

30 - 34 jaar, Heren

1-1-1900-31-7-2018

**25 vrije slag**

1. Meijer Arno	75	08-021	12.00	25m	22-5-05	Grootebroek (NED)	443
2. Oudendijk Paul	81	08-021	12.44	25m	17-2-13	Aberdeen (GBR)	397
3. Butter Martijn	79	08-021	12.75	25m	22-5-11	Grootebroek (NED)	369
4. van Rookhuizen Barry	82	08-021	13.13	25m	26-4-12	Heemskerk (NED)	338
5. Zonneveld Jeroen	78	08-021	14.12	25m	20-10-12	Emmeloord (NED)	272
6. van Velsen Gerard	54	08-021	14.20	25m	22-3-88	Heemskerk (NED)	267

**50 vrije slag**

1. Meijer Arno	75	08-021	26.34	25m	22-5-05	Grootebroek (NED)	457
2. van der Gracht Jory	87	08-021	26.58	25m	12-3-17	Purmerend (NED)	445
3. Oudendijk Paul	81	08-021	26.64	25m	7-4-13	Castricum (NED)	442
4. Butter Martijn	79	08-021	26.69	25m	15-3-09	Haarlem (NED)	439
5. van Rookhuizen Barry	82	08-021	29.10	25m	25-4-13	Heemskerk (NED)	339
6. Stins Arnold	83	08-021	29.34	25m	17-4-14	Heemskerk (NED)	331
7. Oortwijn Bouke	78	08-021	31.21	25m	11-10-12	Heemskerk (NED)	275
8. Zonneveld Jeroen	78	08-021	31.39	25m	18-2-12	Heerenveen (NED)	270
9. Bokelaar Martijn	80	08-021	35.87	25m	20-2-10	Heerenveen (NED)	181
10. van Velsen Gerard	54	08-021	42.50	25m	22-3-88	Heemskerk (NED)	108

**100 vrije slag**

1. Butter Martijn	79	08-021	57.91	25m	24-9-09	Heemskerk (NED)	467
2. Oudendijk Paul	81	08-021	58.86	25m	13-1-13	Alkmaar (NED)	445
3. Camphuijnder Wilko	69	08-021	59.22	25m	22-2-01	Heemskerk (NED)	437
4. van der Gracht Jory	87	08-021	59.81	25m	12-2-17	Purmerend (NED)	424
5. Meijer Arno	75	08-021	1:00.36	25m	16-1-05	Zaandam (NED)	412
6. Rijpma Sjoerd	58	DEM/OEZA	1:04.60	25m	10-1-91	Heemskerk (NED)	336
7. van Rookhuizen Barry	82	08-021	1:05.39	25m	9-2-12	Heemskerk (NED)	324
8. Stins Arnold	83	08-021	1:05.54	25m	31-1-13	Heemskerk (NED)	322
9. Kies Marcel	60	DEM/OEZA	1:12.80	25m	10-1-91	Heemskerk (NED)	235
10. den Exter Peter	63	08-021	1:19.80	25m	4-4-96	Heemskerk (NED)	178
11. Zonneveld Jeroen	78	08-021	1:21.14	50m	23-9-12	Alkmaar (NED)	193

**200 vrije slag**

1. Butter Martijn	79	08-021	2:06.13	25m	10-5-09	Purmerend (NED)	489
2. Camphuijnder Wilko	69	08-021	2:14.48	25m	22-4-99	Heemskerk (NED)	403
3. van der Gracht Jory	87	08-021	2:15.57	25m	16-3-17	Heemskerk (NED)	393
4. Oudendijk Paul	81	08-021	2:15.68	25m	17-2-13	Aberdeen (GBR)	392
5. Meijer Arno	75	08-021	2:17.82	25m	2-10-05	Zaandam (NED)	374
6. Rijpma Sjoerd	58	DEM/OEZA	2:26.40	25m	10-1-91	Heemskerk (NED)	312
7. Kies Marcel	60	DEM/OEZA	2:42.40	25m	10-1-91	Heemskerk (NED)	229
8. Zonneveld Jeroen	78	08-021	2:44.39	25m	24-10-09	Emmeloord (NED)	220

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

1. Butter Martijn	79	08-021	3:20.17	25m	12-4-09	Haarlem (NED)	471
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**400 vrije slag**

1. Butter Martijn	79	08-021	4:28.12	25m	12-4-09	Haarlem (NED)	496
2. van der Gracht Jory	87	08-021	4:53.98	25m	1-10-17	Purmerend (NED)	376

