

55 - 59 jaar, Heren, Korte baan (25m)

1-1-1900-31-7-2016

**25 vrije slag**

1. van der Gracht Adrie	57	08-021	16.66	25m	17-2-13	Aberdeen (GBR)	164
-------------------------	----	--------	-------	-----	---------	----------------	-----

**50 vrije slag**

1. Crok Dirk	58	08-021	33.27	25m	31-10-13	Heemskerk (NED)	225
2. van der Gracht Adrie	57	08-021	40.06	25m	12-1-13	Zwolle (NED)	129
3. Glorie Jan	57	08-021	45.95	25m	18-2-12	Heerenveen (NED)	85

**100 vrije slag**

1. Crok Dirk	58	08-021	1:15.45	25m	25-4-13	Heemskerk (NED)	211
2. van der Gracht Adrie	57	08-021	1:37.81	25m	6-4-15	Haarlem (NED)	96
3. Glorie Jan	57	08-021	1:55.57	25m	9-2-12	Heemskerk (NED)	58

**200 vrije slag**

1. Crok Dirk	58	08-021	2:54.93	25m	21-3-13	Heemskerk (NED)	183
--------------	----	--------	---------	-----	---------	-----------------	-----

**250 vrije slag****300 vrije slag**

1. Crok Dirk	58	08-021	4:45.36	25m	22-1-16	Papendrecht (NED)	162
--------------	----	--------	---------	-----	---------	-------------------	-----

**400 vrije slag**

1. Crok Dirk	58	08-021	6:17.28	25m	17-2-13	Aberdeen (GBR)	178
--------------	----	--------	---------	-----	---------	----------------	-----

**500 vrije slag****800 vrije slag**

1. Crok Dirk	58	08-021	12:58.61	25m	10-2-13	Zaandam (NED)	184
--------------	----	--------	----------	-----	---------	---------------	-----

**1000 vrije slag****1250 vrije slag****1500 vrije slag**

1. Crok Dirk	58	08-021	24:39.30	25m	10-2-13	Zaandam (NED)	189
--------------	----	--------	----------	-----	---------	---------------	-----

**2000 vrije slag****2500 vrije slag****3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****10000 vrije slag**

**20000 vrije slag****22000 vrije slag****25 rugslag**

1. van der Gracht Adrie	57	08-021	24.08	25m	26-5-13	Grootebroek (NED)	79
-------------------------	----	--------	-------	-----	---------	-------------------	----

**50 rugslag**

1. Oudendijk Hans	54	08-021	50.62	25m	24-1-10	Vlaardingen (NED)	84
2. van der Gracht Adrie	57	08-021	54.50	25m	19-2-15	Heemskerk (NED)	67
3. Glorie Jan	57	08-021	1:09.86	25m	22-3-12	Heemskerk (NED)	32

**100 rugslag**

1. Oudendijk Hans	54	08-021	2:00.17	25m	4-11-10	Heemskerk (NED)	67
2. van der Gracht Adrie	57	08-021	2:05.14	25m	30-10-14	Heemskerk (NED)	59

**200 rugslag****500 rugslag****25 schoolslag**

1. van der Gracht Adrie	57	08-021	19.80	25m	20-10-12	Emmeloord (NED)	202
-------------------------	----	--------	-------	-----	----------	-----------------	-----

**50 schoolslag**

1. Oudendijk Hans	54	08-021	43.01	25m	18-2-10	Heemskerk (NED)	202
2. Crok Dirk	58	08-021	43.93	25m	30-1-14	Heemskerk (NED)	189
3. van der Gracht Adrie	57	08-021	45.00	25m	5-10-13	Zwolle (NED)	176
4. Glorie Jan	57	08-021	53.04	25m	7-1-12	Zwolle (NED)	107

**100 schoolslag**

1. Oudendijk Hans	54	08-021	1:39.47	25m	10-9-09	Terneuzen (NED)	174
2. Crok Dirk	58	08-021	1:39.49	25m	31-10-13	Heemskerk (NED)	174
3. van der Gracht Adrie	57	08-021	1:43.23	25m	18-5-13	Purmerend (NED)	156

**200 schoolslag**

1. Oudendijk Hans	54	08-021	3:32.08	25m	11-9-09	Terneuzen (NED)	183
2. van der Gracht Adrie	57	08-021	3:57.40	25m	19-5-13	Purmerend (NED)	130

**500 schoolslag****800 schoolslag****1000 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag**

**3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Oudendijk Hans	54	08-021	18.89	25m	4-11-10	Heemskerk (NED)	143
2. van der Gracht Adrie	57	08-021	20.06	25m	15-2-14	Heerenveen (NED)	120
3. Glorie Jan	57	08-021	32.86	25m	7-1-12	Zwolle (NED)	27

**50 vlinderslag**

1. Oudendijk Hans	54	08-021	43.06	25m	18-2-10	Heemskerk (NED)	129
2. van der Gracht Adrie	57	08-021	46.57	25m	19-10-13	Emmeloord (NED)	102
3. Glorie Jan	57	08-021	1:11.37	25m	22-3-12	Heemskerk (NED)	28

**100 vlinderslag****200 vlinderslag****100 wisselslag**

1. van der Gracht Adrie	57	08-021	1:44.82	25m	21-2-15	Heerenveen (NED)	112
2. Oudendijk Hans	54	08-021	1:45.76	25m	23-1-09	Vlissingen (NED)	109
3. Glorie Jan	57	08-021	2:10.28	25m	18-2-12	Heerenveen (NED)	58

**200 wisselslag****300 wisselslag****400 wisselslag**