25 - 29 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. | 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. | Schoonderwoerd Rianne | 95 | 08-021 | 32.41 | 50m | 28-5-23 | Arnsberg (GER) | 389 |
| 15. | van Eerden Meike | 00 | 08-021 | 33.14 | 25m | 9-3-25 | Purmerend (NED) | 331 |
| 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. | Koopman Inge | 93 | 08-021 | 2:37.19 | 50m | 20-2-22 | Eindhoven (NED) | 371 |
| 13. | van Eerden Meike | 00 | 08-021 | 2:37.55 | 25m | 5-6-25 | Heemskerk (NED) | 344 |
| 14. | Heus Pauline | 78 | 08-021 | 2:43.18 | 25m | 9-11-03 | Zaandam | 309 |
| 15. | Butter Anouk | 82 | 08-021 | 2:44.28 | 25m | 25-11-07 | Amsterdam (NED) | 303 |
| 16. | Palmboom Nicole | 91 | 08-021 | 2:46.89 | 25m | 17-3-16 | Heemskerk (NED) | 289 |
| 17. | Deiman Caroline | 67 | 08-021 | 2:51.00 | 25m | 17-2-94 | Heemskerk | 269 |
| 18. | ten Cate Joyce | 80 | 08-021 | 2:52.20 | 25m | 26-11-06 | Heemskerk (NED) | 263 |

**250 vrije slag**

**300 vrije slag**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1. | Koopman Inge | 93 | 08-021 | 4:13.48 | 50m | 8-4-22 | Antwerpen (BEL) | 327 |
| 2. | van Eerden Meike | 00 | 08-021 | 4:14.93 | 25m | 5-10-25 | Purmerend (NED) | 309 |
| 3. | Jongema Helena | 80 | 08-021 | 4:17.20 | 50m | 18-9-09 | Cadiz (ESP) | 313 |
| 4. | Heus Pauline | 78 | 08-021 | 4:23.79 | 25m | 29-4-04 | Heemskerk (NED) | 279 |
| 5. | Butter Anouk | 82 | 08-021 | 4:43.25 | 50m | 27-3-10 | Amersfoort (NED) | 234 |

**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. | Koopman Inge | 93 | 08-021 | 5:40.03 | 50m | 8-4-22 | Antwerpen (BEL) | 336 |
| 6. | Heus Pauline | 78 | 08-021 | 5:55.73 | 25m | 29-4-04 | Heemskerk (NED) | 286 |
| 7. | Butter Anouk | 82 | 08-021 | 6:07.38 | 25m | 30-9-07 | Volendam (NED) | 260 |

**500 vrije slag**

**800 vrije slag**

**1000 vrije slag**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | van der Gracht Anouk | 89 | 08-021 | 15:43.17 | OW | 19-7-14 | Amstelveen (NED) |
| 2. | Butter Anouk | 82 | 08-021 | 17:04.91 | OW | 24-6-07 | Breukelen (NED) |

**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. | Schoonderwoerd Rianne | 95 | 08-021 | 1:33.66 | 50m | 28-5-23 | Arnsberg (GER) | 321 |
| 11. | Stins Mariska | 84 | 08-021 | 1:34.22 | 25m | 11-10-12 | Heemskerk (NED) | 289 |
| 12. | de Ruijter Linda | 87 | 08-021 | 1:34.96 | 25m | 11-10-12 | Heemskerk (NED) | 283 |
| 13. | Jongema Helena | 80 | 08-021 | 1:36.85 | 25m | 19-11-09 | Heemskerk (NED) | 266 |
| 14. | Hoek Daniëlle | 88 | 08-021 | 1:37.00 | 25m | 20-1-13 | Heemskerk (NED) | 265 |
| 15. | van der Gracht Anouk | 89 | 08-021 | 1:37.98 | 25m | 13-10-16 | Heemskerk (NED) | 257 |
| 16. | ten Cate Joyce | 80 | 08-021 | 1:42.76 | 25m | 27-3-08 | Heemskerk (NED) | 223 |
| 17. | Visser Kelly | 89 | 08-021 | 1:46.77 | 25m | 9-11-17 | Heemskerk (NED) | 199 |
| 18. | 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**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1. | Oudendijk Bianca | 79 | 08-021 | 19:12.90 | OW | 4-9-05 | Vlissingen (NED) |
| 2. | Broek Jade | 97 | 08-021 | 19:34.67 | OW | 15-7-23 | Amstelveen (NED) |

**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 | 34.66 | 50m | 19-3-23 | Alkmaar (NED) | 350 |
| 12. | Spijker Kristel | 84 | 08-021 | 34.80 | 50m | 9-5-10 | Eindhoven (NED) | 345 |
| 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**