alg. leeftijdsgroep, Dames 1-1-1900-31-7-2027

15m vlinderslag benen onderwater

1.	van Ederen Jasmijn	10	08-021	22.06	25m	15-12-19	Haarlem (NED)	
2.	Schut Bodine	09	08-021	26.65	25m	29-9-19	Haarlem (NED)	

25m vrije slag met koprol

1.	van Ederen Jasmijn	10	08-021	23.13	25m	19-1-20	Zaandam (NED)	

25m rugslag start

1.	van Ederen Jasmijn	10	08-021	24.90	25m	15-12-19	Haarlem (NED)	

50m borstcrawl benen

1.	van Ederen Jasmijn	10	08-021	1:06.46	25m	29-9-19	Haarlem (NED)	
2.	Schut Bodine	09	08-021	1:09.03	25m	19-1-20	Zaandam (NED)	

100m borstcrawl benen

25 vrije slag

1.	Schelvis Femke	84	08-021	13.11	25m	25-3-99	Heemskerk (NED)	507
2.	de Groot Daniëlle	93	08-021	13.42	25m	31-5-08	Aalsmeer (NED)	473
2.	Hoekstra Eline	03	08-021	13.42	25m	7-7-22	Heemskerk (NED)	473
4.	Meijer Sylvia	81	08-021	13.43	25m	4-5-00	Heemskerk (NED)	472
5.	Crok Linda	94	08-021	13.48	25m	30-6-11	Heemskerk (NED)	467
6.	Wentink Yara	04	08-021	13.63	25m	7-7-22	Heemskerk (NED)	451
7.	Schuyt Simone	75	08-021	13.70	25m	31-12-89	Heemskerk (NED)	445
7.	Hulshof Saskia	73	08-021	13.70	25m	31-12-89	Heemskerk (NED)	445
9.	Palmboom Nicole	91	08-021	13.79	25m	27-4-06	Heemskerk	436
10.	Koster Lisa	94	08-021	13.81	25m	31-5-08	Aalsmeer (NED)	434
11.	Gijzen-van der Kroft Nicole	84	08-021	13.95	25m	29-3-01	Heemskerk (NED)	421
12.	van Staveren Marina	78	08-021	14.04	25m	14-4-11	Heemskerk (NED)	413
13.	Schelvis Roos	86	08-021	14.05	25m	29-3-01	Heemskerk (NED)	412
13.	Vink Lidewij	90	08-021	14.05	25m	19-4-07	Heemskerk (NED)	412
15.	Besse Karen	75	08-021	14.10	25m	31-12-89	Heemskerk (NED)	408
16.	Hoek Daniëlle	88	08-021	14.12	25m	30-6-11	Heemskerk (NED)	406
17.	van der Geest Saskia	73	08-021	14.20	25m	12-1-89	Heemskerk (NED)	399
17.	Stam Vanessa	80	08-021	14.20	25m	13-3-97	Heemskerk (NED)	399
19.	van Ballegooie Simone	84	08-021	14.26	25m	29-3-01	Heemskerk (NED)	394
20.	Groen Anne	95	08-021	14.32	25m	30-6-11	Heemskerk (NED)	389
21.	Kleijne Daisy	89	08-021	14.33	25m	27-4-06	Heemskerk	388
22.	Kramer Miranda	80	08-021	14.34	25m	4-5-00	Heemskerk (NED)	388
23.	van Rookhuizen Sieta	79	08-021	14.35	25m	4-5-00	Heemskerk (NED)	387
23.	van 't Veer Iris	03	08-021	14.35	25m	7-7-22	Heemskerk (NED)	387
25.	Vink Marjolein	93	08-021	14.37	25m	29-5-08	Heemskerk (NED)	385

50 vrije slag

1.	Kingma Danae	00	08-021	26.92	25m	29-1-16	Amsterdam (NED)	617
2.	Wentink Yara	04	08-021	27.37	25m	29-6-24	Rotterdam (NED)	588
3.	Schelvis Femke	84	08-021	27.68	25m	7-11-04	IJmuiden (NED)	568
4.	Smit Sanne	01	08-021	27.94	25m	17-11-18	Hoofddorp (NED)	552
5.	Drubers Mirjam	67	08-021	28.20	25m	31-12-84		537
5.	Siemerink Laura	04	08-021	28.20	25m	21-4-19	Haarlem (NED)	537
7.	de Groot Daniëlle	93	08-021	28.39	25m	21-6-08	Alkmaar (NED)	526
8.	Koster Lisa	94	08-021	28.40	50m	13-6-08	Drachten (NED)	578
9.	Broek Jade	97	08-021	28.47	25m	6-12-15	Purmerend (NED)	522
10.	Hoekstra Eline	03	08-021	28.51	25m	23-11-19	Hoofddorp (NED)	520
11.	Palmboom Nicole	91	08-021	28.58	25m	23-3-08	Haarlem (NED)	516
12.	Groen Anne	95	08-021	28.77	25m	13-10-16	Heemskerk (NED)	506
13.	Crok Linda	94	08-021	28.99	25m	24-4-11	Haarlem (NED)	494
14.	Meijer Sylvia	81	08-021	29.10	25m	6-4-97	Heemskerk (NED)	489
15.	Vink Lidewij	90	08-021	29.17	25m	29-5-08	Heemskerk (NED)	485
16.	van 't Veer Iris	03	08-021	29.36	25m	24-4-22	Den Helder (NED)	476
17.	Hoek Daniëlle	88	08-021	29.49	25m	28-12-04	Maastricht (NED)	470
18.	van de Poll Marianne	89	08-021	29.52	25m	29-1-04	Heemskerk (NED)	468
19.	Kleijne Daisy	89	08-021	29.57	25m	13-4-09	Haarlem (NED)	466
20.	van Rijn-Hofwegen Wilma	71	08-021	29.61	25m	1-12-13	Vlaardingen (NED)	464
21.	Herwegh Yara	07	08-021	29.79	25m	10-11-24	Purmerend (NED)	456
22.	Schuyt Simone	75	08-021	29.80	25m	22-1-89	Zaandam (NED)	455
22.	Hulshof Saskia	73	08-021	29.80	25m	11-3-90	Heemskerk (NED)	455
24.	Koopman Inge	93	08-021	29.82	25m	24-4-22	Den Helder (NED)	454
25.	Vink Marjolein	93	08-021	29.88	25m	8-4-07	Haarlem (NED)	451

100 vrije slag

1.	Kingma Danae	00	08-021	58.38	25m	18-3-18	Purmerend (NED)	637
2.	Schelvis Femke	84	08-021	59.32	25m	9-1-05	Zuidoost Beemster (NED)	607
3.	Wentink Yara	04	08-021	59.50	25m	28-5-23	Purmerend (NED)	602
4.	Smit Sanne	01	08-021	1:00.05	25m	24-3-19	Purmerend (NED)	585
5.	Koster Lisa	94	08-021	1:01.06	25m	11-5-08	Purmerend (NED)	557
6.	Drubers Mirjam	67	08-021	1:01.60	25m	15-12-84	Hilversum (NED)	542
7.	Broek Jade	97	08-021	1:01.74	25m	18-11-17	Hoofddorp (NED)	539
8.	Crok Linda	94	08-021	1:02.01	25m	3-4-11	Zaandam (NED)	532
9.	de Groot Daniëlle	93	08-021	1:02.13	25m	11-5-08	Purmerend (NED)	529
10.	Hoekstra Eline	03	08-021	1:02.36	25m	2-6-22	Heemskerk (NED)	523
11.	Groen Anne	95	08-021	1:02.91	25m	18-12-16	Heemskerk (NED)	509
12.	Siemerink Laura	04	08-021	1:03.00	25m	24-3-19	Purmerend (NED)	507
13.	Meijer Sylvia	81	08-021	1:03.20	25m	5-4-98	Heemskerk (NED)	502
14.	Gijzen-van der Kroft Nicole	84	08-021	1:03.76	25m	10-12-00	Heemskerk (NED)	489
15.	Palmboom Nicole	91	08-021	1:03.79	25m	9-3-08	Heemskerk (NED)	488
16.	van 't Veer Iris	03	08-021	1:04.05	25m	23-4-23	Den Helder (NED)	482
17.	Vink Lidewij	90	08-021	1:04.70	25m	30-10-05	Amsterdam (NED)	468
18.	Hoek Daniëlle	88	08-021	1:05.01	25m	28-12-04	Maastricht (NED)	461
18.	Kleijne Daisy	89	08-021	1:05.01	25m	28-3-05	Haarlem (NED)	461
20.	Herwegh Yara	07	08-021	1:05.26	25m	12-1-25	Heemskerk (NED)	456
21.	Crok Annemarie	89	08-021	1:05.34	25m	27-11-11	Heemskerk (NED)	454
22.	Mallon Danique	94	08-021	1:05.55	25m	5-4-10	Haarlem (NED)	450
23.	Schelvis Roos	86	08-021	1:05.56	25m	12-12-99	Heemskerk (NED)	450
24.	Verbree Bets	63	08-021	1:05.70	25m	19-12-81	Hilversum (NED)	447
24.	Hulshof Saskia	73	08-021	1:05.70	25m	5-11-89	Heemskerk (NED)	447

