20 - 24 jaar, Dames, Korte baan (25m) 1-1-1900-31-7-2027

15m vlinderslag benen onderwater

25m vrije slag met koprol

25m rugslag start

50m borstcrawl benen

100m borstcrawl benen

25 vrije slag

1.	Meijer Sylvia	81	08-021	13.74	25m	29-3-01	Heemskerk (NED)	441
2.	Hoek Daniëlle	88	08-021	14.12	25m	30-6-11	Heemskerk (NED)	406
3.	Kramer Miranda	80	08-021	14.34	25m	4-5-00	Heemskerk (NED)	388
4.	van Rookhuizen Sieta	79	08-021	14.35	25m	4-5-00	Heemskerk (NED)	387
5.	Stins Mariska	84	08-021	14.42	25m	29-5-08	Heemskerk (NED)	381
6.	Visser Kelly	89	08-021	14.45	25m	23-10-10	Emmeloord (NED)	379
7.	Kleijne Daisy	89	08-021	14.50	25m	30-6-11	Heemskerk (NED)	375
8.	Crok Annemarie	89	08-021	14.65	25m	30-6-11	Heemskerk (NED)	363
9.	Palmboom Nicole	91	08-021	14.68	25m	30-6-11	Heemskerk (NED)	361
10.	de Haan Shira	00	08-021	14.70	25m	7-7-22	Heemskerk (NED)	360
11.	Heus Pauline	78	08-021	14.94	25m	4-5-00	Heemskerk (NED)	343
12.	Deiman Caroline	67	08-021	15.40	25m	12-1-89	Heemskerk (NED)	313
13.	ten Cate Joyce	80	08-021	16.19	25m	4-5-00	Heemskerk (NED)	269
14.	de Ruijter Linda	87	08-021	16.51	25m	19-4-07	Heemskerk (NED)	254
15.	Knight Kayleigh	00	08-021	16.60	25m	7-7-22	Heemskerk (NED)	250
16.	ten Cate Ilona	85	08-021	17.14	25m	27-4-06	Heemskerk	227
17.	Huneker Jolanda	79	08-021	17.27	25m	4-5-00	Heemskerk (NED)	222

50 vrije slag

1.	Wentink Yara	04	08-021	27.37	25m	29-6-24	Rotterdam (NED)	588
2.	Schelvis Femke	84	08-021	27.68	25m	7-11-04	IJmuiden (NED)	568
3.	Broek Jade	97	08-021	28.50	25m	23-11-19	Hoofddorp (NED)	520
4.	Hoekstra Eline	03	08-021	28.73	25m	10-3-24	Purmerend (NED)	508
5.	Groen Anne	95	08-021	28.77	25m	13-10-16	Heemskerk (NED)	506
6.	Kingma Danae	00	08-021	28.96	25m	12-1-20	Purmerend (NED)	496
7.	Hoek Daniëlle	88	08-021	29.51	25m	11-4-10	Zaandam (NED)	469
8.	Kleijne Daisy	89	08-021	29.57	25m	13-4-09	Haarlem (NED)	466
9.	Crok Linda	94	08-021	29.61	25m	13-10-16	Heemskerk (NED)	464
10.	van 't Veer Iris	03	08-021	30.00	25m	9-3-25	Purmerend (NED)	446
11.	Gijzen-van der Kroft Nicole	84	08-021	30.06	25m	29-1-04	Heemskerk (NED)	443
12.	Siemerink Laura	04	08-021	30.23	25m	15-3-26	Heemskerk (NED)	436
13.	Crok Annemarie	89	08-021	30.36	25m	1-4-12	Zaandam (NED)	430
14.	Palmboom Nicole	91	08-021	30.43	25m	3-4-11	Zaandam (NED)	427
15.	Stins Mariska	84	08-021	30.76	25m	9-3-08	Heemskerk (NED)	414
16.	Visser Kelly	89	08-021	30.78	25m	11-10-12	Heemskerk (NED)	413
17.	Kramer Miranda	80	08-021	30.92	25m	25-10-01	Heemskerk	407
18.	Verbree Bets	63	08-021	31.10	25m	11-12-83	Heemskerk (NED)	400
19.	van der Gracht Anouk	89	08-021	31.22	25m	21-4-13	Heemskerk (NED)	396

50 vrije slag (sinds 20)

20.	Mallon Danique	94	08-021	31.23	25m	12-3-17	Purmerend (NED)	395
21.	van Rookhuizen Sieta	79	08-021	31.36	25m	4-11-99	Heemskerk (NED)	390
22.	Haasbroek Renske	03	08-021	31.37	25m	24-11-24	Den Haag (NED)	390
23.	Butter Anouk	82	08-021	31.39	25m	25-9-05	Etten-Leur (NED)	389
24.	de Haan Shira	00	08-021	31.44	25m	12-11-23	Den Helder (NED)	387
25.	ten Bokkel Henrieke	94	08-021	31.82	25m	17-5-18	Heemskerk (NED)	374

100 vrije slag

1.	Schelvis Femke	84	08-021	59.32	25m	9-1-05	Zuidoost Beemster (NED)	607
2.	Wentink Yara	04	08-021	1:00.07	25m	10-3-24	Purmerend (NED)	585
3.	Kingma Danae	00	08-021	1:00.08	25m	12-1-20	Purmerend (NED)	585
4.	Broek Jade	97	08-021	1:01.74	25m	18-11-17	Hoofddorp (NED)	539
5.	Hoekstra Eline	03	08-021	1:02.42	25m	26-11-23	Hoofddorp (NED)	521
6.	Groen Anne	95	08-021	1:02.91	25m	18-12-16	Heemskerk (NED)	509
7.	Crok Linda	94	08-021	1:03.21	25m	19-1-14	Zaandam (NED)	502
8.	van 't Veer Iris	03	08-021	1:04.05	25m	23-4-23	Den Helder (NED)	482
9.	Gijzen-van der Kroft Nicole	84	08-021	1:05.00	25m	14-3-04	Zaandam	462
10.	Crok Annemarie	89	08-021	1:05.34	25m	27-11-11	Heemskerk (NED)	454
11.	Hoek Daniëlle	88	08-021	1:05.39	25m	10-5-09	Purmerend (NED)	453
12.	Meijer Sylvia	81	08-021	1:05.54	25m	15-4-01	Haarlem (NED)	450
13.	Kleijne Daisy	89	08-021	1:05.59	25m	29-11-09	Heemskerk (NED)	449
14.	Palmboom Nicole	91	08-021	1:05.86	25m	16-1-11	Zaandam (NED)	444
15.	ten Bokkel Henrieke	94	08-021	1:06.47	25m	17-5-18	Heemskerk (NED)	432
16.	Visser Kelly	89	08-021	1:06.57	25m	28-10-12	Amsterdam-Zuidoost (NED)	430
17.	Stins Mariska	84	08-021	1:06.83	25m	11-4-04	Haarlem	425
18.	Siemerink Laura	04	08-021	1:07.22	25m	12-4-26	Purmerend (NED)	417
19.	Kramer Miranda	80	08-021	1:07.43	25m	15-4-01	Haarlem (NED)	413
20.	van der Gracht Anouk	89	08-021	1:07.45	25m	25-4-13	Heemskerk (NED)	413
21.	de Haan Shira	00	08-021	1:07.54	25m	30-10-22	Heemskerk (NED)	411
22.	Butter Anouk	82	08-021	1:08.85	25m	28-11-04	Heemskerk (NED)	388
23.	Haasbroek Renske	03	08-021	1:09.07	25m	12-10-25	Heemskerk (NED)	385
24.	van Rookhuizen Sieta	79	08-021	1:09.10	25m	12-3-00	Heemskerk (NED)	384
25.	Mallon Danique	94	08-021	1:09.20	25m	12-2-17	Purmerend (NED)	382

