

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

1. Meijer Arno	75	08-021	12.10	25m	16-5-91	Heemskerk (NED)	429
2. van Rookhuizen Barry	82	08-021	12.60	25m	12-2-98	Heemskerk (NED)	380
3. de Boer Stephan	83	08-021	12.63	25m	25-3-99	Heemskerk (NED)	377
4. Butter Martijn	79	08-021	12.70	25m	27-4-95	Heemskerk (NED)	371
4. Oortwijn Maarten	80	08-021	12.70	25m	14-3-96	Heemskerk (NED)	371
6. Stins Arnold	83	08-021	12.83	25m	25-3-99	Heemskerk (NED)	360
7. Hulshof Patrick	75	08-021	12.90	25m	16-5-91	Heemskerk (NED)	354
8. Crok Pieter	91	08-021	13.09	25m	19-4-07	Heemskerk (NED)	339
9. Hermans Luuk	85	08-021	13.15	25m	29-3-01	Heemskerk (NED)	334
10. Bok Reitze	73	08-021	13.20	25m	31-12-89	Heemskerk (NED)	330
11. de Caluwé Niels	91	08-021	13.33	25m	19-4-07	Heemskerk (NED)	321
12. Lamers Koen	91	08-021	13.53	25m	19-4-07	Heemskerk (NED)	307
13. Martijn Onno	91	08-021	13.55	25m	19-4-07	Heemskerk (NED)	305
14. van der Bunt Raymond	73	08-021	13.70	25m	31-12-89	Heemskerk (NED)	295
14. Goverde Jeroen	73	08-021	13.70	25m	31-12-89	Heemskerk (NED)	295
14. Oudendijk Paul	81	08-021	13.70	25m	13-3-97	Heemskerk (NED)	295
17. Krijger Jan-Willem	81	08-021	13.80	25m	13-3-97	Heemskerk (NED)	289
18. Schaaper Bart	73	08-021	14.10	25m	12-1-89	Heemskerk (NED)	271
19. Zijlstra Jeroen	80	08-021	14.20	25m	14-3-96	Heemskerk (NED)	265
20. Kemmeren Ferry	91	08-021	14.55	25m	19-4-07	Heemskerk (NED)	247
21. Kerdijk Dennis	79	08-021	15.40	25m	27-4-95	Heemskerk (NED)	208
22. de Boer Daniël	77	08-021	16.20	25m	16-6-93		179
23. Meyer Frank	60	08-021	16.50	25m	30-3-76	Heemskerk (NED)	169
23. de Groot Peter	80	08-021	16.50	25m	14-3-96	Heemskerk (NED)	169
25. Hof Ronnalt	60	08-021	17.20	25m	14-9-76	Heemskerk (NED)	149

50 vrije slag

1. Gaal Roel	01	08-021	25.31	25m	18-11-17	Hoofddorp (NED)	512
2. Schelvis Sjeng	89	08-021	25.98	25m	26-6-05	Roosendaal (NED)	474
3. Hogenstijn Peter	84	08-021	26.23	25m	26-10-00	Heemskerk (NED)	460
4. Crok Pieter	91	08-021	26.42	25m	28-10-07	Zaandam (NED)	450
5. Meijer Arno	75	08-021	26.50	25m	10-3-91	Heemskerk (NED)	446
6. Jongert Sjoerd	01	08-021	26.58	25m	30-12-17	Leeuwarden (NED)	442
7. van Rookhuizen Barry	82	08-021	26.92	25m	15-11-98	Zaandam (NED)	426
8. Oortwijn Maarten	80	08-021	27.00	25m	29-9-96	Haarlem (NED)	422
9. Butter Martijn	79	08-021	27.10	25m	1-10-95	Heemskerk (NED)	417
10. de Ruijter Richard	88	08-021	27.15	25m	28-12-04	Maastricht (NED)	415
11. Kerkhof Arno	72	08-021	27.20	25m	15-12-88	Heemskerk (NED)	413

50 vrije slag (sinds 12)

12.	de Boer Stephan	83	08-021	27.22	25m	10-1-99	Zuidoost Beemster (NED)	412
13.	Camphuijnder Jasper	05	08-021	27.33	25m	3-10-21	Den Helder (NED)	407
14.	Offringa Rick	03	08-021	27.34	25m	19-9-19	Heemskerk (NED)	406
15.	Kranenburg Fred	63	08-021	27.50	25m	16-12-79	(NED)	399
16.	van der Gracht Jory	87	08-021	27.52	25m	27-4-03	Zaandam	399
17.	de Wit Stephen	93	08-021	27.56	25m	6-12-09	Zaandam (NED)	397
18.	Plokker Robert	65	08-021	27.60	25m	22-3-81	Wieringerwerf (NED)	395
18.	Dekker Rudie	78	08-021	27.60	25m	20-1-94	Heemskerk	395
18.	Kleijne Barry	93	08-021	27.60	25m	10-5-09	Purmerend (NED)	395
21.	Glorie Daan	88	08-021	27.79	25m	28-12-04	Maastricht (NED)	387
22.	Kramer Vincent	82	08-021	27.90	25m	22-3-98	Assendelft (NED)	382
23.	Stins Arnold	83	08-021	27.96	25m	17-10-99	Zaandam (NED)	380
23.	Kemmeren Ferry	91	08-021	27.96	25m	8-4-07	Haarlem (NED)	380
25.	Groen Jarno	01	08-021	28.06	25m	14-1-17	Alkmaar (NED)	376

100 vrije slag

1.	Gaal Roel	01	08-021	55.39	25m	11-11-17	Hoofddorp (NED)	534
2.	Hogenstijn Peter	84	08-021	56.98	25m	10-12-00	Nieuwegein (NED)	490
3.	Crok Pieter	91	08-021	57.75	25m	15-12-07	Heemskerk (NED)	471
4.	Jongert Sjoerd	01	08-021	57.97	25m	11-11-17	Hoofddorp (NED)	465
5.	Camphuijnder Jasper	05	08-021	58.00	25m	3-10-21	Den Helder (NED)	465
6.	Schelvis Sjeng	89	08-021	58.54	25m	20-2-05	Aalsmeer (NED)	452
7.	Offringa Rick	03	08-021	59.12	25m	13-10-19	Heemskerk (NED)	439
8.	Butter Martijn	79	08-021	59.20	25m	10-12-95	Heemskerk (NED)	437
9.	Meijer Arno	75	08-021	59.50	25m	24-3-91	Zaandam (NED)	430
9.	Stins Arnold	83	08-021	59.50	25m	12-12-99	Heemskerk (NED)	430
11.	Glorie Daan	88	08-021	59.74	25m	12-12-04	Heemskerk (NED)	425
12.	van der Gracht Jory	87	08-021	59.84	25m	5-10-03	Heemskerk (NED)	423
13.	Oortwijn Maarten	80	08-021	1:00.00	25m	31-3-96	Castricum (NED)	420
14.	Kleijne Barry	93	08-021	1:00.06	25m	24-9-09	Heemskerk (NED)	418
15.	de Boer Stephan	83	08-021	1:00.11	25m	18-2-99	Heemskerk (NED)	417
16.	de Ruijter Richard	88	08-021	1:00.22	25m	28-12-04	Maastricht (NED)	415
17.	Kerkhof Arno	72	08-021	1:00.40	25m	18-9-88	Heemskerk (NED)	411
18.	de Wit Stephen	93	08-021	1:00.61	25m	1-3-09	Heemstede (NED)	407
19.	Oortwijn Kalle	05	08-021	1:01.27	25m	21-11-21	Den Helder (NED)	394
20.	van Rookhuizen Barry	82	08-021	1:01.38	25m	22-11-98	Zaandam (NED)	392
21.	Kemmeren Ferry	91	08-021	1:01.43	25m	4-11-07	Amsterdam (NED)	391
22.	Essers Tim	88	08-021	1:01.53	25m	28-12-04	Maastricht (NED)	389
23.	Plokker Robert	65	08-021	1:01.60	25m	20-9-81	Den Helder (NED)	388
24.	Kramer Vincent	82	08-021	1:01.80	25m	7-5-98	Heemskerk (NED)	384
25.	Groen Jarno	01	08-021	1:01.83	25m	11-5-17	Heemskerk (NED)	383

