

**15m vlinderslag benen onderwater**

1. Ayari Adam	08	08-021	21.13	25m	29-9-19	Haarlem (NED)
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**25m vrije slag met koprol****25m rugslag start****50m borstcrawl benen****100m borstcrawl benen****25 vrije slag**

1. Schelvis Sjeng	89	08-021	16.06	25m	4-5-00	Heemskerk (NED)	183
2. van der Kroft Barry	82	08-021	16.40	25m	17-6-93	Heemskerk (NED)	172
2. Groen Jarno	01	08-021	16.40	25m	26-4-12	Heemskerk (NED)	172
4. Heeremans Tim	78	08-021	16.50	25m	31-12-89	Heemskerk (NED)	169
4. Groot Sander	88	08-021	16.50	25m	25-3-99	Heemskerk (NED)	169
4. de Ruijter Richard	88	08-021	16.50	25m	21-12-99	Heemskerk (NED)	169
7. Vessies Max	03	08-021	16.68	25m	13-4-14	Zaandam (NED)	163
8. van Vegten Teun	01	08-021	17.06	25m	26-4-12	Heemskerk (NED)	153
9. van Lieshout Martin	76	08-021	17.40	25m	17-12-87	Heemskerk (NED)	144
9. Oortwijn Maarten	80	08-021	17.40	25m	16-5-91	Heemskerk (NED)	144
9. van Rookhuizen Barry	82	08-021	17.40	25m	16-6-93		144
9. Kooistra André	88	08-021	17.40	25m	25-3-99	Heemskerk (NED)	144
13. Palmboom Pascal	89	08-021	17.59	25m	4-5-00	Heemskerk (NED)	139
14. Welboren Mark	87	08-021	17.60	25m	12-2-98	Heemskerk (NED)	139
14. Essers Tim	88	08-021	17.60	25m	21-12-99	Heemskerk (NED)	139
16. Doodeman Niels	89	08-021	17.61	25m	4-5-00	Heemskerk (NED)	139
17. Leegwater Liam	11	08-021	17.62	25m	7-7-22	Heemskerk (NED)	139
18. de Vries Allard	96	08-021	17.78	25m	19-4-07	Heemskerk (NED)	135
19. Oortwijn Bouke	78	08-021	18.00	25m	31-12-89	Heemskerk (NED)	130
19. Zonneveld Alex	90	08-021	18.00	25m	29-3-01	Heemskerk (NED)	130
21. de Rooij Coen	89	08-021	18.06	25m	4-5-00	Heemskerk (NED)	129
22. Hoenink Jarl	86	08-021	18.20	25m	13-3-97	Heemskerk (NED)	126
23. Steijn Twan	13	08-021	18.37	25m	4-4-24	Heemskerk (NED)	122
24. Welp Andre	65	08-021	18.40	25m	30-3-76	Heemskerk (NED)	122
25. Butter Stijn	11	08-021	18.43	25m	7-7-22	Heemskerk (NED)	121

**50 vrije slag**

1. Dekker Ruben	93	08-021	31.13	25m	11-4-04	Haarlem	275
2. Offringa Rick	03	08-021	31.73	25m	16-11-14	Zaandam (NED)	260
3. Druyven Jorrick	94	08-021	32.57	25m	31-12-05	Hoom (NED)	240
4. Tijms Stefan	93	08-021	33.01	25m	29-5-04	Z.o. Beemster	231
5. Schelvis Sjeng	89	08-021	33.10	25m	3-12-00	Zaandam (NED)	229
6. Lamers Koen	91	08-021	33.36	25m	22-12-02	Zaandam	223
7. Kleijne Barry	93	08-021	33.72	25m	29-1-04	Heemskerk (NED)	216
8. Arends Martin	81	08-021	33.90	25m	3-10-92		213
9. Gaal Koen	99	08-021	33.95	25m	14-11-10	Castricum (NED)	212
10. de Roode Jeremiah	99	08-021	34.12	25m	14-11-10	Castricum (NED)	209

50 vrije slag (sinds 11)

11. Gaal Roel	01	08-021	34.21	25m	11-10-12	Heemskerk (NED)	207
12. Yayli Serkan	92	08-021	34.84	50m	12-10-03	Beverwijk (NED)	216
13. Oortwijn Kalle	05	08-021	34.93	25m	19-5-16	Heemskerk (NED)	195
14. Meijer Arno	75	08-021	35.00	25m	31-12-86		193
15. Camphuijnder Jasper	05	08-021	35.23	25m	20-11-16	Zaandam (NED)	190
16. Ayari Adam	08	08-021	35.37	50m	30-11-19	Beverwijk (NED)	206
17. van der Kroft Barry	82	08-021	35.40	25m	13-5-93	Heemskerk (NED)	187
18. van Rijn Michael	70	08-021	35.50	25m	7-11-81	Heemskerk (NED)	185
19. Vessies Max	03	08-021	35.64	25m	18-9-14	Heemskerk (NED)	183
20. Heeremans Tim	78	08-021	35.70	25m	19-3-89	Zaandam (NED)	182
21. Leegwater Liam	11	08-021	35.75	25m	4-12-22	Krommenie (NED)	182
22. de Ruijter Richard	88	08-021	35.80	25m	4-11-99	Heemskerk (NED)	181
23. Koopman Axel	92	08-021	35.81	25m	27-4-03	Zaandam	181
23. van Vegten Teun	01	08-021	35.81	50m	24-11-12	Beverwijk (NED)	199
25. Nijland Yoran	05	08-021	36.15	25m	13-10-16	Heemskerk (NED)	176

