

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

1. Butter Martijn	79	08-021	12.60	25m	20-12-14	Lelystad (NED)	380
2. van der Gracht Jory	87	08-021	13.11	25m	7-7-22	Heemskerk (NED)	337
3. de Weert Sander	72	08-021	13.51	25m	14-4-11	Heemskerk (NED)	308
4. Oortwijn Bouke	78	08-021	13.54	25m	17-10-15	Emmeloord (NED)	306
5. Pover Peter	69	08-021	14.03	25m	21-5-06	Grootebroek (NED)	275
5. Leegwater Martijn	83	08-021	14.03	25m	7-7-22	Heemskerk (NED)	275
7. Zonneveld Jeroen	78	08-021	14.31	25m	31-5-15	Grootebroek (NED)	259

50 vrije slag

1. Butter Martijn	79	08-021	26.23	25m	6-3-16	Purmerend (NED)	460
2. Breton Wouter	89	08-021	26.30	25m	26-9-24	Heemskerk (NED)	457
3. van der Gracht Jory	87	08-021	27.54	25m	24-4-22	Den Helder (NED)	398
4. Oortwijn Bouke	78	08-021	28.79	25m	24-9-15	Heemskerk (NED)	348
5. Pover Peter	69	08-021	30.16	25m	20-11-05	Almere-Stad (NED)	303
6. de Weert Sander	72	08-021	30.31	25m	6-10-11	Heemskerk (NED)	298
7. Zonneveld Jeroen	78	08-021	32.61	25m	23-4-15	Heemskerk (NED)	239
8. Stins Arnold	83	08-021	33.28	25m	15-2-18	Heemskerk (NED)	225
9. Ranzijn Bas	76	DEM/OEZA	33.58	25m	25-4-13	Heemskerk (NED)	219

100 vrije slag

1. Butter Martijn	79	08-021	57.03	25m	17-1-16	Purmerend (NED)	489
2. van der Gracht Jory	87	08-021	1:01.77	25m	11-2-24	Heemskerk (NED)	385
3. Oortwijn Bouke	78	08-021	1:07.04	25m	17-10-15	Emmeloord (NED)	301
4. Pover Peter	69	08-021	1:07.66	25m	22-1-06	Emmeloord (NED)	293
5. de Weert Sander	72	08-021	1:08.15	25m	22-10-11	Emmeloord (NED)	286
6. Stins Arnold	83	08-021	1:09.25	25m	15-2-18	Heemskerk (NED)	273
7. Ranzijn Bas	76	DEM/OEZA	1:12.60	25m	31-1-13	Heemskerk (NED)	237
8. Zonneveld Jeroen	78	08-021	1:15.31	25m	31-1-13	Heemskerk (NED)	212

200 vrije slag

1. Butter Martijn	79	08-021	2:04.88	25m	17-3-16	Heemskerk (NED)	503
2. van der Gracht Jory	87	08-021	2:18.21	25m	2-2-25	Den Helder (NED)	371
3. de Weert Sander	72	08-021	2:37.40	25m	21-1-11	Heerenveen (NED)	251
4. Oortwijn Bouke	78	08-021	2:42.88	25m	15-2-14	Heerenveen (NED)	227

250 vrije slag

300 vrije slag

1. Butter Martijn	79	08-021	3:25.33	50m	17-4-16	Alkmaar (NED)	482
2. de Weert Sander	72	08-021	4:20.98	25m	22-1-11	Heerenveen (NED)	212

400 vrije slag

1. Butter Martijn	79	08-021	4:36.57	25m	27-5-18	Grootebroek (NED)	451
2. de Weert Sander	72	08-021	5:39.29	25m	22-5-11	Grootebroek (NED)	244

500 vrije slag**800 vrije slag**

1. de Weert Sander	72	08-021	12:13.81	25m	21-1-11	Heerenveen (NED)	220
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1000 vrije slag

1. Butter Martijn	79	08-021	13:54.32	OW	1-7-18	Sluis (NED)	
2. de Weert Sander	72	08-021	15:30.17	OW	26-6-11	Sluis (NED)	
3. van der Gracht Jory	87	08-021	16:06.57	OW	16-7-22	Amstelveen (NED)	

1250 vrije slag**1500 vrije slag**

1. Butter Martijn	79	08-021	21:46.11	OW	15-7-18	Amsterdam (NED)	
2. de Weert Sander	72	08-021	23:37.48	25m	19-12-10	Zaandam (NED)	214
3. van der Gracht Jory	87	08-021	24:38.19	OW	16-7-23	Amsterdam (NED)	

2000 vrije slag

1. van Dam Erik	79	08-021	49:11.14	OW	18-7-15	Amstelveen (NED)	
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2500 vrije slag**3000 vrije slag****4000 vrije slag****5000 vrije slag**

1. de Weert Sander	72	08-021	1:24:17.57	OW	3-7-11	Bodegraven (NED)	
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6000 vrije slag**6500 vrije slag****10000 vrije slag****20000 vrije slag**

