

25 - 29 jaar, Heren

1-1-1900-31-7-2019

**25 vrije slag**

1. Camphuijnder Wilko	69	08-021	11.70	25m	12-2-98	Heemskerk (NED)	475
2. Oudendijk Paul	81	08-021	11.98	25m	4-3-06	Aberdeen (GBR)	442
3. Butter Martijn	79	08-021	12.46	25m	29-5-08	Heemskerk (NED)	393
4. van Rookhuizen Barry	82	08-021	12.82	25m	29-5-08	Heemskerk (NED)	361
5. Beentjes Bastiaan	78	08-021	15.18	25m	21-5-06	Grootebroek (NED)	217

**50 vrije slag**

1. Camphuijnder Wilko	69	08-021	25.60	25m	8-3-98	Zaandam (NED)	495
2. Butter Martijn	79	08-021	26.15	25m	7-11-04	IJmuiden (NED)	465
3. Oudendijk Paul	81	08-021	26.32	25m	23-4-06	Zaandam (NED)	456
4. van der Gracht Jory	87	08-021	26.66	25m	31-10-13	Heemskerk (NED)	438
5. Meijer Arno	75	08-021	26.89	25m	29-1-04	Heemskerk (NED)	427
6. van Rookhuizen Barry	82	08-021	27.41	25m	31-5-07	Heemskerk (NED)	403
7. Palmboom Pascal	89	08-021	27.75	25m	6-3-16	Purmerend (NED)	389
8. Tijms Stefan	93	08-021	27.82	25m	17-5-18	Heemskerk (NED)	386
9. Verbree John	61	08-021	28.00	25m	22-3-87	Heerhugowaard (NED)	378
10. Pover Peter	69	08-021	28.30	25m	12-12-96	Heemskerk (NED)	366
11. Glorie Daan	88	08-021	28.43	25m	18-1-15	Zaandam (NED)	361
12. de Caluwé Niels	91	08-021	28.59	25m	6-3-16	Purmerend (NED)	355
13. Essers Tim	88	08-021	28.81	25m	15-3-14	Lelystad (NED)	347
14. Stins Arnold	83	08-021	28.96	25m	11-10-12	Heemskerk (NED)	342
15. Zonneveld Jeroen	78	08-021	30.22	25m	13-5-07	Grootebroek (NED)	301
16. Goverde Ad	59	08-021	31.10	25m	2-9-84	Heemskerk (NED)	276
17. Beentjes Bastiaan	78	08-021	32.27	25m	21-5-06	Grootebroek (NED)	247

**100 vrije slag**

1. Camphuijnder Wilko	69	08-021	55.60	25m	14-12-97	Heemskerk (NED)	528
2. Butter Martijn	79	08-021	56.40	25m	16-1-05	Zaandam (NED)	505
3. Oudendijk Paul	81	08-021	56.87	25m	30-3-06	Heemskerk (NED)	493
4. van der Gracht Jory	87	08-021	58.19	25m	29-11-15	Heemskerk (NED)	460
5. Meijer Arno	75	08-021	59.01	25m	14-1-01	Heemskerk (NED)	441
6. Glorie Daan	88	08-021	59.21	25m	18-1-15	Zaandam (NED)	437
7. Verbree John	61	08-021	1:00.00	25m	9-2-86	Castricum (NED)	420
8. Tijms Stefan	93	08-021	1:00.34	25m	15-2-18	Heemskerk (NED)	413
9. van Rookhuizen Barry	82	08-021	1:01.63	25m	14-1-07	Amsterdam (NED)	387
10. Steenbergen Roderik	82	08-021	1:02.78	25m	14-1-07	Amsterdam (NED)	366
11. Essers Tim	88	08-021	1:04.18	25m	10-1-15	Zwolle (NED)	343
12. Stins Arnold	83	08-021	1:04.21	25m	13-1-08	Heemskerk (NED)	342
13. Palmboom Pascal	89	08-021	1:05.51	25m	19-5-16	Heemskerk (NED)	322
14. de Caluwé Niels	91	08-021	1:05.61	25m	18-2-16	Heemskerk (NED)	321
15. Goverde Ad	59	08-021	1:08.10	25m	7-1-84	Hilversum (NED)	287
16. Beentjes Bastiaan	78	08-021	1:11.00	25m	30-3-06	Heemskerk (NED)	253
17. Zonneveld Jeroen	78	08-021	1:12.05	25m	31-5-07	Heemskerk (NED)	242
18. Blokker Mike	66	DEM/OEZA	1:12.70	25m	7-2-91	Heemskerk (NED)	236
19. Boon Peter	66	DEM/OEZA	1:25.40	25m	10-1-91	Heemskerk (NED)	145

