

10 jaar, Dames

1-1-1900-31-7-2026

**15m vlinderslag benen onderwater**

1. Schut Bodine	09	08-021	26.65	25m	29-9-19	Haarlem (NED)
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**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****50m borstcrawl benen****100m borstcrawl benen****25 vrije slag**

1. Dijkstra Lisette	86	08-021	16.00	25m	14-3-96	Heemskerk (NED)	279
2. Schelvis Femke	84	08-021	17.10	25m	24-3-94	Heemskerk (NED)	228
3. Essers Sanne	91	08-021	17.50	25m	29-3-01	Heemskerk (NED)	213
4. van Rookhuizen Sieta	79	08-021	17.60	25m	31-12-89	Heemskerk (NED)	209
5. Zwarthoed Brenda	96	08-021	17.65	25m	27-4-06	Heemskerk	208
6. Bakker Jesca	79	08-021	17.70	25m	31-12-89	Heemskerk (NED)	206
6. Steenkamp Ciska	90	08-021	17.70	25m	4-5-00	Heemskerk (NED)	206
8. Schelvis Roos	86	08-021	17.80	25m	14-3-96	Heemskerk (NED)	202
9. Teufer Irene	96	08-021	17.82	25m	27-4-06	Heemskerk	202
10. Meijer Linda	77	08-021	17.90	25m	17-12-87	Heemskerk (NED)	199
11. de Vriend Sofie	01	08-021	18.03	25m	30-6-11	Heemskerk (NED)	195
12. Buur Naomi	01	08-021	18.05	25m	14-4-11	Heemskerk (NED)	194
13. Gijzen-van der Kroft Nicole	84	08-021	18.30	25m	10-11-94	Heemskerk (NED)	186
14. van Ballegooie Simone	84	08-021	18.50	25m	15-12-94	Heemskerk (NED)	180
15. Koper Fiona	01	08-021	18.60	25m	14-4-11	Heemskerk (NED)	177
16. de Graaf Annemiek	70	08-021	18.70	25m	16-3-80	Heemskerk (NED)	175
16. Hoogervorst Marlon	84	08-021	18.70	25m	15-12-94	Heemskerk (NED)	175
18. Haack Fenna	16	08-021	18.84	25m	10-5-26	Zaandam (NED)	171
19. Dijkstra Janet	77	08-021	18.90	25m	17-12-87	Heemskerk (NED)	169
19. Koopman Anitra	89	08-021	18.90	25m	18-3-99	Heemskerk (NED)	169
21. de Haan Shira	00	08-021	18.98	25m	3-1-10	Culemborg (NED)	167
22. Kleijne Daisy	89	08-021	19.03	25m	25-3-99	Heemskerk (NED)	166
23. Rodenburg Kyra	96	08-021	19.11	25m	27-4-06	Heemskerk	163
24. de Boer Irene	84	08-021	19.30	25m	10-11-94	Heemskerk (NED)	159
24. Visser Kelly	89	08-021	19.30	25m	18-3-99	Heemskerk (NED)	159

**50 vrije slag**

1. Stel Serena	98	08-021	34.16	25m	5-10-08	Heemskerk (NED)	302
2. Crok Linda	94	08-021	34.75	25m	11-4-04	Haarlem	287
3. Renkema Iris	04	08-021	35.75	25m	16-11-14	Zaandam (NED)	263
4. Teufer Irene	96	08-021	35.90	25m	5-11-06	Zaandam (NED)	260
5. Hoekstra Eline	03	08-021	35.98	25m	31-10-13	Heemskerk (NED)	258
6. Butter Noor	16	08-021	36.03	25m	10-5-26	Zaandam (NED)	257
7. van Honk Chantal	80	08-021	36.40	25m	2-12-90		249
8. Schelvis Femke	84	08-021	36.50	25m	15-12-94	Heemskerk (NED)	247
9. Zwarthoed Brenda	96	08-021	36.57	25m	5-11-06	Zaandam (NED)	246
10. Schuyt Simone	75	08-021	36.70	25m	29-9-85	Heemskerk (NED)	243
11. Dijkstra Lisette	86	08-021	36.80	25m	12-12-96	Heemskerk (NED)	241
12. Schelvis Roos	86	08-021	37.00	25m	12-12-96	Heemskerk (NED)	238
13. Bakker Jesca	79	08-021	37.10	25m	14-12-89	Heemskerk (NED)	236
14. Kerkhoven Michelle	91	08-021	37.34	25m	25-3-01	Heerhugowaard (NED)	231
15. Blaauw Yente	03	08-021	37.48	25m	31-10-13	Heemskerk (NED)	228
16. Scholten Britt	04	08-021	37.61	25m	5-7-14	Eindhoven (NED)	226
17. Koopman Anitra	89	08-021	37.90	25m	21-12-99	Heemskerk (NED)	221
18. Bos Marieke	06	08-021	38.29	25m	13-10-16	Heemskerk (NED)	214
19. Essers Sanne	91	08-021	38.41	25m	18-3-01	Zaandam (NED)	212
20. van Rijn Eline	07	08-021	38.94	25m	14-5-17	Haarlem (NED)	204
21. Petit Kirsten	00	08-021	39.09	25m	28-11-10	Heemskerk (NED)	201
22. de Vriend Sofie	01	08-021	39.15	25m	13-11-11	Zaandam (NED)	200
23. Steenkamp Ciska	90	08-021	39.20	25m	20-1-00	Heemskerk (NED)	200
24. Buur Naomi	01	08-021	39.35	25m	6-10-11	Heemskerk (NED)	197
25. Hoek Daniëlle	88	08-021	39.38	25m	26-11-98	Heemskerk (NED)	197