22000 vrije slag**25 rugslag**

1. Butter Martijn	79	08-021	15.73	25m	30-11-14	Almere-Stad (NED)	285
2. Pover Peter	69	08-021	15.81	25m	20-11-05	Almere-Stad (NED)	281
3. van der Gracht Jory	87	08-021	16.47	25m	7-7-22	Heemskerk (NED)	248
4. Leegwater Martijn	83	08-021	18.93	25m	7-7-22	Heemskerk (NED)	163

50 rugslag

1. Breton Wouter	89	08-021	30.22	25m	24-10-24	Heemskerk (NED)	397
2. Butter Martijn	79	08-021	32.15	25m	6-3-14	Heemskerk (NED)	330
3. Pover Peter	69	08-021	34.08	25m	22-1-06	Emmeloord (NED)	277
4. van der Gracht Jory	87	08-021	34.50	25m	13-3-22	Den Helder (NED)	267
5. Stins Arnold	83	08-021	36.12	25m	7-3-19	Heemskerk (NED)	232
6. van Rookhuizen Barry	82	08-021	38.69	25m	12-4-18	Heemskerk (NED)	189
7. Oortwijn Bouke	78	08-021	39.04	25m	17-3-16	Heemskerk (NED)	184
8. Zonneveld Jeroen	78	08-021	39.84	25m	19-2-15	Heemskerk (NED)	173
9. de Weert Sander	72	08-021	40.89	25m	3-3-11	Heemskerk (NED)	160

100 rugslag

1. Breton Wouter	89	08-021	1:04.00	25m	24-10-24	Heemskerk (NED)	446
2. Butter Martijn	79	08-021	1:08.20	25m	12-3-17	Purmerend (NED)	368
3. van der Gracht Jory	87	08-021	1:11.50	25m	13-3-22	Den Helder (NED)	319
4. Pover Peter	69	08-021	1:20.29	25m	21-5-06	Grootebroek (NED)	225
5. de Weert Sander	72	08-021	1:27.48	25m	22-5-11	Grootebroek (NED)	174
6. Zonneveld Jeroen	78	08-021	1:28.42	25m	10-12-15	Heemskerk (NED)	169
7. Oortwijn Bouke	78	08-021	1:28.56	25m	10-12-15	Heemskerk (NED)	168

200 rugslag

1. Breton Wouter	89	08-021	2:24.51	25m	2-2-25	Den Helder (NED)	390
2. Butter Martijn	79	08-021	2:25.61	25m	17-1-16	Purmerend (NED)	381
3. Pover Peter	69	08-021	2:54.51	25m	17-3-07	Lelystad (NED)	221
4. de Weert Sander	72	08-021	3:25.19	50m	4-6-11	Apeldoorn (NED)	162

500 rugslag**25 schoolslag**

1. Butter Martijn	79	08-021	15.77	25m	30-11-14	Almere-Stad (NED)	400
2. van der Gracht Jory	87	08-021	16.86	25m	7-7-22	Heemskerk (NED)	327
3. de Weert Sander	72	08-021	17.29	25m	22-10-11	Emmeloord (NED)	303
4. Oortwijn Bouke	78	08-021	17.92	25m	30-11-14	Almere-Stad (NED)	272
5. Zonneveld Jeroen	78	08-021	19.06	25m	21-2-15	Heerenveen (NED)	226
6. Leegwater Martijn	83	08-021	19.07	25m	7-7-22	Heemskerk (NED)	226

50 schoolslag

1. Haack Stefan	82	08-021	31.25	25m	13-1-19	Purmerend (NED)	527
2. Breton Wouter	89	08-021	31.55	25m	12-1-25	Heemskerk (NED)	512
3. Butter Martijn	79	08-021	35.32	25m	10-1-15	Zwolle (NED)	365
4. van der Gracht Jory	87	08-021	35.51	25m	1-10-23	Den Helder (NED)	359
5. de Weert Sander	72	08-021	39.44	25m	27-1-11	Heemskerk (NED)	262
6. Oortwijn Bouke	78	08-021	40.26	25m	10-1-15	Zwolle (NED)	246
7. Stins Arnold	83	08-021	40.99	25m	15-2-18	Heemskerk (NED)	233
8. Zonneveld Jeroen	78	08-021	41.06	25m	31-1-13	Heemskerk (NED)	232
9. Pover Peter	69	08-021	41.36	25m	31-1-08	Heemskerk (NED)	227

100 schoolslag

1. Breton Wouter	89	08-021	1:11.70	25m	26-9-24	Heemskerk (NED)	466
2. Haack Stefan	82	08-021	1:12.53	25m	6-10-19	Purmerend (NED)	450
3. van der Gracht Jory	87	08-021	1:18.59	25m	28-1-24	Heemskerk (NED)	354
4. Butter Martijn	79	08-021	1:19.92	25m	13-10-16	Heemskerk (NED)	336
5. de Weert Sander	72	08-021	1:27.89	25m	20-11-11	Almere-Stad (NED)	253
6. Oortwijn Bouke	78	08-021	1:30.70	25m	9-11-17	Heemskerk (NED)	230
7. Zonneveld Jeroen	78	08-021	1:35.16	25m	26-5-13	Grootebroek (NED)	199

