

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	12.00	25m	22-5-05	Grootebroek (NED)	440
2. Oudendijk Paul	81	08-021	12.44	25m	17-2-13	Aberdeen (GBR)	395
3. Butter Martijn	79	08-021	12.75	25m	22-5-11	Grootebroek (NED)	367
4. van Rookhuizen Barry	82	08-021	13.13	25m	26-4-12	Heemskerk (NED)	336
5. Palmboom Pascal	89	08-021	13.62	25m	7-7-22	Heemskerk (NED)	301
6. Zonneveld Jeroen	78	08-021	14.12	25m	20-10-12	Emmeloord (NED)	270
7. van Velsen Gerard	54	08-021	14.20	25m	22-3-88	Heemskerk (NED)	265

50 vrije slag

1. Meijer Arno	75	08-021	26.34	25m	22-5-05	Grootebroek (NED)	455
2. van der Gracht Jory	87	08-021	26.58	25m	12-3-17	Purmerend (NED)	442
3. Oudendijk Paul	81	08-021	26.64	25m	7-4-13	Castricum (NED)	439
4. Butter Martijn	79	08-021	26.69	25m	15-3-09	Haarlem (NED)	437
5. Essers Tim	88	08-021	28.28	25m	24-3-19	Purmerend (NED)	367
6. Palmboom Pascal	89	08-021	28.43	25m	24-3-19	Purmerend (NED)	361
7. van Rookhuizen Barry	82	08-021	29.10	25m	25-4-13	Heemskerk (NED)	337
8. Stins Arnold	83	08-021	29.34	25m	17-4-14	Heemskerk (NED)	329
9. Oortwijn Bouke	78	08-021	31.21	25m	11-10-12	Heemskerk (NED)	273
10. Zonneveld Jeroen	78	08-021	31.39	25m	18-2-12	Heerenveen (NED)	268
11. Bokelaar Martijn	80	08-021	35.87	25m	20-2-10	Heerenveen (NED)	180
12. van Velsen Gerard	54	08-021	42.50	25m	22-3-88	Heemskerk (NED)	108

100 vrije slag

1. Butter Martijn	79	08-021	57.91	25m	24-9-09	Heemskerk (NED)	467
2. Oudendijk Paul	81	08-021	58.86	25m	13-1-13	Alkmaar (NED)	445
3. Camphuijnder Wilko	69	08-021	59.22	25m	22-2-01	Heemskerk (NED)	437
4. van der Gracht Jory	87	08-021	59.81	25m	12-2-17	Purmerend (NED)	424
5. Meijer Arno	75	08-021	1:00.36	25m	16-1-05	Zaandam (NED)	412
6. Essers Tim	88	08-021	1:00.56	25m	10-2-19	Purmerend (NED)	408
7. Rijpma Sjoerd	58	DEM/OEZA	1:04.60	25m	10-1-91	Heemskerk (NED)	336
8. van Rookhuizen Barry	82	08-021	1:05.39	25m	9-2-12	Heemskerk (NED)	324
9. Stins Arnold	83	08-021	1:05.54	25m	31-1-13	Heemskerk (NED)	322
10. Palmboom Pascal	89	08-021	1:08.34	25m	30-1-20	Heemskerk (NED)	284
11. Kies Marcel	60	DEM/OEZA	1:12.80	25m	10-1-91	Heemskerk (NED)	235
12. den Exter Peter	63	08-021	1:19.80	25m	4-4-96	Heemskerk (NED)	178
13. Zonneveld Jeroen	78	08-021	1:21.14	50m	23-9-12	Alkmaar (NED)	193

200 vrije slag

1. Butter Martijn	79	08-021	2:06.13	25m	10-5-09	Purmerend (NED)	489
2. Camphuijnder Wilko	69	08-021	2:14.48	25m	22-4-99	Heemskerk (NED)	403
3. van der Gracht Jory	87	08-021	2:15.57	25m	16-3-17	Heemskerk (NED)	393
4. Oudendijk Paul	81	08-021	2:15.68	25m	17-2-13	Aberdeen (GBR)	392
5. Meijer Arno	75	08-021	2:17.82	25m	2-10-05	Zaandam (NED)	374
6. Essers Tim	88	08-021	2:25.78	25m	20-11-22	Den Helder (NED)	316
7. Rijpma Sjoerd	58	DEM/OEZA	2:26.40	25m	10-1-91	Heemskerk (NED)	312
8. Kies Marcel	60	DEM/OEZA	2:42.40	25m	10-1-91	Heemskerk (NED)	229
9. Zonneveld Jeroen	78	08-021	2:44.39	25m	24-10-09	Emmeloord (NED)	220
10. Palmboom Pascal	89	08-021	2:50.40	25m	20-11-22	Den Helder (NED)	198