**100 vrije slag**

1. Stel Serena	98	08-021	1:12.54	25m	23-11-08	Zaandam (NED)	332
2. Crok Linda	94	08-021	1:12.81	25m	21-11-04	Zaandam (NED)	328
3. Teufer Irene	96	08-021	1:18.75	25m	19-11-06	Zaandam (NED)	259
4. Renkema Iris	04	08-021	1:19.77	25m	21-9-14	Purmerend (NED)	249
5. van Honk Chantal	80	08-021	1:20.10	25m	6-12-90	Heemskerk (NED)	246
6. Butter Noor	16	08-021	1:20.42	25m	7-6-26	Amsterdam-Noord (NED)	243
7. Schuyt Simone	75	08-021	1:21.60	25m	29-9-85	Heemskerk (NED)	233
7. Bakker Jesca	79	08-021	1:21.60	25m	17-12-89	Heemstede (NED)	233
9. Dijkstra Lisette	86	08-021	1:21.90	25m	22-9-96	Heemskerk (NED)	230
10. Hoekstra Eline	03	08-021	1:22.02	25m	8-6-13	Zaandam (NED)	229
11. Essers Sanne	91	08-021	1:22.43	25m	25-11-01	Alkmaar (NED)	226
12. Schelvis Femke	84	08-021	1:22.60	25m	25-9-94	Alkmaar (NED)	225
13. Scholten Britt	04	08-021	1:22.75	25m	14-6-14	Zaandam (NED)	223
14. Zwarthoed Brenda	96	08-021	1:22.78	25m	10-12-06	Heemskerk (NED)	223
15. Schelvis Roos	86	08-021	1:23.40	25m	29-9-96	Haarlem (NED)	218
16. Blaauw Yente	03	08-021	1:23.49	25m	17-11-13	Heemskerk (NED)	218
17. Bos Marieke	06	08-021	1:23.77	25m	24-4-16	Zaandam (NED)	215
18. Visser Kelly	89	08-021	1:25.12	25m	25-11-99	Heemskerk	205
19. Petit Kirsten	00	08-021	1:25.71	25m	28-11-10	Heemskerk (NED)	201
20. Koopman Anitra	89	08-021	1:25.98	25m	25-11-99	Heemskerk	199
21. de Vriend Sofie	01	08-021	1:26.19	25m	27-11-11	Heemskerk (NED)	198
22. Steenkamp Ciska	90	08-021	1:26.51	25m	30-11-00	Heemskerk (NED)	195
23. van Rijn Eline	07	08-021	1:27.98	25m	10-6-17	Zaandam (NED)	186
24. Gijzen-van der Kroft Nicole	84	08-021	1:28.00	25m	25-9-94	Alkmaar (NED)	186
25. Buur Naomi	01	08-021	1:28.11	25m	9-10-11	Zaandam (NED)	185

**200 vrije slag**

1. Stel Serena	98	08-021	2:37.25	25m	14-12-08	Zaandam (NED)	346
2. Renkema Iris	04	08-021	2:55.34	25m	14-12-14	Zaandam (NED)	249
3. Hoekstra Eline	03	08-021	2:56.95	25m	15-12-13	Zaandam (NED)	243
4. Teufer Irene	96	08-021	3:01.06	25m	3-12-06	Zaandam (NED)	226
5. Blaauw Yente	03	08-021	3:02.75	25m	15-12-13	Zaandam (NED)	220
6. Dijkstra Lisette	86	08-021	3:03.30	25m	15-9-96	Assendelft (NED)	218
7. van Honk Chantal	80	08-021	3:04.10	25m	9-12-90	Volendam (NED)	215
8. Bos Marieke	06	08-021	3:06.05	25m	18-9-16	Zaandam (NED)	209
9. Bakker Jesca	79	08-021	3:06.60	25m	5-10-89	Heemskerk (NED)	207
10. Essers Sanne	91	08-021	3:06.66	25m	16-9-01	Zaandam (NED)	207
11. Petit Kirsten	00	08-021	3:07.17	25m	12-12-10	Zaandam (NED)	205
12. Scholten Britt	04	08-021	3:09.56	25m	14-12-14	Zaandam (NED)	197
13. Buur Naomi	01	08-021	3:10.04	25m	11-12-11	Zaandam (NED)	196
14. Steenkamp Ciska	90	08-021	3:11.06	25m	25-5-00	Heemskerk (NED)	193
15. Visser Kelly	89	08-021	3:11.08	25m	24-10-99	Zaandam (NED)	193
16. Schelvis Roos	86	08-021	3:11.30	25m	15-9-96	Assendelft (NED)	192
17. Butter Noor	16	08-021	3:11.37	25m	26-4-26	Zoetermeer (NED)	192
18. de Vriend Sofie	01	08-021	3:18.71	25m	11-12-11	Zaandam (NED)	171
19. de Haan Shira	00	08-021	3:18.81	25m	12-12-10	Zaandam (NED)	171
20. Kleijne Daisy	89	08-021	3:20.17	25m	24-10-99	Zaandam (NED)	167
21. Ivens Suzanne	99	08-021	3:22.32	25m	13-12-09	Zaandam (NED)	162
22. van Huisstede Nikita	01	08-021	3:24.67	25m	11-12-11	Zaandam (NED)	157
23. Koopman Anitra	89	08-021	3:26.32	25m	28-2-99	Zaandam (NED)	153
24. de Wildt Maud	05	08-021	3:26.73	25m	13-12-15	Zaandam (NED)	152
25. Haack Fenna	16	08-021	3:29.45	25m	19-2-26	Heemskerk (NED)	146

**250 vrije slag****300 vrije slag**

1. Essers Sanne	91	08-021	4:54.40	25m	4-11-01	Heemskerk	201
2. Teufer Irene	96	08-021	4:55.75	25m	12-1-06	Heemskerk (NED)	198
3. Steenkamp Ciska	90	08-021	5:11.60	25m	23-1-00	Heemskerk (NED)	169
4. Buur Naomi	01	08-021	5:48.63	25m	13-2-11	Zaandam (NED)	121