200 vrije slag

1.	Schelvis Femke	84	08-021	2:07.73	25m	25-11-99	Heemskerk	646
2.	Kingma Danae	00	08-021	2:10.58	25m	12-4-18	Heemskerk (NED)	604
3.	Smit Sanne	01	08-021	2:13.76	25m	16-3-17	Heemskerk (NED)	562
4.	Hoekstra Eline	03	08-021	2:14.26	25m	5-3-20	Heemskerk (NED)	556
5.	Wentink Yara	04	08-021	2:14.62	25m	15-11-26	Hoofddorp (NED)	551
6.	Drubers Mirjam	67	08-021	2:15.30	25m	31-12-85		543
7.	Koster Lisa	94	08-021	2:16.81	50m	14-6-08	Drachten (NED)	563
8.	Broek Jade	97	08-021	2:17.18	25m	18-11-18	Hoofddorp (NED)	521
9.	Crok Linda	94	08-021	2:17.72	25m	2-10-11	Heemskerk (NED)	515
10.	de Groot Daniëlle	93	08-021	2:17.81	25m	10-5-08	Purmerend (NED)	514
11.	Groen Anne	95	08-021	2:17.96	25m	13-11-16	Purmerend (NED)	512
12.	Vink Lidewij	90	08-021	2:19.09	25m	12-2-06	Zaandam (NED)	500
13.	van 't Veer Iris	03	08-021	2:20.41	25m	30-3-23	Heemskerk (NED)	486
14.	Hoek Daniëlle	88	08-021	2:20.46	25m	22-3-12	Heemskerk (NED)	485
15.	Siemerink Laura	04	08-021	2:21.26	25m	13-1-19	Purmerend (NED)	477
16.	Stel Serena	98	08-021	2:21.69	25m	18-4-10	Zaandam (NED)	473
17.	Palmboom Nicole	91	08-021	2:22.48	25m	1-3-08	Hoorn (NED)	465
18.	Verbree Bets	63	08-021	2:22.60	25m	7-2-82		464
19.	Schelvis Roos	86	08-021	2:23.28	25m	26-9-02	Heemskerk	457
20.	Mallon Danique	94	08-021	2:23.87	25m	3-10-10	Zaandam (NED)	452
21.	Gijzen-van der Kroft Nicole	84	08-021	2:24.05	25m	30-11-00	Heemskerk (NED)	450
22.	Kleijne Daisy	89	08-021	2:24.52	25m	13-3-05	Amsterdam (NED)	446
23.	Meijer Sylvia	81	08-021	2:24.70	25m	11-12-97	Heemskerk (NED)	444
24.	Crok Annemarie	89	08-021	2:25.47	25m	13-11-11	Zaandam (NED)	437
25.	van der Gracht Anouk	89	08-021	2:25.68	25m	25-11-07	Amsterdam (NED)	435

250 vrije slag

1.	Butter Noor	16	08-021	4:32.89	OW	12-9-26	Amsterdam (NED)	
2.	Stel Kaylin	01	08-021	5:19.71	OW	6-9-09	Vlissingen (NED)	
3.	de Wildt Maud	05	08-021	6:09.15	OW	26-7-14	Anna-Paulowna (NED)	
4.	Haack Fenna	16	08-021	10:06.95	OW	13-7-24	Anna Paulowna (NED)	

300 vrije slag

1.	Schelvis Femke	84	08-021	3:27.55	25m	17-12-04	Drachten (NED)	573
2.	Crok Linda	94	08-021	3:38.23	25m	25-4-11	Haarlem (NED)	493
3.	Hoekstra Eline	03	08-021	3:39.67	25m	9-11-24	Purmerend (NED)	483
4.	Vink Lidewij	90	08-021	3:40.07	25m	18-5-06	Heemskerk (NED)	481
5.	Smit Sanne	01	08-021	3:44.38	50m	10-3-19	Amsterdam (NED)	472
6.	Broek Jade	97	08-021	3:44.41	25m	4-10-15	Purmerend (NED)	453
7.	Wentink Yara	04	08-021	3:44.70	25m	8-6-19	Purmerend (NED)	452
8.	Hoek Daniëlle	88	08-021	3:47.20	25m	18-5-06	Heemskerk (NED)	437
9.	Stel Serena	98	08-021	3:50.73	25m	29-1-10	Heerenveen (NED)	417
10.	Koster Lisa	94	08-021	3:50.85	50m	17-5-08	Beverwijk (NED)	433
11.	Palmboom Nicole	91	08-021	3:51.10	25m	18-5-06	Heemskerk (NED)	415
12.	van de Poll Marianne	89	08-021	3:51.98	25m	29-4-04	Heemskerk (NED)	410
13.	Groen Anne	95	08-021	3:52.00	25m	25-4-11	Haarlem (NED)	410
14.	van der Gracht Anouk	89	08-021	3:52.29	25m	18-5-13	Purmerend (NED)	409
15.	de Groot Daniëlle	93	08-021	3:55.78	50m	11-4-08	Antwerpen (BEL)	406
16.	Kleijne Daisy	89	08-021	3:56.50	25m	29-4-04	Heemskerk (NED)	387
17.	Haasbroek Renske	03	08-021	3:56.60	25m	21-4-25	Haarlem (NED)	387
18.	Teufer Irene	96	08-021	3:58.28	25m	30-3-08	Zaandam (NED)	379

300 vrije slag (sinds 19)

19.	Stins Mariska	84	08-021	4:01.45	25m	29-4-04	Heemskerk (NED)	364
20.	Koopman Anitra	89	08-021	4:02.06	25m	29-4-04	Heemskerk (NED)	361
21.	Meijer Sylvia	81	08-021	4:02.20	25m	19-4-98	Zaandam (NED)	361
22.	Buur Naomi	01	08-021	4:02.95	25m	7-6-14	Purmerend (NED)	357
23.	Essers Sanne	91	08-021	4:05.80	25m	14-10-07	Zaandam (NED)	345
24.	de Ruijter Linda	87	08-021	4:07.06	25m	29-4-04	Heemskerk (NED)	340
25.	Mallon Danique	94	08-021	4:08.45	25m	14-10-07	Zaandam (NED)	334

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	4:48.25	25m	22-5-22	Hoofddorp (NED)	538
3.	Crok Linda	94	08-021	4:50.50	25m	25-4-11	Haarlem (NED)	526
4.	Vink Lidewij	90	08-021	4:54.59	25m	18-5-06	Heemskerk (NED)	504
5.	Drubers Mirjam	67	08-021	4:55.60	25m	26-1-86	Castricum (NED)	499
6.	Wentink Yara	04	08-021	4:56.18	25m	8-6-19	Purmerend (NED)	496
7.	Smit Sanne	01	08-021	4:57.22	25m	29-12-18	Leeuwarden (NED)	491
8.	Hoek Daniëlle	88	08-021	5:01.12	25m	18-5-06	Heemskerk (NED)	472
9.	Groen Anne	95	08-021	5:01.68	25m	1-10-17	Purmerend (NED)	469
10.	Koster Lisa	94	08-021	5:02.29	25m	18-11-07	Alkmaar (NED)	466
11.	Broek Jade	97	08-021	5:04.72	25m	4-10-15	Purmerend (NED)	455
12.	de Groot Daniëlle	93	08-021	5:05.33	25m	12-5-08	Purmerend (NED)	453
13.	Stel Serena	98	08-021	5:06.13	25m	28-3-10	Zeist (NED)	449
14.	Schelvis Roos	86	08-021	5:06.22	25m	30-5-02	Heemskerk	449
15.	van 't Veer Iris	03	08-021	5:07.46	25m	22-4-19	Haarlem (NED)	443
16.	Palmboom Nicole	91	08-021	5:08.81	25m	18-5-06	Heemskerk (NED)	437
17.	Stam Vanessa	80	08-021	5:09.30	25m	22-2-98	Zaandam (NED)	435
18.	Kleijne Daisy	89	08-021	5:10.46	25m	1-5-05	Zaandam (NED)	431
19.	van der Gracht Anouk	89	08-021	5:11.00	25m	31-5-07	Heemskerk (NED)	428
20.	van de Poll Marianne	89	08-021	5:12.47	25m	9-6-03	Z.o. Beemster	422
21.	de Haan Shira	00	08-021	5:13.43	25m	17-4-17	Haarlem (NED)	418
22.	Haasbroek Renske	03	08-021	5:14.47	25m	2-3-25	Amsterdam (NED)	414
23.	Hulshof Saskia	73	08-021	5:15.40	25m	11-3-90	Heemskerk (NED)	411
24.	Verbree Bets	63	08-021	5:15.70	25m	5-4-81	Heemskerk (NED)	409
25.	Besse Karen	75	08-021	5:16.50	25m	10-3-91	Heemskerk (NED)	406

500 vrije slag

1.	Stel Serena	98	08-021	7:26.55	OW	2-8-09	Hoorn (NED)
2.	Bos Marieke	06	08-021	8:31.18	OW	23-7-16	Amstelveen (NED)
3.	Koopman Anitra	89	08-021	8:51.08	OW	23-7-00	Amsterdam (NED)
4.	Buur Naomi	01	08-021	9:10.10	OW	1-9-12	Wilhelminadorp (NED)
5.	Butter Noor	16	08-021	9:22.17	OW	11-7-26	Strijen (NED)
6.	Vink Marjolein	93	08-021	9:22.60	OW	27-8-05	Tilburg (NED)
7.	Haack Fenna	16	08-021	10:29.41	OW	28-6-26	Alkmaar (NED)
8.	de Wildt Maud	05	08-021	11:57.51	OW	18-7-15	Amstelveen (NED)
9.	Buur Cindy	99	08-021	14:05.57	OW	23-7-11	Anna-Paulowna (NED)
10.	Butter Anouk	82	08-021	16:39.30	OW	21-7-24	Amsterdam (NED)

800 vrije slag

1.	Schelvis Femke	84	08-021	9:32.54	25m	28-2-99	Zaandam (NED)	586
2.	Crok Linda	94	08-021	10:11.36	25m	16-10-11	Zaandam (NED)	481
3.	Vink Lidewij	90	08-021	10:13.37	25m	1-4-06	Zaandam (NED)	477
4.	Stel Serena	98	08-021	10:13.69	25m	28-3-10	Zeist (NED)	476
5.	Hoekstra Eline	03	08-021	10:19.33	25m	3-12-23	Alkmaar (NED)	463
6.	Hoek Daniëlle	88	08-021	10:19.78	25m	17-10-04	Zaandam (NED)	462
7.	van 't Veer Iris	03	08-021	10:32.39	25m	11-10-20	Alkmaar (NED)	435
8.	Kingma Danae	00	08-021	10:34.87	25m	19-10-14	Zaandam (NED)	430
9.	Kleijne Daisy	89	08-021	10:35.32	25m	1-4-06	Zaandam (NED)	429
10.	Wentink Yara	04	08-021	10:36.31	25m	23-10-22	Hoofddorp (NED)	427
11.	Stam Vanessa	80	08-021	10:36.50	25m	22-2-98	Zaandam (NED)	427
12.	Smit Sanne	01	08-021	10:36.60	25m	8-10-17	Alkmaar (NED)	426
13.	Koster Lisa	94	08-021	10:39.38	25m	9-12-07	Zaandam (NED)	421
14.	Teufer Irene	96	08-021	10:41.66	25m	30-3-08	Zaandam (NED)	416
15.	van der Gracht Anouk	89	08-021	10:43.54	25m	3-2-08	Zaandam (NED)	413
16.	Schelvis Roos	86	08-021	10:47.23	25m	4-11-01	Heemskerk	406
17.	Essers Sanne	91	08-021	10:56.82	25m	27-10-07	Barneveld (NED)	388
18.	Limmen Karin	76	08-021	11:00.20	25m	12-4-92	Heemstede (NED)	382
19.	Groen Anne	95	08-021	11:03.36	25m	16-10-11	Zaandam (NED)	377
20.	Besse Karen	75	08-021	11:03.90	25m	6-6-91	Heemskerk	376
21.	van Rookhuizen Sieta	79	08-021	11:04.30	25m	14-4-94	Heemskerk	375
22.	de Groot Daniëlle	93	08-021	11:05.30	25m	9-12-07	Zaandam (NED)	374
23.	de Boer Irene	84	08-021	11:09.32	25m	5-11-00	Zaandam (NED)	367
24.	Kramer Miranda	80	08-021	11:10.60	25m	22-2-98	Zaandam (NED)	365
25.	Mallon Danique	94	08-021	11:12.78	25m	9-12-07	Zaandam (NED)	361