**200 vrije slag**

1. Butter Martijn	79	08-021	2:03.89	25m	3-10-04	Heemskerk (NED)	516
2. Glorie Daan	88	08-021	2:07.28	25m	16-11-14	Zaandam (NED)	475
3. Oudendijk Paul	81	08-021	2:07.98	25m	3-2-07	Aberdeen (GBR)	468
4. Camphuijnder Wilko	69	08-021	2:09.20	25m	6-4-97	Heemskerk (NED)	454
5. van der Gracht Jory	87	08-021	2:10.30	25m	16-12-12	Zaandam (NED)	443
6. Tijms Stefan	93	08-021	2:15.14	25m	14-1-18	Purmerend (NED)	397
7. Meijer Arno	75	08-021	2:16.21	25m	5-10-03	Heemskerk (NED)	388
8. Verbree John	61	08-021	2:18.70	25m	30-11-86	Heemskerk (NED)	367
9. Essers Tim	88	08-021	2:24.28	25m	15-3-14	Lelystad (NED)	326
10. Pover Peter	69	08-021	2:27.10	25m	23-1-97	Heemskerk	308
11. Stins Arnold	83	08-021	2:28.53	25m	22-3-12	Heemskerk (NED)	299
12. Palmboom Pascal	89	08-021	2:31.52	25m	16-11-14	Zaandam (NED)	282
13. Goverde Ad	59	08-021	2:31.80	25m	22-1-84	Zandvoort (NED)	280
14. de Caluwé Niels	91	08-021	2:36.42	25m	14-1-18	Purmerend (NED)	256
15. van Rookhuizen Barry	82	08-021	2:41.17	25m	25-10-07	Heemskerk (NED)	234
16. Blokker Mike	66	DEM/OEZA	2:43.10	25m	7-2-91	Heemskerk (NED)	226
17. Zonneveld Jeroen	78	08-021	2:52.70	25m	11-11-07	Almere Stad (NED)	190
18. Boon Peter	66	DEM/OEZA	3:12.80	25m	10-1-91	Heemskerk (NED)	136

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

1. Butter Martijn	79	08-021	3:20.49	25m	8-4-07	Haarlem (NED)	469
2. van der Gracht Jory	87	08-021	3:35.98	25m	14-5-16	Purmerend (NED)	375
3. Oudendijk Paul	81	08-021	3:41.56	25m	14-10-07	Zaandam (NED)	347

**400 vrije slag**

1. Butter Martijn	79	08-021	4:26.13	25m	15-6-06	Heemskerk (NED)	507
2. Oudendijk Paul	81	08-021	4:30.18	25m	4-10-09	Amsterdam-oost (NED)	484
3. Camphuijnder Wilko	69	08-021	4:40.20	25m	26-10-97	Heemskerk (NED)	434
4. van der Gracht Jory	87	08-021	4:49.29	25m	14-5-16	Purmerend (NED)	394
5. Meijer Arno	75	08-021	4:54.00	25m	30-3-00	Heemskerk (NED)	376
6. Glorie Daan	88	08-021	5:01.45	50m	5-3-17	Alkmaar (NED)	389
7. Essers Tim	88	08-021	5:17.30	25m	25-5-14	Grootebroek (NED)	299