**400 vrije slag**

1. Stel Serena	98	08-021	5:40.44	25m	9-11-08	Zaandam (NED)	326
2. Essers Sanne	91	08-021	6:00.98	25m	4-1-01	Heemskerk (NED)	274
3. Crok Linda	94	08-021	6:10.89	25m	14-11-04	Heemskerk (NED)	252
4. van Honk Chantal	80	08-021	6:11.00	25m	9-12-90	Volendam (NED)	252
5. Teufer Irene	96	08-021	6:13.59	25m	3-12-06	Zaandam (NED)	247
6. Bos Marieke	06	08-021	6:15.64	25m	18-9-16	Zaandam (NED)	243
7. Schelvis Femke	84	08-021	6:16.50	25m	18-12-94	Wormerveer (NED)	241
8. Butter Noor	16	08-021	6:18.28	25m	26-4-26	Zoetermeer (NED)	238
9. Dijkstra Lisette	86	08-021	6:19.60	25m	10-11-96	Wormerveer (NED)	235
10. Bakker Jesca	79	08-021	6:29.10	25m	28-12-89	Heemskerk (NED)	218
11. Renkema Iris	04	08-021	6:33.71	25m	19-10-14	Zaandam (NED)	211
12. Visser Kelly	89	08-021	6:40.81	50m	31-10-99	Beverwijk (NED)	205
13. Hoekstra Eline	03	08-021	6:48.40	25m	20-10-13	Zaandam (NED)	189
14. Buur Naomi	01	08-021	6:53.64	25m	16-10-11	Zaandam (NED)	182
15. van Perlo Ingrid	73	08-021	6:59.00	25m	13-3-83	Castricum (NED)	175

**400 vrije slag (sinds 16)**

16. Bruin Marianne	78	08-021	7:00.40	25m	6-10-88	Heemskerk (NED)	173
17. Kleijne Daisy	89	08-021	7:05.49	50m	31-10-99	Beverwijk (NED)	171
18. Koopman Anitra	89	08-021	7:10.06	25m	28-2-99	Zaandam (NED)	162
19. de Boer Irene	84	08-021	7:11.30	25m	18-12-94	Wormerveer (NED)	160
20. Gijzen-van der Kroft Nicole	84	08-021	7:12.20	25m	18-12-94	Wormerveer (NED)	159
21. van der Horst Wendy	72	08-021	7:14.70	25m	10-1-82	Wormerveer (NED)	157
22. Haack Fenna	16	08-021	7:21.05	25m	26-4-26	Zoetermeer (NED)	150
23. van Ballegooie Simone	84	08-021	7:23.70	25m	18-12-94	Wormerveer (NED)	147
24. van der Geest Saskia	73	08-021	7:29.50	25m	13-3-83	Castricum (NED)	142
25. de Haan Shira	00	08-021	7:32.06	25m	19-12-10	Zaandam (NED)	139

**500 vrije slag**

1. Bos Marieke	06	08-021	8:31.18	OW	23-7-16	Amstelveen (NED)
2. Buur Naomi	01	08-021	10:42.65	OW	9-7-11	Wijk en Aalburg (NED)
3. de Wildt Maud	05	08-021	11:57.51	OW	18-7-15	Amstelveen (NED)

**800 vrije slag**

1. van Honk Chantal	80	08-021	14:16.20	25m	7-6-90	Heemskerk (NED)	175
2. Buur Naomi	01	08-021	14:30.44	25m	4-12-11	Zaandam (NED)	166
3. de Haan Shira	00	08-021	14:56.55	25m	19-12-10	Zaandam (NED)	152

**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. Schelvis Femke	84	08-021	19.50	25m	17-2-94	Heemskerk	237
2. Teufer Irene	96	08-021	19.51	25m	27-4-06	Heemskerk	237
3. Bakker Jesca	79	08-021	19.80	25m	31-12-89	Heemskerk (NED)	227
4. Meijer Linda	77	08-021	19.90	25m	17-12-87	Heemskerk (NED)	223
5. Schelvis Roos	86	08-021	20.50	25m	8-2-96	Heemskerk (NED)	204
6. de Groot Daniëlle	93	08-021	20.81	25m	19-1-03	Zaandam	195
7. van Ballegooie Simone	84	08-021	20.90	25m	15-12-94	Heemskerk (NED)	193
7. Dijkstra Lisette	86	08-021	20.90	25m	8-2-96	Heemskerk (NED)	193
9. Koopman Anitra	89	08-021	21.15	25m	25-3-99	Heemskerk (NED)	186
9. Essers Sanne	91	08-021	21.15	25m	14-1-01	Heemskerk (NED)	186
11. Steenkamp Ciska	90	08-021	21.18	25m	16-1-00	Zaandam (NED)	185
12. Dijkstra Janet	77	08-021	21.20	25m	17-12-87	Heemskerk (NED)	185
13. van Honschoten Ingeborg	70	08-021	21.50	25m	10-2-80	Heerhugowaard (NED)	177
13. Hoek Daniëlle	88	08-021	21.50	25m	15-1-98	Heemskerk (NED)	177
15. Kleijne Daisy	89	08-021	21.54	25m	7-3-99	Zaandam (NED)	176
16. Visser Kelly	89	08-021	21.60	25m	15-4-99	Heemskerk (NED)	174
17. Dijkstra Pascal	89	08-021	21.67	25m	25-3-99	Heemskerk (NED)	173
18. Hoogervorst Marlon	84	08-021	21.70	25m	15-12-94	Heemskerk (NED)	172
19. Zwarthoed Brenda	96	08-021	21.86	25m	27-4-06	Heemskerk	168
20. Rodenburg Kyra	96	08-021	22.12	25m	27-4-06	Heemskerk	162
21. Aafjes Suzan	69	08-021	22.30	25m	13-10-79	Heemskerk (NED)	158
22. Gijzen-van der Kroft Nicole	84	08-021	22.50	25m	10-11-94	Heemskerk (NED)	154
23. van Rookhuizen Sieta	79	08-021	22.80	25m	31-12-89	Heemskerk (NED)	148
24. van der Horst Sacha	69	08-021	22.90	25m	13-10-79	Heemskerk (NED)	146
25. de Boer Irene	84	08-021	23.40	25m	10-11-94	Heemskerk (NED)	137

