

20 - 24 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. 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. Camphuijnder Jasper	05	08-021	26.45	25m	15-3-26	Heemskerk (NED)	449
14. Kranenburg Fred	63	08-021	26.50	25m	11-12-83	Heemskerk (NED)	446
15. van Rookhuizen Barry	82	08-021	26.58	25m	29-1-04	Heemskerk (NED)	442
16. Blaauw Mica	05	08-021	26.62	25m	18-9-25	Heemskerk (NED)	440

50 vrije slag (sinds 17)

17. Kramer Vincent	82	08-021	26.65	25m	7-11-04	Ijmuiden (NED)	439
18. van der Gracht Jory	87	08-021	26.69	25m	6-12-09	Zaandam (NED)	437
19. Hermans Luuk	85	08-021	26.83	25m	31-5-07	Heemskerk (NED)	430
20. Verbree John	61	08-021	27.10	25m	7-3-82		417
20. Schaaper Hans	68	08-021	27.10	25m	5-11-89	Heemskerk (NED)	417
22. Kuilman Joris	80	08-021	27.16	25m	3-12-00	Zaandam (NED)	415
23. van der Kroft Barry	82	08-021	27.34	25m	27-4-03	Zaandam	406
24. Korzelius Ron	65	08-021	27.40	25m	22-3-87	Heerhugowaard (NED)	404
24. de Vijlder Michael	75	08-021	27.40	25m	1-5-97	Heemskerk (NED)	404

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. Camphuijnder Jasper	05	08-021	56.42	25m	9-3-25	Purmerend (NED)	505
8. Jongert Sjoerd	01	08-021	56.54	25m	6-4-25	Purmerend (NED)	502
9. Oudendijk Paul	81	08-021	56.85	25m	18-1-04	Ijmuiden (NED)	493
10. de Wit Stephen	93	08-021	57.02	25m	17-11-13	Heemskerk (NED)	489
11. Gaal Koen	99	08-021	57.35	25m	23-4-23	Den Helder (NED)	481
12. Meijer Arno	75	08-021	57.80	25m	26-11-95	Heemskerk (NED)	470
13. van der Gracht Jory	87	08-021	57.95	25m	7-11-09	Hoom (NED)	466
14. Crok Pieter	91	08-021	58.19	25m	19-1-14	Zaandam (NED)	460
15. Kramer Vincent	82	08-021	58.90	25m	19-1-03	Zaandam	444
16. Kuilman Joris	80	08-021	58.92	25m	23-4-00	Haarlem (NED)	443
17. Kranenburg Fred	63	08-021	59.00	25m	7-1-84	Hilversum (NED)	441
18. Korzelius Ron	65	08-021	59.10	25m	8-3-87	Zaandam (NED)	439
19. Blaauw Mica	05	08-021	59.41	25m	6-4-25	Purmerend (NED)	432
20. Tijms Stefan	93	08-021	59.76	25m	19-5-13	Purmerend (NED)	425
21. Verbree John	61	08-021	59.80	25m	31-12-85		424
22. van Rookhuizen Barry	82	08-021	1:00.03	25m	27-3-03	Heemskerk	419
23. Hermans Luuk	85	08-021	1:00.06	25m	24-2-05	Heemskerk (NED)	418
24. Stins Arnold	83	08-021	1:00.23	25m	16-3-03	Heemskerk	415
25. Steenbergen Roderik	82	08-021	1:00.33	25m	27-3-05	Haarlem (NED)	413

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. Gaal Roel	01	08-021	2:01.62	25m	5-6-25	Heemskerk (NED)	545
5. Kleijne Barry	93	08-021	2:02.51	25m	6-3-14	Heemskerk (NED)	533
6. Camphuijnder Jasper	05	08-021	2:03.12	25m	2-2-25	Den Helder (NED)	525
7. van Beek Klaas	88	08-021	2:05.63	25m	22-11-09	Purmerend (NED)	494
8. Gaal Koen	99	08-021	2:08.09	25m	20-11-22	Den Helder (NED)	466
9. Oudendijk Paul	81	08-021	2:08.28	25m	18-12-03	Heemskerk (NED)	464
10. van der Gracht Jory	87	08-021	2:08.49	25m	27-9-09	Zaandam (NED)	462
11. Meijer Arno	75	08-021	2:09.60	25m	23-2-95	Heemskerk (NED)	450
12. de Wit Stephen	93	08-021	2:09.67	25m	6-3-14	Heemskerk (NED)	450
13. Jongert Sjoerd	01	08-021	2:10.12	25m	29-10-22	Nieuwerkerk ad IJssel (NED)	445