1000 vrije slag

1.	Vink Lidewij	90	08-021	14:29.79	OW	8-7-06	Oss (NED)
2.	Crok Linda	94	08-021	14:29.84	OW	10-7-10	Wijk en Aalburg (NED)
3.	Crok Annemarie	89	08-021	14:53.23	OW	25-7-10	Langedijk (NED)
4.	Essers Sanne	91	08-021	14:54.95	OW	23-7-06	Langedijk (NED)
5.	van der Gracht Anouk	89	08-021	14:55.47	OW	5-7-09	Bodegraven (NED)
6.	Kleijne Daisy	89	08-021	14:59.73	OW	5-7-09	Bodegraven (NED)
7.	Butter Anouk	82	08-021	15:11.62	OW	4-7-26	Sluis (NED)
8.	Koopman Anitra	89	08-021	15:11.73	OW	24-6-01	Breukelen (NED)
9.	de Ruijter Linda	87	08-021	15:40.56	OW	8-7-01	Amsterdam (NED)
10.	van Staveren Marina	78	08-021	15:45.07	OW	4-8-13	Amstelveen (NED)
11.	van 't Veer Iris	03	08-021	15:49.42	OW	12-7-25	Anna-Paulowna (NED)
12.	Kramer Miranda	80	08-021	15:51.40	OW	2-7-95	Veghel (NED)
13.	Hermans Liesbeth	66	08-021	15:56.50	OW	14-6-81	Amstelveen (NED)
14.	Visser Kelly	89	08-021	16:23.59	OW	16-6-01	Spaarnwoude (NED)
15.	Oudendijk Bianca	79	08-021	16:34.50	OW	12-7-94	Harderwijk (NED)
16.	Hogema Fabiën	93	08-021	16:38.77	OW	2-7-06	Bodegraven (NED)
17.	Meijer Sylvia	81	08-021	16:39.40	OW	2-7-95	Veghel (NED)
18.	Smid Diane	65	08-021	16:39.99	OW	26-8-07	Oosterhout (NED)
19.	Stins Mariska	84	08-021	16:43.50	OW	12-7-98	Amsterdam (NED)
20.	Heus Pauline	78	08-021	16:45.90	OW	4-8-13	Amstelveen (NED)
21.	de Haan Shira	00	08-021	16:59.66	OW	26-8-17	Eindhoven (NED)
22.	Vink Marjolein	93	08-021	17:04.18	OW	5-7-08	Oss (NED)
23.	van Giezen Corina	68	08-021	17:05.00	OW	17-6-84	Amstelveen (NED)
24.	Visser Stacey	87	08-021	17:16.95	OW	16-6-01	Spaarnwoude (NED)
25.	Windmuller Wendy	69	08-021	17:20.80	OW	30-6-83	Amstelveen (NED)

1250 vrije slag

1.	Bos Marieke	06	08-021	22:34.57	OW	21-7-18	Hoorn (NED)	

1500 vrije slag

1.	Schelvis Femke	84	08-021	19:04.76	25m	23-1-00	Heemskerk (NED)	518
2.	Crok Linda	94	08-021	19:23.75	25m	4-12-11	Zaandam (NED)	493
3.	Vink Lidewij	90	08-021	19:28.97	25m	12-1-06	Heemskerk (NED)	487
4.	Hoekstra Eline	03	08-021	19:37.95	25m	3-12-23	Alkmaar (NED)	475
5.	van 't Veer Iris	03	08-021	19:51.84	25m	26-4-26	Zoetermeer (NED)	459
6.	Hoek Daniëlle	88	08-021	20:03.26	25m	14-11-04	Heemskerk (NED)	446
7.	Kleijne Daisy	89	08-021	20:17.52	25m	12-1-06	Heemskerk (NED)	431
8.	Schelvis Roos	86	08-021	20:20.21	25m	4-11-01	Heemskerk	428
9.	van der Gracht Anouk	89	08-021	20:26.00	25m	3-2-08	Zaandam (NED)	422
10.	Smit Sanne	01	08-021	20:34.89	50m	15-4-18	Alkmaar (NED)	420
11.	de Groot Daniëlle	93	08-021	21:01.65	25m	9-12-07	Zaandam (NED)	387
12.	de Boer Irene	84	08-021	21:16.67	25m	23-1-00	Heemskerk (NED)	373
13.	Limmen Karin	76	08-021	21:25.00	25m	7-2-93	Volendam (NED)	366
14.	Wentink Yara	04	08-021	21:34.63	50m	19-2-23	Alkmaar (NED)	365
15.	Groen Anne	95	08-021	21:38.25	25m	19-12-10	Zaandam (NED)	355
16.	Stins Mariska	84	08-021	21:41.94	25m	4-1-01	Heemskerk (NED)	352
17.	Kramer Miranda	80	08-021	21:44.13	25m	11-2-01	Zaandam (NED)	350
18.	Essers Sanne	91	08-021	21:45.01	25m	3-12-06	Zaandam (NED)	350
19.	van de Poll Marianne	89	08-021	21:47.89	25m	16-11-03	Heemskerk (NED)	347
20.	Koopman Anitra	89	08-021	21:53.80	25m	16-2-03	Zaandam	343
21.	de Ruijter Linda	87	08-021	21:56.67	25m	1-12-02	Heemskerk	340
22.	Crok Annemarie	89	08-021	22:14.20	25m	16-11-03	Heemskerk (NED)	327
23.	Besse Karen	75	08-021	22:20.60	25m	29-12-88	Heemskerk (NED)	322
24.	van Rookhuizen Sieta	79	08-021	22:21.97	25m	23-1-00	Heemskerk (NED)	321
25.	Zonneveld Chantal	84	08-021	22:25.85	25m	23-1-00	Heemskerk (NED)	319

2000 vrije slag

1.	Schelvis Femke	84	08-021	25:28.90	25m	5-3-00	Zaandam (NED)	515
2.	Crok Linda	94	08-021	26:17.78	25m	13-2-11	Zaandam (NED)	469
3.	van 't Veer Iris	03	08-021	26:26.86	25m	26-4-26	Zoetermeer (NED)	461
4.	van de Poll Marianne	89	08-021	26:56.35	25m	7-3-04	Zaandam	436
5.	Vink Lidewij	90	08-021	27:03.36	25m	28-1-07	Zaandam (NED)	431
6.	Hoek Daniëlle	88	08-021	27:21.57	25m	7-3-04	Zaandam	416
7.	van der Gracht Anouk	89	08-021	27:22.08	25m	3-2-08	Zaandam (NED)	416
8.	Kleijne Daisy	89	08-021	27:32.48	25m	1-3-09	Zaandam (NED)	408
9.	Essers Sanne	91	08-021	28:04.76	25m	28-1-07	Zaandam (NED)	385
10.	Schelvis Roos	86	08-021	28:08.75	25m	10-2-02	Zaandam	382
11.	Hoekstra Eline	03	08-021	28:13.56	50m	24-3-24	Alkmaar (NED)	386
12.	Kramer Miranda	80	08-021	29:04.76	25m	11-2-01	Zaandam (NED)	347
13.	Stins Mariska	84	08-021	29:08.81	25m	5-3-00	Zaandam (NED)	344
14.	de Ruijter Linda	87	08-021	29:15.39	25m	16-2-03	Zaandam	340
15.	Crok Annemarie	89	08-021	29:24.89	25m	7-3-04	Zaandam	335
16.	van Rookhuizen Sieta	79	08-021	29:42.03	25m	5-3-00	Zaandam (NED)	325
17.	Groen Anne	95	08-021	29:43.90	25m	13-2-11	Zaandam (NED)	324
18.	Butter Anouk	82	08-021	30:35.49	OW	20-6-04	Spaarnwoude (NED)	
19.	Niesten Iris	92	08-021	32:20.51	25m	28-1-07	Zaandam (NED)	252
20.	Palmboom Nicole	91	08-021	32:20.54	OW	5-7-09	Bodegraven (NED)	
21.	Vink Marjolein	93	08-021	34:07.78	OW	15-6-08	Spaarnwoude (NED)	

2000 vrije slag (sinds 22)

22.	Boekling Annette	85	08-021	34:19.25	25m	5-3-00	Zaandam (NED)	211
23.	Heus Pauline	78	08-021	35:03.55	OW	4-8-13	Amstelveen (NED)	
24.	de Roode Xara	08	08-021	37:51.79	OW	20-7-25	Amsterdam (NED)	
25.	Oudendijk Bianca	79	08-021	50:45.90	OW	6-7-96	Oss (NED)	

2500 vrije slag

1.	Schelvis Femke	84	08-021	33:53.31	OW	26-6-04	Scheerwolde (NED)
2.	Vink Lidewij	90	08-021	36:34.47	OW	9-7-05	Oss (NED)
3.	Crok Linda	94	08-021	37:25.63	OW	25-7-10	Langedijk (NED)
4.	van der Gracht Anouk	89	08-021	39:11.50	OW	4-7-09	Oss (NED)
5.	Butter Anouk	82	08-021	42:59.56	OW	10-7-04	Oss (NED)
6.	Essers Sanne	91	08-021	45:43.56	OW	22-7-07	Langedijk (NED)

