

19 jaar, Heren

1-1-1900-31-7-2016

25 vrije slag

1. Schaaper Hans	68	08-021	12.50	25m	17-12-87	Heemskerk (NED)	389
2. van Rookhuizen Barry	82	08-021	12.62	25m	29-3-01	Heemskerk (NED)	378
3. Oudendijk Paul	81	08-021	12.70	25m	4-5-00	Heemskerk (NED)	371
4. Kramer Vincent	82	08-021	12.74	25m	29-3-01	Heemskerk (NED)	368
5. Butter Martijn	79	08-021	13.10	25m	12-2-98	Heemskerk (NED)	338
6. Glorie Daan	88	08-021	13.13	25m	19-4-07	Heemskerk (NED)	336
7. Tamis Thijs	82	08-021	13.19	25m	29-3-01	Heemskerk (NED)	331
8. Kuilman Joris	80	08-021	13.21	25m	25-3-99	Heemskerk (NED)	330
9. van der Gracht Jory	87	08-021	13.28	25m	27-4-06	Heemskerk	324
10. Bal Chester	78	08-021	13.30	25m	13-3-97	Heemskerk (NED)	323
11. Beentjes Bastiaan	78	08-021	13.80	25m	13-3-97	Heemskerk (NED)	289
12. Krijger Jan-Willem	81	08-021	14.07	25m	4-5-00	Heemskerk (NED)	273
13. Zwaan Bas	76	08-021	14.50	25m	27-4-95	Heemskerk (NED)	249
13. Zonneveld Jeroen	78	08-021	14.50	25m	13-3-97	Heemskerk (NED)	249
15. Andeweg Celedonio	76	08-021	14.60	25m	27-4-95	Heemskerk (NED)	244
16. Essers Tim	88	08-021	15.72	25m	19-4-07	Heemskerk (NED)	195

50 vrije slag

1. Jongert Jeroen	96	08-021	24.94	25m	31-10-15	Tilburg (NED)	536
2. Kleijne Barry	93	08-021	25.70	25m	28-5-12	Purmerend (NED)	489
3. Meijer Arno	75	08-021	25.90	25m	24-4-94	Zaandam (NED)	478
4. Butter Martijn	79	08-021	26.00	25m	18-1-98	Zuidoost Beemster (NED)	473
5. de Wit Stephen	93	08-021	26.26	25m	11-10-12	Heemskerk (NED)	459
6. Crok Pieter	91	08-021	26.31	25m	4-4-10	Haarlem (NED)	456
7. Oudendijk Paul	81	08-021	26.80	25m	26-10-00	Heemskerk (NED)	432
8. Korzelius Ron	65	08-021	27.00	25m	23-9-84	Heemskerk (NED)	422
9. Kuilman Joris	80	08-021	27.07	25m	17-1-99	Heemskerk (NED)	419
10. Glorie Daan	88	08-021	27.08	25m	8-4-07	Haarlem (NED)	418
11. Kramer Vincent	82	08-021	27.13	25m	16-4-01	Haarlem (NED)	416
12. Hermans Luuk	85	08-021	27.15	25m	4-4-04	Zaandam	415
13. van Rookhuizen Barry	82	08-021	27.22	25m	25-10-01	Heemskerk	412
14. Verbree John	61	08-021	27.50	25m	2-3-80	Heemskerk (NED)	399
15. van der Gracht Jory	87	08-021	27.51	25m	5-11-06	Zaandam (NED)	399
16. Pover Peter	69	08-021	27.60	25m	5-10-88		395
17. Windmuller Ton	62	08-021	27.80	25m	5-4-81	Heemskerk (NED)	387
18. de Ruijter René	86	08-021	27.86	25m	6-11-05	Zaandam (NED)	384
19. Tijms Stefan	93	08-021	28.04	50m	24-11-12	Beverwijk (NED)	414
20. Schaaper Hans	68	08-021	28.10	25m	21-5-87	Heemskerk (NED)	374
21. van der Kroft Barry	82	08-021	28.19	25m	25-10-01	Heemskerk	371
22. Steenbergens Roderik	82	08-021	28.30	25m	25-10-01	Heemskerk	366
23. Palmboom Pascal	89	08-021	28.36	25m	9-3-08	Heemskerk (NED)	364
24. Dekker Rudie	78	08-021	28.40	25m	16-11-97	Zaandam (NED)	363
25. Dijkstra Menno	68	08-021	28.50	25m	21-5-87	Heemskerk (NED)	359

100 vrije slag

1. Jongert Jeroen	96	08-021	54.64	25m	4-10-15	Purmerend (NED)	556
2. Kleijne Barry	93	08-021	56.09	25m	27-5-12	Purmerend (NED)	514
3. Butter Martijn	79	08-021	56.60	25m	15-1-98	Heemskerk (NED)	500
4. de Wit Stephen	93	08-021	57.36	25m	25-11-12	Heemskerk (NED)	480
5. Kranenburg Fred	63	08-021	57.90	25m	18-4-82		467
5. Meijer Arno	75	08-021	57.90	25m	27-11-94	Alkmaar (NED)	467
7. Hogenstijn Peter	84	08-021	58.09	25m	16-3-03	Heemskerk	463
8. Crok Pieter	91	08-021	58.71	25m	27-2-10	Hoorn (NED)	448
9. Oudendijk Paul	81	08-021	59.06	25m	23-4-00	Haarlem (NED)	440
10. van Rookhuizen Barry	82	08-021	59.44	25m	11-3-01	Zaandam (NED)	432

100 vrije slag (sinds 11)

10. van der Gracht Jory	87	08-021	59.44	25m	9-4-06	Purmerend (NED)	432
12. van der Kroft Barry	82	08-021	59.60	25m	31-5-01	Heemskerk (NED)	428
13. Verbree John	61	08-021	59.80	25m	16-11-80	Haarlem (NED)	424
14. Kuilman Joris	80	08-021	59.89	25m	12-12-99	Heemskerk (NED)	422
15. Stins Arnold	83	08-021	59.90	25m	28-2-02	Heemskerk	422
16. Hermans Luuk	85	08-021	59.94	25m	31-10-04	Zuidoostbeemster (NED)	421
17. Glorie Daan	88	08-021	1:00.06	25m	29-3-07	Heemskerk (NED)	418
18. Kramer Vincent	82	08-021	1:00.16	25m	15-4-01	Haarlem (NED)	416
19. Tijms Stefan	93	08-021	1:01.26	25m	25-11-12	Heemskerk (NED)	394
20. Steenbergen Roderik	82	08-021	1:01.72	25m	22-2-01	Heemskerk (NED)	386
21. Tamis Thijs	82	08-021	1:02.06	25m	15-4-01	Haarlem (NED)	379
22. Schaaper Hans	68	08-021	1:02.30	25m	22-3-87	Heerhugowaard (NED)	375
23. de Vijlder Michael	75	08-021	1:02.40	25m	11-12-94	Heemskerk (NED)	373
24. Palmboom Pascal	89	08-021	1:02.75	25m	17-2-08	Zaandam (NED)	367
25. Stam Daniël	79	08-021	1:03.60	25m	12-4-98	Haarlem (NED)	352