**50 rugslag**

1. Stel Serena	98	08-021	40.82	25m	26-10-08	Eindhoven (NED)	248
2. Schelvis Roos	86	08-021	41.30	25m	7-11-96	Heemskerk (NED)	240
3. Crok Linda	94	08-021	41.47	25m	7-11-04	IJmuiden (NED)	237
4. Koper Fiona	01	08-021	41.48	25m	6-11-11	Zaandam (NED)	237
5. Teufer Irene	96	08-021	41.90	25m	30-12-06	Hoorndijk (NED)	229
6. Hoekstra Eline	03	08-021	41.98	25m	8-12-13	Amstelveen (NED)	228
7. Scholten Britt	04	08-021	42.06	25m	26-10-14	Zaandam (NED)	227
8. Schelvis Femke	84	08-021	42.10	25m	10-11-94	Heemskerk (NED)	226
8. Blaauw Yente	03	08-021	42.10	25m	8-9-13	Zaandam (NED)	226
10. Dijkstra Lisette	86	08-021	42.70	25m	7-11-96	Heemskerk (NED)	217
11. Koopman Anitra	89	08-021	42.80	25m	14-11-99	Zaandam (NED)	215
12. Bakker Jesca	79	08-021	42.90	25m	5-11-89	Heemskerk (NED)	214
13. Butter Noor	16	08-021	42.97	25m	26-3-26	Heemskerk (NED)	213
14. Essers Sanne	91	08-021	43.08	25m	29-11-01	Heemskerk	211
15. Steenkamp Ciska	90	08-021	43.67	25m	4-5-00	Heemskerk (NED)	203
16. Buur Naomi	01	08-021	43.75	25m	3-3-11	Heemskerk (NED)	201
17. Meijer Linda	77	08-021	43.80	25m	4-10-87	Zaandam (NED)	201
18. van Honk Chantal	80	08-021	44.20	25m	27-9-90	Heemskerk (NED)	195
19. de Vriend Sofie	01	08-021	44.39	25m	29-5-11	Purmerend (NED)	193
20. Petit Kirsten	00	08-021	44.64	50m	4-12-10	Beverwijk (NED)	222
21. Renkema Iris	04	08-021	45.12	25m	2-3-14	Haarlem (NED)	184
22. van Rijn Eline	07	08-021	45.13	25m	14-5-17	Haarlem (NED)	184

**50 rugslag (sinds 23)**

23. Missot Gonda	66	08-021	45.30	25m	14-9-76	Heemskerk (NED)	181
24. Visser Kelly	89	08-021	45.31	25m	14-11-99	Zaandam (NED)	181
25. Kleijne Daisy	89	08-021	45.49	25m	10-10-99	Zaandam (NED)	179

**100 rugslag**

1. Stel Serena	98	08-021	1:25.96	25m	16-11-08	Amsterdam-oost (NED)	262
2. Crok Linda	94	08-021	1:28.64	25m	23-12-04	Heemskerk (NED)	239
3. Teufer Irene	96	08-021	1:29.73	25m	8-10-06	Zaandam (NED)	230
4. Schelvis Femke	84	08-021	1:29.90	25m	20-11-94	Wormerveer (NED)	229
5. Hoekstra Eline	03	08-021	1:29.99	25m	12-12-13	Heemskerk (NED)	228
6. Scholten Britt	04	08-021	1:30.68	25m	6-4-14	Zaandam (NED)	223
7. Schelvis Roos	86	08-021	1:30.80	25m	10-10-96	Heemskerk (NED)	222
8. Bakker Jesca	79	08-021	1:31.30	25m	3-12-89	Zaandam (NED)	218
9. Butter Noor	16	08-021	1:31.72	25m	6-4-26	Haarlem (NED)	215
10. Essers Sanne	91	08-021	1:32.02	25m	9-12-01	Heemskerk	213
11. Koopman Anitra	89	08-021	1:32.38	25m	16-12-99	Heemskerk	211
12. Buur Naomi	01	08-021	1:32.64	25m	27-11-11	Heemskerk (NED)	209
13. Dijkstra Lisette	86	08-021	1:33.80	25m	3-11-96	Zaandam (NED)	201
14. Blaauw Yente	03	08-021	1:34.64	25m	8-6-13	Zaandam (NED)	196
15. Petit Kirsten	00	08-021	1:34.78	25m	4-11-10	Heemskerk (NED)	195
16. van Honk Chantal	80	08-021	1:34.90	25m	11-3-90	Heemskerk (NED)	194
17. Renkema Iris	04	08-021	1:35.06	25m	30-10-14	Heemskerk (NED)	194
18. Steenkamp Ciska	90	08-021	1:35.30	25m	14-5-00	Zaandam (NED)	192
19. Visser Kelly	89	08-021	1:36.91	25m	16-12-99	Heemskerk	183
20. Gijzen-van der Kroft Nicole	84	08-021	1:37.00	25m	20-10-94	Heemskerk (NED)	182
21. Koper Fiona	01	08-021	1:37.79	25m	9-10-11	Zaandam (NED)	178
22. de Vriend Sofie	01	08-021	1:37.90	25m	27-11-11	Heemskerk (NED)	177
23. Visser Robin	05	08-021	1:38.13	25m	10-12-15	Heemskerk (NED)	176
24. de Boer Isabel	06	08-021	1:38.26	25m	11-6-16	Zaandam (NED)	175
25. van Ballegooye Simone	84	08-021	1:38.50	25m	20-11-94	Wormerveer (NED)	174

**200 rugslag**

1. Bakker Jesca	79	08-021	3:21.20	25m	2-11-89	Heemskerk (NED)	208
2. van Honk Chantal	80	08-021	3:23.60	25m	8-11-90	Heemskerk (NED)	200
3. Bos Marieke	06	08-021	3:28.19	25m	27-11-16	Zaandam (NED)	187