100 vrije slag

1. Dekker Ruben	93	08-021	1:06.63	25m	12-12-04	Zaandam (NED)	306
2. Offringa Rick	03	08-021	1:08.53	25m	23-11-14	Zaandam (NED)	282
3. Kleijne Barry	93	08-021	1:10.17	25m	12-12-04	Zaandam (NED)	262
4. Tijms Stefan	93	08-021	1:11.01	25m	12-12-04	Zaandam (NED)	253
5. Druyven Jorrick	94	08-021	1:11.26	25m	18-12-05	Alkmaar (NED)	250
6. Schelvis Sjeng	89	08-021	1:12.09	25m	17-12-00	Zaandam (NED)	242
7. Lamers Koen	91	08-021	1:13.10	25m	22-12-02	Zaandam	232
8. Dekker Matthijs	90	08-021	1:13.89	25m	16-12-01	Zaandam	224
9. Nolte Martijn	74	08-021	1:14.70	25m	29-9-85	Heemskerk (NED)	217
10. van der Kroft Barry	82	08-021	1:14.80	25m	12-12-93	Heemskerk (NED)	216
11. Camphuijnder Jasper	05	08-021	1:15.11	25m	20-11-16	Zaandam (NED)	214
12. Gaal Koen	99	08-021	1:15.89	25m	10-10-10	Zaandam (NED)	207
13. Meijer Arno	75	08-021	1:16.10	25m	31-12-86		205
14. de Ruijter Richard	88	08-021	1:16.16	25m	19-12-99	Wormerveer (NED)	205
15. Gaal Roel	01	08-021	1:16.17	25m	18-11-12	Zaandam (NED)	205
16. Oortwijn Kalle	05	08-021	1:16.72	25m	18-12-16	Heemskerk (NED)	200
17. Kramer Vincent	82	08-021	1:17.20	25m	27-11-93		197
18. Doodeman Niels	89	08-021	1:17.42	25m	10-12-00	Heemskerk (NED)	195
19. Koopman Axel	92	08-021	1:18.20	25m	18-12-03	Heemskerk (NED)	189
20. Groen Jarno	01	08-021	1:18.37	25m	2-6-12	Zaandam (NED)	188
21. Butter Martijn	79	08-021	1:18.40	25m	6-12-90	Heemskerk (NED)	188
22. Hagebout Marcel	68	08-021	1:19.00	25m	25-11-79	Heemskerk (NED)	184
23. Leegwater Liam	11	08-021	1:19.08	25m	20-11-22	Den Helder (NED)	183
24. Missot Paul	64	08-021	1:19.10	25m	28-9-75	Zaandam (NED)	183
25. Wiegman Stefan	74	08-021	1:19.40	25m	29-9-85	Heemskerk (NED)	181

**200 vrije slag**

1. Dekker Ruben	93	08-021	2:31.37	25m	17-10-04	Zaandam (NED)	282
2. Offringa Rick	03	08-021	2:33.68	25m	14-12-14	Zaandam (NED)	270
3. Kleijne Barry	93	08-021	2:35.97	25m	17-10-04	Zaandam (NED)	258
4. Tijms Stefan	93	08-021	2:37.46	25m	17-10-04	Zaandam (NED)	251
5. Druyven Jorrick	94	08-021	2:41.09	25m	23-10-05	Zaandam (NED)	234
6. Lamers Koen	91	08-021	2:45.32	25m	22-12-02	Zaandam	217
7. Gaal Roel	01	08-021	2:47.27	25m	9-12-12	Zaandam (NED)	209
8. van der Kroft Barry	82	08-021	2:47.70	25m	6-11-93		208
9. Schelvis Sjeng	89	08-021	2:48.36	25m	25-5-00	Heemskerk (NED)	205
10. Arends Martin	81	08-021	2:49.80	25m	7-10-92		200
11. Gaal Koen	99	08-021	2:51.07	25m	12-12-10	Zaandam (NED)	195
12. Nolte Martijn	74	08-021	2:51.40	25m	27-10-85	(NED)	194
13. Oudendijk Paul	81	08-021	2:56.30	25m	7-10-92		179
14. Koopman Axel	92	08-021	2:56.45	25m	26-10-03	Zaandam	178
15. Nijland Yoran	05	08-021	2:56.58	25m	30-10-16	Den Helder (NED)	178
16. Camphuijnder Jasper	05	08-021	2:57.50	25m	30-10-16	Den Helder (NED)	175
17. Tuinstra Sean	98	08-021	2:59.66	25m	13-12-09	Zaandam (NED)	169
18. de Boer Tobias	02	08-021	2:59.90	25m	15-12-13	Zaandam (NED)	168
19. Yayli Serkan	92	08-021	3:00.57	25m	26-10-03	Zaandam	166
20. van Vegten Teun	01	08-021	3:01.75	25m	9-12-12	Zaandam (NED)	163
21. Essers Tim	88	08-021	3:02.02	25m	24-10-99	Zaandam (NED)	162
22. Doodeman Niels	89	08-021	3:02.13	25m	5-11-00	Zaandam (NED)	162
23. Meijer Arno	75	08-021	3:03.90	25m	31-12-86		157
24. de Ruijter Richard	88	08-021	3:05.59	25m	24-10-99	Zaandam (NED)	153
25. Leegwater Liam	11	08-021	3:06.04	25m	10-4-22	Den Helder (NED)	152

**250 vrije slag**

1. Butter Jurre	12	08-021	10:33.21	OW	8-7-23	Anna Paulowna (NED)	
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**300 vrije slag**

1. Druyven Jorrick	94	08-021	4:16.09	25m	13-11-05	Zaandam (NED)	225
2. Schelvis Sjeng	89	08-021	4:47.20	25m	23-1-00	Heemskerk (NED)	159
3. Koopman Axel	92	08-021	4:51.58	25m	16-11-03	Heemskerk (NED)	152
4. Tuinstra Sean	98	08-021	4:54.64	25m	8-11-09	Zaandam (NED)	147
5. Vlieland Roy	99	08-021	5:30.70	25m	28-2-10	Zaandam (NED)	104
6. Palmboom Pascal	89	08-021	5:31.88	25m	23-1-00	Heemskerk (NED)	103
7. de Rooij Coen	89	08-021	5:44.30	25m	23-1-00	Heemskerk (NED)	92

**400 vrije slag**

1. Kleijne Barry	93	08-021	5:27.56	25m	14-11-04	Heemskerk (NED)	272
2. Tijms Stefan	93	08-021	5:28.85	25m	14-11-04	Heemskerk (NED)	268
3. Druyven Jorrick	94	08-021	5:39.01	25m	13-11-05	Zaandam (NED)	245
4. Lamers Koen	91	08-021	5:43.24	25m	1-12-02	Heemskerk	236
5. Nolte Martijn	74	08-021	5:48.10	25m	27-10-85	(NED)	226
6. Camphuijnder Jasper	05	08-021	6:20.72	25m	18-9-16	Zaandam (NED)	173
7. Schelvis Sjeng	89	08-021	6:20.89	25m	23-1-00	Heemskerk (NED)	173
8. Stins Arnold	83	08-021	6:30.50	25m	18-12-94	Wormerveer (NED)	160
9. Tuinstra Sean	98	08-021	6:31.33	25m	8-11-09	Zaandam (NED)	159
10. Koopman Axel	92	08-021	6:31.39	25m	16-11-03	Heemskerk (NED)	159
11. Nijland Yoran	05	08-021	6:31.50	25m	7-2-16	Zaandam (NED)	159

