

19 jaar, Heren, Korte baan (25m)

1-1-1900-31-7-2026

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

1. Offringa Rick	03	08-021	11.36	25m	7-7-22	Heemskerk (NED)	519
2. Schaaper Hans	68	08-021	12.50	25m	17-12-87	Heemskerk (NED)	389
3. van Rookhuizen Barry	82	08-021	12.62	25m	29-3-01	Heemskerk (NED)	378
4. Oudendijk Paul	81	08-021	12.70	25m	4-5-00	Heemskerk (NED)	371
5. Kramer Vincent	82	08-021	12.74	25m	29-3-01	Heemskerk (NED)	368
6. Butter Martijn	79	08-021	13.10	25m	12-2-98	Heemskerk (NED)	338
7. Glorie Daan	88	08-021	13.13	25m	19-4-07	Heemskerk (NED)	336
8. Tamis Thijs	82	08-021	13.19	25m	29-3-01	Heemskerk (NED)	331
9. Kuilman Joris	80	08-021	13.21	25m	25-3-99	Heemskerk (NED)	330
10. van der Gracht Jory	87	08-021	13.28	25m	27-4-06	Heemskerk	324
11. Bal Chester	78	08-021	13.30	25m	13-3-97	Heemskerk (NED)	323
12. Beentjes Bastiaan	78	08-021	13.80	25m	13-3-97	Heemskerk (NED)	289
13. Krijger Jan-Willem	81	08-021	14.07	25m	4-5-00	Heemskerk (NED)	273
14. Zwaan Bas	76	08-021	14.50	25m	27-4-95	Heemskerk (NED)	249
14. Zonneveld Jeroen	78	08-021	14.50	25m	13-3-97	Heemskerk (NED)	249
16. Andeweg Celedonio	76	08-021	14.60	25m	27-4-95	Heemskerk (NED)	244
17. Essers Tim	88	08-021	15.72	25m	19-4-07	Heemskerk (NED)	195

50 vrije slag

1. Offringa Rick	03	08-021	24.45	25m	17-4-22	Haarlem (NED)	568
2. Jongert Jeroen	96	08-021	24.94	25m	31-10-15	Tilburg (NED)	536
3. Gaal Roel	01	08-021	25.17	25m	12-1-20	Purmerend (NED)	521
4. Kleijne Barry	93	08-021	25.70	25m	28-5-12	Purmerend (NED)	489
5. Meijer Arno	75	08-021	25.90	25m	24-4-94	Zaandam (NED)	478
6. Butter Martijn	79	08-021	26.00	25m	18-1-98	Zuidoost Beemster (NED)	473
7. Jongert Sjoerd	01	08-021	26.05	25m	4-10-20	Heemskerk (NED)	470
8. de Wit Stephen	93	08-021	26.26	25m	11-10-12	Heemskerk (NED)	459
9. Crok Pieter	91	08-021	26.31	25m	4-4-10	Haarlem (NED)	456
10. Camphuijnder Jasper	05	08-021	26.46	25m	17-11-24	Hoofddorp (NED)	448
11. Oudendijk Paul	81	08-021	26.80	25m	26-10-00	Heemskerk (NED)	432
12. Korzelius Ron	65	08-021	27.00	25m	23-9-84	Heemskerk (NED)	422
13. Kuilman Joris	80	08-021	27.07	25m	17-1-99	Heemskerk (NED)	419
14. Glorie Daan	88	08-021	27.08	25m	8-4-07	Haarlem (NED)	418
15. Kramer Vincent	82	08-021	27.13	25m	16-4-01	Haarlem (NED)	416
16. Hermans Luuk	85	08-021	27.15	25m	4-4-04	Zaandam	415
17. van Rookhuizen Barry	82	08-021	27.22	25m	25-10-01	Heemskerk	412
18. Gaal Koen	99	08-021	27.43	25m	11-10-18	Heemskerk (NED)	402
19. Verbree John	61	08-021	27.50	25m	2-3-80	Heemskerk (NED)	399

50 vrije slag (sinds 20)

20. van der Gracht Jory	87	08-021	27.51	25m	5-11-06	Zaandam (NED)	399
21. Pover Peter	69	08-021	27.60	25m	5-10-88		395
22. Windmuller Ton	62	08-021	27.80	25m	5-4-81	Heemskerk (NED)	387
23. de Ruijter René	86	08-021	27.86	25m	6-11-05	Zaandam (NED)	384
24. Schaaper Hans	68	08-021	28.10	25m	21-5-87	Heemskerk (NED)	374
25. van der Kroft Barry	82	08-021	28.19	25m	25-10-01	Heemskerk	371

100 vrije slag

1. Gaal Roel	01	08-021	53.29	25m	12-1-20	Purmerend (NED)	599
2. Offringa Rick	03	08-021	54.29	25m	27-10-22	Heemskerk (NED)	567
3. Jongert Jeroen	96	08-021	54.64	25m	4-10-15	Purmerend (NED)	556
4. Kleijne Barry	93	08-021	56.09	25m	27-5-12	Purmerend (NED)	514
5. Camphuijnder Jasper	05	08-021	56.33	25m	9-11-24	Purmerend (NED)	507
6. Butter Martijn	79	08-021	56.60	25m	15-1-98	Heemskerk (NED)	500
7. de Wit Stephen	93	08-021	57.36	25m	25-11-12	Heemskerk (NED)	480
8. Kranenburg Fred	63	08-021	57.90	25m	18-4-82		467
8. Meijer Arno	75	08-021	57.90	25m	27-11-94	Alkmaar (NED)	467
10. Hogenstijn Peter	84	08-021	58.09	25m	16-3-03	Heemskerk	463
11. Crok Pieter	91	08-021	58.71	25m	27-2-10	Hoorn (NED)	448
12. Oudendijk Paul	81	08-021	59.06	25m	23-4-00	Haarlem (NED)	440
13. van Rookhuizen Barry	82	08-021	59.44	25m	11-3-01	Zaandam (NED)	432
13. van der Gracht Jory	87	08-021	59.44	25m	9-4-06	Purmerend (NED)	432
15. van der Kroft Barry	82	08-021	59.60	25m	31-5-01	Heemskerk (NED)	428
16. Jongert Sjoerd	01	08-021	59.70	25m	5-3-20	Heemskerk (NED)	426
17. Verbree John	61	08-021	59.80	25m	16-11-80	Haarlem (NED)	424
18. Kuilman Joris	80	08-021	59.89	25m	12-12-99	Heemskerk (NED)	422
19. Stins Arnold	83	08-021	59.90	25m	28-2-02	Heemskerk	422
20. Hermans Luuk	85	08-021	59.94	25m	31-10-04	Zuidoostbeemster (NED)	421
21. Glorie Daan	88	08-021	1:00.06	25m	29-3-07	Heemskerk (NED)	418
22. Kramer Vincent	82	08-021	1:00.16	25m	15-4-01	Haarlem (NED)	416
23. Tijms Stefan	93	08-021	1:01.26	25m	25-11-12	Heemskerk (NED)	394
24. Steenbergen Roderik	82	08-021	1:01.72	25m	22-2-01	Heemskerk (NED)	386
25. Groen Jarno	01	08-021	1:01.92	25m	12-1-20	Purmerend (NED)	382