250 vrije slag**300 vrije slag**

1. Butter Martijn	79	08-021	3:20.17	25m	12-4-09	Haarlem (NED)	471
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400 vrije slag

1. Butter Martijn	79	08-021	4:28.12	25m	12-4-09	Haarlem (NED)	496
2. van der Gracht Jory	87	08-021	4:53.98	25m	1-10-17	Purmerend (NED)	376

500 vrije slag**800 vrije slag**

1. Butter Martijn	79	08-021	9:37.70	25m	1-3-09	Zaandam (NED)	452
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1000 vrije slag

1. Butter Martijn	79	08-021	12:47.09	OW	18-7-09	Middelburg (NED)
2. Oudendijk Paul	81	08-021	13:15.08	OW	1-9-12	Wilhelminadorp (NED)
3. van der Gracht Jory	87	08-021	14:07.12	OW	6-8-17	Breda (NED)
4. Stins Arnold	83	08-021	16:08.66	OW	4-8-13	Amstelveen (NED)

1250 vrije slag

1. van der Gracht Jory	87	08-021	18:57.13	OW	21-7-18	Hoorn (NED)
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1500 vrije slag

1. Butter Martijn	79	08-021	18:13.73	25m	1-3-09	Zaandam (NED)	466
2. van der Gracht Jory	87	08-021	22:14.96	OW	16-7-17	Amsterdam (NED)	

2000 vrije slag

1. Butter Martijn	79	08-021	24:16.80	25m	1-3-09	Zaandam (NED)	467
2. Leegwater Martijn	83	08-021	37:01.29	OW	18-7-15	Amstelveen (NED)	
3. Mulder Joost	82	08-021	39:37.48	OW	18-7-15	Amstelveen (NED)	
4. de Goed Remco	82	08-021	41:16.31	OW	18-7-15	Amstelveen (NED)	

2500 vrije slag

1. Butter Martijn	79	08-021	32:53.39	OW	4-7-09	Oss (NED)
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3000 vrije slag

1. Butter Martijn	79	08-021	38:58.87	OW	11-7-09	Wijk en Aalburg (NED)
2. Oudendijk Paul	81	08-021	40:25.75	OW	7-9-13	Eindhoven (NED)
3. van der Gracht Jory	87	08-021	44:23.25	OW	2-9-17	Wilhelminadorp (NED)

4000 vrije slag**5000 vrije slag**

1. Butter Martijn	79	08-021	1:04:59.69	OW	5-7-09	Bodegraven (NED)
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6000 vrije slag

1. Butter Martijn	79	08-021	1:07:17.50	OW	12-7-09	Beusichem-Culemborg (NED)
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6500 vrije slag**10000 vrije slag**

1. Butter Martijn	79	08-021	2:24:59.78	OW	13-6-09	Vriezenveen (NED)
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20000 vrije slag**22000 vrije slag**

1. Butter Martijn	79	08-021	5:49:07.32	OW	8-8-09	Stavoren-Medemblik (NED)
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25 rugslag

1. Camphuijnder Wilko	69	08-021	14.98	25m	22-2-01	Heemskerk (NED)	330
2. Meijer Arno	75	08-021	15.13	25m	3-12-06	Almere (NED)	321
3. Butter Martijn	79	08-021	15.19	25m	21-11-10	Almere-Stad (NED)	317
4. Palmboom Pascal	89	08-021	16.89	25m	7-7-22	Heemskerk (NED)	230
5. van Velsen Gerard	54	08-021	17.30	25m	22-3-88	Heemskerk (NED)	214
6. Zonneveld Jeroen	78	08-021	17.36	25m	29-5-08	Heemskerk (NED)	212

