25 - 29 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.	Broek Jade	97	08-021	14.64	25m	7-7-22	Heemskerk (NED)	364
2.	Koopman Inge	93	08-021	14.67	25m	7-7-22	Heemskerk (NED)	362
3.	Stins Mariska	84	08-021	14.68	25m	14-4-11	Heemskerk (NED)	361
4.	Butter Anouk	82	08-021	14.76	25m	13-5-07	Grootebroek (NED)	355
5.	ten Cate Joyce	80	08-021	15.60	25m	13-5-07	Grootebroek (NED)	301
6.	Heus Pauline	78	08-021	16.25	25m	27-4-06	Heemskerk	266

50 vrije slag

1.	Broek Jade	97	08-021	29.17	25m	24-4-22	Den Helder (NED)	485
2.	Groen Anne	95	08-021	29.55	25m	12-11-23	Den Helder (NED)	467
3.	Koopman Inge	93	08-021	29.82	25m	24-4-22	Den Helder (NED)	454
4.	Palmboom Nicole	91	08-021	30.05	25m	17-5-18	Heemskerk (NED)	444
5.	Spijker Kristel	84	08-021	30.19	25m	27-2-10	Hoorn (NED)	438
6.	Stins Mariska	84	08-021	30.30	25m	11-4-10	Zaandam (NED)	433
7.	Hoek Daniëlle	88	08-021	30.31	25m	29-3-15	Zaandam (NED)	432
8.	Jongema Helena	80	08-021	30.48	25m	2-2-08	Heerenveen (NED)	425
9.	Butter Anouk	82	08-021	31.26	25m	8-4-07	Haarlem (NED)	394
10.	de Haan Shira	00	08-021	31.65	25m	15-3-26	Heemskerk (NED)	380
11.	van der Gracht Anouk	89	08-021	31.67	25m	18-9-14	Heemskerk (NED)	379
12.	Kleijne Daisy	89	08-021	31.81	25m	17-4-14	Heemskerk (NED)	374
13.	Visser Kelly	89	08-021	31.85	25m	6-3-16	Purmerend (NED)	373
14.	van Eerden Meike	00	08-021	33.14	25m	9-3-25	Purmerend (NED)	331
15.	Schoonderwoerd Rianne	95	08-021	33.54	25m	23-4-23	Den Helder (NED)	319
16.	ten Cate Joyce	80	08-021	34.23	25m	9-3-08	Heemskerk (NED)	300
17.	de Ruijter Linda	87	08-021	34.53	25m	11-10-12	Heemskerk (NED)	292
18.	Heus Pauline	78	08-021	34.67	25m	7-11-04	IJmuiden (NED)	289

100 vrije slag

1.	Broek Jade	97	08-021	1:02.99	25m	20-11-22	Den Helder (NED)	507
2.	Groen Anne	95	08-021	1:04.15	25m	11-2-24	Heemskerk (NED)	480
3.	Spijker Kristel	84	08-021	1:06.15	25m	27-3-11	Heemstede (NED)	438
4.	Palmboom Nicole	91	08-021	1:06.28	25m	2-2-17	Heemskerk (NED)	435
5.	Hoek Daniëlle	88	08-021	1:07.46	25m	20-1-13	Heemskerk (NED)	413
6.	Koopman Inge	93	08-021	1:07.64	25m	27-10-22	Heemskerk (NED)	410
7.	van der Gracht Anouk	89	08-021	1:07.65	25m	19-1-14	Zaandam (NED)	409
8.	Visser Kelly	89	08-021	1:07.79	25m	30-1-14	Heemskerk (NED)	407
9.	Kleijne Daisy	89	08-021	1:08.22	25m	17-4-14	Heemskerk (NED)	399
10.	Stins Mariska	84	08-021	1:08.53	25m	9-2-12	Heemskerk (NED)	394
11.	de Haan Shira	00	08-021	1:09.46	25m	6-4-25	Purmerend (NED)	378
12.	Jongema Helena	80	08-021	1:09.63	25m	24-9-09	Heemskerk (NED)	375
13.	Schoonderwoerd Rianne	95	08-021	1:10.37	25m	23-4-23	Den Helder (NED)	364
14.	Butter Anouk	82	08-021	1:11.68	25m	17-1-10	Amsterdam-oost (NED)	344
15.	Kramer Miranda	80	08-021	1:12.03	25m	13-3-05	Amsterdam (NED)	339
16.	Heus Pauline	78	08-021	1:13.55	25m	13-3-05	Amsterdam (NED)	318
17.	de Ruijter Linda	87	08-021	1:14.08	25m	9-2-12	Heemskerk (NED)	312
18.	van Eerden Meike	00	08-021	1:15.39	25m	19-2-26	Heemskerk (NED)	296
19.	ten Cate Joyce	80	08-021	1:15.85	25m	13-1-08	Heemskerk (NED)	290