200 vrije slag

1. Kleijne Barry	93	08-021	2:04.70	25m	22-3-12	Heemskerk (NED)	506
2. Butter Martijn	79	08-021	2:05.60	25m	17-5-98	Den Helder (NED)	495
3. Jongert Jeroen	96	08-021	2:05.70	25m	15-11-15	Purmerend (NED)	494
4. Glorie Daan	88	08-021	2:06.85	25m	24-2-07	Hoorndam (NED)	480
5. Meijer Arno	75	08-021	2:09.30	25m	17-2-94	Heemskerk	453
5. Crok Pieter	91	08-021	2:09.30	25m	27-2-10	Hoorndam (NED)	453
7. de Wit Stephen	93	08-021	2:09.48	25m	22-3-12	Heemskerk (NED)	452
8. Stins Arnold	83	08-021	2:10.77	25m	6-4-02	Hengelo (NED)	438
9. Oudendijk Paul	81	08-021	2:11.61	25m	30-11-00	Heemskerk (NED)	430
10. Kuilman Joris	80	08-021	2:11.74	25m	21-11-99	Heemskerk (NED)	429
11. Korzelius Ron	65	08-021	2:12.20	25m	22-1-84	Zandvoort (NED)	424
12. Kranenburg Fred	63	08-021	2:13.10	25m	17-1-82		416
13. van der Gracht Jory	87	08-021	2:13.53	25m	12-2-06	Zaandam (NED)	412
14. Tijms Stefan	93	08-021	2:13.67	25m	11-11-12	Schagen (NED)	410
15. Steenbergen Roderik	82	08-021	2:15.85	25m	18-11-01	Heemskerk	391
16. Verbree John	61	08-021	2:19.30	25m	30-11-80	Heemskerk (NED)	363
17. Hermans Luuk	85	08-021	2:19.93	25m	28-11-04	Heemskerk (NED)	358
18. de Vijlder Michael	75	08-021	2:20.10	25m	17-2-94	Heemskerk	356
19. van Rookhuizen Barry	82	08-021	2:20.79	25m	18-11-01	Heemskerk	351
20. Kramer Vincent	82	08-021	2:20.93	25m	18-11-01	Heemskerk	350
21. Essers Tim	88	08-021	2:21.33	25m	25-11-07	Amsterdam (NED)	347
22. Schaaper Hans	68	08-021	2:22.00	25m	13-12-87	Assendelft (NED)	342
23. Tamis Thijs	82	08-021	2:22.08	25m	18-11-01	Heemskerk	342
24. Stam Daniël	79	08-021	2:24.30	25m	25-1-98	Zaandam (NED)	326
25. Hagebout Marcel	68	08-021	2:25.20	25m	4-10-87	Zaandam (NED)	320

250 vrije slag300 vrije slag

1. Jongert Jeroen	96	08-021	3:26.99	25m	4-10-15	Purmerend (NED)	426
2. Kleijne Barry	93	08-021	3:31.56	25m	8-4-12	Haarlem (NED)	399
3. Glorie Daan	88	08-021	3:31.66	25m	3-3-07	Hoorndam (NED)	398
4. van der Gracht Jory	87	08-021	3:38.09	25m	18-5-06	Heemskerk (NED)	364
5. Hermans Luuk	85	08-021	3:50.82	25m	29-4-04	Heemskerk (NED)	307

400 vrije slag

1. Butter Martijn	79	08-021	4:25.20	25m	19-3-98	Heemskerk (NED)	512
2. Glorie Daan	88	08-021	4:29.85	25m	8-4-07	Haarlem (NED)	486
3. Crok Pieter	91	08-021	4:40.32	25m	4-4-10	Haarlem (NED)	434
4. Jongert Jeroen	96	08-021	4:40.74	25m	4-10-15	Purmerend (NED)	432
5. Meijer Arno	75	08-021	4:41.10	25m	16-1-94	Heemskerk	430
6. Kleijne Barry	93	08-021	4:42.63	25m	8-4-12	Haarlem (NED)	423
7. Stins Arnold	83	08-021	4:44.57	25m	30-5-02	Heemskerk	414
8. Oudendijk Paul	81	08-021	4:46.90	25m	25-5-00	Heemskerk (NED)	404
9. Hogenstijn Peter	84	08-021	4:47.99	25m	12-6-03	Heemskerk	400
10. Kranenburg Fred	63	08-021	4:49.10	25m	24-1-82		395
11. van der Gracht Jory	87	08-021	4:51.35	25m	18-5-06	Heemskerk (NED)	386
12. de Vijlder Michael	75	08-021	4:57.80	25m	20-11-94	Wormerveer (NED)	362
13. Verbree John	61	08-021	5:08.10	25m	28-9-80	Zaandam (NED)	326
14. Hermans Luuk	85	08-021	5:09.10	25m	29-4-04	Heemskerk (NED)	323
15. Wassenaar Marcel	69	08-021	5:11.20	25m	6-10-88	Heemskerk (NED)	317
16. Stam Daniël	79	08-021	5:11.90	25m	19-3-98	Heemskerk (NED)	315
17. van Rookhuizen Barry	82	08-021	5:12.77	25m	31-5-01	Heemskerk (NED)	312
18. Tamis Thijs	82	08-021	5:13.25	25m	4-11-01	Heemskerk	311
19. Bal Chester	78	08-021	5:15.10	25m	2-3-97	Haarlem (NED)	305
20. Steenbergen Roderik	82	08-021	5:16.03	25m	16-9-01	Zaandam (NED)	302
21. Pover Peter	69	08-021	5:18.60	25m	6-10-88	Heemskerk (NED)	295
22. Beentjes Bastiaan	78	08-021	5:18.90	25m	2-3-97	Haarlem (NED)	294
23. Zwaan Bas	76	08-021	5:28.30	25m	18-5-95	Heemskerk (NED)	270
24. Kramer Vincent	82	08-021	5:28.89	25m	16-9-01	Zaandam (NED)	268
25. Hoenink Jarl	86	08-021	5:31.46	25m	28-4-05	Heemskerk (NED)	262

500 vrije slag**800 vrije slag**

1. Butter Martijn	79	08-021	9:20.30	25m	22-2-98	Zaandam (NED)	495
2. Glorie Daan	88	08-021	9:37.88	25m	11-2-07	Zaandam (NED)	451
3. Oudendijk Paul	81	08-021	9:55.73	25m	15-10-00	Alkmaar (NED)	412
4. Tamis Thijs	82	08-021	10:29.12	25m	16-9-01	Zaandam (NED)	350
5. van der Gracht Jory	87	08-021	10:30.32	25m	22-10-06	Zaandam (NED)	348
6. Steenbergen Roderik	82	08-021	10:44.43	25m	16-9-01	Zaandam (NED)	325
7. Hermans Luuk	85	08-021	11:23.20	25m	17-10-04	Zaandam (NED)	273
8. Kramer Vincent	82	08-021	11:29.12	25m	16-9-01	Zaandam (NED)	266

