

25 - 29 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. Camphuijnder Wilko	69	08-021	11.70	25m	12-2-98	Heemskerk (NED)	475
2. Oudendijk Paul	81	08-021	11.98	25m	4-3-06	Aberdeen (GBR)	442
3. Butter Martijn	79	08-021	12.46	25m	29-5-08	Heemskerk (NED)	393
4. van Rookhuizen Barry	82	08-021	12.82	25m	29-5-08	Heemskerk (NED)	361
5. Beentjes Bastiaan	78	08-021	15.18	25m	21-5-06	Grootebroek (NED)	217

**50 vrije slag**

1. Camphuijnder Wilko	69	08-021	25.60	25m	8-3-98	Zaandam (NED)	495
2. Jongert Jeroen	96	08-021	26.03	25m	1-7-21	Heemskerk (NED)	471
3. Butter Martijn	79	08-021	26.15	25m	7-11-04	IJmuiden (NED)	465
4. Oudendijk Paul	81	08-021	26.32	25m	23-4-06	Zaandam (NED)	456
5. van der Gracht Jory	87	08-021	26.66	25m	31-10-13	Heemskerk (NED)	438
6. Meijer Arno	75	08-021	26.89	25m	29-1-04	Heemskerk (NED)	427
7. Tijms Stefan	93	08-021	27.09	25m	24-3-19	Purmerend (NED)	418
8. van Rookhuizen Barry	82	08-021	27.41	25m	31-5-07	Heemskerk (NED)	403
9. Palmboom Pascal	89	08-021	27.75	25m	6-3-16	Purmerend (NED)	389
10. Verbree John	61	08-021	28.00	25m	22-3-87	Heerhugowaard (NED)	378
11. Pover Peter	69	08-021	28.30	25m	12-12-96	Heemskerk (NED)	366
12. Glorie Daan	88	08-021	28.43	25m	18-1-15	Zaandam (NED)	361
13. de Caluwé Niels	91	08-021	28.59	25m	6-3-16	Purmerend (NED)	355
14. Essers Tim	88	08-021	28.81	25m	15-3-14	Lelystad (NED)	347
15. Stins Arnold	83	08-021	28.96	25m	11-10-12	Heemskerk (NED)	342
16. Zonneveld Jeroen	78	08-021	30.22	25m	13-5-07	Grootebroek (NED)	301
17. Goverde Ad	59	08-021	31.10	25m	2-9-84	Heemskerk (NED)	276
18. Beentjes Bastiaan	78	08-021	32.27	25m	21-5-06	Grootebroek (NED)	247

**100 vrije slag**

1. Camphuijnder Wilko	69	08-021	55.60	25m	14-12-97	Heemskerk (NED)	528
2. Butter Martijn	79	08-021	56.40	25m	16-1-05	Zaandam (NED)	505
3. Jongert Jeroen	96	08-021	56.62	25m	7-10-21	Heemskerk (NED)	500
4. Oudendijk Paul	81	08-021	56.87	25m	30-3-06	Heemskerk (NED)	493
5. van der Gracht Jory	87	08-021	58.19	25m	29-11-15	Heemskerk (NED)	460
6. Meijer Arno	75	08-021	59.01	25m	14-1-01	Heemskerk (NED)	441
7. Glorie Daan	88	08-021	59.21	25m	18-1-15	Zaandam (NED)	437
8. Tijms Stefan	93	08-021	59.56	25m	24-1-19	Heemskerk (NED)	429
9. Verbree John	61	08-021	1:00.00	25m	9-2-86	Castricum (NED)	420
10. van Rookhuizen Barry	82	08-021	1:01.63	25m	14-1-07	Amsterdam (NED)	387

