

**25 vrije slag****50 vrije slag**

1. Prins Hilbert	51	08-021	40.04	25m	24-1-15	Heerenveen (NED)	129
2. van der Gracht Adrie	57	08-021	40.86	25m	11-5-17	Heemskerk (NED)	121

**100 vrije slag**

1. Prins Hilbert	51	08-021	1:22.44	25m	24-1-15	Heerenveen (NED)	161
2. van der Gracht Adrie	57	08-021	1:42.05	25m	2-2-17	Heemskerk (NED)	85

**200 vrije slag**

1. Prins Hilbert	51	08-021	2:58.34	25m	23-1-15	Heerenveen (NED)	172
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**250 vrije slag****300 vrije slag**

1. Prins Hilbert	51	08-021	4:40.33	25m	23-1-15	Heerenveen (NED)	171
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**400 vrije slag**

1. Prins Hilbert	51	08-021	6:10.10	25m	10-2-13	Zaandam (NED)	188
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**500 vrije slag****800 vrije slag**

1. Prins Hilbert	51	08-021	12:33.79	25m	10-2-13	Zaandam (NED)	203
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**1000 vrije slag****1250 vrije slag****1500 vrije slag**

1. Prins Hilbert	51	08-021	23:51.77	25m	10-2-13	Zaandam (NED)	207
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**2000 vrije slag****2500 vrije slag****3000 vrije slag**

1. Prins Hilbert	51	08-021	52:37.20	OW	7-9-13	Eindhoven (NED)	
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**4000 vrije slag****5000 vrije slag**

**6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag****50 rugslag**

1. van der Gracht Adrie	57	08-021	56.93	50m	9-4-17	Alkmaar (NED)	75
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**100 rugslag**

1. van der Gracht Adrie	57	08-021	2:18.90	25m	18-1-18	Heemskerk (NED)	43
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**200 rugslag****500 rugslag****25 schoolslag****50 schoolslag**

1. van der Gracht Adrie	57	08-021	46.24	25m	2-2-17	Heemskerk (NED)	162
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**100 schoolslag**

1. van der Gracht Adrie	57	08-021	1:51.69	25m	9-11-17	Heemskerk (NED)	123
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**200 schoolslag****500 schoolslag****800 schoolslag****1000 schoolslag**

1. Oudendijk Hans	54	08-021	21:58.80	OW	5-7-14	Macharen (NED)	
2. van der Gracht Adrie	57	08-021	22:42.80	OW	2-9-17	Wilhelminadorp (NED)	

**1250 schoolslag**

1. van der Gracht Adrie	57	08-021	35:27.26	OW	21-7-18	Hoorndiep (NED)	
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**1500 schoolslag**

**2000 schoolslag**

1. Oudendijk Hans	54	08-021	46:49.40	OW	30-8-14	Oirschot (NED)	
2. van der Gracht Adrie	57	08-021	48:17.65	OW	3-9-17	Vlissingen (NED)	

**2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag****50 vlinderslag**

1. van der Gracht Adrie	57	08-021	48.45	25m	16-3-17	Heemskerk (NED)	91
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**100 vlinderslag****200 vlinderslag****1000 vlinderslag****100 wisselslag**

1. van der Gracht Adrie	57	08-021	1:55.25	25m	17-5-18	Heemskerk (NED)	83
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**200 wisselslag****300 wisselslag****400 wisselslag**