

20 - 24 jaar, Heren, Korte baan (25m)

1-1-1900-31-7-2025

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	11.60	25m	13-3-97	Heemskerk (NED)	487
1. Gaal Roel	01	08-021	11.60	25m	7-7-22	Heemskerk (NED)	487
3. Butter Martijn	79	08-021	12.14	25m	25-3-99	Heemskerk (NED)	425
4. Hermans Luuk	85	08-021	12.45	25m	19-4-07	Heemskerk (NED)	394
5. Gaal Koen	99	08-021	12.47	25m	7-7-22	Heemskerk (NED)	392
6. Jongert Sjoerd	01	08-021	12.49	25m	7-7-22	Heemskerk (NED)	390
7. Schaaper Hans	68	08-021	12.60	25m	12-1-89	Heemskerk (NED)	380
7. Pover Peter	69	08-021	12.60	25m	31-12-89	Heemskerk (NED)	380
9. Kuilman Joris	80	08-021	12.75	25m	29-3-01	Heemskerk (NED)	367
10. de Vijlder Michael	75	08-021	12.80	25m	13-3-97	Heemskerk (NED)	362
11. van Rookhuizen Barry	82	08-021	12.97	25m	27-4-06	Heemskerk	348
12. van der Gracht Jory	87	08-021	12.98	25m	30-6-11	Heemskerk (NED)	348
13. Palmboom Pascal	89	08-021	13.08	25m	30-6-11	Heemskerk (NED)	340
14. Bal Chester	78	08-021	13.50	25m	25-3-99	Heemskerk (NED)	309
15. Wassenaar Marcel	69	08-021	13.60	25m	12-1-89	Heemskerk (NED)	302
16. Essers Tim	88	08-021	13.66	25m	29-5-08	Heemskerk (NED)	298
17. Beentjes Bastiaan	78	08-021	13.73	25m	25-3-99	Heemskerk (NED)	294
18. Hoenink Jarl	86	08-021	14.25	25m	19-4-07	Heemskerk (NED)	263
19. Zonneveld Jeroen	78	08-021	14.30	25m	12-2-98	Heemskerk (NED)	260
20. Andeweg Celedonio	76	08-021	14.90	25m	13-3-97	Heemskerk (NED)	230

50 vrije slag

1. Offringa Rick	03	08-021	24.16	25m	9-4-23	Haarlem (NED)	589
2. Jongert Jeroen	96	08-021	24.78	25m	13-10-16	Heemskerk (NED)	546
3. Kleijne Barry	93	08-021	24.96	25m	29-3-15	Zaandam (NED)	534
4. Gaal Roel	01	08-021	25.17	25m	10-4-23	Haarlem (NED)	521
5. van Beek Klaas	88	08-021	25.27	25m	23-5-10	Purmerend (NED)	515
6. Meijer Arno	75	08-021	25.50	25m	26-1-95	Heemskerk (NED)	501
7. Butter Martijn	79	08-021	25.61	25m	4-11-99	Heemskerk (NED)	495
8. Jongert Sjoerd	01	08-021	25.72	25m	18-9-22	Alkmaar (NED)	488
9. de Wit Stephen	93	08-021	25.77	25m	16-2-14	Purmerend (NED)	485
10. Crok Pieter	91	08-021	26.03	25m	31-10-13	Heemskerk (NED)	471
10. Gaal Koen	99	08-021	26.03	25m	21-11-21	Den Helder (NED)	471
12. Oudendijk Paul	81	08-021	26.43	25m	29-1-04	Heemskerk (NED)	450
13. Kranenburg Fred	63	08-021	26.50	25m	11-12-83	Heemskerk (NED)	446
14. van Rookhuizen Barry	82	08-021	26.58	25m	29-1-04	Heemskerk (NED)	442
15. Kramer Vincent	82	08-021	26.65	25m	7-11-04	IJmuiden (NED)	439
16. van der Gracht Jory	87	08-021	26.69	25m	6-12-09	Zaandam (NED)	437

50 vrije slag (sinds 17)

17.	Hermans Luuk	85	08-021	26.83	25m	31-5-07	Heemskerk (NED)	430
18.	Verbree John	61	08-021	27.10	25m	7-3-82		417
18.	Schaaper Hans	68	08-021	27.10	25m	5-11-89	Heemskerk (NED)	417
20.	Kuilman Joris	80	08-021	27.16	25m	3-12-00	Zaandam (NED)	415
21.	van der Kroft Barry	82	08-021	27.34	25m	27-4-03	Zaandam	406
22.	Korzelius Ron	65	08-021	27.40	25m	22-3-87	Heerhugowaard (NED)	404
22.	de Vijlder Michael	75	08-021	27.40	25m	1-5-97	Heemskerk (NED)	404
24.	Stins Arnold	83	08-021	27.46	25m	29-1-04	Heemskerk (NED)	401
25.	Tijms Stefan	93	08-021	27.61	25m	2-6-13	Purmerend (NED)	395

100 vrije slag

1.	Gaal Roel	01	08-021	53.41	25m	3-10-21	Den Helder (NED)	595
2.	Jongert Jeroen	96	08-021	53.64	25m	12-2-17	Purmerend (NED)	588
3.	Offringa Rick	03	08-021	54.00	25m	23-4-23	Den Helder (NED)	576
4.	Kleijne Barry	93	08-021	54.59	25m	23-4-15	Heemskerk (NED)	557
5.	Butter Martijn	79	08-021	54.80	25m	4-5-00	Heemskerk (NED)	551
6.	van Beek Klaas	88	08-021	55.60	25m	31-5-09	Purmerend (NED)	528
7.	Oudendijk Paul	81	08-021	56.85	25m	18-1-04	IJmuiden (NED)	493
8.	de Wit Stephen	93	08-021	57.02	25m	17-11-13	Heemskerk (NED)	489
9.	Jongert Sjoerd	01	08-021	57.05	25m	26-9-21	Alkmaar (NED)	488
10.	Gaal Koen	99	08-021	57.35	25m	23-4-23	Den Helder (NED)	481
11.	Meijer Arno	75	08-021	57.80	25m	26-11-95	Heemskerk (NED)	470
12.	van der Gracht Jory	87	08-021	57.95	25m	7-11-09	Hoom (NED)	466
13.	Crok Pieter	91	08-021	58.19	25m	19-1-14	Zaandam (NED)	460
14.	Kramer Vincent	82	08-021	58.90	25m	19-1-03	Zaandam	444
15.	Kuilman Joris	80	08-021	58.92	25m	23-4-00	Haarlem (NED)	443
16.	Kranenburg Fred	63	08-021	59.00	25m	7-1-84	Hilversum (NED)	441
17.	Korzelius Ron	65	08-021	59.10	25m	8-3-87	Zaandam (NED)	439
18.	Tijms Stefan	93	08-021	59.76	25m	19-5-13	Purmerend (NED)	425
19.	Verbree John	61	08-021	59.80	25m	31-12-85		424
20.	van Rookhuizen Barry	82	08-021	1:00.03	25m	27-3-03	Heemskerk	419
21.	Hermans Luuk	85	08-021	1:00.06	25m	24-2-05	Heemskerk (NED)	418
22.	Stins Arnold	83	08-021	1:00.23	25m	16-3-03	Heemskerk	415
23.	Steenbergen Roderik	82	08-021	1:00.33	25m	27-3-05	Haarlem (NED)	413
24.	van der Kroft Barry	82	08-021	1:00.42	25m	27-3-03	Heemskerk	411
25.	Schaaper Hans	68	08-021	1:00.60	25m	18-2-89		407