1000 vrije slag

1. Glorie Daan	88	08-021	12:32.18	OW	8-9-07	Middelburg (NED)
2. Korzelius Ron	65	08-021	13:56.50	OW	17-6-84	Amstelveen (NED)
3. van der Gracht Jory	87	08-021	14:31.54	OW	29-7-06	Hoorn (NED)
4. Tijms Stefan	93	08-021	15:00.00	OW	16-6-12	Vriezenveen (NED)
5. Windmuller Ton	62	08-021	16:59.50	OW	14-6-81	Amstelveen (NED)

1250 vrije slag

1500 vrije slag

1. Butter Martijn	79	08-021	17:37.40	25m	22-2-98	Zaandam (NED)	519
2. Glorie Daan	88	08-021	18:15.40	25m	11-2-07	Zaandam (NED)	467
3. Oudendijk Paul	81	08-021	19:15.33	25m	23-1-00	Heemskerk (NED)	398
4. Tamis Thijs	82	08-021	19:35.74	25m	11-2-01	Zaandam (NED)	377
5. Stins Arnold	83	08-021	19:53.59	25m	1-12-02	Heemskerk	361
6. de Vijlder Michael	75	08-021	19:55.50	25m	18-12-94	Wormerveer (NED)	359
7. Kranenburg Fred	63	08-021	20:00.90	25m	10-1-82	Wormerveer (NED)	354
8. van der Gracht Jory	87	08-021	20:05.87	25m	29-1-06	Zaandam (NED)	350
9. Kramer Vincent	82	08-021	22:01.48	25m	11-2-01	Zaandam (NED)	266

2000 vrije slag

1. Glorie Daan	88	08-021	24:24.56	25m	11-2-07	Zaandam (NED)	463
2. Stins Arnold	83	08-021	25:13.83	OW	23-6-02	Breukelen (NED)	
3. Oudendijk Paul	81	08-021	25:58.90	25m	5-3-00	Zaandam (NED)	384
4. Tamis Thijs	82	08-021	26:11.09	25m	11-2-01	Zaandam (NED)	375
5. Butter Martijn	79	08-021	26:21.30	OW	12-7-98	Amsterdam (NED)	
6. van der Gracht Jory	87	08-021	26:48.15	25m	29-1-06	Zaandam (NED)	350
7. Tijms Stefan	93	08-021	28:41.41	OW	1-9-12	Wilhelminadorp (NED)	
8. Kramer Vincent	82	08-021	29:25.16	25m	11-2-01	Zaandam (NED)	264
9. Meijer Arno	75	08-021	31:04.10	OW	12-7-94	Harderwijk (NED)	
10. de Vijlder Michael	75	08-021	32:17.20	OW	4-9-94	Amsterdam (NED)	

2500 vrije slag

1. Glorie Daan	88	08-021	31:49.92	OW	7-7-07	Oss (NED)	
2. Stins Arnold	83	08-021	33:22.92	OW	29-6-02	Scheerwolde (NED)	
3. van der Gracht Jory	87	08-021	36:42.62	OW	8-7-06	Oss (NED)	

3000 vrije slag

1. Glorie Daan	88	08-021	39:26.93	OW	14-7-07	Wijk en Aalburg (NED)	
2. Stins Arnold	83	08-021	41:02.11	OW	26-8-02	Oosterhout (NED)	
3. van der Gracht Jory	87	08-021	43:38.85	OW	22-7-06	Anna-Paulowna (NED)	
4. Tijms Stefan	93	08-021	48:49.21	OW	19-8-12	Aalsmeer (NED)	

4000 vrije slag

1. Tijms Stefan	93	08-021	1:05:28.98	OW	8-6-12	Leiden (NED)	
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5000 vrije slag

1. Glorie Daan	88	08-021	1:02:33.86	OW	1-7-07	Bodegraven (NED)	
2. Stins Arnold	83	08-021	1:15:47.79	OW	26-8-02	Oosterhout (NED)	
3. van der Gracht Jory	87	08-021	1:19:38.05	OW	3-9-06	Vlissingen (NED)	
4. Tijms Stefan	93	08-021	1:20:55.66	OW	17-6-12	Spaarnwoude (NED)	

6000 vrije slag

1. Glorie Daan	88	08-021	50:21.66	OW	8-7-07	Beusichem-Culemborg (NED)	
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10000 vrije slag

1. Glorie Daan	88	08-021	2:12:39.35	50m	21-4-07	Zwaag (NED)	
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20000 vrije slag**22000 vrije slag**

1. Glorie Daan	88	08-021	5:13:11.61	OW	11-8-07	Stavoren-Medemblik (NED)	
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25 rugslag

1. Schaaper Hans	68	08-021	14.50	25m	17-12-87	Heemskerk (NED)	364
2. Oudendijk Paul	81	08-021	14.74	25m	17-2-00	Heemskerk (NED)	347
3. Butter Martijn	79	08-021	15.20	25m	15-1-98	Heemskerk (NED)	316
4. Tamis Thijs	82	08-021	15.52	25m	22-2-01	Heemskerk (NED)	297
4. Steenbergen Roderik	82	08-021	15.52	25m	22-2-01	Heemskerk (NED)	297
6. Kuilman Joris	80	08-021	15.57	25m	25-3-99	Heemskerk (NED)	294
7. van der Kroft Barry	82	08-021	15.72	25m	22-2-01	Heemskerk (NED)	286
8. Bal Chester	78	08-021	15.80	25m	13-2-97	Heemskerk (NED)	281
9. Kramer Vincent	82	08-021	15.86	25m	22-2-01	Heemskerk (NED)	278
10. Glorie Daan	88	08-021	16.12	25m	19-4-07	Heemskerk (NED)	265
11. van Rookhuizen Barry	82	08-021	16.44	25m	22-2-01	Heemskerk (NED)	250
12. van der Gracht Jory	87	08-021	16.59	25m	27-4-06	Heemskerk	243
13. Zwaan Bas	76	08-021	17.20	25m	16-3-95	Heemskerk (NED)	218
13. Zonneveld Jeroen	78	08-021	17.20	25m	13-2-97	Heemskerk (NED)	218
15. Stam Daniël	79	08-021	18.10	25m	15-1-98	Heemskerk (NED)	187
16. Beentjes Bastiaan	78	08-021	18.20	25m	13-2-97	Heemskerk (NED)	184

