

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. Schelvis Femke | 84 | 08-021 | 28.39 | 50m | 1-4-04 | Amsterdam (NED) | 579 |
| 3. Koster Lisa | 94 | 08-021 | 28.40 | 50m | 13-6-08 | Drachten (NED) | 578 |
| 4. Wentink Yara | 04 | 08-021 | 28.46 | 50m | 17-3-24 | Alkmaar (NED) | 575 |
| 5. Smit Sanne | 01 | 08-021 | 28.65 | 50m | 5-3-17 | Alkmaar (NED) | 563 |
| 6. Broek Jade | 97 | 08-021 | 28.95 | 50m | 18-5-19 | Amersfoort (NED) | 546 |
| 7. Groen Anne | 95 | 08-021 | 28.97 | 50m | 12-6-16 | Buckeburg (GER) | 545 |
| 8. Siemerink Laura | 04 | 08-021 | 29.10 | 50m | 17-3-19 | Alkmaar (NED) | 538 |
| 9. de Groot Daniëlle | 93 | 08-021 | 29.32 | 50m | 24-5-08 | Beverwijk (NED) | 526 |
| 10. Hoekstra Eline | 03 | 08-021 | 29.37 | 50m | 17-3-19 | Alkmaar (NED) | 523 |
| 11. Palmboom Nicole | 91 | 08-021 | 29.38 | 50m | 13-4-08 | Antwerpen (BEL) | 522 |
| 12. Drubers Mirjam | 67 | 08-021 | 29.41 | 50m | 20-5-84 | Kampen (NED) | 521 |
| 13. Crok Linda | 94 | 08-021 | 29.42 | 50m | 21-5-11 | Beverwijk (NED) | 520 |
| 14. Kleijne Daisy | 89 | 08-021 | 30.17 | 50m | 20-5-06 | Beverwijk (NED) | 482 |
| 15. Vink Marjolein | 93 | 08-021 | 30.51 | 50m | 6-5-07 | Eindhoven (NED) | 466 |
| 16. Herwegh Yara | 07 | 08-021 | 30.54 | 50m | 7-12-24 | Beverwijk (NED) | 465 |
| 17. van der Gracht Anouk | 89 | 08-021 | 30.65 | 50m | 25-5-13 | Beverwijk (NED) | 460 |
| 18. de Boer Maia | 03 | 08-021 | 30.68 | 50m | 19-6-22 | Bergbad Bückeberg (GER) | 459 |
| 19. Hoek Daniëlle | 88 | 08-021 | 30.71 | 50m | 28-5-05 | Beverwijk (NED) | 457 |
| 20. van 't Veer Iris | 03 | 08-021 | 30.86 | 50m | 17-3-19 | Alkmaar (NED) | 451 |
| 21. Herwegh Binthy | 09 | 08-021 | 30.98 | 50m | 7-12-24 | Beverwijk (NED) | 446 |
| 22. Spijker Kristel | 84 | 08-021 | 31.00 | 50m | 8-5-10 | Eindhoven (NED) | 445 |
| 23. Vink Lidewij | 90 | 08-021 | 31.02 | 50m | 19-5-07 | Beverwijk (NED) | 444 |
| 23. van Staveren Marina | 78 | 08-021 | 31.02 | 50m | 18-3-12 | Amersfoort (NED) | 444 |
| 25. Koopman Inge | 93 | 08-021 | 31.04 | 50m | 10-4-22 | Antwerpen (BEL) | 443 |

100 vrije slag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|---------|-------------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 59.59 | 50m | 8-4-17 | Eindhoven (NED) | 653 |
| 2. Schelvis Femke | 84 | 08-021 | 1:01.61 | 50m | 25-4-04 | Beverwijk (NED) | 591 |
| 3. Wentink Yara | 04 | 08-021 | 1:01.75 | 50m | 21-1-24 | Alkmaar (NED) | 587 |
| 4. Broek Jade | 97 | 08-021 | 1:02.15 | 50m | 19-5-19 | Amersfoort (NED) | 575 |
| 5. Koster Lisa | 94 | 08-021 | 1:02.35 | 50m | 25-5-08 | Beverwijk (NED) | 570 |
| 6. Smit Sanne | 01 | 08-021 | 1:02.54 | 50m | 27-5-18 | Amersfoort (NED) | 565 |
| 7. de Groot Daniëlle | 93 | 08-021 | 1:03.06 | 50m | 7-6-08 | Eindhoven (NED) | 551 |
| 8. Crok Linda | 94 | 08-021 | 1:03.27 | 50m | 22-5-11 | Beverwijk (NED) | 545 |
| 9. Groen Anne | 95 | 08-021 | 1:03.93 | 50m | 18-6-17 | Bergbad Bückeburg (GER) | 529 |
| 10. Drubers Mirjam | 67 | 08-021 | 1:04.38 | 50m | 20-5-84 | Kampen (NED) | 518 |
| 11. Hoekstra Eline | 03 | 08-021 | 1:04.65 | 50m | 19-5-19 | Amersfoort (NED) | 511 |
| 12. Palmboom Nicole | 91 | 08-021 | 1:05.58 | 50m | 12-4-08 | Antwerpen (BEL) | 490 |
| 13. Siemerink Laura | 04 | 08-021 | 1:06.07 | 50m | 10-3-19 | Amsterdam (NED) | 479 |
| 14. Kleijne Daisy | 89 | 08-021 | 1:06.46 | 50m | 21-5-06 | Beverwijk (NED) | 471 |
| 15. Zwarthoed Brenda | 96 | 08-021 | 1:07.02 | 50m | 15-6-08 | Drachten (NED) | 459 |
| 16. Crok Annemarie | 89 | 08-021 | 1:07.21 | 50m | 24-5-08 | Beverwijk (NED) | 455 |
| 17. Vink Marjolein | 93 | 08-021 | 1:07.30 | 50m | 20-5-07 | Beverwijk (NED) | 453 |
| 18. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:07.34 | 50m | 25-5-03 | Beverwijk (NED) | 452 |
| 19. Hoek Daniëlle | 88 | 08-021 | 1:07.49 | 50m | 21-4-07 | Antwerpen (BEL) | 449 |
| 20. de Haan Shira | 00 | 08-021 | 1:07.50 | 50m | 27-5-17 | Alkmaar (NED) | 449 |
| 21. Vink Lidewij | 90 | 08-021 | 1:07.57 | 50m | 21-5-06 | Beverwijk (NED) | 448 |
| 22. Buur Naomi | 01 | 08-021 | 1:07.60 | 50m | 13-3-16 | Alkmaar (NED) | 447 |
| 23. Spijker Kristel | 84 | 08-021 | 1:07.68 | 50m | 9-5-10 | Eindhoven (NED) | 446 |
| 24. van Staveren Marina | 78 | 08-021 | 1:07.70 | 50m | 14-4-12 | Kampen (NED) | 445 |
| 24. van 't Veer Iris | 03 | 08-021 | 1:07.70 | 50m | 17-3-19 | Alkmaar (NED) | 445 |