50 rugslag

1. Oudendijk Paul	81	08-021	30.68	25m	23-1-11	Heerenveen (NED)	379
2. Butter Martijn	79	08-021	31.18	25m	12-4-09	Haarlem (NED)	361
3. Camphuijnder Wilko	69	08-021	31.44	25m	25-1-01	Heemskerk (NED)	353
4. Essers Tim	88	08-021	32.51	25m	7-3-19	Heemskerk (NED)	319
5. Meijer Arno	75	08-021	32.76	25m	27-10-05	Heemskerk (NED)	312
6. van der Gracht Jory	87	08-021	33.71	25m	15-2-18	Heemskerk (NED)	286
7. Stins Arnold	83	08-021	34.73	25m	21-3-13	Heemskerk (NED)	261
8. van Rookhuizen Barry	82	08-021	35.42	25m	22-3-12	Heemskerk (NED)	246
8. Palmboom Pascal	89	08-021	35.42	25m	6-10-19	Purmerend (NED)	246
10. Zonneveld Jeroen	78	08-021	39.86	25m	22-10-11	Emmeloord (NED)	173
11. Oortwijn Bouke	78	08-021	44.39	25m	13-12-12	Heemskerk (NED)	125
12. Bokelaar Martijn	80	08-021	44.68	25m	20-2-10	Heerenveen (NED)	122
13. van Velsen Gerard	54	08-021	47.50	25m	22-3-88	Heemskerk (NED)	102

100 rugslag

1. Oudendijk Paul	81	08-021	1:04.73	25m	11-3-12	Zaandam (NED)	431
2. Butter Martijn	79	08-021	1:06.05	25m	10-5-09	Purmerend (NED)	405
3. Essers Tim	88	08-021	1:09.24	25m	24-3-19	Purmerend (NED)	352
4. van der Gracht Jory	87	08-021	1:10.94	25m	7-11-19	Heemskerk (NED)	327
5. Meijer Arno	75	08-021	1:12.67	25m	2-10-05	Zaandam (NED)	304
6. Stins Arnold	83	08-021	1:16.94	25m	10-12-15	Heemskerk (NED)	256
7. Palmboom Pascal	89	08-021	1:19.00	25m	24-3-19	Purmerend (NED)	237
8. Zonneveld Jeroen	78	08-021	1:28.99	25m	13-12-12	Heemskerk (NED)	165
9. van Rookhuizen Barry	82	08-021	1:29.01	25m	30-10-14	Heemskerk (NED)	165
10. Oortwijn Bouke	78	08-021	1:29.62	25m	13-12-12	Heemskerk (NED)	162

200 rugslag

1. Oudendijk Paul	81	08-021	2:20.18	25m	10-11-13	Zaandam (NED)	427
2. Butter Martijn	79	08-021	2:20.69	25m	23-4-09	Heemskerk (NED)	423
3. Essers Tim	88	08-021	2:27.98	25m	10-2-19	Purmerend (NED)	363
4. Meijer Arno	75	08-021	2:39.67	25m	16-1-05	Zaandam (NED)	289
5. Stins Arnold	83	08-021	2:58.57	50m	6-4-14	Amersfoort (NED)	246

500 rugslag**25 schoolslag**

1. Butter Martijn	79	08-021	15.20	25m	21-11-10	Almere-Stad (NED)	446
2. Meijer Arno	75	08-021	15.88	25m	20-11-05	Almere-Stad (NED)	391
3. Camphuijnder Wilko	69	08-021	15.98	25m	22-2-01	Heemskerk (NED)	384
4. Palmboom Pascal	89	08-021	16.30	25m	7-7-22	Heemskerk (NED)	362
5. van Velsen Gerard	54	08-021	18.00	25m	22-3-88	Heemskerk (NED)	269
6. Zonneveld Jeroen	78	08-021	18.13	25m	22-10-11	Emmeloord (NED)	263