50 rugslag

1. Kleijne Barry	93	08-021	28.80	25m	9-4-12	Haarlem (NED)	459
2. Jongert Jeroen	96	08-021	29.14	25m	4-10-15	Purmerend (NED)	443
3. de Wit Stephen	93	08-021	30.21	25m	9-2-12	Heemskerk (NED)	397
4. Oudendijk Paul	81	08-021	30.40	25m	27-1-00	Heemskerk (NED)	390
5. Hermans Luuk	85	08-021	31.21	25m	25-1-04	Zaandam	360
6. Steenbergen Roderik	82	08-021	31.68	25m	25-1-01	Heemskerk (NED)	345
7. Butter Martijn	79	08-021	31.70	25m	18-1-98	Zuidoost Beemster (NED)	344
8. Pover Peter	69	08-021	32.00	25m	15-12-88	Heemskerk (NED)	334
9. Meijer Arno	75	08-021	32.20	25m	17-2-94	Heemskerk	328
10. Tamis Thijs	82	08-021	32.88	25m	25-1-01	Heemskerk (NED)	308
11. Kramer Vincent	82	08-021	32.91	25m	25-1-01	Heemskerk (NED)	307
12. van der Kroft Barry	82	08-021	32.95	25m	25-1-01	Heemskerk (NED)	306
13. Stins Arnold	83	08-021	33.12	25m	31-10-02	Heemskerk	301
14. Kuilman Joris	80	08-021	33.14	25m	14-11-99	Zaandam (NED)	301
15. Essers Tim	88	08-021	33.45	25m	30-9-07	Volendam (NED)	293
16. de Ruijter René	86	08-021	33.87	25m	11-12-05	IJmuiden (NED)	282
17. Verbree John	61	08-021	34.10	25m	22-11-80	Heemskerk (NED)	276
18. van Rookhuizen Barry	82	08-021	34.19	25m	25-1-01	Heemskerk (NED)	274
19. van der Gracht Jory	87	08-021	34.43	25m	19-10-06	Heemskerk	268
20. de Vijlder Michael	75	08-021	34.80	25m	17-9-94	Hoogland (NED)	260
21. de Caluwe Perry	61	08-021	35.00	25m	22-11-80	Heemskerk (NED)	255
22. Bal Chester	78	08-021	35.20	25m	19-1-97	Zaandam (NED)	251
22. Zonneveld Jeroen	78	08-021	35.20	25m	9-10-97	Heemskerk (NED)	251
24. Palmboom Pascal	89	08-021	36.39	25m	5-10-08	Heemskerk (NED)	227
25. Beentjes Bastiaan	78	08-021	36.40	25m	9-10-97	Heemskerk (NED)	227

100 rugslag

1. Jongert Jeroen	96	08-021	1:01.45	25m	10-12-15	Heemskerk (NED)	505
2. Kleijne Barry	93	08-021	1:01.84	25m	11-3-12	Zaandam (NED)	495
3. Oudendijk Paul	81	08-021	1:05.02	25m	24-4-00	Haarlem (NED)	426
4. Butter Martijn	79	08-021	1:07.10	25m	12-2-98	Heemskerk (NED)	387
5. Steenbergen Roderik	82	08-021	1:07.18	25m	18-11-01	Heemskerk	386
6. de Wit Stephen	93	08-021	1:07.33	25m	11-3-12	Zaandam (NED)	384
7. Crok Pieter	91	08-021	1:08.14	25m	4-4-10	Haarlem (NED)	370
8. Hermans Luuk	85	08-021	1:08.94	25m	18-4-04	Zaandam (NED)	357
9. Hogenstijn Peter	84	08-021	1:09.16	25m	24-4-03	Heemskerk	354
10. Schaaper Hans	68	08-021	1:09.20	25m	8-3-87	Zaandam (NED)	353
11. Kuilman Joris	80	08-021	1:09.76	25m	28-1-99	Heemskerk (NED)	345

100 rugslag (sinds 12)

12. Meijer Arno	75	08-021	1:10.40	25m	11-12-94	Heemskerk (NED)	335
12. Kramer Vincent	82	08-021	1:10.40	25m	16-4-01	Haarlem (NED)	335
14. Stins Arnold	83	08-021	1:11.36	25m	17-11-02	Heemskerk	322
15. Tamis Thijs	82	08-021	1:11.54	25m	18-11-01	Heemskerk	320
16. Kranenburg Fred	63	08-021	1:12.30	25m	7-2-82		310
17. van der Kroft Barry	82	08-021	1:12.66	25m	26-4-01	Heemskerk (NED)	305
18. Wolf Gert Jan	65	08-021	1:12.90	25m	12-2-84	Heemskerk (NED)	302
19. de Vijlder Michael	75	08-021	1:13.00	25m	11-12-94	Heemskerk (NED)	301
20. Essers Tim	88	08-021	1:13.13	25m	18-3-07	Heemskerk (NED)	299
21. Pover Peter	69	08-021	1:13.40	25m	17-9-88		296
22. Hoenink Jarl	86	08-021	1:13.48	25m	31-3-05	Heemskerk (NED)	295
23. de Caluwe Perry	61	08-021	1:13.70	25m	27-1-80	Zaandam (NED)	292
24. Tijms Stefan	93	08-021	1:13.83	25m	11-11-12	Schagen (NED)	291
25. Palmboom Pascal	89	08-021	1:14.45	25m	9-3-08	Heemskerk (NED)	284

200 rugslag

1. Kleijne Barry	93	08-021	2:13.75	25m	27-5-12	Purmerend (NED)	499
2. Oudendijk Paul	81	08-021	2:19.06	25m	12-3-00	Heemskerk (NED)	444
3. Butter Martijn	79	08-021	2:23.10	25m	24-5-98	Zaandam (NED)	407
4. Hogenstijn Peter	84	08-021	2:27.45	25m	16-3-03	Heemskerk	372
5. Hermans Luuk	85	08-021	2:30.44	25m	14-3-04	Zaandam	350
6. Stins Arnold	83	08-021	2:30.53	25m	10-3-02	Heemskerk	350
7. Essers Tim	88	08-021	2:31.11	25m	18-3-07	Heemskerk (NED)	346
8. Meijer Arno	75	08-021	2:31.80	25m	20-10-94	Heemskerk (NED)	341
9. Tamis Thijs	82	08-021	2:33.00	25m	11-3-01	Zaandam (NED)	333
10. Schaaper Hans	68	08-021	2:33.40	25m	22-3-87	Heerhugowaard (NED)	330
11. Steenbergen Roderik	82	08-021	2:34.16	25m	14-1-01	Heemskerk (NED)	326
12. Kuilman Joris	80	08-021	2:34.32	25m	16-12-99	Heemskerk	325
13. Glorie Daan	88	08-021	2:35.91	25m	25-1-07	Heemskerk (NED)	315
14. Crok Pieter	91	08-021	2:36.17	25m	14-11-10	Castricum (NED)	313
15. van der Kroft Barry	82	08-021	2:39.61	25m	11-3-01	Zaandam (NED)	293
16. van der Gracht Jory	87	08-021	2:41.00	25m	19-3-06	Heemskerk (NED)	286
17. Kranenburg Fred	63	08-021	2:42.00	25m	24-1-82		281
18. de Vijlder Michael	75	08-021	2:44.20	25m	19-10-94		269
19. Pover Peter	69	08-021	2:45.90	25m	7-2-88	Heemskerk (NED)	261
20. Dijkstra Menno	68	08-021	2:46.80	25m	22-3-87	Heerhugowaard (NED)	257
20. Zwaan Bas	76	08-021	2:46.80	25m	5-3-95	Heemskerk (NED)	257
22. Beentjes Bastiaan	78	08-021	2:47.20	25m	6-4-97	Heemskerk (NED)	255
23. Korzelius Ron	65	08-021	2:48.00	25m	7-10-84	Volendam (NED)	251
24. Kramer Vincent	82	08-021	2:48.11	25m	18-3-01	Zaandam (NED)	251
25. Bal Chester	78	08-021	2:48.20	25m	6-4-97	Heemskerk (NED)	251

