

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	1:48.29	50m	5-5-12	Eindhoven (NED)	81

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
3. Glorie Jan	57	08-021	4:15.04	50m	4-5-12	Eindhoven (NED)	63

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
3. Glorie Jan	57	08-021	9:13.72	50m	5-5-12	Eindhoven (NED)	62

500 vrije slag**800 vrije slag**

1. Crok Dirk	58	08-021	12:58.61	25m	10-2-13	Zaandam (NED)	184
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800 vrije slag (sinds 2)

2. Tijms Eric	64	08-021	13:19.79	25m	13-10-19	Alkmaar (NED)	170
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1000 vrije slag

1. Crok Dirk	58	08-021	16:40.59	OW	20-7-13	Anna-Paulowna (NED)	
2. Vink Jan Jaap	59	08-021	17:47.18	OW	23-7-16	Amstelveen (NED)	
3. Tijms Eric	64	08-021	18:10.26	OW	6-7-19	Anna Paulowna (NED)	
4. Glorie Jan	57	08-021	24:19.33	OW	28-7-12	Anna-Paulowna (NED)	

1250 vrije slag

1. Tijms Eric	64	08-021	22:22.25	OW	28-7-19	Hoor (NED)	
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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
3. Vink Jan Jaap	59	08-021	28:29.30	OW	17-7-16	Amsterdam (NED)	
4. Glorie Jan	57	08-021	39:46.96	OW	22-7-12	Amsterdam (NED)	

2000 vrije slag

1. Crok Dirk	58	08-021	38:31.55	OW	3-8-13	Hoor (NED)	
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2500 vrije slag

1. Crok Dirk	58	08-021	46:56.10	OW	27-7-14	Medemblik (NED)	
2. Tijms Eric	64	08-021	48:42.43	OW	21-7-19	Medemblik (NED)	

3000 vrije slag

1. Crok Dirk	58	08-021	50:46.90	OW	7-9-13	Eindhoven (NED)	
2. Tijms Eric	64	08-021	58:26.55	OW	11-8-19	Heerjansdam (NED)	
3. van der Gracht Adrie	57	08-021	58:49.30	OW	17-6-12	Riccione (ITA)	
4. Oudendijk Hans	54	08-021	1:04:50.05	OW	7-9-13	Eindhoven (NED)	

4000 vrije slag5000 vrije slag

1. Crok Dirk	58	08-021	1:33:49.64	OW	25-8-13	Oosterhout (NED)	
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6000 vrije slag

1. Crok Dirk	58	08-021	1:25:24.83	OW	10-7-16	Beusichem-Culemborg (NED)	
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6500 vrije slag10000 vrije slag20000 vrije slag22000 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	53.97	50m	6-7-14	Eindhoven (NED)	88
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
5. Vink Gé	60	08-021	1:43.35	50m	19-4-15	Alkmaar (NED)	168
6. Glorie Jan	57	08-021	2:03.83	50m	4-5-12	Eindhoven (NED)	98

200 schoolslag

1. Oudendijk Hans	54	08-021	3:32.08	25m	11-9-09	Terneuzen (NED)	183
2. Vink Gé	60	08-021	3:38.00	50m	19-4-15	Alkmaar (NED)	196
3. van der Gracht Adrie	57	08-021	3:57.40	25m	19-5-13	Purmerend (NED)	130
4. Glorie Jan	57	08-021	4:24.74	50m	4-5-12	Eindhoven (NED)	109

500 schoolslag**800 schoolslag**

1000 schoolslag

1. Oudendijk Hans	54	08-021	18:41.73	OW	30-8-09	Oosterhout (NED)
2. Vink Gé	60	08-021	20:32.24	OW	25-6-16	Vianen (NED)
3. Tijms Eric	64	08-021	21:09.50	OW	15-9-19	Maastricht (NED)
4. Crok Dirk	58	08-021	21:18.34	OW	18-8-13	Vught (NED)
5. van der Gracht Adrie	57	08-021	22:33.94	OW	28-7-12	Anna-Paulowna (NED)
6. Glorie Jan	57	08-021	24:34.21	OW	28-7-12	Anna-Paulowna (NED)

1250 schoolslag

1. Tijms Eric	64	08-021	27:06.35	OW	28-7-19	Hoorn (NED)
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1500 schoolslag

1. van der Gracht Adrie	57	08-021	38:14.47	OW	30-6-12	Scheerwolde (NED)
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2000 schoolslag

1. Oudendijk Hans	54	08-021	42:59.32	OW	4-7-09	Oss (NED)
2. Vink Gé	60	08-021	43:19.17	OW	9-7-16	Strijen (NED)
3. van der Gracht Adrie	57	08-021	44:13.50	OW	5-7-13	Appeltern (NED)

2500 schoolslag**3000 schoolslag**

1. van der Gracht Adrie	57	08-021	1:14:49.08	OW	14-7-12	Wijk en Aalburg (NED)
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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**