200 vrije slag (sinds 14)

14. Crok Pieter	91	08-021	2:10.61	25m	6-3-14	Heemskerk (NED)	440
15. Tijms Stefan	93	08-021	2:13.30	25m	21-3-13	Heemskerk (NED)	414
16. Steenbergen Roderik	82	08-021	2:14.31	25m	6-10-02	Zaandam	404
17. Kuilman Joris	80	08-021	2:14.35	25m	7-5-00	Zaandam (NED)	404
18. Korzelius Ron	65	08-021	2:14.40	25m	30-11-86	Heemskerk (NED)	404
19. Kranenburg Fred	63	08-021	2:14.90	25m	16-1-83	Heemskerk (NED)	399
20. Blaauw Mica	05	08-021	2:14.97	25m	5-6-25	Heemskerk (NED)	399
21. Tamis Thijs	82	08-021	2:15.02	25m	25-4-02	Heemskerk	398
22. de Vijlder Michael	75	08-021	2:15.20	25m	6-4-97	Heemskerk (NED)	397
23. Stins Arnold	83	08-021	2:15.41	25m	7-6-03	Z.o. Beemster	395
24. Verbree John	61	08-021	2:15.60	25m	16-1-83	Heemskerk (NED)	393
25. Essers Tim	88	08-021	2:17.77	25m	2-12-12	Amstelveen (NED)	375

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. Camphuijnder Jasper	05	08-021	3:26.43	25m	20-4-25	Haarlem (NED)	429
4. van Beek Klaas	88	08-021	3:26.61	25m	22-11-09	Purmerend (NED)	428
5. Jongert Sjoerd	01	08-021	3:29.00	25m	6-10-24	Den Helder (NED)	414
6. Gaal Roel	01	08-021	3:29.38	25m	5-10-25	Purmerend (NED)	412
7. Stins Arnold	83	08-021	3:35.21	25m	29-4-04	Heemskerk (NED)	379
8. van der Gracht Jory	87	08-021	3:36.11	25m	14-10-07	Zaandam (NED)	374
9. Steenbergen Roderik	82	08-021	3:43.38	25m	29-4-04	Heemskerk (NED)	339
10. van Rookhuizen Barry	82	08-021	3:43.95	25m	29-4-04	Heemskerk (NED)	336
11. Blaauw Mica	05	08-021	3:47.34	25m	5-10-25	Purmerend (NED)	321

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. Camphuijnder Jasper	05	08-021	4:34.62	25m	20-4-25	Haarlem (NED)	461
6. Oudendijk Paul	81	08-021	4:34.87	25m	29-5-04	Z.o. Beemster	460
7. Gaal Roel	01	08-021	4:38.64	25m	5-10-25	Purmerend (NED)	441
8. van Beek Klaas	88	08-021	4:38.69	25m	4-10-09	Amsterdam-oost (NED)	441
9. van der Gracht Jory	87	08-021	4:39.01	25m	18-12-11	Zaandam (NED)	440
10. Meijer Arno	75	08-021	4:44.00	25m	29-10-95	Castricum (NED)	417
11. Jongert Sjoerd	01	08-021	4:44.94	25m	6-10-24	Den Helder (NED)	413
12. de Vijlder Michael	75	08-021	4:51.40	25m	4-4-96	Heemskerk (NED)	386
13. Stins Arnold	83	08-021	4:54.13	25m	12-6-03	Heemskerk	375
14. Tamis Thijs	82	08-021	4:54.90	25m	30-5-02	Heemskerk	372
15. Steenbergen Roderik	82	08-021	4:57.14	25m	30-5-02	Heemskerk	364
16. Verbree John	61	08-021	4:58.00	25m	14-3-81	Heemskerk (NED)	361
17. Kranenburg Fred	63	08-021	5:00.00	25m	27-2-83	Assendelft (NED)	354
18. Tijms Stefan	93	08-021	5:02.16	25m	9-2-14	Zaandam (NED)	346
19. Kramer Vincent	82	08-021	5:02.24	25m	12-6-03	Heemskerk	346
20. Schaaper Hans	68	08-021	5:03.00	25m	19-2-89	Heemskerk (NED)	343
21. Pover Peter	69	08-021	5:05.40	25m	30-6-93		335
21. Kuilman Joris	80	08-021	5:05.40	25m	31-5-01	Heemskerk (NED)	335

400 vrije slag (sinds 23)