200 vrije slag

1. Gaal Roel	01	08-021	1:59.62	25m	5-3-20	Heemskerk (NED)	573
2. Offringa Rick	03	08-021	2:00.99	25m	21-4-22	Heemskerk (NED)	554
3. Kleijne Barry	93	08-021	2:04.70	25m	22-3-12	Heemskerk (NED)	506
4. Butter Martijn	79	08-021	2:05.60	25m	17-5-98	Den Helder (NED)	495
5. Jongert Jeroen	96	08-021	2:05.70	25m	15-11-15	Purmerend (NED)	494
6. Glorie Daan	88	08-021	2:06.85	25m	24-2-07	Hoorn (NED)	480
7. Meijer Arno	75	08-021	2:09.30	25m	17-2-94	Heemskerk	453
7. Crok Pieter	91	08-021	2:09.30	25m	27-2-10	Hoorn (NED)	453
9. de Wit Stephen	93	08-021	2:09.48	25m	22-3-12	Heemskerk (NED)	452
10. Stins Arnold	83	08-021	2:10.77	25m	6-4-02	Hengelo (NED)	438
11. Oudendijk Paul	81	08-021	2:11.61	25m	30-11-00	Heemskerk (NED)	430
12. Kuilman Joris	80	08-021	2:11.74	25m	21-11-99	Heemskerk (NED)	429
13. Korzelius Ron	65	08-021	2:12.20	25m	22-1-84	Zandvoort (NED)	424
14. Camphuijnder Jasper	05	08-021	2:12.78	25m	14-3-24	Heemskerk (NED)	419
15. Kranenburg Fred	63	08-021	2:13.10	25m	17-1-82		416
16. Jongert Sjoerd	01	08-021	2:13.24	25m	5-3-20	Heemskerk (NED)	414

200 vrije slag (sinds 17)

17. van der Gracht Jory	87	08-021	2:13.53	25m	12-2-06	Zaandam (NED)	412
18. Tijms Stefan	93	08-021	2:13.67	25m	11-11-12	Schagen (NED)	410
19. Steenbergen Roderik	82	08-021	2:15.85	25m	18-11-01	Heemskerk	391
20. Groen Jarno	01	08-021	2:16.78	25m	5-3-20	Heemskerk (NED)	383
21. Gaal Koen	99	08-021	2:17.68	25m	14-1-18	Purmerend (NED)	375
22. Verbree John	61	08-021	2:19.30	25m	30-11-80	Heemskerk (NED)	363
23. Hermans Luuk	85	08-021	2:19.93	25m	28-11-04	Heemskerk (NED)	358
24. de Vijlder Michael	75	08-021	2:20.10	25m	17-2-94	Heemskerk	356
25. van Rookhuizen Barry	82	08-021	2:20.79	25m	18-11-01	Heemskerk	351

250 vrije slag**300 vrije slag**

1. Jongert Jeroen	96	08-021	3:26.99	25m	4-10-15	Purmerend (NED)	426
2. Kleijne Barry	93	08-021	3:31.56	25m	8-4-12	Haarlem (NED)	399
3. Glorie Daan	88	08-021	3:31.66	25m	3-3-07	Hoorn (NED)	398
4. van der Gracht Jory	87	08-021	3:38.09	25m	18-5-06	Heemskerk (NED)	364
5. Hermans Luuk	85	08-021	3:50.82	25m	29-4-04	Heemskerk (NED)	307

400 vrije slag

1. Butter Martijn	79	08-021	4:25.20	25m	19-3-98	Heemskerk (NED)	512
2. Offringa Rick	03	08-021	4:25.88	25m	21-5-22	Hoofddorp (NED)	508
3. Glorie Daan	88	08-021	4:29.85	25m	8-4-07	Haarlem (NED)	486
4. Crok Pieter	91	08-021	4:40.32	25m	4-4-10	Haarlem (NED)	434
5. Jongert Jeroen	96	08-021	4:40.74	25m	4-10-15	Purmerend (NED)	432
6. Meijer Arno	75	08-021	4:41.10	25m	16-1-94	Heemskerk	430
7. Kleijne Barry	93	08-021	4:42.63	25m	8-4-12	Haarlem (NED)	423
8. Stins Arnold	83	08-021	4:44.57	25m	30-5-02	Heemskerk	414
9. Oudendijk Paul	81	08-021	4:46.90	25m	25-5-00	Heemskerk (NED)	404
10. Hogenstijn Peter	84	08-021	4:47.99	25m	12-6-03	Heemskerk	400
11. Kranenburg Fred	63	08-021	4:49.10	25m	24-1-82		395
12. van der Gracht Jory	87	08-021	4:51.35	25m	18-5-06	Heemskerk (NED)	386
13. de Vijlder Michael	75	08-021	4:57.80	25m	20-11-94	Wormerveer (NED)	362
14. Verbree John	61	08-021	5:08.10	25m	28-9-80	Zaandam (NED)	326
15. Hermans Luuk	85	08-021	5:09.10	25m	29-4-04	Heemskerk (NED)	323
16. Wassenaar Marcel	69	08-021	5:11.20	25m	6-10-88	Heemskerk (NED)	317
17. Stam Daniël	79	08-021	5:11.90	25m	19-3-98	Heemskerk (NED)	315
18. van Rookhuizen Barry	82	08-021	5:12.77	25m	31-5-01	Heemskerk (NED)	312
19. Tamis Thijs	82	08-021	5:13.25	25m	4-11-01	Heemskerk	311
20. Bal Chester	78	08-021	5:15.10	25m	2-3-97	Haarlem (NED)	305
21. Steenbergen Roderik	82	08-021	5:16.03	25m	16-9-01	Zaandam (NED)	302
22. Pover Peter	69	08-021	5:18.60	25m	6-10-88	Heemskerk (NED)	295
23. Beentjes Bastiaan	78	08-021	5:18.90	25m	2-3-97	Haarlem (NED)	294
24. Zwaan Bas	76	08-021	5:28.30	25m	18-5-95	Heemskerk (NED)	270
25. Kramer Vincent	82	08-021	5:28.89	25m	16-9-01	Zaandam (NED)	268