50 schoolslag

1. Oudendijk Paul	81	08-021	33.28	25m	30-9-12	Heemskerk (NED)	436
2. Butter Martijn	79	08-021	33.43	25m	22-1-09	Heemskerk (NED)	430
3. Palmboom Pascal	89	08-021	35.54	25m	13-1-19	Purmerend (NED)	358
4. van der Gracht Jory	87	08-021	35.73	25m	3-11-19	Purmerend (NED)	352
5. Meijer Arno	75	08-021	36.35	25m	25-11-07	Amsterdam (NED)	335
6. Essers Tim	88	08-021	38.23	25m	13-1-19	Purmerend (NED)	288
7. Stins Arnold	83	08-021	38.42	25m	31-1-13	Heemskerk (NED)	283
8. van Rookhuizen Barry	82	08-021	39.05	25m	9-2-12	Heemskerk (NED)	270
9. Zonneveld Jeroen	78	08-021	40.76	25m	16-3-08	Amersfoort (NED)	237
10. van Velsen Gerard	54	08-021	46.20	25m	22-3-88	Heemskerk (NED)	163

100 schoolslag

1. Oudendijk Paul	81	08-021	1:12.95	25m	12-1-14	Purmerend (NED)	442
2. van der Gracht Jory	87	08-021	1:16.75	25m	21-11-21	Den Helder (NED)	380
3. Meijer Arno	75	08-021	1:18.79	25m	13-3-05	Amsterdam (NED)	351
4. Butter Martijn	79	08-021	1:18.91	25m	1-11-09	Purmerend (NED)	349
5. Beentjes Bastiaan	78	08-021	1:23.13	25m	19-11-09	Heemskerk (NED)	299
6. Palmboom Pascal	89	08-021	1:23.23	25m	6-10-19	Purmerend (NED)	298
7. Essers Tim	88	08-021	1:23.69	25m	19-9-19	Heemskerk (NED)	293
8. Stins Arnold	83	08-021	1:26.26	25m	9-11-17	Heemskerk (NED)	267
9. van Rookhuizen Barry	82	08-021	1:29.72	25m	11-10-12	Heemskerk (NED)	238
10. Zonneveld Jeroen	78	08-021	1:31.69	25m	11-10-12	Heemskerk (NED)	223
11. Oortwijn Bouke	78	08-021	1:33.14	25m	11-10-12	Heemskerk (NED)	212
12. den Exter Peter	63	08-021	1:33.50	25m	4-4-96	Heemskerk (NED)	210

200 schoolslag

1. Oudendijk Paul	81	08-021	2:38.26	25m	16-1-11	Zaandam (NED)	440
2. van der Gracht Jory	87	08-021	2:48.10	25m	12-1-20	Purmerend (NED)	367
3. Meijer Arno	75	08-021	2:54.00	25m	27-10-05	Heemskerk (NED)	331
4. Camphuijnder Wilko	69	08-021	2:54.34	25m	25-1-01	Heemskerk (NED)	329
5. Butter Martijn	79	08-021	2:59.50	25m	25-3-10	Heemskerk (NED)	302
6. Palmboom Pascal	89	08-021	3:07.24	25m	10-2-19	Purmerend (NED)	266
7. Zonneveld Jeroen	78	08-021	3:35.67	50m	23-9-12	Alkmaar (NED)	202

500 schoolslag**800 schoolslag****1000 schoolslag**

1. Oudendijk Paul	81	08-021	15:50.48	OW	21-7-13	Amsterdam (NED)
2. van der Gracht Jory	87	08-021	18:02.08	OW	6-8-17	Breda (NED)
3. Stins Arnold	83	08-021	19:11.90	OW	22-8-15	Hoorn (NED)

1250 schoolslag

1. van der Gracht Jory	87	08-021	23:25.00	OW	28-7-19	Hoorn (NED)
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1500 schoolslag**2000 schoolslag**

1. Oudendijk Paul	81	08-021	32:44.46	OW	16-6-13	Spaarnwoude (NED)
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2500 schoolslag**3000 schoolslag**

1. Oudendijk Paul	81	08-021	46:23.36	OW	7-8-11	Amsterdam (NED)
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4000 schoolslag

5000 schoolslag**25 vlinderslag**

1. Meijer Arno	75	08-021	13.04	25m	18-3-06	Heerenveen (NED)	437
2. Butter Martijn	79	08-021	14.05	25m	30-6-11	Heemskerk (NED)	349
3. Palmboom Pascal	89	08-021	14.77	25m	7-7-22	Heemskerk (NED)	301
4. Zonneveld Jeroen	78	08-021	15.18	25m	29-5-08	Heemskerk (NED)	277
5. van Velsen Gerard	54	08-021	19.40	25m	22-3-88	Heemskerk (NED)	132