23. Wassenaar Marcel	69	08-021	5:06.40	25m	19-2-89	Heemskerk (NED)	332
24. van Rookhuizen Barry	82	08-021	5:07.41	25m	29-4-04	Heemskerk (NED)	329
25. van der Kroft Barry	82	08-021	5:09.77	25m	30-5-02	Heemskerk	321

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. Blaauw Mica	05	08-021	30.57	25m	8-5-25	Heemskerk (NED)	384
9. Gaal Roel	01	08-021	30.68	25m	5-10-25	Purmerend (NED)	379
10. Hermans Luuk	85	08-021	31.02	25m	6-11-05	Zaandam (NED)	367
11. Schaaper Hans	68	08-021	31.20	25m	15-12-88	Heemskerk (NED)	361
12. Jongert Sjoerd	01	08-021	31.21	25m	19-10-25	Zaandam (NED)	360
13. Butter Martijn	79	08-021	31.22	25m	25-1-01	Heemskerk (NED)	360
14. Meijer Arno	75	08-021	31.80	25m	23-2-95	Heemskerk (NED)	341
14. Steenbergen Roderik	82	08-021	31.80	25m	25-4-02	Heemskerk	341
16. Kramer Vincent	82	08-021	32.25	25m	26-5-05	Heemskerk (NED)	327
17. Essers Tim	88	08-021	32.26	25m	2-12-12	Amstelveen (NED)	326
18. Pover Peter	69	08-021	32.60	25m	14-12-89	Heemskerk (NED)	316

50 rugslag (sinds 19)

18. Keessen Jeroen	67	08-021	32.60	25m	10-1-91	Heemskerk (NED)	316
20. Stins Arnold	83	08-021	32.67	25m	30-10-03	Heemskerk	314
21. Kuilman Joris	80	08-021	32.72	25m	27-1-00	Heemskerk (NED)	313
22. van der Gracht Jory	87	08-021	32.73	25m	3-3-11	Heemskerk (NED)	312
23. Tamis Thijs	82	08-021	33.22	25m	12-6-03	Heemskerk	299
24. van Rookhuizen Barry	82	08-021	33.62	25m	31-10-02	Heemskerk	288
25. Tijms Stefan	93	08-021	33.69	25m	30-1-14	Heemskerk (NED)	286

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. Blaauw Mica	05	08-021	1:05.24	25m	8-2-26	Purmerend (NED)	421
7. de Wit Stephen	93	08-021	1:05.59	25m	9-3-14	Zaandam (NED)	414
8. Jongert Sjoerd	01	08-021	1:06.01	25m	15-12-22	Heemskerk (NED)	406
9. Butter Martijn	79	08-021	1:06.17	25m	29-3-01	Heemskerk (NED)	403
10. Gaal Roel	01	08-021	1:06.45	25m	6-4-25	Purmerend (NED)	398
11. Steenbergen Roderik	82	08-021	1:06.71	25m	12-4-04	Haarlem	393
12. van Beek Klaas	88	08-021	1:07.31	25m	28-11-09	Dongen (NED)	383
13. Schaaper Hans	68	08-021	1:07.60	25m	22-1-89	Zaandam (NED)	378
14. Hermans Luuk	85	08-021	1:07.88	25m	31-3-05	Heemskerk (NED)	373
15. van der Gracht Jory	87	08-021	1:08.11	25m	30-1-11	Zaandam (NED)	370
16. Essers Tim	88	08-021	1:08.15	25m	18-12-11	Zaandam (NED)	369
17. Kramer Vincent	82	08-021	1:08.43	25m	26-2-04	Heemskerk (NED)	364
18. Meijer Arno	75	08-021	1:08.70	25m	10-12-95	Heemskerk (NED)	360
19. Kranenburg Fred	63	08-021	1:09.30	25m	12-2-84	Heemskerk (NED)	351
20. Crok Pieter	91	08-021	1:09.84	25m	12-12-13	Heemskerk (NED)	343
21. Stins Arnold	83	08-021	1:10.77	25m	26-2-04	Heemskerk (NED)	329
22. Pover Peter	69	08-021	1:10.80	25m	18-3-89		329
23. Tamis Thijs	82	08-021	1:11.98	25m	1-4-02	Haarlem	313
24. Tijms Stefan	93	08-021	1:12.00	25m	9-3-14	Zaandam (NED)	313
25. Kuilman Joris	80	08-021	1:12.21	25m	24-4-00	Haarlem (NED)	310