200 vrije slag

1.	Groen Anne	95	08-021	2:21.37	25m	30-3-23	Heemskerk (NED)	476
2.	Hoek Daniëlle	88	08-021	2:24.84	25m	21-3-13	Heemskerk (NED)	443
3.	Spijker Kristel	84	08-021	2:28.19	25m	14-11-10	Castricum (NED)	413
4.	van der Gracht Anouk	89	08-021	2:28.99	25m	16-11-14	Zaandam (NED)	407
5.	Broek Jade	97	08-021	2:29.14	25m	14-3-24	Heemskerk (NED)	405
6.	Visser Kelly	89	08-021	2:31.54	25m	6-3-14	Heemskerk (NED)	386
7.	Kleijne Daisy	89	08-021	2:32.61	25m	6-3-14	Heemskerk (NED)	378
8.	Jongema Helena	80	08-021	2:33.86	25m	16-3-08	Amersfoort (NED)	369
9.	Stins Mariska	84	08-021	2:34.07	25m	13-11-11	Zaandam (NED)	368
10.	de Haan Shira	00	08-021	2:34.10	25m	2-2-25	Den Helder (NED)	368
11.	Schoonderwoerd Rianne	95	08-021	2:34.42	25m	30-3-23	Heemskerk (NED)	365
12.	van Eerden Meike	00	08-021	2:37.55	25m	5-6-25	Heemskerk (NED)	344
13.	Heus Pauline	78	08-021	2:43.18	25m	9-11-03	Zaandam	309
14.	Butter Anouk	82	08-021	2:44.28	25m	25-11-07	Amsterdam (NED)	303
15.	Palmboom Nicole	91	08-021	2:46.89	25m	17-3-16	Heemskerk (NED)	289
16.	Deiman Caroline	67	08-021	2:51.00	25m	17-2-94	Heemskerk	269
17.	ten Cate Joyce	80	08-021	2:52.20	25m	26-11-06	Heemskerk (NED)	263

250 vrije slag

300 vrije slag

1.	van Eerden Meike	00	08-021	4:14.93	25m	5-10-25	Purmerend (NED)	309
2.	Heus Pauline	78	08-021	4:23.79	25m	29-4-04	Heemskerk (NED)	279

400 vrije slag

1.	van der Gracht Anouk	89	08-021	5:11.60	25m	21-4-14	Haarlem (NED)	426
2.	Jongema Helena	80	08-021	5:31.62	25m	25-5-08	Grootebroek (NED)	353
3.	Stins Mariska	84	08-021	5:36.64	25m	22-5-11	Grootebroek (NED)	338
4.	van Eerden Meike	00	08-021	5:36.98	25m	5-10-25	Purmerend (NED)	337
5.	Heus Pauline	78	08-021	5:55.73	25m	29-4-04	Heemskerk (NED)	286
6.	Butter Anouk	82	08-021	6:07.38	25m	30-9-07	Volendam (NED)	260