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

1. Teufer Irene	96	08-021	20.58	25m	27-4-06	Heemskerk	271
2. van Rookhuizen Sieta	79	08-021	21.90	25m	31-12-89	Heemskerk (NED)	224
3. de Boer Irene	84	08-021	22.00	25m	10-11-94	Heemskerk (NED)	221
4. Bakker Jesca	79	08-021	22.10	25m	12-1-89	Heemskerk (NED)	218
5. Schelvis Roos	86	08-021	22.30	25m	14-3-96	Heemskerk (NED)	213
6. Gijzen-van der Kroft Nicole	84	08-021	22.40	25m	10-11-94	Heemskerk (NED)	210
7. Steenkamp Ciska	90	08-021	22.47	25m	17-2-00	Heemskerk (NED)	208
8. Hoogervorst Marlon	84	08-021	22.50	25m	15-12-94	Heemskerk (NED)	207
9. Missot Gonda	66	08-021	22.90	25m	14-9-76	Heemskerk (NED)	196
10. Visser Kelly	89	08-021	23.00	25m	15-4-99	Heemskerk (NED)	194
11. Buur Naomi	01	08-021	23.02	25m	13-3-11	Heemskerk (NED)	193

25 schoolslag (sinds 12)

12.	van der Zee Olga	66	08-021	23.10	25m	14-9-76	Heemskerk (NED)	191
13.	Butter Noor	16	08-021	23.14	25m	21-5-26	Heemskerk (NED)	190
14.	Koper Selma	03	08-021	23.24	25m	7-4-13	Castricum (NED)	188
15.	Meijer Linda	77	08-021	23.40	25m	17-12-87	Heemskerk (NED)	184
15.	Dijkstra Lisette	86	08-021	23.40	25m	15-2-96	Heemskerk (NED)	184
15.	Koopman Anitra	89	08-021	23.40	25m	18-3-99	Heemskerk (NED)	184
18.	Snijder Femke	83	08-021	23.70	25m	13-10-93		177
19.	van Huisstede Nikita	01	08-021	23.89	25m	3-4-11	Zaandam (NED)	173
20.	Dijkstra Janet	77	08-021	24.00	25m	17-12-87	Heemskerk (NED)	170
21.	Tholen Kirsten	66	08-021	24.10	25m	14-9-76	Heemskerk (NED)	168
22.	van der Horst Sacha	69	08-021	24.20	25m	15-9-79	Heemskerk (NED)	166
23.	Heus Inge	81	08-021	24.30	25m	16-5-91	Heemskerk (NED)	164
23.	van Ballegooie Simone	84	08-021	24.30	25m	10-11-94	Heemskerk (NED)	164
25.	van der Gracht Anouk	89	08-021	24.41	25m	25-3-99	Heemskerk (NED)	162

50 schoolslag

1.	van Honk Chantal	80	08-021	41.40	25m	8-11-90	Heemskerk (NED)	331
2.	Teufer Irene	96	08-021	44.20	25m	5-11-06	Zaandam (NED)	272
3.	Crok Linda	94	08-021	45.45	25m	25-11-04	Heemskerk (NED)	250
4.	van Rookhuizen Sieta	79	08-021	46.50	25m	14-12-89	Heemskerk (NED)	233
4.	Bakker Jesca	79	08-021	46.50	25m	14-12-89	Heemskerk (NED)	233
4.	Hoogervorst Marlon	84	08-021	46.50	25m	20-10-94	Heemskerk (NED)	233
7.	Stel Serena	98	08-021	46.59	25m	16-11-08	Amsterdam-oost (NED)	232
8.	Gijzen-van der Kroft Nicole	84	08-021	46.60	25m	20-10-94	Heemskerk (NED)	232
9.	Missot Gonda	66	08-021	47.20	25m	30-3-76	Heemskerk (NED)	223
10.	Plokker Sylvia	68	08-021	47.50	25m	22-4-78	Heemskerk (NED)	219
11.	Dijkstra Lisette	86	08-021	47.90	25m	10-10-96	Heemskerk (NED)	213
12.	Koopman Anitra	89	08-021	48.18	25m	16-12-99	Heemskerk	210
13.	Schelvis Roos	86	08-021	48.20	25m	27-10-96	Zaandam (NED)	209
14.	Scholten Britt	04	08-021	48.26	25m	7-9-14	Zaandam (NED)	209
15.	Steenkamp Ciska	90	08-021	48.28	25m	14-12-00	Heemskerk (NED)	208
16.	de Groot Daniëlle	93	08-021	48.38	25m	27-11-03	Heemskerk (NED)	207
17.	Renkema Iris	04	08-021	48.46	25m	5-10-14	Zaandam (NED)	206
18.	Hoekstra Eline	03	08-021	49.20	25m	13-10-13	Zaandam (NED)	197
19.	Bos Marieke	06	08-021	49.38	25m	13-10-16	Heemskerk (NED)	195
20.	van Leeuwen Andrea	71	08-021	49.50	25m	14-3-81	Heemskerk (NED)	193
21.	de Boer Irene	84	08-021	49.60	25m	19-10-94		192
22.	Butter Noor	16	08-021	49.67	25m	5-4-26	Haarlem (NED)	191
23.	Niesten Iris	92	08-021	49.90	25m	28-11-02	Heemskerk	189
24.	Blaauw Yente	03	08-021	49.95	25m	8-9-13	Zaandam (NED)	188
25.	Zeeman Judith	70	08-021	50.00	25m	4-10-80	Heemskerk (NED)	187