200 vrije slag

1.	Offringa Rick	03	08-021	1:57.80	25m	30-3-23	Heemskerk (NED)	600
2.	Jongert Jeroen	96	08-021	2:00.76	25m	16-3-17	Heemskerk (NED)	557
3.	Butter Martijn	79	08-021	2:01.19	25m	18-3-01	Zaandam (NED)	551
4.	Kleijne Barry	93	08-021	2:02.51	25m	6-3-14	Heemskerk (NED)	533
5.	van Beek Klaas	88	08-021	2:05.63	25m	22-11-09	Purmerend (NED)	494
6.	Gaal Koen	99	08-021	2:08.09	25m	20-11-22	Den Helder (NED)	466
7.	Oudendijk Paul	81	08-021	2:08.28	25m	18-12-03	Heemskerk (NED)	464
8.	van der Gracht Jory	87	08-021	2:08.49	25m	27-9-09	Zaandam (NED)	462
9.	Meijer Arno	75	08-021	2:09.60	25m	23-2-95	Heemskerk (NED)	450
10.	de Wit Stephen	93	08-021	2:09.67	25m	6-3-14	Heemskerk (NED)	450
11.	Jongert Sjoerd	01	08-021	2:10.12	25m	29-10-22	Nieuwerkerk ad IJssel (NED)	445
12.	Crok Pieter	91	08-021	2:10.61	25m	6-3-14	Heemskerk (NED)	440
13.	Tijms Stefan	93	08-021	2:13.30	25m	21-3-13	Heemskerk (NED)	414

200 vrije slag (sinds 14)

14. Steenbergen Roderik	82	08-021	2:14.31	25m	6-10-02	Zaandam	404
15. Kuilman Joris	80	08-021	2:14.35	25m	7-5-00	Zaandam (NED)	404
16. Korzelius Ron	65	08-021	2:14.40	25m	30-11-86	Heemskerk (NED)	404
17. Kranenburg Fred	63	08-021	2:14.90	25m	16-1-83	Heemskerk (NED)	399
18. Tamis Thijs	82	08-021	2:15.02	25m	25-4-02	Heemskerk	398
19. de Vijlder Michael	75	08-021	2:15.20	25m	6-4-97	Heemskerk (NED)	397
20. Stins Arnold	83	08-021	2:15.41	25m	7-6-03	Z.o. Beemster	395
21. Verbree John	61	08-021	2:15.60	25m	16-1-83	Heemskerk (NED)	393
22. Essers Tim	88	08-021	2:17.77	25m	2-12-12	Amstelveen (NED)	375
23. Kramer Vincent	82	08-021	2:18.14	25m	26-9-02	Heemskerk	372
24. Schaaper Hans	68	08-021	2:18.20	25m	4-10-89		371
25. van der Kroft Barry	82	08-021	2:19.08	25m	5-10-03	Heemskerk (NED)	364

250 vrije slag300 vrije slag

1. Offringa Rick	03	08-021	3:14.75	25m	1-10-23	Den Helder (NED)	512
2. Kleijne Barry	93	08-021	3:21.95	25m	4-10-15	Purmerend (NED)	459
3. van Beek Klaas	88	08-021	3:26.61	25m	22-11-09	Purmerend (NED)	428
4. Jongert Sjoerd	01	08-021	3:29.00	25m	6-10-24	Den Helder (NED)	414
5. Stins Arnold	83	08-021	3:35.21	25m	29-4-04	Heemskerk (NED)	379
6. van der Gracht Jory	87	08-021	3:36.11	25m	14-10-07	Zaandam (NED)	374
7. Steenbergen Roderik	82	08-021	3:43.38	25m	29-4-04	Heemskerk (NED)	339
8. van Rookhuizen Barry	82	08-021	3:43.95	25m	29-4-04	Heemskerk (NED)	336

400 vrije slag

1. Butter Martijn	79	08-021	4:16.68	25m	31-5-01	Heemskerk (NED)	565
2. Offringa Rick	03	08-021	4:23.94	25m	1-10-23	Den Helder (NED)	520
3. Jongert Jeroen	96	08-021	4:27.04	25m	8-1-17	Purmerend (NED)	502
4. Kleijne Barry	93	08-021	4:31.98	25m	4-10-15	Purmerend (NED)	475
5. Oudendijk Paul	81	08-021	4:34.87	25m	29-5-04	Z.o. Beemster	460
6. van Beek Klaas	88	08-021	4:38.69	25m	4-10-09	Amsterdam-oost (NED)	441
7. van der Gracht Jory	87	08-021	4:39.01	25m	18-12-11	Zaandam (NED)	440
8. Meijer Arno	75	08-021	4:44.00	25m	29-10-95	Castricum (NED)	417
9. Jongert Sjoerd	01	08-021	4:44.94	25m	6-10-24	Den Helder (NED)	413
10. de Vijlder Michael	75	08-021	4:51.40	25m	4-4-96	Heemskerk (NED)	386
11. Stins Arnold	83	08-021	4:54.13	25m	12-6-03	Heemskerk	375
12. Tamis Thijs	82	08-021	4:54.90	25m	30-5-02	Heemskerk	372
13. Steenbergen Roderik	82	08-021	4:57.14	25m	30-5-02	Heemskerk	364
14. Verbree John	61	08-021	4:58.00	25m	14-3-81	Heemskerk (NED)	361
15. Kranenburg Fred	63	08-021	5:00.00	25m	27-2-83	Assendelft (NED)	354
16. Tijms Stefan	93	08-021	5:02.16	25m	9-2-14	Zaandam (NED)	346
17. Kramer Vincent	82	08-021	5:02.24	25m	12-6-03	Heemskerk	346
18. Schaaper Hans	68	08-021	5:03.00	25m	19-2-89	Heemskerk (NED)	343
19. Pover Peter	69	08-021	5:05.40	25m	30-6-93		335
19. Kuilman Joris	80	08-021	5:05.40	25m	31-5-01	Heemskerk (NED)	335
21. Wassenaar Marcel	69	08-021	5:06.40	25m	19-2-89	Heemskerk (NED)	332
22. van Rookhuizen Barry	82	08-021	5:07.41	25m	29-4-04	Heemskerk (NED)	329
23. van der Kroft Barry	82	08-021	5:09.77	25m	30-5-02	Heemskerk	321
24. Bal Chester	78	08-021	5:19.40	25m	19-3-98	Heemskerk (NED)	293
25. Beentjes Bastiaan	78	08-021	5:21.17	25m	23-1-00	Heemskerk (NED)	288