3000 vrije slag

1.	Schelvis Femke	84	08-021	42:18.93	OW	19-6-04	Vriezenveen (NED)
2.	Vink Lidewij	90	08-021	44:59.59	OW	15-7-06	Wijk en Aalburg (NED)
3.	Crok Linda	94	08-021	45:46.47	OW	10-7-10	Wijk en Aalburg (NED)
4.	van der Gracht Anouk	89	08-021	48:05.75	OW	29-8-09	Tilburg (NED)
5.	Kleijne Daisy	89	08-021	48:41.41	OW	19-7-08	Anna-Paulowna (NED)
6.	Essers Sanne	91	08-021	48:59.81	OW	21-7-07	Anna-Paulowna (NED)
7.	Heus Pauline	78	08-021	50:50.35	OW	7-9-13	Eindhoven (NED)
8.	van Rookhuizen Sieta	79	08-021	51:49.00	OW	2-7-95	Veghel (NED)
9.	Butter Anouk	82	08-021	53:46.11	OW	12-9-26	Amsterdam (NED)

4000 vrije slag

5000 vrije slag

1.	Schelvis Femke	84	08-021	1:10:50.81	OW	4-7-04	Sluis (NED)
2.	Crok Linda	94	08-021	1:18:13.04	OW	20-6-10	Spaarnwoude (NED)
3.	van der Gracht Anouk	89	08-021	1:22:18.67	OW	16-8-08	Heerjansdam (NED)

6000 vrije slag

6500 vrije slag

10000 vrije slag

20000 vrije slag

22000 vrije slag

25 rugslag

1.	Schelvis Femke	84	08-021	15.10	25m	15-1-98	Heemskerk (NED)	512
2.	Hoekstra Eline	03	08-021	15.36	25m	7-7-22	Heemskerk (NED)	486
3.	Broek Jade	97	08-021	15.49	25m	7-7-22	Heemskerk (NED)	474
4.	Meijer Sylvia	81	08-021	15.90	25m	13-2-97	Heemskerk (NED)	438
5.	Hulshof Saskia	73	08-021	16.00	25m	12-1-89	Heemskerk (NED)	430
6.	Palmboom Nicole	91	08-021	16.02	25m	19-4-07	Heemskerk (NED)	428
7.	Schelvis Roos	86	08-021	16.39	25m	17-2-00	Heemskerk (NED)	400
8.	Meijer Linda	77	08-021	16.40	25m	16-5-91	Heemskerk (NED)	399
8.	Kramer Miranda	80	08-021	16.40	25m	15-1-98	Heemskerk (NED)	399
10.	Wentink Yara	04	08-021	16.47	25m	7-7-22	Heemskerk (NED)	394
11.	Kleijne Daisy	89	08-021	16.57	25m	27-4-06	Heemskerk	387
12.	Mallon Danique	94	08-021	16.78	25m	29-5-08	Heemskerk (NED)	373
13.	Stins Mariska	84	08-021	16.86	25m	19-4-07	Heemskerk (NED)	367
14.	Stam Sabrina	82	08-021	16.90	25m	15-1-98	Heemskerk (NED)	365
14.	Vink Lidewij	90	08-021	16.90	25m	19-4-07	Heemskerk (NED)	365
14.	de Haan Shira	00	08-021	16.90	25m	7-7-22	Heemskerk (NED)	365
17.	Crok Linda	94	08-021	16.95	25m	29-5-08	Heemskerk (NED)	361
18.	Schuyt Simone	75	08-021	17.00	25m	12-1-89	Heemskerk (NED)	358
19.	van Ballegooie Stefanie	86	08-021	17.07	25m	22-2-01	Heemskerk (NED)	354
20.	Koster Lisa	94	08-021	17.13	25m	19-4-07	Heemskerk (NED)	350
21.	Gijzen-van der Kroft Nicole	84	08-021	17.20	25m	13-2-97	Heemskerk (NED)	346
21.	Stam Vanessa	80	08-021	17.20	25m	15-1-98	Heemskerk (NED)	346
23.	van 't Veer Iris	03	08-021	17.22	25m	7-7-22	Heemskerk (NED)	345
24.	Hoek Daniëlle	88	08-021	17.26	25m	29-5-08	Heemskerk (NED)	342
25.	van Assema Eline	05	08-021	17.28	25m	7-7-22	Heemskerk (NED)	341

50 rugslag

1.	Kingma Danae	00	08-021	31.06	25m	30-12-17	Leeuwarden (NED)	564
2.	Broek Jade	97	08-021	31.17	25m	16-11-19	Hoofddorp (NED)	558
3.	Wentink Yara	04	08-021	31.62	25m	29-6-24	Rotterdam (NED)	535
4.	Hoekstra Eline	03	08-021	32.02	25m	5-12-21	Den Haag (NED)	515
5.	Kleijne Daisy	89	08-021	32.44	25m	5-3-06	Purmerend (NED)	495
6.	Koper Fiona	01	08-021	32.46	25m	15-2-18	Heemskerk (NED)	494
7.	Schelvis Femke	84	08-021	32.93	25m	14-11-99	Zaandam (NED)	473
8.	Siemerink Laura	04	08-021	33.00	25m	30-12-18	Leeuwarden (NED)	470
9.	Palmboom Nicole	91	08-021	33.39	25m	29-12-07	Maastricht (NED)	454
10.	van 't Veer Iris	03	08-021	33.54	25m	15-2-18	Heemskerk (NED)	448
11.	Koster Lisa	94	08-021	33.96	25m	13-12-07	Heemskerk (NED)	431
12.	Groen Anne	95	08-021	34.04	25m	2-10-16	Purmerend (NED)	428
13.	Hulshof Saskia	73	08-021	34.10	25m	30-6-88	Heemskerk (NED)	426
14.	Crok Linda	94	08-021	34.25	25m	3-3-13	Purmerend (NED)	421
15.	ten Bokkel Henrieke	94	08-021	34.33	25m	12-4-18	Heemskerk (NED)	418
16.	Smit Sanne	01	08-021	34.37	25m	15-2-15	Purmerend (NED)	416
17.	Kramer Miranda	80	08-021	34.40	25m	5-4-98	Heemskerk (NED)	415
18.	Meijer Sylvia	81	08-021	34.50	25m	26-1-97	Zuidoost Beemster (NED)	411
19.	Schelvis Roos	86	08-021	34.63	25m	16-4-00	Almelo (NED)	407
20.	Meijer Linda	77	08-021	34.70	25m	17-2-94	Heemskerk	404
21.	Mallon Danique	94	08-021	34.73	25m	22-5-10	Purmerend (NED)	403
22.	Buur Naomi	01	08-021	34.76	25m	18-2-16	Heemskerk (NED)	402
23.	Vink Lidewij	90	08-021	34.96	25m	5-3-06	Purmerend (NED)	395
23.	Herwegh Binthy	09	08-021	34.96	25m	27-10-24	Zaandam (NED)	395
25.	Jongema Helena	80	08-021	35.08	25m	16-3-08	Amersfoort (NED)	391

100 rugslag

1.	Broek Jade	97	08-021	1:06.99	25m	24-3-19	Purmerend (NED)	554
2.	Kingma Danae	00	08-021	1:07.00	25m	24-3-19	Purmerend (NED)	554
3.	Schelvis Femke	84	08-021	1:09.10	25m	28-11-04	Heemskerk (NED)	505
4.	Hoekstra Eline	03	08-021	1:10.41	25m	17-2-22	Heemskerk (NED)	477
5.	Kleijne Daisy	89	08-021	1:11.62	25m	16-4-06	Haarlem (NED)	453
6.	Wentink Yara	04	08-021	1:11.77	25m	24-10-24	Heemskerk (NED)	450
7.	Koper Fiona	01	08-021	1:11.99	25m	17-6-18	Alkmaar (NED)	446
8.	Siemerink Laura	04	08-021	1:12.17	25m	23-11-19	Hoofddorp (NED)	443
9.	Crok Linda	94	08-021	1:12.23	25m	17-11-11	Heemskerk (NED)	442
10.	van 't Veer Iris	03	08-021	1:12.48	25m	1-4-18	Haarlem (NED)	437
11.	Hulshof Saskia	73	08-021	1:12.60	25m	7-1-89	Hilversum (NED)	435
12.	Meijer Sylvia	81	08-021	1:13.00	25m	30-3-97	Haarlem (NED)	428
13.	Koster Lisa	94	08-021	1:13.07	25m	17-11-07	Barneveld (NED)	427
14.	Schelvis Roos	86	08-021	1:13.34	25m	16-4-00	Almelo (NED)	422
15.	Groen Anne	95	08-021	1:13.36	25m	15-1-17	Alkmaar (NED)	422
16.	Smit Sanne	01	08-021	1:13.59	25m	10-1-16	Purmerend (NED)	418
17.	Mallon Danique	94	08-021	1:14.20	25m	4-11-10	Heemskerk (NED)	407
18.	Kramer Miranda	80	08-021	1:14.70	25m	30-3-97	Haarlem (NED)	399
19.	Poppema Yvonne	68	08-021	1:15.10	25m	12-2-84	Heemskerk (NED)	393
20.	Gijzen-van der Kroft Nicole	84	08-021	1:15.16	25m	15-4-01	Haarlem (NED)	392
21.	de Graaf Annemiek	70	08-021	1:15.30	25m	31-12-86		390
22.	Jongema Helena	80	08-021	1:15.36	25m	3-5-08	Winterswijk (NED)	389
23.	Meijer Linda	77	08-021	1:15.80	25m	8-9-91	Assendelft (NED)	382
24.	Zonneveld Chantal	84	08-021	1:16.21	25m	28-3-02	Heemskerk	376
25.	de Roode Xara	08	08-021	1:16.23	25m	15-3-26	Heemskerk (NED)	376