200 vrije slag

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|--------------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. Schelvis Femke | 84 | 08-021 | 2:11.02 | 50m | 23-4-05 | Amsterdam (NED) | 641 |
| 2. Kingma Danae | 00 | 08-021 | 2:13.79 | 50m | 21-5-17 | Alkmaar (NED) | 602 |
| 3. Koster Lisa | 94 | 08-021 | 2:16.81 | 50m | 14-6-08 | Drachten (NED) | 563 |
| 4. Crok Linda | 94 | 08-021 | 2:18.66 | 50m | 15-5-11 | Alkmaar (NED) | 540 |
| 5. de Groot Daniëlle | 93 | 08-021 | 2:18.80 | 50m | 6-6-08 | Eindhoven (NED) | 539 |
| 6. Smit Sanne | 01 | 08-021 | 2:20.31 | 50m | 2-6-18 | Amersfoort (NED) | 522 |
| 7. Wentink Yara | 04 | 08-021 | 2:21.71 | 50m | 1-6-24 | Amsterdam (NED) | 506 |
| 8. Hoekstra Eline | 03 | 08-021 | 2:22.49 | 50m | 8-3-20 | Amsterdam (NED) | 498 |
| 9. Vink Lidewij | 90 | 08-021 | 2:24.59 | 50m | 27-2-05 | Amsterdam (NED) | 477 |
| 10. Groen Anne | 95 | 08-021 | 2:24.86 | 50m | 21-5-17 | Alkmaar (NED) | 474 |
| 11. Broek Jade | 97 | 08-021 | 2:25.52 | 50m | 26-5-19 | Amersfoort (NED) | 467 |
| 12. Palmboom Nicole | 91 | 08-021 | 2:27.29 | 50m | 13-5-07 | Alkmaar (NED) | 451 |
| 13. Hoek Daniëlle | 88 | 08-021 | 2:27.77 | 50m | 4-5-12 | Eindhoven (NED) | 446 |
| 14. Zwarthoed Brenda | 96 | 08-021 | 2:28.41 | 50m | 18-5-08 | Alkmaar (NED) | 441 |
| 15. Stel Serena | 98 | 08-021 | 2:29.93 | 50m | 25-4-10 | Drachten (NED) | 427 |
| 16. Schelvis Roos | 86 | 08-021 | 2:30.82 | 50m | 18-5-02 | Nordhorn (GER) | 420 |
| 17. van 't Veer Iris | 03 | 08-021 | 2:30.88 | 50m | 15-6-19 | Bückeburg (GER) | 419 |
| 18. van der Gracht Anouk | 89 | 08-021 | 2:31.11 | 50m | 29-6-13 | Eindhoven (NED) | 417 |
| 19. Kleijne Daisy | 89 | 08-021 | 2:31.82 | 50m | 9-5-04 | Beverwijk (NED) | 412 |
| 20. Buur Naomi | 01 | 08-021 | 2:33.21 | 50m | 29-5-16 | Alkmaar (NED) | 400 |
| 21. Mallon Danique | 94 | 08-021 | 2:33.54 | 50m | 18-5-08 | Alkmaar (NED) | 398 |
| 22. Koopman Anitra | 89 | 08-021 | 2:33.70 | 50m | 9-5-04 | Beverwijk (NED) | 397 |
| 23. Essers Sanne | 91 | 08-021 | 2:33.83 | 50m | 30-3-08 | Alkmaar (NED) | 396 |
| 24. de Haan Shira | 00 | 08-021 | 2:34.33 | 50m | 21-5-17 | Alkmaar (NED) | 392 |
| 25. Vink Marjolein | 93 | 08-021 | 2:35.04 | 50m | 13-4-08 | Antwerpen (BEL) | 386 |

250 vrije slag**300 vrije slag**

| | | | | | | | | |
|-----|----------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. | Schelvis Femke | 84 | 08-021 | 3:39.20 | 50m | 4-7-98 | Amersfoort (NED) | 506 |
| 2. | Smit Sanne | 01 | 08-021 | 3:44.38 | 50m | 10-3-19 | Amsterdam (NED) | 472 |
| 3. | Vink Lidewij | 90 | 08-021 | 3:45.26 | 50m | 13-5-06 | Beverwijk (NED) | 466 |
| 4. | Crok Linda | 94 | 08-021 | 3:46.05 | 50m | 14-5-11 | Beverwijk (NED) | 461 |
| 5. | Hoekstra Eline | 03 | 08-021 | 3:47.74 | 50m | 23-2-20 | Den Haag (NED) | 451 |
| 6. | Koster Lisa | 94 | 08-021 | 3:50.85 | 50m | 17-5-08 | Beverwijk (NED) | 433 |
| 7. | Wentink Yara | 04 | 08-021 | 3:54.19 | 50m | 11-5-19 | Alkmaar (NED) | 415 |
| 8. | de Groot Daniëlle | 93 | 08-021 | 3:55.78 | 50m | 11-4-08 | Antwerpen (BEL) | 406 |
| 9. | van der Gracht Anouk | 89 | 08-021 | 4:09.38 | 50m | 11-4-08 | Antwerpen (BEL) | 343 |
| 10. | Palmboom Nicole | 91 | 08-021 | 4:10.32 | 50m | 21-5-05 | Beverwijk (NED) | 340 |
| 11. | Haasbroek Renske | 03 | 08-021 | 4:12.93 | 50m | 17-3-24 | Alkmaar (NED) | 329 |
| 12. | Koopman Inge | 93 | 08-021 | 4:13.48 | 50m | 8-4-22 | Antwerpen (BEL) | 327 |
| 13. | Jongema Helena | 80 | 08-021 | 4:17.20 | 50m | 18-9-09 | Cadiz (ESP) | 313 |
| 14. | de Wildt Maud | 05 | 08-021 | 4:19.38 | 50m | 23-2-20 | Den Haag (NED) | 305 |
| 15. | Bos Marieke | 06 | 08-021 | 4:19.91 | 50m | 3-6-18 | Amersfoort (NED) | 303 |
| 16. | Butter Anouk | 82 | 08-021 | 4:43.25 | 50m | 27-3-10 | Amersfoort (NED) | 234 |