**100 vrije slag (sinds 11)**

11. Steenbergens Roderik	82	08-021	1:02.78	25m	14-1-07	Amsterdam (NED)	366
12. Essers Tim	88	08-021	1:04.18	25m	10-1-15	Zwolle (NED)	343
13. Stins Arnold	83	08-021	1:04.21	25m	13-1-08	Heemskerk (NED)	342
14. Palmboom Pascal	89	08-021	1:05.51	25m	19-5-16	Heemskerk (NED)	322
15. de Caluwé Niels	91	08-021	1:05.61	25m	18-2-16	Heemskerk (NED)	321
16. Goverde Ad	59	08-021	1:08.10	25m	7-1-84	Hilversum (NED)	287
17. Beentjes Bastiaan	78	08-021	1:11.00	25m	30-3-06	Heemskerk (NED)	253
18. Zonneveld Jeroen	78	08-021	1:12.05	25m	31-5-07	Heemskerk (NED)	242
19. Blokker Mike	66	DEM/OEZA	1:12.70	25m	7-2-91	Heemskerk (NED)	236
20. Boon Peter	66	DEM/OEZA	1:25.40	25m	10-1-91	Heemskerk (NED)	145

**200 vrije slag**

1. Butter Martijn	79	08-021	2:03.89	25m	3-10-04	Heemskerk (NED)	516
2. Glorie Daan	88	08-021	2:07.28	25m	16-11-14	Zaandam (NED)	475
3. Oudendijk Paul	81	08-021	2:07.98	25m	3-2-07	Aberdeen (GBR)	468
4. Camphuijnder Wilko	69	08-021	2:09.20	25m	6-4-97	Heemskerk (NED)	454
5. van der Gracht Jory	87	08-021	2:10.30	25m	16-12-12	Zaandam (NED)	443
6. Tijms Stefan	93	08-021	2:15.14	25m	14-1-18	Purmerend (NED)	397
7. Meijer Arno	75	08-021	2:16.21	25m	5-10-03	Heemskerk (NED)	388
8. Verbree John	61	08-021	2:18.70	25m	30-11-86	Heemskerk (NED)	367
9. Essers Tim	88	08-021	2:24.28	25m	15-3-14	Lelystad (NED)	326
10. Pover Peter	69	08-021	2:27.10	25m	23-1-97	Heemskerk	308
11. Stins Arnold	83	08-021	2:28.53	25m	22-3-12	Heemskerk (NED)	299
12. Palmboom Pascal	89	08-021	2:31.52	25m	16-11-14	Zaandam (NED)	282
13. Goverde Ad	59	08-021	2:31.80	25m	22-1-84	Zandvoort (NED)	280
14. de Caluwé Niels	91	08-021	2:36.42	25m	14-1-18	Purmerend (NED)	256
15. van Rookhuizen Barry	82	08-021	2:41.17	25m	25-10-07	Heemskerk (NED)	234
16. Blokker Mike	66	DEM/OEZA	2:43.10	25m	7-2-91	Heemskerk (NED)	226
17. Zonneveld Jeroen	78	08-021	2:52.70	25m	11-11-07	Almere Stad (NED)	190
18. Boon Peter	66	DEM/OEZA	3:12.80	25m	10-1-91	Heemskerk (NED)	136

**250 vrije slag****300 vrije slag**

1. Butter Martijn	79	08-021	3:20.49	25m	8-4-07	Haarlem (NED)	469
2. van der Gracht Jory	87	08-021	3:35.98	25m	14-5-16	Purmerend (NED)	375
3. Oudendijk Paul	81	08-021	3:41.56	25m	14-10-07	Zaandam (NED)	347
4. Tijms Stefan	93	08-021	3:51.56	25m	23-1-20	Rotterdam (NED)	304

**400 vrije slag**

1. Butter Martijn	79	08-021	4:26.13	25m	15-6-06	Heemskerk (NED)	507
2. Oudendijk Paul	81	08-021	4:30.18	25m	4-10-09	Amsterdam-oost (NED)	484
3. Camphuijnder Wilko	69	08-021	4:40.20	25m	26-10-97	Heemskerk (NED)	434
4. van der Gracht Jory	87	08-021	4:49.29	25m	14-5-16	Purmerend (NED)	394
5. Meijer Arno	75	08-021	4:54.00	25m	30-3-00	Heemskerk (NED)	376
6. Tijms Stefan	93	08-021	5:03.56	25m	8-12-19	Zaandam (NED)	341
7. Essers Tim	88	08-021	5:17.30	25m	25-5-14	Grootebroek (NED)	299