200 vrije slag

1.	Schelvis Femke	84	08-021	2:08.52	25m	12-6-04	Zuidbroek (NED)	634
2.	Wentink Yara	04	08-021	2:14.62	25m	15-11-26	Hoofddorp (NED)	551
3.	Broek Jade	97	08-021	2:17.18	25m	18-11-18	Hoofddorp (NED)	521
4.	Groen Anne	95	08-021	2:17.96	25m	13-11-16	Purmerend (NED)	512
5.	Hoekstra Eline	03	08-021	2:18.75	25m	14-3-24	Heemskerk (NED)	504
6.	Crok Linda	94	08-021	2:19.31	25m	15-11-15	Purmerend (NED)	498
7.	van 't Veer Iris	03	08-021	2:20.41	25m	30-3-23	Heemskerk (NED)	486
8.	Hoek Daniëlle	88	08-021	2:20.46	25m	22-3-12	Heemskerk (NED)	485
9.	Crok Annemarie	89	08-021	2:25.47	25m	13-11-11	Zaandam (NED)	437
10.	van der Gracht Anouk	89	08-021	2:25.87	25m	8-12-13	Amstelveen (NED)	433
11.	Kleijne Daisy	89	08-021	2:26.27	25m	15-11-09	Haarlem (NED)	430
12.	Haasbroek Renske	03	08-021	2:26.80	25m	8-2-26	Purmerend (NED)	425
13.	Palmboom Nicole	91	08-021	2:28.22	25m	22-3-12	Heemskerk (NED)	413
14.	Stins Mariska	84	08-021	2:28.53	25m	31-5-07	Heemskerk (NED)	410
15.	Visser Kelly	89	08-021	2:29.26	25m	11-11-12	Schagen (NED)	404
16.	Verbree Bets	63	08-021	2:29.50	25m	6-2-83		403

200 vrije slag (sinds 17)

17.	Kramer Miranda	80	08-021	2:31.59	25m	9-11-03	Zaandam	386
18.	van Rookhuizen Sieta	79	08-021	2:32.75	25m	19-11-00	Zaandam (NED)	377
19.	de Haan Shira	00	08-021	2:33.84	25m	29-10-22	Nieuwerkerk ad IJssel (NED)	369
20.	Butter Anouk	82	08-021	2:34.05	25m	13-1-02	Zaandam	368
21.	van Eerden Meike	00	08-021	2:34.49	25m	20-11-22	Den Helder (NED)	365
22.	de Boer Maia	03	08-021	2:34.80	25m	14-3-24	Heemskerk (NED)	363
23.	Meijer Sylvia	81	08-021	2:37.84	25m	25-1-01	Heemskerk (NED)	342
24.	Siemerink Laura	04	08-021	2:40.93	25m	4-10-26	Purmerend (NED)	323
25.	Blaauw Yente	03	08-021	2:41.76	25m	8-2-26	Purmerend (NED)	318

250 vrije slag

300 vrije slag

1.	Schelvis Femke	84	08-021	3:27.55	25m	17-12-04	Drachten (NED)	573
2.	Hoekstra Eline	03	08-021	3:39.67	25m	9-11-24	Purmerend (NED)	483
3.	Crok Linda	94	08-021	3:47.91	25m	4-10-15	Purmerend (NED)	433
4.	van der Gracht Anouk	89	08-021	3:52.29	25m	18-5-13	Purmerend (NED)	409
5.	Groen Anne	95	08-021	3:52.31	25m	4-10-15	Purmerend (NED)	409
6.	Haasbroek Renske	03	08-021	3:56.60	25m	21-4-25	Haarlem (NED)	387
7.	Stins Mariska	84	08-021	4:01.45	25m	29-4-04	Heemskerk (NED)	364
8.	Kleijne Daisy	89	08-021	4:01.48	25m	8-11-09	Zaandam (NED)	364
9.	Butter Anouk	82	08-021	4:14.06	25m	29-4-04	Heemskerk (NED)	312
10.	Blaauw Yente	03	08-021	4:16.72	25m	5-10-25	Purmerend (NED)	303
11.	ten Cate Ilona	85	08-021	4:25.58	25m	18-5-06	Heemskerk (NED)	273
12.	de Wildt Maud	05	08-021	4:28.00	25m	5-10-25	Purmerend (NED)	266
13.	ten Cate Joyce	80	08-021	4:36.25	25m	29-4-04	Heemskerk (NED)	243