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. Blaauw Mica	05	08-021	2:26.62	25m	25-1-26	Purmerend (NED)	373
8. de Wit Stephen	93	08-021	2:28.67	25m	10-11-13	Zaandam (NED)	358
9. Stins Arnold	83	08-021	2:28.73	25m	25-9-03	Heemskerk (NED)	358
10. Steenbergen Roderik	82	08-021	2:29.51	25m	23-12-04	Heemskerk (NED)	352
11. Meijer Arno	75	08-021	2:30.20	25m	8-3-98	Zaandam (NED)	347
12. van der Gracht Jory	87	08-021	2:31.24	25m	13-11-11	Zaandam (NED)	340
13. Schaaper Hans	68	08-021	2:31.70	25m	30-9-89		337
14. van Beek Klaas	88	08-021	2:32.21	25m	17-1-10	Amsterdam-oost (NED)	334
15. Essers Tim	88	08-021	2:32.75	25m	14-11-10	Castricum (NED)	330

200 rugslag (sinds 16)

16. Crok Pieter	91	08-021	2:32.99	25m	10-11-13	Zaandam (NED)	329
17. Hermans Luuk	85	08-021	2:33.20	25m	12-3-06	Zaandam (NED)	327
18. Tamis Thijs	82	08-021	2:33.38	25m	31-1-02	Heemskerk	326
19. Gaal Roel	01	08-021	2:33.59	25m	29-1-23	Heemskerk (NED)	325
20. Tijms Stefan	93	08-021	2:34.10	25m	16-11-14	Zaandam (NED)	322
21. de Vijlder Michael	75	08-021	2:35.10	25m	17-3-96	Heemskerk (NED)	315
22. van der Kroft Barry	82	08-021	2:36.62	25m	10-3-02	Heemskerk	306
23. Kramer Vincent	82	08-021	2:36.92	25m	23-12-04	Heemskerk (NED)	305
24. Kuilman Joris	80	08-021	2:38.25	25m	12-3-00	Heemskerk (NED)	297
25. Pover Peter	69	08-021	2:39.70	25m	30-9-89		289

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. Hoenink 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	33.31	25m	12-1-25	Heemskerk (NED)	435
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

50 schoolslag (sinds 17)

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.	Camphuijnder Jasper	05	08-021	35.75	25m	12-1-25	Heemskerk (NED)	352
22.	van der Gracht Jory	87	08-021	35.82	25m	24-4-11	Haarlem (NED)	350
23.	van Rookhuizen Barry	82	08-021	36.22	25m	28-11-02	Heemskerk	338
24.	de Wit Stephen	93	08-021	36.45	25m	6-3-14	Heemskerk (NED)	332
25.	Blaauw Mica	05	08-021	36.71	25m	5-6-25	Heemskerk (NED)	325

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.	Blaauw Mica	05	08-021	1:19.94	25m	18-9-25	Heemskerk (NED)	336
23.	van Rookhuizen Barry	82	08-021	1:19.96	25m	7-4-02	Heemskerk	336
24.	Wassenaar Marcel	69	08-021	1:20.40	25m	19-2-89	Heemskerk (NED)	330
25.	Steenbergen Roderik	82	08-021	1:20.49	25m	16-3-03	Heemskerk	329

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

200 schoolslag (sinds 14)

14. Crok Pieter	91	08-021	2:53.21	25m	19-1-14	Zaandam (NED)	336
15. Camphuijnder Jasper	05	08-021	2:53.54	25m	15-3-26	Heemskerk (NED)	334
16. Steenbergens Roderik	82	08-021	2:54.91	25m	17-11-02	Heemskerk	326
17. Stins Arnold	83	08-021	2:55.61	25m	30-10-03	Heemskerk	322
18. Wassenaar Marcel	69	08-021	2:56.20	25m	11-3-90	Heemskerk (NED)	319
19. van Rookhuizen Barry	82	08-021	2:56.87	25m	17-11-02	Heemskerk	315
20. Blaauw Mica	05	08-021	2:57.31	25m	15-3-26	Heemskerk (NED)	313
21. van der Kroft Barry	82	08-021	2:58.36	25m	30-10-03	Heemskerk	307
22. Palmboom Pascal	89	08-021	2:58.43	25m	18-1-09	Haarlem (NED)	307
23. Essers Tim	88	08-021	2:59.22	25m	22-1-12	Zaandam (NED)	303
24. Kramer Vincent	82	08-021	2:59.35	25m	9-11-03	Zaandam	302
25. Schaaper Hans	68	08-021	3:01.20	25m	5-11-89	Heemskerk (NED)	293