**400 vrije slag (sinds 12)**

12.	van der Kroft Barry	82	08-021	6:34.50	25m	24-4-93		155
13.	Hoening Jarl	86	08-021	6:40.50	25m	14-12-97	Zaandam (NED)	148
14.	Groen Jarno	01	08-021	6:42.03	25m	26-2-12	Zaandam (NED)	147
15.	Butter Stijn	11	08-021	6:44.84	25m	23-10-22	Hoofddorp (NED)	144
16.	de Boer Stephan	83	08-021	6:47.80	25m	18-12-94	Wormerveer (NED)	140
17.	de Rooij Roel	87	08-021	6:51.15	50m	25-10-98	Beverwijk (NED)	153
18.	Essers Tim	88	08-021	6:52.68	25m	28-2-99	Zaandam (NED)	136
19.	Woudsma Stefan	00	08-021	7:02.77	25m	4-12-11	Zaandam (NED)	126
20.	de Caluwé Niels	91	08-021	7:09.19	25m	1-12-02	Heemskerk	120
21.	Sikkema Joris	86	08-021	7:15.50	50m	9-11-97	Beverwijk (NED)	129
22.	Butter Martijn	79	08-021	7:18.00	25m	7-6-90	Heemskerk (NED)	113
23.	Welboren Mark	87	08-021	7:18.70	25m	22-2-98	Zaandam (NED)	113
24.	Kooistra André	88	08-021	7:19.60	25m	28-2-99	Zaandam (NED)	112
25.	Vlieland Roy	99	08-021	7:29.65	25m	28-2-10	Zaandam (NED)	105

**500 vrije slag**

1.	Dekker Ruben	93	08-021	6:36.38	OW	3-7-04	Sluis (NED)	
2.	Tijms Stefan	93	08-021	8:11.96	OW	24-7-04	Wijk en Aalburg (NED)	
3.	Koopman Axel	92	08-021	8:32.35	OW	29-6-03	Breukelen (NED)	
4.	Vlieland Roy	99	08-021	8:58.73	OW	1-8-10	Hoom (NED)	
5.	Nijland Yoran	05	08-021	9:02.02	OW	23-7-16	Amstelveen (NED)	
6.	Groen Jarno	01	08-021	9:12.72	OW	17-6-12	Spaarnwoude (NED)	
7.	Wassenaar Joris	01	08-021	9:54.50	OW	17-6-12	Spaarnwoude (NED)	
8.	de Rooij Coen	89	08-021	10:28.09	OW	23-7-00	Amsterdam (NED)	
9.	van Dijk Mitchell	99	08-021	10:32.60	OW	25-7-10	Langedijk (NED)	
10.	Butter Stijn	11	08-021	10:44.27	OW	19-6-22	Hoom (NED)	

**800 vrije slag**

1.	Dekker Ruben	93	08-021	11:26.30	25m	7-3-04	Zaandam	269
2.	Druyven Jorrick	94	08-021	12:00.28	25m	20-3-05	Zaandam (NED)	233
3.	Tijms Stefan	93	08-021	12:22.27	25m	7-3-04	Zaandam	213
4.	Nolte Martijn	74	08-021	12:31.40	25m	22-9-85		205
5.	Kleijne Barry	93	08-021	12:36.50	25m	7-3-04	Zaandam	201
6.	Lamers Koen	91	08-021	12:41.13	25m	10-2-02	Zaandam	197
7.	Koopman Axel	92	08-021	12:58.27	25m	16-2-03	Zaandam	184
8.	Yayli Serkan	92	08-021	13:04.88	25m	16-2-03	Zaandam	180
9.	Schelvis Sjeng	89	08-021	13:10.06	25m	5-3-00	Zaandam (NED)	176
10.	Nijland Yoran	05	08-021	13:12.25	25m	7-2-16	Zaandam (NED)	175
11.	Wiegman Stefan	74	08-021	13:20.20	25m	22-9-85		170
12.	Groen Jarno	01	08-021	13:32.16	25m	26-2-12	Zaandam (NED)	162
13.	Woudsma Stefan	00	08-021	14:16.65	25m	4-12-11	Zaandam (NED)	138
14.	Teufer Lorentz	96	08-021	14:41.19	25m	28-1-07	Zaandam (NED)	127
15.	Butter Martijn	79	08-021	14:52.60	25m	7-6-90	Heemskerk (NED)	122
16.	Vlieland Roy	99	08-021	15:14.82	25m	28-2-10	Zaandam (NED)	113

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

**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**

1. Schelvis Sjeng	89	08-021	18.65	25m	17-2-00	Heemskerk (NED)	171
2. Leegwater Liam	11	08-021	19.13	25m	7-7-22	Heemskerk (NED)	158
3. de Ruijter Richard	88	08-021	19.60	25m	21-12-99	Heemskerk (NED)	147
4. Essers Tim	88	08-021	20.30	25m	21-12-99	Heemskerk (NED)	132
5. de Vries Allard	96	08-021	20.39	25m	19-4-07	Heemskerk (NED)	131
6. van Lieshout Martin	76	08-021	20.50	25m	17-12-87	Heemskerk (NED)	129
6. Groot Sander	88	08-021	20.50	25m	25-3-99	Heemskerk (NED)	129
8. Oortwijn Maarten	80	08-021	20.60	25m	16-5-91	Heemskerk (NED)	127
9. de Groot Pieter	83	08-021	20.80	25m	24-2-94	Heemskerk (NED)	123
9. Buur Michael	87	08-021	20.80	25m	15-1-98	Heemskerk (NED)	123
11. de Boer Stephan	83	08-021	21.10	25m	17-2-94	Heemskerk	118
12. Hoenink Jarl	86	08-021	21.20	25m	13-2-97	Heemskerk (NED)	116
13. de Rooij Coen	89	08-021	21.31	25m	17-2-00	Heemskerk (NED)	114
14. Cekic Deniz	97	08-021	21.38	25m	29-5-08	Heemskerk (NED)	113
15. Heeremans Tim	78	08-021	21.40	25m	31-12-89	Heemskerk (NED)	113
16. Doodeman Niels	89	08-021	21.41	25m	17-2-00	Heemskerk (NED)	113
17. de Rooij Roel	87	08-021	21.50	25m	15-1-98	Heemskerk (NED)	111
18. van der Kroft Barry	82	08-021	21.90	25m	16-6-93		105
19. Kooistra André	88	08-021	22.12	25m	25-3-99	Heemskerk (NED)	102
20. Borst Corné	96	08-021	22.14	25m	19-4-07	Heemskerk (NED)	102
21. Welboren Mark	87	08-021	22.20	25m	15-1-98	Heemskerk (NED)	101
22. Steenbergen Roderik	82	08-021	22.30	25m	17-6-93	Heemskerk (NED)	100
23. Butter Stijn	11	08-021	22.35	25m	7-7-22	Heemskerk (NED)	99
24. Palmboom Pascal	89	08-021	22.74	25m	17-2-00	Heemskerk (NED)	94
25. van Rookhuizen Barry	82	08-021	22.80	25m	16-6-93		93