400 vrije slag

1.	Schelvis Femke	84	08-021	4:32.44	25m	14-11-04	Heemskerk (NED)	637
2.	Hoekstra Eline	03	08-021	4:55.65	25m	9-11-24	Purmerend (NED)	499
3.	Groen Anne	95	08-021	5:01.68	25m	1-10-17	Purmerend (NED)	469
4.	Crok Linda	94	08-021	5:02.24	25m	2-10-16	Purmerend (NED)	467
5.	Kleijne Daisy	89	08-021	5:10.82	25m	4-10-09	Amsterdam-oost (NED)	429
6.	van der Gracht Anouk	89	08-021	5:11.14	25m	18-5-13	Purmerend (NED)	428
7.	van 't Veer Iris	03	08-021	5:12.73	25m	26-4-26	Zoetermeer (NED)	421
8.	Haasbroek Renske	03	08-021	5:14.47	25m	2-3-25	Amsterdam (NED)	414
9.	Hoek Daniëlle	88	08-021	5:16.44	25m	4-10-09	Amsterdam-oost (NED)	407
10.	Verbree Bets	63	08-021	5:21.20	25m	27-2-83	Assendelft (NED)	389
11.	van Eerden Meike	00	08-021	5:25.39	25m	6-10-24	Den Helder (NED)	374
12.	van Rookhuizen Sieta	79	08-021	5:26.92	25m	28-2-99	Zaandam (NED)	369
13.	Stins Mariska	84	08-021	5:27.68	25m	29-4-04	Heemskerk (NED)	366
14.	Kramer Miranda	80	08-021	5:29.78	25m	31-5-01	Heemskerk (NED)	359
15.	Siemerink Laura	04	08-021	5:29.81	25m	4-10-26	Purmerend (NED)	359
16.	Butter Anouk	82	08-021	5:42.01	25m	29-4-04	Heemskerk (NED)	322
17.	ten Cate Ilona	85	08-021	5:47.08	25m	28-4-05	Heemskerk (NED)	308
18.	Blaauw Yente	03	08-021	5:47.96	25m	5-10-25	Purmerend (NED)	306
19.	Heus Pauline	78	08-021	5:56.37	25m	30-5-02	Heemskerk	284
20.	de Wildt Maud	05	08-021	5:59.31	25m	5-10-25	Purmerend (NED)	278
21.	ten Cate Joyce	80	08-021	6:01.34	25m	30-5-02	Heemskerk	273
22.	Pover Karin	67	08-021	6:06.90	25m	22-3-87	Heerhugowaard (NED)	261
23.	Deiman Caroline	67	08-021	6:11.80	25m	19-3-89	Zaandam (NED)	250

400 vrije slag (sinds 24)

24.	Peters Yvonne	63	08-021	6:18.00	25m	27-2-83	Assendelft (NED)	238
25.	Huneker Jolanda	79	08-021	6:40.16	25m	25-5-00	Heemskerk (NED)	201

500 vrije slag

800 vrije slag

1.	Schelvis Femke	84	08-021	10:17.25	25m	14-11-04	Heemskerk (NED)	468
2.	Hoekstra Eline	03	08-021	10:19.33	25m	3-12-23	Alkmaar (NED)	463
3.	van 't Veer Iris	03	08-021	10:35.57	25m	26-4-26	Zoetermeer (NED)	428
4.	Kleijne Daisy	89	08-021	10:53.16	25m	1-3-09	Zaandam (NED)	395
5.	van Rookhuizen Sieta	79	08-021	11:09.72	25m	28-2-99	Zaandam (NED)	366
6.	Haasbroek Renske	03	08-021	11:31.92	25m	15-10-23	Alkmaar (NED)	332
7.	Kramer Miranda	80	08-021	11:32.29	25m	16-9-01	Zaandam (NED)	331
8.	Butter Anouk	82	08-021	11:51.92	25m	17-10-04	Zaandam (NED)	305

1000 vrije slag

1250 vrije slag

1500 vrije slag

1.	Schelvis Femke	84	08-021	19:37.50	25m	14-11-04	Heemskerk (NED)	476
2.	Hoekstra Eline	03	08-021	19:37.95	25m	3-12-23	Alkmaar (NED)	475
3.	van 't Veer Iris	03	08-021	19:51.84	25m	26-4-26	Zoetermeer (NED)	459
4.	Kleijne Daisy	89	08-021	20:38.23	25m	1-3-09	Zaandam (NED)	409
5.	Kramer Miranda	80	08-021	21:44.13	25m	11-2-01	Zaandam (NED)	350
6.	van Rookhuizen Sieta	79	08-021	22:21.97	25m	23-1-00	Heemskerk (NED)	321
7.	Butter Anouk	82	08-021	23:04.38	25m	14-11-04	Heemskerk (NED)	293

2000 vrije slag

1.	Schelvis Femke	84	08-021	26:01.09	25m	7-3-04	Zaandam	484
2.	van 't Veer Iris	03	08-021	26:26.86	25m	26-4-26	Zoetermeer (NED)	461
3.	Kleijne Daisy	89	08-021	27:32.48	25m	1-3-09	Zaandam (NED)	408
4.	Kramer Miranda	80	08-021	29:04.76	25m	11-2-01	Zaandam (NED)	347
5.	van Rookhuizen Sieta	79	08-021	29:42.03	25m	5-3-00	Zaandam (NED)	325

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.	Stins Mariska	84	08-021	16.86	25m	19-4-07	Heemskerk (NED)	367
2.	Kramer Miranda	80	08-021	16.88	25m	22-2-01	Heemskerk (NED)	366
3.	de Haan Shira	00	08-021	16.90	25m	7-7-22	Heemskerk (NED)	365
4.	Hoek Daniëlle	88	08-021	17.26	25m	29-5-08	Heemskerk (NED)	342
5.	Visser Kelly	89	08-021	17.62	25m	21-11-10	Almere-Stad (NED)	322
6.	Deiman Caroline	67	08-021	18.20	25m	12-1-89	Heemskerk (NED)	292
6.	Heus Pauline	78	08-021	18.20	25m	15-1-98	Heemskerk (NED)	292
8.	van Rookhuizen Sieta	79	08-021	18.57	25m	25-3-99	Heemskerk (NED)	275
9.	ten Cate Joyce	80	08-021	19.37	25m	17-2-00	Heemskerk (NED)	242
10.	de Ruijter Linda	87	08-021	19.42	25m	19-4-07	Heemskerk (NED)	240
11.	Knight Kayleigh	00	08-021	20.26	25m	7-7-22	Heemskerk (NED)	211
12.	ten Cate Ilona	85	08-021	20.95	25m	27-4-06	Heemskerk	191