500 rugslag

1. Glorie Daan	88	08-021	8:13.97	OW	7-7-07	Oss (NED)	
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25 schoolslag

1. Oudendijk Paul	81	08-021	14.91	25m	17-2-00	Heemskerk (NED)	473
2. Tamis Thijs	82	08-021	15.94	25m	22-2-01	Heemskerk (NED)	387
3. Schaaper Hans	68	08-021	16.00	25m	17-12-87	Heemskerk (NED)	383
4. Beentjes Bastiaan	78	08-021	16.10	25m	13-3-97	Heemskerk (NED)	375
5. Kuilman Joris	80	08-021	16.24	25m	25-3-99	Heemskerk (NED)	366
6. van der Kroft Barry	82	08-021	16.25	25m	22-2-01	Heemskerk (NED)	365
7. Zwaan Bas	76	08-021	16.40	25m	27-4-95	Heemskerk (NED)	355
8. van Rookhuizen Barry	82	08-021	16.66	25m	22-2-01	Heemskerk (NED)	339
9. Glorie Daan	88	08-021	16.71	25m	19-4-07	Heemskerk (NED)	336
10. van der Gracht Jory	87	08-021	17.15	25m	27-4-06	Heemskerk	311

25 schoolslag (sinds 11)

11. Steenbergens Roderik	82	08-021	17.41	25m	22-2-01	Heemskerk (NED)	297
12. Kramer Vincent	82	08-021	17.59	25m	22-2-01	Heemskerk (NED)	288
13. Andeweg Celedonio	76	08-021	17.80	25m	27-4-95	Heemskerk (NED)	278
14. Stam Daniël	79	08-021	18.30	25m	19-3-98	Heemskerk (NED)	256
15. Essers Tim	88	08-021	18.38	25m	19-4-07	Heemskerk (NED)	252
16. Zonneveld Jeroen	78	08-021	18.50	25m	13-3-97	Heemskerk (NED)	247
17. Bal Chester	78	08-021	19.10	25m	13-3-97	Heemskerk (NED)	225

50 schoolslag

1. Oudendijk Paul	81	08-021	33.00	25m	14-12-00	Heemskerk (NED)	447
2. Dijkstra Menno	68	08-021	34.60	25m	8-3-87	Zaandam (NED)	388
3. Hermans Luuk	85	08-021	34.63	25m	25-11-04	Heemskerk (NED)	387
4. Palmboom Pascal	89	08-021	34.65	25m	31-1-08	Heemskerk (NED)	386
5. Jongert Jeroen	96	08-021	34.91	25m	6-9-15	Zaandam (NED)	378
6. Kleijne Barry	93	08-021	35.04	25m	30-9-12	Heemskerk (NED)	374
7. Kuilman Joris	80	08-021	35.09	25m	16-12-99	Heemskerk	372
8. Tamis Thijs	82	08-021	35.28	25m	18-3-01	Zaandam (NED)	366
9. Meijer Arno	75	08-021	35.30	25m	6-3-94	Assendelft (NED)	365
10. Crok Pieter	91	08-021	35.63	25m	18-2-10	Heemskerk (NED)	355
11. Beentjes Bastiaan	78	08-021	35.70	25m	5-10-97	Zaandam (NED)	353
11. Stam Daniël	79	08-021	35.70	25m	18-1-98	Zuidoost Beemster (NED)	353
13. de Wit Stephen	93	08-021	35.87	25m	30-9-12	Heemskerk (NED)	348
14. van der Kroft Barry	82	08-021	36.15	50m	19-5-01	Beverwijk (NED)	401
15. van Rookhuizen Barry	82	08-021	36.22	25m	20-12-01	Heemskerk	338
16. Tijms Stefan	93	08-021	36.85	25m	30-9-12	Heemskerk (NED)	321
17. Stins Arnold	83	08-021	36.94	25m	28-11-02	Heemskerk	319
18. van der Gracht Jory	87	08-021	37.07	25m	23-4-06	Zaandam (NED)	316
19. Wassenaar Marcel	69	08-021	37.40	25m	15-12-88	Heemskerk (NED)	307
19. Steenbergens Roderik	82	08-021	37.40	25m	20-12-01	Heemskerk	307
21. Pover Peter	69	08-021	37.50	25m	14-12-88		305
21. Butter Martijn	79	08-021	37.50	25m	9-4-98	Heemskerk (NED)	305
23. de Vries Dylan	93	08-021	37.59	25m	30-9-12	Heemskerk (NED)	303
24. Hoenink Jarl	86	08-021	38.08	25m	24-11-05	Heemskerk (NED)	291
25. de Vijlder Michael	75	08-021	38.50	25m	17-9-94	Hoogland (NED)	282

100 schoolslag

1. Oudendijk Paul	81	08-021	1:14.52	25m	12-3-00	Heemskerk (NED)	415
2. Hogenstijn Peter	84	08-021	1:14.63	25m	16-3-03	Heemskerk	413
3. Tamis Thijs	82	08-021	1:16.63	25m	11-3-01	Zaandam (NED)	382
4. Meijer Arno	75	08-021	1:17.20	25m	17-3-94	Heemskerk	373
5. Crok Pieter	91	08-021	1:17.65	25m	30-9-10	Heemskerk (NED)	367
6. Kuilman Joris	80	08-021	1:18.38	25m	28-1-99	Heemskerk (NED)	357
7. Hermans Luuk	85	08-021	1:18.99	25m	3-10-04	Heemskerk (NED)	348
8. Stins Arnold	83	08-021	1:19.01	25m	28-3-02	Heemskerk	348
9. Jongert Jeroen	96	08-021	1:19.09	25m	24-9-15	Heemskerk (NED)	347
10. Beentjes Bastiaan	78	08-021	1:19.70	25m	30-8-97	Assendelft (NED)	339
11. Palmboom Pascal	89	08-021	1:19.84	25m	17-2-08	Zaandam (NED)	337
12. Korzelius Ron	65	08-021	1:20.10	25m	28-10-84	Egmond (NED)	334
12. Stam Daniël	79	08-021	1:20.10	25m	15-1-98	Heemskerk (NED)	334
14. van der Gracht Jory	87	08-021	1:20.16	25m	16-2-06	Heemskerk (NED)	333
15. Steenbergens Roderik	82	08-021	1:21.02	25m	7-10-01	Zaandam (NED)	323
16. Kranenburg Fred	63	08-021	1:21.30	25m	14-3-82		320
17. van der Kroft Barry	82	08-021	1:21.59	25m	16-4-01	Haarlem (NED)	316
18. Tijms Stefan	93	08-021	1:21.63	25m	11-10-12	Heemskerk (NED)	316
19. Andeweg Celedonio	76	08-021	1:21.80	25m	5-2-95	Assendelft (NED)	314
20. de Wit Stephen	93	08-021	1:22.51	25m	11-10-12	Heemskerk (NED)	306
21. Butter Martijn	79	08-021	1:23.10	25m	13-4-98	Haarlem (NED)	299

