

| Uitslag overzicht | | | | | | | | Korte baan (25m) |
|----------------------|------|------------------|------|---------|-------|----------|----------|------------------|
| Achternaam, Voornaam | Gbjr | Afstand/zwemslag | Pl. | Tijd | Ronde | oude PR. | Versch. | |
| Aarten Sigrit | 93 : | 400 vrije slag | 3 | 4:48.61 | | 4:52.48 | 103% PR. | |
| | | 50 rugslag | 8 | 34.09 | | 34.72 | 104% PR. | |
| | | 100 schoolslag | 8 | 1:28.94 | | 1:28.42 | 99% | |
| | | 100 wisselslag | 9 | 1:15.62 | | 1:16.19 | 102% PR. | |
| Boxum Marit | 00 : | 100 rugslag | Est. | 1:08.97 | | 1:05.72 | 91% | |
| | | 100 rugslag | 1 | 1:06.94 | | 1:05.72 | 96% | |
| | | 200 schoolslag | 3 | 2:59.45 | | 2:55.26 | 95% | |
| van Dijk Kevin | 01 : | 100 rugslag | 5 | 1:09.70 | | 1:09.16 | 98% | |
| | | 200 schoolslag | 2 | 2:46.00 | | 2:48.12 | 103% PR. | |
| van Dijk Sanne | 03 : | 200 rugslag | 6 | 2:54.32 | | 3:01.46 | 108% PR. | |
| | | 100 vlinderslag | 8 | 1:29.19 | | 1:46.63 | 143% PR. | |
| Doornwaard Maaïke | 98 : | 400 vrije slag | 5 | 4:54.63 | | 4:57.46 | 102% PR. | |
| | | 50 rugslag | 2 | 32.86 | | 32.43 | 97% | |
| | | 100 schoolslag | 5 | 1:25.69 | | 1:23.31 | 95% | |
| | | 100 wisselslag | 2 | 1:10.26 | | 1:11.16 | 103% PR. | |
| Dragt Robert | 04 : | 200 rugslag | 5 | 2:47.13 | | -- | PR. | |
| | | 100 vlinderslag | 4 | 1:23.29 | | 1:41.06 | 147% PR. | |
| Faber Monica | 04 : | 200 rugslag | 9 | 2:59.94 | | 3:03.70 | 104% PR. | |
| | | 100 vlinderslag | 13 | 1:36.48 | | 1:38.54 | 104% PR. | |
| Frijstein Yanieck | 05 : | 200 rugslag | 7 | 2:55.44 | | -- | PR. | |
| | | 100 vlinderslag | 5 | 1:29.48 | | -- | PR. | |
| Geerdink Senna | 05 : | 100 vlinderslag | 10 | 1:34.86 | | 1:30.41 | 91% | |
| Hamstra Jauke | 86 : | 100 schoolslag | 6 | 1:14.89 | | 1:13.33 | 96% | |
| | | 100 wisselslag | 9 | 1:08.15 | | 1:07.57 | 98% | |
| Heederik Kylian | 03 : | 200 rugslag | 1 | 2:28.34 | | 2:32.11 | 105% PR. | |
| | | 100 vlinderslag | 1 | 1:12.63 | | 1:15.97 | 109% PR. | |
| Hofsink Jari | 97 : | 400 vrije slag | 3 | 4:26.77 | | 4:24.44 | 98% | |
| | | 50 rugslag | 1 | 28.41 | | 28.40 | 100% | |
| | | 100 schoolslag | 2 | 1:10.65 | | 1:10.80 | 100% PR. | |
| | | 100 wisselslag | 2 | 1:02.75 | | 1:02.76 | 100% PR. | |
| Hofsink Naomi | 94 : | 400 vrije slag | 4 | 4:48.66 | | 4:45.85 | 98% | |
| | | 50 rugslag | 7 | 33.86 | | 33.08 | 95% | |
| | | 100 wisselslag | 7 | 1:12.17 | | 1:11.84 | 99% | |
| Hollander Hilde | 00 : | 50 rugslag | | 37.28 | | 37.76 | 103% PR. | |
| | | 100 rugslag | 11 | 1:19.52 | | 1:21.58 | 105% PR. | |
| Kanis Edwin | 02 : | 200 vrije slag | 7 | 2:24.12 | | 2:39.13 | 122% PR. | |
| | | 100 schoolslag | 6 | 1:20.76 | | 1:25.31 | 112% PR. | |
| ten Koppel Milou | 03 : | 100 vrije slag | Est. | 1:03.82 | | 1:04.34 | 102% PR. | |
| | | 200 rugslag | 1 | 2:33.25 | | 2:32.73 | 99% | |
| | | 100 vlinderslag | 3 | 1:16.89 | | 1:16.81 | 100% | |
| ten Koppel Thijs | 05 : | 200 rugslag | 6 | 2:55.10 | | 3:19.09 | 129% PR. | |
| | | 100 vlinderslag | 7 | 1:34.72 | | -- | PR. | |
| Leusink Elma | 00 : | 100 rugslag | 14 | 1:21.80 | | 1:20.64 | 97% | |
| | | 200 schoolslag | 9 | 3:16.32 | | 3:05.87 | 90% | |
| Maat Tessa | 02 : | 200 vrije slag | 13 | 2:38.32 | | 2:45.98 | 110% PR. | |
| | | 100 schoolslag | 11 | 1:34.16 | | 1:31.80 | 95% | |
| de Man Manon | 02 : | 200 vrije slag | 3 | 2:21.96 | | 2:27.49 | 108% PR. | |
| | | 100 schoolslag | 7 | 1:30.54 | | 1:28.98 | 97% | |
| Müller Mike | 01 : | 200 vrije slag | 6 | 2:20.00 | | 2:37.83 | 127% PR. | |
| | | 100 schoolslag | 5 | 1:19.90 | | 1:19.70 | 100% | |
| Norg Gert | 94 : | 100 schoolslag | 1 | 1:05.69 | | 1:06.60 | 103% CR | |
| | | 100 wisselslag | 4 | 1:03.57 | | 1:05.08 | 105% PR. | |