50 rugslag

1.	Broek Jade	97	08-021	31.17	25m	16-11-19	Hoofddorp (NED)	558
2.	Wentink Yara	04	08-021	31.62	25m	29-6-24	Rotterdam (NED)	535
3.	Hoekstra Eline	03	08-021	32.13	25m	29-6-24	Rotterdam (NED)	509
4.	Schelvis Femke	84	08-021	33.29	25m	28-10-04	Heemskerk (NED)	458
5.	Kleijne Daisy	89	08-021	33.68	25m	6-12-09	Zaandam (NED)	442
6.	Siemerink Laura	04	08-021	33.91	25m	15-3-26	Heemskerk (NED)	433
7.	Groen Anne	95	08-021	34.04	25m	2-10-16	Purmerend (NED)	428
8.	ten Bokkel Henrieke	94	08-021	34.33	25m	12-4-18	Heemskerk (NED)	418
9.	Crok Linda	94	08-021	35.00	25m	30-1-14	Heemskerk (NED)	394
10.	van 't Veer Iris	03	08-021	35.02	25m	8-5-25	Heemskerk (NED)	393
11.	Kramer Miranda	80	08-021	35.31	25m	18-3-01	Zaandam (NED)	384
12.	de Haan Shira	00	08-021	35.50	25m	4-10-20	Heemskerk (NED)	378
13.	Stins Mariska	84	08-021	35.57	25m	15-5-05	Zuidoost-Beemster (NED)	375
14.	Palmboom Nicole	91	08-021	35.65	25m	9-2-12	Heemskerk (NED)	373
15.	van der Gracht Anouk	89	08-021	35.78	25m	18-5-13	Purmerend (NED)	369
16.	Meijer Sylvia	81	08-021	35.80	25m	25-1-01	Heemskerk (NED)	368
17.	Mallon Danique	94	08-021	35.86	25m	16-3-17	Heemskerk (NED)	366
18.	Hoek Daniëlle	88	08-021	36.09	25m	3-3-11	Heemskerk (NED)	359
19.	Crok Annemarie	89	08-021	36.75	25m	9-2-12	Heemskerk (NED)	340
20.	van Assema Eline	05	08-021	37.07	25m	5-10-25	Purmerend (NED)	332
21.	Haasbroek Renske	03	08-021	37.33	25m	10-3-24	Purmerend (NED)	325
22.	van Eerden Meike	00	08-021	37.35	25m	2-10-22	Den Helder (NED)	324
23.	de Boer Maia	03	08-021	37.73	25m	10-3-24	Purmerend (NED)	314
24.	Butter Anouk	82	08-021	37.87	25m	7-11-04	IJmuiden (NED)	311
25.	Visser Kelly	89	08-021	38.06	25m	22-3-12	Heemskerk (NED)	306

100 rugslag

1.	Broek Jade	97	08-021	1:06.99	25m	24-3-19	Purmerend (NED)	554
2.	Schelvis Femke	84	08-021	1:09.10	25m	28-11-04	Heemskerk (NED)	505
3.	Hoekstra Eline	03	08-021	1:10.43	25m	11-12-25	Heemskerk (NED)	477
4.	Wentink Yara	04	08-021	1:11.77	25m	24-10-24	Heemskerk (NED)	450
5.	Kleijne Daisy	89	08-021	1:12.92	25m	15-3-09	Haarlem (NED)	429
6.	van 't Veer Iris	03	08-021	1:13.06	25m	24-10-24	Heemskerk (NED)	427
7.	Siemerink Laura	04	08-021	1:13.11	25m	5-4-26	Haarlem (NED)	426
8.	Groen Anne	95	08-021	1:13.36	25m	15-1-17	Alkmaar (NED)	422
9.	Crok Linda	94	08-021	1:13.87	25m	17-11-16	Heemskerk (NED)	413
10.	Kramer Miranda	80	08-021	1:15.72	25m	16-4-01	Haarlem (NED)	383
11.	Crok Annemarie	89	08-021	1:16.44	25m	17-11-11	Heemskerk (NED)	373
12.	Meijer Sylvia	81	08-021	1:16.51	25m	29-3-01	Heemskerk (NED)	372
13.	Hoek Daniëlle	88	08-021	1:16.53	25m	11-3-12	Zaandam (NED)	371
14.	Stins Mariska	84	08-021	1:16.69	25m	26-2-04	Heemskerk (NED)	369
15.	Palmboom Nicole	91	08-021	1:17.43	25m	17-11-11	Heemskerk (NED)	358
16.	Haasbroek Renske	03	08-021	1:17.87	25m	28-1-24	Heemskerk (NED)	352
17.	Groot Tineke	60	08-021	1:18.30	25m	27-1-80	Zaandam (NED)	347
18.	van Eerden Meike	00	08-021	1:18.76	25m	15-12-22	Heemskerk (NED)	341
19.	van der Gracht Anouk	89	08-021	1:18.90	25m	21-4-13	Heemskerk (NED)	339
20.	de Haan Shira	00	08-021	1:19.12	25m	7-12-23	Heemskerk (NED)	336
21.	Verbree Bets	63	08-021	1:19.70	25m	10-4-83	Heemskerk (NED)	329
22.	Pover Karin	67	08-021	1:19.90	25m	4-10-87	Zaandam (NED)	326
23.	van Assema Eline	05	08-021	1:20.13	25m	6-4-25	Purmerend (NED)	323
24.	Visser Kelly	89	08-021	1:20.89	25m	11-11-12	Schagen (NED)	314
25.	Mallon Danique	94	08-021	1:20.96	25m	18-1-18	Heemskerk (NED)	314

200 rugslag

1.	Broek Jade	97	08-021	2:30.24	25m	16-11-19	Hoofddorp (NED)	499
2.	Schelvis Femke	84	08-021	2:32.47	25m	23-12-04	Heemskerk (NED)	478
3.	Groen Anne	95	08-021	2:36.81	25m	12-2-17	Purmerend (NED)	439
4.	Hoekstra Eline	03	08-021	2:36.92	25m	29-1-23	Heemskerk (NED)	438
5.	van 't Veer Iris	03	08-021	2:38.86	25m	2-2-25	Den Helder (NED)	422
6.	Kleijne Daisy	89	08-021	2:40.67	25m	31-5-09	Purmerend (NED)	408
7.	Crok Linda	94	08-021	2:41.34	25m	17-1-16	Purmerend (NED)	403
8.	Siemerink Laura	04	08-021	2:42.93	25m	8-2-26	Purmerend (NED)	391
9.	Crok Annemarie	89	08-021	2:45.79	25m	13-11-11	Zaandam (NED)	371
10.	Hoek Daniëlle	88	08-021	2:45.92	25m	13-11-11	Zaandam (NED)	371
11.	Kramer Miranda	80	08-021	2:47.05	25m	31-1-02	Heemskerk	363
12.	Stins Mariska	84	08-021	2:48.38	25m	19-3-06	Heemskerk (NED)	355
13.	Verbree Bets	63	08-021	2:49.20	25m	13-3-83	Castricum (NED)	349
14.	van der Gracht Anouk	89	08-021	2:49.32	25m	10-11-13	Zaandam (NED)	349
15.	Meijer Sylvia	81	08-021	2:49.45	25m	11-3-01	Zaandam (NED)	348
16.	Palmboom Nicole	91	08-021	2:49.80	25m	13-11-11	Zaandam (NED)	346
17.	Haasbroek Renske	03	08-021	2:50.14	25m	2-2-25	Den Helder (NED)	344
18.	van Eerden Meike	00	08-021	2:50.57	25m	29-1-23	Heemskerk (NED)	341
19.	Groot Tineke	60	08-021	2:50.90	25m	2-11-80	Castricum (NED)	339
20.	van Assema Eline	05	08-021	2:55.18	25m	2-2-25	Den Helder (NED)	315
21.	Mallon Danique	94	08-021	2:55.22	25m	4-2-18	Purmerend (NED)	315
22.	Gijzen-van der Kroft Nicole	84	08-021	2:56.29	25m	14-3-04	Zaandam	309
23.	Visser Kelly	89	08-021	2:58.26	25m	10-11-13	Zaandam (NED)	299
24.	Heus Pauline	78	08-021	3:00.37	25m	11-10-98	Alkmaar (NED)	288
25.	Butter Anouk	82	08-021	3:00.58	25m	28-10-04	Heemskerk (NED)	287