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

1. Butter Martijn	79	08-021	9:19.36	25m	1-4-06	Zaandam (NED)	498
2. Oudendijk Paul	81	08-021	9:58.81	25m	28-9-08	Zaandam (NED)	406
3. Glorie Daan	88	08-021	10:18.89	50m	5-3-17	Alkmaar (NED)	389
4. Essers Tim	88	08-021	11:14.63	25m	20-10-13	Zaandam (NED)	283

**1000 vrije slag**

1. Butter Martijn	79	08-021	11:58.63	OW	11-6-05	Gorinchem (NED)
2. Oudendijk Paul	81	08-021	12:32.86	OW	5-9-09	Wilhelminadorp (NED)
3. van der Gracht Jory	87	08-021	13:31.81	OW	1-9-12	Wilhelminadorp (NED)
4. Glorie Daan	88	08-021	13:41.72	OW	29-7-17	Amstelveen (NED)
5. Meijer Arno	75	08-021	15:18.50	OW	13-8-00	Eersel (NED)
6. Stins Arnold	83	08-021	15:40.16	OW	26-7-09	Langedijk (NED)

**1250 vrije slag**

1. Tijms Stefan	93	08-021	18:45.64	OW	21-7-18	Hoorndijk (NED)
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**1500 vrije slag**

1. Butter Martijn	79	08-021	17:45.63	25m	1-4-06	Zaandam (NED)	504
2. Oudendijk Paul	81	08-021	18:55.29	25m	29-1-06	Zaandam (NED)	416
3. Glorie Daan	88	08-021	19:36.20	50m	5-3-17	Alkmaar (NED)	406
4. Essers Tim	88	08-021	21:40.54	25m	9-2-14	Zaandam (NED)	277
5. van der Gracht Jory	87	08-021	22:14.63	OW	22-7-12	Amsterdam (NED)	
6. Tijms Stefan	93	08-021	23:34.32	OW	15-7-18	Amsterdam (NED)	
7. Stins Arnold	83	08-021	24:34.97	OW	22-7-12	Amsterdam (NED)	

**2000 vrije slag**

1. Butter Martijn	79	08-021	24:08.54	25m	24-2-08	Zaandam (NED)	475
2. Oudendijk Paul	81	08-021	25:11.78	25m	29-1-06	Zaandam (NED)	418
3. van der Gracht Jory	87	08-021	28:26.85	OW	1-9-13	Vlissingen (NED)	
4. Glorie Daan	88	08-021	28:51.00	OW	29-7-17	Amstelveen (NED)	
5. Essers Tim	88	08-021	29:07.30	25m	23-2-14	Zaandam (NED)	271
6. Meijer Arno	75	08-021	30:40.70	OW	8-7-00	Oss (NED)	

**2500 vrije slag**

1. Butter Martijn	79	08-021	34:25.35	OW	26-6-04	Scheerwolde (NED)
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**3000 vrije slag**

1. Butter Martijn	79	08-021	38:23.24	OW	2-7-05	Sluis (NED)	
2. van der Gracht Jory	87	08-021	41:22.95	OW	7-9-13	Eindhoven (NED)	
3. Tijms Stefan	93	08-021	42:30.80	OW	8-9-18	Bled (SLO)	
4. Oudendijk Paul	81	08-021	49:33.40	50m	28-4-09	Zwaag (NED)	201

**4000 vrije slag**

1. van der Gracht Jory	87	08-021	1:01:07.01	OW	4-8-13	Amstelveen (NED)
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**5000 vrije slag**

1. Butter Martijn	79	08-021	1:05:33.19	OW	1-7-07	Bodegraven (NED)	
2. Glorie Daan	88	08-021	1:07:58.31	OW	9-7-16	Strijen (NED)	
3. van der Gracht Jory	87	08-021	1:13:06.62	OW	16-6-13	Spaarnwoude (NED)	
4. Oudendijk Paul	81	08-021	1:23:27.47	50m	28-4-09	Zwaag (NED)	194