200 vrije slag

1. Hogenstijn Peter	84	08-021	2:01.22	25m	30-11-00	Heemskerk (NED)	550
2. Gaal Roel	01	08-021	2:04.16	25m	19-11-17	Hoofddorp (NED)	512
3. Crok Pieter	91	08-021	2:07.86	25m	18-3-07	Heemskerk (NED)	469
4. Butter Martijn	79	08-021	2:09.60	25m	26-11-95	Heemskerk (NED)	450
5. Kleijne Barry	93	08-021	2:09.82	25m	27-9-09	Zaandam (NED)	448
6. Schelvis Sjeng	89	08-021	2:09.92	25m	13-3-05	Amsterdam (NED)	447
7. Meijer Arno	75	08-021	2:10.80	25m	24-2-91	Heemskerk (NED)	438
8. Glorie Daan	88	08-021	2:11.59	25m	14-3-04	Zaandam	430
9. Stins Arnold	83	08-021	2:11.63	25m	21-11-99	Heemskerk (NED)	430
10. Offringa Rick	03	08-021	2:12.00	25m	7-3-19	Heemskerk (NED)	426
11. Jongert Sjoerd	01	08-021	2:12.43	25m	19-11-17	Hoofddorp (NED)	422
12. van der Gracht Jory	87	08-021	2:14.29	25m	18-12-03	Heemskerk (NED)	405
13. Steenbergen Roderik	82	08-021	2:17.35	25m	17-12-98	Heemskerk (NED)	378
14. Woudsma Stefan	00	08-021	2:17.71	25m	17-3-16	Heemskerk (NED)	375
15. Groen Jarno	01	08-021	2:17.81	25m	15-1-17	Alkmaar (NED)	374
16. Kramer Vincent	82	08-021	2:18.10	25m	26-4-98	Alkmaar (NED)	372
17. de Wit Stephen	93	08-021	2:18.23	25m	15-11-09	Haarlem (NED)	371
18. Kranenburg Fred	63	08-021	2:18.30	25m	21-4-79	Deinze (BEL)	370
19. Camphuijnder Jasper	05	08-021	2:18.77	25m	3-10-21	Den Helder (NED)	367
20. Oudendijk Paul	81	08-021	2:19.50	25m	11-12-97	Heemskerk (NED)	361
21. de Ruijter Richard	88	08-021	2:20.04	25m	29-5-04	Z.o. Beemster	357
22. Kemmeren Ferry	91	08-021	2:20.39	25m	25-11-07	Amsterdam (NED)	354
23. Gaal Koen	99	08-021	2:20.65	25m	8-3-15	Zaandam (NED)	352
24. Oortwijn Maarten	80	08-021	2:20.90	25m	10-11-96	Grootebroek (NED)	350
25. Kerkhof Arno	72	08-021	2:21.50	25m	4-1-88	Zaandam (NED)	346

250 vrije slag**300 vrije slag**

1. Crok Pieter	91	08-021	3:28.43	25m	8-4-07	Haarlem (NED)	417
2. Butter Martijn	79	08-021	3:31.20	25m	17-12-95	Zaandam (NED)	401
3. Glorie Daan	88	08-021	3:33.09	25m	29-4-04	Heemskerk (NED)	390
4. Kleijne Barry	93	08-021	3:37.19	25m	12-4-09	Haarlem (NED)	369
5. de Ruijter Richard	88	08-021	3:47.50	25m	29-4-04	Heemskerk (NED)	321
6. Woudsma Stefan	00	08-021	3:52.39	50m	30-4-16	Alkmaar (NED)	332
7. Essers Tim	88	08-021	3:56.39	25m	29-4-04	Heemskerk (NED)	286
8. Kemmeren Ferry	91	08-021	4:03.00	25m	14-10-07	Zaandam (NED)	263
9. de Wit Matthew	97	08-021	4:19.73	25m	1-11-13	Dordrecht (NED)	215
10. Bleijendaal Thomas	88	08-021	4:24.18	25m	29-4-04	Heemskerk (NED)	205

400 vrije slag

1. Butter Martijn	79	08-021	4:31.90	25m	18-5-95	Heemskerk (NED)	475
2. Crok Pieter	91	08-021	4:37.05	25m	8-4-07	Haarlem (NED)	449
3. Gaal Roel	01	08-021	4:43.11	25m	1-10-17	Purmerend (NED)	421
4. Schelvis Sjeng	89	08-021	4:44.44	25m	28-4-05	Heemskerk (NED)	415
5. Glorie Daan	88	08-021	4:44.70	25m	29-4-04	Heemskerk (NED)	414
6. Meijer Arno	75	08-021	4:46.30	25m	3-2-91	Zaandam (NED)	407
7. Kleijne Barry	93	08-021	4:49.09	25m	12-4-09	Haarlem (NED)	395
8. Offringa Rick	03	08-021	4:49.43	25m	19-10-19	Barneveld (NED)	394
9. Stins Arnold	83	08-021	4:50.27	25m	24-10-99	Zaandam (NED)	390
10. Oudendijk Paul	81	08-021	4:54.50	25m	16-11-97	Zaandam (NED)	374
11. Kerkhof Arno	72	08-021	4:58.10	25m	6-10-88	Heemskerk (NED)	360
12. van der Gracht Jory	87	08-021	4:58.53	25m	9-6-03	Z.o. Beemster	359
13. de Ruijter Richard	88	08-021	5:01.14	25m	29-4-04	Heemskerk (NED)	350
14. Plokker Robert	65	08-021	5:06.30	25m	14-3-81	Heemskerk (NED)	332
15. Steenbergen Roderik	82	08-021	5:06.40	25m	19-3-98	Heemskerk (NED)	332
16. Jongert Sjoerd	01	08-021	5:06.59	50m	2-4-17	Alkmaar (NED)	369
17. Hermans Luuk	85	08-021	5:07.08	25m	31-5-01	Heemskerk (NED)	330
18. Woudsma Stefan	00	08-021	5:10.24	50m	30-4-16	Alkmaar (NED)	356
19. Krijger Jan-Willem	81	08-021	5:10.50	25m	16-11-97	Zaandam (NED)	319
20. Kramer Vincent	82	08-021	5:11.00	25m	19-3-98	Heemskerk (NED)	317
21. Groen Jarno	01	08-021	5:11.89	50m	2-4-17	Alkmaar (NED)	351
22. Hulshof Patrick	75	08-021	5:12.70	25m	10-3-91	Heemskerk (NED)	312
23. Gaal Koen	99	08-021	5:13.42	25m	11-10-15	Alkmaar (NED)	310
24. van Rookhuizen Barry	82	08-021	5:14.70	25m	19-3-98	Heemskerk (NED)	306
25. Hoenink Jarl	86	08-021	5:15.73	25m	30-5-02	Heemskerk	303

500 vrije slag**800 vrije slag**

1. Butter Martijn	79	08-021	9:30.50	25m	5-11-95	Volendam (NED)	469
2. Meijer Arno	75	08-021	9:40.40	25m	6-6-91	Heemskerk	445
3. Kleijne Barry	93	08-021	9:47.36	25m	13-9-09	Zaandam (NED)	430
4. Stins Arnold	83	08-021	9:50.65	25m	24-10-99	Zaandam (NED)	423
5. Crok Pieter	91	08-021	9:57.44	25m	3-3-07	Hoorl (NED)	408
6. Glorie Daan	88	08-021	10:08.74	25m	17-10-04	Zaandam (NED)	386
7. Oudendijk Paul	81	08-021	10:23.90	25m	16-2-97	Volendam (NED)	359
8. Dekker Rudie	78	08-021	10:55.70	25m	14-4-94	Heemskerk	309
9. Steenbergen Roderik	82	08-021	10:56.60	25m	29-3-98	Heemstede (NED)	307
10. Gaal Koen	99	08-021	11:12.14	25m	8-2-15	Zaandam (NED)	287
11. Kemmeren Ferry	91	08-021	11:12.22	25m	14-10-07	Zaandam (NED)	287
12. Hoenink Jarl	86	08-021	11:14.11	25m	8-9-02	Heemskerk	284
13. Krijger Jan-Willem	81	08-021	11:16.00	25m	16-2-97	Volendam (NED)	282
14. de Ruijter Richard	88	08-021	11:19.76	25m	17-10-04	Zaandam (NED)	277
15. Butter Joris	86	08-021	11:27.30	25m	8-9-02	Heemskerk	268
16. Hulshof Patrick	75	08-021	11:31.80	25m	6-6-91	Heemskerk	263
17. Tijms Stefan	93	08-021	11:38.51	25m	1-3-09	Zaandam (NED)	255
18. Schillemans Bram	99	08-021	12:44.07	25m	8-2-15	Zaandam (NED)	195