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|--------------------------|------|----------------------------------|---------|------------------------------------|---------|---------|-----|
| van t Oever Gert | 87 : | 100 vrije slag | Est. | 55.18 | 52.86 | 92% | |
| | | 400 vrije slag | 2 | 4:26.21 | 4:16.43 | 93% | |
| | | 50 rugslag | 2 | 29.19 | 28.88 | 98% | |
| | | 100 wisselslag | 1 | 1:02.20 | 1:01.12 | 97% | |
| Schuurman Ester | 02 : | 200 vrije slag | 9 | 2:27.95 | 3:07.12 | 160% | PR. |
| | | 100 schoolslag | 5 | 1:27.96 | 1:27.65 | 99% | |
| van Stratum Annet | 90 : | 50 rugslag | 5 | 33.39 | 32.81 | 97% | |
| | | 100 wisselslag | 6 | 1:11.35 | 1:12.10 | 102% | PR. |
| van Unen Raymond | 00 : | 100 rugslag | 4 | 1:08.50 | 1:11.57 | 109% | PR. |
| | | 200 schoolslag | 3 | 2:49.29 | 2:57.51 | 110% | PR. |
| Vahl Ruth | 01 : | 200 vrije slag | 3 | 2:12.56 | 2:23.94 | 118% | PR. |
| | | 100 schoolslag | 4 | 1:18.67 | 1:19.46 | 102% | PR. |
| Welten Marleen | 97 : | 50 rugslag | 9 | 34.57 | 36.54 | 112% | PR. |
| | | 100 schoolslag | 3 | 1:19.36 | 1:18.34 | 97% | |
| | | 100 wisselslag | 8 | 1:13.94 | 1:15.41 | 104% | PR. |
| Westendorp Demi | 05 : | 200 rugslag | 7 | 2:57.98 | --:-- | | PR. |
| | | 100 vlinderslag | 15 | 1:39.09 | --:-- | | PR. |
| 4 x 100 wisselslag Dames | : | Boxum Marit Welten Marleen | 1:08.97 | van Stratum Annet Hofsink Naomi | 2 | 4:37.14 | CR |
| 4 x 100 vrije slag Heren | : | van t Oever Gert Norg Gert | 55.18 | Hofsink Jari van Dijk Kevin | 2 | 3:44.53 | |
| 4 x 100 vrije slag Dames | : | ten Koppel Milou Faber Monica | 1:03.82 | Geerdink Senna van Dijk Sanne | 2 | 4:45.70 | |

Totaal 69 persoonlijke uitslag, Gemiddelde prestatie: 104,0%
2 nieuw(e) record(s), 40 nieuw(e) persoonlijke record(s)
Grootste verbetering: Schuurman Ester, 200 vrije slag 2:27.95