100 schoolslag (sinds 22)

22. Zwaan Bas	76	08-021	1:23.20	25m	16-3-95	Heemskerk (NED)	298
23. Essers Tim	88	08-021	1:24.41	25m	30-9-07	Volendam (NED)	285
24. de Vijlder Michael	75	08-021	1:24.50	25m	16-10-94	Heemskerk (NED)	285
25. Hoenink Sten	84	08-021	1:24.84	25m	7-6-03	Z.o. Beemster	281

200 schoolslag

1. Tamis Thijs	82	08-021	2:42.36	25m	25-1-01	Heemskerk (NED)	408
2. Oudendijk Paul	81	08-021	2:42.39	25m	27-1-00	Heemskerk (NED)	408
3. Hogenstijn Peter	84	08-021	2:46.55	25m	19-1-03	Zaandam	378
4. Meijer Arno	75	08-021	2:47.70	25m	24-11-94	Heemskerk (NED)	370
5. Glorie Daan	88	08-021	2:49.10	25m	14-1-07	Amsterdam (NED)	361
6. Dijkstra Menno	68	08-021	2:51.90	25m	15-3-87	Heemskerk (NED)	344
7. Crok Pieter	91	08-021	2:52.21	25m	25-3-10	Heemskerk (NED)	342
8. Kuilman Joris	80	08-021	2:54.06	25m	7-3-99	Zaandam (NED)	331
9. van der Gracht Jory	87	08-021	2:54.86	25m	15-1-06	Zaandam (NED)	327
10. Beentjes Bastiaan	78	08-021	2:55.00	25m	9-10-97	Heemskerk (NED)	326
11. Hermans Luuk	85	08-021	2:56.52	25m	28-10-04	Heemskerk (NED)	317
12. Steenbergen Roderik	82	08-021	2:56.77	25m	25-1-01	Heemskerk (NED)	316
13. Tijms Stefan	93	08-021	2:57.26	25m	27-5-12	Purmerend (NED)	313
14. van der Kroft Barry	82	08-021	2:57.66	25m	25-1-01	Heemskerk (NED)	311
15. Butter Martijn	79	08-021	2:58.00	25m	8-3-98	Zaandam (NED)	310
16. Schaaper Hans	68	08-021	2:58.40	25m	15-3-87	Heemskerk (NED)	308
17. Stins Arnold	83	08-021	2:58.93	25m	13-1-02	Zaandam	305
18. van Rookhuizen Barry	82	08-021	2:59.81	25m	25-1-01	Heemskerk (NED)	300
19. Stam Daniël	79	08-021	3:01.90	25m	8-3-98	Zaandam (NED)	290
20. Kranenburg Fred	63	08-021	3:05.60	25m	21-3-82		273
21. Zwaan Bas	76	08-021	3:06.50	25m	26-3-95	Wormerveer (NED)	269
22. Andeweg Celedonio	76	08-021	3:06.60	25m	15-6-95	Heemskerk (NED)	269
23. Goverde Ad	59	08-021	3:06.90	25m	21-5-78	Heemskerk (NED)	267
24. Kramer Vincent	82	08-021	3:09.35	25m	25-1-01	Heemskerk (NED)	257
25. de Vijlder Michael	75	08-021	3:10.40	25m	24-11-94	Heemskerk (NED)	253

500 schoolslag

1. van der Gracht Jory	87	08-021	8:36.29	OW	8-7-06	Oss (NED)
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800 schoolslag**1000 schoolslag**

1. van der Gracht Jory	87	08-021	18:08.69	OW	29-7-06	Hoorn (NED)
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1500 schoolslag**2000 schoolslag**

1. Oudendijk Paul	81	08-021	32:15.80	OW	25-6-00	Breukelen (NED)
2. Tamis Thijs	82	08-021	34:02.15	OW	24-6-01	Breukelen (NED)
3. Tijms Stefan	93	08-021	34:33.04	OW	16-6-12	Vriezenveen (NED)
4. Beentjes Bastiaan	78	08-021	34:51.10	OW	15-6-97	Spaarnwoude (NED)
5. Stins Arnold	83	08-021	37:00.87	OW	18-8-02	Eersel (NED)
6. van der Gracht Jory	87	08-021	37:20.28	OW	23-7-06	Langedijk (NED)
7. Stam Daniël	79	08-021	38:50.10	OW	21-6-98	Spaarnwoude (NED)

2500 schoolslag

3000 schoolslag

1. Oudendijk Paul	81	08-021	49:43.50	OW	29-7-00	Anna-Paulowna (NED)
2. Stins Arnold	83	08-021	53:47.42	OW	6-7-02	Sluis (NED)
3. Tijms Stefan	93	08-021	55:30.06	OW	7-7-12	Appeltern (NED)

4000 schoolslag**5000 schoolslag****25 vlinderslag**

1. van der Kroft Barry	82	08-021	13.00	25m	29-3-01	Heemskerk (NED)	441
2. Kuilman Joris	80	08-021	13.31	25m	25-3-99	Heemskerk (NED)	411
3. Schaaper Hans	68	08-021	13.40	25m	17-12-87	Heemskerk (NED)	403
4. Tamis Thijs	82	08-021	13.48	25m	29-3-01	Heemskerk (NED)	396
5. van der Gracht Jory	87	08-021	13.68	25m	27-4-06	Heemskerk	379
6. Kramer Vincent	82	08-021	13.75	25m	29-3-01	Heemskerk (NED)	373
7. Glorie Daan	88	08-021	13.95	25m	19-4-07	Heemskerk (NED)	357
8. Butter Martijn	79	08-021	14.00	25m	15-1-98	Heemskerk (NED)	353
9. Essers Tim	88	08-021	14.16	25m	19-4-07	Heemskerk (NED)	341
10. van Rookhuizen Barry	82	08-021	14.17	25m	29-3-01	Heemskerk (NED)	341
11. Krijger Jan-Willem	81	08-021	14.48	25m	4-5-00	Heemskerk (NED)	319
12. Zwaan Bas	76	08-021	14.60	25m	16-3-95	Heemskerk (NED)	311
13. Stam Daniël	79	08-021	14.70	25m	15-1-98	Heemskerk (NED)	305
14. Oudendijk Paul	81	08-021	14.90	25m	4-5-00	Heemskerk (NED)	293
15. Tap Ben	69	08-021	15.00	25m	22-3-88	Heemskerk (NED)	287
16. Zonneveld Jeroen	78	08-021	15.40	25m	13-2-97	Heemskerk (NED)	265
17. Beentjes Bastiaan	78	08-021	16.20	25m	13-2-97	Heemskerk (NED)	228
18. Bal Chester	78	08-021	16.30	25m	13-2-97	Heemskerk (NED)	224