**50 rugslag**

1. Dekker Ruben	93	08-021	35.35	25m	28-10-04	Heemskerk (NED)	248
2. Offringa Rick	03	08-021	37.80	25m	26-10-14	Zaandam (NED)	203
3. Dekker Matthijs	90	08-021	37.82	25m	29-11-01	Heemskerk	202
4. Tijms Stefan	93	08-021	37.95	25m	31-10-04	Zuidoostbeemster (NED)	200
4. Druyven Jorrick	94	08-021	37.95	25m	31-12-05	Hoorn (NED)	200
6. Kleijne Barry	93	08-021	39.24	25m	28-11-04	Heemskerk (NED)	181
7. Schelvis Sjeng	89	08-021	39.26	25m	19-11-00	Zaandam (NED)	181
8. Gaal Koen	99	08-021	39.40	25m	3-10-10	Zaandam (NED)	179
9. Lamers Koen	91	08-021	40.03	25m	28-12-02	Hoorn (NED)	171
10. van der Kroft Barry	82	08-021	40.60	25m	13-5-93	Heemskerk (NED)	163
11. Gaal Roel	01	08-021	40.95	25m	26-5-12	Purmerend (NED)	159
12. Koopman Axel	92	08-021	41.07	25m	30-10-03	Heemskerk	158
13. Essers Tim	88	08-021	41.57	25m	14-11-99	Zaandam (NED)	152
14. Camphuijnder Jasper	05	08-021	41.59	25m	2-10-16	Purmerend (NED)	152
15. Yayli Serkan	92	08-021	42.16	25m	30-10-03	Heemskerk	146
16. van Vegten Teun	01	08-021	42.21	25m	25-11-12	Heemskerk (NED)	145
17. Leegwater Liam	11	08-021	42.22	25m	18-9-22	Krommenie (NED)	145
18. Oortwijn Kalle	05	08-021	42.40	25m	2-10-16	Purmerend (NED)	143
19. Groen Jarno	01	08-021	42.65	25m	22-3-12	Heemskerk (NED)	141
20. Blaauw Mica	05	08-021	42.81	25m	2-10-16	Purmerend (NED)	139
21. de Ruijter Richard	88	08-021	42.82	25m	14-11-99	Zaandam (NED)	139
22. Vessies Max	03	08-021	43.06	25m	6-3-14	Heemskerk (NED)	137
23. Doodeman Niels	89	08-021	43.09	25m	3-12-00	Zaandam (NED)	137
24. Blaauw Xam	07	08-021	43.44	25m	4-2-18	Purmerend (NED)	133
25. de Vries Allard	96	08-021	43.46	25m	30-9-07	Volendam (NED)	133

**100 rugslag**

1. Dekker Ruben	93	08-021	1:17.47	25m	3-10-04	Heemskerk (NED)	251
2. Tijms Stefan	93	08-021	1:20.98	25m	12-12-04	Zaandam (NED)	220
3. Nolte Martijn	74	08-021	1:22.40	25m	9-6-85		208
4. Offringa Rick	03	08-021	1:23.45	25m	5-10-14	Zaandam (NED)	201
5. Druyven Jorrick	94	08-021	1:23.47	25m	18-12-05	Alkmaar (NED)	201
6. Gaal Koen	99	08-021	1:23.91	25m	4-11-10	Heemskerk (NED)	197
7. Schelvis Sjeng	89	08-021	1:24.51	25m	14-12-00	Heemskerk (NED)	193
8. Dekker Matthijs	90	08-021	1:24.59	25m	9-12-01	Heemskerk	193
9. Kramer Vincent	82	08-021	1:24.80	25m	13-10-93		191
10. Lamers Koen	91	08-021	1:25.75	25m	19-12-02	Heemskerk	185
11. Kleijne Barry	93	08-021	1:26.03	25m	12-12-04	Zaandam (NED)	183
12. van der Kroft Barry	82	08-021	1:26.30	25m	13-10-93		181
13. Leegwater Liam	11	08-021	1:26.35	25m	20-11-22	Den Helder (NED)	181
14. Camphuijnder Jasper	05	08-021	1:26.91	25m	18-12-16	Heemskerk (NED)	178
15. Gaal Roel	01	08-021	1:27.59	25m	29-1-12	Zaandam (NED)	174
16. Missot Paul	64	08-021	1:28.40	25m	31-12-75		169
17. Essers Tim	88	08-021	1:28.64	25m	16-12-99	Heemskerk	167
18. Meijer Arno	75	08-021	1:29.00	25m	31-12-86		165
19. Hoenink Jarl	86	08-021	1:29.30	25m	14-12-97	Zaandam (NED)	164
20. Butter Martijn	79	08-021	1:29.50	25m	25-11-90	Heemskerk (NED)	163
21. Arends Martin	81	08-021	1:29.70	25m	6-2-92	Heemskerk (NED)	162
22. Oudendijk Paul	81	08-021	1:30.30	25m	9-4-92	Heemskerk (NED)	158
23. de Ruijter Richard	88	08-021	1:30.44	25m	16-12-99	Heemskerk	158
24. Blaauw Xam	07	08-021	1:30.96	25m	29-11-18	Heemskerk (NED)	155
25. van Rijn Michael	70	08-021	1:31.10	25m	19-12-81	Hilversum (NED)	154