500 rugslag

25 schoolslag

1.	Kramer Miranda	80	08-021	17.81	25m	17-2-00	Heemskerk (NED)	418
2.	van Rookhuizen Sieta	79	08-021	17.86	25m	22-2-01	Heemskerk (NED)	414
3.	de Haan Shira	00	08-021	18.32	25m	7-7-22	Heemskerk (NED)	384
4.	Heus Pauline	78	08-021	19.50	25m	19-3-98	Heemskerk (NED)	318
5.	Stins Mariska	84	08-021	19.56	25m	19-4-07	Heemskerk (NED)	315
6.	Hoek Daniëlle	88	08-021	20.30	25m	29-5-08	Heemskerk (NED)	282
7.	de Ruijter Linda	87	08-021	20.43	25m	19-2-11	Heerenveen (NED)	277
8.	Visser Kelly	89	08-021	21.57	25m	19-2-11	Heerenveen (NED)	235
9.	Knight Kayleigh	00	08-021	21.62	25m	7-7-22	Heemskerk (NED)	233
10.	Deiman Caroline	67	08-021	21.80	25m	17-12-87	Heemskerk (NED)	228
11.	ten Cate Ilona	85	08-021	21.98	25m	19-4-07	Heemskerk (NED)	222
12.	ten Cate Joyce	80	08-021	23.30	25m	17-2-00	Heemskerk (NED)	186

50 schoolslag

1.	Broek Jade	97	08-021	36.58	25m	11-11-17	Hoofddorp (NED)	479
2.	Wentink Yara	04	08-021	38.67	25m	8-11-26	Purmerend (NED)	406
3.	van 't Veer Iris	03	08-021	38.70	25m	16-11-25	Purmerend (NED)	405
4.	de Haan Shira	00	08-021	38.73	25m	3-10-21	Den Helder (NED)	404
5.	Kramer Miranda	80	08-021	38.91	25m	16-4-00	Almelo (NED)	398
6.	Kingma Danae	00	08-021	39.30	25m	12-1-20	Purmerend (NED)	387
7.	Groen Anne	95	08-021	39.62	25m	16-3-17	Heemskerk (NED)	377
8.	Siemerink Laura	04	08-021	39.76	25m	8-11-26	Purmerend (NED)	373
9.	Crok Linda	94	08-021	39.79	25m	1-10-17	Purmerend (NED)	372
10.	van Rookhuizen Sieta	79	08-021	40.14	25m	14-11-99	Zaandam (NED)	363
11.	Schelvis Femke	84	08-021	40.22	25m	25-11-04	Heemskerk (NED)	361
12.	Hoekstra Eline	03	08-021	40.27	25m	14-3-24	Heemskerk (NED)	359
13.	de Boer Maia	03	08-021	40.52	25m	21-9-23	Heemskerk (NED)	353
14.	Crok Annemarie	89	08-021	40.71	25m	15-11-09	Haarlem (NED)	348
15.	Palmboom Nicole	91	08-021	40.94	25m	22-3-12	Heemskerk (NED)	342
16.	van der Gracht Anouk	89	08-021	41.40	25m	12-4-09	Haarlem (NED)	331
17.	Kleijne Daisy	89	08-021	42.24	25m	22-1-09	Heemskerk (NED)	311
18.	Heus Pauline	78	08-021	42.30	25m	15-11-98	Zaandam (NED)	310
19.	Stins Mariska	84	08-021	42.46	25m	27-5-07	Purmerend (NED)	306
20.	Hoek Daniëlle	88	08-021	42.72	25m	11-5-08	Purmerend (NED)	301
21.	van Assema Eline	05	08-021	42.97	25m	12-1-25	Heemskerk (NED)	296
22.	Haasbroek Renske	03	08-021	43.84	25m	12-1-25	Heemskerk (NED)	278
23.	Mallon Danique	94	08-021	43.91	25m	9-11-17	Heemskerk (NED)	277
24.	Veldhuis Amelia	03	08-021	44.00	25m	1-10-23	Den Helder (NED)	275
25.	de Wildt Maud	05	08-021	45.17	25m	18-9-25	Heemskerk (NED)	254

100 schoolslag

1.	Broek Jade	97	08-021	1:19.62	25m	24-11-19	Hoofddorp (NED)	480
2.	de Haan Shira	00	08-021	1:23.59	25m	8-10-20	Heemskerk (NED)	415
3.	Kingma Danae	00	08-021	1:23.91	25m	12-1-20	Purmerend (NED)	410
4.	van Rookhuizen Sieta	79	08-021	1:24.87	25m	5-4-99	Haarlem (NED)	396
5.	Kramer Miranda	80	08-021	1:25.06	25m	16-4-01	Haarlem (NED)	394
6.	van 't Veer Iris	03	08-021	1:25.23	25m	12-4-26	Purmerend (NED)	391
7.	Crok Linda	94	08-021	1:25.35	25m	1-10-17	Purmerend (NED)	390
8.	Wentink Yara	04	08-021	1:25.45	25m	26-9-24	Heemskerk (NED)	388
9.	Schelvis Femke	84	08-021	1:26.08	25m	31-3-05	Heemskerk (NED)	380
10.	Groen Anne	95	08-021	1:26.47	25m	13-10-16	Heemskerk (NED)	375
11.	Hoekstra Eline	03	08-021	1:27.11	25m	26-9-24	Heemskerk (NED)	366
12.	Crok Annemarie	89	08-021	1:27.24	25m	19-11-09	Heemskerk (NED)	365
13.	Peters Yvonne	63	08-021	1:27.40	25m	6-10-85	Wormerveer (NED)	363
14.	Siemerink Laura	04	08-021	1:27.82	25m	12-4-26	Purmerend (NED)	358
15.	Gijzen-van der Kroft Nicole	84	08-021	1:28.90	25m	18-1-04	IJmuiden (NED)	345
16.	Palmboom Nicole	91	08-021	1:30.22	25m	6-10-13	Heemskerk (NED)	330
17.	Heus Pauline	78	08-021	1:30.50	25m	13-4-98	Haarlem (NED)	327
18.	Kleijne Daisy	89	08-021	1:31.66	25m	19-11-09	Heemskerk (NED)	314
19.	Hoek Daniëlle	88	08-021	1:31.78	25m	5-10-08	Heemskerk (NED)	313
20.	Stins Mariska	84	08-021	1:32.07	25m	26-2-04	Heemskerk (NED)	310
21.	van Giezen Sandra	63	08-021	1:32.10	25m	28-10-84	Egmond (NED)	310
22.	Nijholt Carin	60	08-021	1:33.50	25m	16-3-80	Zandvoort (NED)	296
23.	van der Gracht Anouk	89	08-021	1:33.81	25m	10-5-09	Purmerend (NED)	293
24.	Mallon Danique	94	08-021	1:33.97	25m	9-11-17	Heemskerk (NED)	292
25.	Groot Tineke	60	08-021	1:35.00	25m	31-8-80	Heemskerk (NED)	282