50 vlinderslag

1. Jongert Jeroen	96	08-021	26.92	25m	10-12-15	Heemskerk (NED)	531
2. Kleijne Barry	93	08-021	27.55	25m	19-2-12	Purmerend (NED)	495
3. van der Gracht Jory	87	08-021	29.40	25m	14-12-06	Heemskerk (NED)	407
4. Crok Pieter	91	08-021	29.66	25m	25-3-10	Heemskerk (NED)	397
5. Kuilman Joris	80	08-021	29.79	25m	25-11-99	Heemskerk	391
6. Meijer Arno	75	08-021	30.30	25m	24-11-94	Heemskerk (NED)	372
7. Glorie Daan	88	08-021	30.34	50m	19-5-07	Beverwijk (NED)	404
8. Butter Martijn	79	08-021	30.40	25m	18-1-98	Zuidoost Beemster (NED)	368
9. de Wit Stephen	93	08-021	30.44	25m	13-12-12	Heemskerk (NED)	367
10. Stins Arnold	83	08-021	30.80	25m	31-1-02	Heemskerk	354
11. Verbree John	61	08-021	30.90	25m	8-11-80	Heemskerk (NED)	351
12. Schaaper Hans	68	08-021	31.00	25m	21-5-87	Heemskerk (NED)	347
13. Hermans Luuk	85	08-021	31.08	25m	4-4-04	Zaandam	345
14. van Rookhuizen Barry	82	08-021	31.10	50m	21-10-01	Beverwijk (NED)	375
15. Hagebout Marcel	68	08-021	31.20	25m	21-5-87	Heemskerk (NED)	341
16. Tamis Thijs	82	08-021	31.24	50m	21-10-01	Beverwijk (NED)	370
17. Kramer Vincent	82	08-021	31.74	50m	21-10-01	Beverwijk (NED)	352
18. Hoenink Jarl	86	08-021	31.91	25m	26-5-05	Heemskerk (NED)	318
19. Palmboom Pascal	89	08-021	32.06	25m	30-10-08	Heemskerk (NED)	314
20. Pover Peter	69	08-021	32.10	25m	14-12-88		313
21. de Ruijter René	86	08-021	32.16	25m	11-12-05	IJmuiden (NED)	311
22. Korzelius Ron	65	08-021	32.50	25m	28-10-84	Egmond (NED)	301
23. Tijms Stefan	93	08-021	32.54	25m	13-12-12	Heemskerk (NED)	300
24. Oudendijk Paul	81	08-021	33.26	25m	30-11-00	Heemskerk (NED)	281
25. de Vijlder Michael	75	08-021	33.40	25m	24-4-94	Zaandam (NED)	278

100 vlinderslag

1. Jongert Jeroen	96	08-021	1:00.39	25m	29-11-15	Heemskerk (NED)	516
2. Kleijne Barry	93	08-021	1:02.46	25m	11-3-12	Zaandam (NED)	466
3. Hogenstijn Peter	84	08-021	1:04.21	25m	27-3-03	Heemskerk	429
4. Glorie Daan	88	08-021	1:04.59	25m	14-1-07	Amsterdam (NED)	421
5. van der Gracht Jory	87	08-021	1:06.41	25m	12-2-06	Zaandam (NED)	388
6. Verbree John	61	08-021	1:07.10	25m	19-10-80	Heemskerk (NED)	376
7. Stins Arnold	83	08-021	1:07.54	25m	31-3-02	Haarlem	368
8. Butter Martijn	79	08-021	1:07.70	25m	8-3-98	Zaandam (NED)	366
9. Meijer Arno	75	08-021	1:07.80	25m	2-6-94	Heemskerk (NED)	364
10. Kuilman Joris	80	08-021	1:07.87	25m	22-4-99	Heemskerk (NED)	363
11. Kramer Vincent	82	08-021	1:09.12	25m	22-2-01	Heemskerk (NED)	344
12. de Wit Stephen	93	08-021	1:09.19	25m	11-3-12	Zaandam (NED)	343
13. van Rookhuizen Barry	82	08-021	1:09.84	25m	14-1-01	Heemskerk (NED)	333
14. Tamis Thijs	82	08-021	1:10.44	25m	22-2-01	Heemskerk (NED)	325
15. Essers Tim	88	08-021	1:10.91	25m	29-3-07	Heemskerk (NED)	318
16. Schaaper Hans	68	08-021	1:11.00	25m	4-10-87	Zaandam (NED)	317
17. Kranenburg Fred	63	08-021	1:12.40	25m	21-3-82		299
18. Pover Peter	69	08-021	1:13.80	25m	19-5-88	Heemskerk (NED)	282
19. de Vijlder Michael	75	08-021	1:14.50	25m	13-3-94	Wormerveer (NED)	274
20. Oudendijk Paul	81	08-021	1:14.77	25m	23-4-00	Haarlem (NED)	271
21. Korzelius Ron	65	08-021	1:14.80	25m	23-9-84	Heemskerk (NED)	271
22. Hagebout Marcel	68	08-021	1:15.10	25m	4-10-87	Zaandam (NED)	268
23. Palmboom Pascal	89	08-021	1:16.41	25m	16-11-08	Amsterdam-oost (NED)	254
24. Hermans Luuk	85	08-021	1:17.58	25m	25-11-04	Heemskerk (NED)	243
25. Steenbergen Roderik	82	08-021	1:17.85	25m	22-2-01	Heemskerk (NED)	240

200 vlinderslag

1. Glorie Daan	88	08-021	2:22.13	25m	29-4-07	Alkmaar (NED)	445
2. van der Gracht Jory	87	08-021	2:32.15	25m	30-11-06	Heemskerk	363
3. Stins Arnold	83	08-021	2:36.03	25m	17-3-02	Zaandam	336
4. Tamis Thijs	82	08-021	2:44.52	25m	20-12-01	Heemskerk	287
5. van Rookhuizen Barry	82	08-021	2:45.08	25m	20-12-01	Heemskerk	284
6. Kranenburg Fred	63	08-021	2:49.90	25m	18-4-82		260
7. Crok Pieter	91	08-021	2:54.98	25m	18-2-10	Heemskerk (NED)	238
8. Steenbergen Roderik	82	08-021	2:56.86	25m	20-12-01	Heemskerk	231
9. van der Kroft Barry	82	08-021	3:04.36	25m	20-12-01	Heemskerk	204
10. Kramer Vincent	82	08-021	3:07.07	25m	26-4-01	Heemskerk (NED)	195