**6000 vrije slag**

1. Butter Martijn	79	08-021	1:10:05.48	OW	10-7-05	Beusichem-Culemborg (NED)
2. Tijms Stefan	93	08-021	1:38:10.59	OW	8-7-18	Beusichem-Culemborg (NED)

**6500 vrije slag****10000 vrije slag**

1. Glorie Daan	88	08-021	2:19:17.31	OW	18-6-16	Vriezenveen (NED)
2. Oudendijk Paul	81	08-021	2:50:22.37	50m	28-4-09	Zwaag (NED)

**20000 vrije slag****22000 vrije slag**

1. Glorie Daan	88	08-021	5:55:19.21	OW	13-8-16	Stavoren-Medemblik (NED)
2. Oudendijk Paul	81	08-021	6:48:30.12	OW	8-8-09	Stavoren-Medemblik (NED)

**25 rugslag**

1. Oudendijk Paul	81	08-021	14.60	25m	29-5-08	Heemskerk (NED)	357
2. Camphuijnder Wilko	69	08-021	14.90	25m	15-1-98	Heemskerk (NED)	336
3. Butter Martijn	79	08-021	15.00	25m	19-4-07	Heemskerk (NED)	329
4. van Rookhuizen Barry	82	08-021	18.34	25m	19-4-07	Heemskerk (NED)	180

**50 rugslag**

1. Oudendijk Paul	81	08-021	29.64	25m	30-12-06	Hoom (NED)	421
2. Butter Martijn	79	08-021	31.25	25m	27-10-05	Heemskerk (NED)	359
3. van der Gracht Jory	87	08-021	32.31	25m	30-1-14	Heemskerk (NED)	325
4. Meijer Arno	75	08-021	32.47	25m	30-10-03	Heemskerk	320
5. Essers Tim	88	08-021	32.53	25m	3-3-13	Purmerend (NED)	318
6. Tijms Stefan	93	08-021	33.14	25m	12-4-18	Heemskerk (NED)	301
7. Stins Arnold	83	08-021	34.17	25m	3-3-11	Heemskerk (NED)	274
8. Palmboom Pascal	89	08-021	34.33	25m	6-4-15	Haarlem (NED)	271
9. de Caluwé Niels	91	08-021	36.58	25m	16-3-17	Heemskerk (NED)	224
10. van Rookhuizen Barry	82	08-021	37.26	25m	13-12-07	Heemskerk (NED)	212
11. Glorie Daan	88	08-021	37.30	25m	16-11-14	Zaandam (NED)	211

**100 rugslag**

1. Oudendijk Paul	81	08-021	1:02.10	25m	16-2-06	Heemskerk (NED)	488
2. Camphuijnder Wilko	69	08-021	1:05.30	25m	14-12-97	Heemskerk (NED)	419
3. Butter Martijn	79	08-021	1:06.26	25m	27-3-08	Heemskerk (NED)	401
4. van der Gracht Jory	87	08-021	1:07.85	25m	12-12-13	Heemskerk (NED)	374
5. Steenbergens Roderik	82	08-021	1:09.00	25m	14-1-07	Amsterdam (NED)	355
6. Tijms Stefan	93	08-021	1:10.08	25m	29-11-18	Heemskerk (NED)	339
7. Meijer Arno	75	08-021	1:11.06	25m	16-4-01	Haarlem (NED)	325
8. Essers Tim	88	08-021	1:11.42	25m	25-5-14	Grootebroek (NED)	320
9. Stins Arnold	83	08-021	1:13.22	25m	27-3-08	Heemskerk (NED)	297
10. Glorie Daan	88	08-021	1:17.24	25m	16-11-14	Zaandam (NED)	253
11. Verbree John	61	08-021	1:17.90	25m	29-11-87	Amstelveen (NED)	247
12. Palmboom Pascal	89	08-021	1:17.91	25m	6-3-16	Purmerend (NED)	247