200 schoolslag

1. van der Gracht Jory	87	08-021	2:54.52	25m	29-1-23	Heemskerk (NED)	328
2. Butter Martijn	79	08-021	3:15.87	25m	19-1-14	Zaandam (NED)	232
3. de Weert Sander	72	08-021	3:24.70	25m	8-1-11	Zwolle (NED)	203
4. Oortwijn Bouke	78	08-021	3:26.15	25m	12-1-14	Alkmaar (NED)	199
5. Zonneveld Jeroen	78	08-021	3:43.58	50m	19-4-15	Alkmaar (NED)	181

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

1. de Weert Sander	72	08-021	19:09.03	OW	26-6-11	Sluis (NED)
2. van der Gracht Jory	87	08-021	19:19.11	OW	16-7-22	Amstelveen (NED)

1250 schoolslag**1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag**

4000 schoolslag**5000 schoolslag****25 vlinderslag**

1. van der Gracht Jory	87	08-021	13.69	25m	7-7-22	Heemskerk (NED)	378
2. Butter Martijn	79	08-021	14.22	25m	20-12-14	Lelystad (NED)	337
3. Oortwijn Bouke	78	08-021	15.72	25m	5-10-13	Zwolle (NED)	249
4. Leegwater Martijn	83	08-021	15.73	25m	7-7-22	Heemskerk (NED)	249
5. de Weert Sander	72	08-021	16.06	25m	30-6-11	Heemskerk (NED)	234

50 vlinderslag

1. Breton Wouter	89	08-021	29.25	25m	2-2-25	Den Helder (NED)	413
2. van der Gracht Jory	87	08-021	29.70	25m	13-3-22	Den Helder (NED)	395
3. Butter Martijn	79	08-021	31.40	25m	19-2-15	Heemskerk (NED)	334
4. van Rookhuizen Barry	82	08-021	32.96	25m	12-4-18	Heemskerk (NED)	289
5. Stins Arnold	83	08-021	33.48	25m	7-3-19	Heemskerk (NED)	276
6. Oortwijn Bouke	78	08-021	34.10	25m	6-3-14	Heemskerk (NED)	261
7. Pover Peter	69	08-021	34.30	25m	22-1-06	Emmeloord (NED)	256
8. Zonneveld Jeroen	78	08-021	35.29	25m	10-12-15	Heemskerk (NED)	235
9. de Weert Sander	72	08-021	37.45	50m	16-4-11	Kampen (NED)	214

100 vlinderslag

1. van der Gracht Jory	87	08-021	1:06.55	25m	17-4-22	Haarlem (NED)	377
2. Breton Wouter	89	08-021	1:08.31	25m	12-1-25	Heemskerk (NED)	348
3. Butter Martijn	79	08-021	1:12.38	25m	21-2-15	Heerenveen (NED)	293
4. de Weert Sander	72	08-021	1:30.02	25m	4-12-11	Zaandam (NED)	152

200 vlinderslag

1. van der Gracht Jory	87	08-021	2:40.98	25m	10-3-24	Purmerend (NED)	306
2. Butter Martijn	79	08-021	2:51.04	25m	10-1-15	Zwolle (NED)	255

1000 vlinderslag**100 wisselslag**

1. Butter Martijn	79	08-021	1:08.58	25m	19-5-16	Heemskerk (NED)	394
2. van der Gracht Jory	87	08-021	1:08.99	25m	1-10-23	Den Helder (NED)	387
3. Pover Peter	69	08-021	1:17.29	25m	17-3-07	Lelystad (NED)	275
4. Oortwijn Bouke	78	08-021	1:20.33	25m	19-5-16	Heemskerk (NED)	245
5. Zonneveld Jeroen	78	08-021	1:22.66	25m	25-4-13	Heemskerk (NED)	225
6. de Weert Sander	72	08-021	1:22.76	25m	14-4-11	Heemskerk (NED)	224

200 wisselslag

1. Butter Martijn	79	08-021	2:29.80	25m	18-3-18	Purmerend (NED)	391
2. van der Gracht Jory	87	08-021	2:35.95	25m	23-4-23	Den Helder (NED)	347
3. Pover Peter	69	08-021	3:03.04	25m	12-1-08	Zwolle (NED)	214
4. de Weert Sander	72	08-021	3:05.68	25m	16-10-11	Zaandam (NED)	205

200 wisselslag (sinds 5)

5. Zonneveld Jeroen	78	08-021	3:23.21	50m	19-4-15	Alkmaar (NED)	176
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300 wisselslag**400 wisselslag**

1. Butter Martijn	79	08-021	5:28.62	25m	15-2-14	Heerenveen (NED)	368
2. de Weert Sander	72	08-021	6:39.84	25m	4-12-11	Zaandam (NED)	204