**500 vrije slag**

**800 vrije slag**

1. Butter Martijn	79	08-021	9:19.36	25m	1-4-06	Zaandam (NED)	498
2. Oudendijk Paul	81	08-021	9:58.81	25m	28-9-08	Zaandam (NED)	406
3. Tijms Stefan	93	08-021	10:32.65	25m	8-12-19	Zaandam (NED)	344
4. Essers Tim	88	08-021	11:14.63	25m	20-10-13	Zaandam (NED)	283

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

1. Butter Martijn	79	08-021	17:45.63	25m	1-4-06	Zaandam (NED)	504
2. Oudendijk Paul	81	08-021	18:55.29	25m	29-1-06	Zaandam (NED)	416
3. Tijms Stefan	93	08-021	20:07.91	25m	23-1-20	Rotterdam (NED)	346
4. Essers Tim	88	08-021	21:40.54	25m	9-2-14	Zaandam (NED)	277

**2000 vrije slag**

1. Butter Martijn	79	08-021	24:08.54	25m	24-2-08	Zaandam (NED)	475
2. Oudendijk Paul	81	08-021	25:11.78	25m	29-1-06	Zaandam (NED)	418
3. Essers Tim	88	08-021	29:07.30	25m	23-2-14	Zaandam (NED)	271

**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. Oudendijk Paul	81	08-021	14.60	25m	29-5-08	Heemskerk (NED)	357
2. Camphuijnder Wilko	69	08-021	14.90	25m	15-1-98	Heemskerk (NED)	336
3. Butter Martijn	79	08-021	15.00	25m	19-4-07	Heemskerk (NED)	329
4. van Rookhuizen Barry	82	08-021	18.34	25m	19-4-07	Heemskerk (NED)	180

**50 rugslag**

1. Oudendijk Paul	81	08-021	29.64	25m	30-12-06	Hoom (NED)	421
2. Jongert Jeroen	96	08-021	29.80	25m	12-9-21	Alkmaar (NED)	414
3. Butter Martijn	79	08-021	31.25	25m	27-10-05	Heemskerk (NED)	359
4. van der Gracht Jory	87	08-021	32.31	25m	30-1-14	Heemskerk (NED)	325
5. Meijer Arno	75	08-021	32.47	25m	30-10-03	Heemskerk	320
6. Essers Tim	88	08-021	32.53	25m	3-3-13	Purmerend (NED)	318
7. Tijms Stefan	93	08-021	33.14	25m	12-4-18	Heemskerk (NED)	301
8. Stins Arnold	83	08-021	34.17	25m	3-3-11	Heemskerk (NED)	274
9. Palmboom Pascal	89	08-021	34.33	25m	6-4-15	Haarlem (NED)	271
10. de Caluwé Niels	91	08-021	36.58	25m	16-3-17	Heemskerk (NED)	224
11. van Rookhuizen Barry	82	08-021	37.26	25m	13-12-07	Heemskerk (NED)	212
12. Glorie Daan	88	08-021	37.30	25m	16-11-14	Zaandam (NED)	211