500 vrije slag

800 vrije slag

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.	Broek Jade	97	08-021	15.49	25m	7-7-22	Heemskerk (NED)	474
2.	Koopman Inge	93	08-021	17.79	25m	7-7-22	Heemskerk (NED)	313
3.	Butter Anouk	82	08-021	18.57	25m	19-4-07	Heemskerk (NED)	275
4.	ten Cate Joyce	80	08-021	19.30	25m	29-5-08	Heemskerk (NED)	245
5.	Heus Pauline	78	08-021	19.52	25m	27-4-06	Heemskerk	237

50 rugslag

1.	Broek Jade	97	08-021	31.20	25m	24-6-23	Rotterdam (NED)	556
2.	Groen Anne	95	08-021	34.58	25m	30-3-23	Heemskerk (NED)	409
3.	Jongema Helena	80	08-021	35.08	25m	16-3-08	Amersfoort (NED)	391
4.	Koopman Inge	93	08-021	35.90	25m	2-10-22	Den Helder (NED)	365
5.	Stins Mariska	84	08-021	36.18	25m	22-3-12	Heemskerk (NED)	357
6.	Hoek Daniëlle	88	08-021	36.27	25m	30-1-14	Heemskerk (NED)	354
7.	Palmboom Nicole	91	08-021	36.28	25m	16-3-17	Heemskerk (NED)	354
8.	van der Gracht Anouk	89	08-021	36.76	25m	30-1-14	Heemskerk (NED)	340
9.	de Haan Shira	00	08-021	36.89	25m	4-10-26	Purmerend (NED)	336
10.	Spijker Kristel	84	08-021	36.96	25m	3-3-11	Heemskerk (NED)	335
11.	Schoonderwoerd Rianne	95	08-021	37.06	25m	30-3-23	Heemskerk (NED)	332
12.	Visser Kelly	89	08-021	37.88	25m	4-10-15	Purmerend (NED)	311
13.	van Eerden Meike	00	08-021	38.74	25m	8-5-25	Heemskerk (NED)	290
14.	Butter Anouk	82	08-021	39.98	25m	4-10-09	Amsterdam-oost (NED)	264
15.	de Ruijter Linda	87	08-021	40.04	25m	17-3-16	Heemskerk (NED)	263
16.	ten Cate Joyce	80	08-021	40.46	25m	4-10-09	Amsterdam-oost (NED)	255
17.	Heus Pauline	78	08-021	40.50	25m	30-10-03	Heemskerk	254

100 rugslag

1.	Broek Jade	97	08-021	1:07.79	25m	6-11-22	Alkmaar (NED)	534
2.	Groen Anne	95	08-021	1:13.56	25m	23-4-23	Den Helder (NED)	418
3.	Jongema Helena	80	08-021	1:15.36	25m	3-5-08	Winterswijk (NED)	389
4.	Stins Mariska	84	08-021	1:16.53	25m	20-11-11	Almere-Stad (NED)	371
5.	Kleijne Daisy	89	08-021	1:18.08	25m	9-3-14	Zaandam (NED)	350
6.	Koopman Inge	93	08-021	1:18.09	25m	13-3-22	Den Helder (NED)	349
7.	van der Gracht Anouk	89	08-021	1:19.30	25m	30-10-14	Heemskerk (NED)	334
8.	Hoek Daniëlle	88	08-021	1:19.41	25m	9-3-14	Zaandam (NED)	332
9.	Palmboom Nicole	91	08-021	1:19.58	25m	17-11-16	Heemskerk (NED)	330
10.	Spijker Kristel	84	08-021	1:20.25	25m	13-3-11	Heemskerk (NED)	322
11.	Schoonderwoerd Rianne	95	08-021	1:20.43	25m	23-4-23	Den Helder (NED)	320
12.	de Haan Shira	00	08-021	1:21.00	25m	26-3-26	Heemskerk (NED)	313
13.	van Eerden Meike	00	08-021	1:22.15	25m	26-3-26	Heemskerk (NED)	300
14.	de Ruijter Linda	87	08-021	1:24.44	25m	10-12-15	Heemskerk (NED)	276
15.	Visser Kelly	89	08-021	1:25.28	25m	17-1-16	Purmerend (NED)	268
16.	Heus Pauline	78	08-021	1:25.30	25m	31-3-05	Heemskerk (NED)	268
17.	ten Cate Joyce	80	08-021	1:25.46	25m	18-3-07	Heemskerk (NED)	266
18.	Butter Anouk	82	08-021	1:25.48	25m	9-3-08	Heemskerk (NED)	266

