m	3-12-06	Zaandam (NED)
21. Visser Stacey	87	08-021	4:50.92	25m	20-1-01	Amsterdam (NED)
22. Hogema Fabiën	93	08-021	5:00.83	25m	13-11-05	Zaandam (NED)
23. Vink Marjolein	93	08-021	5:05.15	25m	13-11-05	Zaandam (NED)
24. van Ballegooie Stefanie	86	08-021	5:05.52	25m	20-1-01	Amsterdam (NED)
25. Hoek Laura	86	08-021	5:12.22	25m	23-1-00	Heemskerk (NED)

400 wisselslag

1. Hoekstra Eline	03	08-021	5:29.10	25m	24-11-19	Hoofddorp (NED)	487
2. Schelvis Femke	84	08-021	5:29.20	25m	10-5-98	Zaandam (NED)	486
3. Vink Lidewij	90	08-021	5:43.03	25m	1-4-06	Zaandam (NED)	430
4. Smit Sanne	01	08-021	5:43.46	25m	17-11-18	Hoofddorp (NED)	428
5. van 't Veer Iris	03	08-021	5:50.25	25m	3-4-22	Haarlem (NED)	404
6. de Haan Shira	00	08-021	5:51.41	25m	4-6-17	Purmerend (NED)	400
7. van der Gracht Anouk	89	08-021	5:52.01	25m	24-2-08	Zaandam (NED)	398
8. Schelvis Roos	86	08-021	5:54.48	25m	25-2-01	Heemskerk (NED)	389
9. Gijzen-van der Kroft Nicole	84	08-021	5:54.96	25m	25-2-01	Heemskerk (NED)	388
10. Palmboom Nicole	91	08-021	5:55.32	25m	15-6-06	Heemskerk (NED)	387
11. Kleijne Daisy	89	08-021	5:55.34	25m	30-1-05	Zaandam (NED)	386
12. Stins Mariska	84	08-021	5:55.41	25m	24-2-02	Heemskerk	386
13. Stam Vanessa	80	08-021	5:56.80	25m	12-1-97	Heemskerk (NED)	382
14. Crok Linda	94	08-021	5:58.13	25m	24-2-08	Zaandam (NED)	377
15. Essers Sanne	91	08-021	6:00.29	25m	11-2-07	Zaandam (NED)	371
16. Kramer Miranda	80	08-021	6:01.21	25m	25-2-01	Heemskerk (NED)	368
17. Verbree Bets	63	08-021	6:03.30	25m	3-4-82	Heemskerk (NED)	362
18. Besse Karen	75	08-021	6:03.50	25m	4-2-90	Volendam (NED)	361
19. Mallon Danique	94	08-021	6:04.26	25m	24-2-08	Zaandam (NED)	359
20. Hoek Daniëlle	88	08-021	6:05.19	25m	30-1-05	Zaandam (NED)	356
21. van de Poll Marianne	89	08-021	6:06.21	25m	29-2-04	Wormerveer	353
22. Crok Annemarie	89	08-021	6:07.62	25m	29-2-04	Wormerveer	349
23. Koopman Anitra	89	08-021	6:09.20	25m	23-2-03	Heemskerk	344
24. Stam Sabrina	82	08-021	6:13.60	25m	23-2-97	Zaandam (NED)	332
25. de Boer Irene	84	08-021	6:14.76	25m	30-3-00	Heemskerk (NED)	329