500 vrije slag**800 vrije slag**

1. Butter Martijn	79	08-021	8:55.09	25m	21-1-01	Heemskerk (NED)	569
2. Oudendijk Paul	81	08-021	9:39.57	25m	17-10-04	Zaandam (NED)	447
3. Kleijne Barry	93	08-021	9:44.41	25m	18-10-15	Zaandam (NED)	436
4. van der Gracht Jory	87	08-021	10:04.40	25m	14-10-07	Zaandam (NED)	394
5. Tamis Thijs	82	08-021	10:19.19	25m	8-9-02	Heemskerk	367
6. de Vijlder Michael	75	08-021	10:26.90	25m	16-12-95		353
7. Tijms Stefan	93	08-021	10:27.55	25m	9-2-14	Zaandam (NED)	352
8. Beentjes Bastiaan	78	08-021	11:03.96	25m	23-1-00	Heemskerk (NED)	297

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

1. Butter Martijn	79	08-021	17:04.13	25m	11-2-01	Zaandam (NED)	567
2. Oudendijk Paul	81	08-021	18:41.59	25m	16-11-03	Heemskerk (NED)	432
3. van der Gracht Jory	87	08-021	19:26.56	25m	9-11-08	Zaandam (NED)	384
4. Tijms Stefan	93	08-021	20:01.73	25m	9-2-14	Zaandam (NED)	351
5. Stins Arnold	83	08-021	20:01.75	25m	16-11-03	Heemskerk (NED)	351
6. Beentjes Bastiaan	78	08-021	21:02.46	25m	23-1-00	Heemskerk (NED)	303
7. Tamis Thijs	82	08-021	21:07.53	25m	1-12-02	Heemskerk	299

2000 vrije slag

1. Butter Martijn	79	08-021	23:14.53	25m	11-2-01	Zaandam (NED)	533
2. Oudendijk Paul	81	08-021	25:16.75	25m	7-3-04	Zaandam	414
3. Stins Arnold	83	08-021	25:58.07	25m	16-2-03	Zaandam	382
4. van der Gracht Jory	87	08-021	26:19.79	25m	1-3-09	Zaandam (NED)	366
5. Tamis Thijs	82	08-021	26:53.48	25m	10-2-02	Zaandam	344
6. Kuilman Joris	80	08-021	27:31.38	25m	5-3-00	Zaandam (NED)	321
7. Beentjes Bastiaan	78	08-021	28:19.97	25m	5-3-00	Zaandam (NED)	294
8. Kramer Vincent	82	08-021	30:03.20	25m	10-2-02	Zaandam	246

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. Schaaper Hans	68	08-021	14.00	25m	12-1-89	Heemskerk (NED)	405
2. Gaal Koen	99	08-021	14.42	25m	7-7-22	Heemskerk (NED)	370
3. Gaal Roel	01	08-021	14.45	25m	7-7-22	Heemskerk (NED)	368
4. Pover Peter	69	08-021	14.60	25m	12-1-89	Heemskerk (NED)	357
5. Oudendijk Paul	81	08-021	14.66	25m	22-2-01	Heemskerk (NED)	352
6. Hermans Luuk	85	08-021	14.77	25m	19-4-07	Heemskerk (NED)	345
7. Meijer Arno	75	08-021	14.90	25m	29-5-97	Heemskerk	336
8. Butter Martijn	79	08-021	15.31	25m	22-2-01	Heemskerk (NED)	309
9. de Vijlder Michael	75	08-021	15.90	25m	13-2-97	Heemskerk (NED)	276
9. Bal Chester	78	08-021	15.90	25m	15-1-98	Heemskerk (NED)	276
11. van der Gracht Jory	87	08-021	16.05	25m	19-4-07	Heemskerk (NED)	268
12. Dekker Rudie	78	08-021	16.20	25m	15-1-98	Heemskerk (NED)	261
13. Wassenaar Marcel	69	08-021	16.40	25m	12-1-89	Heemskerk (NED)	252
14. Hoenink Jarl	86	08-021	16.80	25m	19-4-07	Heemskerk (NED)	234
15. van Rookhuizen Barry	82	08-021	17.06	25m	27-4-06	Heemskerk	223
16. Beentjes Bastiaan	78	08-021	17.38	25m	17-2-00	Heemskerk (NED)	211
17. Kuilman Joris	80	08-021	17.87	25m	22-2-01	Heemskerk (NED)	194
18. Andeweg Celedonio	76	08-021	19.30	25m	8-2-96	Heemskerk (NED)	154
19. Zonneveld Jeroen	78	08-021	20.90	25m	15-1-98	Heemskerk (NED)	121

50 rugslag

1. Kleijne Barry	93	08-021	27.86	25m	9-3-14	Zaandam (NED)	507
2. Jongert Jeroen	96	08-021	28.42	25m	2-7-17	Den Helder (NED)	477
3. Offringa Rick	03	08-021	29.35	25m	23-4-23	Den Helder (NED)	433
4. Oudendijk Paul	81	08-021	29.45	25m	6-11-05	Zaandam (NED)	429
5. Gaal Koen	99	08-021	29.75	25m	10-4-23	Haarlem (NED)	416
6. de Wit Stephen	93	08-021	30.50	25m	30-1-14	Heemskerk (NED)	386
7. van Beek Klaas	88	08-021	30.51	25m	7-2-10	Heemstede (NED)	386
8. Gaal Roel	01	08-021	30.72	25m	6-10-24	Den Helder (NED)	378
9. Hermans Luuk	85	08-021	31.02	25m	6-11-05	Zaandam (NED)	367
10. Schaaper Hans	68	08-021	31.20	25m	15-12-88	Heemskerk (NED)	361
11. Butter Martijn	79	08-021	31.22	25m	25-1-01	Heemskerk (NED)	360
12. Jongert Sjoerd	01	08-021	31.28	25m	22-10-23	Zaandam (NED)	358
13. Meijer Arno	75	08-021	31.80	25m	23-2-95	Heemskerk (NED)	341
13. Steenbergen Roderik	82	08-021	31.80	25m	25-4-02	Heemskerk	341
15. Kramer Vincent	82	08-021	32.25	25m	26-5-05	Heemskerk (NED)	327
16. Essers Tim	88	08-021	32.26	25m	2-12-12	Amstelveen (NED)	326
17. Pover Peter	69	08-021	32.60	25m	14-12-89	Heemskerk (NED)	316
17. Keessen Jeroen	67	08-021	32.60	25m	10-1-91	Heemskerk (NED)	316
19. Stins Arnold	83	08-021	32.67	25m	30-10-03	Heemskerk	314
20. Kuilman Joris	80	08-021	32.72	25m	27-1-00	Heemskerk (NED)	313
21. van der Gracht Jory	87	08-021	32.73	25m	3-3-11	Heemskerk (NED)	312
22. Tamis Thijs	82	08-021	33.22	25m	12-6-03	Heemskerk	299
23. van Rookhuizen Barry	82	08-021	33.62	25m	31-10-02	Heemskerk	288