**100 rugslag (sinds 13)**

13. de Caluwé Niels	91	08-021	1:19.25	25m	6-3-16	Purmerend (NED)	234
14. van Rookhuizen Barry	82	08-021	1:20.35	25m	27-3-08	Heemskerk (NED)	225
15. Zonneveld Jeroen	78	08-021	1:27.80	25m	31-5-07	Heemskerk (NED)	172
16. Goverde Ad	59	08-021	1:30.70	25m	12-2-84	Heemskerk (NED)	156

**200 rugslag**

1. Oudendijk Paul	81	08-021	2:13.19	25m	22-1-06	Emmeloord (NED)	498
2. Butter Martijn	79	08-021	2:23.17	25m	16-3-08	Amersfoort (NED)	401
3. Camphuijnder Wilko	69	08-021	2:23.30	25m	8-3-98	Zaandam (NED)	400
4. van der Gracht Jory	87	08-021	2:29.13	25m	16-11-14	Zaandam (NED)	355
5. Glorie Daan	88	08-021	2:35.70	25m	16-11-14	Zaandam (NED)	312
6. Essers Tim	88	08-021	2:35.75	25m	12-2-17	Purmerend (NED)	311
7. Steenberg Roderik	82	08-021	2:37.39	25m	14-1-07	Amsterdam (NED)	302
8. Meijer Arno	75	08-021	2:38.60	25m	16-1-00	Zaandam (NED)	295
9. Stins Arnold	83	08-021	2:47.40	25m	23-4-09	Heemskerk (NED)	251
10. Palmboom Pascal	89	08-021	2:54.32	25m	12-2-17	Purmerend (NED)	222
11. Verbree John	61	08-021	2:55.30	25m	7-2-88	Heemskerk (NED)	218
12. van Rookhuizen Barry	82	08-021	2:58.81	25m	23-4-09	Heemskerk (NED)	206

**500 rugslag**

1. Oudendijk Paul	81	08-021	7:14.51	OW	7-7-07	Oss (NED)	
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**25 schoolslag**

1. Oudendijk Paul	81	08-021	14.72	25m	27-4-06	Heemskerk	491
2. Camphuijnder Wilko	69	08-021	15.00	25m	13-3-97	Heemskerk (NED)	464
3. Butter Martijn	79	08-021	15.10	25m	29-5-08	Heemskerk (NED)	455
4. Schaaper Hans	68	08-021	16.60	25m	17-6-93	Heemskerk (NED)	342
5. van Rookhuizen Barry	82	08-021	16.72	25m	19-4-07	Heemskerk (NED)	335
6. Bokelaar Martijn	80	08-021	21.67	25m	15-11-09	Almere-Stad (NED)	154

**50 schoolslag**

1. Oudendijk Paul	81	08-021	32.21	25m	23-1-09	Vlissingen (NED)	481
2. Butter Martijn	79	08-021	33.71	25m	25-11-04	Heemskerk (NED)	420
3. Palmboom Pascal	89	08-021	34.40	25m	5-4-15	Haarlem (NED)	395
4. Camphuijnder Wilko	69	08-021	34.60	25m	10-10-96	Heemskerk (NED)	388
5. Meijer Arno	75	08-021	34.91	25m	16-4-00	Almelo (NED)	378
6. van der Gracht Jory	87	08-021	35.08	25m	7-1-12	Hoom (NED)	372
7. Glorie Daan	88	08-021	35.98	25m	26-10-14	Zaandam (NED)	345
8. Tijms Stefan	93	08-021	36.40	25m	14-1-18	Purmerend (NED)	333
9. Stins Arnold	83	08-021	38.16	25m	27-1-11	Heemskerk (NED)	289
10. van Rookhuizen Barry	82	08-021	38.92	25m	22-1-09	Heemskerk (NED)	273
11. de Vries Dylan	93	08-021	39.78	25m	14-1-18	Purmerend (NED)	255
12. de Caluwé Niels	91	08-021	40.05	25m	16-3-17	Heemskerk (NED)	250
13. Beentjes Bastiaan	78	08-021	40.18	25m	21-5-06	Grootebroek (NED)	248
14. Essers Tim	88	08-021	40.25	25m	13-11-16	Purmerend (NED)	246
15. Bokelaar Martijn	80	08-021	47.67	25m	15-11-09	Almere-Stad (NED)	148

