

15m vlinderslag benen onderwater**25m vrije slag met koprol****50m borstcrawl benen****25 vrije slag**

1. Tijms Eric	64	08-021	14.82	25m	17-10-15	Emmeloord (NED)	233
2. Crok Dirk	58	08-021	15.08	25m	26-4-12	Heemskerk (NED)	221
3. van der Gracht Adrie	57	08-021	16.81	25m	16-3-08	Amersfoort (NED)	160
4. Vink Gé	60	08-021	16.82	25m	30-6-11	Heemskerk (NED)	159
5. Oudendijk Hans	54	08-021	16.98	25m	29-5-08	Heemskerk (NED)	155
6. Glorie Jan	57	08-021	20.50	25m	25-5-08	Grootebroek (NED)	88

50 vrije slag

1. Blaauw Eric	67	08-021	31.52	25m	9-11-17	Heemskerk (NED)	265
2. Tijms Eric	64	08-021	31.82	25m	24-9-15	Heemskerk (NED)	258
3. Crok Dirk	58	08-021	33.36	25m	20-5-10	Heemskerk (NED)	223
4. Vink Gé	60	08-021	35.64	25m	6-10-11	Heemskerk (NED)	183
5. van der Gracht Adrie	57	08-021	38.72	25m	20-5-10	Heemskerk (NED)	143
6. Oudendijk Hans	54	08-021	40.53	25m	29-3-07	Heemskerk (NED)	124
7. Glorie Jan	57	08-021	43.78	25m	24-1-09	Vlissingen (NED)	99
8. Vink Jan Jaap	59	08-021	44.97	25m	21-10-12	Zaandam (NED)	91

100 vrije slag

1. Tijms Eric	64	08-021	1:13.38	25m	22-1-16	Papendrecht (NED)	229
2. Blaauw Eric	67	08-021	1:13.67	25m	15-2-18	Heemskerk (NED)	227
3. Crok Dirk	58	08-021	1:16.24	25m	25-1-09	Vlissingen (NED)	204
4. Vink Gé	60	08-021	1:22.12	25m	9-2-12	Heemskerk (NED)	163
5. Vink Jan Jaap	59	08-021	1:31.06	25m	21-10-12	Zaandam (NED)	120
6. van der Gracht Adrie	57	08-021	1:44.08	25m	4-5-08	Winterswijk (NED)	80
7. Glorie Jan	57	08-021	1:44.57	25m	25-1-09	Vlissingen (NED)	79

200 vrije slag

1. Tijms Eric	64	08-021	2:42.71	25m	21-2-15	Heerenveen (NED)	227
2. Crok Dirk	58	08-021	2:54.30	25m	24-1-09	Vlissingen (NED)	185
3. Vink Jan Jaap	59	08-021	3:05.94	25m	21-10-12	Zaandam (NED)	152
4. Vink Gé	60	08-021	3:11.64	25m	20-11-11	Almere-Stad (NED)	139
5. van der Gracht Adrie	57	08-021	3:50.58	25m	25-10-07	Heemskerk (NED)	80
6. Glorie Jan	57	08-021	3:56.51	25m	25-10-07	Heemskerk (NED)	74
7. Lamers Peter	57	08-021	4:21.91	25m	25-10-07	Heemskerk (NED)	54

250 vrije slag

300 vrije slag

1. Tijms Eric	64	08-021	4:21.87	25m	22-1-16	Papendrecht (NED)	210
2. Crok Dirk	58	08-021	4:45.99	25m	23-1-09	Vlissingen (NED)	161
3. Glorie Jan	57	08-021	6:55.90	25m	22-1-11	Heerenveen (NED)	52

400 vrije slag

1. Tijms Eric	64	08-021	5:53.58	25m	22-1-16	Papendrecht (NED)	216
2. Vink Jan Jaap	59	08-021	6:15.91	25m	21-10-12	Zaandam (NED)	180
3. Crok Dirk	58	08-021	6:25.20	25m	24-1-09	Vlissingen (NED)	167
4. Glorie Jan	57	08-021	8:39.76	25m	16-5-10	grootebroek (NED)	68