500 vrije slag

800 vrije slag

1. Offringa Rick	03	08-021	9:13.45	25m	23-10-22	Hoofddorp (NED)	514
2. Butter Martijn	79	08-021	9:20.30	25m	22-2-98	Zaandam (NED)	495
3. Glorie Daan	88	08-021	9:37.88	25m	11-2-07	Zaandam (NED)	451
4. Oudendijk Paul	81	08-021	9:55.73	25m	15-10-00	Alkmaar (NED)	412
5. Tamis Thijs	82	08-021	10:29.12	25m	16-9-01	Zaandam (NED)	350
6. van der Gracht Jory	87	08-021	10:30.32	25m	22-10-06	Zaandam (NED)	348
7. Steenbergen Roderik	82	08-021	10:44.43	25m	16-9-01	Zaandam (NED)	325
8. Hermans Luuk	85	08-021	11:23.20	25m	17-10-04	Zaandam (NED)	273
9. Kramer Vincent	82	08-021	11:29.12	25m	16-9-01	Zaandam (NED)	266

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

1. Butter Martijn	79	08-021	17:37.40	25m	22-2-98	Zaandam (NED)	515
2. Glorie Daan	88	08-021	18:15.40	25m	11-2-07	Zaandam (NED)	464
3. Oudendijk Paul	81	08-021	19:15.33	25m	23-1-00	Heemskerk (NED)	395
4. Tamis Thijs	82	08-021	19:35.74	25m	11-2-01	Zaandam (NED)	375
5. Stins Arnold	83	08-021	19:53.59	25m	1-12-02	Heemskerk	358
6. de Vijlder Michael	75	08-021	19:55.50	25m	18-12-94	Wormerveer (NED)	356
7. Kranenburg Fred	63	08-021	20:00.90	25m	10-1-82	Wormerveer (NED)	352
8. van der Gracht Jory	87	08-021	20:05.87	25m	29-1-06	Zaandam (NED)	347
9. Kramer Vincent	82	08-021	22:01.48	25m	11-2-01	Zaandam (NED)	264

2000 vrije slag

1. Glorie Daan	88	08-021	24:24.56	25m	11-2-07	Zaandam (NED)	460
2. Stins Arnold	83	08-021	25:37.89	25m	10-2-02	Zaandam	397
3. Oudendijk Paul	81	08-021	25:58.90	25m	5-3-00	Zaandam (NED)	381
4. Tamis Thijs	82	08-021	26:11.09	25m	11-2-01	Zaandam (NED)	372
5. van der Gracht Jory	87	08-021	26:48.15	25m	29-1-06	Zaandam (NED)	347
6. Kramer Vincent	82	08-021	29:25.16	25m	11-2-01	Zaandam (NED)	262

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. Offringa Rick	03	08-021	13.78	25m	7-7-22	Heemskerk (NED)	424
2. Schaaper Hans	68	08-021	14.50	25m	17-12-87	Heemskerk (NED)	364
3. Oudendijk Paul	81	08-021	14.74	25m	17-2-00	Heemskerk (NED)	347
4. Butter Martijn	79	08-021	15.20	25m	15-1-98	Heemskerk (NED)	316
5. Tamis Thijs	82	08-021	15.52	25m	22-2-01	Heemskerk (NED)	297
5. Steenbergen Roderik	82	08-021	15.52	25m	22-2-01	Heemskerk (NED)	297
7. Kuilman Joris	80	08-021	15.57	25m	25-3-99	Heemskerk (NED)	294
8. van der Kroft Barry	82	08-021	15.72	25m	22-2-01	Heemskerk (NED)	286
9. Bal Chester	78	08-021	15.80	25m	13-2-97	Heemskerk (NED)	281
10. Kramer Vincent	82	08-021	15.86	25m	22-2-01	Heemskerk (NED)	278
11. Glorie Daan	88	08-021	16.12	25m	19-4-07	Heemskerk (NED)	265
12. van Rookhuizen Barry	82	08-021	16.44	25m	22-2-01	Heemskerk (NED)	250
13. van der Gracht Jory	87	08-021	16.59	25m	27-4-06	Heemskerk	243
14. Zwaan Bas	76	08-021	17.20	25m	16-3-95	Heemskerk (NED)	218
14. Zonneveld Jeroen	78	08-021	17.20	25m	13-2-97	Heemskerk (NED)	218
16. Stam Daniël	79	08-021	18.10	25m	15-1-98	Heemskerk (NED)	187
17. Beentjes Bastiaan	78	08-021	18.20	25m	13-2-97	Heemskerk (NED)	184

50 rugslag

1. Kleijne Barry	93	08-021	28.80	25m	9-4-12	Haarlem (NED)	459
2. Offringa Rick	03	08-021	28.89	25m	2-10-22	Den Helder (NED)	454
3. Jongert Jeroen	96	08-021	29.14	25m	4-10-15	Purmerend (NED)	443
4. de Wit Stephen	93	08-021	30.21	25m	9-2-12	Heemskerk (NED)	397
5. Oudendijk Paul	81	08-021	30.40	25m	27-1-00	Heemskerk (NED)	390
6. Gaal Roel	01	08-021	30.44	25m	30-1-20	Heemskerk (NED)	388
7. Camphuijnder Jasper	05	08-021	30.54	25m	27-10-24	Zaandam (NED)	385
8. Jongert Sjoerd	01	08-021	30.71	25m	4-10-20	Heemskerk (NED)	378
9. Hermans Luuk	85	08-021	31.21	25m	25-1-04	Zaandam	360
9. Gaal Koen	99	08-021	31.21	25m	15-2-18	Heemskerk (NED)	360
11. Steenbergen Roderik	82	08-021	31.68	25m	25-1-01	Heemskerk (NED)	345
12. Butter Martijn	79	08-021	31.70	25m	18-1-98	Zuidoost Beemster (NED)	344
13. Pover Peter	69	08-021	32.00	25m	15-12-88	Heemskerk (NED)	334
14. Meijer Arno	75	08-021	32.20	25m	17-2-94	Heemskerk	328
15. Tamis Thijs	82	08-021	32.88	25m	25-1-01	Heemskerk (NED)	308
16. Kramer Vincent	82	08-021	32.91	25m	25-1-01	Heemskerk (NED)	307
17. van der Kroft Barry	82	08-021	32.95	25m	25-1-01	Heemskerk (NED)	306
18. Stins Arnold	83	08-021	33.12	25m	31-10-02	Heemskerk	301
19. Kuilman Joris	80	08-021	33.14	25m	14-11-99	Zaandam (NED)	301
20. Essers Tim	88	08-021	33.45	25m	30-9-07	Volendam (NED)	293
21. Groen Jarno	01	08-021	33.56	25m	4-10-20	Heemskerk (NED)	290
22. de Ruijter René	86	08-021	33.87	25m	11-12-05	IJmuiden (NED)	282
23. Verbree John	61	08-021	34.10	25m	22-11-80	Heemskerk (NED)	276
24. van Rookhuizen Barry	82	08-021	34.19	25m	25-1-01	Heemskerk (NED)	274
25. van der Gracht Jory	87	08-021	34.43	25m	19-10-06	Heemskerk	268