400 vrije slag

| | | | | | | | | |
|-----|----------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. | Schelvis Femke | 84 | 08-021 | 4:52.03 | 50m | 4-7-98 | Amersfoort (NED) | 530 |
| 2. | Crok Linda | 94 | 08-021 | 5:00.42 | 50m | 14-5-11 | Beverwijk (NED) | 487 |
| 3. | Vink Lidewij | 90 | 08-021 | 5:01.21 | 50m | 13-5-06 | Beverwijk (NED) | 483 |
| 4. | Smit Sanne | 01 | 08-021 | 5:01.84 | 50m | 26-3-17 | Alkmaar (NED) | 480 |
| 5. | Hoekstra Eline | 03 | 08-021 | 5:05.73 | 50m | 23-2-20 | Den Haag (NED) | 462 |
| 6. | Koster Lisa | 94 | 08-021 | 5:07.30 | 50m | 17-5-08 | Beverwijk (NED) | 455 |
| 7. | Stel Serena | 98 | 08-021 | 5:07.93 | 50m | 25-4-10 | Drachten (NED) | 452 |
| 8. | de Groot Daniëlle | 93 | 08-021 | 5:08.33 | 50m | 17-5-08 | Beverwijk (NED) | 451 |
| 9. | Wentink Yara | 04 | 08-021 | 5:08.50 | 50m | 11-5-19 | Alkmaar (NED) | 450 |
| 10. | van 't Veer Iris | 03 | 08-021 | 5:17.11 | 50m | 17-2-19 | Eindhoven (NED) | 414 |
| 11. | Essers Sanne | 91 | 08-021 | 5:27.37 | 50m | 20-4-07 | Antwerpen (BEL) | 376 |
| 12. | van der Gracht Anouk | 89 | 08-021 | 5:29.59 | 50m | 30-6-13 | Eindhoven (NED) | 369 |
| 13. | Schelvis Roos | 86 | 08-021 | 5:30.78 | 50m | 29-5-99 | Beverwijk (NED) | 365 |
| 14. | Buur Naomi | 01 | 08-021 | 5:33.54 | 50m | 17-5-14 | Beverwijk (NED) | 356 |
| 15. | Haasbroek Renske | 03 | 08-021 | 5:35.03 | 50m | 17-3-24 | Alkmaar (NED) | 351 |
| 16. | Mallon Danique | 94 | 08-021 | 5:35.85 | 50m | 29-3-09 | Alkmaar (NED) | 349 |
| 17. | Palmboom Nicole | 91 | 08-021 | 5:36.95 | 50m | 21-5-05 | Beverwijk (NED) | 345 |
| 18. | Koopman Inge | 93 | 08-021 | 5:40.03 | 50m | 8-4-22 | Antwerpen (BEL) | 336 |
| 19. | de Boer Irene | 84 | 08-021 | 5:41.50 | 50m | 1-6-97 | Beverwijk (NED) | 331 |
| 20. | van Koevinge Nicole | 93 | 08-021 | 5:43.99 | 50m | 29-3-09 | Alkmaar (NED) | 324 |
| 21. | van Staveren Marina | 78 | 08-021 | 5:44.09 | 50m | 18-3-12 | Amersfoort (NED) | 324 |
| 22. | Vink Marjolein | 93 | 08-021 | 5:44.72 | 50m | 29-3-09 | Alkmaar (NED) | 322 |
| 23. | de Wildt Maud | 05 | 08-021 | 5:44.83 | 50m | 23-2-20 | Den Haag (NED) | 322 |
| 24. | Jongema Helena | 80 | 08-021 | 5:45.56 | 50m | 18-9-09 | Cadiz (ESP) | 320 |
| 25. | Bos Marieke | 06 | 08-021 | 5:48.34 | 50m | 3-6-18 | Amersfoort (NED) | 312 |

500 vrije slag

800 vrije slag

| | | | | | | | |
|-------------------------|----|--------|----------|-----|---------|-----------------|-----|
| 1. Stel Serena | 98 | 08-021 | 10:18.62 | 50m | 25-4-10 | Drachten (NED) | 481 |
| 2. Smit Sanne | 01 | 08-021 | 10:38.10 | 50m | 18-2-18 | Alkmaar (NED) | 438 |
| 3. Schelvis Femke | 84 | 08-021 | 10:42.20 | 50m | 11-5-97 | Beverwijk (NED) | 430 |
| 4. Hoekstra Eline | 03 | 08-021 | 10:44.14 | 50m | 19-1-20 | Alkmaar (NED) | 426 |
| 5. van 't Veer Iris | 03 | 08-021 | 10:53.65 | 50m | 19-2-23 | Alkmaar (NED) | 407 |
| 6. van der Gracht Anouk | 89 | 08-021 | 11:07.28 | 50m | 11-4-08 | Antwerpen (BEL) | 383 |
| 7. Essers Sanne | 91 | 08-021 | 11:09.37 | 50m | 20-4-07 | Antwerpen (BEL) | 379 |
| 8. Wentink Yara | 04 | 08-021 | 11:28.85 | 50m | 19-2-23 | Alkmaar (NED) | 348 |
| 9. Buur Naomi | 01 | 08-021 | 12:01.21 | 50m | 18-2-14 | Beverwijk (NED) | 303 |
| 10. Jongema Helena | 80 | 08-021 | 13:10.26 | 50m | 3-6-11 | Apeldoorn (NED) | 230 |
| 11. Geluk Mabelle | 73 | 08-021 | 20:25.45 | 50m | 4-6-11 | Apeldoorn (NED) | 61 |

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

| | | | | | | | |
|---------------------|----|--------|----------|-----|---------|-----------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 20:25.20 | 50m | 1-3-20 | Alkmaar (NED) | 431 |
| 2. van 't Veer Iris | 03 | 08-021 | 20:26.79 | 50m | 19-2-23 | Alkmaar (NED) | 429 |
| 3. Smit Sanne | 01 | 08-021 | 20:34.89 | 50m | 15-4-18 | Alkmaar (NED) | 420 |
| 4. Wentink Yara | 04 | 08-021 | 21:34.63 | 50m | 19-2-23 | Alkmaar (NED) | 365 |
| 5. Jongema Helena | 80 | 08-021 | 24:45.29 | 50m | 3-6-11 | Apeldoorn (NED) | 241 |

2000 vrije slag

| | | | | | | | |
|-------------------|----|--------|----------|-----|---------|---------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 28:13.56 | 50m | 24-3-24 | Alkmaar (NED) | 386 |
|-------------------|----|--------|----------|-----|---------|---------------|-----|

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**

50 rugslag

| | | | | | | | |
|----------------------|----|--------|-------|-----|---------|------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 31.90 | 50m | 6-4-17 | Eindhoven (NED) | 610 |
| 2. Broek Jade | 97 | 08-021 | 32.26 | 50m | 13-4-19 | Eindhoven (NED) | 590 |
| 3. Wentink Yara | 04 | 08-021 | 33.35 | 50m | 14-5-23 | Amsterdam (NED) | 534 |
| 4. Hoekstra Eline | 03 | 08-021 | 33.62 | 50m | 22-2-20 | Den Haag (NED) | 521 |
| 5. Siemerink Laura | 04 | 08-021 | 33.96 | 50m | 25-5-19 | Amersfoort (NED) | 505 |
| 6. Kleijne Daisy | 89 | 08-021 | 34.14 | 50m | 21-5-06 | Beverwijk (NED) | 497 |
| 7. Koper Fiona | 01 | 08-021 | 34.70 | 50m | 5-2-17 | Alkmaar (NED) | 474 |
| 8. Schelvis Femke | 84 | 08-021 | 34.90 | 50m | 25-5-97 | Beverwijk (NED) | 466 |
| 9. Koster Lisa | 94 | 08-021 | 35.08 | 50m | 25-5-08 | Beverwijk (NED) | 458 |
| 10. Groen Anne | 95 | 08-021 | 35.37 | 50m | 21-5-17 | Alkmaar (NED) | 447 |
| 11. Smit Sanne | 01 | 08-021 | 35.49 | 50m | 31-5-15 | Alkmaar (NED) | 443 |
| 12. Jongema Helena | 80 | 08-021 | 35.65 | 50m | 20-1-08 | Eindhoven (NED) | 437 |
| 13. Kramer Miranda | 80 | 08-021 | 35.70 | 50m | 25-5-97 | Beverwijk (NED) | 435 |
| 14. Crok Linda | 94 | 08-021 | 35.74 | 50m | 22-5-11 | Beverwijk (NED) | 434 |
| 15. Mallon Danique | 94 | 08-021 | 36.05 | 50m | 25-5-08 | Beverwijk (NED) | 422 |
| 15. van 't Veer Iris | 03 | 08-021 | 36.05 | 50m | 21-5-17 | Alkmaar (NED) | 422 |
| 17. Herwegh Binthy | 09 | 08-021 | 36.13 | 50m | 7-12-24 | Beverwijk (NED) | 420 |
| 18. Hoek Daniëlle | 88 | 08-021 | 36.31 | 50m | 16-5-04 | Beverwijk (NED) | 413 |
| 19. Meijer Sylvia | 81 | 08-021 | 36.40 | 50m | 25-5-97 | Beverwijk (NED) | 410 |
| 20. Schelvis Roos | 86 | 08-021 | 36.41 | 50m | 28-5-00 | Beverwijk (NED) | 410 |
| 21. Palmboom Nicole | 91 | 08-021 | 36.54 | 50m | 21-5-06 | Beverwijk (NED) | 406 |
| 22. Buur Naomi | 01 | 08-021 | 36.57 | 50m | 21-2-16 | Alkmaar (NED) | 405 |
| 23. Meijer Linda | 77 | 08-021 | 36.70 | 50m | 28-5-94 | Beverwijk (NED) | 400 |
| 24. Koopman Anitra | 89 | 08-021 | 36.96 | 50m | 29-5-05 | Beverwijk (NED) | 392 |
| 25. Crok Annemarie | 89 | 08-021 | 36.98 | 50m | 16-5-04 | Beverwijk (NED) | 391 |