500 vrije slag**800 vrije slag**

1. Tijms Eric	64	08-021	12:20.34	25m	23-1-15	Heerenveen (NED)	214
2. Vink Jan Jaap	59	08-021	12:39.31	25m	21-10-12	Zaandam (NED)	199

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

1. Tijms Eric	64	08-021	23:32.56	25m	21-1-16	Papendrecht (NED)	216
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2000 vrije slag**2500 vrije slag****3000 vrije slag****4000 vrije slag****5000 vrije slag****6000 vrije slag****6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag**

25 rugslag

1. Tijms Eric	64	08-021	19.72	25m	30-11-14	Almere-Stad (NED)	144
2. Oudendijk Hans	54	08-021	21.22	25m	13-5-07	Grootebroek (NED)	116
3. Crok Dirk	58	08-021	22.65	25m	29-5-08	Heemskerk (NED)	95
4. van der Gracht Adrie	57	08-021	24.34	25m	19-4-07	Heemskerk (NED)	77
5. Glorie Jan	57	08-021	27.41	25m	25-5-08	Grootebroek (NED)	53

50 rugslag

1. Blaauw Eric	67	08-021	35.59	25m	16-3-17	Heemskerk (NED)	243
2. Tijms Eric	64	08-021	41.59	25m	19-2-15	Heemskerk (NED)	152
3. Crok Dirk	58	08-021	46.60	25m	26-2-09	Heemskerk (NED)	108
4. Vink Gé	60	08-021	49.47	25m	22-3-12	Heemskerk (NED)	90
5. Lamers Peter	57	08-021	53.57	25m	13-12-07	Heemskerk (NED)	71
6. Oudendijk Hans	54	08-021	54.28	25m	13-12-07	Heemskerk (NED)	68
7. van der Gracht Adrie	57	08-021	54.65	25m	26-2-09	Heemskerk (NED)	67
8. Glorie Jan	57	08-021	1:10.41	25m	3-3-11	Heemskerk (NED)	31

100 rugslag

1. Blaauw Eric	67	08-021	1:22.97	25m	7-11-19	Heemskerk (NED)	204
2. Tijms Eric	64	08-021	1:30.65	25m	10-12-15	Heemskerk (NED)	156
3. Vink Gé	60	08-021	1:47.46	25m	4-11-10	Heemskerk (NED)	94
4. Crok Dirk	58	08-021	1:47.64	25m	4-11-10	Heemskerk (NED)	93
5. Oudendijk Hans	54	08-021	1:52.73	25m	27-3-08	Heemskerk (NED)	81
6. van der Gracht Adrie	57	08-021	2:01.96	25m	25-9-08	Heemskerk (NED)	64
7. Glorie Jan	57	08-021	2:30.22	25m	27-3-08	Heemskerk (NED)	34

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

1. Oudendijk Hans	54	08-021	18.44	25m	17-3-07	Lelystad (NED)	250
2. Tijms Eric	64	08-021	18.52	25m	30-11-14	Almere-Stad (NED)	246
3. Vink Gé	60	08-021	18.85	25m	18-2-12	Heerenveen (NED)	234
4. van der Gracht Adrie	57	08-021	19.58	25m	29-5-08	Heemskerk (NED)	209
5. Crok Dirk	58	08-021	20.52	25m	29-5-08	Heemskerk (NED)	181
6. Glorie Jan	57	08-021	24.50	25m	23-10-10	Emmeloord (NED)	106

50 schoolslag

1. Tijms Eric	64	08-021	40.45	25m	8-1-15	Heemskerk (NED)	243
2. Vink Gé	60	08-021	40.75	25m	9-2-12	Heemskerk (NED)	237
3. Oudendijk Hans	54	08-021	42.47	25m	29-3-07	Heemskerk (NED)	210
4. Crok Dirk	58	08-021	43.93	25m	23-1-09	Vlissingen (NED)	189
5. van der Gracht Adrie	57	08-021	44.02	25m	3-2-07	Aberdeen (GBR)	188
6. Lamers Peter	57	08-021	50.05	25m	25-10-07	Heemskerk (NED)	128
7. Glorie Jan	57	08-021	50.88	25m	23-1-09	Vlissingen (NED)	122