100 rugslag

1. Jongert Jeroen	96	08-021	1:01.45	25m	10-12-15	Heemskerk (NED)	503
2. Kleijne Barry	93	08-021	1:01.84	25m	11-3-12	Zaandam (NED)	494
3. Offringa Rick	03	08-021	1:02.83	25m	13-3-22	Den Helder (NED)	471
4. Oudendijk Paul	81	08-021	1:05.02	25m	24-4-00	Haarlem (NED)	425
5. Camphuijnder Jasper	05	08-021	1:05.44	25m	24-10-24	Heemskerk (NED)	417
6. Butter Martijn	79	08-021	1:07.10	25m	12-2-98	Heemskerk (NED)	387
7. Steenbergen Roderik	82	08-021	1:07.18	25m	18-11-01	Heemskerk	385
8. de Wit Stephen	93	08-021	1:07.33	25m	11-3-12	Zaandam (NED)	383
9. Gaal Koen	99	08-021	1:07.73	25m	18-3-18	Purmerend (NED)	376
10. Crok Pieter	91	08-021	1:08.14	25m	4-4-10	Haarlem (NED)	369
11. Hermans Luuk	85	08-021	1:08.94	25m	18-4-04	Zaandam (NED)	356
12. Hogenstijn Peter	84	08-021	1:09.16	25m	24-4-03	Heemskerk	353
13. Schaaper Hans	68	08-021	1:09.20	25m	8-3-87	Zaandam (NED)	352
14. Kuilman Joris	80	08-021	1:09.76	25m	28-1-99	Heemskerk (NED)	344
15. Meijer Arno	75	08-021	1:10.40	25m	11-12-94	Heemskerk (NED)	335
15. Kramer Vincent	82	08-021	1:10.40	25m	16-4-01	Haarlem (NED)	335
17. Gaal Roel	01	08-021	1:11.30	25m	12-1-20	Purmerend (NED)	322
18. Stins Arnold	83	08-021	1:11.36	25m	17-11-02	Heemskerk	321
19. Tamis Thijs	82	08-021	1:11.54	25m	18-11-01	Heemskerk	319
20. Kranenburg Fred	63	08-021	1:12.30	25m	7-2-82		309
21. van der Kroft Barry	82	08-021	1:12.66	25m	26-4-01	Heemskerk (NED)	304
22. Wolf Gert Jan	65	08-021	1:12.90	25m	12-2-84	Heemskerk (NED)	301
23. de Vijlder Michael	75	08-021	1:13.00	25m	11-12-94	Heemskerk (NED)	300
24. Essers Tim	88	08-021	1:13.13	25m	18-3-07	Heemskerk (NED)	298
25. Pover Peter	69	08-021	1:13.40	25m	17-9-88		295

200 rugslag

1. Kleijne Barry	93	08-021	2:13.75	25m	27-5-12	Purmerend (NED)	492
2. Oudendijk Paul	81	08-021	2:19.06	25m	12-3-00	Heemskerk (NED)	438
3. Gaal Roel	01	08-021	2:22.56	25m	12-1-20	Purmerend (NED)	406
4. Butter Martijn	79	08-021	2:23.10	25m	24-5-98	Zaandam (NED)	402
5. Gaal Koen	99	08-021	2:26.96	25m	4-2-18	Purmerend (NED)	371
6. Hogenstijn Peter	84	08-021	2:27.45	25m	16-3-03	Heemskerk	367
7. Hermans Luuk	85	08-021	2:30.44	25m	14-3-04	Zaandam	346
8. Stins Arnold	83	08-021	2:30.53	25m	10-3-02	Heemskerk	345
9. Essers Tim	88	08-021	2:31.11	25m	18-3-07	Heemskerk (NED)	341
10. Meijer Arno	75	08-021	2:31.80	25m	20-10-94	Heemskerk (NED)	336
11. Tamis Thijs	82	08-021	2:33.00	25m	11-3-01	Zaandam (NED)	329
12. Schaaper Hans	68	08-021	2:33.40	25m	22-3-87	Heerhugowaard (NED)	326
13. Steenbergen Roderik	82	08-021	2:34.16	25m	14-1-01	Heemskerk (NED)	321
14. Kuilman Joris	80	08-021	2:34.32	25m	16-12-99	Heemskerk	320
15. Glorie Daan	88	08-021	2:35.91	25m	25-1-07	Heemskerk (NED)	310
16. Crok Pieter	91	08-021	2:36.17	25m	14-11-10	Castricum (NED)	309
17. Groen Jarno	01	08-021	2:37.04	25m	12-1-20	Purmerend (NED)	304
18. van der Kroft Barry	82	08-021	2:39.61	25m	11-3-01	Zaandam (NED)	289
19. van der Gracht Jory	87	08-021	2:41.00	25m	19-3-06	Heemskerk (NED)	282
20. Kranenburg Fred	63	08-021	2:42.00	25m	24-1-82		277
21. de Vijlder Michael	75	08-021	2:44.20	25m	19-10-94		266
22. Pover Peter	69	08-021	2:45.90	25m	7-2-88	Heemskerk (NED)	258
23. Dijkstra Menno	68	08-021	2:46.80	25m	22-3-87	Heerhugowaard (NED)	253
23. Zwaan Bas	76	08-021	2:46.80	25m	5-3-95	Heemskerk (NED)	253
25. Beentjes Bastiaan	78	08-021	2:47.20	25m	6-4-97	Heemskerk (NED)	252