1000 vrije slag

1. Glorie Daan	88	08-021	12:58.09	OW	28-8-04	Middelburg (NED)
2. Crok Pieter	91	08-021	13:05.27	OW	24-6-07	Breukelen (NED)
3. Kleijne Barry	93	08-021	13:41.45	OW	5-9-09	Wilhelminadorp (NED)
4. Jongert Sjoerd	01	08-021	14:26.70	OW	2-9-17	Wilhelminadorp (NED)
5. Tijms Stefan	93	08-021	14:36.84	OW	5-9-09	Wilhelminadorp (NED)
6. Plokker Robert	65	08-021	14:46.30	OW	14-6-81	Amstelveen (NED)
7. Dekker Rudie	78	08-021	15:36.00	OW	12-7-94	Harderwijk (NED)
8. Schaaper Hans	68	08-021	15:38.50	OW	17-6-84	Amstelveen (NED)
9. Korzelius Ron	65	08-021	16:24.20	OW	14-6-81	Amstelveen (NED)
10. Wolf Gert Jan	65	08-021	16:55.70	OW	14-6-81	Amstelveen (NED)

1250 vrije slag

1. Jongert Sjoerd	01	08-021	17:45.10	OW	10-9-17	Hoom (NED)
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1500 vrije slag

1. Butter Martijn	79	08-021	17:57.50	25m	17-12-95	Zaandam (NED)	487
2. Crok Pieter	91	08-021	18:51.86	25m	3-3-07	Hoom (NED)	420
3. Stins Arnold	83	08-021	18:55.85	25m	28-2-99	Zaandam (NED)	416
4. Meijer Arno	75	08-021	19:18.50	25m	27-1-91	Volendam (NED)	392
5. Kleijne Barry	93	08-021	19:23.35	25m	1-3-09	Zaandam (NED)	387
6. Glorie Daan	88	08-021	19:45.57	25m	14-11-04	Heemskerk (NED)	366
7. Oudendijk Paul	81	08-021	19:47.40	25m	23-2-97	Zaandam (NED)	364
8. de Ruijter Richard	88	08-021	20:18.87	25m	14-11-04	Heemskerk (NED)	336
9. van der Gracht Jory	87	08-021	20:23.71	25m	16-11-03	Heemskerk (NED)	332
10. Steenbergen Roderik	82	08-021	20:45.30	25m	29-3-98	Heemstede (NED)	315
11. Gaal Koen	99	08-021	20:59.91	25m	8-2-15	Zaandam (NED)	304
12. Hoenink Jarl	86	08-021	21:16.41	25m	1-12-02	Heemskerk	293
13. Hermans Luuk	85	08-021	21:30.55	25m	21-1-01	Heemskerk (NED)	283
14. Dekker Rudie	78	08-021	21:32.80	25m	30-6-94	Heemskerk	282
15. Tijms Stefan	93	08-021	22:20.03	25m	1-3-09	Zaandam (NED)	253
16. Schillemans Bram	99	08-021	24:00.91	25m	8-2-15	Zaandam (NED)	203

2000 vrije slag

1. Crok Pieter	91	08-021	25:37.42	25m	11-2-07	Zaandam (NED)	397
2. Kleijne Barry	93	08-021	25:53.79	25m	1-3-09	Zaandam (NED)	385
3. Glorie Daan	88	08-021	26:17.02	25m	7-3-04	Zaandam	368
4. van der Gracht Jory	87	08-021	26:53.55	25m	16-2-03	Zaandam	344
5. Butter Martijn	79	08-021	27:10.90	OW	1-7-95	Oss (NED)	
6. Gaal Koen	99	08-021	28:00.68	25m	22-2-15	Zaandam (NED)	304
7. Stins Arnold	83	08-021	28:02.90	OW	25-7-99	Amsterdam (NED)	
8. Hoenink Jarl	86	08-021	28:05.83	25m	10-2-02	Zaandam	301
9. Oudendijk Paul	81	08-021	29:25.70	OW	12-7-97	Oss (NED)	
10. Butter Joris	86	08-021	29:38.06	25m	10-2-02	Zaandam	257
11. Tijms Stefan	93	08-021	29:44.95	25m	1-3-09	Zaandam (NED)	254
12. Kramer Vincent	82	08-021	30:39.10	OW	28-6-98	Breukelen (NED)	
13. Steenbergen Roderik	82	08-021	31:49.20	OW	28-6-98	Breukelen (NED)	
14. Hoenink Sten	84	08-021	32:11.05	25m	5-3-00	Zaandam (NED)	200

2500 vrije slag

1. Glorie Daan	88	08-021	34:26.19	OW	26-6-04	Scheerwolde (NED)
2. Jongert Sjoerd	01	08-021	37:05.15	OW	3-9-17	Vlissingen (NED)
3. Tijms Stefan	93	08-021	41:05.91	OW	22-8-09	Stadskanaal (NED)

3000 vrije slag

1. Glorie Daan	88	08-021	40:45.41	OW	16-7-04	Tilburg (NED)
2. Butter Martijn	79	08-021	42:06.70	OW	2-7-95	Veghel (NED)
3. Kleijne Barry	93	08-021	45:49.86	OW	16-8-09	Aalsmeer (NED)
4. Tijms Stefan	93	08-021	48:02.55	OW	30-8-09	Oosterhout (NED)
5. van der Gracht Jory	87	08-021	50:35.75	OW	26-7-03	Anna-Paulowna (NED)

4000 vrije slag**5000 vrije slag**

1. Kleijne Barry	93	08-021	1:11:56.36	OW	6-9-09	Vlissingen (NED)
2. Tijms Stefan	93	08-021	1:21:09.02	OW	6-9-09	Vlissingen (NED)

6000 vrije slag**6500 vrije slag****10000 vrije slag****20000 vrije slag****22000 vrije slag****25 rugslag**

1. Meijer Arno	75	08-021	15.10	25m	16-5-91	Heemskerk (NED)	322
2. Butter Martijn	79	08-021	15.60	25m	16-3-95	Heemskerk (NED)	292
2. Oortwijn Maarten	80	08-021	15.60	25m	8-2-96	Heemskerk (NED)	292
4. Stins Arnold	83	08-021	15.65	25m	25-3-99	Heemskerk (NED)	290
5. Hermans Luuk	85	08-021	15.67	25m	22-2-01	Heemskerk (NED)	288
6. Crok Pieter	91	08-021	15.73	25m	19-4-07	Heemskerk (NED)	285
7. Oudendijk Paul	81	08-021	15.80	25m	13-2-97	Heemskerk (NED)	281
8. de Boer Stephan	83	08-021	15.90	25m	25-3-99	Heemskerk (NED)	276
9. van der Bunt Raymond	73	08-021	16.10	25m	31-12-89	Heemskerk (NED)	266
10. de Caluwé Niels	91	08-021	16.15	25m	19-4-07	Heemskerk (NED)	263
11. Kemmeren Ferry	91	08-021	16.28	25m	19-4-07	Heemskerk (NED)	257
12. Bok Reitze	73	08-021	16.40	25m	12-1-89	Heemskerk (NED)	252
13. van Rookhuizen Barry	82	08-021	16.50	25m	15-1-98	Heemskerk (NED)	247
14. Lamers Koen	91	08-021	16.55	25m	19-4-07	Heemskerk (NED)	245
15. Goverde Jeroen	73	08-021	16.70	25m	12-1-89	Heemskerk (NED)	238
16. Hulshof Patrick	75	08-021	16.80	25m	16-5-91	Heemskerk (NED)	234
17. Schaaper Bart	73	08-021	17.20	25m	12-1-89	Heemskerk (NED)	218
17. de Groot Peter	80	08-021	17.20	25m	8-2-96	Heemskerk (NED)	218
19. Krijger Jan-Willem	81	08-021	17.40	25m	13-2-97	Heemskerk (NED)	211