200 rugslag

1.	Broek Jade	97	08-021	2:31.21	25m	22-5-22	Hoofddorp (NED)	490
2.	Groen Anne	95	08-021	2:36.71	25m	29-1-23	Heemskerk (NED)	440
3.	Stins Mariska	84	08-021	2:47.34	25m	18-1-09	Haarlem (NED)	361
4.	van der Gracht Anouk	89	08-021	2:47.36	25m	16-11-14	Zaandam (NED)	361
5.	Jongema Helena	80	08-021	2:48.46	25m	23-1-09	Vlissingen (NED)	354
6.	Hoek Daniëlle	88	08-021	2:51.81	25m	10-11-13	Zaandam (NED)	334
7.	Kramer Miranda	80	08-021	2:53.33	25m	13-3-05	Amsterdam (NED)	325
8.	Visser Kelly	89	08-021	3:00.41	25m	17-1-16	Purmerend (NED)	288
9.	Heus Pauline	78	08-021	3:03.89	25m	13-3-05	Amsterdam (NED)	272
10.	Butter Anouk	82	08-021	3:04.26	25m	18-3-07	Heemskerk (NED)	270
11.	ten Cate Joyce	80	08-021	3:04.65	25m	19-3-06	Heemskerk (NED)	269

500 rugslag

25 schoolslag

1.	Broek Jade	97	08-021	18.10	25m	7-7-22	Heemskerk (NED)	398
2.	Jongema Helena	80	08-021	19.59	25m	21-2-09	Heerenveen (NED)	314
3.	Heus Pauline	78	08-021	19.80	25m	27-4-06	Heemskerk	304
4.	Koopman Inge	93	08-021	20.43	25m	7-7-22	Heemskerk (NED)	277
5.	ten Cate Joyce	80	08-021	22.05	25m	29-5-08	Heemskerk (NED)	220

50 schoolslag

1.	ten Bokkel Henrieke	94	08-021	36.64	25m	13-1-19	Purmerend (NED)	477
2.	Broek Jade	97	08-021	37.34	25m	21-5-22	Hoofddorp (NED)	451
3.	Palmboom Nicole	91	08-021	39.84	25m	13-11-16	Purmerend (NED)	371
4.	Groen Anne	95	08-021	40.85	25m	21-4-22	Heemskerk (NED)	344
5.	de Haan Shira	00	08-021	40.89	25m	8-11-26	Purmerend (NED)	343
6.	Schoonderwoerd Rianne	95	08-021	41.01	25m	2-2-23	Heemskerk (NED)	340
7.	Stins Mariska	84	08-021	42.56	25m	9-2-12	Heemskerk (NED)	304
8.	Heus Pauline	78	08-021	42.76	25m	7-11-04	IJmuiden (NED)	300
9.	van der Gracht Anouk	89	08-021	42.77	25m	15-11-15	Purmerend (NED)	300
10.	Spijker Kristel	84	08-021	42.93	25m	5-2-12	Zaandam (NED)	296
11.	Jongema Helena	80	08-021	43.60	25m	16-11-08	Amsterdam-oost (NED)	283
12.	Hoek Daniëlle	88	08-021	44.28	25m	21-3-13	Heemskerk (NED)	270
13.	de Ruijter Linda	87	08-021	44.48	25m	9-2-12	Heemskerk (NED)	266
14.	Visser Kelly	89	08-021	46.12	25m	6-3-14	Heemskerk (NED)	239
15.	ten Cate Joyce	80	08-021	47.74	25m	22-1-09	Heemskerk (NED)	215
16.	van Eerden Meike	00	08-021	49.55	25m	5-6-25	Heemskerk (NED)	193