100 rugslag

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|---------|------------------|-----|
| 1. Broek Jade | 97 | 08-021 | 1:08.53 | 50m | 16-6-19 | Bückeburg (GER) | 609 |
| 2. Kingma Danae | 00 | 08-021 | 1:11.68 | 50m | 26-5-19 | Amersfoort (NED) | 532 |
| 3. Schelvis Femke | 84 | 08-021 | 1:13.83 | 50m | 20-6-99 | Amersfoort (NED) | 487 |
| 4. Hoekstra Eline | 03 | 08-021 | 1:14.14 | 50m | 8-3-20 | Amsterdam (NED) | 481 |
| 5. Kleijne Daisy | 89 | 08-021 | 1:14.53 | 50m | 20-5-06 | Beverwijk (NED) | 473 |
| 6. Koster Lisa | 94 | 08-021 | 1:15.78 | 50m | 12-4-08 | Antwerpen (BEL) | 450 |
| 7. Crok Linda | 94 | 08-021 | 1:16.15 | 50m | 21-5-11 | Beverwijk (NED) | 444 |
| 8. Schelvis Roos | 86 | 08-021 | 1:16.46 | 50m | 27-5-00 | Beverwijk (NED) | 438 |
| 9. van 't Veer Iris | 03 | 08-021 | 1:16.63 | 50m | 16-6-18 | Buckeburg (GER) | 435 |
| 10. Groen Anne | 95 | 08-021 | 1:17.11 | 50m | 16-6-18 | Buckeburg (GER) | 427 |
| 11. Meijer Sylvia | 81 | 08-021 | 1:17.30 | 50m | 25-5-97 | Beverwijk (NED) | 424 |
| 12. Koper Fiona | 01 | 08-021 | 1:17.45 | 50m | 5-6-16 | Alkmaar (NED) | 422 |
| 13. Wentink Yara | 04 | 08-021 | 1:17.61 | 50m | 21-1-24 | Alkmaar (NED) | 419 |
| 14. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:17.80 | 50m | 25-5-97 | Beverwijk (NED) | 416 |
| 15. Siemerink Laura | 04 | 08-021 | 1:18.23 | 50m | 23-2-19 | Den Haag (NED) | 409 |
| 16. Smit Sanne | 01 | 08-021 | 1:18.41 | 50m | 30-5-15 | Beverwijk (NED) | 406 |
| 17. Kramer Miranda | 80 | 08-021 | 1:19.80 | 50m | 20-5-95 | Beverwijk (NED) | 385 |
| 18. Mallon Danique | 94 | 08-021 | 1:19.85 | 50m | 24-5-08 | Beverwijk (NED) | 385 |
| 19. Crok Annemarie | 89 | 08-021 | 1:19.94 | 50m | 28-5-05 | Beverwijk (NED) | 383 |
| 19. van Assema Eline | 05 | 08-021 | 1:19.94 | 50m | 10-6-23 | Bückeburg (GER) | 383 |
| 21. Stins Mariska | 84 | 08-021 | 1:20.10 | 50m | 1-6-02 | Beverwijk | 381 |
| 22. Palmboom Nicole | 91 | 08-021 | 1:20.24 | 50m | 20-5-06 | Beverwijk (NED) | 379 |
| 23. Jongema Helena | 80 | 08-021 | 1:20.48 | 50m | 19-9-09 | Cadiz (ESP) | 376 |
| 24. Essers Sanne | 91 | 08-021 | 1:20.72 | 50m | 12-5-07 | Beverwijk (NED) | 372 |
| 25. Stam Sabrina | 82 | 08-021 | 1:20.80 | 50m | 7-6-97 | Beverwijk (NED) | 371 |

200 rugslag

| | | | | | | | |
|----------------------|----|--------|---------|-----|----------|------------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 2:33.86 | 50m | 4-6-16 | Alkmaar (NED) | 524 |
| 2. Schelvis Femke | 84 | 08-021 | 2:38.70 | 50m | 31-5-97 | Beverwijk (NED) | 477 |
| 3. Broek Jade | 97 | 08-021 | 2:38.72 | 50m | 26-1-20 | Alkmaar (NED) | 477 |
| 4. Kleijne Daisy | 89 | 08-021 | 2:42.36 | 50m | 27-2-05 | Amsterdam (NED) | 446 |
| 5. Hoekstra Eline | 03 | 08-021 | 2:42.98 | 50m | 8-3-20 | Amsterdam (NED) | 441 |
| 6. Crok Linda | 94 | 08-021 | 2:43.20 | 50m | 15-5-11 | Alkmaar (NED) | 439 |
| 7. Groen Anne | 95 | 08-021 | 2:43.66 | 50m | 12-5-13 | Beverwijk (NED) | 435 |
| 8. van 't Veer Iris | 03 | 08-021 | 2:44.76 | 50m | 16-6-18 | Buckeburg (GER) | 426 |
| 9. Meijer Sylvia | 81 | 08-021 | 2:45.96 | 50m | 30-5-99 | Beverwijk (NED) | 417 |
| 10. Koster Lisa | 94 | 08-021 | 2:46.48 | 50m | 18-5-08 | Alkmaar (NED) | 413 |
| 11. Schelvis Roos | 86 | 08-021 | 2:46.98 | 50m | 21-10-01 | Beverwijk (NED) | 410 |
| 12. Mallon Danique | 94 | 08-021 | 2:50.17 | 50m | 16-5-10 | Alkmaar (NED) | 387 |
| 13. Crok Annemarie | 89 | 08-021 | 2:51.30 | 50m | 9-5-04 | Beverwijk (NED) | 379 |
| 14. Essers Sanne | 91 | 08-021 | 2:51.54 | 50m | 14-5-06 | Beverwijk (NED) | 378 |
| 15. van Assema Eline | 05 | 08-021 | 2:51.68 | 50m | 11-5-19 | Alkmaar (NED) | 377 |
| 16. de Haan Shira | 00 | 08-021 | 2:52.09 | 50m | 17-6-17 | Bergbad Bückebug (GER) | 374 |
| 17. Vink Lidewij | 90 | 08-021 | 2:52.27 | 50m | 14-5-06 | Beverwijk (NED) | 373 |
| 18. Stins Mariska | 84 | 08-021 | 2:52.41 | 50m | 18-5-03 | Beverwijk (NED) | 372 |
| 19. Koopman Anitra | 89 | 08-021 | 2:52.65 | 50m | 9-5-04 | Beverwijk (NED) | 371 |
| 20. Stam Sabrina | 82 | 08-021 | 2:53.50 | 50m | 9-11-97 | Beverwijk (NED) | 365 |
| 21. Buur Naomi | 01 | 08-021 | 2:53.58 | 50m | 25-4-15 | Alkmaar (NED) | 365 |
| 22. Palmboom Nicole | 91 | 08-021 | 2:53.65 | 50m | 14-5-06 | Beverwijk (NED) | 364 |
| 23. de Boer Irene | 84 | 08-021 | 2:54.35 | 50m | 31-10-99 | Beverwijk (NED) | 360 |
| 24. Wentink Yara | 04 | 08-021 | 2:54.68 | 50m | 15-6-19 | Bückebug (GER) | 358 |
| 25. Niesten Iris | 92 | 08-021 | 2:55.57 | 50m | 12-4-08 | Antwerpen (BEL) | 352 |