25 rugslag (sinds 20)

20. Martijn Onno	91	08-021	17.79	25m	19-4-07	Heemskerk (NED)	197
21. de Boer Daniël	77	08-021	17.90	25m	17-6-93	Heemskerk (NED)	193
22. Kerdijk Dennis	79	08-021	18.10	25m	16-3-95	Heemskerk (NED)	187
23. Hoenink Sten	84	08-021	18.27	25m	17-2-00	Heemskerk (NED)	182
24. Zijlstra Jeroen	80	08-021	20.90	25m	7-2-96		121
25. de Vijlder Michael	75	08-021	22.00	25m	16-5-91	Heemskerk (NED)	104

50 rugslag

1. Essers Tim	88	08-021	30.79	25m	11-4-04	Haarlem	375
2. Offringa Rick	03	08-021	31.32	25m	19-10-19	Barneveld (NED)	357
3. Schelvis Sjeng	89	08-021	31.57	25m	15-5-05	Zuidoost-Beemster (NED)	348
4. Butter Martijn	79	08-021	32.00	25m	10-9-95	Assendelft (NED)	334
5. Crok Pieter	91	08-021	32.05	25m	13-12-07	Heemskerk (NED)	333
6. Hermans Luuk	85	08-021	32.08	25m	7-1-01	Zuidoostbeemster (NED)	332
7. Hogenstijn Peter	84	08-021	32.13	25m	3-12-00	Zaandam (NED)	330
8. Kleijne Barry	93	08-021	32.17	25m	26-2-09	Heemskerk (NED)	329
9. Jongert Sjoerd	01	08-021	32.37	25m	15-1-17	Alkmaar (NED)	323
10. de Wit Stephen	93	08-021	32.44	25m	26-2-09	Heemskerk (NED)	321
11. van Vegten Teun	01	08-021	32.45	25m	12-3-17	Purmerend (NED)	321
12. Steenbergen Roderik	82	08-021	32.57	25m	29-10-98	Heemskerk (NED)	317
13. Oortwijn Maarten	80	08-021	32.70	25m	7-11-96	Heemskerk (NED)	313
13. Gaal Roel	01	08-021	32.70	25m	30-12-17	Leeuwarden (NED)	313
15. Gaal Koen	99	08-021	32.74	25m	6-9-15	Zaandam (NED)	312
16. Kerkhof Arno	72	08-021	32.80	25m	14-12-88		310
16. Meijer Arno	75	08-021	32.80	25m	10-1-91	Heemskerk (NED)	310
18. Kemmeren Ferry	91	08-021	32.99	25m	30-9-07	Volendam (NED)	305
19. de Caluwé Niels	91	08-021	33.01	25m	18-3-07	Heemskerk (NED)	304
20. Groen Jarno	01	08-021	33.13	25m	5-11-17	Alkmaar (NED)	301
21. Oudendijk Paul	81	08-021	33.20	25m	9-10-97	Heemskerk (NED)	299
22. Kramer Vincent	82	08-021	33.33	25m	29-10-98	Heemskerk (NED)	296
23. Glorie Daan	88	08-021	33.58	25m	28-12-04	Maastricht (NED)	289
23. de Ruijter Richard	88	08-021	33.58	25m	28-12-04	Maastricht (NED)	289
25. Hoenink Jarl	86	08-021	33.72	25m	22-12-02	Zaandam	286

100 rugslag

1. Kleijne Barry	93	08-021	1:05.79	25m	24-9-09	Heemskerk (NED)	410
2. Essers Tim	88	08-021	1:06.37	25m	28-12-04	Maastricht (NED)	399
3. Butter Martijn	79	08-021	1:06.80	25m	27-4-95	Heemskerk (NED)	392
4. Schelvis Sjeng	89	08-021	1:07.23	25m	31-3-05	Heemskerk (NED)	384
5. Offringa Rick	03	08-021	1:07.26	25m	24-3-19	Purmerend (NED)	384
6. van der Linden René	70	08-021	1:08.00	25m	9-2-86	Castricum (NED)	371
7. Crok Pieter	91	08-021	1:08.40	25m	4-11-07	Amsterdam (NED)	365
8. Steenbergen Roderik	82	08-021	1:08.75	25m	13-12-98	Heemskerk (NED)	359
9. Hermans Luuk	85	08-021	1:09.44	25m	29-3-01	Heemskerk (NED)	349
10. Jongert Sjoerd	01	08-021	1:09.48	25m	12-3-17	Purmerend (NED)	348
11. de Wit Stephen	93	08-021	1:09.79	25m	15-3-09	Haarlem (NED)	343
12. Glorie Daan	88	08-021	1:09.89	25m	28-12-04	Maastricht (NED)	342
13. Stins Arnold	83	08-021	1:09.96	25m	12-12-99	Heemskerk (NED)	341
14. Schaaper Hans	68	08-021	1:10.30	25m	15-12-84	Hilversum (NED)	336
15. Oudendijk Paul	81	08-021	1:10.50	25m	9-3-97	Alkmaar (NED)	333
16. Gaal Koen	99	08-021	1:10.70	25m	4-10-15	Purmerend (NED)	330

100 rugslag (sinds 17)

17. Meijer Arno	75	08-021	1:11.40	25m	7-2-91	Heemskerk (NED)	321
18. Kramer Vincent	82	08-021	1:11.70	25m	13-12-98	Heemskerk (NED)	317
19. Kerkhof Arno	72	08-021	1:11.80	25m	31-12-88		315
20. Kemmeren Ferry	91	08-021	1:12.00	25m	30-9-07	Volendam (NED)	313
21. van Rijn Michael	70	08-021	1:12.10	25m	9-2-86	Castricum (NED)	311
22. Hoenink Jarl	86	08-021	1:12.21	25m	13-1-02	Zaandam	310
23. Groen Jarno	01	08-021	1:12.70	25m	12-3-17	Purmerend (NED)	304
24. Kranenburg Fred	63	08-021	1:13.20	25m	31-12-79		298
25. Woudsma Stefan	00	08-021	1:13.21	25m	17-11-16	Heemskerk (NED)	297

200 rugslag

1. Essers Tim	88	08-021	2:26.24	25m	29-5-04	Z.o. Beemster	376
2. Oudendijk Paul	81	08-021	2:27.10	25m	9-3-97	Alkmaar (NED)	370
3. Butter Martijn	79	08-021	2:28.50	25m	12-10-95	Heemskerk (NED)	359
4. Hogenstijn Peter	84	08-021	2:28.91	25m	8-10-00	Heemskerk (NED)	356
5. Crok Pieter	91	08-021	2:28.93	25m	31-5-07	Heemskerk (NED)	356
6. Schelvis Sjeng	89	08-021	2:30.08	25m	14-5-05	Zuidoost-Beemster (NED)	348
7. Kleijne Barry	93	08-021	2:30.25	25m	31-5-09	Purmerend (NED)	347
8. Offringa Rick	03	08-021	2:30.53	25m	13-1-19	Purmerend (NED)	345
9. Steenbergen Roderik	82	08-021	2:31.30	25m	24-5-98	Zaandam (NED)	340
10. Gaal Roel	01	08-021	2:32.19	25m	12-3-17	Purmerend (NED)	334
11. Groen Jarno	01	08-021	2:33.28	25m	19-3-17	Zaandam (NED)	327
12. de Wit Stephen	93	08-021	2:33.91	25m	23-4-09	Heemskerk (NED)	323
13. Jongert Sjoerd	01	08-021	2:34.06	25m	19-3-17	Zaandam (NED)	322
14. Stins Arnold	83	08-021	2:34.13	25m	16-12-99	Heemskerk	321
15. Schaaper Hans	68	08-021	2:35.50	25m	22-1-84	Zandvoort (NED)	313
16. Gaal Koen	99	08-021	2:35.65	25m	29-3-15	Zaandam (NED)	312
17. Meijer Arno	75	08-021	2:35.90	25m	14-11-91	Heemskerk (NED)	311
18. Hoenink Jarl	86	08-021	2:36.97	25m	31-1-02	Heemskerk	304
19. Hermans Luuk	85	08-021	2:37.59	50m	19-5-01	Beverwijk (NED)	358
20. Kemmeren Ferry	91	08-021	2:37.72	25m	21-10-07	Zaandam (NED)	300
21. Glorie Daan	88	08-021	2:38.18	25m	23-12-04	Heemskerk (NED)	297
22. van der Linden René	70	08-021	2:38.20	25m	31-12-86		297
23. Kerkhof Arno	72	08-021	2:40.00	25m	7-2-88	Heemskerk (NED)	287
24. Kramer Vincent	82	08-021	2:41.15	25m	24-9-98	Heemskerk (NED)	281
25. Oortwijn Maarten	80	08-021	2:41.60	25m	17-3-96	Heemskerk (NED)	279