200 rugslag

1.	Schelvis Femke	84	08-021	2:26.44	25m	10-10-99	Zaandam (NED)	539
2.	Kingma Danae	00	08-021	2:27.57	25m	18-3-18	Purmerend (NED)	527
3.	Broek Jade	97	08-021	2:30.24	25m	16-11-19	Hoofddorp (NED)	499
4.	van 't Veer Iris	03	08-021	2:35.01	25m	16-11-19	Hoofddorp (NED)	455
5.	Crok Linda	94	08-021	2:36.36	25m	11-4-10	Zaandam (NED)	443
6.	Groen Anne	95	08-021	2:36.71	25m	29-1-23	Heemskerk (NED)	440
7.	Hoekstra Eline	03	08-021	2:36.92	25m	29-1-23	Heemskerk (NED)	438
8.	Koper Fiona	01	08-021	2:37.77	25m	18-3-18	Purmerend (NED)	431
9.	Kleijne Daisy	89	08-021	2:38.20	25m	10-4-05	Zuidoost-Beemster (NED)	428
10.	de Graaf Annemiek	70	08-021	2:39.30	25m	13-4-86		419
11.	Schelvis Roos	86	08-021	2:39.57	25m	19-11-00	Zaandam (NED)	417
12.	Smit Sanne	01	08-021	2:40.69	25m	18-3-18	Purmerend (NED)	408
13.	Gijzen-van der Kroft Nicole	84	08-021	2:40.92	25m	14-12-00	Heemskerk (NED)	406
14.	Palmboom Nicole	91	08-021	2:41.16	25m	9-3-08	Heemskerk (NED)	404
15.	Stel Serena	98	08-021	2:41.22	25m	21-3-10	Zaandam (NED)	404
16.	Wentink Yara	04	08-021	2:42.13	25m	21-10-18	Purmerend (NED)	397
17.	Meijer Sylvia	81	08-021	2:42.31	25m	24-9-98	Heemskerk (NED)	396
18.	Hulshof Saskia	73	08-021	2:42.50	25m	4-11-89		394
19.	Koster Lisa	94	08-021	2:42.59	25m	21-10-07	Zaandam (NED)	394
20.	Crok Annemarie	89	08-021	2:42.61	25m	14-3-04	Zaandam	394
21.	Mallon Danique	94	08-021	2:42.74	25m	11-4-10	Zaandam (NED)	393
22.	Siemerink Laura	04	08-021	2:42.93	25m	8-2-26	Purmerend (NED)	391
23.	Poppema Yvonne	68	08-021	2:43.10	25m	31-12-83		390
24.	Kramer Miranda	80	08-021	2:43.40	25m	10-10-96	Heemskerk (NED)	388
25.	Vink Lidewij	90	08-021	2:43.41	25m	9-3-08	Heemskerk (NED)	388

500 rugslag

1.	van der Gracht Anouk	89	08-021	8:56.86	OW	7-7-07	Oss (NED)	

25 schoolslag

1.	Palmboom Nicole	91	08-021	17.22	25m	27-4-06	Heemskerk	462
2.	Kramer Miranda	80	08-021	17.60	25m	19-3-98	Heemskerk (NED)	433
3.	Hoekstra Eline	03	08-021	17.70	25m	7-7-22	Heemskerk (NED)	426
4.	van Honk Chantal	80	08-021	17.80	25m	16-5-91	Heemskerk (NED)	419
4.	van Rookhuizen Sieta	79	08-021	17.80	25m	13-3-97	Heemskerk (NED)	419
6.	de Groot Daniëlle	93	08-021	17.83	25m	29-5-08	Heemskerk (NED)	416
7.	Hulshof Saskia	73	08-021	17.90	25m	12-1-89	Heemskerk (NED)	412
7.	Stam Vanessa	80	08-021	17.90	25m	13-3-97	Heemskerk (NED)	412
9.	van der Geest Saskia	73	08-021	18.10	25m	12-1-89	Heemskerk (NED)	398
9.	Broek Jade	97	08-021	18.10	25m	7-7-22	Heemskerk (NED)	398
11.	Hogema Fabiën	93	08-021	18.32	25m	19-4-07	Heemskerk (NED)	384
11.	de Haan Shira	00	08-021	18.32	25m	7-7-22	Heemskerk (NED)	384
13.	Gijzen-van der Kroft Nicole	84	08-021	18.40	25m	13-3-97	Heemskerk (NED)	379
14.	van der Gracht Anouk	89	08-021	18.41	25m	27-4-06	Heemskerk	378
15.	Koster Lisa	94	08-021	18.50	25m	19-4-07	Heemskerk (NED)	373
16.	Schelvis Femke	84	08-021	18.60	25m	19-3-98	Heemskerk (NED)	367
17.	Wentink Yara	04	08-021	18.62	25m	7-7-22	Heemskerk (NED)	366
18.	Schelvis Roos	86	08-021	18.63	25m	22-2-01	Heemskerk (NED)	365
19.	Crok Linda	94	08-021	18.68	25m	29-5-08	Heemskerk (NED)	362
20.	Boekling Annette	85	08-021	18.72	25m	22-2-01	Heemskerk (NED)	360
21.	Vink Lidewij	90	08-021	18.88	25m	19-4-07	Heemskerk (NED)	351
22.	Stins Mariska	84	08-021	18.89	25m	25-3-99	Heemskerk (NED)	350
23.	Crok Annemarie	89	08-021	19.04	25m	27-4-06	Heemskerk	342
24.	Vink Marjolein	93	08-021	19.06	25m	19-4-07	Heemskerk (NED)	341
25.	Schuyt Simone	75	08-021	19.10	25m	12-1-89	Heemskerk (NED)	339

50 schoolslag

1.	Kingma Danae	00	08-021	34.17	25m	13-11-16	Purmerend (NED)	588
2.	Broek Jade	97	08-021	36.51	25m	13-11-16	Purmerend (NED)	482
3.	ten Bokkel Henrieke	94	08-021	36.64	25m	13-1-19	Purmerend (NED)	477
4.	van Honk Chantal	80	08-021	37.00	50m	21-3-93	Beverwijk (NED)	501
5.	Palmboom Nicole	91	08-021	37.64	25m	30-12-07	Maastricht (NED)	440
6.	de Haan Shira	00	08-021	38.14	25m	7-10-18	Purmerend (NED)	423
7.	Wentink Yara	04	08-021	38.67	25m	8-11-26	Purmerend (NED)	406
8.	van 't Veer Iris	03	08-021	38.70	25m	16-11-25	Purmerend (NED)	405
9.	Siemerink Laura	04	08-021	38.79	25m	21-4-19	Haarlem (NED)	402
10.	van der Geest Saskia	73	08-021	38.90	25m	31-12-88		399
11.	Kramer Miranda	80	08-021	38.91	25m	16-4-00	Almelo (NED)	398
12.	Stam Vanessa	80	08-021	39.00	25m	26-1-97	Zuidoost Beemster (NED)	396
13.	de Groot Daniëlle	93	08-021	39.29	25m	10-2-08	Purmerend (NED)	387
14.	Crok Linda	94	08-021	39.33	25m	3-3-13	Purmerend (NED)	386
15.	Smit Sanne	01	08-021	39.35	25m	7-3-19	Heemskerk (NED)	385
16.	van Rookhuizen Sieta	79	08-021	39.42	25m	24-9-98	Heemskerk (NED)	383
17.	Groen Anne	95	08-021	39.62	25m	16-3-17	Heemskerk (NED)	377
18.	Koper Fiona	01	08-021	39.89	25m	7-3-19	Heemskerk (NED)	370
19.	Hoekstra Eline	03	08-021	39.99	25m	1-4-18	Haarlem (NED)	367
20.	Koster Lisa	94	08-021	40.10	25m	30-12-07	Maastricht (NED)	364
21.	Schelvis Femke	84	08-021	40.22	25m	25-11-04	Heemskerk (NED)	361

50 schoolslag (sinds 22)

22.	Herwegh Binthy	09	08-021	40.25	25m	27-10-24	Zaandam (NED)	360
23.	Gijzen-van der Kroft Nicole	84	08-021	40.32	25m	17-3-02	Zaandam	358
24.	Hulshof Saskia	73	08-021	40.40	25m	14-12-88		356
25.	de Boer Maia	03	08-021	40.52	25m	21-9-23	Heemskerk (NED)	353

100 schoolslag

1.	Kingma Danae	00	08-021	1:16.62	25m	13-11-16	Purmerend (NED)	539
2.	Broek Jade	97	08-021	1:19.62	25m	24-11-19	Hoofddorp (NED)	480
3.	van Honk Chantal	80	08-021	1:19.80	25m	13-12-92	Heemskerk (NED)	477
4.	Drubers Mirjam	67	08-021	1:20.90	25m	31-12-85		458
5.	de Haan Shira	00	08-021	1:21.89	25m	7-10-18	Purmerend (NED)	441
6.	Palmboom Nicole	91	08-021	1:22.16	25m	25-11-07	Amsterdam (NED)	437
7.	van der Geest Saskia	73	08-021	1:22.60	25m	7-2-88	Heemskerk (NED)	430
8.	Stam Vanessa	80	08-021	1:24.30	25m	7-11-96	Heemskerk (NED)	404
9.	van Rookhuizen Sieta	79	08-021	1:24.87	25m	5-4-99	Haarlem (NED)	396
9.	de Groot Daniëlle	93	08-021	1:24.87	25m	27-3-08	Heemskerk (NED)	396
11.	Kramer Miranda	80	08-021	1:25.00	25m	13-4-98	Haarlem (NED)	394
12.	van 't Veer Iris	03	08-021	1:25.23	25m	12-4-26	Purmerend (NED)	391
13.	Crok Linda	94	08-021	1:25.35	25m	1-10-17	Purmerend (NED)	390
14.	Hoekstra Eline	03	08-021	1:25.41	25m	8-10-20	Heemskerk (NED)	389
15.	Wentink Yara	04	08-021	1:25.45	25m	26-9-24	Heemskerk (NED)	388
16.	Teufer Irene	96	08-021	1:25.82	25m	24-3-08	Haarlem (NED)	383
17.	Schelvis Femke	84	08-021	1:25.84	25m	28-1-99	Heemskerk (NED)	383
18.	Gijzen-van der Kroft Nicole	84	08-021	1:25.98	25m	28-3-02	Heemskerk	381
19.	Groen Anne	95	08-021	1:26.47	25m	13-10-16	Heemskerk (NED)	375
20.	Stam Sabrina	82	08-021	1:26.50	25m	14-12-97	Heemskerk (NED)	374
21.	Schelvis Roos	86	08-021	1:26.96	25m	28-3-02	Heemskerk	368
22.	Herwegh Binthy	09	08-021	1:26.99	25m	20-10-24	Heemskerk (NED)	368
23.	Crok Annemarie	89	08-021	1:27.24	25m	19-11-09	Heemskerk (NED)	365
24.	Peters Yvonne	63	08-021	1:27.40	25m	6-10-85	Wormerveer (NED)	363
25.	Siemerink Laura	04	08-021	1:27.53	25m	13-1-19	Purmerend (NED)	361