**200 rugslag**

1. Gaal Koen	99	08-021	3:06.90	25m	31-10-10	Zaandam (NED)	180
2. Butter Martijn	79	08-021	3:12.70	25m	9-12-90	Volendam (NED)	164
3. Blaauw Mica	05	08-021	3:14.15	25m	27-11-16	Zaandam (NED)	161
4. Oortwijn Kalle	05	08-021	3:14.62	25m	27-11-16	Zaandam (NED)	159
5. Leegwater Liam	11	08-021	3:18.07	25m	2-10-22	Den Helder (NED)	151
6. Meijer Arno	75	08-021	3:18.90	25m	31-12-86		149
7. van der Linden René	70	08-021	3:23.00	25m	28-11-81	Heemskerk (NED)	140
8. Nijland Yoran	05	08-021	3:24.45	25m	27-11-16	Zaandam (NED)	137
9. Butter Stijn	11	08-021	3:28.42	25m	2-10-22	Den Helder (NED)	130
10. van Rijn Michael	70	08-021	3:30.10	25m	28-11-81	Heemskerk (NED)	127
11. Vlieland Roy	99	08-021	3:30.12	25m	31-10-10	Zaandam (NED)	127
12. Borst Corné	96	08-021	3:31.02	25m	21-10-07	Zaandam (NED)	125
13. van Heerwaarden Gerard	70	08-021	3:39.00	25m	11-4-81	Heemskerk (NED)	112
14. van Heerwaarden Stefan	70	08-021	3:44.90	25m	28-11-81	Heemskerk (NED)	103
15. Ayari Adam	08	08-021	3:45.05	25m	6-10-19	Purmerend (NED)	103

**500 rugslag****25 schoolslag**

1. de Ruijter Richard	88	08-021	21.07	25m	25-3-99	Heemskerk (NED)	167
1. Palmboom Pascal	89	08-021	21.07	25m	17-2-00	Heemskerk (NED)	167
3. Welboren Mark	87	08-021	21.40	25m	5-3-98	Heemskerk (NED)	160
4. van Duin Peter	65	08-021	21.60	25m	14-9-76	Heemskerk (NED)	155
5. Altena Marc	65	08-021	21.80	25m	14-9-76	Heemskerk (NED)	151
5. Kramer Vincent	82	08-021	21.80	25m	13-10-93		151
7. van Rookhuizen Barry	82	08-021	21.90	25m	17-6-93	Heemskerk (NED)	149
7. Hoenink Sten	84	08-021	21.90	25m	27-4-95	Heemskerk (NED)	149
9. Welp Andre	65	08-021	22.00	25m	30-3-76	Heemskerk (NED)	147
9. van der Kroft Barry	82	08-021	22.00	25m	13-10-93		147
11. Heeremans Tim	78	08-021	22.20	25m	12-1-89	Heemskerk (NED)	143
12. de Rooij Coen	89	08-021	22.28	25m	17-2-00	Heemskerk (NED)	141
13. Wolf Gert Jan	65	08-021	22.30	25m	14-9-76	Heemskerk (NED)	141
13. van der Kolk Henk	65	08-021	22.30	25m	14-9-76	Heemskerk (NED)	141
13. Hoenink Jarl	86	08-021	22.30	25m	13-3-97	Heemskerk (NED)	141
16. Schelvis Sjeng	89	08-021	22.33	25m	17-2-00	Heemskerk (NED)	140
17. Essers Tim	88	08-021	22.40	25m	21-12-99	Heemskerk (NED)	139
18. Nijenhuis Jan-Hendrik	65	08-021	22.80	25m	14-9-76	Heemskerk (NED)	132
19. Kooistra André	88	08-021	22.82	25m	25-3-99	Heemskerk (NED)	132
20. van Lieshout Martin	76	08-021	23.00	25m	17-12-87	Heemskerk (NED)	128
20. Steenbergen Roderik	82	08-021	23.00	25m	13-10-93		128
22. Doodeman Niels	89	08-021	23.07	25m	17-2-00	Heemskerk (NED)	127
23. Plokker Robert	65	08-021	23.10	25m	14-9-76	Heemskerk (NED)	127
24. Groot Sander	88	08-021	23.34	25m	25-3-99	Heemskerk (NED)	123
25. Teufer Florian	95	08-021	23.39	25m	30-3-06	Heemskerk (NED)	122

**50 schoolslag**

1. Schaaper Bart	73	08-021	42.60	25m	2-9-84	Heemskerk (NED)	208
2. de Ruijter Richard	88	08-021	43.11	25m	14-11-99	Zaandam (NED)	200
3. de Boer Stephan	83	08-021	43.20	25m	20-10-94	Heemskerk (NED)	199
4. Palmboom Pascal	89	08-021	43.25	25m	14-12-00	Heemskerk (NED)	198
5. Keessen Jeroen	67	08-021	44.30	25m	22-1-78	Zaandam (NED)	185
6. Lamers Koen	91	08-021	44.91	25m	28-11-02	Heemskerk	177
7. van Rijn Michael	70	08-021	45.00	25m	3-5-81	Zaandam (NED)	176
8. Ayari Adam	08	08-021	45.45	25m	8-12-19	Zaandam (NED)	171
9. Offringa Rick	03	08-021	45.79	25m	30-1-14	Heemskerk (NED)	167
10. Schelvis Sjeng	89	08-021	45.82	25m	14-12-00	Heemskerk (NED)	167
11. Druyven Jorrick	94	08-021	45.83	25m	24-11-05	Heemskerk (NED)	167
12. Dekker Matthijs	90	08-021	46.09	25m	20-12-01	Heemskerk	164
13. Essers Tim	88	08-021	46.14	25m	16-12-99	Heemskerk	163
14. Dekker Ruben	93	08-021	46.39	25m	11-4-04	Haarlem	161
15. Stins Arnold	83	08-021	46.50	25m	20-10-94	Heemskerk (NED)	160
16. Kleijne Barry	93	08-021	46.63	25m	25-11-04	Heemskerk (NED)	158
17. de Rooij Roel	87	08-021	46.70	25m	15-11-98	Zaandam (NED)	158
18. de Groot Michiel	91	08-021	46.77	25m	28-11-02	Heemskerk	157
19. Groot Sander	88	08-021	46.84	25m	16-12-99	Heemskerk	156
19. Tijms Stefan	93	08-021	46.84	25m	21-3-04	Heemstede	156
21. Doodeman Niels	89	08-021	47.21	25m	14-12-00	Heemskerk (NED)	152
22. Yayli Serkan	92	08-021	47.42	25m	27-11-03	Heemskerk (NED)	150
23. Hoenink Jarl	86	08-021	47.50	25m	11-9-97	Heemskerk (NED)	150
24. van der Kroft Barry	82	08-021	47.60	25m	12-5-93		149
25. Dam Norbert	92	08-021	47.71	25m	20-4-03	Haarlem	148