50 rugslag (sinds 24)

24. Tijms Stefan	93	08-021	33.69	25m	30-1-14	Heemskerk (NED)	286
25. van der Kroft Barry	82	08-021	34.01	25m	27-4-03	Zaandam	278

100 rugslag

1. Kleijne Barry	93	08-021	58.63	25m	9-3-14	Zaandam (NED)	580
2. Jongert Jeroen	96	08-021	1:00.52	25m	16-4-17	Haarlem (NED)	527
3. Offringa Rick	03	08-021	1:00.91	25m	23-4-23	Den Helder (NED)	517
4. Oudendijk Paul	81	08-021	1:01.31	25m	11-12-05	Heemskerk (NED)	507
5. Gaal Koen	99	08-021	1:03.54	25m	24-4-22	Den Helder (NED)	455
6. de Wit Stephen	93	08-021	1:05.59	25m	9-3-14	Zaandam (NED)	414
7. Jongert Sjoerd	01	08-021	1:06.01	25m	15-12-22	Heemskerk (NED)	406
8. Butter Martijn	79	08-021	1:06.17	25m	29-3-01	Heemskerk (NED)	403
9. Steenbergen Roderik	82	08-021	1:06.71	25m	12-4-04	Haarlem	393
10. van Beek Klaas	88	08-021	1:07.31	25m	28-11-09	Dongen (NED)	383
11. Schaaper Hans	68	08-021	1:07.60	25m	22-1-89	Zaandam (NED)	378
12. Hermans Luuk	85	08-021	1:07.88	25m	31-3-05	Heemskerk (NED)	373
13. van der Gracht Jory	87	08-021	1:08.11	25m	30-1-11	Zaandam (NED)	370
14. Essers Tim	88	08-021	1:08.15	25m	18-12-11	Zaandam (NED)	369
15. Kramer Vincent	82	08-021	1:08.43	25m	26-2-04	Heemskerk (NED)	364
16. Meijer Arno	75	08-021	1:08.70	25m	10-12-95	Heemskerk (NED)	360
17. Kranenburg Fred	63	08-021	1:09.30	25m	12-2-84	Heemskerk (NED)	351
18. Crok Pieter	91	08-021	1:09.84	25m	12-12-13	Heemskerk (NED)	343
19. Stins Arnold	83	08-021	1:10.77	25m	26-2-04	Heemskerk (NED)	329
20. Pover Peter	69	08-021	1:10.80	25m	18-3-89		329
21. Tamis Thijs	82	08-021	1:11.98	25m	1-4-02	Haarlem	313
22. Tijms Stefan	93	08-021	1:12.00	25m	9-3-14	Zaandam (NED)	313
23. Kuilman Joris	80	08-021	1:12.21	25m	24-4-00	Haarlem (NED)	310
24. Keessen Jeroen	67	08-021	1:12.50	25m	8-12-90		306
25. Gaal Roel	01	08-021	1:12.68	25m	23-4-23	Den Helder (NED)	304

200 rugslag

1. Kleijne Barry	93	08-021	2:11.82	25m	16-11-14	Zaandam (NED)	514
2. Offringa Rick	03	08-021	2:13.13	25m	29-1-23	Heemskerk (NED)	499
3. Jongert Jeroen	96	08-021	2:14.39	25m	17-11-19	Hoofddorp (NED)	485
4. Oudendijk Paul	81	08-021	2:18.01	25m	16-1-05	Zaandam (NED)	448
5. Butter Martijn	79	08-021	2:19.48	25m	14-12-00	Heemskerk (NED)	434
6. Gaal Koen	99	08-021	2:19.58	25m	29-1-23	Heemskerk (NED)	433
7. de Wit Stephen	93	08-021	2:28.67	25m	10-11-13	Zaandam (NED)	358
8. Stins Arnold	83	08-021	2:28.73	25m	25-9-03	Heemskerk (NED)	358
9. Steenbergen Roderik	82	08-021	2:29.51	25m	23-12-04	Heemskerk (NED)	352
10. Meijer Arno	75	08-021	2:30.20	25m	8-3-98	Zaandam (NED)	347
11. van der Gracht Jory	87	08-021	2:31.24	25m	13-11-11	Zaandam (NED)	340
12. Schaaper Hans	68	08-021	2:31.70	25m	30-9-89		337
13. van Beek Klaas	88	08-021	2:32.21	25m	17-1-10	Amsterdam-oost (NED)	334
14. Essers Tim	88	08-021	2:32.75	25m	14-11-10	Castricum (NED)	330
15. Crok Pieter	91	08-021	2:32.99	25m	10-11-13	Zaandam (NED)	329
16. Hermans Luuk	85	08-021	2:33.20	25m	12-3-06	Zaandam (NED)	327
17. Tamis Thijs	82	08-021	2:33.38	25m	31-1-02	Heemskerk	326
18. Gaal Roel	01	08-021	2:33.59	25m	29-1-23	Heemskerk (NED)	325
19. Tijms Stefan	93	08-021	2:34.10	25m	16-11-14	Zaandam (NED)	322
20. de Vijlder Michael	75	08-021	2:35.10	25m	17-3-96	Heemskerk (NED)	315

200 rugslag (sinds 21)

21.	van der Kroft Barry	82	08-021	2:36.62	25m	10-3-02	Heemskerk	306
22.	Kramer Vincent	82	08-021	2:36.92	25m	23-12-04	Heemskerk (NED)	305
23.	Kuilman Joris	80	08-021	2:38.25	25m	12-3-00	Heemskerk (NED)	297
24.	Pover Peter	69	08-021	2:39.70	25m	30-9-89		289
25.	Beentjes Bastiaan	78	08-021	2:39.78	25m	16-1-00	Zaandam (NED)	288