200 schoolslag

1.	Broek Jade	97	08-021	2:57.88	25m	12-2-17	Purmerend (NED)	432
2.	de Haan Shira	00	08-021	3:01.89	25m	27-9-20	Alkmaar (NED)	404
3.	van Rookhuizen Sieta	79	08-021	3:02.04	25m	10-10-99	Zaandam (NED)	403
4.	Kingma Danae	00	08-021	3:02.50	25m	12-1-20	Purmerend (NED)	400
5.	Kramer Miranda	80	08-021	3:02.52	25m	27-1-00	Heemskerk (NED)	400
6.	van 't Veer Iris	03	08-021	3:03.57	25m	9-3-25	Purmerend (NED)	393
7.	Schelvis Femke	84	08-021	3:05.36	25m	3-10-04	Heemskerk (NED)	382
8.	Crok Linda	94	08-021	3:05.44	25m	19-1-14	Zaandam (NED)	382
9.	Crok Annemarie	89	08-021	3:05.90	25m	16-1-11	Zaandam (NED)	379
10.	Palmboom Nicole	91	08-021	3:10.18	25m	16-1-11	Zaandam (NED)	354
11.	Groen Anne	95	08-021	3:13.13	25m	18-1-15	Zaandam (NED)	338
12.	Heus Pauline	78	08-021	3:15.38	25m	7-3-99	Zaandam (NED)	326
13.	Stins Mariska	84	08-021	3:18.54	25m	3-10-04	Heemskerk (NED)	311
14.	Kleijne Daisy	89	08-021	3:20.52	25m	25-3-10	Heemskerk (NED)	302
15.	van der Gracht Anouk	89	08-021	3:22.21	25m	17-1-10	Amsterdam-oost (NED)	294
16.	Hoek Daniëlle	88	08-021	3:22.24	25m	16-1-11	Zaandam (NED)	294
17.	Peters Yvonne	63	08-021	3:22.40	25m	15-3-87	Heemskerk (NED)	293
18.	de Boer Maia	03	08-021	3:22.59	25m	29-1-23	Heemskerk (NED)	293
19.	Veldhuis Amelia	03	08-021	3:23.26	25m	29-1-23	Heemskerk (NED)	290
20.	Groot Tineke	60	08-021	3:25.10	25m	21-9-80	Heemskerk (NED)	282
21.	Haasbroek Renske	03	08-021	3:25.16	25m	12-11-23	Den Helder (NED)	282
22.	van Assema Eline	05	08-021	3:31.20	25m	9-3-25	Purmerend (NED)	258
23.	de Ruijter Linda	87	08-021	3:36.97	25m	13-12-07	Heemskerk (NED)	238
24.	van Eerden Meike	00	08-021	3:41.29	25m	12-1-20	Purmerend (NED)	224
25.	ten Cate Joyce	80	08-021	3:43.95	25m	28-10-04	Heemskerk (NED)	216

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.	de Haan Shira	00	08-021	14.73	25m	7-7-22	Heemskerk (NED)	438
2.	Crok Annemarie	89	08-021	14.93	25m	30-6-11	Heemskerk (NED)	421
3.	Butter Anouk	82	08-021	15.30	25m	25-9-05	Etten-Leur (NED)	391
3.	Stins Mariska	84	08-021	15.30	25m	19-4-07	Heemskerk (NED)	391
5.	Meijer Sylvia	81	08-021	15.41	25m	29-3-01	Heemskerk (NED)	382
5.	Hoek Daniëlle	88	08-021	15.41	25m	30-6-11	Heemskerk (NED)	382
7.	Palmboom Nicole	91	08-021	15.49	25m	30-6-11	Heemskerk (NED)	376
8.	Kleijne Daisy	89	08-021	15.54	25m	30-6-11	Heemskerk (NED)	373
9.	van Rookhuizen Sieta	79	08-021	15.65	25m	4-5-00	Heemskerk (NED)	365
10.	Kramer Miranda	80	08-021	15.90	25m	4-5-00	Heemskerk (NED)	348
11.	Visser Kelly	89	08-021	16.37	25m	4-11-10	Heemskerk (NED)	319
12.	Heus Pauline	78	08-021	16.81	25m	25-3-99	Heemskerk (NED)	294
13.	Deiman Caroline	67	08-021	16.90	25m	12-1-89	Heemskerk (NED)	290
14.	de Ruijter Linda	87	08-021	17.37	25m	17-11-11	Heemskerk (NED)	267
15.	ten Cate Ilona	85	08-021	18.43	25m	29-5-08	Heemskerk (NED)	223
16.	Knight Kayleigh	00	08-021	18.81	25m	7-7-22	Heemskerk (NED)	210
17.	ten Cate Joyce	80	08-021	19.12	25m	4-5-00	Heemskerk (NED)	200
18.	Huneker Jolanda	79	08-021	20.10	25m	4-5-00	Heemskerk (NED)	172