**100 schoolslag**

1. de Ruijter Richard	88	08-021	1:31.44	25m	12-12-99	Heemskerk (NED)	224
2. Keessen Jeroen	67	08-021	1:31.50	25m	31-12-78		224
3. de Boer Stephan	83	08-021	1:32.90	25m	16-10-94	Schagen (NED)	214
4. van Rijn Michael	70	08-021	1:33.50	25m	1-11-81	Bergen (NED)	210
5. van der Kroft Barry	82	08-021	1:33.60	25m	18-11-93	Heemskerk	209
6. Oudendijk Paul	81	08-021	1:35.10	25m	3-10-92		199
7. Schaaper Bart	73	08-021	1:35.60	25m	28-10-84	Egmond (NED)	196
8. Ayari Adam	08	08-021	1:36.08	25m	8-12-19	Zaandam (NED)	193
9. Offringa Rick	03	08-021	1:37.43	25m	7-12-14	Heemskerk (NED)	185
10. Lamers Koen	91	08-021	1:37.54	25m	29-9-02	Zaandam (NED)	185
11. de Rooij Roel	87	08-021	1:39.50	25m	17-5-98	Den Helder (NED)	174
12. Kramer Vincent	82	08-021	1:39.60	25m	11-12-93		174
13. van Rookhuizen Barry	82	08-021	1:39.70	25m	12-12-93	Heemskerk (NED)	173
14. Andeweg Celedonio	76	08-021	1:39.90	25m	13-12-87	Assendelft (NED)	172
15. Dekker Ruben	93	08-021	1:40.02	25m	28-10-04	Heemskerk (NED)	171
16. Missot Paul	64	08-021	1:40.10	25m	31-12-75		171
17. Druyven Jorrick	94	08-021	1:40.43	25m	27-10-05	Heemskerk (NED)	169
18. Palmboom Pascal	89	08-021	1:40.53	25m	1-10-00	Zaandam (NED)	169
19. Gaal Koen	99	08-021	1:41.18	25m	28-11-10	Heemskerk (NED)	166
20. Kleijne Barry	93	08-021	1:41.38	25m	29-5-04	Z.o. Beemster	165
21. Dekker Matthijs	90	08-021	1:41.47	25m	29-11-01	Heemskerk	164
22. de Rooij Coen	89	08-021	1:41.64	25m	16-1-00	Zaandam (NED)	163
23. Tijms Stefan	93	08-021	1:41.75	25m	28-3-04	Zaandam (NED)	163
24. Bok Reitze	73	08-021	1:42.00	25m	28-10-84	Egmond (NED)	162
25. de Roode Jeremiah	99	08-021	1:42.47	25m	28-11-10	Heemskerk (NED)	159



**200 schoolslag**

1. de Boer Stephan	83	08-021	3:22.00	25m	24-11-94	Heemskerk (NED)	211
2. de Ruijter Richard	88	08-021	3:32.77	25m	21-11-99	Heemskerk (NED)	181
3. van Rijn Michael	70	08-021	3:33.60	25m	7-11-81	Heemskerk (NED)	179
4. van der Kroft Barry	82	08-021	3:34.60	25m	7-1-93	Heemskerk (NED)	176
5. Schaaper Bart	73	08-021	3:35.60	25m	2-9-84	Heemskerk (NED)	174
6. Gaal Koen	99	08-021	3:37.80	25m	25-3-10	Heemskerk (NED)	169
7. van Rookhuizen Barry	82	08-021	3:42.90	25m	7-1-93	Heemskerk (NED)	157
8. Bok Reitze	73	08-021	3:45.20	25m	2-9-84	Heemskerk (NED)	152
9. van der Linden René	70	08-021	3:48.50	25m	7-11-81	Heemskerk (NED)	146
10. Essers Tim	88	08-021	3:48.65	25m	24-1-99	Assendelft (NED)	146
11. Camphuijnder Jasper	05	08-021	3:51.29	25m	18-9-16	Zaandam (NED)	141
12. Schelvis Sjeng	89	08-021	3:51.73	25m	20-2-00	Assendelft (NED)	140
13. Doodeman Niels	89	08-021	3:55.62	25m	20-2-00	Assendelft (NED)	133
14. de Roode Jeremiah	99	08-021	4:00.03	25m	25-3-10	Heemskerk (NED)	126
15. Vlieland Roy	99	08-021	4:01.33	25m	25-3-10	Heemskerk (NED)	124
16. van Dijk Mitchell	99	08-021	4:02.56	25m	25-3-10	Heemskerk (NED)	122
17. Kooistra André	88	08-021	4:06.15	25m	24-1-99	Assendelft (NED)	117
18. van Heerwaarden Stefan	70	08-021	4:11.10	25m	7-11-81	Heemskerk (NED)	110
19. Apeldoorn Alex	89	08-021	4:11.44	25m	20-2-00	Assendelft (NED)	109
20. Groot Tim	99	08-021	4:13.95	25m	25-3-10	Heemskerk (NED)	106