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 schoolslag

25 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
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. Camphuijnder Jasper	05	08-021	27.75	25m	2-2-25	Den Helder (NED)	484
5. Gaal Roel	01	08-021	27.96	25m	2-2-25	Den Helder (NED)	473
6. Jongert Sjoerd	01	08-021	28.07	25m	27-10-24	Zaandam (NED)	468
7. van der Gracht Jory	87	08-021	28.63	25m	6-12-09	Zaandam (NED)	441
8. de Wit Stephen	93	08-021	29.05	25m	16-2-14	Purmerend (NED)	422
9. Kramer Vincent	82	08-021	29.06	25m	23-12-04	Heemskerk (NED)	422
10. Meijer Arno	75	08-021	29.18	25m	19-9-98	Amersfoort (NED)	416
11. Verbree John	61	08-021	29.30	25m	28-10-84	Egmond (NED)	411
12. Crok Pieter	91	08-021	29.52	25m	12-12-13	Heemskerk (NED)	402
13. Kuilman Joris	80	08-021	29.79	25m	16-4-00	Almelo (NED)	391
14. Schaaper Hans	68	08-021	29.80	25m	13-12-89		391
15. Hermans Luuk	85	08-021	30.08	25m	15-12-05	Heemskerk (NED)	380
16. Butter Martijn	79	08-021	30.24	25m	9-1-00	Zuidoost Beemster (NED)	374
17. van Beek Klaas	88	08-021	30.27	25m	31-5-09	Purmerend (NED)	373
18. Tamis Thijs	82	08-021	30.55	25m	19-12-02	Heemskerk	363
18. van Rookhuizen Barry	82	08-021	30.55	25m	28-4-05	Heemskerk (NED)	363
20. Essers Tim	88	08-021	30.74	25m	18-1-09	Haarlem (NED)	356
21. Blaauw Mica	05	08-021	30.91	25m	19-10-25	Zaandam (NED)	350
22. Stins Arnold	83	08-021	31.09	25m	18-12-03	Heemskerk (NED)	344
23. Keessen Jeroen	67	08-021	31.20	25m	10-1-91	Heemskerk (NED)	341
23. de Vijlder Michael	75	08-021	31.20	25m	23-1-97	Heemskerk	341
25. Gaal Koen	99	08-021	31.25	25m	21-11-21	Den Helder (NED)	339

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. Camphuijnder Jasper	05	08-021	1:01.95	25m	12-1-25	Heemskerk (NED)	467
5. van der Gracht Jory	87	08-021	1:02.84	25m	27-11-11	Heemskerk (NED)	447
6. Jongert Sjoerd	01	08-021	1:04.03	25m	22-5-22	Hoofddorp (NED)	423
7. de Wit Stephen	93	08-021	1:05.11	25m	9-3-14	Zaandam (NED)	402
8. Gaal Roel	01	08-021	1:05.26	25m	16-11-25	Purmerend (NED)	399
9. Meijer Arno	75	08-021	1:05.55	25m	13-12-98	Heemskerk (NED)	394
10. Kuilman Joris	80	08-021	1:05.67	25m	7-5-00	Zaandam (NED)	392
11. Kramer Vincent	82	08-021	1:05.70	25m	28-11-04	Heemskerk (NED)	391
12. Schaaper Hans	68	08-021	1:06.30	25m	23-2-92	Zaandam (NED)	381
13. Verbree John	61	08-021	1:07.90	25m	16-1-83	Heemskerk (NED)	355
14. Essers Tim	88	08-021	1:08.32	25m	15-11-09	Haarlem (NED)	348
15. Stins Arnold	83	08-021	1:08.51	25m	27-3-03	Heemskerk	345
16. Kranenburg Fred	63	08-021	1:09.20	25m	13-3-83	Castricum (NED)	335
17. Butter Martijn	79	08-021	1:09.41	25m	17-2-00	Heemskerk (NED)	332
18. Tamis Thijs	82	08-021	1:10.12	25m	28-2-02	Heemskerk	322
19. Blaauw Mica	05	08-021	1:10.36	25m	19-2-26	Heemskerk (NED)	319
20. van Rookhuizen Barry	82	08-021	1:10.51	25m	25-3-04	Heemskerk	317
21. Tijms Stefan	93	08-021	1:10.58	25m	12-1-14	Purmerend (NED)	316
22. Oudendijk Paul	81	08-021	1:10.59	25m	27-11-05	Heemskerk (NED)	315
23. Crok Pieter	91	08-021	1:11.90	25m	9-3-14	Zaandam (NED)	299
24. de Vijlder Michael	75	08-021	1:12.10	25m	13-3-97	Heemskerk (NED)	296
25. Palmboom Pascal	89	08-021	1:13.06	25m	15-11-09	Haarlem (NED)	285