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

| | | | | | | | |
|--------------------------|----|--------|-------|-----|----------|------------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 35.43 | 50m | 8-4-16 | Eindhoven (NED) | 571 |
| 2. van Honk Chantal | 80 | 08-021 | 37.00 | 50m | 21-3-93 | Beverwijk (NED) | 501 |
| 3. Broek Jade | 97 | 08-021 | 38.39 | 50m | 18-6-17 | Bergbad Bückebug (GER) | 449 |
| 4. Palmboom Nicole | 91 | 08-021 | 38.70 | 50m | 22-5-05 | Beverwijk (NED) | 438 |
| 5. de Haan Shira | 00 | 08-021 | 39.34 | 50m | 20-5-17 | Alkmaar (NED) | 417 |
| 6. Smit Sanne | 01 | 08-021 | 40.14 | 50m | 30-3-19 | Amersfoort (NED) | 392 |
| 7. de Groot Daniëlle | 93 | 08-021 | 40.27 | 50m | 18-5-08 | Alkmaar (NED) | 389 |
| 8. Siemerink Laura | 04 | 08-021 | 40.41 | 50m | 27-1-19 | Alkmaar (NED) | 385 |
| 9. Teufer Irene | 96 | 08-021 | 41.05 | 50m | 26-7-08 | Amsterdam (NED) | 367 |
| 10. van 't Veer Iris | 03 | 08-021 | 41.10 | 50m | 25-3-18 | Alkmaar (NED) | 366 |
| 11. Crok Linda | 94 | 08-021 | 41.36 | 50m | 16-5-10 | Alkmaar (NED) | 359 |
| 12. Koper Fiona | 01 | 08-021 | 41.41 | 50m | 20-5-17 | Alkmaar (NED) | 357 |
| 12. de Boer Maia | 03 | 08-021 | 41.41 | 50m | 20-5-17 | Alkmaar (NED) | 357 |
| 14. Herwegh Binthy | 09 | 08-021 | 41.82 | 50m | 18-11-23 | Beverwijk (NED) | 347 |
| 15. Hoekstra Eline | 03 | 08-021 | 41.83 | 50m | 25-3-18 | Alkmaar (NED) | 347 |
| 16. van der Gracht Anouk | 89 | 08-021 | 42.01 | 50m | 22-4-07 | Antwerpen (BEL) | 342 |
| 17. Herwegh Yara | 07 | 08-021 | 42.20 | 50m | 7-12-24 | Beverwijk (NED) | 338 |
| 18. Koster Lisa | 94 | 08-021 | 42.24 | 50m | 13-4-08 | Antwerpen (BEL) | 337 |
| 19. Schelvis Roos | 86 | 08-021 | 42.29 | 50m | 21-5-00 | Beverwijk (NED) | 335 |
| 20. Renkema Iris | 04 | 08-021 | 42.98 | 50m | 29-5-16 | Alkmaar (NED) | 320 |

50 schoolslag (sinds 21)

| | | | | | | | |
|---------------------------|----|--------|-------|-----|---------|------------------------|-----|
| 21. Vink Marjolein | 93 | 08-021 | 43.05 | 50m | 13-5-07 | Alkmaar (NED) | 318 |
| 21. Niesten Iris | 92 | 08-021 | 43.05 | 50m | 13-4-08 | Antwerpen (BEL) | 318 |
| 21. Schoonderwoerd Rianne | 95 | 08-021 | 43.05 | 50m | 28-5-23 | Arnsberg (GER) | 318 |
| 24. Groen Anne | 95 | 08-021 | 43.13 | 50m | 19-6-22 | Bergbad Bückebug (GER) | 316 |
| 25. van Staveren Marina | 78 | 08-021 | 43.26 | 50m | 14-4-12 | Kampen (NED) | 313 |

100 schoolslag

| | | | | | | | |
|--------------------------------|----|--------|---------|-----|----------|------------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 1:20.02 | 50m | 21-2-16 | Alkmaar (NED) | 514 |
| 2. van Honk Chantal | 80 | 08-021 | 1:23.00 | 50m | 22-5-93 | Beverwijk (NED) | 461 |
| 3. Broek Jade | 97 | 08-021 | 1:23.64 | 50m | 18-6-17 | Bergbad Bückebug (GER) | 450 |
| 4. de Haan Shira | 00 | 08-021 | 1:25.72 | 50m | 18-6-17 | Bergbad Bückebug (GER) | 418 |
| 5. Palmboom Nicole | 91 | 08-021 | 1:26.05 | 50m | 12-5-07 | Beverwijk (NED) | 413 |
| 6. Stam Vanessa | 80 | 08-021 | 1:27.90 | 50m | 2-6-96 | Beverwijk (NED) | 388 |
| 7. Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:28.00 | 50m | 31-5-97 | Beverwijk (NED) | 387 |
| 8. de Groot Daniëlle | 93 | 08-021 | 1:28.60 | 50m | 17-5-08 | Beverwijk (NED) | 379 |
| 9. van 't Veer Iris | 03 | 08-021 | 1:29.19 | 50m | 18-6-22 | Bergbad Bückebug (GER) | 371 |
| 10. van Rookhuizen Sieta | 79 | 08-021 | 1:29.45 | 50m | 25-10-98 | Beverwijk (NED) | 368 |
| 11. Kramer Miranda | 80 | 08-021 | 1:30.36 | 50m | 29-4-01 | Beverwijk (NED) | 357 |
| 12. Teufer Irene | 96 | 08-021 | 1:30.47 | 50m | 27-7-08 | Amsterdam (NED) | 356 |
| 13. Hoekstra Eline | 03 | 08-021 | 1:30.68 | 50m | 23-2-20 | Den Haag (NED) | 353 |
| 14. Herwegh Binthy | 09 | 08-021 | 1:30.69 | 50m | 10-6-23 | Bückebug (GER) | 353 |
| 15. Koster Lisa | 94 | 08-021 | 1:31.45 | 50m | 12-5-07 | Beverwijk (NED) | 344 |
| 16. Schelvis Roos | 86 | 08-021 | 1:31.67 | 50m | 29-5-99 | Beverwijk (NED) | 342 |
| 17. van der Gracht Anouk | 89 | 08-021 | 1:31.69 | 50m | 6-5-07 | Eindhoven (NED) | 342 |
| 18. Siemerink Laura | 04 | 08-021 | 1:32.04 | 50m | 24-2-19 | Den Haag (NED) | 338 |
| 19. Heus Pauline | 78 | 08-021 | 1:32.20 | 50m | 2-6-96 | Beverwijk (NED) | 336 |
| 20. Mallon Danique | 94 | 08-021 | 1:32.61 | 50m | 13-6-10 | Beverwijk (NED) | 332 |
| 21. Niesten Iris | 92 | 08-021 | 1:32.78 | 50m | 1-6-08 | Beverwijk (NED) | 330 |
| 22. Crok Linda | 94 | 08-021 | 1:33.55 | 50m | 15-5-10 | Beverwijk (NED) | 322 |
| 23. Groen Anne | 95 | 08-021 | 1:33.59 | 50m | 21-6-25 | Bückebug (GER) | 321 |
| 24. Schoonderwoerd Rianne | 95 | 08-021 | 1:33.66 | 50m | 28-5-23 | Arnsberg (GER) | 321 |
| 25. Smit Sanne | 01 | 08-021 | 1:33.72 | 50m | 22-2-15 | Alkmaar (NED) | 320 |