100 wisselslag

1. Jongert Jeroen	96	08-021	1:03.02	25m	4-10-15	Purmerend (NED)	519
2. Kleijne Barry	93	08-021	1:04.34	25m	30-9-12	Heemskerk (NED)	488
3. de Wit Stephen	93	08-021	1:07.98	25m	30-9-12	Heemskerk (NED)	413
4. Meijer Arno	75	08-021	1:08.00	25m	27-11-94	Alkmaar (NED)	413
5. Kuilman Joris	80	08-021	1:08.04	25m	18-2-99	Heemskerk (NED)	412
6. Oudendijk Paul	81	08-021	1:08.52	25m	10-12-00	Heemskerk (NED)	404
7. Glorie Daan	88	08-021	1:08.65	25m	19-4-07	Heemskerk (NED)	401
8. Hermans Luuk	85	08-021	1:09.21	25m	7-11-04	IJmuiden (NED)	392
9. Stins Arnold	83	08-021	1:09.28	25m	26-9-02	Heemskerk	390
10. Schaaper Hans	68	08-021	1:09.40	25m	15-3-87	Heemskerk (NED)	388
11. van der Gracht Jory	87	08-021	1:09.60	25m	23-4-06	Zaandam (NED)	385
12. Kramer Vincent	82	08-021	1:10.14	25m	26-4-01	Heemskerk (NED)	376
13. Crok Pieter	91	08-021	1:10.33	25m	3-10-10	Zaandam (NED)	373
14. Tamis Thijs	82	08-021	1:10.84	25m	27-9-01	Heemskerk	365
15. Essers Tim	88	08-021	1:10.85	25m	30-9-07	Volendam (NED)	365
16. Steenbergen Roderik	82	08-021	1:11.82	25m	27-9-01	Heemskerk	350
17. Tijms Stefan	93	08-021	1:12.03	25m	28-5-12	Purmerend (NED)	347

100 wisselslag (sinds 18)

18. Dijkstra Menno	68	08-021	1:12.20	25m	15-3-87	Heemskerk (NED)	345
18. Pover Peter	69	08-021	1:12.20	25m	31-12-88		345
20. van Rookhuizen Barry	82	08-021	1:12.65	25m	27-9-01	Heemskerk	339
21. Verbree John	61	08-021	1:13.20	25m	31-5-80	Heemskerk (NED)	331
22. Palmboom Pascal	89	08-021	1:14.35	25m	5-10-08	Heemskerk (NED)	316
23. Hoenink Jarl	86	08-021	1:16.29	25m	29-9-05	Heemskerk (NED)	292
24. de Ruijter René	86	08-021	1:16.46	25m	29-9-05	Heemskerk (NED)	290
25. Andeweg Celedonio	76	08-021	1:16.90	25m	5-2-95	Assendelft (NED)	285

200 wisselslag

1. Jongert Jeroen	96	08-021	2:20.13	25m	15-11-15	Purmerend (NED)	478
2. Kleijne Barry	93	08-021	2:24.11	25m	26-4-12	Heemskerk (NED)	440
3. Butter Martijn	79	08-021	2:26.90	25m	7-5-98	Heemskerk (NED)	415
4. Meijer Arno	75	08-021	2:27.10	25m	20-1-94	Heemskerk	413
5. Stins Arnold	83	08-021	2:27.81	25m	6-4-02	Hengelo (NED)	408
6. Oudendijk Paul	81	08-021	2:28.18	25m	26-10-00	Heemskerk (NED)	404
7. de Wit Stephen	93	08-021	2:28.41	25m	26-4-12	Heemskerk (NED)	403
8. Crok Pieter	91	08-021	2:29.46	25m	11-4-10	Zaandam (NED)	394
9. Kuilman Joris	80	08-021	2:30.04	25m	20-5-99	Heemskerk (NED)	390
10. Schaaper Hans	68	08-021	2:30.40	25m	21-5-87	Heemskerk (NED)	387
11. Glorie Daan	88	08-021	2:31.01	25m	18-3-07	Heemskerk (NED)	382
12. Tamis Thijs	82	08-021	2:31.06	25m	31-5-01	Heemskerk (NED)	382
13. van der Gracht Jory	87	08-021	2:34.05	25m	22-10-06	Zaandam (NED)	360
14. Steenbergen Roderik	82	08-021	2:34.48	25m	16-9-01	Zaandam (NED)	357
15. Hermans Luuk	85	08-021	2:35.07	25m	17-10-04	Zaandam (NED)	353
16. Pover Peter	69	08-021	2:36.60	25m	7-2-88	Heemskerk (NED)	343
17. Kramer Vincent	82	08-021	2:37.08	25m	16-9-01	Zaandam (NED)	339
18. Verbree John	61	08-021	2:38.80	25m	21-9-80	Heemskerk (NED)	329
19. van der Kroft Barry	82	08-021	2:39.04	25m	25-10-01	Heemskerk	327
20. Tijms Stefan	93	08-021	2:39.68	25m	26-4-12	Heemskerk (NED)	323
21. de Vijlder Michael	75	08-021	2:40.20	25m	6-2-94	Wormerveer (NED)	320
22. Zwaan Bas	76	08-021	2:42.70	25m	23-4-95	Castricum (NED)	305
23. Essers Tim	88	08-021	2:42.80	25m	25-11-07	Amsterdam (NED)	305
24. Hagebout Marcel	68	08-021	2:43.90	25m	21-5-87	Heemskerk (NED)	299
25. Dijkstra Menno	68	08-021	2:44.20	25m	21-5-87	Heemskerk (NED)	297

300 wisselslag

1. Tamis Thijs	82	08-021	3:54.84	25m	23-12-01	Amsterdam
2. van der Gracht Jory	87	08-021	3:59.47	25m	12-1-06	Heemskerk (NED)
3. Kramer Vincent	82	08-021	4:22.66	25m	23-12-01	Amsterdam

400 wisselslag

1. Glorie Daan	88	08-021	5:10.47	25m	28-1-07	Zaandam (NED)	436
2. Butter Martijn	79	08-021	5:11.50	25m	29-3-98	Heemstede (NED)	432
3. Tamis Thijs	82	08-021	5:18.70	25m	25-2-01	Heemskerk (NED)	403
4. Stins Arnold	83	08-021	5:21.26	25m	24-2-02	Heemskerk	393
5. Oudendijk Paul	81	08-021	5:24.83	25m	30-3-00	Heemskerk (NED)	381
6. Meijer Arno	75	08-021	5:26.40	25m	6-3-94	Assendelft (NED)	375
7. Kranenburg Fred	63	08-021	5:33.40	25m	28-2-82		352
8. Steenbergen Roderik	82	08-021	5:43.62	25m	25-2-01	Heemskerk (NED)	321
9. Kramer Vincent	82	08-021	5:54.06	25m	25-2-01	Heemskerk (NED)	294
10. Stam Daniël	79	08-021	5:55.40	25m	29-3-98	Heemstede (NED)	290
11. Zwaan Bas	76	08-021	6:09.40	25m	8-6-95	Heemskerk (NED)	259
12. Windmuller Ton	62	08-021	6:28.50	25m	5-4-81	Heemskerk (NED)	222