500 rugslag**25 schoolslag**

1. de Boer Stephan	83	08-021	15.92	25m	25-3-99	Heemskerk (NED)	388
2. Schaaper Bart	73	08-021	16.00	25m	12-1-89	Heemskerk (NED)	383
2. Bok Reitze	73	08-021	16.00	25m	31-12-89	Heemskerk (NED)	383
2. Meijer Arno	75	08-021	16.00	25m	16-5-91	Heemskerk (NED)	383
5. Crok Pieter	91	08-021	16.56	25m	19-4-07	Heemskerk (NED)	345
6. Hermans Luuk	85	08-021	16.64	25m	22-2-01	Heemskerk (NED)	340
7. Stins Arnold	83	08-021	16.99	25m	25-3-99	Heemskerk (NED)	319
8. van Rookhuizen Barry	82	08-021	17.00	25m	19-3-98	Heemskerk (NED)	319
9. de Caluwé Niels	91	08-021	17.04	25m	19-4-07	Heemskerk (NED)	317
10. Oortwijn Maarten	80	08-021	17.10	25m	14-3-96	Heemskerk (NED)	313
11. Hulshof Patrick	75	08-021	17.30	25m	16-5-91	Heemskerk (NED)	303

25 schoolslag (sinds 12)

11. Kramer Vincent	82	08-021	17.30	25m	19-3-98	Heemskerk (NED)	303
13. Kemmeren Ferry	91	08-021	17.46	25m	19-4-07	Heemskerk (NED)	294
14. Goverde Jeroen	73	08-021	17.60	25m	12-1-89	Heemskerk (NED)	287
14. Oudendijk Paul	81	08-021	17.60	25m	13-3-97	Heemskerk (NED)	287
16. van der Heijden Hans	60	08-021	17.80	25m	14-9-76	Heemskerk (NED)	278
16. Steenbergen Roderik	82	08-021	17.80	25m	19-3-98	Heemskerk (NED)	278
18. Krijger Jan-Willem	81	08-021	17.90	25m	13-3-97	Heemskerk (NED)	273
19. Martijn Onno	91	08-021	17.97	25m	19-4-07	Heemskerk (NED)	270
20. Lamers Koen	91	08-021	18.04	25m	19-4-07	Heemskerk (NED)	267
21. van der Bunt Raymond	73	08-021	18.10	25m	12-1-89	Heemskerk (NED)	264
22. Windmuller Hans-Pieter	60	08-021	18.50	25m	14-9-76	Heemskerk (NED)	247
23. Zijlstra Jeroen	80	08-021	18.60	25m	14-3-96	Heemskerk (NED)	243
24. de Boer Daniël	77	08-021	18.70	25m	17-6-93	Heemskerk (NED)	239
24. Butter Martijn	79	08-021	18.70	25m	27-4-95	Heemskerk (NED)	239

50 schoolslag

1. de Boer Stephan	83	08-021	33.48	25m	14-2-99	Dordrecht (NED)	428
2. Hogenstijn Peter	84	08-021	34.41	25m	3-12-00	Zaandam (NED)	395
3. de Ruijter Richard	88	08-021	34.60	25m	25-1-04	Aalsmeer (NED)	388
4. Crok Pieter	91	08-021	34.85	25m	30-12-07	Maastricht (NED)	380
5. Bok Reitze	73	08-021	35.20	25m	14-12-89	Heemskerk (NED)	369
6. Schaaper Bart	73	08-021	35.50	25m	9-2-89	Heemskerk (NED)	359
7. Glorie Daan	88	08-021	35.58	25m	25-11-04	Heemskerk (NED)	357
8. Meijer Arno	75	08-021	36.00	25m	13-6-91	Heemskerk (NED)	345
9. Palmboom Pascal	89	08-021	36.12	25m	6-11-05	Zaandam (NED)	341
10. van Duin Peter	65	08-021	36.30	25m	14-3-81	Heemskerk (NED)	336
10. Kerkhof Arno	72	08-021	36.30	25m	14-12-88		336
12. Offringa Rick	03	08-021	36.70	25m	3-11-19	Purmerend (NED)	325
13. Jongert Sjoerd	01	08-021	36.71	25m	16-3-17	Heemskerk (NED)	325
14. Hermans Luuk	85	08-021	36.79	50m	19-5-01	Beverwijk (NED)	350
15. Kemmeren Ferry	91	08-021	36.94	25m	8-4-07	Haarlem (NED)	319
16. Butter Martijn	79	08-021	37.00	25m	12-10-95	Heemskerk (NED)	317
17. Schelvis Sjeng	89	08-021	37.08	25m	16-5-05	Zuidoost-Beemster (NED)	315
18. van der Gracht Jory	87	08-021	37.39	25m	27-11-03	Heemskerk (NED)	307
19. Essers Tim	88	08-021	37.53	25m	28-12-04	Maastricht (NED)	304
20. van Rookhuizen Barry	82	08-021	37.61	25m	24-9-98	Heemskerk (NED)	302
20. Oortwijn Kalle	05	08-021	37.61	25m	7-10-21	Heemskerk (NED)	302
22. Kramer Vincent	82	08-021	37.68	25m	24-9-98	Heemskerk (NED)	300
23. Butter Joris	86	08-021	37.73	25m	17-3-02	Zaandam	299
24. Hoenink Jarl	86	08-021	37.76	25m	28-11-02	Heemskerk	299
25. Stins Arnold	83	08-021	37.77	25m	16-12-99	Heemskerk	298

100 schoolslag

1.	van Rijn Michael	70	08-021	1:13.70	25m	11-5-86		429
2.	de Boer Stephan	83	08-021	1:14.19	25m	4-4-99	Haarlem (NED)	421
3.	de Ruijter Richard	88	08-021	1:14.48	25m	25-1-04	Aalsmeer (NED)	416
4.	Keessen Jeroen	67	08-021	1:16.00	25m	10-4-83	Heemskerk (NED)	391
5.	Hogenstijn Peter	84	08-021	1:16.43	25m	19-11-00	Zaandam (NED)	385
6.	Crok Pieter	91	08-021	1:17.12	25m	25-11-07	Amsterdam (NED)	374
7.	Meijer Arno	75	08-021	1:18.10	25m	1-12-91	Heemskerk (NED)	360
8.	Glorie Daan	88	08-021	1:18.25	25m	12-12-04	Heemskerk (NED)	358
9.	Bok Reitze	73	08-021	1:18.40	25m	3-12-89	Zaandam (NED)	356
10.	Kerkhof Arno	72	08-021	1:18.50	25m	17-9-88		355
11.	Jongert Sjoerd	01	08-021	1:19.31	25m	15-1-17	Alkmaar (NED)	344
12.	van Duin Peter	65	08-021	1:19.90	25m	10-1-81	Hilversum (NED)	337
13.	Offringa Rick	03	08-021	1:20.19	25m	3-11-19	Purmerend (NED)	333
14.	Stins Arnold	83	08-021	1:20.33	25m	7-3-99	Zaandam (NED)	331
14.	Palmboom Pascal	89	08-021	1:20.33	25m	31-3-05	Heemskerk (NED)	331
16.	Schelvis Sjeng	89	08-021	1:20.67	25m	31-3-05	Heemskerk (NED)	327
17.	Essers Tim	88	08-021	1:20.77	25m	12-4-04	Haarlem	326
18.	van der Gracht Jory	87	08-021	1:20.88	25m	26-10-03	Nieuwegein (NED)	325
19.	Dijkstra Menno	68	08-021	1:21.10	25m	7-10-84	Volendam (NED)	322
20.	Schaaper Bart	73	08-021	1:21.30	25m	3-12-89	Zaandam (NED)	320
20.	Butter Martijn	79	08-021	1:21.30	25m	29-10-95	Castricum (NED)	320
22.	Hagebout Marcel	68	08-021	1:21.40	25m	7-10-84	Volendam (NED)	318
23.	Hermans Luuk	85	08-021	1:21.60	25m	29-3-01	Heemskerk (NED)	316
24.	Oortwijn Kalle	05	08-021	1:21.69	25m	3-10-21	Den Helder (NED)	315
25.	Oudendijk Paul	81	08-021	1:22.20	25m	1-5-97	Heemskerk (NED)	309