**100 schoolslag**

1. Oudendijk Paul	81	08-021	1:09.95	25m	17-4-06	Haarlem (NED)	502
2. Camphuijnder Wilko	69	08-021	1:16.10	25m	21-9-97	Alkmaar (NED)	390
3. Meijer Arno	75	08-021	1:16.26	25m	12-3-00	Heemskerk (NED)	387
4. Butter Martijn	79	08-021	1:16.36	25m	16-2-06	Heemskerk (NED)	386
5. van der Gracht Jory	87	08-021	1:16.74	25m	31-10-13	Heemskerk (NED)	380
6. Glorie Daan	88	08-021	1:17.01	25m	26-10-14	Zaandam (NED)	376
7. Palmboom Pascal	89	08-021	1:20.02	25m	6-4-15	Haarlem (NED)	335
8. Stins Arnold	83	08-021	1:22.06	25m	27-3-08	Heemskerk (NED)	311
9. van Rookhuizen Barry	82	08-021	1:22.20	25m	18-3-07	Heemskerk (NED)	309
10. Tijms Stefan	93	08-021	1:22.95	50m	16-6-18	Buckeburg (GER)	326
11. Goverde Ad	59	08-021	1:23.10	25m	28-10-84	Egmond (NED)	299
12. Beentjes Bastiaan	78	08-021	1:23.22	25m	30-3-06	Heemskerk (NED)	298
13. Essers Tim	88	08-021	1:25.41	25m	6-10-13	Heemskerk (NED)	276
14. Zonneveld Jeroen	78	08-021	1:29.12	25m	13-5-07	Grootebroek (NED)	242
15. de Caluwé Niels	91	08-021	1:29.38	25m	9-11-17	Heemskerk (NED)	240
16. de Vries Dylan	93	08-021	1:31.77	25m	4-2-18	Purmerend (NED)	222
17. Bokelaar Martijn	80	08-021	1:45.92	25m	15-11-09	Almere-Stad (NED)	144

**200 schoolslag**

1. Oudendijk Paul	81	08-021	2:32.55	25m	18-1-09	Haarlem (NED)	492
2. Glorie Daan	88	08-021	2:45.33	25m	18-1-15	Zaandam (NED)	386
3. Camphuijnder Wilko	69	08-021	2:45.80	25m	9-10-97	Heemskerk (NED)	383
4. van der Gracht Jory	87	08-021	2:45.95	25m	17-1-16	Purmerend (NED)	382
5. Butter Martijn	79	08-021	2:50.06	25m	27-10-05	Heemskerk (NED)	355
6. Meijer Arno	75	08-021	2:52.49	25m	18-11-01	Heemskerk	340
7. Stins Arnold	83	08-021	3:01.25	25m	25-3-10	Heemskerk (NED)	293
8. Palmboom Pascal	89	08-021	3:05.37	25m	4-2-18	Purmerend (NED)	274
9. Verbree John	61	08-021	3:09.00	25m	29-11-87	Amstelveen (NED)	258
10. van Rookhuizen Barry	82	08-021	3:09.61	25m	13-12-07	Heemskerk (NED)	256
11. Essers Tim	88	08-021	3:09.70	25m	18-1-15	Zaandam (NED)	255
12. de Vries Dylan	93	08-021	3:19.46	25m	4-2-18	Purmerend (NED)	220

**500 schoolslag**

1. Oudendijk Paul	81	08-021	7:27.71	OW	8-7-06	Oss (NED)
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**800 schoolslag****1000 schoolslag**

1. Oudendijk Paul	81	08-021	14:53.32	OW	30-8-09	Oosterhout (NED)
2. van der Gracht Jory	87	08-021	17:50.82	OW	6-9-14	Wilhelminadorp (NED)
3. Tijms Stefan	93	08-021	17:57.22	OW	15-7-18	Amsterdam (NED)
4. Stins Arnold	83	08-021	18:33.91	OW	25-7-10	Langedijk (NED)
5. Butter Martijn	79	08-021	18:54.69	OW	15-9-07	Hank (NED)