500 rugslag25 schoolslag

1.	Oudendijk Paul	81	08-021	14.72	25m	22-2-01	Heemskerk (NED)	491
2.	Schaaper Hans	68	08-021	15.30	25m	12-1-89	Heemskerk (NED)	438
3.	Butter Martijn	79	08-021	15.43	25m	17-2-00	Heemskerk (NED)	427
4.	Beentjes Bastiaan	78	08-021	15.60	25m	17-2-00	Heemskerk (NED)	413
5.	Kuilman Joris	80	08-021	15.81	25m	22-2-01	Heemskerk (NED)	397
6.	Meijer Arno	75	08-021	15.90	25m	13-3-97	Heemskerk (NED)	390
7.	Hermans Luuk	85	08-021	16.06	25m	19-4-07	Heemskerk (NED)	378
8.	Jongert Sjoerd	01	08-021	16.12	25m	7-7-22	Heemskerk (NED)	374
9.	Pover Peter	69	08-021	16.20	25m	16-5-91	Heemskerk (NED)	369
10.	Hoening Jarl	86	08-021	16.49	25m	19-4-07	Heemskerk (NED)	349
11.	Gaal Koen	99	08-021	16.70	25m	7-7-22	Heemskerk (NED)	336
11.	Gaal Roel	01	08-021	16.70	25m	7-7-22	Heemskerk (NED)	336
13.	Wassenaar Marcel	69	08-021	16.80	25m	12-1-89	Heemskerk (NED)	330
13.	de Vijlder Michael	75	08-021	16.80	25m	14-3-96	Heemskerk (NED)	330
15.	van der Gracht Jory	87	08-021	17.21	25m	19-4-07	Heemskerk (NED)	307
16.	van Rookhuizen Barry	82	08-021	17.88	25m	27-4-06	Heemskerk	274
16.	Essers Tim	88	08-021	17.88	25m	29-5-08	Heemskerk (NED)	274
18.	Andeweg Celedonio	76	08-021	18.10	25m	13-3-97	Heemskerk (NED)	264
19.	Bal Chester	78	08-021	19.00	25m	19-3-98	Heemskerk (NED)	228

50 schoolslag

1.	Offringa Rick	03	08-021	30.04	25m	9-4-23	Haarlem (NED)	593
2.	Breton Wouter	89	08-021	31.37	25m	28-6-09	Alkmaar (NED)	521
3.	Oudendijk Paul	81	08-021	32.60	25m	23-3-03	Heemstede	464
4.	Jongert Sjoerd	01	08-021	33.38	25m	27-10-22	Heemskerk (NED)	432
5.	Jongert Jeroen	96	08-021	33.79	25m	5-3-20	Heemskerk (NED)	417
6.	Palmboom Pascal	89	08-021	33.93	25m	22-1-09	Heemskerk (NED)	412
7.	Gaal Koen	99	08-021	34.18	25m	20-11-22	Den Helder (NED)	403
8.	Kleijne Barry	93	08-021	34.37	25m	17-3-16	Heemskerk (NED)	396
9.	Butter Martijn	79	08-021	34.45	25m	28-11-02	Heemskerk	393
10.	Crok Pieter	91	08-021	34.53	25m	6-3-14	Heemskerk (NED)	391
11.	van Beek Klaas	88	08-021	34.55	25m	23-5-10	Purmerend (NED)	390
12.	Kuilman Joris	80	08-021	34.56	25m	3-12-00	Zaandam (NED)	389
13.	Meijer Arno	75	08-021	34.70	25m	12-10-95	Heemskerk (NED)	385
14.	Keessen Jeroen	67	08-021	34.80	25m	7-2-91	Heemskerk (NED)	381
15.	Beentjes Bastiaan	78	08-021	34.92	25m	24-9-98	Heemskerk (NED)	378
15.	Gaal Roel	01	08-021	34.92	25m	3-10-21	Den Helder (NED)	378
17.	van der Kroft Barry	82	08-021	34.94	25m	31-3-02	Haarlem	377
18.	Tamis Thijs	82	08-021	35.08	25m	20-4-03	Haarlem	372
19.	Schaaper Hans	68	08-021	35.10	25m	14-12-88		372
20.	Hermans Luuk	85	08-021	35.14	25m	6-11-05	Zaandam (NED)	371
21.	van der Gracht Jory	87	08-021	35.82	25m	24-4-11	Haarlem (NED)	350

50 schoolslag (sinds 22)

22.	van Rookhuizen Barry	82	08-021	36.22	25m	28-11-02	Heemskerk	338
23.	de Wit Stephen	93	08-021	36.45	25m	6-3-14	Heemskerk (NED)	332
24.	Tijms Stefan	93	08-021	36.84	25m	3-3-13	Purmerend (NED)	321
25.	Kramer Vincent	82	08-021	36.97	25m	25-11-04	Heemskerk (NED)	318

100 schoolslag

1.	Offringa Rick	03	08-021	1:06.68	25m	10-4-23	Haarlem (NED)	580
2.	Oudendijk Paul	81	08-021	1:08.99	25m	28-12-03	Maastricht (NED)	523
3.	Jongert Sjoerd	01	08-021	1:14.26	25m	2-10-22	Den Helder (NED)	419
4.	Jongert Jeroen	96	08-021	1:15.19	25m	4-10-20	Heemskerk (NED)	404
5.	Meijer Arno	75	08-021	1:16.10	25m	13-4-98	Haarlem (NED)	390
6.	Butter Martijn	79	08-021	1:16.26	25m	29-3-01	Heemskerk (NED)	387
7.	Kleijne Barry	93	08-021	1:16.72	25m	18-9-14	Heemskerk (NED)	380
8.	Kuilman Joris	80	08-021	1:16.81	25m	24-4-00	Haarlem (NED)	379
9.	Beentjes Bastiaan	78	08-021	1:16.82	25m	12-3-00	Heemskerk (NED)	379
10.	Keessen Jeroen	67	08-021	1:17.00	25m	27-9-90	Heemskerk (NED)	376
11.	Tamis Thijs	82	08-021	1:17.01	25m	6-4-02	Hengelo (NED)	376
12.	Crok Pieter	91	08-021	1:17.02	25m	31-10-13	Heemskerk (NED)	376
13.	van der Gracht Jory	87	08-021	1:17.09	25m	11-6-11	Purmerend (NED)	375
14.	Hermans Luuk	85	08-021	1:17.32	25m	19-3-06	Heemskerk (NED)	372
15.	Palmboom Pascal	89	08-021	1:17.42	25m	19-11-09	Heemskerk (NED)	370
16.	Gaal Roel	01	08-021	1:18.32	25m	2-10-22	Den Helder (NED)	357
17.	van der Kroft Barry	82	08-021	1:18.43	25m	24-4-03	Heemskerk	356
18.	Gaal Koen	99	08-021	1:18.49	25m	10-4-23	Haarlem (NED)	355
19.	Schaaper Hans	68	08-021	1:18.60	25m	9-3-89	Heemskerk (NED)	354
20.	Tijms Stefan	93	08-021	1:19.37	25m	12-1-14	Purmerend (NED)	343
21.	van Beek Klaas	88	08-021	1:19.93	25m	7-2-10	Heemstede (NED)	336
22.	van Rookhuizen Barry	82	08-021	1:19.96	25m	7-4-02	Heemskerk	336
23.	Wassenaar Marcel	69	08-021	1:20.40	25m	19-2-89	Heemskerk (NED)	330
24.	Steenbergen Roderik	82	08-021	1:20.49	25m	16-3-03	Heemskerk	329
25.	Kranenburg Fred	63	08-021	1:20.70	25m	12-2-84	Heemskerk (NED)	327

