

45 - 49 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. Blaauw Eric	67	08-021	14.07	25m	26-4-12	Heemskerk (NED)	273
2. Tijms Eric	64	08-021	14.12	25m	14-4-11	Heemskerk (NED)	270
3. Crok Dirk	58	08-021	14.97	25m	19-4-07	Heemskerk (NED)	226
4. Vink Gé	60	08-021	15.67	25m	13-5-07	Grootebroek (NED)	197

**50 vrije slag**

1. Butter Martijn	79	08-021	28.84	25m	28-1-24	Heemskerk (NED)	346
2. Oortwijn Bouke	78	08-021	29.33	25m	9-4-23	Haarlem (NED)	329
3. Geijsen Jacques	67	DEM/OEZA	30.16	25m	25-4-13	Heemskerk (NED)	303
4. Tijms Eric	64	08-021	30.97	25m	24-4-11	Haarlem (NED)	279
5. Blaauw Eric	67	08-021	31.04	25m	25-4-13	Heemskerk (NED)	278
6. de Jonge Marco	66	08-021	32.32	25m	31-10-13	Heemskerk (NED)	246
7. Crok Dirk	58	08-021	33.88	25m	29-3-07	Heemskerk (NED)	213
8. Vink Gé	60	08-021	35.18	25m	13-5-07	Grootebroek (NED)	190

**100 vrije slag**

1. Butter Martijn	79	08-021	1:00.66	25m	28-1-24	Heemskerk (NED)	406
2. Geijsen Jacques	67	DEM/OEZA	1:04.63	25m	31-1-13	Heemskerk (NED)	336
3. Oortwijn Bouke	78	08-021	1:08.22	25m	1-2-24	Heemskerk (NED)	285
4. Blaauw Eric	67	08-021	1:09.03	25m	22-9-13	Purmerend (NED)	275
5. Tijms Eric	64	08-021	1:11.93	25m	22-1-11	Heerenveen (NED)	243
6. de Jonge Marco	66	08-021	1:13.40	25m	30-1-14	Heemskerk (NED)	229
7. Crok Dirk	58	08-021	1:19.11	25m	13-1-07	Zwolle (NED)	183
8. Vink Gé	60	08-021	1:21.53	25m	4-5-08	Winterswijk (NED)	167

**200 vrije slag**

1. Butter Martijn	79	08-021	2:07.31	25m	28-1-24	Heemskerk (NED)	475
2. Tijms Eric	64	08-021	2:42.92	25m	17-11-13	Almere-Stad (NED)	226
3. Blaauw Eric	67	08-021	2:48.99	25m	19-5-13	Purmerend (NED)	203
4. Crok Dirk	58	08-021	3:00.30	25m	3-2-07	Aberdeen (GBR)	167
5. Vink Gé	60	08-021	3:06.96	25m	3-5-08	Winterswijk (NED)	150

**250 vrije slag**

**300 vrije slag**

1. Butter Martijn	79	08-021	3:21.19	25m	8-12-24	Papendrecht (NED)	464
2. Tijms Eric	64	08-021	4:22.44	25m	18-5-13	Purmerend (NED)	209
3. Blaauw Eric	67	08-021	4:28.68	25m	31-3-13	Haarlem (NED)	195
4. Crok Dirk	58	08-021	4:58.81	25m	19-1-07	Heerenveen (NED)	141

**400 vrije slag**

1. Butter Martijn	79	08-021	4:29.43	25m	8-12-24	Papendrecht (NED)	488
2. Tijms Eric	64	08-021	5:56.04	25m	18-5-13	Purmerend (NED)	211
3. Blaauw Eric	67	08-021	6:00.60	25m	21-12-14	Zaandam (NED)	203
4. Crok Dirk	58	08-021	6:46.21	25m	19-1-07	Heerenveen (NED)	142

**500 vrije slag****800 vrije slag**

1. Butter Martijn	79	08-021	9:19.01	25m	23-11-24	Den Haag (NED)	499
2. Tijms Eric	64	08-021	12:32.98	25m	10-2-13	Zaandam (NED)	204

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

1. Butter Martijn	79	08-021	17:47.73	25m	2-3-24	Houten (NED)	501
2. Tijms Eric	64	08-021	23:50.34	25m	10-2-13	Zaandam (NED)	208

**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. Tijms Eric	64	08-021	18.92	25m	20-11-11	Almere-Stad (NED)	164
2. Vink Gé	60	08-021	20.57	25m	19-4-07	Heemskerk (NED)	127
3. Crok Dirk	58	08-021	23.47	25m	19-4-07	Heemskerk (NED)	86

**50 rugslag**

1. Schaaper Hans	68	DEM/OEZA	32.62	25m	6-3-14	Heemskerk (NED)	316
2. Butter Martijn	79	08-021	33.87	25m	28-1-24	Heemskerk (NED)	282
3. Blaauw Eric	67	08-021	34.98	25m	24-1-15	Heerenveen (NED)	256
4. Wassenaar Marcel	69	08-021	38.47	25m	6-3-14	Heemskerk (NED)	192
5. Tijms Eric	64	08-021	41.51	25m	21-3-13	Heemskerk (NED)	153
6. Oortwijn Bouke	78	08-021	41.84	25m	30-3-23	Heemskerk (NED)	149
7. Vink Gé	60	08-021	49.23	25m	17-3-07	Lelystad (NED)	91
8. Crok Dirk	58	08-021	50.62	25m	13-12-07	Heemskerk (NED)	84