200 schoolslag

| | | | | | | | |
|--------------------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. de Haan Shira | 00 | 08-021 | 3:01.71 | 50m | 28-5-17 | Alkmaar (NED) | 448 |
| 2. Kingma Danae | 00 | 08-021 | 3:04.77 | 50m | 24-5-14 | Beverwijk (NED) | 426 |
| 3. Broek Jade | 97 | 08-021 | 3:05.06 | 50m | 5-6-16 | Alkmaar (NED) | 424 |
| 4. Stam Vanessa | 80 | 08-021 | 3:09.60 | 50m | 24-5-97 | Beverwijk (NED) | 394 |
| 5. de Groot Daniëlle | 93 | 08-021 | 3:11.88 | 50m | 24-5-08 | Beverwijk (NED) | 381 |
| 6. van 't Veer Iris | 03 | 08-021 | 3:12.10 | 50m | 25-3-18 | Alkmaar (NED) | 379 |
| 7. Herwegh Binthy | 09 | 08-021 | 3:12.41 | 50m | 11-6-23 | Bückebug (GER) | 377 |
| 8. Gijzen-van der Kroft Nicole | 84 | 08-021 | 3:13.20 | 50m | 29-4-01 | Beverwijk (NED) | 373 |
| 9. Palmboom Nicole | 91 | 08-021 | 3:13.60 | 50m | 20-5-06 | Beverwijk (NED) | 370 |
| 10. Schelvis Roos | 86 | 08-021 | 3:14.58 | 50m | 5-6-99 | Beverwijk (NED) | 365 |
| 11. Niesten Annet | 62 | 08-021 | 3:16.30 | 50m | 11-6-78 | Beverwijk (NED) | 355 |
| 12. Kramer Miranda | 80 | 08-021 | 3:17.00 | 50m | 13-5-95 | Beverwijk (NED) | 352 |
| 13. Vink Marjolein | 93 | 08-021 | 3:17.85 | 50m | 19-5-07 | Beverwijk (NED) | 347 |
| 14. Crok Linda | 94 | 08-021 | 3:18.11 | 50m | 29-5-10 | Beverwijk (NED) | 346 |
| 15. Crok Annemarie | 89 | 08-021 | 3:18.70 | 50m | 21-5-11 | Beverwijk (NED) | 343 |
| 16. Moolevliet Petra | 82 | 08-021 | 3:20.00 | 50m | 13-5-95 | Beverwijk (NED) | 336 |
| 17. Teufer Irene | 96 | 08-021 | 3:21.06 | 50m | 25-7-08 | Amsterdam (NED) | 331 |

200 schoolslag (sinds 18)

| | | | | | | | |
|---------------------|----|--------|---------|-----|---------|-----------------|-----|
| 18. Niesten Iris | 92 | 08-021 | 3:22.18 | 50m | 24-5-08 | Beverwijk (NED) | 325 |
| 19. Siemerink Laura | 04 | 08-021 | 3:22.72 | 50m | 23-2-19 | Den Haag (NED) | 323 |
| 20. de Wildt Maud | 05 | 08-021 | 3:22.83 | 50m | 17-6-18 | Buckeburg (GER) | 322 |
| 21. Buur Naomi | 01 | 08-021 | 3:22.86 | 50m | 22-2-15 | Alkmaar (NED) | 322 |
| 22. Hoekstra Eline | 03 | 08-021 | 3:23.77 | 50m | 5-2-17 | Alkmaar (NED) | 318 |
| 23. Nijholt Carin | 60 | 08-021 | 3:23.80 | 50m | 11-6-78 | Beverwijk (NED) | 318 |
| 24. Lund Karin | 63 | 08-021 | 3:23.90 | 50m | 11-6-78 | Beverwijk (NED) | 317 |
| 24. Schelvis Femke | 84 | 08-021 | 3:23.90 | 50m | 24-5-97 | Beverwijk (NED) | 317 |

250 schoolslag500 schoolslag800 schoolslag1000 schoolslag1250 schoolslag1500 schoolslag2000 schoolslag2500 schoolslag3000 schoolslag4000 schoolslag5000 schoolslag25 vlinderslag50 vlinderslag

| | | | | | | | |
|-------------------------|----|--------|-------|-----|---------|------------------|-----|
| 1. Wentink Yara | 04 | 08-021 | 29.56 | 50m | 21-5-23 | Amsterdam (NED) | 564 |
| 2. Kingma Danae | 00 | 08-021 | 29.93 | 50m | 26-5-19 | Amersfoort (NED) | 543 |
| 3. Hoekstra Eline | 03 | 08-021 | 30.83 | 50m | 25-5-25 | Alkmaar (NED) | 497 |
| 4. Broek Jade | 97 | 08-021 | 31.18 | 50m | 15-4-18 | Alkmaar (NED) | 480 |
| 5. Siemerink Laura | 04 | 08-021 | 31.35 | 50m | 26-5-19 | Amersfoort (NED) | 473 |
| 6. Schelvis Femke | 84 | 08-021 | 31.52 | 50m | 29-5-99 | Beverwijk (NED) | 465 |
| 7. Palmboom Nicole | 91 | 08-021 | 31.78 | 50m | 12-4-08 | Antwerpen (BEL) | 454 |
| 8. de Haan Shira | 00 | 08-021 | 31.88 | 50m | 28-5-17 | Alkmaar (NED) | 450 |
| 9. van der Gracht Anouk | 89 | 08-021 | 32.18 | 50m | 24-3-13 | Beverwijk (NED) | 437 |
| 10. Koopman Inge | 93 | 08-021 | 32.52 | 50m | 8-4-22 | Antwerpen (BEL) | 423 |
| 11. Smit Sanne | 01 | 08-021 | 32.98 | 50m | 26-5-19 | Amersfoort (NED) | 406 |
| 12. Teufer Irene | 96 | 08-021 | 33.06 | 50m | 12-4-08 | Antwerpen (BEL) | 403 |