100 schoolslag

1. Tijms Eric	64	08-021	1:30.91	25m	23-1-15	Heerenveen (NED)	228
2. Vink Gé	60	08-021	1:31.39	25m	30-9-10	Heemskerk (NED)	225
3. Oudendijk Hans	54	08-021	1:36.97	25m	3-5-08	Winterswijk (NED)	188
4. Crok Dirk	58	08-021	1:39.44	25m	11-10-12	Heemskerk (NED)	174
5. van der Gracht Adrie	57	08-021	1:40.31	25m	31-5-07	Heemskerk (NED)	170
6. Glorie Jan	57	08-021	1:59.76	25m	23-1-11	Heerenveen (NED)	100

200 schoolslag

1. Vink Gé	60	08-021	3:25.59	25m	7-1-12	Zwolle (NED)	201
2. Tijms Eric	64	08-021	3:27.64	25m	17-10-15	Emmeloord (NED)	195
3. Oudendijk Hans	54	08-021	3:30.46	25m	4-5-08	Winterswijk (NED)	187
4. Crok Dirk	58	08-021	3:43.05	25m	4-5-08	Winterswijk (NED)	157
5. van der Gracht Adrie	57	08-021	3:53.00	25m	12-1-08	Zwolle (NED)	138
6. Lamers Peter	57	08-021	4:11.29	25m	13-12-07	Heemskerk (NED)	110
7. Glorie Jan	57	08-021	4:15.11	25m	10-1-09	Zwolle (NED)	105

500 schoolslag**800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Vink Gé	60	08-021	17.25	25m	17-11-11	Heemskerk (NED)	189
2. Oudendijk Hans	54	08-021	18.80	25m	19-4-07	Heemskerk (NED)	146
3. van der Gracht Adrie	57	08-021	19.55	25m	20-2-10	Heerenveen (NED)	129
4. Crok Dirk	58	08-021	20.21	25m	4-11-10	Heemskerk (NED)	117
5. Glorie Jan	57	08-021	25.93	25m	4-11-10	Heemskerk (NED)	55

50 vlinderslag

1. Blaauw Eric	67	08-021	38.56	25m	7-3-19	Heemskerk (NED)	180
2. Tijms Eric	64	08-021	39.20	25m	17-3-16	Heemskerk (NED)	171
3. Vink Gé	60	08-021	40.12	25m	22-3-12	Heemskerk (NED)	160
4. Oudendijk Hans	54	08-021	43.29	25m	30-10-08	Heemskerk (NED)	127
5. van der Gracht Adrie	57	08-021	47.13	25m	20-11-11	Almere-Stad (NED)	98
6. Crok Dirk	58	08-021	53.04	25m	26-2-09	Heemskerk (NED)	69
7. Glorie Jan	57	08-021	59.32	25m	18-2-10	Heemskerk (NED)	49

100 vlinderslag**200 vlinderslag****1000 vlinderslag****100 wisselslag**

1. Blaauw Eric	67	08-021	1:21.87	25m	11-5-17	Heemskerk (NED)	231
2. Tijms Eric	64	08-021	1:26.98	25m	19-5-16	Heemskerk (NED)	193
3. Vink Gé	60	08-021	1:34.95	25m	22-10-11	Emmeloord (NED)	148
4. Oudendijk Hans	54	08-021	1:39.10	25m	17-3-07	Lelystad (NED)	130
5. Crok Dirk	58	08-021	1:39.44	25m	29-5-08	Heemskerk (NED)	129
6. van der Gracht Adrie	57	08-021	1:49.51	25m	19-11-09	Heemskerk (NED)	96
7. Glorie Jan	57	08-021	2:14.72	25m	23-10-10	Emmeloord (NED)	52

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