

55 - 59 jaar, Heren, Korte baan (25m)

1-1-1900-31-7-2022

15m vlinderslag benen onderwater**25m vrije slag met koprol****25m rugslag start****50m borstcrawl benen****100m borstcrawl benen****25 vrije slag**

1. van der Gracht Adrie	57	08-021	16.66	25m	17-2-13	Aberdeen (GBR)	164
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50 vrije slag

1. Tijms Eric	64	08-021	32.52	25m	19-9-19	Heemskerk (NED)	241
2. Crok Dirk	58	08-021	33.27	25m	31-10-13	Heemskerk (NED)	225
3. van der Gracht Adrie	57	08-021	40.06	25m	12-1-13	Zwolle (NED)	129
4. Glorie Jan	57	08-021	45.95	25m	18-2-12	Heerenveen (NED)	85

100 vrije slag

1. Tijms Eric	64	08-021	1:15.41	25m	24-1-19	Heemskerk (NED)	211
2. Crok Dirk	58	08-021	1:15.45	25m	25-4-13	Heemskerk (NED)	211
3. van der Gracht Adrie	57	08-021	1:37.81	25m	6-4-15	Haarlem (NED)	96
4. Glorie Jan	57	08-021	1:55.57	25m	9-2-12	Heemskerk (NED)	58

200 vrije slag

1. Crok Dirk	58	08-021	2:54.93	25m	21-3-13	Heemskerk (NED)	183
2. Tijms Eric	64	08-021	3:03.30	25m	13-10-19	Alkmaar (NED)	159

250 vrije slag**300 vrije slag**

1. Crok Dirk	58	08-021	4:45.36	25m	22-1-16	Papendrecht (NED)	162
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400 vrije slag

1. Crok Dirk	58	08-021	6:17.28	25m	17-2-13	Aberdeen (GBR)	178
2. Tijms Eric	64	08-021	6:24.65	25m	13-10-19	Alkmaar (NED)	168

500 vrije slag**800 vrije slag**

1. Crok Dirk	58	08-021	12:58.61	25m	10-2-13	Zaandam (NED)	184
2. Tijms Eric	64	08-021	13:19.79	25m	13-10-19	Alkmaar (NED)	170

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

1. Crok Dirk	58	08-021	24:39.30	25m	10-2-13	Zaandam (NED)	188
2. Tijms Eric	64	08-021	25:34.66	25m	13-10-19	Alkmaar (NED)	168

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. van der Gracht Adrie	57	08-021	24.08	25m	26-5-13	Grootebroek (NED)	79
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50 rugslag

1. Tijms Eric	64	08-021	43.41	25m	7-3-19	Heemskerk (NED)	134
2. Oudendijk Hans	54	08-021	50.62	25m	24-1-10	Vlaardingen (NED)	84
3. van der Gracht Adrie	57	08-021	54.50	25m	19-2-15	Heemskerk (NED)	67
4. Glorie Jan	57	08-021	1:09.86	25m	22-3-12	Heemskerk (NED)	32

100 rugslag

1. Tijms Eric	64	08-021	1:38.34	25m	7-11-19	Heemskerk (NED)	122
2. Oudendijk Hans	54	08-021	2:00.17	25m	4-11-10	Heemskerk (NED)	67
3. van der Gracht Adrie	57	08-021	2:05.14	25m	30-10-14	Heemskerk (NED)	59

200 rugslag

500 rugslag**25 schoolslag**

1. van der Gracht Adrie	57	08-021	19.80	25m	20-10-12	Emmeloord (NED)	202
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50 schoolslag

1. Tijms Eric	64	08-021	42.00	25m	7-10-21	Heemskerk (NED)	217
2. Oudendijk Hans	54	08-021	43.01	25m	18-2-10	Heemskerk (NED)	202
3. Crok Dirk	58	08-021	43.93	25m	30-1-14	Heemskerk (NED)	189
4. van der Gracht Adrie	57	08-021	45.00	25m	5-10-13	Zwolle (NED)	176
5. Glorie Jan	57	08-021	53.04	25m	7-1-12	Zwolle (NED)	107

100 schoolslag

1. Tijms Eric	64	08-021	1:36.47	25m	19-9-19	Heemskerk (NED)	191
2. Oudendijk Hans	54	08-021	1:39.47	25m	10-9-09	Terneuzen (NED)	174
3. Crok Dirk	58	08-021	1:39.49	25m	31-10-13	Heemskerk (NED)	174
4. van der Gracht Adrie	57	08-021	1:43.23	25m	18-5-13	Purmerend (NED)	156

200 schoolslag

1. Oudendijk Hans	54	08-021	3:32.08	25m	11-9-09	Terneuzen (NED)	183
2. van der Gracht Adrie	57	08-021	3:57.40	25m	19-5-13	Purmerend (NED)	130

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

25 vlinderslag

1. Oudendijk Hans	54	08-021	18.89	25m	4-11-10	Heemskerk (NED)	143
2. van der Gracht Adrie	57	08-021	20.06	25m	15-2-14	Heerenveen (NED)	120
3. Glorie Jan	57	08-021	32.86	25m	7-1-12	Zwolle (NED)	27

50 vlinderslag

1. Tijms Eric	64	08-021	40.38	25m	7-11-19	Heemskerk (NED)	157
2. Oudendijk Hans	54	08-021	43.06	25m	18-2-10	Heemskerk (NED)	129
3. van der Gracht Adrie	57	08-021	46.57	25m	19-10-13	Emmeloord (NED)	102
4. Glorie Jan	57	08-021	1:11.37	25m	22-3-12	Heemskerk (NED)	28

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

1. Tijms Eric	64	08-021	1:30.50	25m	11-4-19	Heemskerk (NED)	171
2. van der Gracht Adrie	57	08-021	1:44.82	25m	21-2-15	Heerenveen (NED)	110
3. Oudendijk Hans	54	08-021	1:45.76	25m	23-1-09	Vlissingen (NED)	107
4. Glorie Jan	57	08-021	2:10.28	25m	18-2-12	Heerenveen (NED)	57

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