200 schoolslag

1.	Offringa Rick	03	08-021	2:28.79	25m	29-1-23	Heemskerk (NED)	530
2.	Oudendijk Paul	81	08-021	2:33.28	25m	17-11-02	Heemskerk	485
3.	Meijer Arno	75	08-021	2:45.60	25m	5-4-98	Heemskerk (NED)	384
4.	van der Gracht Jory	87	08-021	2:45.91	25m	17-1-10	Amsterdam-oost (NED)	382
5.	Jongert Sjoerd	01	08-021	2:46.59	25m	12-11-23	Den Helder (NED)	377
6.	Keessen Jeroen	67	08-021	2:48.00	25m	4-11-90	Zaandam (NED)	368
7.	Beentjes Bastiaan	78	08-021	2:49.13	25m	27-1-00	Heemskerk (NED)	361
8.	Butter Martijn	79	08-021	2:49.74	25m	25-1-01	Heemskerk (NED)	357
9.	Tijms Stefan	93	08-021	2:50.66	25m	19-1-14	Zaandam (NED)	351
10.	Tamis Thijs	82	08-021	2:50.72	25m	13-1-02	Zaandam	351
11.	Kleijne Barry	93	08-021	2:51.78	25m	18-1-15	Zaandam (NED)	344
12.	Kuilman Joris	80	08-021	2:52.23	25m	25-1-01	Heemskerk (NED)	341
13.	Hermans Luuk	85	08-021	2:52.46	25m	27-11-05	Heemskerk (NED)	340
14.	Crok Pieter	91	08-021	2:53.21	25m	19-1-14	Zaandam (NED)	336
15.	Steenbergen Roderik	82	08-021	2:54.91	25m	17-11-02	Heemskerk	326
16.	Stins Arnold	83	08-021	2:55.61	25m	30-10-03	Heemskerk	322
17.	Wassenaar Marcel	69	08-021	2:56.20	25m	11-3-90	Heemskerk (NED)	319
18.	van Rookhuizen Barry	82	08-021	2:56.87	25m	17-11-02	Heemskerk	315

200 schoolslag (sinds 19)

19. van der Kroft Barry	82	08-021	2:58.36	25m	30-10-03	Heemskerk	307
20. Palmboom Pascal	89	08-021	2:58.43	25m	18-1-09	Haarlem (NED)	307
21. Essers Tim	88	08-021	2:59.22	25m	22-1-12	Zaandam (NED)	303
22. Kramer Vincent	82	08-021	2:59.35	25m	9-11-03	Zaandam	302
23. Schaaper Hans	68	08-021	3:01.20	25m	5-11-89	Heemskerk (NED)	293
24. Pover Peter	69	08-021	3:01.30	25m	21-3-90		293
25. Gaal Koen	99	08-021	3:02.11	25m	12-11-23	Den Helder (NED)	289

250 schoolslag500 schoolslag800 schoolslag

1. Oudendijk Paul	81	08-021	11:39.47	25m	20-9-03	Hulst (NED)	
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1000 schoolslag1250 schoolslag1500 schoolslag

1. Oudendijk Paul	81	08-021	22:09.46	25m	20-9-03	Hulst (NED)	
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2000 schoolslag2500 schoolslag3000 schoolslag4000 schoolslag5000 schoolslag25 vlinderslag

1. Gaal Roel	01	08-021	12.63	25m	7-7-22	Heemskerk (NED)	481
2. Jongert Sjoerd	01	08-021	13.04	25m	7-7-22	Heemskerk (NED)	437
3. Kuilman Joris	80	08-021	13.12	25m	4-5-00	Heemskerk (NED)	429
4. Schaaper Hans	68	08-021	13.20	25m	12-1-89	Heemskerk (NED)	421
4. Meijer Arno	75	08-021	13.20	25m	15-1-98	Heemskerk (NED)	421
6. Butter Martijn	79	08-021	13.41	25m	25-3-99	Heemskerk (NED)	402
7. van der Gracht Jory	87	08-021	13.42	25m	30-6-11	Heemskerk (NED)	401
8. Hermans Luuk	85	08-021	13.43	25m	19-4-07	Heemskerk (NED)	400
9. Pover Peter	69	08-021	13.50	25m	16-5-91	Heemskerk (NED)	394
10. de Vijlder Michael	75	08-021	14.00	25m	15-1-98	Heemskerk (NED)	353
11. van Rookhuizen Barry	82	08-021	14.30	25m	27-4-06	Heemskerk	331
12. Palmboom Pascal	89	08-021	14.43	25m	30-6-11	Heemskerk (NED)	322
13. Hoenink Jarl	86	08-021	14.52	25m	19-4-07	Heemskerk (NED)	316
14. Gaal Koen	99	08-021	14.65	25m	7-7-22	Heemskerk (NED)	308

25 vlinderslag (sinds 15)

15. Beentjes Bastiaan	78	08-021	14.74	25m	4-5-00	Heemskerk (NED)	302
16. Essers Tim	88	08-021	14.92	25m	29-5-08	Heemskerk (NED)	292
17. Andeweg Celedonio	76	08-021	15.10	25m	13-2-97	Heemskerk (NED)	281
18. Wassenaar Marcel	69	08-021	15.20	25m	12-1-89	Heemskerk (NED)	276
19. Dekker Rudie	78	08-021	15.30	25m	15-1-98	Heemskerk (NED)	270
20. Zonneveld Jeroen	78	08-021	15.70	25m	15-1-98	Heemskerk (NED)	250
21. Bal Chester	78	08-021	16.13	25m	25-3-99	Heemskerk (NED)	231