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

**25 vlinderslag**

1. Schelvis Sjeng	89	08-021	17.18	25m	4-5-00	Heemskerk (NED)	191
2. van Rookhuizen Barry	82	08-021	18.00	25m	17-11-93		166
3. Vessies Max	03	08-021	18.36	25m	13-4-14	Zaandam (NED)	156
4. Groen Jarno	01	08-021	18.42	25m	13-12-12	Heemskerk (NED)	155
5. van Vegten Teun	01	08-021	18.50	25m	13-12-12	Heemskerk (NED)	153
6. Gaal Koen	99	08-021	19.48	25m	4-11-10	Heemskerk (NED)	131
7. Gaal Roel	01	08-021	19.57	25m	13-12-12	Heemskerk (NED)	129
8. de Roode Jeremiah	99	08-021	19.68	25m	4-11-10	Heemskerk (NED)	127
9. Groot Sander	88	08-021	20.25	25m	25-3-99	Heemskerk (NED)	116
10. Essers Tim	88	08-021	20.50	25m	21-12-99	Heemskerk (NED)	112
11. van der Kroft Barry	82	08-021	21.00	25m	17-11-93		104
12. Palmboom Pascal	89	08-021	21.07	25m	4-5-00	Heemskerk (NED)	103
13. van Lieshout Martin	76	08-021	21.80	25m	17-12-87	Heemskerk (NED)	93
14. de Ruijter Richard	88	08-021	21.83	25m	25-3-99	Heemskerk (NED)	93
15. de Rooij Coen	89	08-021	22.24	25m	4-5-00	Heemskerk (NED)	88
16. Doodeman Niels	89	08-021	22.52	25m	4-5-00	Heemskerk (NED)	84
17. Heeremans Tim	78	08-021	22.70	25m	31-12-89	Heemskerk (NED)	82
18. Vlieland Roy	99	08-021	22.78	25m	4-11-10	Heemskerk (NED)	82
19. de Groot Pieter	83	08-021	22.80	25m	24-3-94	Heemskerk (NED)	81
20. Steijn Twan	13	08-021	23.08	25m	23-6-24	Krommenie (NED)	78
21. Oortwijn Maarten	80	08-021	23.10	25m	16-5-91	Heemskerk (NED)	78
22. Leegwater Liam	11	08-021	23.13	25m	7-7-22	Heemskerk (NED)	78
23. Oortwijn Bouke	78	08-021	23.40	25m	31-12-89	Heemskerk (NED)	75
24. de Rooij Roel	87	08-021	23.50	25m	15-1-98	Heemskerk (NED)	74
25. de Vries Allard	96	08-021	23.55	25m	19-4-07	Heemskerk (NED)	74

**50 vlinderslag**

1. Dekker Ruben	93	08-021	34.84	25m	23-12-04	Heemskerk (NED)	244
2. Druyven Jorrick	94	08-021	35.81	25m	20-11-05	Zaandam (NED)	225
3. Schelvis Sjeng	89	08-021	36.06	25m	3-12-00	Zaandam (NED)	220
4. Lamers Koen	91	08-021	36.12	50m	20-10-02	Beverwijk (NED)	239
5. Kleijne Barry	93	08-021	36.26	25m	23-12-04	Heemskerk (NED)	217
6. Offringa Rick	03	08-021	38.78	25m	23-11-14	Zaandam (NED)	177
7. Tijms Stefan	93	08-021	39.25	25m	28-3-04	Zaandam (NED)	171
8. van Rookhuizen Barry	82	08-021	39.70	25m	12-5-93		165
9. Nijland Yoran	05	08-021	40.13	25m	17-11-16	Heemskerk (NED)	160
10. Groen Jarno	01	08-021	41.42	25m	2-6-12	Zaandam (NED)	145
11. Meijer Arno	75	08-021	41.60	25m	31-12-86		143
12. de Boer Tobias	02	08-021	41.73	25m	12-12-13	Heemskerk (NED)	142
13. Palmboom Pascal	89	08-021	42.66	25m	3-12-00	Zaandam (NED)	133
14. Koopman Axel	92	08-021	42.80	25m	18-12-03	Heemskerk (NED)	132
15. van Vegten Teun	01	08-021	42.91	25m	2-12-12	Amstelveen (NED)	131
16. Vessies Max	03	08-021	43.09	25m	7-9-14	Zaandam (NED)	129
17. de Boer Stephan	83	08-021	43.40	25m	24-11-94	Heemskerk (NED)	126
18. de Ruijter Richard	88	08-021	43.65	25m	25-11-99	Heemskerk	124
19. Oortwijn Kalle	05	08-021	44.00	25m	17-11-16	Heemskerk (NED)	121
20. Doodeman Niels	89	08-021	44.05	25m	3-12-00	Zaandam (NED)	121
21. Hoenink Jarl	86	08-021	44.20	25m	11-12-97	Heemskerk (NED)	119
22. Essers Tim	88	08-021	44.42	25m	25-11-99	Heemskerk	118
23. Gaal Roel	01	08-021	44.95	25m	18-3-12	Zaandam (NED)	114
24. Butter Martijn	79	08-021	45.00	25m	25-11-90	Heemskerk (NED)	113
24. Gaal Koen	99	08-021	45.00	25m	14-3-10	Heemskerk (NED)	113

**100 vlinderslag**

1. Dekker Ruben	93	08-021	1:19.93	25m	10-10-04	Zaandam (NED)	217
2. Druyven Jorrick	94	08-021	1:24.26	25m	11-12-05	Heemskerk (NED)	185
3. Lamers Koen	91	08-021	1:28.06	25m	28-11-02	Heemskerk	162
4. Kleijne Barry	93	08-021	1:32.21	25m	25-11-04	Heemskerk (NED)	141
5. Kramer Vincent	82	08-021	1:32.70	25m	6-11-93		139
6. Tijms Stefan	93	08-021	1:38.75	25m	25-11-04	Heemskerk (NED)	115
7. van Rookhuizen Barry	82	08-021	1:39.40	25m	4-4-93	Heemskerk (NED)	113
8. Dekker Matthijs	90	08-021	1:39.87	25m	20-12-01	Heemskerk	111
9. Groen Jarno	01	08-021	1:40.17	25m	9-12-12	Zaandam (NED)	110
10. Nijland Yoran	05	08-021	1:40.49	25m	27-11-16	Zaandam (NED)	109
11. Oudendijk Paul	81	08-021	1:40.60	25m	22-11-92	Volendam (NED)	109
12. Butter Martijn	79	08-021	1:41.20	25m	18-11-90		107
13. Oortwijn Kalle	05	08-021	1:41.39	25m	27-11-16	Zaandam (NED)	106
14. Essers Tim	88	08-021	1:41.57	25m	3-10-99	Zaandam (NED)	106
15. Schelvis Sjeng	89	08-021	1:41.68	25m	24-4-00	Haarlem (NED)	105
16. van der Kroft Barry	82	08-021	1:42.10	25m	6-11-93		104
17. Koopman Axel	92	08-021	1:42.23	25m	27-11-03	Heemskerk (NED)	104
18. Meijer Arno	75	08-021	1:43.70	25m	31-12-86		99
19. Camphuijnder Jasper	05	08-021	1:43.98	25m	27-11-16	Zaandam (NED)	98
20. Gaal Roel	01	08-021	1:44.25	25m	9-12-12	Zaandam (NED)	98
21. van Vegten Teun	01	08-021	1:44.42	25m	9-12-12	Zaandam (NED)	97
22. de Rooij Roel	87	08-021	1:45.20	25m	4-10-98	Haarlem (NED)	95
23. de Boer Tobias	02	08-021	1:46.46	25m	15-12-13	Zaandam (NED)	92
24. de Boer Stephan	83	08-021	1:46.60	25m	5-3-94		91
25. de Ruijter Richard	88	08-021	1:47.25	25m	21-11-99	Heemskerk (NED)	90