50 vlinderslag (sinds 13)

| | | | | | | | | |
|-----|-----------------------------|----|--------|-------|-----|---------|-------------------------|-----|
| 13. | de Groot Daniëlle | 93 | 08-021 | 33.42 | 50m | 17-5-08 | Beverwijk (NED) | 390 |
| 14. | Groen Anne | 95 | 08-021 | 33.48 | 50m | 3-12-16 | Beverwijk (NED) | 388 |
| 15. | Vink Lidewij | 90 | 08-021 | 33.75 | 50m | 12-5-07 | Beverwijk (NED) | 379 |
| 16. | Essers Sanne | 91 | 08-021 | 33.76 | 50m | 12-5-07 | Beverwijk (NED) | 378 |
| 17. | van Staveren Marina | 78 | 08-021 | 33.87 | 50m | 24-3-13 | Amersfoort (NED) | 375 |
| 18. | Koper Fiona | 01 | 08-021 | 34.12 | 50m | 11-5-19 | Alkmaar (NED) | 367 |
| 19. | Gijzen-van der Kroft Nicole | 84 | 08-021 | 34.39 | 50m | 29-5-99 | Beverwijk (NED) | 358 |
| 20. | Crok Annemarie | 89 | 08-021 | 34.62 | 50m | 15-5-10 | Beverwijk (NED) | 351 |
| 21. | Veldhuis Amelia | 03 | 08-021 | 34.65 | 50m | 18-6-22 | Bergbad Bückeberg (GER) | 350 |
| 22. | Hoek Daniëlle | 88 | 08-021 | 34.69 | 50m | 11-5-13 | Beverwijk (NED) | 349 |
| 23. | Koster Lisa | 94 | 08-021 | 34.73 | 50m | 12-4-08 | Antwerpen (BEL) | 348 |
| 24. | Spijker Kristel | 84 | 08-021 | 34.80 | 50m | 9-5-10 | Eindhoven (NED) | 345 |
| 25. | Mallon Danique | 94 | 08-021 | 34.99 | 50m | 16-5-09 | Beverwijk (NED) | 340 |

100 vlinderslag

| | | | | | | | | |
|-----|-----------------------------|----|--------|---------|-----|----------|-------------------------|-----|
| 1. | Wentink Yara | 04 | 08-021 | 1:08.00 | 50m | 16-6-24 | Amersfoort (NED) | 543 |
| 2. | Broek Jade | 97 | 08-021 | 1:10.87 | 50m | 18-5-19 | Amersfoort (NED) | 479 |
| 3. | Smit Sanne | 01 | 08-021 | 1:12.40 | 50m | 26-3-17 | Alkmaar (NED) | 449 |
| 4. | Kingma Danae | 00 | 08-021 | 1:12.66 | 50m | 16-6-18 | Bückeberg (GER) | 445 |
| 5. | Schelvis Femke | 84 | 08-021 | 1:13.69 | 50m | 4-7-98 | Amersfoort (NED) | 426 |
| 6. | Hoekstra Eline | 03 | 08-021 | 1:14.02 | 50m | 25-5-24 | Amsterdam (NED) | 421 |
| 7. | van der Gracht Anouk | 89 | 08-021 | 1:14.52 | 50m | 29-6-13 | Eindhoven (NED) | 412 |
| 8. | Palmboom Nicole | 91 | 08-021 | 1:15.79 | 50m | 18-5-08 | Alkmaar (NED) | 392 |
| 9. | Teufer Irene | 96 | 08-021 | 1:16.12 | 50m | 13-4-08 | Antwerpen (BEL) | 387 |
| 10. | Vink Lidewij | 90 | 08-021 | 1:16.13 | 50m | 13-5-07 | Alkmaar (NED) | 387 |
| 11. | de Groot Daniëlle | 93 | 08-021 | 1:17.63 | 50m | 13-5-07 | Alkmaar (NED) | 365 |
| 12. | Koopman Inge | 93 | 08-021 | 1:17.82 | 50m | 9-4-22 | Antwerpen (BEL) | 362 |
| 13. | Mallon Danique | 94 | 08-021 | 1:18.44 | 50m | 18-5-08 | Alkmaar (NED) | 353 |
| 14. | Stins Mariska | 84 | 08-021 | 1:18.47 | 50m | 25-4-04 | Beverwijk (NED) | 353 |
| 15. | de Haan Shira | 00 | 08-021 | 1:18.66 | 50m | 17-6-17 | Bergbad Bückeberg (GER) | 350 |
| 16. | Essers Sanne | 91 | 08-021 | 1:19.59 | 50m | 18-5-08 | Alkmaar (NED) | 338 |
| 17. | Gijzen-van der Kroft Nicole | 84 | 08-021 | 1:19.94 | 50m | 29-4-01 | Beverwijk (NED) | 334 |
| 18. | Stam Vanessa | 80 | 08-021 | 1:20.20 | 50m | 9-11-97 | Beverwijk (NED) | 331 |
| 19. | Spijker Kristel | 84 | 08-021 | 1:20.74 | 50m | 9-5-10 | Eindhoven (NED) | 324 |
| 20. | Siemerink Laura | 04 | 08-021 | 1:20.95 | 50m | 8-3-26 | Alkmaar (NED) | 321 |
| 21. | Hoek Daniëlle | 88 | 08-021 | 1:21.38 | 50m | 13-5-12 | Beverwijk (NED) | 316 |
| 22. | van Staveren Marina | 78 | 08-021 | 1:21.95 | 50m | 14-4-12 | Kampen (NED) | 310 |
| 23. | van de Poll Marianne | 89 | 08-021 | 1:22.09 | 50m | 25-4-04 | Beverwijk (NED) | 308 |
| 24. | Crok Annemarie | 89 | 08-021 | 1:22.91 | 50m | 22-4-07 | Antwerpen (BEL) | 299 |
| 25. | Schelvis Roos | 86 | 08-021 | 1:25.02 | 50m | 20-10-02 | Beverwijk (NED) | 277 |

200 vlinderslag

| | | | | | | | |
|--------------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. Wentink Yara | 04 | 08-021 | 2:48.79 | 50m | 14-5-23 | Amsterdam (NED) | 375 |
| 2. Hoekstra Eline | 03 | 08-021 | 2:49.42 | 50m | 22-2-20 | Den Haag (NED) | 371 |
| 3. Teufer Irene | 96 | 08-021 | 2:49.76 | 50m | 12-4-08 | Antwerpen (BEL) | 369 |
| 4. Mallon Danique | 94 | 08-021 | 2:54.66 | 50m | 30-5-10 | Beverwijk (NED) | 339 |
| 5. Schelvis Femke | 84 | 08-021 | 2:56.87 | 50m | 17-4-05 | Beverwijk (NED) | 326 |
| 6. Vink Lidewij | 90 | 08-021 | 2:57.39 | 50m | 25-5-08 | Beverwijk (NED) | 323 |
| 7. van der Gracht Anouk | 89 | 08-021 | 3:05.89 | 50m | 25-5-08 | Beverwijk (NED) | 281 |
| 8. Siemerink Laura | 04 | 08-021 | 3:06.96 | 50m | 8-3-26 | Alkmaar (NED) | 276 |
| 9. Spijker Kristel | 84 | 08-021 | 3:09.31 | 50m | 8-5-10 | Eindhoven (NED) | 266 |
| 10. Stins Mariska | 84 | 08-021 | 3:12.70 | 50m | 17-4-05 | Beverwijk (NED) | 252 |
| 11. van de Poll Marianne | 89 | 08-021 | 3:12.94 | 50m | 25-4-04 | Beverwijk (NED) | 251 |
| 12. Kleijne Daisy | 89 | 08-021 | 3:18.03 | 50m | 16-5-04 | Beverwijk (NED) | 232 |
| 13. Butter Anouk | 82 | 08-021 | 3:19.27 | 50m | 21-4-02 | Beverwijk (NED) | 228 |
| 14. de Ruijter Linda | 87 | 08-021 | 3:20.51 | 50m | 26-5-02 | Beverwijk (NED) | 224 |
| 15. Haasbroek Renske | 03 | 08-021 | 3:27.14 | 50m | 8-3-26 | Alkmaar (NED) | 203 |
| 16. Visser Stacey | 87 | 08-021 | 3:27.93 | 50m | 29-4-01 | Beverwijk (NED) | 201 |
| 17. Koopman Anitra | 89 | 08-021 | 3:46.94 | 50m | 29-3-03 | Beverwijk (NED) | 154 |