50 vlinderslag

1.	Wentink Yara	04	08-021	29.22	25m	28-1-24	Heemskerk (NED)	580
2.	Kingma Danae	00	08-021	30.64	25m	12-1-20	Purmerend (NED)	503
3.	Broek Jade	97	08-021	30.76	25m	12-1-20	Purmerend (NED)	497
4.	Hoekstra Eline	03	08-021	30.95	25m	8-2-26	Purmerend (NED)	488
4.	Siemerink Laura	04	08-021	30.95	25m	8-2-26	Purmerend (NED)	488
6.	van der Gracht Anouk	89	08-021	31.89	25m	12-12-13	Heemskerk (NED)	446
7.	Schelvis Femke	84	08-021	32.21	25m	23-12-04	Heemskerk (NED)	433
8.	Crok Annemarie	89	08-021	32.37	25m	17-11-11	Heemskerk (NED)	427
9.	de Haan Shira	00	08-021	32.56	25m	19-9-21	Zaandam (NED)	419
10.	Groen Anne	95	08-021	32.57	25m	12-2-17	Purmerend (NED)	419
11.	Hoek Daniëlle	88	08-021	33.06	25m	19-2-12	Purmerend (NED)	401
12.	Veldhuis Amelia	03	08-021	33.74	25m	29-1-23	Heemskerk (NED)	377
13.	Palmboom Nicole	91	08-021	33.85	25m	17-11-11	Heemskerk (NED)	373
14.	Kleijne Daisy	89	08-021	33.96	25m	15-3-09	Haarlem (NED)	369
15.	ten Bokkel Henrieke	94	08-021	34.32	25m	12-4-18	Heemskerk (NED)	358
16.	Stins Mariska	84	08-021	34.69	25m	28-4-05	Heemskerk (NED)	347
17.	Crok Linda	94	08-021	34.73	25m	17-11-16	Heemskerk (NED)	345
18.	Butter Anouk	82	08-021	34.87	25m	23-12-04	Heemskerk (NED)	341
19.	Haasbroek Renske	03	08-021	34.96	25m	2-2-25	Den Helder (NED)	339
20.	Mallon Danique	94	08-021	35.08	25m	16-3-17	Heemskerk (NED)	335
21.	Kramer Miranda	80	08-021	35.09	25m	31-1-02	Heemskerk	335
22.	van 't Veer Iris	03	08-021	35.28	25m	8-2-26	Purmerend (NED)	330
23.	Gijzen-van der Kroft Nicole	84	08-021	35.37	25m	18-1-04	IJmuiden (NED)	327
24.	van Rookhuizen Sieta	79	08-021	35.93	25m	17-10-99	Zaandam (NED)	312
25.	van Assema Eline	05	08-021	36.57	25m	2-2-25	Den Helder (NED)	296

100 vlinderslag

1.	Wentink Yara	04	08-021	1:05.06	25m	23-11-24	Den Haag (NED)	591
2.	Broek Jade	97	08-021	1:09.19	25m	3-11-19	Purmerend (NED)	491
3.	Hoekstra Eline	03	08-021	1:09.89	25m	12-11-23	Den Helder (NED)	477
4.	Schelvis Femke	84	08-021	1:10.87	25m	24-2-05	Heemskerk (NED)	457
5.	Crok Annemarie	89	08-021	1:14.05	25m	29-11-09	Heemskerk (NED)	401
6.	Siemerink Laura	04	08-021	1:14.07	25m	19-2-26	Heemskerk (NED)	400
7.	van der Gracht Anouk	89	08-021	1:14.58	25m	17-11-13	Heemskerk (NED)	392
8.	Verbree Bets	63	08-021	1:14.60	25m	13-3-83	Castricum (NED)	392
9.	Hoek Daniëlle	88	08-021	1:15.40	25m	9-2-12	Heemskerk (NED)	379
10.	Stins Mariska	84	08-021	1:15.83	25m	27-5-04	Heemskerk (NED)	373
11.	Groen Anne	95	08-021	1:16.26	25m	2-2-17	Heemskerk (NED)	367
12.	de Haan Shira	00	08-021	1:17.20	25m	30-1-20	Heemskerk (NED)	353
13.	Crok Linda	94	08-021	1:17.58	25m	13-11-16	Purmerend (NED)	348
14.	Palmboom Nicole	91	08-021	1:17.65	25m	31-1-13	Heemskerk (NED)	347
15.	Gijzen-van der Kroft Nicole	84	08-021	1:19.36	25m	25-3-04	Heemskerk	325
16.	Kramer Miranda	80	08-021	1:20.35	25m	28-2-02	Heemskerk	313
17.	Butter Anouk	82	08-021	1:20.45	25m	25-3-04	Heemskerk	312
18.	Kleijne Daisy	89	08-021	1:21.46	25m	26-2-09	Heemskerk (NED)	301
19.	van 't Veer Iris	03	08-021	1:21.64	25m	1-2-24	Heemskerk (NED)	299
20.	Mallon Danique	94	08-021	1:23.15	25m	14-1-18	Purmerend (NED)	283
21.	van Rookhuizen Sieta	79	08-021	1:24.50	25m	10-10-99	Zaandam (NED)	269
22.	Haasbroek Renske	03	08-021	1:26.65	25m	12-10-25	Heemskerk (NED)	250
23.	van Ballegooie Simone	84	08-021	1:28.28	25m	25-3-04	Heemskerk	236
24.	ten Cate Ilona	85	08-021	1:29.56	25m	16-4-06	Haarlem (NED)	226
25.	de Ruijter Linda	87	08-021	1:29.75	25m	29-3-07	Heemskerk (NED)	225

200 vlinderslag

1.	Wentink Yara	04	08-021	2:34.17	25m	10-3-24	Purmerend (NED)	466
2.	Schelvis Femke	84	08-021	2:35.87	25m	25-11-04	Heemskerk (NED)	451
3.	Hoekstra Eline	03	08-021	2:38.02	25m	16-2-25	Haarlem (NED)	433
4.	Broek Jade	97	08-021	2:48.98	25m	24-3-19	Purmerend (NED)	354
5.	Crok Annemarie	89	08-021	2:49.30	25m	14-3-10	Heemskerk (NED)	352
6.	Siemerink Laura	04	08-021	2:57.13	25m	12-4-26	Purmerend (NED)	307
7.	Stins Mariska	84	08-021	2:58.73	25m	15-5-05	Zuidoost-Beemster (NED)	299
8.	van der Gracht Anouk	89	08-021	3:01.83	25m	15-3-09	Haarlem (NED)	284
9.	Groen Anne	95	08-021	3:05.24	25m	12-3-17	Purmerend (NED)	269
10.	Butter Anouk	82	08-021	3:06.69	25m	12-6-04	Zuidbroek (NED)	262
11.	Mallon Danique	94	08-021	3:06.70	25m	12-3-17	Purmerend (NED)	262
12.	Kleijne Daisy	89	08-021	3:07.59	25m	18-2-10	Heemskerk (NED)	259
13.	Hoek Daniëlle	88	08-021	3:07.93	25m	31-1-08	Heemskerk (NED)	257
14.	Kramer Miranda	80	08-021	3:09.21	25m	27-11-03	Heemskerk (NED)	252
15.	Haasbroek Renske	03	08-021	3:24.40	25m	6-4-25	Purmerend (NED)	200

1000 vlinderslag

1.	Wentink Yara	04	08-021	15:16.91	25m	15-2-26	Haarlem (NED)
2.	Siemerink Laura	04	08-021	18:32.64	25m	15-2-26	Haarlem (NED)