200 schoolslag

1.	de Boer Stephan	83	08-021	2:44.74	25m	7-3-99	Zaandam (NED)	390
2.	van Rijn Michael	70	08-021	2:46.40	25m	20-4-86	Wormerveer (NED)	379
3.	de Ruijter Richard	88	08-021	2:48.85	25m	29-5-04	Z.o. Beemster	362
4.	Crok Pieter	91	08-021	2:50.28	25m	13-12-07	Heemskerk (NED)	353
5.	Jongert Sjoerd	01	08-021	2:50.51	25m	12-3-17	Purmerend (NED)	352
6.	Meijer Arno	75	08-021	2:52.00	25m	10-3-91	Heemskerk (NED)	343
7.	Oudendijk Paul	81	08-021	2:53.00	25m	10-4-97	Heemskerk (NED)	337
8.	Hogenstijn Peter	84	08-021	2:54.79	50m	22-10-00	Beverwijk (NED)	380
9.	Offringa Rick	03	08-021	2:54.91	25m	6-10-19	Purmerend (NED)	326
10.	Stins Arnold	83	08-021	2:55.64	25m	22-4-99	Heemskerk (NED)	322
11.	van Duin Peter	65	08-021	2:56.30	25m	5-4-81	Heemskerk (NED)	318
12.	van der Gracht Jory	87	08-021	2:56.92	25m	30-10-03	Heemskerk	315
13.	Butter Martijn	79	08-021	2:57.50	25m	9-11-95	Heemskerk (NED)	312
14.	de Boer Daniël	77	08-021	3:00.40	25m	18-11-93	Heemskerk	297
15.	Essers Tim	88	08-021	3:01.22	25m	28-10-04	Heemskerk (NED)	293
16.	Kuilman Joris	80	08-021	3:01.30	25m	8-12-96	Heerhugowaard (NED)	293
17.	Hermans Luuk	85	08-021	3:01.73	25m	25-1-01	Heemskerk (NED)	291
18.	Glorie Daan	88	08-021	3:01.95	25m	14-3-04	Zaandam	290
19.	Palmboom Pascal	89	08-021	3:03.57	25m	27-10-05	Heemskerk (NED)	282
20.	Beentjes Bastiaan	78	08-021	3:03.60	25m	24-11-94	Heemskerk (NED)	282
21.	van Rookhuizen Barry	82	08-021	3:03.68	25m	11-10-98	Alkmaar (NED)	281
22.	Zwaan Bas	76	08-021	3:03.70	25m	26-9-92		281
23.	Kramer Vincent	82	08-021	3:04.45	25m	11-10-98	Alkmaar (NED)	278
24.	Butter Joris	86	08-021	3:04.77	25m	17-3-02	Zaandam	276
25.	Krijger Jan-Willem	81	08-021	3:05.40	25m	10-4-97	Heemskerk (NED)	274

500 schoolslag

1. de Ruijter Richard	88	08-021	8:38.90	OW	20-6-04	Spaarnwoude (NED)
2. Crok Pieter	91	08-021	8:39.52	OW	1-7-07	Bodegraven (NED)
3. Glorie Daan	88	08-021	8:47.22	OW	21-8-04	Bussloo (NED)
4. Jongert Sjoerd	01	08-021	8:54.12	OW	3-9-17	Vlissingen (NED)
5. Kleijne Barry	93	08-021	9:25.47	OW	26-7-09	Langedijk (NED)
6. Palmboom Pascal	89	08-021	9:46.80	OW	20-8-05	Bussloo (NED)

800 schoolslag**1000 schoolslag**

1. Crok Pieter	91	08-021	17:33.80	OW	30-6-07	Scheerwolde (NED)
2. Jongert Sjoerd	01	08-021	17:58.29	OW	29-7-17	Amstelveen (NED)

1250 schoolslag**1500 schoolslag**

1. Jongert Sjoerd	01	08-021	28:20.84	OW	2-9-17	Wilhelminadorp (NED)
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2000 schoolslag

1. Dijkstra Menno	68	08-021	37:54.30	OW	17-6-84	Amstelveen (NED)
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2500 schoolslag**3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Meijer Arno	75	08-021	13.50	25m	16-5-91	Heemskerk (NED)	394
2. Crok Pieter	91	08-021	13.83	25m	19-4-07	Heemskerk (NED)	366
3. Stins Arnold	83	08-021	14.03	25m	25-3-99	Heemskerk (NED)	351
4. van Rookhuizen Barry	82	08-021	14.10	25m	15-1-98	Heemskerk (NED)	346
5. Hermans Luuk	85	08-021	14.16	25m	29-3-01	Heemskerk (NED)	341
6. Lamers Koen	91	08-021	14.30	25m	19-4-07	Heemskerk (NED)	331
7. Oortwijn Maarten	80	08-021	14.50	25m	8-2-96	Heemskerk (NED)	318
8. Butter Martijn	79	08-021	14.60	25m	16-3-95	Heemskerk (NED)	311
9. Krijger Jan-Willem	81	08-021	14.90	25m	13-2-97	Heemskerk (NED)	293
10. Schaaper Bart	73	08-021	15.00	25m	12-1-89	Heemskerk (NED)	287
10. Bok Reitze	73	08-021	15.00	25m	31-12-89	Heemskerk (NED)	287
12. Goverde Jeroen	73	08-021	15.10	25m	31-12-89	Heemskerk (NED)	281
13. de Boer Stephan	83	08-021	15.27	25m	25-3-99	Heemskerk (NED)	272
14. de Caluwé Niels	91	08-021	15.39	25m	19-4-07	Heemskerk (NED)	266
15. de Groot Peter	80	08-021	15.40	25m	8-2-96	Heemskerk (NED)	265
16. Kemmeren Ferry	91	08-021	15.60	25m	19-4-07	Heemskerk (NED)	255
17. de Boer Daniël	77	08-021	15.70	25m	21-10-93	Heemskerk (NED)	250

25 vlinderslag (sinds 18)

18. Martijn Onno	91	08-021	16.06	25m	19-4-07	Heemskerk (NED)	234
19. van der Bunt Raymond	73	08-021	16.20	25m	12-1-89	Heemskerk (NED)	228
19. Oudendijk Paul	81	08-021	16.20	25m	13-2-97	Heemskerk (NED)	228
21. Hulshof Patrick	75	08-021	16.30	25m	16-5-91	Heemskerk (NED)	224
22. Kerdijk Dennis	79	08-021	19.40	25m	16-3-95	Heemskerk (NED)	132
23. de Vijlder Michael	75	08-021	20.60	25m	16-5-91	Heemskerk (NED)	110