50 vlinderslag

1. van der Gracht Jory	87	08-021	28.75	25m	8-1-17	Purmerend (NED)	435
2. Meijer Arno	75	08-021	30.08	25m	8-5-05	Oosterhout (NED)	380
3. Essers Tim	88	08-021	30.58	25m	13-1-19	Purmerend (NED)	362
4. Oudendijk Paul	81	08-021	31.31	25m	7-4-13	Castricum (NED)	337
5. Butter Martijn	79	08-021	31.48	25m	25-3-10	Heemskerk (NED)	332
6. Palmboom Pascal	89	08-021	31.90	25m	10-2-19	Purmerend (NED)	319
7. van Rookhuizen Barry	82	08-021	32.18	25m	22-3-12	Heemskerk (NED)	310
8. Stins Arnold	83	08-021	32.53	25m	12-12-13	Heemskerk (NED)	300
9. Zonneveld Jeroen	78	08-021	34.96	25m	13-12-12	Heemskerk (NED)	242
10. Oortwijn Bouke	78	08-021	36.46	25m	13-12-12	Heemskerk (NED)	213

100 vlinderslag

1. Camphuijnder Wilko	69	08-021	1:03.06	25m	22-4-99	Heemskerk (NED)	443
2. van der Gracht Jory	87	08-021	1:05.29	25m	3-11-19	Purmerend (NED)	399
3. Schaaper Hans	68	08-021	1:08.23	25m	22-4-99	Heemskerk (NED)	349
4. Meijer Arno	75	08-021	1:09.67	25m	24-2-05	Heemskerk (NED)	328
5. Butter Martijn	79	08-021	1:10.30	25m	13-3-11	Heemskerk (NED)	319
6. Essers Tim	88	08-021	1:11.54	25m	3-11-19	Purmerend (NED)	303
7. Oudendijk Paul	81	08-021	1:13.02	25m	11-3-12	Zaandam (NED)	285
8. Palmboom Pascal	89	08-021	1:20.97	25m	13-1-19	Purmerend (NED)	209

200 vlinderslag

1. van der Gracht Jory	87	08-021	2:31.35	25m	12-3-17	Purmerend (NED)	369
2. Butter Martijn	79	08-021	2:36.06	25m	15-3-09	Haarlem (NED)	336

1000 vlinderslag**100 wisselslag**

1. Oudendijk Paul	81	08-021	1:06.20	25m	30-9-12	Heemskerk (NED)	438
2. van der Gracht Jory	87	08-021	1:07.62	25m	11-5-17	Heemskerk (NED)	411
3. Butter Martijn	79	08-021	1:08.64	25m	14-4-11	Heemskerk (NED)	393
4. Meijer Arno	75	08-021	1:10.02	25m	17-3-07	Lelystad (NED)	370
5. Essers Tim	88	08-021	1:11.04	25m	7-10-18	Purmerend (NED)	354
6. Stins Arnold	83	08-021	1:15.44	25m	25-4-13	Heemskerk (NED)	296
7. van Rookhuizen Barry	82	08-021	1:16.64	25m	26-4-12	Heemskerk (NED)	282
8. Palmboom Pascal	89	08-021	1:18.42	25m	3-10-21	Den Helder (NED)	263
9. Zonneveld Jeroen	78	08-021	1:21.99	25m	16-3-08	Amersfoort (NED)	230
10. Beentjes Bastiaan	78	08-021	1:24.31	25m	19-11-09	Heemskerk (NED)	212

200 wisselslag

1. Oudendijk Paul	81	08-021	2:22.98	25m	7-4-13	Castricum (NED)	450
2. Butter Martijn	79	08-021	2:28.11	25m	22-1-09	Heemskerk (NED)	405
3. van der Gracht Jory	87	08-021	2:29.57	25m	12-3-17	Purmerend (NED)	393
4. Essers Tim	88	08-021	2:30.91	25m	13-1-19	Purmerend (NED)	383
5. Meijer Arno	75	08-021	2:33.62	25m	19-3-06	Heemskerk (NED)	363
6. Palmboom Pascal	89	08-021	2:54.14	25m	3-11-19	Purmerend (NED)	249

300 wisselslag**400 wisselslag**

1. Butter Martijn	79	08-021	5:19.24	25m	18-2-12	Heerenveen (NED)	401
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