10 jaar, Dames 1-1-1900-31-7-2027

15m vlinderslag benen onderwater

1.	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)	

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.	Butter Noor	16	08-021	2:58.12	25m	1-11-26	Zaandam (NED)	238
5.	Teufer Irene	96	08-021	3:01.06	25m	3-12-06	Zaandam (NED)	226
6.	Blaauw Yente	03	08-021	3:02.75	25m	15-12-13	Zaandam (NED)	220
7.	Dijkstra Lisette	86	08-021	3:03.30	25m	15-9-96	Assendelft (NED)	218
8.	van Honk Chantal	80	08-021	3:04.10	25m	9-12-90	Volendam (NED)	215
9.	Bos Marieke	06	08-021	3:06.05	25m	18-9-16	Zaandam (NED)	209
10.	Bakker Jesca	79	08-021	3:06.60	25m	5-10-89	Heemskerk (NED)	207
11.	Essers Sanne	91	08-021	3:06.66	25m	16-9-01	Zaandam (NED)	207
12.	Petit Kirsten	00	08-021	3:07.17	25m	12-12-10	Zaandam (NED)	205
13.	Scholten Britt	04	08-021	3:09.56	25m	14-12-14	Zaandam (NED)	197
14.	Buur Naomi	01	08-021	3:10.04	25m	11-12-11	Zaandam (NED)	196
15.	Steenkamp Ciska	90	08-021	3:11.06	25m	25-5-00	Heemskerk (NED)	193
16.	Visser Kelly	89	08-021	3:11.08	25m	24-10-99	Zaandam (NED)	193
17.	Schelvis Roos	86	08-021	3:11.30	25m	15-9-96	Assendelft (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.	Haack Fenna	16	08-021	3:25.21	25m	1-11-26	Zaandam (NED)	155
24.	Koopman Anitra	89	08-021	3:26.32	25m	28-2-99	Zaandam (NED)	153
25.	de Wildt Maud	05	08-021	3:26.73	25m	13-12-15	Zaandam (NED)	152

250 vrije slag

1.	Butter Noor	16	08-021	4:32.89	OW	12-9-26	Amsterdam (NED)	

300 vrije slag

1.	Butter Noor	16	08-021	4:48.24	25m	18-10-26	Den Helder (NED)	214
2.	Essers Sanne	91	08-021	4:54.40	25m	4-11-01	Heemskerk	201
3.	Teufer Irene	96	08-021	4:55.75	25m	12-1-06	Heemskerk (NED)	198
4.	Steenkamp Ciska	90	08-021	5:11.60	25m	23-1-00	Heemskerk (NED)	169
5.	Haack Fenna	16	08-021	5:23.04	25m	18-10-26	Den Helder (NED)	152
6.	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

400 vrije slag (sinds 13)

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
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	7:15.16	25m	18-10-26	Den Helder (NED)	156
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.	Butter Noor	16	08-021	9:22.17	OW	11-7-26	Strijen (NED)	
3.	Haack Fenna	16	08-021	10:29.41	OW	28-6-26	Alkmaar (NED)	
4.	Buur Naomi	01	08-021	10:42.65	OW	9-7-11	Wijk en Aalburg (NED)	
5.	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.	Haack Fenna	16	08-021	22.03	25m	1-11-26	Zaandam (NED)	164
21.	Rodenburg Kyra	96	08-021	22.12	25m	27-4-06	Heemskerk	162
22.	Aafjes Suzan	69	08-021	22.30	25m	13-10-79	Heemskerk (NED)	158
23.	Gijzen-van der Kroft Nicole	84	08-021	22.50	25m	10-11-94	Heemskerk (NED)	154
24.	van Rookhuizen Sieta	79	08-021	22.80	25m	31-12-89	Heemskerk (NED)	148
25.	van der Horst Sacha	69	08-021	22.90	25m	13-10-79	Heemskerk (NED)	146

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	Hoorn (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

50 rugslag (sinds 18)

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
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 Ballegooie 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
4.	Haack Fenna	16	08-021	3:30.70	25m	18-10-26	Den Helder (NED)	181

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
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	1:46.95	25m	27-9-26	Krommenie (NED)	198

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

1.	Butter Noor	16	08-021	10:22.68	OW	4-7-26	Sluis (NED)

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	Hoorn (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	Hoorn (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	Hoorn (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	Hoorn (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	Hoorn (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)	

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 wisselslag

400 wisselslag