50 vlinderslag

1. Hogenstijn Peter	84	08-021	27.82	25m	3-12-00	Zaandam (NED)	481
2. Schelvis Sjeng	89	08-021	28.15	25m	25-6-05	Roosendaal (NED)	464
3. Camphuijnder Jasper	05	08-021	28.69	25m	21-11-21	Den Helder (NED)	438
4. Kerkhof Arno	72	08-021	29.00	25m	30-6-88	Heemskerk (NED)	424
5. Crok Pieter	91	08-021	29.56	25m	28-10-07	Zaandam (NED)	401
6. Jongert Sjoerd	01	08-021	29.63	25m	5-11-17	Alkmaar (NED)	398
7. Kleijne Barry	93	08-021	30.00	25m	13-9-09	Zaandam (NED)	383
8. van der Gracht Jory	87	08-021	30.12	25m	18-12-03	Heemskerk (NED)	379
9. Meijer Arno	75	08-021	30.40	25m	13-1-91	Z.O. Beemster (NED)	368
10. Glorie Daan	88	08-021	30.69	25m	23-12-04	Heemskerk (NED)	358
11. Lamers Koen	91	08-021	30.96	25m	11-3-07	Purmerend (NED)	349
12. Kemmeren Ferry	91	08-021	31.07	25m	9-4-07	Haarlem (NED)	345
13. Verbree John	61	08-021	31.20	25m	27-11-77	IJmuiden (NED)	341
13. van Rookhuizen Barry	82	08-021	31.20	25m	18-1-98	Zuidoost Beemster (NED)	341
15. Essers Tim	88	08-021	31.25	25m	28-12-04	Maastricht (NED)	339
16. Butter Martijn	79	08-021	31.30	25m	5-3-95	Heemskerk (NED)	337
16. Offringa Rick	03	08-021	31.30	25m	29-9-19	Alkmaar (NED)	337
18. de Ruijter Richard	88	08-021	31.36	25m	23-12-04	Heemskerk (NED)	335
19. Hagebout Marcel	68	08-021	31.40	25m	28-10-84	Egmond (NED)	334
20. Oortwijn Kalle	05	08-021	31.45	25m	21-11-21	Den Helder (NED)	333
21. Groen Jarno	01	08-021	31.59	25m	19-3-17	Zaandam (NED)	328
22. Kramer Vincent	82	08-021	31.70	25m	18-1-98	Zuidoost Beemster (NED)	325
23. Stins Arnold	83	08-021	32.16	25m	25-11-99	Heemskerk	311
24. Hermans Luuk	85	08-021	32.17	50m	19-5-01	Beverwijk (NED)	338
25. Krijger Jan-Willem	81	08-021	32.30	25m	26-1-97	Zuidoost Beemster (NED)	307

100 vlinderslag

1. Hogenstijn Peter	84	08-021	1:00.81	25m	9-12-00	Nieuwegein (NED)	494
2. Schelvis Sjeng	89	08-021	1:04.72	25m	20-2-05	Aalsmeer (NED)	409
3. Jongert Sjoerd	01	08-021	1:05.18	25m	30-12-17	Leeuwarden (NED)	401
4. Kerkhof Arno	72	08-021	1:06.30	25m	19-5-88	Heemskerk (NED)	381
5. Camphuijnder Jasper	05	08-021	1:07.89	25m	12-9-21	Alkmaar (NED)	355
6. Essers Tim	88	08-021	1:07.94	25m	28-12-04	Maastricht (NED)	354
7. Crok Pieter	91	08-021	1:08.00	25m	18-3-07	Heemskerk (NED)	353
8. van der Gracht Jory	87	08-021	1:08.08	25m	12-4-03	Barneveld	352
9. Meijer Arno	75	08-021	1:08.10	25m	7-4-91	Assendelft (NED)	351
10. Glorie Daan	88	08-021	1:08.34	25m	11-4-04	Haarlem	348
11. Butter Martijn	79	08-021	1:09.40	25m	27-4-95	Heemskerk (NED)	332
12. Kemmeren Ferry	91	08-021	1:09.47	25m	21-10-07	Zaandam (NED)	331
13. Stins Arnold	83	08-021	1:10.41	25m	5-4-99	Haarlem (NED)	318
14. de Ruijter Richard	88	08-021	1:10.92	25m	28-12-04	Maastricht (NED)	311
15. Lamers Koen	91	08-021	1:11.10	25m	8-4-07	Haarlem (NED)	309
16. Hagebout Marcel	68	08-021	1:11.80	25m	12-2-84	Heemskerk (NED)	300

100 vlinderslag (sinds 17)

17. Groen Jarno	01	08-021	1:11.87	25m	2-2-17	Heemskerk (NED)	299
18. Kramer Vincent	82	08-021	1:12.00	25m	13-4-98	Haarlem (NED)	297
19. de Wit Stephen	93	08-021	1:12.09	25m	1-3-09	Heemstede (NED)	296
20. Offringa Rick	03	08-021	1:13.33	25m	24-1-19	Heemskerk (NED)	281
21. Kleijne Barry	93	08-021	1:13.56	50m	7-6-09	Beverwijk (NED)	310
22. Oortwijn Maarten	80	08-021	1:13.90	25m	15-12-96	Heemskerk (NED)	275
23. Schaaper Bart	73	08-021	1:14.30	25m	5-11-89	Heemskerk (NED)	270
24. Kranenburg Fred	63	08-021	1:14.80	25m	25-11-79	Heemskerk (NED)	265
24. Krijger Jan-Willem	81	08-021	1:14.80	25m	26-10-97	Heemskerk (NED)	265

200 vlinderslag

1. Butter Martijn	79	08-021	2:33.80	25m	15-6-95	Heemskerk (NED)	351
2. Jongert Sjoerd	01	08-021	2:35.20	25m	29-12-17	Leeuwarden (NED)	342
3. van der Gracht Jory	87	08-021	2:37.78	25m	27-11-03	Heemskerk (NED)	325
4. Schelvis Sjeng	89	08-021	2:45.42	25m	15-5-05	Zuidoost-Beemster (NED)	282
5. Glorie Daan	88	08-021	2:45.53	25m	25-11-04	Heemskerk (NED)	282
6. Stins Arnold	83	08-021	2:47.29	50m	30-5-99	Beverwijk (NED)	296
7. Essers Tim	88	08-021	2:49.44	25m	25-11-04	Heemskerk (NED)	263
8. Kemmeren Ferry	91	08-021	2:53.27	50m	13-5-07	Alkmaar (NED)	266
9. Lamers Koen	91	08-021	2:53.34	25m	21-1-07	Zaandam (NED)	245
10. de Ruijter Richard	88	08-021	2:53.87	25m	25-11-04	Heemskerk (NED)	243
11. Kerkhof Arno	72	08-021	2:56.10	25m	31-12-88		234
12. Kleijne Barry	93	08-021	2:56.57	50m	17-5-09	Alkmaar (NED)	251
13. Kranenburg Fred	63	08-021	2:58.90	25m	2-12-79	Zaandam (NED)	223
14. Oortwijn Maarten	80	08-021	2:59.80	25m	4-2-96	Heerhugowaard (NED)	220
15. van Rookhuizen Barry	82	08-021	3:00.20	25m	29-3-98	Heemstede (NED)	218
16. Palmboom Pascal	89	08-021	3:07.03	25m	24-11-05	Heemskerk (NED)	195
17. Kramer Vincent	82	08-021	3:07.30	25m	29-3-98	Heemstede (NED)	194
18. Groen Jarno	01	08-021	3:09.85	50m	2-4-17	Alkmaar (NED)	202
19. Butter Joris	86	08-021	3:18.89	25m	28-11-02	Heemskerk	162
20. Hoenink Jarl	86	08-021	3:20.16	25m	28-11-02	Heemskerk	159
21. Hermans Luuk	85	08-021	3:28.56	25m	26-4-01	Heemskerk (NED)	141
22. de Vries Allard	96	08-021	3:35.46	25m	12-2-12	Heemstede (NED)	127