**1250 schoolslag**

1. Tijms Stefan	93	08-021	23:34.67	OW	21-7-18	Hoorl (NED)
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**1500 schoolslag**

1. Oudendijk Paul	81	08-021	24:13.94	OW	26-6-10	Scheerwolde (NED)
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**2000 schoolslag**

1. Oudendijk Paul	81	08-021	23:08.19	OW	8-7-07	Beusichem-Culemborg (NED)
2. Butter Martijn	79	08-021	39:54.18	OW	11-9-05	Roermond (NED)

**2500 schoolslag**

1. Oudendijk Paul	81	08-021	38:11.73	OW	28-6-09	Sluis (NED)
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**3000 schoolslag**

1. Oudendijk Paul	81	08-021	46:09.15	OW	22-7-06	Anna-Paulowna (NED)
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**4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Camphuijnder Wilko	69	08-021	12.80	25m	15-1-98	Heemskerk (NED)	462
2. van Rookhuizen Barry	82	08-021	13.86	25m	19-4-07	Heemskerk (NED)	364
3. Butter Martijn	79	08-021	13.91	25m	29-5-08	Heemskerk (NED)	360
4. Oudendijk Paul	81	08-021	14.11	25m	29-5-08	Heemskerk (NED)	345

**50 vlinderslag**

1. van der Gracht Jory	87	08-021	28.52	25m	3-3-13	Purmerend (NED)	446
2. Meijer Arno	75	08-021	30.06	25m	23-12-04	Heemskerk (NED)	381
3. Butter Martijn	79	08-021	30.56	25m	7-11-04	IJmuiden (NED)	363
4. Tijms Stefan	93	08-021	30.66	25m	29-11-18	Heemskerk (NED)	359
5. Essers Tim	88	08-021	30.86	25m	3-3-13	Purmerend (NED)	352
6. Oudendijk Paul	81	08-021	30.97	25m	19-1-07	Heerenveen (NED)	348
7. Stins Arnold	83	08-021	31.56	25m	17-11-11	Heemskerk (NED)	329
8. van Rookhuizen Barry	82	08-021	31.75	25m	25-3-10	Heemskerk (NED)	323
9. Palmboom Pascal	89	08-021	32.04	25m	6-4-15	Haarlem (NED)	314
10. Pover Peter	69	08-021	32.10	25m	23-1-97	Heemskerk	313
11. Goverde Ad	59	08-021	34.00	25m	28-10-84	Egmond (NED)	263
12. de Caluwé Niels	91	08-021	34.39	25m	12-4-18	Heemskerk (NED)	254
13. Zonneveld Jeroen	78	08-021	36.60	25m	11-11-07	Almere Stad (NED)	211

**100 vlinderslag**

1. Camphuijnder Wilko	69	08-021	1:01.20	25m	16-11-97	Zaandam (NED)	484
2. van der Gracht Jory	87	08-021	1:03.53	25m	15-1-12	Alkmaar (NED)	433
3. Verbree John	61	08-021	1:07.30	25m	30-11-86	Heemskerk (NED)	364
4. Butter Martijn	79	08-021	1:08.18	25m	24-2-05	Heemskerk (NED)	350
5. Oudendijk Paul	81	08-021	1:08.47	25m	30-3-06	Heemskerk (NED)	346
6. Meijer Arno	75	08-021	1:08.88	25m	19-11-00	Zaandam (NED)	340
7. Essers Tim	88	08-021	1:09.46	25m	10-3-13	Schagen (NED)	331
8. Stins Arnold	83	08-021	1:15.06	25m	3-3-11	Heemskerk (NED)	262
9. Palmboom Pascal	89	08-021	1:15.38	25m	5-4-15	Haarlem (NED)	259
10. van Rookhuizen Barry	82	08-021	1:16.44	25m	18-2-10	Heemskerk (NED)	248
11. Goverde Ad	59	08-021	1:21.40	25m	22-1-84	Zandvoort (NED)	206