1000 vlinderslag**75 wisselslag****100 wisselslag****150 wisselslag****200 wisselslag**

| | | | | | | | |
|---------------------------------|----|--------|---------|-----|----------|-------------------------|-----|
| 1. Kingma Danae | 00 | 08-021 | 2:34.82 | 50m | 20-5-17 | Alkmaar (NED) | 540 |
| 2. Schelvis Femke | 84 | 08-021 | 2:39.69 | 50m | 31-10-99 | Beverwijk (NED) | 492 |
| 3. Broek Jade | 97 | 08-021 | 2:41.99 | 50m | 4-6-16 | Alkmaar (NED) | 471 |
| 4. Groen Anne | 95 | 08-021 | 2:44.09 | 50m | 5-3-17 | Alkmaar (NED) | 454 |
| 5. Wentink Yara | 04 | 08-021 | 2:44.14 | 50m | 8-6-24 | Bückeburg (GER) | 453 |
| 6. Crok Linda | 94 | 08-021 | 2:44.33 | 50m | 21-5-11 | Beverwijk (NED) | 452 |
| 7. Hoekstra Eline | 03 | 08-021 | 2:45.63 | 50m | 23-2-19 | Den Haag (NED) | 441 |
| 8. Smit Sanne | 01 | 08-021 | 2:47.94 | 50m | 5-2-17 | Alkmaar (NED) | 423 |
| 9. Crok Annemarie | 89 | 08-021 | 2:48.29 | 50m | 24-5-08 | Beverwijk (NED) | 420 |
| 10. de Haan Shira | 00 | 08-021 | 2:48.62 | 50m | 17-6-17 | Bergbad Bückeburg (GER) | 418 |
| 11. van der Gracht Anouk | 89 | 08-021 | 2:49.18 | 50m | 30-3-08 | Alkmaar (NED) | 414 |
| 12. Vink Lidewij | 90 | 08-021 | 2:49.65 | 50m | 19-5-07 | Beverwijk (NED) | 410 |
| 13. Palmboom Nicole | 91 | 08-021 | 2:50.86 | 50m | 20-5-06 | Beverwijk (NED) | 402 |
| 14. Siemerink Laura | 04 | 08-021 | 2:51.02 | 50m | 8-3-26 | Alkmaar (NED) | 401 |
| 15. Gijzen-van der Kroft Nicole | 84 | 08-021 | 2:51.82 | 50m | 21-10-01 | Beverwijk (NED) | 395 |
| 16. Schelvis Roos | 86 | 08-021 | 2:52.42 | 50m | 25-5-02 | Beverwijk (NED) | 391 |
| 17. Vink Marjolein | 93 | 08-021 | 2:52.66 | 50m | 24-5-08 | Beverwijk (NED) | 389 |
| 18. Mallon Danique | 94 | 08-021 | 2:52.70 | 50m | 24-5-08 | Beverwijk (NED) | 389 |
| 19. Kleijne Daisy | 89 | 08-021 | 2:52.72 | 50m | 28-5-05 | Beverwijk (NED) | 389 |
| 20. Hoek Daniëlle | 88 | 08-021 | 2:52.89 | 50m | 17-4-05 | Beverwijk (NED) | 388 |
| 21. de Groot Daniëlle | 93 | 08-021 | 2:53.15 | 50m | 19-5-07 | Beverwijk (NED) | 386 |
| 22. Kramer Miranda | 80 | 08-021 | 2:53.86 | 50m | 22-10-00 | Beverwijk (NED) | 381 |
| 23. Koopman Anitra | 89 | 08-021 | 2:55.01 | 50m | 25-4-04 | Beverwijk (NED) | 374 |

200 wisselslag (sinds 24)

| | | | | | | | |
|-------------------|----|--------|---------|-----|---------|-----------------|-----|
| 24. Buur Naomi | 01 | 08-021 | 2:55.94 | 50m | 30-5-15 | Beverwijk (NED) | 368 |
| 25. Meijer Sylvia | 81 | 08-021 | 2:56.40 | 50m | 2-5-99 | Beverwijk (NED) | 365 |

300 wisselslag**400 wisselslag**

| | | | | | | | |
|--------------------------------|----|--------|---------|-----|---------|-----------------|-----|
| 1. Hoekstra Eline | 03 | 08-021 | 5:48.87 | 50m | 14-5-22 | Amsterdam (NED) | 445 |
| 2. Schelvis Femke | 84 | 08-021 | 5:56.50 | 50m | 27-4-97 | Beverwijk (NED) | 417 |
| 3. Smit Sanne | 01 | 08-021 | 5:56.97 | 50m | 21-5-17 | Alkmaar (NED) | 415 |
| 4. Wentink Yara | 04 | 08-021 | 5:57.98 | 50m | 8-3-20 | Amsterdam (NED) | 411 |
| 5. Broek Jade | 97 | 08-021 | 5:58.94 | 50m | 1-3-20 | Alkmaar (NED) | 408 |
| 6. de Haan Shira | 00 | 08-021 | 6:14.47 | 50m | 28-5-16 | Alkmaar (NED) | 359 |
| 7. Haasbroek Renske | 03 | 08-021 | 6:15.59 | 50m | 8-3-26 | Alkmaar (NED) | 356 |
| 8. de Wildt Maud | 05 | 08-021 | 6:29.01 | 50m | 8-3-20 | Amsterdam (NED) | 321 |
| 9. Gijzen-van der Kroft Nicole | 84 | 08-021 | 6:31.60 | 50m | 27-4-97 | Beverwijk (NED) | 314 |
| 10. van Ballegoie Simone | 84 | 08-021 | 6:39.30 | 50m | 27-4-97 | Beverwijk (NED) | 296 |
| 11. de Boer Irene | 84 | 08-021 | 6:40.00 | 50m | 27-4-97 | Beverwijk (NED) | 295 |
| 12. Blaauw Yente | 03 | 08-021 | 6:43.16 | 50m | 21-1-18 | Alkmaar (NED) | 288 |
| 13. Siemerink Laura | 04 | 08-021 | 6:46.58 | 50m | 21-1-18 | Alkmaar (NED) | 281 |
| 14. Veldhuis Amelia | 03 | 08-021 | 7:06.09 | 50m | 20-1-19 | Alkmaar (NED) | 244 |