20 - 24 jaar, Dames 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.	van der Gracht Anouk	89	08-021	30.65	50m	25-5-13	Beverwijk (NED)	460
16.	Stins Mariska	84	08-021	30.76	25m	9-3-08	Heemskerk (NED)	414
17.	Visser Kelly	89	08-021	30.78	25m	11-10-12	Heemskerk (NED)	413
18.	Kramer Miranda	80	08-021	30.92	25m	25-10-01	Heemskerk	407
19.	Verbree Bets	63	08-021	31.10	25m	11-12-83	Heemskerk (NED)	400

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

1.	Crok Annemarie	89	08-021	14:53.23	OW	25-7-10	Langedijk (NED)	
2.	van der Gracht Anouk	89	08-021	14:55.47	OW	5-7-09	Bodegraven (NED)	
3.	Kleijne Daisy	89	08-021	14:59.73	OW	5-7-09	Bodegraven (NED)	
4.	van 't Veer Iris	03	08-021	15:49.42	OW	12-7-25	Anna-Paulowna (NED)	
5.	Butter Anouk	82	08-021	15:59.15	OW	11-6-05	Gorinchem (NED)	
6.	de Haan Shira	00	08-021	19:10.11	OW	16-7-22	Amstelveen (NED)	

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
8.	van der Gracht Anouk	89	08-021	23:28.37	OW	24-7-10	Anna-Paulowna (NED)	

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.	Hoekstra Eline	03	08-021	28:13.56	50m	24-3-24	Alkmaar (NED)	386
5.	Kramer Miranda	80	08-021	29:04.76	25m	11-2-01	Zaandam (NED)	347
6.	van der Gracht Anouk	89	08-021	29:22.21	OW	4-9-10	Wilhelminadorp (NED)	
7.	van Rookhuizen Sieta	79	08-021	29:42.03	25m	5-3-00	Zaandam (NED)	325
8.	Butter Anouk	82	08-021	30:35.49	OW	20-6-04	Spaarnwoude (NED)	
9.	Crok Annemarie	89	08-021	31:18.88	OW	21-6-09	Spaarnwoude (NED)	

2500 vrije slag

1.	Schelvis Femke	84	08-021	33:53.31	OW	26-6-04	Scheerwolde (NED)	
2.	van der Gracht Anouk	89	08-021	39:11.50	OW	4-7-09	Oss (NED)	
3.	Butter Anouk	82	08-021	42:59.56	OW	10-7-04	Oss (NED)	

3000 vrije slag

1.	Schelvis Femke	84	08-021	42:18.93	OW	19-6-04	Vriezenveen (NED)	
2.	van der Gracht Anouk	89	08-021	48:05.75	OW	29-8-09	Tilburg (NED)	

4000 vrije slag

5000 vrije slag

1.	Schelvis Femke	84	08-021	1:10:50.81	OW	4-7-04	Sluis (NED)	
2.	van der Gracht Anouk	89	08-021	1:23:35.85	OW	21-6-09	Spaarnwoude (NED)	

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

1.	de Haan Shira	00	08-021	23:11.82	OW	15-7-23	Amstelveen (NED)

1250 schoolslag

1500 schoolslag

2000 schoolslag

1.	van Rookhuizen Sieta	79	08-021	37:11.40	OW	25-6-00	Breukelen (NED)
2.	Kramer Miranda	80	08-021	38:12.80	OW	18-6-00	Spaarnwoude (NED)

2500 schoolslag

3000 schoolslag

1.	van Rookhuizen Sieta	79	08-021	57:26.50	OW	5-9-99	Vlissingen (NED)

4000 schoolslag

5000 schoolslag

1.	van Rookhuizen Sieta	79	08-021	1:35:09.71	OW	7-7-01	Vriezenveen (NED)	

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	30.83	50m	25-5-25	Alkmaar (NED)	497
5.	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.	de Haan Shira	00	08-021	32.34	50m	26-1-20	Alkmaar (NED)	431
9.	Crok Annemarie	89	08-021	32.37	25m	17-11-11	Heemskerk (NED)	427
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	1:14.52	50m	29-6-13	Eindhoven (NED)	412
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

200 wisselslag (sinds 23)

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.	Broek Jade	97	08-021	5:58.94	50m	1-3-20	Alkmaar (NED)	408
4.	Kramer Miranda	80	08-021	6:01.21	25m	25-2-01	Heemskerk (NED)	368
5.	Haasbroek Renske	03	08-021	6:15.59	50m	8-3-26	Alkmaar (NED)	356
6.	van Rookhuizen Sieta	79	08-021	6:19.17	25m	30-3-00	Heemskerk (NED)	318
7.	Blaauw Yente	03	08-021	6:33.88	25m	8-11-26	Purmerend (NED)	284
8.	ten Cate Ilona	85	08-021	6:45.60	25m	15-6-06	Heemskerk (NED)	260