

70 - 74 jaar, Heren, Korte baan (25m)

1-1-1900-31-7-2016

25 vrije slag

1. Grapendaal Aad	42	08-021	19.11	25m	17-10-15	Emmeloord (NED)	109
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50 vrije slag

1. Grapendaal Aad	42	08-021	43.50	25m	17-4-14	Heemskerk (NED)	101
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100 vrije slag

1. Grapendaal Aad	42	08-021	1:49.56	25m	30-1-14	Heemskerk (NED)	69
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200 vrije slag**250 vrije slag****300 vrije slag****400 vrije slag****500 vrije slag****800 vrije slag****1000 vrije slag****1250 vrije slag****1500 vrije slag****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. Grapendaal Aad	42	08-021	25.06	25m	18-11-12	Almere-Stad (NED)	70
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50 rugslag

1. Grapendaal Aad	42	08-021	54.39	25m	21-3-13	Heemskerk (NED)	68
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100 rugslag

1. Grapendaal Aad	42	08-021	2:06.59	25m	26-5-13	Grootebroek (NED)	57
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200 rugslag**500 rugslag****25 schoolslag**

1. Grapendaal Aad	42	08-021	25.85	25m	16-2-13	Heerenveen (NED)	90
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50 schoolslag

1. Grapendaal Aad	42	08-021	1:01.41	25m	30-1-14	Heemskerk (NED)	69
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100 schoolslag

1. Grapendaal Aad	42	08-021	2:29.17	25m	31-10-13	Heemskerk (NED)	51
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200 schoolslag**500 schoolslag****800 schoolslag****1000 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Grapendaal Aad	42	08-021	29.66	25m	5-10-13	Zwolle (NED)	37
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50 vlinderslag

1. Grapendaal Aad	42	08-021	1:15.26	25m	13-12-12	Heemskerk (NED)	24
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100 vlinderslag**200 vlinderslag**

100 wisselslag

1. Grapendaal Aad	42	08-021	2:18.10	25m	23-4-15	Heemskerk (NED)	49
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200 wisselslag

300 wisselslag

400 wisselslag