200 schoolslag

1.	Kingma Danae	00	08-021	2:53.96	25m	4-10-15	Purmerend (NED)	462
2.	de Haan Shira	00	08-021	2:54.99	25m	15-1-17	Alkmaar (NED)	454
3.	van Honk Chantal	80	08-021	2:55.20	25m	9-1-93	Zuidoost Beemster (NED)	453
4.	Broek Jade	97	08-021	2:57.88	25m	12-2-17	Purmerend (NED)	432
5.	van der Geest Saskia	73	08-021	2:58.90	25m	31-12-88		425
6.	Stam Vanessa	80	08-021	2:59.80	25m	6-4-97	Heemskerk (NED)	419
7.	Hoekstra Eline	03	08-021	3:00.09	25m	6-10-19	Purmerend (NED)	417
8.	van 't Veer Iris	03	08-021	3:01.36	25m	12-1-20	Purmerend (NED)	408
9.	ten Bokkel Henrieke	94	08-021	3:02.03	25m	10-2-19	Purmerend (NED)	404
10.	van Rookhuizen Sieta	79	08-021	3:02.04	25m	10-10-99	Zaandam (NED)	403
11.	Gijzen-van der Kroft Nicole	84	08-021	3:02.41	25m	25-1-01	Heemskerk (NED)	401
12.	Kramer Miranda	80	08-021	3:02.52	25m	27-1-00	Heemskerk (NED)	400
13.	Palmboom Nicole	91	08-021	3:02.96	25m	13-12-07	Heemskerk (NED)	397
14.	de Groot Daniëlle	93	08-021	3:04.53	25m	9-3-08	Heemskerk (NED)	387
15.	Schelvis Femke	84	08-021	3:05.36	25m	3-10-04	Heemskerk (NED)	382
16.	Crok Linda	94	08-021	3:05.44	25m	19-1-14	Zaandam (NED)	382
17.	Crok Annemarie	89	08-021	3:05.90	25m	16-1-11	Zaandam (NED)	379
18.	Teufer Irene	96	08-021	3:06.47	25m	20-1-08	Zaandam (NED)	375

200 schoolslag (sinds 19)

19.	Schelvis Roos	86	08-021	3:07.13	25m	21-11-99	Heemskerk (NED)	371
20.	Herwegh Binthy	09	08-021	3:07.69	25m	15-10-23	Alkmaar (NED)	368
21.	Smit Sanne	01	08-021	3:08.36	25m	12-3-17	Purmerend (NED)	364
22.	Vink Lidewij	90	08-021	3:08.43	25m	27-10-05	Heemskerk (NED)	364
23.	Wentink Yara	04	08-021	3:08.99	25m	29-1-23	Heemskerk (NED)	361
24.	van Galen Angela	65	08-021	3:09.00	25m	5-4-81	Heemskerk (NED)	360
25.	Niesten Iris	92	08-021	3:09.37	25m	5-10-08	Heemskerk (NED)	358

250 schoolslag

1.	Butter Noor	16	08-021	6:20.75	OW	6-7-24	Hoek (NED)

500 schoolslag

1.	Vink Marjolein	93	08-021	8:55.64	OW	4-8-07	Hoorn (NED)
2.	Niesten Iris	92	08-021	9:15.25	OW	19-8-06	Bussloo (NED)
3.	Hogema Fabiën	93	08-021	9:17.26	OW	17-6-07	Spaarnwoude (NED)
4.	Palmboom Nicole	91	08-021	9:24.22	OW	7-7-07	Oss (NED)
5.	van der Gracht Anouk	89	08-021	9:24.99	OW	8-7-06	Oss (NED)
6.	Essers Sanne	91	08-021	9:55.46	OW	7-7-07	Oss (NED)
7.	de Haan Shira	00	08-021	10:22.42	OW	26-8-17	Eindhoven (NED)
8.	Butter Noor	16	08-021	10:22.68	OW	4-7-26	Sluis (NED)
9.	Buur Naomi	01	08-021	10:43.20	OW	9-8-14	Heerjansdam (NED)
10.	Kleijne Daisy	89	08-021	10:53.79	OW	18-8-02	Eersel (NED)
11.	Buur Cindy	99	08-021	11:05.80	OW	17-8-13	Heerjansdam (NED)

800 schoolslag

1000 schoolslag

1.	van der Gracht Anouk	89	08-021	19:10.26	OW	29-7-06	Hoorn (NED)
2.	Oudendijk Bianca	79	08-021	19:12.90	OW	4-9-05	Vlissingen (NED)
3.	Heus Pauline	78	08-021	19:15.32	OW	21-7-13	Amsterdam (NED)
4.	Broek Jade	97	08-021	19:34.67	OW	15-7-23	Amstelveen (NED)
5.	Niesten Iris	92	08-021	19:48.74	OW	4-8-07	Hoorn (NED)
6.	Vink Marjolein	93	08-021	20:29.19	OW	13-8-06	Aalsmeer (NED)
7.	Hogema Fabiën	93	08-021	21:14.37	OW	21-7-07	Anna-Paulowna (NED)
8.	de Haan Shira	00	08-021	23:11.82	OW	15-7-23	Amstelveen (NED)
9.	Bos Marieke	06	08-021	23:37.46	OW	16-9-18	Anna-Paulowna (NED)
10.	Geluk Mabelle	73	08-021	24:19.16	OW	11-9-11	Vught (NED)

1250 schoolslag

1500 schoolslag

2000 schoolslag

1.	Niesten Iris	92	08-021	36:26.77	OW	24-6-07	Breukelen (NED)	
2.	van der Gracht Anouk	89	08-021	36:32.33	OW	24-6-07	Breukelen (NED)	
3.	Stam Vanessa	80	08-021	36:35.10	OW	15-6-97	Spaarnwoude (NED)	
4.	van Rookhuizen Sieta	79	08-021	36:41.20	OW	12-7-98	Amsterdam (NED)	
5.	de Haan Shira	00	08-021	37:10.13	OW	23-7-16	Amstelveen (NED)	
6.	Essers Sanne	91	08-021	38:08.54	OW	16-7-06	Stadskanaal (NED)	
7.	Kramer Miranda	80	08-021	38:12.80	OW	18-6-00	Spaarnwoude (NED)	
8.	van Galen Angela	65	08-021	38:42.40	OW	30-6-82	Amstelveen (NED)	
9.	Rasch Monique	66	08-021	42:12.50	OW	30-6-83	Amstelveen (NED)	
10.	van Giezen Sandra	63	08-021	43:16.00	OW	14-6-81	Amstelveen (NED)	

2500 schoolslag

3000 schoolslag

1.	van Rookhuizen Sieta	79	08-021	57:26.50	OW	5-9-99	Vlissingen (NED)	
2.	van der Gracht Anouk	89	08-021	58:40.50	OW	22-7-06	Anna-Paulowna (NED)	
3.	Stam Vanessa	80	08-021	58:56.80	OW	21-7-97	Anna-Paulowna (NED)	
4.	de Haan Shira	00	08-021	59:23.60	OW	2-9-17	Wilhelminadorp (NED)	
5.	Niesten Iris	92	08-021	1:08:36.23	OW	30-8-08	Tilburg (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.	Schelvis Femke	84	08-021	13.74	25m	4-5-00	Heemskerk (NED)	540
2.	Wentink Yara	04	08-021	13.79	25m	7-7-22	Heemskerk (NED)	534
3.	Hoekstra Eline	03	08-021	13.99	25m	7-7-22	Heemskerk (NED)	511
4.	Koopman Inge	93	08-021	14.03	25m	7-7-22	Heemskerk (NED)	507
5.	Broek Jade	97	08-021	14.58	25m	7-7-22	Heemskerk (NED)	452
6.	van Rijn-Hofwegen Wilma	71	08-021	14.72	25m	1-12-13	Vlaardingen (NED)	439
7.	de Haan Shira	00	08-021	14.73	25m	7-7-22	Heemskerk (NED)	438
8.	Crok Annemarie	89	08-021	14.93	25m	30-6-11	Heemskerk (NED)	421
9.	Palmboom Nicole	91	08-021	15.02	25m	19-4-07	Heemskerk (NED)	413
10.	Siemerink Laura	04	08-021	15.05	25m	7-7-22	Heemskerk (NED)	411
11.	van Staveren Marina	78	08-021	15.06	25m	17-11-11	Heemskerk (NED)	410
12.	de Groot Daniëlle	93	08-021	15.10	25m	29-5-08	Heemskerk (NED)	406
13.	Vink Lidewij	90	08-021	15.14	25m	19-4-07	Heemskerk (NED)	403
14.	Gijzen-van der Kroft Nicole	84	08-021	15.23	25m	29-3-01	Heemskerk (NED)	396
15.	Besse Karen	75	08-021	15.30	25m	12-1-89	Heemskerk (NED)	391
15.	Butter Anouk	82	08-021	15.30	25m	29-3-01	Heemskerk (NED)	391
15.	Stins Mariska	84	08-021	15.30	25m	19-4-07	Heemskerk (NED)	391
18.	Schelvis Roos	86	08-021	15.39	25m	29-3-01	Heemskerk (NED)	384
19.	Hulshof Saskia	73	08-021	15.40	25m	31-12-89	Heemskerk (NED)	383
19.	van der Gracht Anouk	89	08-021	15.40	25m	29-5-08	Heemskerk (NED)	383
21.	Meijer Sylvia	81	08-021	15.41	25m	29-3-01	Heemskerk (NED)	382
21.	Hoek Daniëlle	88	08-021	15.41	25m	30-6-11	Heemskerk (NED)	382
23.	de Boer Irene	84	08-021	15.46	25m	29-3-01	Heemskerk (NED)	379

25 vlinderslag (sinds 24)