**500 vrije slag**

**800 vrije slag**

1. Butter Martijn	79	08-021	9:37.70	25m	1-3-09	Zaandam (NED)	452
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**1000 vrije slag**

1. Butter Martijn	79	08-021	12:47.09	OW	18-7-09	Middelburg (NED)
2. Oudendijk Paul	81	08-021	13:15.08	OW	1-9-12	Wilhelminadorp (NED)
3. van der Gracht Jory	87	08-021	14:07.12	OW	6-8-17	Breda (NED)
4. Stins Arnold	83	08-021	16:08.66	OW	4-8-13	Amstelveen (NED)

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

1. Butter Martijn	79	08-021	18:13.73	25m	1-3-09	Zaandam (NED)	469
2. van der Gracht Jory	87	08-021	22:14.96	OW	16-7-17	Amsterdam (NED)	

**2000 vrije slag**

1. Butter Martijn	79	08-021	24:16.80	25m	1-3-09	Zaandam (NED)	470
2. Leegwater Martijn	83	08-021	37:01.29	OW	18-7-15	Amstelveen (NED)	
3. Mulder Joost	82	08-021	39:37.48	OW	18-7-15	Amstelveen (NED)	
4. de Goed Remco	82	08-021	41:16.31	OW	18-7-15	Amstelveen (NED)	

**2500 vrije slag**

1. Butter Martijn	79	08-021	32:53.39	OW	4-7-09	Oss (NED)
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**3000 vrije slag**

1. Butter Martijn	79	08-021	38:58.87	OW	11-7-09	Wijk en Aalburg (NED)
2. Oudendijk Paul	81	08-021	40:25.75	OW	7-9-13	Eindhoven (NED)
3. van der Gracht Jory	87	08-021	44:23.25	OW	2-9-17	Wilhelminadorp (NED)

**4000 vrije slag****5000 vrije slag**

1. Butter Martijn	79	08-021	1:04:59.69	OW	5-7-09	Bodegraven (NED)
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**6000 vrije slag**

1. Butter Martijn	79	08-021	1:07:17.50	OW	12-7-09	Beusichem-Culemborg (NED)
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**6500 vrije slag****10000 vrije slag**

1. Butter Martijn	79	08-021	2:24:59.78	OW	13-6-09	Vriezenveen (NED)
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**20000 vrije slag****22000 vrije slag**

1. Butter Martijn	79	08-021	5:49:07.32	OW	8-8-09	Stavoren-Medemblik (NED)
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**25 rugslag**

1. Camphuijnder Wilko	69	08-021	14.98	25m	22-2-01	Heemskerk (NED)	349
2. Meijer Arno	75	08-021	15.13	25m	3-12-06	Almere (NED)	339
3. Butter Martijn	79	08-021	15.19	25m	21-11-10	Almere-Stad (NED)	335
4. van Velsen Gerard	54	08-021	17.30	25m	22-3-88	Heemskerk (NED)	226
5. Zonneveld Jeroen	78	08-021	17.36	25m	29-5-08	Heemskerk (NED)	224

**50 rugslag**

1. Oudendijk Paul	81	08-021	30.68	25m	23-1-11	Heerenveen (NED)	400
2. Butter Martijn	79	08-021	31.18	25m	12-4-09	Haarlem (NED)	381
3. Camphuijnder Wilko	69	08-021	31.44	25m	25-1-01	Heemskerk (NED)	371
4. Meijer Arno	75	08-021	32.76	25m	27-10-05	Heemskerk (NED)	328
5. Stins Arnold	83	08-021	34.73	25m	21-3-13	Heemskerk (NED)	275
6. van Rookhuizen Barry	82	08-021	35.42	25m	22-3-12	Heemskerk (NED)	260
7. van der Gracht Jory	87	08-021	37.54	25m	2-2-17	Heemskerk (NED)	218
8. Zonneveld Jeroen	78	08-021	39.86	25m	22-10-11	Emmeloord (NED)	182
9. Oortwijn Bouke	78	08-021	44.39	25m	13-12-12	Heemskerk (NED)	132
10. Bokelaar Martijn	80	08-021	44.68	25m	20-2-10	Heerenveen (NED)	129
11. van Velsen Gerard	54	08-021	47.50	25m	22-3-88	Heemskerk (NED)	107