**200 vlinderslag**

1. van der Gracht Jory	87	08-021	2:25.98	25m	28-10-12	Amsterdam-Zuidoost (NED)	411
2. Butter Martijn	79	08-021	2:34.54	25m	25-11-04	Heemskerk (NED)	346
3. Glorie Daan	88	08-021	2:43.48	50m	5-3-17	Alkmaar (NED)	317
4. Essers Tim	88	08-021	2:57.37	50m	6-4-14	Amersfoort (NED)	248
5. Stins Arnold	83	08-021	2:57.57	25m	9-3-08	Heemskerk (NED)	228
6. Meijer Arno	75	08-021	2:58.97	25m	27-11-03	Heemskerk (NED)	223

**1000 vlinderslag****100 wisselslag**

1. Oudendijk Paul	81	08-021	1:04.36	25m	25-2-06	Hoor (NED)	477
2. van der Gracht Jory	87	08-021	1:06.35	25m	7-1-12	Hoor (NED)	435
3. Butter Martijn	79	08-021	1:06.54	25m	29-5-08	Heemskerk (NED)	431
4. Tijms Stefan	93	08-021	1:08.76	25m	17-5-18	Heemskerk (NED)	391
5. Meijer Arno	75	08-021	1:08.81	25m	25-9-03	Heemskerk (NED)	390
6. Glorie Daan	88	08-021	1:09.31	25m	26-10-14	Zaandam (NED)	382
7. Essers Tim	88	08-021	1:11.58	25m	6-10-13	Heemskerk (NED)	346
8. Stins Arnold	83	08-021	1:12.35	25m	19-11-09	Heemskerk (NED)	336
9. Palmboom Pascal	89	08-021	1:13.19	25m	26-10-14	Zaandam (NED)	324
10. van Rookhuizen Barry	82	08-021	1:16.27	25m	25-10-07	Heemskerk (NED)	286

**200 wisselslag**

1. Oudendijk Paul	81	08-021	2:18.77	25m	22-1-06	Emmeloord (NED)	493
2. Camphuijnder Wilko	69	08-021	2:21.20	25m	6-4-97	Heemskerk (NED)	468
3. van der Gracht Jory	87	08-021	2:24.61	25m	1-4-12	Zaandam (NED)	435
4. Butter Martijn	79	08-021	2:26.25	25m	15-12-05	Heemskerk (NED)	421
5. Tijms Stefan	93	08-021	2:32.47	25m	18-3-18	Purmerend (NED)	371
6. Meijer Arno	75	08-021	2:32.54	25m	16-3-03	Heemskerk	371
7. Essers Tim	88	08-021	2:35.04	25m	7-4-13	Castricum (NED)	353
8. Verbree John	61	08-021	2:39.30	25m	7-2-88	Heemskerk (NED)	325
9. Pover Peter	69	08-021	2:42.00	25m	12-12-96	Heemskerk (NED)	309
10. van Rookhuizen Barry	82	08-021	2:45.41	25m	18-3-07	Heemskerk (NED)	291
11. Stins Arnold	83	08-021	2:46.95	25m	26-4-12	Heemskerk (NED)	283
12. Palmboom Pascal	89	08-021	2:49.31	25m	29-3-15	Zaandam (NED)	271

**300 wisselslag**

1. Oudendijk Paul	81	08-021	3:44.15	25m	9-12-07	Zaandam (NED)
2. Butter Martijn	79	08-021	3:53.07	25m	9-12-07	Zaandam (NED)

**400 wisselslag**

1. Oudendijk Paul	81	08-021	5:01.76	25m	19-2-06	Zaandam (NED)	475
2. Butter Martijn	79	08-021	5:11.54	25m	19-2-06	Zaandam (NED)	431
3. van der Gracht Jory	87	08-021	5:15.80	25m	26-2-12	Zaandam (NED)	414
4. Essers Tim	88	08-021	5:37.88	25m	15-2-14	Heerenveen (NED)	338