24.	Koster Lisa	94	08-021	15.51	25m	29-5-08	Heemskerk (NED)	375
25.	Vink Marjolein	93	08-021	15.54	25m	29-5-08	Heemskerk (NED)	373

50 vlinderslag

1.	Wentink Yara	04	08-021	28.75	25m	22-5-22	Hoofddorp (NED)	609
2.	Kingma Danae	00	08-021	29.36	25m	20-10-17	Amsterdam (NED)	572
3.	Broek Jade	97	08-021	30.60	25m	10-12-15	Heemskerk (NED)	505
4.	Schelvis Femke	84	08-021	30.83	25m	17-10-99	Zaandam (NED)	494
4.	Hoekstra Eline	03	08-021	30.83	50m	25-5-25	Alkmaar (NED)	497
6.	Siemerink Laura	04	08-021	30.95	25m	8-2-26	Purmerend (NED)	488
7.	Palmboom Nicole	91	08-021	31.78	50m	12-4-08	Antwerpen (BEL)	454
8.	de Haan Shira	00	08-021	31.88	50m	28-5-17	Alkmaar (NED)	450
9.	van der Gracht Anouk	89	08-021	31.89	25m	12-12-13	Heemskerk (NED)	446
10.	Koopman Inge	93	08-021	31.95	25m	17-2-22	Heemskerk (NED)	444
11.	van de Poll Marianne	89	08-021	32.31	25m	4-4-04	Zaandam	429
12.	Smit Sanne	01	08-021	32.36	25m	29-11-18	Heemskerk (NED)	427
13.	Crok Annemarie	89	08-021	32.37	25m	17-11-11	Heemskerk (NED)	427
14.	Drubers Mirjam	67	08-021	32.50	25m	10-11-85		422
15.	Groen Anne	95	08-021	32.57	25m	12-2-17	Purmerend (NED)	419
16.	Vink Lidewij	90	08-021	32.65	25m	5-3-06	Purmerend (NED)	416
17.	ten Bokkel Henrieke	94	08-021	32.73	25m	10-2-19	Purmerend (NED)	413
18.	Gijzen-van der Kroft Nicole	84	08-021	32.95	25m	18-12-03	Heemskerk (NED)	405
19.	Verbree Bets	63	08-021	33.00	25m	17-5-81	Castricum (NED)	403
20.	Teufer Irene	96	08-021	33.06	50m	12-4-08	Antwerpen (BEL)	403
20.	Hoek Daniëlle	88	08-021	33.06	25m	19-2-12	Purmerend (NED)	401
22.	van Staveren Marina	78	08-021	33.15	25m	22-3-12	Heemskerk (NED)	397
23.	Koper Fiona	01	08-021	33.19	25m	18-1-18	Heemskerk (NED)	396
24.	Stam Vanessa	80	08-021	33.30	25m	24-5-98	Zaandam (NED)	392
25.	de Groot Daniëlle	93	08-021	33.34	25m	29-12-07	Maastricht (NED)	391

100 vlinderslag

1.	Wentink Yara	04	08-021	1:05.06	25m	23-11-24	Den Haag (NED)	591
2.	Schelvis Femke	84	08-021	1:08.80	25m	10-10-99	Zaandam (NED)	500
3.	Broek Jade	97	08-021	1:09.19	25m	3-11-19	Purmerend (NED)	491
4.	Kingma Danae	00	08-021	1:09.42	25m	13-1-19	Purmerend (NED)	486
5.	Hoekstra Eline	03	08-021	1:09.89	25m	12-11-23	Den Helder (NED)	477
6.	Drubers Mirjam	67	08-021	1:10.80	25m	31-12-85		458
7.	Smit Sanne	01	08-021	1:11.71	25m	18-11-18	Hoofddorp (NED)	441
8.	Vink Lidewij	90	08-021	1:12.85	25m	10-12-06	Heemskerk (NED)	421
9.	de Groot Daniëlle	93	08-021	1:13.13	25m	25-11-07	Amsterdam (NED)	416
10.	Palmboom Nicole	91	08-021	1:13.63	25m	17-11-07	Barneveld (NED)	407
11.	Mallon Danique	94	08-021	1:13.93	25m	23-5-10	Purmerend (NED)	403
11.	van der Gracht Anouk	89	08-021	1:13.93	25m	9-3-14	Zaandam (NED)	403
13.	Crok Annemarie	89	08-021	1:14.05	25m	29-11-09	Heemskerk (NED)	401
14.	Siemerink Laura	04	08-021	1:14.07	25m	19-2-26	Heemskerk (NED)	400
15.	Verbree Bets	63	08-021	1:14.50	25m	7-2-82		393
16.	de Haan Shira	00	08-021	1:14.89	25m	12-2-17	Purmerend (NED)	387
17.	Koopman Inge	93	08-021	1:14.92	25m	24-4-22	Den Helder (NED)	387
18.	Hoek Daniëlle	88	08-021	1:15.40	25m	9-2-12	Heemskerk (NED)	379
19.	van de Poll Marianne	89	08-021	1:15.65	25m	14-12-03	Heemskerk (NED)	376
20.	Stins Mariska	84	08-021	1:15.83	25m	27-5-04	Heemskerk (NED)	373

100 vlinderslag (sinds 21)

21.	Teufer Irene	96	08-021	1:16.12	50m	13-4-08	Antwerpen (BEL)	387
22.	Groen Anne	95	08-021	1:16.26	25m	2-2-17	Heemskerk (NED)	367
23.	Stam Vanessa	80	08-021	1:16.60	25m	15-12-96	Heemskerk (NED)	362
24.	Essers Sanne	91	08-021	1:16.69	25m	21-10-07	Zaandam (NED)	361
25.	Gijzen-van der Kroft Nicole	84	08-021	1:16.86	25m	14-1-01	Heemskerk (NED)	358

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.	Vink Lidewij	90	08-021	2:46.45	25m	21-1-07	Zaandam (NED)	371
5.	Mallon Danique	94	08-021	2:48.96	25m	18-2-10	Heemskerk (NED)	354
6.	Broek Jade	97	08-021	2:48.98	25m	24-3-19	Purmerend (NED)	354
7.	Stam Vanessa	80	08-021	2:49.10	25m	29-3-98	Heemstede (NED)	353
8.	Crok Annemarie	89	08-021	2:49.30	25m	14-3-10	Heemskerk (NED)	352
9.	Teufer Irene	96	08-021	2:49.76	50m	12-4-08	Antwerpen (BEL)	369
10.	Palmboom Nicole	91	08-021	2:51.40	25m	31-1-08	Heemskerk (NED)	339
11.	van der Gracht Anouk	89	08-021	2:52.59	25m	9-3-08	Heemskerk (NED)	332
12.	Verbree Bets	63	08-021	2:54.70	25m	31-12-81		320
13.	de Groot Daniëlle	93	08-021	2:56.23	25m	26-5-07	Purmerend (NED)	312
14.	Siemerink Laura	04	08-021	2:57.13	25m	12-4-26	Purmerend (NED)	307
15.	Stins Mariska	84	08-021	2:58.47	25m	15-3-09	Haarlem (NED)	301
16.	Kingma Danae	00	08-021	2:58.59	25m	24-3-19	Purmerend (NED)	300
17.	de Haan Shira	00	08-021	2:58.95	25m	12-3-17	Purmerend (NED)	298
18.	van de Poll Marianne	89	08-021	2:59.51	25m	7-6-03	Z.o. Beemster	295
19.	Spijker Kristel	84	08-021	3:01.28	25m	14-3-10	Heemskerk (NED)	287
20.	Koopman Inge	93	08-021	3:02.12	25m	18-2-23	Heerenveen (NED)	283
21.	Gijzen-van der Kroft Nicole	84	08-021	3:02.96	25m	26-4-01	Heemskerk (NED)	279
22.	Schelvis Roos	86	08-021	3:03.76	25m	20-12-01	Heemskerk	275
23.	Butter Anouk	82	08-021	3:04.98	25m	26-4-01	Heemskerk (NED)	270
24.	Groen Anne	95	08-021	3:05.24	25m	12-3-17	Purmerend (NED)	269
25.	de Roode Xara	08	08-021	3:05.96	25m	15-2-26	Haarlem (NED)	266

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

1.	Doodeman Lieke	16	08-021	1:35.32	25m	21-5-26	Heemskerk (NED)
2.	Meskhy Nita	16	08-021	1:36.82	25m	21-5-26	Heemskerk (NED)
3.	Ramazani Helia	16	08-021	1:41.51	25m	9-11-25	Zaandam (NED)
4.	Kara Melek	17	08-021	1:48.51	25m	1-11-26	Zaandam (NED)
5.	van Roon Lexie	18	08-021	1:53.02	25m	1-11-26	Zaandam (NED)
6.	de Reuver Babette	18	08-021	1:53.11	25m	21-5-26	Heemskerk (NED)
7.	Broersma Manou	17	08-021	2:02.25	25m	21-5-26	Heemskerk (NED)
8.	Harke Lily Rose	16	08-021	2:02.93	25m	21-5-26	Heemskerk (NED)