**100 schoolslag**

1.	van Honk Chantal	80	08-021	1:30.00	25m	27-9-90	Heemskerk (NED)	332
2.	Teufer Irene	96	08-021	1:34.57	25m	28-5-06	Zoetermeer (NED)	286
3.	Bakker Jesca	79	08-021	1:37.10	25m	7-12-89	Heemskerk (NED)	264
4.	Crok Linda	94	08-021	1:38.82	25m	28-10-04	Heemskerk (NED)	251
5.	Gijzen-van der Kroft Nicole	84	08-021	1:39.40	25m	24-11-94	Heemskerk (NED)	246
6.	Missot Gonda	66	08-021	1:40.30	25m	23-4-76		240
7.	Stel Serena	98	08-021	1:40.51	25m	26-10-08	Eindhoven (NED)	238
8.	Hoekstra Eline	03	08-021	1:41.78	25m	31-10-13	Heemskerk (NED)	230
9.	van Rookhuizen Sieta	79	08-021	1:41.80	25m	7-12-89	Heemskerk (NED)	229
10.	Schelvis Roos	86	08-021	1:42.00	25m	8-12-96	Heerhugowaard (NED)	228
11.	Plokker Sylvia	68	08-021	1:42.30	25m	19-2-78	Assendelft (NED)	226
12.	Dijkstra Lisette	86	08-021	1:42.70	25m	7-11-96	Heemskerk (NED)	223
13.	Willemse Renee	75	08-021	1:42.90	25m	31-12-85		222
14.	Scholten Britt	04	08-021	1:42.95	25m	26-10-14	Zaandam (NED)	222
15.	van Leeuwen Andrea	71	08-021	1:43.70	25m	10-1-81	Hilversum (NED)	217
16.	Zeeman Judith	70	08-021	1:44.30	25m	16-11-80	Haarlem (NED)	213
17.	Bos Marieke	06	08-021	1:44.34	25m	13-10-16	Heemskerk (NED)	213
18.	Renkema Iris	04	08-021	1:44.72	25m	5-10-14	Zaandam (NED)	211
19.	Steenkamp Ciska	90	08-021	1:44.76	25m	9-4-00	Haarlem (NED)	210
20.	de Graaf Dinie	71	08-021	1:45.70	25m	29-11-81	Zaandam (NED)	205
21.	Blaauw Yente	03	08-021	1:46.18	25m	31-10-13	Heemskerk (NED)	202
22.	de Boer Irene	84	08-021	1:46.40	25m	24-11-94	Heemskerk (NED)	201
23.	Koopman Anitra	89	08-021	1:46.63	25m	19-12-99	Wormerveer (NED)	200
24.	Hoogervorst Marlon	84	08-021	1:46.70	25m	25-9-94	Alkmaar (NED)	199
25.	Butter Noor	16	08-021	1:47.24	25m	10-5-26	Zaandam (NED)	196

**200 schoolslag**

1.	van Honk Chantal	80	08-021	3:16.90	25m	6-12-90	Heemskerk (NED)	319
2.	Bos Marieke	06	08-021	3:40.07	25m	18-9-16	Zaandam (NED)	228
3.	Butter Noor	16	08-021	3:45.75	25m	26-3-26	Heemskerk (NED)	211
4.	Koopman Anitra	89	08-021	3:58.28	25m	24-1-99	Assendelft (NED)	180
5.	Kleijne Daisy	89	08-021	4:01.33	25m	24-1-99	Assendelft (NED)	173
6.	de Haan Shira	00	08-021	4:02.70	25m	25-3-10	Heemskerk (NED)	170
7.	van der Gracht Anouk	89	08-021	4:05.56	25m	24-1-99	Assendelft (NED)	164
8.	Petit Kirsten	00	08-021	4:09.97	25m	25-3-10	Heemskerk (NED)	156
9.	Visser Kelly	89	08-021	4:12.85	25m	24-1-99	Assendelft (NED)	150
10.	Kesting Alexandra	00	08-021	4:21.59	25m	25-3-10	Heemskerk (NED)	136
11.	Haack Fenna	16	08-021	4:24.53	25m	26-3-26	Heemskerk (NED)	131
12.	Knight Kayleigh	00	08-021	4:39.48	25m	25-3-10	Heemskerk (NED)	111
13.	Doodeman Sara	00	08-021	4:58.68	25m	25-3-10	Heemskerk (NED)	91

**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. Bakker Jesca	79	08-021	18.40	25m	31-12-89	Heemskerk (NED)	224
2. Buur Naomi	01	08-021	18.78	25m	17-11-11	Heemskerk (NED)	211
3. Gijzen-van der Kroft Nicole	84	08-021	19.40	25m	10-11-94	Heemskerk (NED)	191
4. Teufer Irene	96	08-021	19.81	25m	27-4-06	Heemskerk	180
5. Schelvis Femke	84	08-021	19.90	25m	10-11-94	Heemskerk (NED)	177
6. de Haan Shira	00	08-021	19.98	25m	3-1-10	Culemborg (NED)	175
7. Essers Sanne	91	08-021	20.94	25m	11-3-01	Zaandam (NED)	152
8. Copier Alyssa	04	08-021	21.15	25m	13-4-14	Zaandam (NED)	148
9. Hoogervorst Marlon	84	08-021	21.20	25m	15-12-94	Heemskerk (NED)	147
10. Petit Kirsten	00	08-021	21.31	25m	4-11-10	Heemskerk (NED)	144
11. de Vriend Sofie	01	08-021	21.64	25m	30-6-11	Heemskerk (NED)	138
12. van Rookhuizen Sieta	79	08-021	21.80	25m	31-12-89	Heemskerk (NED)	135
13. Zwarthoed Brenda	96	08-021	21.87	25m	27-4-06	Heemskerk	133
14. Meijer Linda	77	08-021	22.50	25m	17-12-87	Heemskerk (NED)	123
15. Visser Kelly	89	08-021	22.60	25m	7-2-99	Haarlem (NED)	121
16. Steenkamp Ciska	90	08-021	22.71	25m	4-5-00	Heemskerk (NED)	119
17. Koopman Anitra	89	08-021	22.80	25m	21-12-99	Heemskerk (NED)	118
18. Dijkstra Lisette	86	08-021	22.90	25m	8-2-96	Heemskerk (NED)	116
19. Kleijne Daisy	89	08-021	22.94	25m	25-3-99	Heemskerk (NED)	116
20. Dijkstra Janet	77	08-021	23.10	25m	17-12-87	Heemskerk (NED)	113
21. de Groot Daniëlle	93	08-021	23.22	25m	16-3-03	Heemskerk	111
22. Doodeman Sara	00	08-021	23.23	25m	4-11-10	Heemskerk (NED)	111
23. van Huisstede Nikita	01	08-021	23.47	25m	17-11-11	Heemskerk (NED)	108
24. Rodenburg Kyra	96	08-021	23.51	25m	27-4-06	Heemskerk	107
25. Koper Fiona	01	08-021	23.79	25m	30-6-11	Heemskerk (NED)	104