100 schoolslag

1.	Broek Jade	97	08-021	1:22.47	25m	6-11-22	Alkmaar (NED)	432
2.	ten Bokkel Henrieke	94	08-021	1:27.67	25m	10-2-19	Purmerend (NED)	359
3.	Kramer Miranda	80	08-021	1:27.70	25m	16-1-05	Zaandam (NED)	359
4.	Groen Anne	95	08-021	1:28.54	25m	26-9-24	Heemskerk (NED)	349
5.	de Haan Shira	00	08-021	1:28.61	25m	18-9-25	Heemskerk (NED)	348
6.	Palmboom Nicole	91	08-021	1:29.22	25m	9-11-17	Heemskerk (NED)	341
7.	Spijker Kristel	84	08-021	1:29.97	25m	19-11-09	Heemskerk (NED)	332
8.	Heus Pauline	78	08-021	1:30.88	25m	17-4-06	Haarlem (NED)	323
9.	Peters Yvonne	63	08-021	1:32.20	25m	7-2-88	Heemskerk (NED)	309
10.	Stins Mariska	84	08-021	1:34.22	25m	11-10-12	Heemskerk (NED)	289
11.	de Ruijter Linda	87	08-021	1:34.96	25m	11-10-12	Heemskerk (NED)	283
12.	Jongema Helena	80	08-021	1:36.85	25m	19-11-09	Heemskerk (NED)	266
13.	Hoek Daniëlle	88	08-021	1:37.00	25m	20-1-13	Heemskerk (NED)	265
14.	van der Gracht Anouk	89	08-021	1:37.98	25m	13-10-16	Heemskerk (NED)	257
15.	ten Cate Joyce	80	08-021	1:42.76	25m	27-3-08	Heemskerk (NED)	223
16.	Visser Kelly	89	08-021	1:46.77	25m	9-11-17	Heemskerk (NED)	199
17.	van Eerden Meike	00	08-021	1:51.92	25m	18-9-25	Heemskerk (NED)	172

200 schoolslag

1.	Broek Jade	97	08-021	2:58.61	25m	29-1-23	Heemskerk (NED)	427
2.	ten Bokkel Henrieke	94	08-021	3:02.03	25m	10-2-19	Purmerend (NED)	404
3.	de Haan Shira	00	08-021	3:12.89	25m	9-3-25	Purmerend (NED)	339
4.	Palmboom Nicole	91	08-021	3:16.12	25m	12-2-17	Purmerend (NED)	323
5.	Heus Pauline	78	08-021	3:17.29	25m	25-1-04	Zaandam	317
6.	de Ruijter Linda	87	08-021	3:21.72	25m	17-1-16	Purmerend (NED)	296
7.	Stins Mariska	84	08-021	3:21.77	25m	18-1-09	Haarlem (NED)	296
8.	Hoek Daniëlle	88	08-021	3:30.86	25m	19-1-14	Zaandam (NED)	259
9.	ten Cate Joyce	80	08-021	3:41.08	25m	19-10-06	Heemskerk	225

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.	Koopman Inge	93	08-021	14.03	25m	7-7-22	Heemskerk (NED)	507
2.	Broek Jade	97	08-021	14.58	25m	7-7-22	Heemskerk (NED)	452
3.	Stins Mariska	84	08-021	15.44	25m	17-11-11	Heemskerk (NED)	380
4.	Butter Anouk	82	08-021	16.13	25m	19-4-07	Heemskerk (NED)	333
5.	Heus Pauline	78	08-021	17.50	25m	27-4-06	Heemskerk	261
6.	ten Cate Joyce	80	08-021	19.42	25m	29-5-08	Heemskerk (NED)	191