**100 rugslag**

1. Oudendijk Paul	81	08-021	1:02.10	25m	16-2-06	Heemskerk (NED)	488
2. Jongert Jeroen	96	08-021	1:02.64	25m	12-9-21	Alkmaar (NED)	475
3. Camphuijnder Wilko	69	08-021	1:05.30	25m	14-12-97	Heemskerk (NED)	419
4. Butter Martijn	79	08-021	1:06.26	25m	27-3-08	Heemskerk (NED)	401
5. van der Gracht Jory	87	08-021	1:07.85	25m	12-12-13	Heemskerk (NED)	374
6. Steenbergen Roderik	82	08-021	1:09.00	25m	14-1-07	Amsterdam (NED)	355
7. Tijms Stefan	93	08-021	1:09.37	25m	24-3-19	Purmerend (NED)	350
8. Meijer Arno	75	08-021	1:11.06	25m	16-4-01	Haarlem (NED)	325
9. Essers Tim	88	08-021	1:11.42	25m	25-5-14	Grootebroek (NED)	320
10. Stins Arnold	83	08-021	1:13.22	25m	27-3-08	Heemskerk (NED)	297
11. Glorie Daan	88	08-021	1:17.24	25m	16-11-14	Zaandam (NED)	253
12. Verbree John	61	08-021	1:17.90	25m	29-11-87	Amstelveen (NED)	247
13. Palmboom Pascal	89	08-021	1:17.91	25m	6-3-16	Purmerend (NED)	247
14. de Caluwé Niels	91	08-021	1:19.25	25m	6-3-16	Purmerend (NED)	234
15. van Rookhuizen Barry	82	08-021	1:20.35	25m	27-3-08	Heemskerk (NED)	225
16. Zonneveld Jeroen	78	08-021	1:27.80	25m	31-5-07	Heemskerk (NED)	172
17. Goverde Ad	59	08-021	1:30.70	25m	12-2-84	Heemskerk (NED)	156

**200 rugslag**

1. Oudendijk Paul	81	08-021	2:13.19	25m	22-1-06	Emmeloord (NED)	498
2. Butter Martijn	79	08-021	2:23.17	25m	16-3-08	Amersfoort (NED)	401
3. Camphuijnder Wilko	69	08-021	2:23.30	25m	8-3-98	Zaandam (NED)	400
4. van der Gracht Jory	87	08-021	2:29.13	25m	16-11-14	Zaandam (NED)	355
5. Tijms Stefan	93	08-021	2:33.19	25m	10-2-19	Purmerend (NED)	327
6. Glorie Daan	88	08-021	2:35.70	25m	16-11-14	Zaandam (NED)	312
7. Essers Tim	88	08-021	2:35.75	25m	12-2-17	Purmerend (NED)	311
8. Steenbergen Roderik	82	08-021	2:37.39	25m	14-1-07	Amsterdam (NED)	302
9. Meijer Arno	75	08-021	2:38.60	25m	16-1-00	Zaandam (NED)	295
10. Stins Arnold	83	08-021	2:47.40	25m	23-4-09	Heemskerk (NED)	251
11. Palmboom Pascal	89	08-021	2:54.32	25m	12-2-17	Purmerend (NED)	222
12. Verbree John	61	08-021	2:55.30	25m	7-2-88	Heemskerk (NED)	218
13. van Rookhuizen Barry	82	08-021	2:58.81	25m	23-4-09	Heemskerk (NED)	206

**500 rugslag**

**25 schoolslag**

1. Oudendijk Paul	81	08-021	14.72	25m	27-4-06	Heemskerk	491
2. Camphuijnder Wilko	69	08-021	15.00	25m	13-3-97	Heemskerk (NED)	464
3. Butter Martijn	79	08-021	15.10	25m	29-5-08	Heemskerk (NED)	455
4. Schaaper Hans	68	08-021	16.60	25m	17-6-93	Heemskerk (NED)	343
5. van Rookhuizen Barry	82	08-021	16.72	25m	19-4-07	Heemskerk (NED)	335
6. Bokelaar Martijn	80	08-021	21.67	25m	15-11-09	Almere-Stad (NED)	154