**50 vlinderslag**

1. Teufer Irene	96	08-021	38.84	25m	14-12-06	Heemskerk (NED)	247
2. Butter Noor	16	08-021	39.89	25m	21-3-26	Leiden (NED)	228
3. Mallon Danique	94	08-021	40.41	25m	12-12-04	Zaandam (NED)	219
4. Crok Linda	94	08-021	40.99	25m	23-12-04	Heemskerk (NED)	210
5. Bakker Jesca	79	08-021	41.10	25m	17-12-89	Heemstede (NED)	208
6. van Honk Chantal	80	08-021	41.50	25m	31-12-90		202
7. Stel Serena	98	08-021	43.57	25m	23-11-08	Zaandam (NED)	175
8. Scholten Britt	04	08-021	43.80	25m	30-10-14	Heemskerk (NED)	172
9. Rodenburg Kyra	96	08-021	43.87	25m	15-6-06	Heemskerk (NED)	171
10. Schelvis Femke	84	08-021	44.10	25m	15-12-94	Heemskerk (NED)	168
11. Zwarthoed Brenda	96	08-021	44.67	25m	30-11-06	Heemskerk	162
12. Hoekstra Eline	03	08-021	44.90	25m	8-6-13	Zaandam (NED)	160
13. Essers Sanne	91	08-021	45.19	25m	16-12-01	Zaandam	157
14. Gijzen-van der Kroft Nicole	84	08-021	45.80	25m	24-11-94	Heemskerk (NED)	150
15. Renkema Iris	04	08-021	46.02	25m	14-6-14	Zaandam (NED)	148
16. Hoek Daniëlle	88	08-021	46.54	25m	20-12-98	Alkmaar (NED)	143
17. de Groot Daniëlle	93	08-021	46.63	25m	14-12-03	Zaandam (NED)	142
18. Windmuller Wendy	69	08-021	47.00	25m	4-11-79	Zaandam (NED)	139
19. de Haan Shira	00	08-021	47.66	25m	24-1-10	Zaandam (NED)	133
20. Hoogervorst Marlon	84	08-021	47.70	25m	24-11-94	Heemskerk (NED)	133
21. Dijkstra Lisette	86	08-021	47.90	25m	21-4-96	Alkmaar (NED)	131
22. de Vriend Sofie	01	08-021	47.98	25m	20-11-11	Zaandam (NED)	131
23. van Rookhuizen Sieta	79	08-021	48.10	25m	1-11-89		130
24. Meijer Linda	77	08-021	48.50	25m	15-3-87	Heemskerk (NED)	127
25. Visser Kelly	89	08-021	48.90	25m	14-11-99	Zaandam (NED)	123

**100 vlinderslag**

1. Teufer Irene	96	08-021	1:32.89	25m	30-11-06	Heemskerk	203
2. Crok Linda	94	08-021	1:37.76	25m	25-11-04	Heemskerk (NED)	174
3. Mallon Danique	94	08-021	1:41.96	25m	25-11-04	Heemskerk (NED)	153
4. van Honk Chantal	80	08-021	1:44.70	25m	23-9-90		141
5. Butter Noor	16	08-021	1:45.12	25m	21-5-26	Heemskerk (NED)	140
6. Gijzen-van der Kroft Nicole	84	08-021	1:49.00	25m	13-11-94	Hoom (NED)	125
7. Moolevliet Petra	82	08-021	1:50.10	25m	27-9-92		122
7. Schelvis Femke	84	08-021	1:50.10	25m	13-11-94	Hoom (NED)	122
9. Scholten Britt	04	08-021	1:52.98	25m	14-12-14	Zaandam (NED)	112
10. Bos Marieke	06	08-021	1:53.27	25m	27-11-16	Zaandam (NED)	112
11. Essers Sanne	91	08-021	1:54.02	25m	20-12-01	Heemskerk	109
12. Renkema Iris	04	08-021	1:54.25	25m	14-12-14	Zaandam (NED)	109
13. de Groot Daniëlle	93	08-021	1:55.42	25m	27-11-03	Heemskerk (NED)	105
14. Hoekstra Eline	03	08-021	1:55.53	25m	15-12-13	Zaandam (NED)	105
15. van Ballegooie Simone	84	08-021	1:55.90	25m	13-11-94	Hoom (NED)	104
16. Petit Kirsten	00	08-021	1:56.20	25m	12-12-10	Zaandam (NED)	103
17. de Vriend Sofie	01	08-021	1:57.01	25m	11-12-11	Zaandam (NED)	101
18. de Haan Shira	00	08-021	1:58.31	25m	18-2-10	Heemskerk (NED)	98
19. Blaauw Yente	03	08-021	1:59.94	25m	15-12-13	Zaandam (NED)	94
20. de Wildt Maud	05	08-021	2:00.33	25m	13-12-15	Zaandam (NED)	93
21. Steenkamp Ciska	90	08-021	2:01.17	25m	24-4-00	Haarlem (NED)	91
22. de Boer Irene	84	08-021	2:02.40	25m	13-11-94	Hoom (NED)	88
23. Buur Naomi	01	08-021	2:02.59	25m	18-12-11	Zaandam (NED)	88
24. Haack Fenna	16	08-021	2:03.14	25m	21-5-26	Heemskerk (NED)	87
25. Hoogervorst Marlon	84	08-021	2:04.30	25m	13-11-94	Hoom (NED)	84