500 rugslag**25 schoolslag**

1. Offringa Rick	03	08-021	14.56	25m	7-7-22	Heemskerk (NED)	508
2. Oudendijk Paul	81	08-021	14.91	25m	17-2-00	Heemskerk (NED)	473
3. Tamis Thijs	82	08-021	15.94	25m	22-2-01	Heemskerk (NED)	387
4. Schaaper Hans	68	08-021	16.00	25m	17-12-87	Heemskerk (NED)	383
5. Beentjes Bastiaan	78	08-021	16.10	25m	13-3-97	Heemskerk (NED)	375
6. Kuilman Joris	80	08-021	16.24	25m	25-3-99	Heemskerk (NED)	366
7. van der Kroft Barry	82	08-021	16.25	25m	22-2-01	Heemskerk (NED)	365
8. Zwaan Bas	76	08-021	16.40	25m	27-4-95	Heemskerk (NED)	355
9. van Rookhuizen Barry	82	08-021	16.66	25m	22-2-01	Heemskerk (NED)	339
10. Glorie Daan	88	08-021	16.71	25m	19-4-07	Heemskerk (NED)	336
11. van der Gracht Jory	87	08-021	17.15	25m	27-4-06	Heemskerk	311
12. Steenbergen Roderik	82	08-021	17.41	25m	22-2-01	Heemskerk (NED)	297
13. Kramer Vincent	82	08-021	17.59	25m	22-2-01	Heemskerk (NED)	288
14. Andeweg Celedonio	76	08-021	17.80	25m	27-4-95	Heemskerk (NED)	278
15. Stam Daniël	79	08-021	18.30	25m	19-3-98	Heemskerk (NED)	256
16. Essers Tim	88	08-021	18.38	25m	19-4-07	Heemskerk (NED)	252
17. Zonneveld Jeroen	78	08-021	18.50	25m	13-3-97	Heemskerk (NED)	247
18. Bal Chester	78	08-021	19.10	25m	13-3-97	Heemskerk (NED)	225

50 schoolslag

1. Offringa Rick	03	08-021	31.16	25m	20-11-22	Den Helder (NED)	532
2. Oudendijk Paul	81	08-021	33.00	25m	14-12-00	Heemskerk (NED)	447
3. Dijkstra Menno	68	08-021	34.60	25m	8-3-87	Zaandam (NED)	388
4. Hermans Luuk	85	08-021	34.63	25m	25-11-04	Heemskerk (NED)	387
5. Palmboom Pascal	89	08-021	34.65	25m	31-1-08	Heemskerk (NED)	386
6. Jongert Jeroen	96	08-021	34.91	25m	6-9-15	Zaandam (NED)	378
7. Kleijne Barry	93	08-021	35.04	25m	30-9-12	Heemskerk (NED)	374
8. Kuilman Joris	80	08-021	35.09	25m	16-12-99	Heemskerk	372
9. Tamis Thijs	82	08-021	35.28	25m	18-3-01	Zaandam (NED)	366
10. Meijer Arno	75	08-021	35.30	25m	6-3-94	Assendelft (NED)	365
11. Crok Pieter	91	08-021	35.63	25m	18-2-10	Heemskerk (NED)	355
12. Beentjes Bastiaan	78	08-021	35.70	25m	5-10-97	Zaandam (NED)	353
12. Stam Daniël	79	08-021	35.70	25m	18-1-98	Zuidoost Beemster (NED)	353
14. de Wit Stephen	93	08-021	35.87	25m	30-9-12	Heemskerk (NED)	348
15. Jongert Sjoerd	01	08-021	36.16	25m	8-10-20	Heemskerk (NED)	340
16. van Rookhuizen Barry	82	08-021	36.22	25m	20-12-01	Heemskerk	338
17. van der Kroft Barry	82	08-021	36.38	25m	20-12-01	Heemskerk	334
18. Camphuijnder Jasper	05	08-021	36.51	25m	27-10-24	Zaandam (NED)	330
19. Tijms Stefan	93	08-021	36.85	25m	30-9-12	Heemskerk (NED)	321
20. Gaal Koen	99	08-021	36.93	25m	16-9-18	Alkmaar (NED)	319
21. Stins Arnold	83	08-021	36.94	25m	28-11-02	Heemskerk	319
22. van der Gracht Jory	87	08-021	37.07	25m	23-4-06	Zaandam (NED)	316
23. Gaal Roel	01	08-021	37.20	25m	8-10-20	Heemskerk (NED)	312
24. Wassenaar Marcel	69	08-021	37.40	25m	15-12-88	Heemskerk (NED)	307
24. Steenbergen Roderik	82	08-021	37.40	25m	20-12-01	Heemskerk	307

100 schoolslag

1. Offringa Rick	03	08-021	1:10.09	25m	6-11-22	Alkmaar (NED)	499
2. Oudendijk Paul	81	08-021	1:14.52	25m	12-3-00	Heemskerk (NED)	415
3. Hogenstijn Peter	84	08-021	1:14.63	25m	16-3-03	Heemskerk	413
4. Jongert Sjoerd	01	08-021	1:15.91	25m	8-10-20	Heemskerk (NED)	393
5. Tamis Thijs	82	08-021	1:16.63	25m	11-3-01	Zaandam (NED)	382
6. Meijer Arno	75	08-021	1:17.20	25m	17-3-94	Heemskerk	373
7. Crok Pieter	91	08-021	1:17.65	25m	30-9-10	Heemskerk (NED)	367
8. Kuilman Joris	80	08-021	1:18.38	25m	28-1-99	Heemskerk (NED)	357
9. Hermans Luuk	85	08-021	1:18.99	25m	3-10-04	Heemskerk (NED)	348
10. Stins Arnold	83	08-021	1:19.01	25m	28-3-02	Heemskerk	348
11. Jongert Jeroen	96	08-021	1:19.09	25m	24-9-15	Heemskerk (NED)	347
12. Gaal Roel	01	08-021	1:19.27	25m	4-10-20	Heemskerk (NED)	345
13. Beentjes Bastiaan	78	08-021	1:19.70	25m	30-8-97	Assendelft (NED)	339
14. Palmboom Pascal	89	08-021	1:19.84	25m	17-2-08	Zaandam (NED)	337
15. Korzelius Ron	65	08-021	1:20.10	25m	28-10-84	Egmond (NED)	334
15. Stam Daniël	79	08-021	1:20.10	25m	15-1-98	Heemskerk (NED)	334
17. van der Gracht Jory	87	08-021	1:20.16	25m	16-2-06	Heemskerk (NED)	333
18. Steenbergen Roderik	82	08-021	1:21.02	25m	7-10-01	Zaandam (NED)	323
19. Kranenburg Fred	63	08-021	1:21.30	25m	14-3-82		320
20. Gaal Koen	99	08-021	1:21.31	25m	11-10-18	Heemskerk (NED)	319
21. van der Kroft Barry	82	08-021	1:21.59	25m	16-4-01	Haarlem (NED)	316
22. Tijms Stefan	93	08-021	1:21.63	25m	11-10-12	Heemskerk (NED)	316
23. Andeweg Celedonio	76	08-021	1:21.80	25m	5-2-95	Assendelft (NED)	314
24. de Wit Stephen	93	08-021	1:22.51	25m	11-10-12	Heemskerk (NED)	306
25. Butter Martijn	79	08-021	1:23.10	25m	13-4-98	Haarlem (NED)	299