**100 rugslag**

1. Oudendijk Paul	81	08-021	1:04.73	25m	11-3-12	Zaandam (NED)	432
2. Butter Martijn	79	08-021	1:06.05	25m	10-5-09	Purmerend (NED)	406
3. Meijer Arno	75	08-021	1:12.67	25m	2-10-05	Zaandam (NED)	305
4. Stins Arnold	83	08-021	1:16.94	25m	10-12-15	Heemskerk (NED)	257
5. Zonneveld Jeroen	78	08-021	1:28.99	25m	13-12-12	Heemskerk (NED)	166
6. van Rookhuizen Barry	82	08-021	1:29.01	25m	30-10-14	Heemskerk (NED)	166
7. Oortwijn Bouke	78	08-021	1:29.62	25m	13-12-12	Heemskerk (NED)	162

**200 rugslag**

1. Oudendijk Paul	81	08-021	2:20.18	25m	10-11-13	Zaandam (NED)	433
2. Butter Martijn	79	08-021	2:20.69	25m	23-4-09	Heemskerk (NED)	429
3. Meijer Arno	75	08-021	2:39.67	25m	16-1-05	Zaandam (NED)	293
4. Stins Arnold	83	08-021	2:58.57	50m	6-4-14	Amersfoort (NED)	246

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

1. Butter Martijn	79	08-021	15.20	25m	21-11-10	Almere-Stad (NED)	446
2. Meijer Arno	75	08-021	15.88	25m	20-11-05	Almere-Stad (NED)	391
3. Camphuijnder Wilko	69	08-021	15.98	25m	22-2-01	Heemskerk (NED)	384
4. van Velsen Gerard	54	08-021	18.00	25m	22-3-88	Heemskerk (NED)	269
5. Zonneveld Jeroen	78	08-021	18.13	25m	22-10-11	Emmeloord (NED)	263

**50 schoolslag**

1. Oudendijk Paul	81	08-021	33.28	25m	30-9-12	Heemskerk (NED)	436
2. Butter Martijn	79	08-021	33.43	25m	22-1-09	Heemskerk (NED)	430
3. van der Gracht Jory	87	08-021	36.08	25m	16-4-17	Haarlem (NED)	342
4. Meijer Arno	75	08-021	36.35	25m	25-11-07	Amsterdam (NED)	335
5. Stins Arnold	83	08-021	38.42	25m	31-1-13	Heemskerk (NED)	283
6. van Rookhuizen Barry	82	08-021	39.05	25m	9-2-12	Heemskerk (NED)	270
7. Zonneveld Jeroen	78	08-021	40.76	25m	16-3-08	Amersfoort (NED)	237
8. van Velsen Gerard	54	08-021	46.20	25m	22-3-88	Heemskerk (NED)	163

**100 schoolslag**

1. Oudendijk Paul	81	08-021	1:12.95	25m	12-1-14	Purmerend (NED)	442
2. van der Gracht Jory	87	08-021	1:18.47	25m	1-10-17	Purmerend (NED)	355
3. Meijer Arno	75	08-021	1:18.79	25m	13-3-05	Amsterdam (NED)	351
4. Butter Martijn	79	08-021	1:18.91	25m	1-11-09	Purmerend (NED)	349
5. Beentjes Bastiaan	78	08-021	1:23.13	25m	19-11-09	Heemskerk (NED)	299
6. van Rookhuizen Barry	82	08-021	1:29.72	25m	11-10-12	Heemskerk (NED)	238
7. Stins Arnold	83	08-021	1:29.94	25m	24-9-15	Heemskerk (NED)	236
8. Zonneveld Jeroen	78	08-021	1:31.69	25m	11-10-12	Heemskerk (NED)	223
9. Oortwijn Bouke	78	08-021	1:33.14	25m	11-10-12	Heemskerk (NED)	212
10. den Exter Peter	63	08-021	1:33.50	25m	4-4-96	Heemskerk (NED)	210

**200 schoolslag**

1. Oudendijk Paul	81	08-021	2:38.26	25m	16-1-11	Zaandam (NED)	443
2. van der Gracht Jory	87	08-021	2:53.29	25m	12-2-17	Purmerend (NED)	337
3. Meijer Arno	75	08-021	2:54.00	25m	27-10-05	Heemskerk (NED)	333
4. Camphuijnder Wilko	69	08-021	2:54.34	25m	25-1-01	Heemskerk (NED)	331
5. Butter Martijn	79	08-021	2:59.50	25m	25-3-10	Heemskerk (NED)	303
6. Zonneveld Jeroen	78	08-021	3:35.67	50m	23-9-12	Alkmaar (NED)	204