100 wisselslag

1.	Kingma Danae	00	08-021	1:07.44	25m	23-12-17	Hoofddorp (NED)	588
2.	Broek Jade	97	08-021	1:09.81	25m	2-1-16	Hoorn (NED)	530
3.	Schelvis Femke	84	08-021	1:09.84	25m	18-2-99	Heemskerk (NED)	529
4.	Wentink Yara	04	08-021	1:09.99	25m	4-10-26	Purmerend (NED)	526
5.	ten Bokkel Henrieke	94	08-021	1:11.34	25m	17-5-18	Heemskerk (NED)	497
6.	Hoekstra Eline	03	08-021	1:12.07	25m	2-6-22	Heemskerk (NED)	482
7.	Palmboom Nicole	91	08-021	1:12.94	25m	10-2-08	Purmerend (NED)	465
8.	Crok Linda	94	08-021	1:12.98	25m	11-4-10	Zaandam (NED)	464
9.	Groen Anne	95	08-021	1:13.00	25m	2-10-16	Purmerend (NED)	463
10.	Siemerink Laura	04	08-021	1:13.78	25m	22-4-19	Haarlem (NED)	449
11.	Koster Lisa	94	08-021	1:13.98	25m	12-5-08	Purmerend (NED)	445
12.	Gijzen-van der Kroft Nicole	84	08-021	1:14.28	25m	27-9-01	Heemskerk	440
13.	Schelvis Roos	86	08-021	1:15.00	25m	12-12-99	Heemskerk (NED)	427
14.	van 't Veer Iris	03	08-021	1:15.04	25m	26-3-26	Heemskerk (NED)	427
15.	Smit Sanne	01	08-021	1:15.06	25m	11-12-16	Alkmaar (NED)	426
16.	de Haan Shira	00	08-021	1:15.07	25m	11-5-17	Heemskerk (NED)	426
17.	de Groot Daniëlle	93	08-021	1:15.39	25m	6-1-08	Alkmaar (NED)	421
18.	Crok Annemarie	89	08-021	1:15.40	25m	19-11-09	Heemskerk (NED)	420
19.	Kramer Miranda	80	08-021	1:15.65	25m	15-11-98	Zaandam (NED)	416
20.	Mallon Danique	94	08-021	1:15.90	25m	11-4-10	Zaandam (NED)	412
21.	Kleijne Daisy	89	08-021	1:15.95	25m	30-12-05	Maastricht (NED)	411
22.	Koopman Inge	93	08-021	1:16.06	25m	2-10-22	Den Helder (NED)	410
23.	Besse Karen	75	08-021	1:16.10	25m	14-3-91	Heemskerk (NED)	409
24.	van der Gracht Anouk	89	08-021	1:16.15	25m	20-5-13	Purmerend (NED)	408
25.	Hulshof Saskia	73	08-021	1:16.20	25m	31-12-89	Heemskerk (NED)	407

150 wisselslag

1.	Ramazani Helia	16	08-021	3:19.91	25m	8-3-26	Krommenie (NED)	

200 wisselslag

1.	Schelvis Femke	84	08-021	2:29.81	25m	4-11-99	Heemskerk (NED)	538
2.	Kingma Danae	00	08-021	2:30.72	25m	12-2-17	Purmerend (NED)	528
3.	Wentink Yara	04	08-021	2:32.25	25m	16-11-24	Hoofddorp (NED)	512
4.	Broek Jade	97	08-021	2:35.38	25m	15-11-15	Purmerend (NED)	482
5.	Hoekstra Eline	03	08-021	2:35.53	25m	9-3-25	Purmerend (NED)	480
6.	Drubers Mirjam	67	08-021	2:35.70	25m	18-5-85	(NED)	479
7.	Groen Anne	95	08-021	2:37.83	25m	12-3-17	Purmerend (NED)	460
8.	Crok Linda	94	08-021	2:38.33	25m	24-4-11	Haarlem (NED)	455
9.	Smit Sanne	01	08-021	2:38.68	25m	10-2-19	Purmerend (NED)	452
10.	Palmboom Nicole	91	08-021	2:39.09	25m	13-1-08	Heemskerk (NED)	449
11.	Crok Annemarie	89	08-021	2:40.68	25m	3-4-11	Zaandam (NED)	436
12.	Stam Vanessa	80	08-021	2:41.90	25m	5-4-98	Heemskerk (NED)	426
13.	van 't Veer Iris	03	08-021	2:42.29	25m	23-4-23	Den Helder (NED)	423
14.	ten Bokkel Henrieke	94	08-021	2:42.90	25m	13-1-19	Purmerend (NED)	418
15.	de Haan Shira	00	08-021	2:42.93	25m	12-2-17	Purmerend (NED)	418
16.	Kleijne Daisy	89	08-021	2:43.70	25m	9-4-06	Purmerend (NED)	412
17.	Siemerink Laura	04	08-021	2:43.94	25m	15-3-26	Heemskerk (NED)	410
18.	Vink Lidewij	90	08-021	2:44.06	25m	14-12-06	Heemskerk (NED)	409
18.	Stel Serena	98	08-021	2:44.06	25m	18-4-10	Zaandam (NED)	409
20.	Gijzen-van der Kroft Nicole	84	08-021	2:44.29	25m	7-10-01	Zaandam (NED)	408
21.	Stam Sabrina	82	08-021	2:44.60	25m	7-5-98	Heemskerk (NED)	405

200 wisselslag (sinds 22)

22.	Koster Lisa	94	08-021	2:44.63	25m	25-11-07	Amsterdam (NED)	405
23.	Schelvis Roos	86	08-021	2:44.66	25m	10-3-02	Heemskerk	405
24.	van der Gracht Anouk	89	08-021	2:45.00	25m	1-3-08	Hoorn (NED)	402
25.	Kramer Miranda	80	08-021	2:45.04	25m	13-1-02	Zaandam	402

300 wisselslag

1.	Schelvis Femke	84	08-021	4:07.83	25m	30-11-03	Heemskerk (NED)	
2.	Vink Lidewij	90	08-021	4:12.63	25m	13-11-05	Zaandam (NED)	
3.	Schelvis Roos	86	08-021	4:19.22	25m	20-1-01	Amsterdam (NED)	
4.	Kleijne Daisy	89	08-021	4:20.65	25m	19-12-04	Heemskerk (NED)	
5.	Essers Sanne	91	08-021	4:22.14	25m	3-12-06	Zaandam (NED)	
6.	Crok Annemarie	89	08-021	4:23.42	25m	13-11-05	Zaandam (NED)	
7.	Hoek Daniëlle	88	08-021	4:24.44	25m	13-11-05	Zaandam (NED)	
8.	Crok Linda	94	08-021	4:25.22	25m	9-11-08	Zaandam (NED)	
9.	Gijzen-van der Kroft Nicole	84	08-021	4:26.28	25m	23-1-00	Heemskerk (NED)	
10.	van de Poll Marianne	89	08-021	4:28.07	25m	30-11-03	Heemskerk (NED)	
11.	Stins Mariska	84	08-021	4:28.22	25m	20-1-01	Amsterdam (NED)	
12.	de Groot Daniëlle	93	08-021	4:29.29	25m	9-12-07	Zaandam (NED)	
13.	van der Gracht Anouk	89	08-021	4:30.13	25m	3-12-06	Zaandam (NED)	
14.	Koopman Anitra	89	08-021	4:34.08	25m	30-11-03	Heemskerk (NED)	
15.	de Ruijter Linda	87	08-021	4:39.73	25m	24-11-02	Amsterdam	
16.	van Ballegooie Simone	84	08-021	4:41.34	25m	23-1-00	Heemskerk (NED)	
17.	Mallon Danique	94	08-021	4:41.82	25m	9-11-08	Zaandam (NED)	
18.	Palmboom Nicole	91	08-021	4:42.54	25m	19-12-04	Heemskerk (NED)	
19.	Heus Pauline	78	08-021	4:44.97	25m	23-1-00	Heemskerk (NED)	
20.	Niesten Iris	92	08-021	4:47.61	25m	3-12-06	Zaandam (NED)	
21.	Visser Stacey	87	08-021	4:50.92	25m	20-1-01	Amsterdam (NED)	
22.	Hogema Fabiën	93	08-021	5:00.83	25m	13-11-05	Zaandam (NED)	
23.	Vink Marjolein	93	08-021	5:05.15	25m	13-11-05	Zaandam (NED)	
24.	van Ballegooie Stefanie	86	08-021	5:05.52	25m	20-1-01	Amsterdam (NED)	
25.	Hoek Laura	86	08-021	5:12.22	25m	23-1-00	Heemskerk (NED)	

400 wisselslag

1.	Hoekstra Eline	03	08-021	5:29.10	25m	24-11-19	Hoofddorp (NED)	487
2.	Schelvis Femke	84	08-021	5:29.20	25m	10-5-98	Zaandam (NED)	486
3.	Vink Lidewij	90	08-021	5:43.03	25m	1-4-06	Zaandam (NED)	430
4.	Smit Sanne	01	08-021	5:43.46	25m	17-11-18	Hoofddorp (NED)	428
5.	van 't Veer Iris	03	08-021	5:50.25	25m	3-4-22	Haarlem (NED)	404
6.	de Haan Shira	00	08-021	5:51.41	25m	4-6-17	Purmerend (NED)	400
7.	van der Gracht Anouk	89	08-021	5:52.01	25m	24-2-08	Zaandam (NED)	398
8.	Schelvis Roos	86	08-021	5:54.48	25m	25-2-01	Heemskerk (NED)	389
9.	Gijzen-van der Kroft Nicole	84	08-021	5:54.96	25m	25-2-01	Heemskerk (NED)	388
10.	Palmboom Nicole	91	08-021	5:55.32	25m	15-6-06	Heemskerk (NED)	387
11.	Kleijne Daisy	89	08-021	5:55.34	25m	30-1-05	Zaandam (NED)	386
12.	Stins Mariska	84	08-021	5:55.41	25m	24-2-02	Heemskerk	386
13.	Stam Vanessa	80	08-021	5:56.80	25m	12-1-97	Heemskerk (NED)	382
14.	Wentink Yara	04	08-021	5:57.98	50m	8-3-20	Amsterdam (NED)	411
15.	Crok Linda	94	08-021	5:58.13	25m	24-2-08	Zaandam (NED)	377
16.	Broek Jade	97	08-021	5:58.94	50m	1-3-20	Alkmaar (NED)	408
17.	Essers Sanne	91	08-021	6:00.29	25m	11-2-07	Zaandam (NED)	371
18.	Kramer Miranda	80	08-021	6:01.21	25m	25-2-01	Heemskerk (NED)	368

400 wisselslag (sinds 19)

19.	Verbree Bets	63	08-021	6:03.30	25m	3-4-82	Heemskerk (NED)	362
20.	Besse Karen	75	08-021	6:03.50	25m	4-2-90	Volendam (NED)	361
21.	Mallon Danique	94	08-021	6:04.26	25m	24-2-08	Zaandam (NED)	359
22.	Hoek Daniëlle	88	08-021	6:05.19	25m	30-1-05	Zaandam (NED)	356
23.	van de Poll Marianne	89	08-021	6:06.21	25m	29-2-04	Wormerveer	353
24.	Crok Annemarie	89	08-021	6:07.62	25m	29-2-04	Wormerveer	349
25.	Koopman Anitra	89	08-021	6:09.20	25m	23-2-03	Heemskerk	344