50 vlinderslag

1.	Broek Jade	97	08-021	31.32	25m	16-11-24	Hoofddorp (NED)	471
2.	van der Gracht Anouk	89	08-021	31.92	25m	8-6-14	Purmerend (NED)	445
3.	Koopman Inge	93	08-021	31.95	25m	17-2-22	Heemskerk (NED)	444
4.	ten Bokkel Henrieke	94	08-021	32.73	25m	10-2-19	Purmerend (NED)	413
5.	Palmboom Nicole	91	08-021	33.76	25m	17-11-16	Heemskerk (NED)	376
6.	de Haan Shira	00	08-021	33.99	25m	2-2-25	Den Helder (NED)	369
7.	Butter Anouk	82	08-021	34.10	25m	17-1-10	Amsterdam-oost (NED)	365
8.	Hoek Daniëlle	88	08-021	34.30	25m	3-3-13	Purmerend (NED)	359
9.	Stins Mariska	84	08-021	34.39	25m	18-2-10	Heemskerk (NED)	356
10.	Jongema Helena	80	08-021	34.59	25m	4-5-08	Winterswijk (NED)	350
11.	Groen Anne	95	08-021	34.81	25m	28-1-24	Heemskerk (NED)	343
12.	Spijker Kristel	84	08-021	34.90	25m	17-11-11	Heemskerk (NED)	340
13.	Visser Kelly	89	08-021	37.87	25m	17-3-16	Heemskerk (NED)	266
14.	de Ruijter Linda	87	08-021	38.65	25m	10-12-15	Heemskerk (NED)	250
15.	Heus Pauline	78	08-021	40.82	25m	18-1-04	IJmuiden (NED)	213
16.	van Eerden Meike	00	08-021	41.00	25m	9-3-25	Purmerend (NED)	210
17.	ten Cate Joyce	80	08-021	42.50	25m	30-10-08	Heemskerk (NED)	188

100 vlinderslag

1.	Broek Jade	97	08-021	1:12.21	25m	22-1-23	Hoofddorp (NED)	432
2.	van der Gracht Anouk	89	08-021	1:13.93	25m	9-3-14	Zaandam (NED)	403
3.	Koopman Inge	93	08-021	1:14.92	25m	24-4-22	Den Helder (NED)	387
4.	Hoek Daniëlle	88	08-021	1:17.22	25m	10-3-13	Schagen (NED)	353
5.	Spijker Kristel	84	08-021	1:17.92	25m	13-3-11	Heemskerk (NED)	344
6.	Stins Mariska	84	08-021	1:20.60	25m	14-3-10	Heemskerk (NED)	311
7.	Groen Anne	95	08-021	1:20.70	25m	1-2-24	Heemskerk (NED)	309
8.	de Haan Shira	00	08-021	1:21.94	25m	8-11-26	Purmerend (NED)	296
9.	Butter Anouk	82	08-021	1:23.65	25m	29-3-07	Heemskerk (NED)	278
10.	Jongema Helena	80	08-021	1:24.21	25m	16-11-08	Amsterdam-oost (NED)	272
11.	Palmboom Nicole	91	08-021	1:30.20	25m	18-2-16	Heemskerk (NED)	221
12.	Peters Yvonne	63	08-021	1:32.20	25m	7-2-88	Heemskerk (NED)	207
13.	Heus Pauline	78	08-021	1:32.49	25m	25-3-04	Heemskerk	205
14.	van Eerden Meike	00	08-021	1:32.54	25m	19-2-26	Heemskerk (NED)	205
15.	ten Cate Joyce	80	08-021	1:35.29	25m	26-2-09	Heemskerk (NED)	188