**500 schoolslag****800 schoolslag****1000 schoolslag**

1. Oudendijk Paul	81	08-021	15:50.48	OW	21-7-13	Amsterdam (NED)
2. van der Gracht Jory	87	08-021	18:02.08	OW	6-8-17	Breda (NED)
3. Stins Arnold	83	08-021	19:11.90	OW	22-8-15	Hoorndijk (NED)

**1250 schoolslag****1500 schoolslag****2000 schoolslag**

1. Oudendijk Paul	81	08-021	32:44.46	OW	16-6-13	Spaarnwoude (NED)
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**2500 schoolslag****3000 schoolslag**

1. Oudendijk Paul	81	08-021	46:23.36	OW	7-8-11	Amsterdam (NED)
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**4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Meijer Arno	75	08-021	13.04	25m	18-3-06	Heerenveen (NED)	437
2. Butter Martijn	79	08-021	14.05	25m	30-6-11	Heemskerk (NED)	349
3. Zonneveld Jeroen	78	08-021	15.18	25m	29-5-08	Heemskerk (NED)	277
4. van Velsen Gerard	54	08-021	19.40	25m	22-3-88	Heemskerk (NED)	132

**50 vlinderslag**

1. van der Gracht Jory	87	08-021	28.75	25m	8-1-17	Purmerend (NED)	435
2. Meijer Arno	75	08-021	30.08	25m	8-5-05	Oosterhout (NED)	380
3. Oudendijk Paul	81	08-021	31.31	25m	7-4-13	Castricum (NED)	337
4. Butter Martijn	79	08-021	31.48	25m	25-3-10	Heemskerk (NED)	332
5. van Rookhuizen Barry	82	08-021	32.18	25m	22-3-12	Heemskerk (NED)	310
6. Stins Arnold	83	08-021	32.53	25m	12-12-13	Heemskerk (NED)	300
7. Zonneveld Jeroen	78	08-021	34.96	25m	13-12-12	Heemskerk (NED)	242
8. Oortwijn Bouke	78	08-021	36.46	25m	13-12-12	Heemskerk (NED)	213

**100 vlinderslag**

1. Camphuijnder Wilko	69	08-021	1:03.06	25m	22-4-99	Heemskerk (NED)	454
2. van der Gracht Jory	87	08-021	1:05.39	25m	2-2-17	Heemskerk (NED)	407
3. Schaaper Hans	68	08-021	1:08.23	25m	22-4-99	Heemskerk (NED)	358
4. Meijer Arno	75	08-021	1:09.67	25m	24-2-05	Heemskerk (NED)	336
5. Butter Martijn	79	08-021	1:10.30	25m	13-3-11	Heemskerk (NED)	327
6. Oudendijk Paul	81	08-021	1:13.02	25m	11-3-12	Zaandam (NED)	292

**200 vlinderslag**

1. van der Gracht Jory	87	08-021	2:31.35	25m	12-3-17	Purmerend (NED)	369
2. Butter Martijn	79	08-021	2:36.06	25m	15-3-09	Haarlem (NED)	336

**100 wisselslag**

1. Oudendijk Paul	81	08-021	1:06.20	25m	30-9-12	Heemskerk (NED)	449
2. van der Gracht Jory	87	08-021	1:07.62	25m	11-5-17	Heemskerk (NED)	421
3. Butter Martijn	79	08-021	1:08.64	25m	14-4-11	Heemskerk (NED)	403
4. Meijer Arno	75	08-021	1:10.02	25m	17-3-07	Lelystad (NED)	379
5. Stins Arnold	83	08-021	1:15.44	25m	25-4-13	Heemskerk (NED)	303
6. van Rookhuizen Barry	82	08-021	1:16.64	25m	26-4-12	Heemskerk (NED)	289
7. Zonneveld Jeroen	78	08-021	1:21.99	25m	16-3-08	Amersfoort (NED)	236
8. Beentjes Bastiaan	78	08-021	1:24.31	25m	19-11-09	Heemskerk (NED)	217

**200 wisselslag**

1. Oudendijk Paul	81	08-021	2:22.98	25m	7-4-13	Castricum (NED)	450
2. Butter Martijn	79	08-021	2:28.11	25m	22-1-09	Heemskerk (NED)	405
3. van der Gracht Jory	87	08-021	2:29.57	25m	12-3-17	Purmerend (NED)	393
4. Meijer Arno	75	08-021	2:33.62	25m	19-3-06	Heemskerk (NED)	363

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

1. Butter Martijn	79	08-021	5:19.24	25m	18-2-12	Heerenveen (NED)	401
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