50 vlinderslag

1. Jongert Jeroen	96	08-021	26.37	25m	12-2-17	Purmerend (NED)	564
2. Kleijne Barry	93	08-021	27.04	25m	10-12-15	Heemskerk (NED)	524
3. Offringa Rick	03	08-021	27.36	25m	9-4-23	Haarlem (NED)	505
4. Jongert Sjoerd	01	08-021	28.07	25m	27-10-24	Zaandam (NED)	468
5. Gaal Roel	01	08-021	28.38	25m	10-4-23	Haarlem (NED)	453
6. van der Gracht Jory	87	08-021	28.63	25m	6-12-09	Zaandam (NED)	441
7. de Wit Stephen	93	08-021	29.05	25m	16-2-14	Purmerend (NED)	422
8. Kramer Vincent	82	08-021	29.06	25m	23-12-04	Heemskerk (NED)	422
9. Meijer Arno	75	08-021	29.18	25m	19-9-98	Amersfoort (NED)	416
10. Verbree John	61	08-021	29.30	25m	28-10-84	Egmond (NED)	411
11. Crok Pieter	91	08-021	29.52	25m	12-12-13	Heemskerk (NED)	402
12. Kuilman Joris	80	08-021	29.79	25m	16-4-00	Almelo (NED)	391
13. Schaaper Hans	68	08-021	29.80	25m	13-12-89		391
14. Hermans Luuk	85	08-021	30.08	25m	15-12-05	Heemskerk (NED)	380
15. Butter Martijn	79	08-021	30.24	25m	9-1-00	Zuidoost Beemster (NED)	374
16. van Beek Klaas	88	08-021	30.27	25m	31-5-09	Purmerend (NED)	373
17. Tamis Thijs	82	08-021	30.55	25m	19-12-02	Heemskerk	363
17. van Rookhuizen Barry	82	08-021	30.55	25m	28-4-05	Heemskerk (NED)	363
19. Essers Tim	88	08-021	30.74	25m	18-1-09	Haarlem (NED)	356
20. Stins Arnold	83	08-021	31.09	25m	18-12-03	Heemskerk (NED)	344
21. Keessen Jeroen	67	08-021	31.20	25m	10-1-91	Heemskerk (NED)	341
21. de Vijlder Michael	75	08-021	31.20	25m	23-1-97	Heemskerk	341
23. Gaal Koen	99	08-021	31.25	25m	21-11-21	Den Helder (NED)	339
24. Palmboom Pascal	89	08-021	31.75	25m	17-11-11	Heemskerk (NED)	323
25. Tijms Stefan	93	08-021	31.76	25m	2-6-13	Purmerend (NED)	323

100 vlinderslag

1. Jongert Jeroen	96	08-021	59.13	25m	4-6-17	Purmerend (NED)	537
2. Offringa Rick	03	08-021	59.78	25m	9-4-23	Haarlem (NED)	520
3. Kleijne Barry	93	08-021	1:00.35	25m	8-3-15	Zaandam (NED)	505
4. van der Gracht Jory	87	08-021	1:02.84	25m	27-11-11	Heemskerk (NED)	447
5. Jongert Sjoerd	01	08-021	1:04.03	25m	22-5-22	Hoofddorp (NED)	423
6. de Wit Stephen	93	08-021	1:05.11	25m	9-3-14	Zaandam (NED)	402
7. Meijer Arno	75	08-021	1:05.55	25m	13-12-98	Heemskerk (NED)	394
8. Kuilman Joris	80	08-021	1:05.67	25m	7-5-00	Zaandam (NED)	392
9. Kramer Vincent	82	08-021	1:05.70	25m	28-11-04	Heemskerk (NED)	391
10. Schaaper Hans	68	08-021	1:06.30	25m	23-2-92	Zaandam (NED)	381
11. Verbree John	61	08-021	1:07.90	25m	16-1-83	Heemskerk (NED)	355
12. Essers Tim	88	08-021	1:08.32	25m	15-11-09	Haarlem (NED)	348
13. Stins Arnold	83	08-021	1:08.51	25m	27-3-03	Heemskerk	345
14. Kranenburg Fred	63	08-021	1:09.20	25m	13-3-83	Castricum (NED)	335
15. Butter Martijn	79	08-021	1:09.41	25m	17-2-00	Heemskerk (NED)	332

100 vlinderslag (sinds 16)

16. Tamis Thijs	82	08-021	1:10.12	25m	28-2-02	Heemskerk	322
17. van Rookhuizen Barry	82	08-021	1:10.51	25m	25-3-04	Heemskerk	317
18. Tijms Stefan	93	08-021	1:10.58	25m	12-1-14	Purmerend (NED)	316
19. Oudendijk Paul	81	08-021	1:10.59	25m	27-11-05	Heemskerk (NED)	315
20. Crok Pieter	91	08-021	1:11.90	25m	9-3-14	Zaandam (NED)	299
21. de Vijlder Michael	75	08-021	1:12.10	25m	13-3-97	Heemskerk (NED)	296
22. Palmboom Pascal	89	08-021	1:13.06	25m	15-11-09	Haarlem (NED)	285
23. Steenbergen Roderik	82	08-021	1:13.72	25m	11-4-04	Haarlem	277
24. Pover Peter	69	08-021	1:13.80	25m	10-3-91	Heemskerk (NED)	276
25. van Beek Klaas	88	08-021	1:14.22	25m	16-11-08	Amsterdam-oost (NED)	271

200 vlinderslag

1. Jongert Jeroen	96	08-021	2:18.01	25m	12-3-17	Purmerend (NED)	486
2. van der Gracht Jory	87	08-021	2:22.47	25m	25-10-09	Nieuwegein (NED)	442
3. Offringa Rick	03	08-021	2:28.74	25m	8-1-23	Haarlem (NED)	388
4. Butter Martijn	79	08-021	2:36.78	25m	26-4-01	Heemskerk (NED)	331
5. Jongert Sjoerd	01	08-021	2:39.44	25m	3-4-22	Haarlem (NED)	315
6. Stins Arnold	83	08-021	2:40.06	25m	25-11-04	Heemskerk (NED)	312
7. Oudendijk Paul	81	08-021	2:42.05	25m	25-11-04	Heemskerk (NED)	300
8. Meijer Arno	75	08-021	2:42.80	25m	15-6-95	Heemskerk (NED)	296
9. Essers Tim	88	08-021	2:43.76	25m	14-3-10	Heemskerk (NED)	291
10. Kuilman Joris	80	08-021	2:52.03	25m	26-4-01	Heemskerk (NED)	251
11. van Rookhuizen Barry	82	08-021	2:54.99	25m	28-11-02	Heemskerk	238
12. de Vijlder Michael	75	08-021	2:55.40	25m	4-2-96	Heerhugowaard (NED)	237
13. Steenbergen Roderik	82	08-021	2:56.54	25m	27-11-03	Heemskerk (NED)	232
14. Tamis Thijs	82	08-021	2:58.09	25m	28-11-02	Heemskerk	226
15. Verbree John	61	08-021	3:03.50	25m	18-4-82		207

1000 vlinderslag

1. Offringa Rick	03	08-021	14:33.83	25m	8-1-23	Haarlem (NED)	
2. Jongert Sjoerd	01	08-021	17:02.97	25m	8-1-23	Haarlem (NED)	