**100 rugslag**

1. Butter Martijn	79	08-021	1:09.46	25m	28-1-24	Heemskerk (NED)	348
2. Blaauw Eric	67	08-021	1:16.81	25m	31-3-13	Haarlem (NED)	258
3. Oortwijn Bouke	78	08-021	1:29.67	25m	7-12-23	Heemskerk (NED)	162
4. Tijms Eric	64	08-021	1:30.72	25m	13-12-12	Heemskerk (NED)	156
5. Vink Gé	60	08-021	1:57.76	25m	25-9-08	Heemskerk (NED)	71

**200 rugslag**

1. Butter Martijn	79	08-021	2:28.66	25m	2-2-25	Den Helder (NED)	358
2. Blaauw Eric	67	08-021	2:52.40	25m	5-10-13	Zwolle (NED)	230

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

1. Tijms Eric	64	08-021	17.90	25m	20-11-11	Almere-Stad (NED)	273
2. Vink Gé	60	08-021	18.81	25m	19-4-07	Heemskerk (NED)	235
3. van der Gracht Adrie	57	08-021	20.44	25m	3-12-06	Almere (NED)	183
4. Crok Dirk	58	08-021	20.69	25m	19-4-07	Heemskerk (NED)	177

**50 schoolslag**

1. Tijms Eric	64	08-021	39.91	25m	31-5-09	Purmerend (NED)	253
2. Vink Gé	60	08-021	40.88	25m	22-1-09	Heemskerk (NED)	235
3. Oortwijn Bouke	78	08-021	41.46	25m	2-2-23	Heemskerk (NED)	225
4. Geijsen Jacques	67	DEM/OEZA	41.68	25m	31-1-13	Heemskerk (NED)	222
5. Blaauw Eric	67	08-021	42.12	25m	5-10-13	Zwolle (NED)	215
6. van der Gracht Adrie	57	08-021	45.05	25m	12-11-06	Winterswijk (NED)	176
7. Crok Dirk	58	08-021	45.66	25m	3-2-07	Aberdeen (GBR)	169

**100 schoolslag**

1. Tijms Eric	64	08-021	1:30.16	25m	11-10-12	Heemskerk (NED)	234
2. Vink Gé	60	08-021	1:31.19	25m	19-11-09	Heemskerk (NED)	226
3. Blaauw Eric	67	08-021	1:34.61	25m	11-10-12	Heemskerk (NED)	203
4. Geijssen Jacques	67	DEM/OEZA	1:36.45	25m	31-10-13	Heemskerk (NED)	191
5. Crok Dirk	58	08-021	1:42.43	25m	3-2-07	Aberdeen (GBR)	160
6. van der Gracht Adrie	57	08-021	1:43.88	25m	3-12-06	Almere (NED)	153

**200 schoolslag**

1. Vink Gé	60	08-021	3:24.03	25m	31-5-07	Heemskerk (NED)	205
2. Tijms Eric	64	08-021	3:27.18	25m	12-6-11	Purmerend (NED)	196
3. Blaauw Eric	67	08-021	3:29.92	25m	19-5-13	Purmerend (NED)	188
4. Crok Dirk	58	08-021	3:52.41	25m	13-12-07	Heemskerk (NED)	139

**250 schoolslag****500 schoolslag****800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

1. Blaauw Eric	67	08-021	15.86	25m	12-1-13	Zwolle (NED)	243
2. Tijms Eric	64	08-021	16.45	25m	4-11-10	Heemskerk (NED)	217
3. Vink Gé	60	08-021	19.54	25m	19-4-07	Heemskerk (NED)	130
4. Crok Dirk	58	08-021	22.46	25m	19-4-07	Heemskerk (NED)	85

**50 vlinderslag**

1. Schaaper Hans	68	DEM/OEZA	31.27	25m	6-3-14	Heemskerk (NED)	338
2. Oortwijn Bouke	78	08-021	34.69	25m	30-3-23	Heemskerk (NED)	248
3. Blaauw Eric	67	08-021	36.26	25m	19-5-13	Purmerend (NED)	217
4. Wassenaar Marcel	69	08-021	37.40	25m	6-3-14	Heemskerk (NED)	198
5. Tijms Eric	64	08-021	38.48	25m	18-2-10	Heemskerk (NED)	181
6. Vink Gé	60	08-021	41.50	25m	30-10-08	Heemskerk (NED)	144

**100 vlinderslag**

1. Schaaper Hans	68	DEM/OEZA	1:10.74	25m	31-1-13	Heemskerk (NED)	313
2. Vink Gé	60	08-021	1:32.91	25m	26-2-09	Heemskerk (NED)	138
3. Tijms Eric	64	08-021	1:36.09	25m	26-2-09	Heemskerk (NED)	125

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

1. Blaauw Eric	67	08-021	1:19.49	25m	26-4-12	Heemskerk (NED)	253
2. Oortwijn Bouke	78	08-021	1:20.09	25m	9-4-23	Haarlem (NED)	247
3. Tijms Eric	64	08-021	1:22.36	25m	26-4-12	Heemskerk (NED)	227
4. Vink Gé	60	08-021	1:34.93	25m	21-2-09	Heerenveen (NED)	148
5. Crok Dirk	58	08-021	1:40.97	25m	19-4-07	Heemskerk (NED)	123

**200 wisselslag****300 wisselslag****400 wisselslag**