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

1. Doodeman Lieke	16	08-021	1:35.32	25m	21-5-26	Heemskerk (NED)
2. Meskhy Nita	16	08-021	1:36.82	25m	21-5-26	Heemskerk (NED)
3. Harke Lily Rose	16	08-021	2:02.93	25m	21-5-26	Heemskerk (NED)

**100 wisselslag**

1. Stel Serena	98	08-021	1:25.61	25m	5-10-08	Heemskerk (NED)	287
2. Crok Linda	94	08-021	1:26.96	25m	28-11-04	Heemskerk (NED)	274
3. Teufer Irene	96	08-021	1:27.11	25m	14-12-06	Heemskerk (NED)	273
4. van Honk Chantal	80	08-021	1:28.90	25m	2-12-90		256
5. Bakker Jesca	79	08-021	1:30.30	25m	5-11-89	Heemskerk (NED)	245
6. Butter Noor	16	08-021	1:30.70	25m	7-6-26	Amsterdam-Noord (NED)	241
7. Scholten Britt	04	08-021	1:31.59	25m	11-5-14	Purmerend (NED)	234
8. Mallon Danique	94	08-021	1:31.75	25m	19-12-04	Heemskerk (NED)	233
9. Dijkstra Lisette	86	08-021	1:32.00	25m	12-12-96	Heemskerk (NED)	231
10. Schelvis Roos	86	08-021	1:32.50	25m	12-12-96	Heemskerk (NED)	228
11. Hoekstra Eline	03	08-021	1:32.71	25m	10-11-13	Zaandam (NED)	226
12. Renkema Iris	04	08-021	1:32.95	25m	23-11-14	Zaandam (NED)	224
13. Gijzen-van der Kroft Nicole	84	08-021	1:33.20	25m	20-11-94	Wormerveer (NED)	222
14. Blaauw Yente	03	08-021	1:34.16	25m	10-11-13	Zaandam (NED)	216
15. Zwarthoed Brenda	96	08-021	1:34.89	25m	26-11-06	Heemskerk (NED)	211
16. Essers Sanne	91	08-021	1:35.14	25m	18-11-01	Heemskerk	209
17. Buur Naomi	01	08-021	1:35.90	25m	20-11-11	Zaandam (NED)	204
18. Bos Marieke	06	08-021	1:36.03	25m	20-11-16	Zaandam (NED)	203
19. Visser Kelly	89	08-021	1:36.06	25m	21-11-99	Heemskerk (NED)	203
20. Koper Fiona	01	08-021	1:36.80	25m	13-11-11	Zaandam (NED)	198
21. Hoek Daniëlle	88	08-021	1:37.63	25m	26-11-98	Heemskerk (NED)	193
22. Rodenburg Kyra	96	08-021	1:37.71	25m	26-11-06	Heemskerk (NED)	193
23. de Haan Shira	00	08-021	1:37.85	25m	14-11-10	Castricum (NED)	192
24. Schuyt Simone	75	08-021	1:37.90	25m	6-10-85	Wormerveer (NED)	192
25. Bruin Marianne	78	08-021	1:38.20	25m	31-12-88		190

**150 wisselslag**

1. Ramazani Helia	16	08-021	3:19.91	25m	8-3-26	Krommenie (NED)
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**200 wisselslag**

1. Teufer Irene	96	08-021	3:08.02	25m	8-10-06	Zaandam (NED)	272
2. Stel Serena	98	08-021	3:08.12	25m	12-10-08	Zaandam (NED)	271
3. van Honk Chantal	80	08-021	3:11.50	25m	28-10-90		257
4. Crok Linda	94	08-021	3:13.62	25m	10-10-04	Zaandam (NED)	249
5. Scholten Britt	04	08-021	3:20.50	25m	15-6-14	Zaandam (NED)	224
6. Hoekstra Eline	03	08-021	3:20.59	25m	20-10-13	Zaandam (NED)	224
7. Dijkstra Lisette	86	08-021	3:25.80	25m	3-11-96	Zaandam (NED)	207
8. Butter Noor	16	08-021	3:26.78	25m	8-3-26	Krommenie (NED)	204
9. Schelvis Femke	84	08-021	3:27.60	25m	16-10-94	Schagen (NED)	202
10. Renkema Iris	04	08-021	3:28.46	25m	15-6-14	Zaandam (NED)	199

200 wisselslag (sinds 11)

11. Schelvis Roos	86	08-021	3:28.50	25m	3-11-96	Zaandam (NED)	199
12. Essers Sanne	91	08-021	3:29.56	25m	30-9-01	Zaandam (NED)	196
13. van Rijn Eline	07	08-021	3:30.41	25m	11-6-17	Zaandam (NED)	194
14. Bos Marieke	06	08-021	3:32.27	25m	12-6-16	Zaandam (NED)	189
15. Schuyt Simone	75	08-021	3:33.00	25m	22-9-85		187
16. Buur Naomi	01	08-021	3:35.19	25m	4-12-11	Zaandam (NED)	181
17. Gijzen-van der Kroft Nicole	84	08-021	3:36.20	25m	16-10-94	Schagen (NED)	179
18. de Haan Shira	00	08-021	3:37.49	25m	19-12-10	Zaandam (NED)	175
19. Visser Kelly	89	08-021	3:37.74	25m	3-10-99	Zaandam (NED)	175
20. Zwarthoed Brenda	96	08-021	3:38.25	25m	8-10-06	Zaandam (NED)	174
21. Blaauw Yente	03	08-021	3:38.87	25m	9-6-13	Zaandam (NED)	172
22. Steenkamp Ciska	90	08-021	3:39.20	25m	30-3-00	Heemskerk (NED)	171
23. de Boer Isabel	06	08-021	3:40.34	25m	12-6-16	Zaandam (NED)	169
24. Koopman Anitra	89	08-021	3:42.89	25m	3-10-99	Zaandam (NED)	163
25. de Wildt Maud	05	08-021	3:44.41	25m	14-6-15	Zaandam (NED)	160

300 wisselslag400 wisselslag