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

1. Dekker Ruben	93	08-021	1:19.26	25m	19-12-04	Heemskerk (NED)	255
2. Offringa Rick	03	08-021	1:20.66	25m	23-11-14	Zaandam (NED)	242
3. Kleijne Barry	93	08-021	1:21.65	25m	19-12-04	Heemskerk (NED)	233
4. Druyven Jorrick	94	08-021	1:22.34	25m	20-11-05	Zaandam (NED)	227
5. Schelvis Sjeng	89	08-021	1:22.53	25m	10-12-00	Heemskerk (NED)	226
6. Tijms Stefan	93	08-021	1:22.76	25m	19-12-04	Heemskerk (NED)	224
7. Lamers Koen	91	08-021	1:26.07	25m	6-10-02	Zaandam	199
8. van der Kroft Barry	82	08-021	1:27.70	25m	16-6-93		188
9. Dekker Matthijs	90	08-021	1:28.14	25m	23-12-01	Amsterdam	185
10. Koopman Axel	92	08-021	1:29.12	25m	30-11-03	Heemskerk (NED)	179
11. Gaal Roel	01	08-021	1:29.18	25m	11-11-12	Schagen (NED)	179
12. Hagebout Marcel	68	08-021	1:29.40	25m	28-10-79	Heerhugowaard (NED)	178
13. Gaal Koen	99	08-021	1:29.43	25m	31-10-10	Zaandam (NED)	177
14. Camphuijnder Jasper	05	08-021	1:29.59	25m	13-11-16	Purmerend (NED)	176
15. Nolte Martijn	74	08-021	1:29.70	25m	6-10-85	Wormerveer (NED)	176
16. de Ruijter Richard	88	08-021	1:30.07	25m	28-11-99	Alkmaar (NED)	174
17. Wiegman Stefan	74	08-021	1:30.20	25m	6-10-85	Wormerveer (NED)	173
18. Essers Tim	88	08-021	1:30.23	25m	7-11-99	Zaandam (NED)	173
19. Missot Paul	64	08-021	1:30.40	25m	9-11-75	Alkmaar (NED)	172
20. Doodeman Niels	89	08-021	1:30.48	25m	10-12-00	Heemskerk (NED)	171

100 wisselslag (sinds 21)

21. Groen Jarno	01	08-021	1:30.84	25m	26-4-12	Heemskerk (NED)	169
22. Butter Martijn	79	08-021	1:31.50	25m	4-11-90	Zaandam (NED)	166
23. Oortwijn Kalle	05	08-021	1:32.02	25m	13-11-16	Purmerend (NED)	163
24. de Rooij Roel	87	08-021	1:32.61	25m	29-11-98	Zuidoost Beemster (NED)	160
25. van Rookhuizen Barry	82	08-021	1:32.70	25m	14-4-93		159

200 wisselslag

1. Dekker Ruben	93	08-021	2:52.67	25m	12-12-04	Zaandam (NED)	255
2. Kleijne Barry	93	08-021	2:58.73	25m	12-12-04	Zaandam (NED)	230
3. Schelvis Sjeng	89	08-021	3:00.28	25m	17-12-00	Zaandam (NED)	224
4. Druyven Jorrick	94	08-021	3:00.64	25m	18-12-05	Alkmaar (NED)	223
5. Tijms Stefan	93	08-021	3:02.79	25m	12-12-04	Zaandam (NED)	215
6. Offringa Rick	03	08-021	3:04.14	25m	15-6-14	Zaandam (NED)	211
7. Lamers Koen	91	08-021	3:05.85	25m	15-6-02	Zaandam (NED)	205
8. Kramer Vincent	82	08-021	3:08.30	25m	27-11-93		197
9. Dekker Matthijs	90	08-021	3:10.08	25m	16-12-01	Zaandam	191
10. van der Kroft Barry	82	08-021	3:10.90	25m	27-11-93		189
11. Koopman Axel	92	08-021	3:11.57	25m	14-12-03	Zaandam (NED)	187
12. Gaal Koen	99	08-021	3:14.05	25m	6-6-10	Zaandam (NED)	180
13. Hagebout Marcel	68	08-021	3:14.10	25m	2-12-79	Zaandam (NED)	180
14. Nolte Martijn	74	08-021	3:14.20	25m	31-12-85		179
15. de Ruijter Richard	88	08-021	3:14.36	25m	19-12-99	Wormerveer (NED)	179
16. Groen Jarno	01	08-021	3:14.48	25m	3-6-12	Zaandam (NED)	179
17. Doodeman Niels	89	08-021	3:17.19	25m	17-12-00	Zaandam (NED)	171
18. van Rijn Michael	70	08-021	3:17.20	25m	29-11-81	Zaandam (NED)	171
19. Butter Martijn	79	08-021	3:17.80	25m	18-11-90		170
20. Oortwijn Kalle	05	08-021	3:21.11	25m	12-6-16	Zaandam (NED)	161
21. Leegwater Liam	11	08-021	3:21.58	25m	20-11-22	Den Helder (NED)	160
22. Meijer Arno	75	08-021	3:22.20	25m	31-12-86		159
23. Essers Tim	88	08-021	3:22.30	25m	19-12-99	Wormerveer (NED)	159
24. Groot Sander	88	08-021	3:22.72	25m	19-12-99	Wormerveer (NED)	158
25. de Rooij Roel	87	08-021	3:23.30	25m	20-12-98	Alkmaar (NED)	156

300 wisselslag400 wisselslag