200 schoolslag

1. Offringa Rick	03	08-021	2:29.61	25m	6-11-22	Alkmaar (NED)	521
2. Tamis Thijs	82	08-021	2:42.36	25m	25-1-01	Heemskerk (NED)	408
3. Oudendijk Paul	81	08-021	2:42.39	25m	27-1-00	Heemskerk (NED)	407
4. Hogenstijn Peter	84	08-021	2:46.55	25m	19-1-03	Zaandam	378
5. Meijer Arno	75	08-021	2:47.70	25m	24-11-94	Heemskerk (NED)	370
6. Glorie Daan	88	08-021	2:49.10	25m	14-1-07	Amsterdam (NED)	361
7. Dijkstra Menno	68	08-021	2:51.90	25m	15-3-87	Heemskerk (NED)	343
8. Crok Pieter	91	08-021	2:52.21	25m	25-3-10	Heemskerk (NED)	342
9. Kuilman Joris	80	08-021	2:54.06	25m	7-3-99	Zaandam (NED)	331
10. van der Gracht Jory	87	08-021	2:54.86	25m	15-1-06	Zaandam (NED)	326
11. Beentjes Bastiaan	78	08-021	2:55.00	25m	9-10-97	Heemskerk (NED)	325
12. Hermans Luuk	85	08-021	2:56.52	25m	28-10-04	Heemskerk (NED)	317
13. Steenbergen Roderik	82	08-021	2:56.77	25m	25-1-01	Heemskerk (NED)	316
14. Jongert Sjoerd	01	08-021	2:57.08	25m	12-1-20	Purmerend (NED)	314
15. Tijms Stefan	93	08-021	2:57.26	25m	27-5-12	Purmerend (NED)	313
16. van der Kroft Barry	82	08-021	2:57.66	25m	25-1-01	Heemskerk (NED)	311
17. Butter Martijn	79	08-021	2:58.00	25m	8-3-98	Zaandam (NED)	309
18. Schaaper Hans	68	08-021	2:58.40	25m	15-3-87	Heemskerk (NED)	307
19. Stins Arnold	83	08-021	2:58.93	25m	13-1-02	Zaandam	304
20. van Rookhuizen Barry	82	08-021	2:59.81	25m	25-1-01	Heemskerk (NED)	300
21. Gaal Koen	99	08-021	3:00.40	25m	4-2-18	Purmerend (NED)	297
22. Stam Daniël	79	08-021	3:01.90	25m	8-3-98	Zaandam (NED)	290
23. Kranenburg Fred	63	08-021	3:05.60	25m	21-3-82		273
24. Zwaan Bas	76	08-021	3:06.50	25m	26-3-95	Wormerveer (NED)	269
25. Andeweg Celedonio	76	08-021	3:06.60	25m	15-6-95	Heemskerk (NED)	268

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. Offringa Rick	03	08-021	12.63	25m	7-7-22	Heemskerk (NED)	481
2. van der Kroft Barry	82	08-021	13.00	25m	29-3-01	Heemskerk (NED)	441
3. Kuilman Joris	80	08-021	13.31	25m	25-3-99	Heemskerk (NED)	411
4. Schaaper Hans	68	08-021	13.40	25m	17-12-87	Heemskerk (NED)	403
5. Tamis Thijs	82	08-021	13.48	25m	29-3-01	Heemskerk (NED)	396
6. van der Gracht Jory	87	08-021	13.68	25m	27-4-06	Heemskerk	379
7. Kramer Vincent	82	08-021	13.75	25m	29-3-01	Heemskerk (NED)	373
8. Glorie Daan	88	08-021	13.95	25m	19-4-07	Heemskerk (NED)	357
9. Butter Martijn	79	08-021	14.00	25m	15-1-98	Heemskerk (NED)	353
10. Essers Tim	88	08-021	14.16	25m	19-4-07	Heemskerk (NED)	341
11. van Rookhuizen Barry	82	08-021	14.17	25m	29-3-01	Heemskerk (NED)	341
12. Krijger Jan-Willem	81	08-021	14.48	25m	4-5-00	Heemskerk (NED)	319
13. Zwaan Bas	76	08-021	14.60	25m	16-3-95	Heemskerk (NED)	311
14. Stam Daniël	79	08-021	14.70	25m	15-1-98	Heemskerk (NED)	305
15. Oudendijk Paul	81	08-021	14.90	25m	4-5-00	Heemskerk (NED)	293
16. Tap Ben	69	08-021	15.00	25m	22-3-88	Heemskerk (NED)	287
17. Zonneveld Jeroen	78	08-021	15.40	25m	13-2-97	Heemskerk (NED)	265
18. Beentjes Bastiaan	78	08-021	16.20	25m	13-2-97	Heemskerk (NED)	228
19. Bal Chester	78	08-021	16.30	25m	13-2-97	Heemskerk (NED)	224

