

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

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| 1. van der Gracht Adrie | 57 | 08-021 | 19.41 | 25m | 7-7-22 | Heemskerk (NED) | 104 |
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50 vrije slag

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| 1. Prins Hilbert | 51 | 08-021 | 38.77 | 25m | 22-1-16 | Papendrecht (NED) | 142 |
| 2. van der Gracht Adrie | 57 | 08-021 | 45.82 | 25m | 4-4-24 | Heemskerk (NED) | 86 |

100 vrije slag

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| 1. Prins Hilbert | 51 | 08-021 | 1:19.82 | 25m | 22-1-16 | Papendrecht (NED) | 178 |
| 2. van der Gracht Adrie | 57 | 08-021 | 1:55.02 | 25m | 2-2-23 | Heemskerk (NED) | 59 |

200 vrije slag

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| 1. Prins Hilbert | 51 | 08-021 | 2:56.10 | 25m | 23-1-16 | Papendrecht (NED) | 179 |
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250 vrije slag**300 vrije slag**

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| 1. Prins Hilbert | 51 | 08-021 | 4:36.55 | 25m | 21-1-16 | Papendrecht (NED) | 178 |
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400 vrije slag

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| 1. Prins Hilbert | 51 | 08-021 | 6:12.45 | 25m | 22-1-16 | Papendrecht (NED) | 185 |
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500 vrije slag**800 vrije slag**

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| 1. Prins Hilbert | 51 | 08-021 | 13:01.37 | 25m | 23-1-16 | Papendrecht (NED) | 182 |
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1000 vrije slag

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| 1. Prins Hilbert | 51 | 08-021 | 17:32.55 | OW | 23-7-16 | Amstelveen (NED) | |
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1250 vrije slag**1500 vrije slag**

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| 1. Prins Hilbert | 51 | 08-021 | 25:03.40 | 25m | 19-1-17 | Maastricht (NED) | 179 |
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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**

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| 1. van der Gracht Adrie | 57 | 08-021 | 27.19 | 25m | 7-7-22 | Heemskerk (NED) | 55 |
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50 rugslag

| | | | | | | | |
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| 1. van der Gracht Adrie | 57 | 08-021 | 1:00.84 | 25m | 21-4-22 | Heemskerk (NED) | 48 |
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100 rugslag**200 rugslag****500 rugslag****25 schoolslag**

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|-------------------------|----|--------|-------|-----|--------|-----------------|-----|
| 1. van der Gracht Adrie | 57 | 08-021 | 22.14 | 25m | 7-7-22 | Heemskerk (NED) | 144 |
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50 schoolslag

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| 1. van der Gracht Adrie | 57 | 08-021 | 52.35 | 25m | 27-10-22 | Heemskerk (NED) | 112 |
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100 schoolslag**200 schoolslag****500 schoolslag**

800 schoolslag**1000 schoolslag**

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| 1. van der Gracht Adrie | 57 | 08-021 | 32:55.97 | OW | 25-6-22 | Anna-Paulowna (NED) |
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1250 schoolslag**1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

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| 1. van der Gracht Adrie | 57 | 08-021 | 22.20 | 25m | 7-7-22 | Heemskerk (NED) | 88 |
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50 vlinderslag

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| 1. van der Gracht Adrie | 57 | 08-021 | 53.29 | 25m | 21-4-22 | Heemskerk (NED) | 68 |
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100 vlinderslag**200 vlinderslag****1000 vlinderslag****100 wisselslag**

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| 1. van der Gracht Adrie | 57 | 08-021 | 2:05.97 | 25m | 4-4-24 | Heemskerk (NED) | 63 |
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200 wisselslag**300 wisselslag****400 wisselslag**