**50 schoolslag**

1. Oudendijk Paul	81	08-021	32.21	25m	23-1-09	Vlissingen (NED)	481
2. Butter Martijn	79	08-021	33.71	25m	25-11-04	Heemskerk (NED)	420
3. Palmboom Pascal	89	08-021	34.40	25m	5-4-15	Haarlem (NED)	395
4. Camphuijnder Wilko	69	08-021	34.60	25m	10-10-96	Heemskerk (NED)	388
5. Meijer Arno	75	08-021	34.91	25m	16-4-00	Almelo (NED)	378
6. Jongert Jeroen	96	08-021	35.04	25m	3-10-21	Den Helder (NED)	374
7. van der Gracht Jory	87	08-021	35.08	25m	7-1-12	Hoornd (NED)	372
8. Tijms Stefan	93	08-021	35.97	25m	13-1-19	Purmerend (NED)	345
9. Glorie Daan	88	08-021	35.98	25m	26-10-14	Zaandam (NED)	345
10. Stins Arnold	83	08-021	38.16	25m	27-1-11	Heemskerk (NED)	289
11. van Rookhuizen Barry	82	08-021	38.92	25m	22-1-09	Heemskerk (NED)	273
12. de Caluwé Niels	91	08-021	39.68	25m	3-11-19	Purmerend (NED)	257
13. de Vries Dylan	93	08-021	39.78	25m	14-1-18	Purmerend (NED)	255
14. Beentjes Bastiaan	78	08-021	40.18	25m	21-5-06	Grootebroek (NED)	248
15. Essers Tim	88	08-021	40.25	25m	13-11-16	Purmerend (NED)	246
16. Bokelaar Martijn	80	08-021	47.67	25m	15-11-09	Almere-Stad (NED)	148

**100 schoolslag**

1. Oudendijk Paul	81	08-021	1:09.95	25m	17-4-06	Haarlem (NED)	502
2. Camphuijnder Wilko	69	08-021	1:16.10	25m	21-9-97	Alkmaar (NED)	390
3. Meijer Arno	75	08-021	1:16.26	25m	12-3-00	Heemskerk (NED)	387
4. Butter Martijn	79	08-021	1:16.36	25m	16-2-06	Heemskerk (NED)	386
5. van der Gracht Jory	87	08-021	1:16.74	25m	31-10-13	Heemskerk (NED)	380
6. Glorie Daan	88	08-021	1:17.01	25m	26-10-14	Zaandam (NED)	376
7. Tijms Stefan	93	08-021	1:18.84	25m	19-9-19	Heemskerk (NED)	350
8. Palmboom Pascal	89	08-021	1:20.02	25m	6-4-15	Haarlem (NED)	335
9. Stins Arnold	83	08-021	1:22.06	25m	27-3-08	Heemskerk (NED)	311
10. Jongert Jeroen	96	08-021	1:22.16	25m	21-11-21	Den Helder (NED)	310
11. van Rookhuizen Barry	82	08-021	1:22.20	25m	18-3-07	Heemskerk (NED)	309
12. Goverde Ad	59	08-021	1:23.10	25m	28-10-84	Egmond (NED)	299
13. Beentjes Bastiaan	78	08-021	1:23.22	25m	30-3-06	Heemskerk (NED)	298
14. Essers Tim	88	08-021	1:25.41	25m	6-10-13	Heemskerk (NED)	276
15. Zonneveld Jeroen	78	08-021	1:29.12	25m	13-5-07	Grootebroek (NED)	242
16. de Caluwé Niels	91	08-021	1:29.38	25m	9-11-17	Heemskerk (NED)	240
17. de Vries Dylan	93	08-021	1:31.77	25m	4-2-18	Purmerend (NED)	222
18. Bokelaar Martijn	80	08-021	1:45.92	25m	15-11-09	Almere-Stad (NED)	144

**200 schoolslag**

1. Oudendijk Paul	81	08-021	2:32.55	25m	18-1-09	Haarlem (NED)	492
2. Glorie Daan	88	08-021	2:45.33	25m	18-1-15	Zaandam (NED)	386
3. Camphuijnder Wilko	69	08-021	2:45.80	25m	9-10-97	Heemskerk (NED)	383
4. van der Gracht Jory	87	08-021	2:45.95	25m	17-1-16	Purmerend (NED)	382
5. Butter Martijn	79	08-021	2:50.06	25m	27-10-05	Heemskerk (NED)	355
6. Meijer Arno	75	08-021	2:52.49	25m	18-11-01	Heemskerk	340
7. Tijms Stefan	93	08-021	2:53.83	25m	29-12-18	Leeuwarden (NED)	332
8. Stins Arnold	83	08-021	3:01.25	25m	25-3-10	Heemskerk (NED)	293
9. Palmboom Pascal	89	08-021	3:05.37	25m	4-2-18	Purmerend (NED)	274
10. Verbree John	61	08-021	3:09.00	25m	29-11-87	Amstelveen (NED)	258
11. van Rookhuizen Barry	82	08-021	3:09.61	25m	13-12-07	Heemskerk (NED)	256
12. Essers Tim	88	08-021	3:09.70	25m	18-1-15	Zaandam (NED)	255
13. de Vries Dylan	93	08-021	3:19.46	25m	4-2-18	Purmerend (NED)	220