50 vlinderslag

1. Jongert Jeroen	96	08-021	26.92	25m	10-12-15	Heemskerk (NED)	531
2. Kleijne Barry	93	08-021	27.55	25m	19-2-12	Purmerend (NED)	495
3. Camphuijnder Jasper	05	08-021	27.61	25m	24-10-24	Heemskerk (NED)	492
4. Offringa Rick	03	08-021	27.72	25m	24-4-22	Den Helder (NED)	486
5. Jongert Sjoerd	01	08-021	29.07	25m	12-1-20	Purmerend (NED)	421
6. van der Gracht Jory	87	08-021	29.40	25m	14-12-06	Heemskerk (NED)	407
7. Crok Pieter	91	08-021	29.66	25m	25-3-10	Heemskerk (NED)	397
8. Kuilman Joris	80	08-021	29.79	25m	25-11-99	Heemskerk	391
9. Gaal Roel	01	08-021	30.00	25m	30-1-20	Heemskerk (NED)	383
10. Meijer Arno	75	08-021	30.30	25m	24-11-94	Heemskerk (NED)	372
11. Butter Martijn	79	08-021	30.40	25m	18-1-98	Zuidoost Beemster (NED)	368
12. de Wit Stephen	93	08-021	30.44	25m	13-12-12	Heemskerk (NED)	367
13. Stins Arnold	83	08-021	30.80	25m	31-1-02	Heemskerk	354
14. Verbree John	61	08-021	30.90	25m	8-11-80	Heemskerk (NED)	351
15. Schaaper Hans	68	08-021	31.00	25m	21-5-87	Heemskerk (NED)	347
16. Hermans Luuk	85	08-021	31.08	25m	4-4-04	Zaandam	345
17. Hagebout Marcel	68	08-021	31.20	25m	21-5-87	Heemskerk (NED)	341
18. Schoonakker Mick	07	08-021	31.76	25m	8-2-26	Purmerend (NED)	323
19. Hoenink Jarl	86	08-021	31.91	25m	26-5-05	Heemskerk (NED)	318
20. Palmboom Pascal	89	08-021	32.06	25m	30-10-08	Heemskerk (NED)	314
21. Pover Peter	69	08-021	32.10	25m	14-12-88		313
22. de Ruijter René	86	08-021	32.16	25m	11-12-05	IJmuiden (NED)	311
23. Groen Jarno	01	08-021	32.47	25m	30-1-20	Heemskerk (NED)	302
24. Korzelius Ron	65	08-021	32.50	25m	28-10-84	Egmond (NED)	301
25. Tijms Stefan	93	08-021	32.54	25m	13-12-12	Heemskerk (NED)	300

100 vlinderslag

1. Jongert Jeroen	96	08-021	1:00.39	25m	29-11-15	Heemskerk (NED)	504
2. Offringa Rick	03	08-021	1:00.95	25m	22-5-22	Hoofddorp (NED)	490
3. Kleijne Barry	93	08-021	1:02.46	25m	11-3-12	Zaandam (NED)	456
4. Camphuijnder Jasper	05	08-021	1:02.72	25m	16-11-24	Hoofddorp (NED)	450
5. Hogenstijn Peter	84	08-021	1:04.21	25m	27-3-03	Heemskerk	419
6. Glorie Daan	88	08-021	1:04.59	25m	14-1-07	Amsterdam (NED)	412
7. van der Gracht Jory	87	08-021	1:06.41	25m	12-2-06	Zaandam (NED)	379
8. Gaal Roel	01	08-021	1:06.80	25m	30-1-20	Heemskerk (NED)	372
9. Verbree John	61	08-021	1:07.10	25m	19-10-80	Heemskerk (NED)	367
10. Stins Arnold	83	08-021	1:07.54	25m	31-3-02	Haarlem	360
11. Butter Martijn	79	08-021	1:07.70	25m	8-3-98	Zaandam (NED)	358
12. Meijer Arno	75	08-021	1:07.80	25m	2-6-94	Heemskerk (NED)	356
13. Kuilman Joris	80	08-021	1:07.87	25m	22-4-99	Heemskerk (NED)	355
14. Kramer Vincent	82	08-021	1:09.12	25m	22-2-01	Heemskerk (NED)	336
15. de Wit Stephen	93	08-021	1:09.19	25m	11-3-12	Zaandam (NED)	335
16. van Rookhuizen Barry	82	08-021	1:09.84	25m	14-1-01	Heemskerk (NED)	326
17. Tamis Thijs	82	08-021	1:10.44	25m	22-2-01	Heemskerk (NED)	318
18. Essers Tim	88	08-021	1:10.91	25m	29-3-07	Heemskerk (NED)	311
19. Schaaper Hans	68	08-021	1:11.00	25m	4-10-87	Zaandam (NED)	310
20. Kranenburg Fred	63	08-021	1:12.40	25m	21-3-82		292
21. Groen Jarno	01	08-021	1:12.87	25m	30-1-20	Heemskerk (NED)	287
22. Pover Peter	69	08-021	1:13.80	25m	19-5-88	Heemskerk (NED)	276
23. de Vijlder Michael	75	08-021	1:14.50	25m	13-3-94	Wormerveer (NED)	268
24. Oudendijk Paul	81	08-021	1:14.77	25m	23-4-00	Haarlem (NED)	265
25. Korzelius Ron	65	08-021	1:14.80	25m	23-9-84	Heemskerk (NED)	265

200 vlinderslag

1. Glorie Daan	88	08-021	2:22.13	25m	29-4-07	Alkmaar (NED)	445
2. Offringa Rick	03	08-021	2:25.51	25m	6-11-22	Alkmaar (NED)	415
3. van der Gracht Jory	87	08-021	2:32.15	25m	30-11-06	Heemskerk	363
4. Stins Arnold	83	08-021	2:36.03	25m	17-3-02	Zaandam	336
5. Tamis Thijs	82	08-021	2:44.52	25m	20-12-01	Heemskerk	287
6. van Rookhuizen Barry	82	08-021	2:45.08	25m	20-12-01	Heemskerk	284
7. Camphuijnder Jasper	05	08-021	2:45.14	25m	10-3-24	Purmerend (NED)	284
8. Kranenburg Fred	63	08-021	2:49.90	25m	18-4-82		260
9. Crok Pieter	91	08-021	2:54.98	25m	18-2-10	Heemskerk (NED)	238
10. Steenbergen Roderik	82	08-021	2:56.86	25m	20-12-01	Heemskerk	231
11. van der Kroft Barry	82	08-021	3:04.36	25m	20-12-01	Heemskerk	204
12. Kramer Vincent	82	08-021	3:07.07	25m	26-4-01	Heemskerk (NED)	195

