

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

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

50 vrije slag

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

1. Prins Hilbert	51	08-021	1:19.82	25m	22-1-16	Papendrecht (NED)	178
2. van der Gracht Adrie	57	08-021	1:50.88	25m	5-6-25	Heemskerk (NED)	66

200 vrije slag

1. Prins Hilbert	51	08-021	2:56.10	25m	23-1-16	Papendrecht (NED)	179
------------------	----	--------	---------	-----	---------	-------------------	-----

250 vrije slag**300 vrije slag**

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

400 vrije slag

1. Prins Hilbert	51	08-021	6:12.45	25m	22-1-16	Papendrecht (NED)	185
------------------	----	--------	---------	-----	---------	-------------------	-----

500 vrije slag**800 vrije slag**

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

1000 vrije slag

1. Prins Hilbert	51	08-021	17:32.55	OW	23-7-16	Amstelveen (NED)	
------------------	----	--------	----------	----	---------	------------------	--

1250 vrije slag**1500 vrije slag**

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

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

50 rugslag

1. van der Gracht Adrie	57	08-021	1:00.84	25m	21-4-22	Heemskerk (NED)	48
-------------------------	----	--------	---------	-----	---------	-----------------	----

100 rugslag**200 rugslag****500 rugslag****25 schoolslag**

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

50 schoolslag

1. van der Gracht Adrie	57	08-021	51.94	25m	5-6-25	Heemskerk (NED)	114
-------------------------	----	--------	-------	-----	--------	-----------------	-----

100 schoolslag**200 schoolslag****250 schoolslag**

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

1. van der Gracht Adrie	57	08-021	32:55.97	OW	25-6-22	Anna-Paulowna (NED)
-------------------------	----	--------	----------	----	---------	---------------------

1250 schoolslag**1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag**

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

50 vlinderslag

1. van der Gracht Adrie	57	08-021	53.29	25m	21-4-22	Heemskerk (NED)	68
-------------------------	----	--------	-------	-----	---------	-----------------	----

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

1. van der Gracht Adrie	57	08-021	2:05.97	25m	4-4-24	Heemskerk (NED)	63
-------------------------	----	--------	---------	-----	--------	-----------------	----

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