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

1. Camphuijnder Wilko	69	08-021	12.80	25m	15-1-98	Heemskerk (NED)	462
2. van Rookhuizen Barry	82	08-021	13.86	25m	19-4-07	Heemskerk (NED)	364
3. Butter Martijn	79	08-021	13.91	25m	29-5-08	Heemskerk (NED)	360
4. Oudendijk Paul	81	08-021	14.11	25m	29-5-08	Heemskerk (NED)	345

**50 vlinderslag**

1. Jongert Jeroen	96	08-021	27.84	25m	21-11-21	Den Helder (NED)	480
2. van der Gracht Jory	87	08-021	28.52	25m	3-3-13	Purmerend (NED)	446
3. Meijer Arno	75	08-021	30.06	25m	23-12-04	Heemskerk (NED)	381
4. Butter Martijn	79	08-021	30.56	25m	7-11-04	IJmuiden (NED)	363
5. Tijms Stefan	93	08-021	30.66	25m	29-11-18	Heemskerk (NED)	359
6. Essers Tim	88	08-021	30.86	25m	3-3-13	Purmerend (NED)	352
7. Oudendijk Paul	81	08-021	30.97	25m	19-1-07	Heerenveen (NED)	348
8. Stins Arnold	83	08-021	31.56	25m	17-11-11	Heemskerk (NED)	329
9. van Rookhuizen Barry	82	08-021	31.75	25m	25-3-10	Heemskerk (NED)	323
10. Palmboom Pascal	89	08-021	32.04	25m	6-4-15	Haarlem (NED)	314
11. Pover Peter	69	08-021	32.10	25m	23-1-97	Heemskerk	313
12. Goverde Ad	59	08-021	34.00	25m	28-10-84	Egmond (NED)	263
13. de Caluwé Niels	91	08-021	34.39	25m	12-4-18	Heemskerk (NED)	254
14. Zonneveld Jeroen	78	08-021	36.60	25m	11-11-07	Almere Stad (NED)	211

**100 vlinderslag**

1. Camphuijnder Wilko	69	08-021	1:01.20	25m	16-11-97	Zaandam (NED)	484
2. Jongert Jeroen	96	08-021	1:01.31	25m	12-9-21	Alkmaar (NED)	482
3. van der Gracht Jory	87	08-021	1:03.53	25m	15-1-12	Alkmaar (NED)	433
4. Verbree John	61	08-021	1:07.30	25m	30-11-86	Heemskerk (NED)	364
5. Butter Martijn	79	08-021	1:08.18	25m	24-2-05	Heemskerk (NED)	350
6. Oudendijk Paul	81	08-021	1:08.47	25m	30-3-06	Heemskerk (NED)	346
7. Meijer Arno	75	08-021	1:08.88	25m	19-11-00	Zaandam (NED)	340
8. Essers Tim	88	08-021	1:09.46	25m	10-3-13	Schagen (NED)	331
9. Stins Arnold	83	08-021	1:15.06	25m	3-3-11	Heemskerk (NED)	262
10. Palmboom Pascal	89	08-021	1:15.38	25m	5-4-15	Haarlem (NED)	259
11. Tijms Stefan	93	08-021	1:15.40	25m	13-10-19	Heemskerk (NED)	259
12. van Rookhuizen Barry	82	08-021	1:16.44	25m	18-2-10	Heemskerk (NED)	248
13. Goverde Ad	59	08-021	1:21.40	25m	22-1-84	Zandvoort (NED)	206