1000 vlinderslag**75 wisselslag****100 wisselslag**

1. Offringa Rick	03	08-021	1:01.18	25m	2-10-22	Den Helder (NED)	555
2. Jongert Jeroen	96	08-021	1:03.02	25m	4-10-15	Purmerend (NED)	508
3. Kleijne Barry	93	08-021	1:04.34	25m	30-9-12	Heemskerk (NED)	477
4. Camphuijnder Jasper	05	08-021	1:07.04	25m	27-10-24	Zaandam (NED)	422
5. de Wit Stephen	93	08-021	1:07.98	25m	30-9-12	Heemskerk (NED)	405
6. Meijer Arno	75	08-021	1:08.00	25m	27-11-94	Alkmaar (NED)	404
7. Kuilman Joris	80	08-021	1:08.04	25m	18-2-99	Heemskerk (NED)	404
8. Oudendijk Paul	81	08-021	1:08.52	25m	10-12-00	Heemskerk (NED)	395
9. Glorie Daan	88	08-021	1:08.65	25m	19-4-07	Heemskerk (NED)	393
10. Hermans Luuk	85	08-021	1:09.21	25m	7-11-04	IJmuiden (NED)	383
11. Stins Arnold	83	08-021	1:09.28	25m	26-9-02	Heemskerk	382
12. Schaaper Hans	68	08-021	1:09.40	25m	15-3-87	Heemskerk (NED)	380
13. van der Gracht Jory	87	08-021	1:09.60	25m	23-4-06	Zaandam (NED)	377
14. Kramer Vincent	82	08-021	1:10.14	25m	26-4-01	Heemskerk (NED)	368
15. Crok Pieter	91	08-021	1:10.33	25m	3-10-10	Zaandam (NED)	365
16. Gaal Koen	99	08-021	1:10.34	25m	17-5-18	Heemskerk (NED)	365
17. Tamis Thijs	82	08-021	1:10.84	25m	27-9-01	Heemskerk	357
18. Essers Tim	88	08-021	1:10.85	25m	30-9-07	Volendam (NED)	357
19. Steenbergen Roderik	82	08-021	1:11.82	25m	27-9-01	Heemskerk	343
20. Tijms Stefan	93	08-021	1:12.03	25m	28-5-12	Purmerend (NED)	340
21. Dijkstra Menno	68	08-021	1:12.20	25m	15-3-87	Heemskerk (NED)	338
21. Pover Peter	69	08-021	1:12.20	25m	31-12-88		338
23. van Rookhuizen Barry	82	08-021	1:12.65	25m	27-9-01	Heemskerk	331
24. Verbree John	61	08-021	1:13.20	25m	31-5-80	Heemskerk (NED)	324
25. Palmboom Pascal	89	08-021	1:14.35	25m	5-10-08	Heemskerk (NED)	309

200 wisselslag

1. Offringa Rick	03	08-021	2:13.34	25m	23-10-22	Hoofddorp (NED)	555
2. Jongert Jeroen	96	08-021	2:20.13	25m	15-11-15	Purmerend (NED)	478
3. Kleijne Barry	93	08-021	2:24.11	25m	26-4-12	Heemskerk (NED)	440
4. Butter Martijn	79	08-021	2:26.90	25m	7-5-98	Heemskerk (NED)	415
5. Meijer Arno	75	08-021	2:27.10	25m	20-1-94	Heemskerk	413
6. Stins Arnold	83	08-021	2:27.81	25m	6-4-02	Hengelo (NED)	408
7. Oudendijk Paul	81	08-021	2:28.18	25m	26-10-00	Heemskerk (NED)	404
8. de Wit Stephen	93	08-021	2:28.41	25m	26-4-12	Heemskerk (NED)	403
9. Crok Pieter	91	08-021	2:29.46	25m	11-4-10	Zaandam (NED)	394
10. Kuilman Joris	80	08-021	2:30.04	25m	20-5-99	Heemskerk (NED)	390
11. Schaaper Hans	68	08-021	2:30.40	25m	21-5-87	Heemskerk (NED)	387
12. Glorie Daan	88	08-021	2:31.01	25m	18-3-07	Heemskerk (NED)	382
13. Tamis Thijs	82	08-021	2:31.06	25m	31-5-01	Heemskerk (NED)	382
14. Gaal Koen	99	08-021	2:33.78	25m	14-1-18	Purmerend (NED)	362
15. van der Gracht Jory	87	08-021	2:34.05	25m	22-10-06	Zaandam (NED)	360
16. Steenbergen Roderik	82	08-021	2:34.48	25m	16-9-01	Zaandam (NED)	357
17. Hermans Luuk	85	08-021	2:35.07	25m	17-10-04	Zaandam (NED)	353
18. Pover Peter	69	08-021	2:36.60	25m	7-2-88	Heemskerk (NED)	343
19. Kramer Vincent	82	08-021	2:37.08	25m	16-9-01	Zaandam (NED)	339
20. Verbree John	61	08-021	2:38.80	25m	21-9-80	Heemskerk (NED)	329
21. van der Kroft Barry	82	08-021	2:39.04	25m	25-10-01	Heemskerk	327
22. Tijms Stefan	93	08-021	2:39.68	25m	26-4-12	Heemskerk (NED)	323
23. de Vijlder Michael	75	08-021	2:40.20	25m	6-2-94	Wormerveer (NED)	320
24. Zwaan Bas	76	08-021	2:42.70	25m	23-4-95	Castricum (NED)	305
25. Essers Tim	88	08-021	2:42.80	25m	25-11-07	Amsterdam (NED)	305

300 wisselslag

1. Tamis Thijs	82	08-021	3:54.84	25m	23-12-01	Amsterdam
2. van der Gracht Jory	87	08-021	3:59.47	25m	12-1-06	Heemskerk (NED)
3. Kramer Vincent	82	08-021	4:22.66	25m	23-12-01	Amsterdam

400 wisselslag

1. Offringa Rick	03	08-021	4:50.38	25m	22-5-22	Hoofddorp (NED)	533
2. Glorie Daan	88	08-021	5:10.47	25m	28-1-07	Zaandam (NED)	436
3. Butter Martijn	79	08-021	5:11.50	25m	29-3-98	Heemstede (NED)	432
4. Tamis Thijs	82	08-021	5:18.70	25m	25-2-01	Heemskerk (NED)	403
5. Stins Arnold	83	08-021	5:21.26	25m	24-2-02	Heemskerk	393
6. Oudendijk Paul	81	08-021	5:24.83	25m	30-3-00	Heemskerk (NED)	381
7. Meijer Arno	75	08-021	5:26.40	25m	6-3-94	Assendelft (NED)	375
8. Kranenburg Fred	63	08-021	5:33.40	25m	28-2-82		352
9. Steenbergen Roderik	82	08-021	5:43.62	25m	25-2-01	Heemskerk (NED)	321
10. Kramer Vincent	82	08-021	5:54.06	25m	25-2-01	Heemskerk (NED)	294
11. Stam Daniël	79	08-021	5:55.40	25m	29-3-98	Heemstede (NED)	290
12. Zwaan Bas	76	08-021	6:09.40	25m	8-6-95	Heemskerk (NED)	259
13. Windmuller Ton	62	08-021	6:28.50	25m	5-4-81	Heemskerk (NED)	222