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. Jongert Sjoerd	01	08-021	2:27.30	25m	6-4-25	Purmerend (NED)	400
4. Offringa Rick	03	08-021	2:28.74	25m	8-1-23	Haarlem (NED)	388
5. Camphuijnder Jasper	05	08-021	2:30.72	25m	16-2-25	Haarlem (NED)	373
6. Butter Martijn	79	08-021	2:36.78	25m	26-4-01	Heemskerk (NED)	331
7. Stins Arnold	83	08-021	2:40.06	25m	25-11-04	Heemskerk (NED)	312
8. Oudendijk Paul	81	08-021	2:42.05	25m	25-11-04	Heemskerk (NED)	300
9. Meijer Arno	75	08-021	2:42.80	25m	15-6-95	Heemskerk (NED)	296
10. Essers Tim	88	08-021	2:43.76	25m	14-3-10	Heemskerk (NED)	291
11. Kuilman Joris	80	08-021	2:52.03	25m	26-4-01	Heemskerk (NED)	251
12. van Rookhuizen Barry	82	08-021	2:54.99	25m	28-11-02	Heemskerk	238
13. de Vijlder Michael	75	08-021	2:55.40	25m	4-2-96	Heerhugowaard (NED)	237
14. Steenbergen Roderik	82	08-021	2:56.54	25m	27-11-03	Heemskerk (NED)	232
15. Tamis Thijs	82	08-021	2:58.09	25m	28-11-02	Heemskerk	226
16. Verbree John	61	08-021	3:03.50	25m	18-4-82		207
17. Blaauw Mica	05	08-021	3:13.98	25m	15-2-26	Haarlem (NED)	175

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)
3. Blaauw Mica	05	08-021	17:48.95	25m	15-2-26	Haarlem (NED)

75 wisselslag**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	1:03.79	25m	8-5-25	Heemskerk (NED)	490
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	Hoom (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
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. Blaauw Mica	05	08-021	1:09.23	25m	8-5-25	Heemskerk (NED)	383
21. Kuilman Joris	80	08-021	1:09.53	25m	26-4-01	Heemskerk (NED)	378
22. Tamis Thijs	82	08-021	1:09.55	25m	24-3-02	Heemstede	378
23. Hermans Luuk	85	08-021	1:09.70	25m	29-9-05	Heemskerk (NED)	375
24. Steenbergen Roderik	82	08-021	1:10.25	25m	26-9-02	Heemskerk	367
25. Stins Arnold	83	08-021	1:10.28	25m	25-9-03	Heemskerk (NED)	366

150 wisselslag**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. Blaauw Mica	05	08-021	2:30.68	25m	15-3-26	Heemskerk (NED)	385
15. Schaaper Hans	68	08-021	2:31.20	25m	7-2-88	Heemskerk (NED)	381
16. Essers Tim	88	08-021	2:31.21	25m	9-4-12	Haarlem (NED)	381
17. Kranenburg Fred	63	08-021	2:32.00	25m	11-12-83	Heemskerk (NED)	375
18. Kramer Vincent	82	08-021	2:32.62	25m	28-4-05	Heemskerk (NED)	370
19. Korzelius Ron	65	08-021	2:33.10	25m	21-5-87	Heemskerk (NED)	367
20. Kuilman Joris	80	08-021	2:33.14	25m	26-10-00	Heemskerk (NED)	366

200 wisselslag (sinds 21)

21. Hermans Luuk	85	08-021	2:33.62	25m	19-3-06	Heemskerk (NED)	363
22. Steenbergen Roderik	82	08-021	2:34.85	25m	30-1-03	Heemskerk	354
23. Keessen Jeroen	67	08-021	2:35.50	25m	25-11-90	Heemskerk (NED)	350
24. Verbree John	61	08-021	2:37.20	25m	22-3-81	Wieringerwerf (NED)	339
25. de Vijlder Michael	75	08-021	2:37.40	25m	6-4-97	Heemskerk (NED)	337

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. Blaauw Mica	05	08-021	6:06.65	25m	12-1-25	Heemskerk (NED)	264
12. Goverde Ad	59	08-021	6:24.90	25m	3-4-82	Heemskerk (NED)	229