**200 vlinderslag**

1. van der Gracht Jory	87	08-021	2:25.98	25m	28-10-12	Amsterdam-Zuidoost (NED)	411
2. Butter Martijn	79	08-021	2:34.54	25m	25-11-04	Heemskerk (NED)	346
3. Stins Arnold	83	08-021	2:57.57	25m	9-3-08	Heemskerk (NED)	228
4. Meijer Arno	75	08-021	2:58.97	25m	27-11-03	Heemskerk (NED)	223

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

1. Oudendijk Paul	81	08-021	1:04.36	25m	25-2-06	Hoor (NED)	477
2. Jongert Jeroen	96	08-021	1:04.53	25m	3-10-21	Den Helder (NED)	473
3. van der Gracht Jory	87	08-021	1:06.35	25m	7-1-12	Hoor (NED)	435
4. Butter Martijn	79	08-021	1:06.54	25m	29-5-08	Heemskerk (NED)	431
5. Tijms Stefan	93	08-021	1:08.76	25m	17-5-18	Heemskerk (NED)	391
6. Meijer Arno	75	08-021	1:08.81	25m	25-9-03	Heemskerk (NED)	390
7. Glorie Daan	88	08-021	1:09.31	25m	26-10-14	Zaandam (NED)	382
8. Essers Tim	88	08-021	1:11.58	25m	6-10-13	Heemskerk (NED)	346
9. Stins Arnold	83	08-021	1:12.35	25m	19-11-09	Heemskerk (NED)	336
10. Palmboom Pascal	89	08-021	1:13.19	25m	26-10-14	Zaandam (NED)	324

100 wisselslag (sinds 11)

11.	van Rookhuizen Barry	82	08-021	1:16.27	25m	25-10-07	Heemskerk (NED)	286
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**200 wisselslag**

1.	Oudendijk Paul	81	08-021	2:18.77	25m	22-1-06	Emmeloord (NED)	493
2.	Camphuijnder Wilko	69	08-021	2:21.20	25m	6-4-97	Heemskerk (NED)	468
3.	Jongert Jeroen	96	08-021	2:24.31	25m	21-11-21	Den Helder (NED)	438
4.	van der Gracht Jory	87	08-021	2:24.61	25m	1-4-12	Zaandam (NED)	435
5.	Butter Martijn	79	08-021	2:26.25	25m	15-12-05	Heemskerk (NED)	421
6.	Tijms Stefan	93	08-021	2:32.09	25m	13-1-19	Purmerend (NED)	374
7.	Meijer Arno	75	08-021	2:32.54	25m	16-3-03	Heemskerk	371
8.	Essers Tim	88	08-021	2:35.04	25m	7-4-13	Castricum (NED)	353
9.	Verbree John	61	08-021	2:39.30	25m	7-2-88	Heemskerk (NED)	325
10.	Pover Peter	69	08-021	2:42.00	25m	12-12-96	Heemskerk (NED)	309
11.	van Rookhuizen Barry	82	08-021	2:45.41	25m	18-3-07	Heemskerk (NED)	291
12.	Stins Arnold	83	08-021	2:46.95	25m	26-4-12	Heemskerk (NED)	283
13.	Palmboom Pascal	89	08-021	2:49.31	25m	29-3-15	Zaandam (NED)	271

**300 wisselslag**

1.	Oudendijk Paul	81	08-021	3:44.15	25m	9-12-07	Zaandam (NED)
2.	Butter Martijn	79	08-021	3:53.07	25m	9-12-07	Zaandam (NED)

**400 wisselslag**

1.	Oudendijk Paul	81	08-021	5:01.76	25m	19-2-06	Zaandam (NED)	475
2.	Butter Martijn	79	08-021	5:11.54	25m	19-2-06	Zaandam (NED)	431
3.	van der Gracht Jory	87	08-021	5:15.80	25m	26-2-12	Zaandam (NED)	414
4.	Essers Tim	88	08-021	5:37.88	25m	15-2-14	Heerenveen (NED)	338