75 wisselslag

100 wisselslag

1.	Broek Jade	97	08-021	1:09.81	25m	7-10-18	Purmerend (NED)	530
2.	Wentink Yara	04	08-021	1:09.99	25m	4-10-26	Purmerend (NED)	526
3.	Schelvis Femke	84	08-021	1:10.47	25m	9-1-05	Zuidoost Beemster (NED)	515
4.	ten Bokkel Henrieke	94	08-021	1:11.34	25m	17-5-18	Heemskerk (NED)	497
5.	Hoekstra Eline	03	08-021	1:12.58	25m	16-11-25	Purmerend (NED)	471
6.	Groen Anne	95	08-021	1:13.00	25m	2-10-16	Purmerend (NED)	463
7.	van 't Veer Iris	03	08-021	1:15.04	25m	26-3-26	Heemskerk (NED)	427
8.	Crok Linda	94	08-021	1:15.12	25m	11-5-17	Heemskerk (NED)	425
9.	Crok Annemarie	89	08-021	1:15.40	25m	19-11-09	Heemskerk (NED)	420
10.	Siemerink Laura	04	08-021	1:15.45	25m	26-3-26	Heemskerk (NED)	420
11.	van der Gracht Anouk	89	08-021	1:16.15	25m	20-5-13	Purmerend (NED)	408
12.	Kramer Miranda	80	08-021	1:16.28	25m	27-9-01	Heemskerk	406
13.	de Haan Shira	00	08-021	1:16.63	25m	3-10-21	Den Helder (NED)	401
14.	Hoek Daniëlle	88	08-021	1:16.84	25m	12-2-12	Heemstede (NED)	397
15.	van Rookhuizen Sieta	79	08-021	1:18.07	25m	14-11-99	Zaandam (NED)	379
16.	Stins Mariska	84	08-021	1:18.48	25m	29-9-05	Heemskerk (NED)	373
17.	Palmboom Nicole	91	08-021	1:18.59	25m	14-4-11	Heemskerk (NED)	371
18.	Kleijne Daisy	89	08-021	1:18.76	25m	2-10-11	Heemskerk (NED)	369
19.	de Boer Maia	03	08-021	1:19.11	25m	1-10-23	Den Helder (NED)	364
20.	Haasbroek Renske	03	08-021	1:19.95	25m	4-4-24	Heemskerk (NED)	353
21.	Heus Pauline	78	08-021	1:21.28	25m	10-12-00	Heemskerk (NED)	336
22.	Hulshof Saskia	73	08-021	1:21.60	25m	12-12-93	Heemskerk (NED)	332
23.	van Assema Eline	05	08-021	1:21.69	25m	8-5-25	Heemskerk (NED)	331
24.	Butter Anouk	82	08-021	1:22.29	25m	29-9-05	Heemskerk (NED)	323
25.	Mallon Danique	94	08-021	1:23.17	25m	1-10-17	Purmerend (NED)	313

150 wisselslag

200 wisselslag

1.	Wentink Yara	04	08-021	2:32.25	25m	16-11-24	Hoofddorp (NED)	512
2.	Hoekstra Eline	03	08-021	2:35.53	25m	9-3-25	Purmerend (NED)	480
3.	Schelvis Femke	84	08-021	2:35.57	25m	16-1-05	Zaandam (NED)	480
4.	Broek Jade	97	08-021	2:35.81	25m	21-11-21	Den Helder (NED)	478
5.	Groen Anne	95	08-021	2:37.83	25m	12-3-17	Purmerend (NED)	460
6.	Crok Annemarie	89	08-021	2:40.68	25m	3-4-11	Zaandam (NED)	436
7.	Crok Linda	94	08-021	2:42.09	25m	13-11-16	Purmerend (NED)	424
8.	van 't Veer Iris	03	08-021	2:42.29	25m	23-4-23	Den Helder (NED)	423
9.	Siemerink Laura	04	08-021	2:43.94	25m	15-3-26	Heemskerk (NED)	410
10.	Kramer Miranda	80	08-021	2:45.04	25m	13-1-02	Zaandam	402
11.	van der Gracht Anouk	89	08-021	2:45.63	25m	15-3-09	Haarlem (NED)	398
12.	Kleijne Daisy	89	08-021	2:46.20	25m	11-4-10	Zaandam (NED)	394
13.	Palmboom Nicole	91	08-021	2:46.29	25m	1-4-12	Zaandam (NED)	393
14.	Hoek Daniëlle	88	08-021	2:47.36	25m	16-11-08	Amsterdam-oost (NED)	386
15.	Stins Mariska	84	08-021	2:48.06	25m	9-3-08	Heemskerk (NED)	381
16.	de Haan Shira	00	08-021	2:48.85	25m	23-10-22	Hoofddorp (NED)	375
17.	Verbree Bets	63	08-021	2:49.80	25m	10-4-83	Heemskerk (NED)	369
18.	Haasbroek Renske	03	08-021	2:51.19	25m	15-3-26	Heemskerk (NED)	360
19.	Gijzen-van der Kroft Nicole	84	08-021	2:51.47	25m	18-1-04	IJmuiden (NED)	358
20.	Meijer Sylvia	81	08-021	2:54.47	25m	14-1-01	Heemskerk (NED)	340
21.	van Rookhuizen Sieta	79	08-021	2:56.28	25m	4-11-99	Heemskerk (NED)	330
22.	Heus Pauline	78	08-021	2:57.20	25m	5-4-98	Heemskerk (NED)	325
23.	de Wildt Maud	05	08-021	3:01.39	25m	15-3-26	Heemskerk (NED)	303
24.	Mallon Danique	94	08-021	3:01.48	25m	14-1-18	Purmerend (NED)	302
25.	van Eerden Meike	00	08-021	3:04.76	25m	21-11-21	Den Helder (NED)	286

300 wisselslag

1.	Heus Pauline	78	08-021	4:44.97	25m	23-1-00	Heemskerk (NED)	

400 wisselslag

1.	Hoekstra Eline	03	08-021	5:34.73	25m	26-11-23	Hoofddorp (NED)	462
2.	Schelvis Femke	84	08-021	5:43.59	25m	29-5-04	Z.o. Beemster (NED)	428
3.	Kramer Miranda	80	08-021	6:01.21	25m	25-2-01	Heemskerk (NED)	368
4.	van Rookhuizen Sieta	79	08-021	6:19.17	25m	30-3-00	Heemskerk (NED)	318
5.	Blaauw Yente	03	08-021	6:33.88	25m	8-11-26	Purmerend (NED)	284
6.	ten Cate Ilona	85	08-021	6:45.60	25m	15-6-06	Heemskerk (NED)	260