1000 vlinderslag100 wisselslag

1. Hogenstijn Peter	84	08-021	1:05.04	25m	10-12-00	Heemskerk (NED)	462
2. Jongert Sjoerd	01	08-021	1:06.34	25m	15-10-17	Alkmaar (NED)	435
3. Schelvis Sjeng	89	08-021	1:06.80	25m	14-5-05	Zuidoost-Beemster (NED)	426
4. Crok Pieter	91	08-021	1:06.96	25m	15-12-07	Heemskerk (NED)	423
5. Offringa Rick	03	08-021	1:07.84	25m	13-10-19	Heemskerk (NED)	407
6. Meijer Arno	75	08-021	1:08.10	25m	16-5-91	Heemskerk (NED)	402
7. de Ruijter Richard	88	08-021	1:08.56	25m	11-1-04	Zuidoostbeemster (NED)	394
8. Oortwijn Kalle	05	08-021	1:08.89	25m	1-7-21	Heemskerk (NED)	389
9. de Boer Stephan	83	08-021	1:08.90	25m	18-2-99	Heemskerk (NED)	389
10. Camphuijnder Jasper	05	08-021	1:08.96	25m	31-10-21	Heemskerk (NED)	388
11. Essers Tim	88	08-021	1:09.27	25m	28-12-04	Maastricht (NED)	382
12. Kleijne Barry	93	08-021	1:09.72	25m	27-9-09	Zaandam (NED)	375
13. Butter Martijn	79	08-021	1:09.90	25m	10-9-95	Assendelft (NED)	372
13. Gaal Roel	01	08-021	1:09.90	25m	11-5-17	Heemskerk (NED)	372

100 wisselslag (sinds 15)

15. Glorie Daan	88	08-021	1:09.92	25m	28-12-04	Maastricht (NED)	372
16. de Wit Stephen	93	08-021	1:10.52	25m	19-11-09	Heemskerk (NED)	362
17. Hermans Luuk	85	08-021	1:10.80	25m	26-4-01	Heemskerk (NED)	358
18. van der Gracht Jory	87	08-021	1:10.82	25m	25-9-03	Heemskerk (NED)	358
19. Keessen Jeroen	67	08-021	1:11.30	25m	6-2-83		351
20. Stins Arnold	83	08-021	1:11.31	25m	18-2-99	Heemskerk (NED)	350
21. Kerkhof Arno	72	08-021	1:11.40	25m	31-12-88		349
22. van Rookhuizen Barry	82	08-021	1:11.63	25m	15-11-98	Zaandam (NED)	346
23. Kramer Vincent	82	08-021	1:11.92	25m	15-11-98	Zaandam (NED)	342
24. Gaal Koen	99	08-021	1:12.36	25m	6-9-15	Zaandam (NED)	335
25. Groen Jarno	01	08-021	1:12.40	25m	11-5-17	Heemskerk (NED)	335

200 wisselslag

1. Hogenstijn Peter	84	08-021	2:21.53	25m	26-10-00	Heemskerk (NED)	464
2. Schelvis Sjeng	89	08-021	2:24.63	25m	14-5-05	Zuidoost-Beemster (NED)	435
3. Jongert Sjoerd	01	08-021	2:26.20	25m	5-11-17	Alkmaar (NED)	421
4. Offringa Rick	03	08-021	2:27.81	25m	29-9-19	Alkmaar (NED)	408
5. Butter Martijn	79	08-021	2:29.00	25m	14-12-95	Heemskerk (NED)	398
6. Meijer Arno	75	08-021	2:29.20	25m	24-3-91	Zaandam (NED)	396
7. Kleijne Barry	93	08-021	2:29.38	25m	13-9-09	Zaandam (NED)	395
8. Essers Tim	88	08-021	2:30.13	25m	28-11-04	Heemskerk (NED)	389
9. Crok Pieter	91	08-021	2:30.89	25m	14-1-07	Amsterdam (NED)	383
10. Stins Arnold	83	08-021	2:31.70	25m	4-11-99	Heemskerk (NED)	377
11. Keessen Jeroen	67	08-021	2:32.70	25m	11-12-83	Heemskerk (NED)	370
12. de Boer Stephan	83	08-021	2:33.12	25m	7-3-99	Zaandam (NED)	367
13. Kerkhof Arno	72	08-021	2:34.60	25m	4-1-88	Zaandam (NED)	356
14. de Ruijter Richard	88	08-021	2:35.18	25m	29-1-04	Heemskerk (NED)	352
15. van Rijn Michael	70	08-021	2:35.50	25m	31-12-86		350
16. Steenbergen Roderik	82	08-021	2:35.58	25m	26-11-98	Heemskerk (NED)	349
17. Kramer Vincent	82	08-021	2:35.70	25m	8-3-98	Zaandam (NED)	349
18. Glorie Daan	88	08-021	2:36.49	25m	17-10-04	Zaandam (NED)	343
19. Gaal Roel	01	08-021	2:36.50	25m	12-2-17	Purmerend (NED)	343
20. Kranenburg Fred	63	08-021	2:37.80	25m	4-11-79	Zaandam (NED)	335
21. de Wit Stephen	93	08-021	2:38.24	25m	22-1-09	Heemskerk (NED)	332
22. van der Gracht Jory	87	08-021	2:38.58	25m	19-1-03	Zaandam	330
23. Hagebout Marcel	68	08-021	2:40.50	25m	2-9-84	Heemskerk (NED)	318
23. Oudendijk Paul	81	08-021	2:40.50	25m	19-1-97	Zaandam (NED)	318
25. Schaaper Bart	73	08-021	2:41.20	25m	18-2-89		314

300 wisselslag

1. de Ruijter Richard	88	08-021	3:58.55	25m	19-12-04	Heemskerk (NED)	
2. Glorie Daan	88	08-021	4:00.20	25m	19-12-04	Heemskerk (NED)	
3. van der Gracht Jory	87	08-021	4:01.26	25m	30-11-03	Heemskerk (NED)	
4. Hermans Luuk	85	08-021	4:19.01	25m	20-1-01	Amsterdam (NED)	
5. Hoenink Jarl	86	08-021	4:20.07	25m	24-11-02	Amsterdam	
6. Butter Joris	86	08-021	4:22.29	25m	24-11-02	Amsterdam	

400 wisselslag

1. Butter Martijn	79	08-021	5:14.20	25m	8-6-95	Heemskerk (NED)	421
2. Jongert Sjoerd	01	08-021	5:27.25	25m	19-3-17	Zaandam (NED)	372
3. Crok Pieter	91	08-021	5:27.53	25m	28-1-07	Zaandam (NED)	371
4. Offringa Rick	03	08-021	5:30.27	50m	18-5-19	Amersfoort (NED)	402
5. de Boer Stephan	83	08-021	5:34.83	25m	28-2-99	Zaandam (NED)	347
6. Kleijne Barry	93	08-021	5:39.32	25m	8-2-09	Zaandam (NED)	334
7. van der Gracht Jory	87	08-021	5:39.94	25m	23-2-03	Heemskerk	332
8. Oudendijk Paul	81	08-021	5:41.30	25m	12-1-97	Heemskerk (NED)	328
9. Glorie Daan	88	08-021	5:42.61	25m	29-2-04	Wormerveer	324
10. Kramer Vincent	82	08-021	5:46.80	25m	22-2-98	Zaandam (NED)	313
11. Hoenink Jarl	86	08-021	5:48.06	25m	24-2-02	Heemskerk	309
12. Kemmeren Ferry	91	08-021	5:52.82	25m	28-1-07	Zaandam (NED)	297
13. de Ruijter Richard	88	08-021	5:55.80	25m	29-5-04	Z.o. Beemster	289
14. Plokker Robert	65	08-021	5:57.70	25m	5-4-81	Heemskerk (NED)	285
15. van Rookhuizen Barry	82	08-021	5:58.00	25m	22-2-98	Zaandam (NED)	284
16. Hermans Luuk	85	08-021	6:06.91	25m	25-2-01	Heemskerk (NED)	264
17. van Vegten Teun	01	08-021	6:11.44	25m	19-3-17	Zaandam (NED)	254
18. van de Sluis Nicolai	66	08-021	6:17.90	25m	3-4-82	Heemskerk (NED)	242
19. Dekker Rudie	78	08-021	6:19.10	25m	6-3-94	Assendelft (NED)	239
20. Hoenink Sten	84	08-021	6:26.33	25m	30-3-00	Heemskerk (NED)	226