100 wisselslag

1. Offringa Rick	03	08-021	59.94	25m	9-4-23	Haarlem (NED)	590
2. Kleijne Barry	93	08-021	1:02.37	25m	23-4-15	Heemskerk (NED)	524
3. Jongert Jeroen	96	08-021	1:02.56	25m	11-4-19	Heemskerk (NED)	519
4. Breton Wouter	89	08-021	1:03.41	25m	1-6-09	Purmerend (NED)	499
5. Jongert Sjoerd	01	08-021	1:04.28	25m	17-4-22	Haarlem (NED)	479
6. Oudendijk Paul	81	08-021	1:04.76	25m	7-11-04	IJmuiden (NED)	468
7. Gaal Roel	01	08-021	1:04.84	25m	3-10-21	Den Helder (NED)	466
8. Gaal Koen	99	08-021	1:05.59	25m	3-10-21	Den Helder (NED)	451
9. Crok Pieter	91	08-021	1:06.27	25m	17-4-14	Heemskerk (NED)	437
10. de Wit Stephen	93	08-021	1:06.50	25m	17-4-14	Heemskerk (NED)	432
11. van der Gracht Jory	87	08-021	1:06.95	25m	2-1-11	Hoorndijk (NED)	424
12. Butter Martijn	79	08-021	1:07.10	25m	10-12-00	Heemskerk (NED)	421
13. Meijer Arno	75	08-021	1:07.20	25m	15-12-96	Heemskerk (NED)	419
14. van Beek Klaas	88	08-021	1:07.95	25m	28-11-09	Dongen (NED)	405
15. Kramer Vincent	82	08-021	1:08.24	25m	7-11-04	IJmuiden (NED)	400
16. Pover Peter	69	08-021	1:08.30	25m	14-3-91	Heemskerk (NED)	399
17. Essers Tim	88	08-021	1:09.12	25m	18-12-11	Zaandam (NED)	385

100 wisselslag (sinds 18)

18. Schaaper Hans	68	08-021	1:09.20	25m	31-12-88		384
18. Keessen Jeroen	67	08-021	1:09.20	25m	9-12-90	Volendam (NED)	384
20. Kuilman Joris	80	08-021	1:09.53	25m	26-4-01	Heemskerk (NED)	378
21. Tamis Thijs	82	08-021	1:09.55	25m	24-3-02	Heemstede	378
22. Hermans Luuk	85	08-021	1:09.70	25m	29-9-05	Heemskerk (NED)	375
23. Steenbergen Roderik	82	08-021	1:10.25	25m	26-9-02	Heemskerk	367
24. Stins Arnold	83	08-021	1:10.28	25m	25-9-03	Heemskerk (NED)	366
25. van der Kroft Barry	82	08-021	1:10.77	25m	25-9-03	Heemskerk (NED)	359

200 wisselslag

1. Offringa Rick	03	08-021	2:11.40	25m	10-4-23	Haarlem (NED)	580
2. Kleijne Barry	93	08-021	2:17.16	25m	30-3-14	Zaandam (NED)	510
3. Jongert Jeroen	96	08-021	2:18.71	25m	12-3-17	Purmerend (NED)	493
4. Oudendijk Paul	81	08-021	2:21.86	25m	13-3-05	Amsterdam (NED)	461
5. van der Gracht Jory	87	08-021	2:24.23	25m	3-4-11	Zaandam (NED)	439
6. Meijer Arno	75	08-021	2:24.90	25m	26-1-95	Heemskerk (NED)	433
7. Butter Martijn	79	08-021	2:24.98	25m	25-10-01	Heemskerk	432
8. de Wit Stephen	93	08-021	2:25.91	25m	30-3-14	Zaandam (NED)	424
9. Gaal Koen	99	08-021	2:26.24	25m	21-11-21	Den Helder (NED)	421
10. Jongert Sjoerd	01	08-021	2:28.41	25m	26-9-21	Alkmaar (NED)	403
11. Stins Arnold	83	08-021	2:29.34	25m	16-3-03	Heemskerk	395
12. van der Ende Mark	75	08-021	2:30.00	25m	7-5-98	Heemskerk (NED)	390
13. Tamis Thijs	82	08-021	2:30.53	25m	8-9-02	Heemskerk	386
14. Schaaper Hans	68	08-021	2:31.20	25m	7-2-88	Heemskerk (NED)	381
15. Essers Tim	88	08-021	2:31.21	25m	9-4-12	Haarlem (NED)	381
16. Kranenburg Fred	63	08-021	2:32.00	25m	11-12-83	Heemskerk (NED)	375
17. Kramer Vincent	82	08-021	2:32.62	25m	28-4-05	Heemskerk (NED)	370
18. Korzelius Ron	65	08-021	2:33.10	25m	21-5-87	Heemskerk (NED)	367
19. Kuilman Joris	80	08-021	2:33.14	25m	26-10-00	Heemskerk (NED)	366
20. Hermans Luuk	85	08-021	2:33.62	25m	19-3-06	Heemskerk (NED)	363
21. Steenbergen Roderik	82	08-021	2:34.85	25m	30-1-03	Heemskerk	354
22. Keessen Jeroen	67	08-021	2:35.50	25m	25-11-90	Heemskerk (NED)	350
23. Verbree John	61	08-021	2:37.20	25m	22-3-81	Wieringerwerf (NED)	339
24. de Vijlder Michael	75	08-021	2:37.40	25m	6-4-97	Heemskerk (NED)	337
25. Pover Peter	69	08-021	2:37.70	25m	19-3-89	Zaandam (NED)	335

300 wisselslag

1. van der Gracht Jory	87	08-021	3:47.27	25m	8-11-09	Zaandam (NED)
2. Oudendijk Paul	81	08-021	3:49.56	25m	30-11-03	Heemskerk (NED)
3. Butter Martijn	79	08-021	3:51.63	25m	23-12-01	Amsterdam
4. Kuilman Joris	80	08-021	4:02.54	25m	23-1-00	Heemskerk (NED)
5. van der Kroft Barry	82	08-021	4:28.82	25m	24-11-02	Amsterdam

400 wisselslag

1. Butter Martijn	79	08-021	5:07.16	25m	25-2-01	Heemskerk (NED)	450
2. Oudendijk Paul	81	08-021	5:08.08	25m	1-5-05	Zaandam (NED)	446
3. van der Gracht Jory	87	08-021	5:09.36	25m	28-3-10	Zeist (NED)	441
4. Meijer Arno	75	08-021	5:19.50	25m	8-6-95	Heemskerk (NED)	400
5. Kuilman Joris	80	08-021	5:27.56	25m	30-3-00	Heemskerk (NED)	371
6. Stins Arnold	83	08-021	5:28.55	25m	23-2-03	Heemskerk	368
7. Tamis Thijs	82	08-021	5:30.36	25m	24-2-02	Heemskerk	362
8. Beentjes Bastiaan	78	08-021	5:39.11	25m	30-3-00	Heemskerk (NED)	334
9. Verbree John	61	08-021	5:40.00	25m	5-4-81	Heemskerk (NED)	332
10. de Vijlder Michael	75	08-021	5:47.30	25m	22-2-97		311
11. Goverde Ad	59	08-021	6:24.90	25m	3-4-82	Heemskerk (NED)	229