200 vlinderslag

1.	Stins Mariska	84	08-021	2:58.47	25m	15-3-09	Haarlem (NED)	301
2.	Broek Jade	97	08-021	2:59.95	25m	10-3-24	Purmerend (NED)	293
3.	Spijker Kristel	84	08-021	3:01.28	25m	14-3-10	Heemskerk (NED)	287
4.	van der Gracht Anouk	89	08-021	3:27.47	25m	6-3-16	Purmerend (NED)	191

1000 vlinderslag

75 wisselslag

100 wisselslag

1.	Broek Jade	97	08-021	1:11.51	25m	25-5-23	Heemskerk (NED)	493
2.	Groen Anne	95	08-021	1:15.75	25m	20-10-24	Heemskerk (NED)	415
3.	Koopman Inge	93	08-021	1:16.06	25m	2-10-22	Den Helder (NED)	410
4.	van der Gracht Anouk	89	08-021	1:16.32	25m	26-10-14	Zaandam (NED)	405
5.	Palmboom Nicole	91	08-021	1:16.50	25m	11-5-17	Heemskerk (NED)	403
6.	de Haan Shira	00	08-021	1:17.81	25m	16-11-25	Purmerend (NED)	383
7.	Stins Mariska	84	08-021	1:18.36	25m	25-4-13	Heemskerk (NED)	375
8.	Spijker Kristel	84	08-021	1:18.48	25m	6-12-09	Zaandam (NED)	373
9.	Jongema Helena	80	08-021	1:18.86	25m	2-2-08	Heerenveen (NED)	367
10.	Hoek Daniëlle	88	08-021	1:18.98	25m	25-4-13	Heemskerk (NED)	366
11.	Visser Kelly	89	08-021	1:23.18	25m	17-4-14	Heemskerk (NED)	313
12.	de Ruijter Linda	87	08-021	1:23.79	25m	4-10-15	Purmerend (NED)	306
13.	Heus Pauline	78	08-021	1:24.03	25m	4-4-04	Zaandam	304
14.	Butter Anouk	82	08-021	1:25.57	25m	19-4-07	Heemskerk (NED)	288
15.	van Eerden Meike	00	08-021	1:25.81	25m	26-3-26	Heemskerk (NED)	285
16.	ten Cate Joyce	80	08-021	1:28.63	25m	27-4-06	Heemskerk	259

150 wisselslag

200 wisselslag

1.	Broek Jade	97	08-021	2:39.66	25m	12-11-23	Den Helder (NED)	444
2.	ten Bokkel Henrieke	94	08-021	2:42.90	25m	13-1-19	Purmerend (NED)	418
3.	van der Gracht Anouk	89	08-021	2:46.37	25m	30-3-14	Zaandam (NED)	392
4.	Stins Mariska	84	08-021	2:47.46	25m	11-4-10	Zaandam (NED)	385
5.	Groen Anne	95	08-021	2:48.49	25m	12-11-23	Den Helder (NED)	378
6.	Kramer Miranda	80	08-021	2:49.48	25m	16-1-05	Zaandam (NED)	371
7.	Spijker Kristel	84	08-021	2:51.21	25m	14-3-10	Heemskerk (NED)	360
8.	Palmboom Nicole	91	08-021	2:51.44	25m	13-11-16	Purmerend (NED)	359
9.	Hoek Daniëlle	88	08-021	2:52.00	25m	30-3-14	Zaandam (NED)	355
10.	Jongema Helena	80	08-021	2:53.73	25m	12-1-08	Zwolle (NED)	345
11.	Heus Pauline	78	08-021	3:01.97	25m	18-1-04	IJmuiden (NED)	300
12.	van Eerden Meike	00	08-021	3:04.19	25m	15-3-26	Heemskerk (NED)	289
13.	Visser Kelly	89	08-021	3:08.44	25m	6-3-16	Purmerend (NED)	270
14.	ten Cate Joyce	80	08-021	3:10.38	25m	9-3-08	Heemskerk (NED)	262

300 wisselslag

400 wisselslag