

25 - 29 jaar, Heren, Lange baan (50m)

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****50 vrije slag**

1. Gaal Roel	01	08-021	25.92	50m	14-6-26	Bückeberg (GER)	524
2. Jongert Jeroen	96	08-021	26.42	50m	2-6-24	Amsterdam (NED)	495
3. van der Gracht Jory	87	08-021	27.41	50m	17-5-14	Beverwijk (NED)	443
4. Butter Martijn	79	08-021	27.45	50m	21-5-05	Beverwijk (NED)	442
5. Oudendijk Paul	81	08-021	27.73	50m	21-4-07	Eindhoven (NED)	428
6. Jongert Sjoerd	01	08-021	27.87	50m	14-6-26	Bückeberg (GER)	422
7. Tijms Stefan	93	08-021	28.37	50m	17-6-18	Bückeberg (GER)	400
8. Palmboom Pascal	89	08-021	28.42	50m	27-5-17	Alkmaar (NED)	398
9. Essers Tim	88	08-021	30.05	50m	21-6-14	Beverwijk (NED)	336

**100 vrije slag**

1. Gaal Roel	01	08-021	55.28	50m	14-6-26	Bückeberg (GER)	611
2. Jongert Jeroen	96	08-021	57.64	50m	14-5-22	Amsterdam (NED)	539
3. Butter Martijn	79	08-021	59.07	50m	22-4-06	Kampen (NED)	500
4. Gaal Koen	99	08-021	59.59	50m	9-6-24	Bückeberg (GER)	487
5. van der Gracht Jory	87	08-021	1:00.50	50m	25-3-12	Beverwijk (NED)	466
6. Oudendijk Paul	81	08-021	1:00.66	50m	14-5-06	Beverwijk (NED)	462
7. Tijms Stefan	93	08-021	1:02.16	50m	6-9-18	Kranj (SLO)	429
8. Jongert Sjoerd	01	08-021	1:02.92	50m	14-6-26	Bückeberg (GER)	414
9. Glorie Daan	88	08-021	1:09.19	50m	5-3-17	Alkmaar (NED)	311
10. Essers Tim	88	08-021	1:09.29	50m	15-6-13	Beverwijk (NED)	310
11. Palmboom Pascal	89	08-021	1:09.43	50m	20-6-15	Beverwijk (NED)	308

**200 vrije slag**

1. Butter Martijn	79	08-021	2:11.22	50m	21-4-07	Eindhoven (NED)	469
2. Gaal Roel	01	08-021	2:11.39	50m	13-6-26	Bückeberg (GER)	467
3. Oudendijk Paul	81	08-021	2:14.10	50m	20-5-07	Beverwijk (NED)	440
4. Gaal Koen	99	08-021	2:15.78	50m	21-6-25	Bückeberg (GER)	423
5. van der Gracht Jory	87	08-021	2:15.99	50m	4-5-12	Eindhoven (NED)	421
6. Jongert Jeroen	96	08-021	2:16.65	50m	15-5-22	Amsterdam (NED)	415
7. Tijms Stefan	93	08-021	2:22.94	50m	16-6-18	Bückeberg (GER)	363
8. Glorie Daan	88	08-021	2:25.44	50m	5-3-17	Alkmaar (NED)	344

**250 vrije slag**

**300 vrije slag**

1. Butter Martijn	79	08-021	3:29.48	50m	24-5-08	Beverwijk (NED)	454
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**400 vrije slag**

1. Butter Martijn	79	08-021	4:41.68	50m	24-5-08	Beverwijk (NED)	476
2. van der Gracht Jory	87	08-021	4:53.13	50m	30-6-13	Eindhoven (NED)	423
3. Oudendijk Paul	81	08-021	4:58.39	50m	29-5-10	Beverwijk (NED)	401
4. Glorie Daan	88	08-021	5:01.45	50m	5-3-17	Alkmaar (NED)	389

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

1. Butter Martijn	79	08-021	9:56.21	50m	19-1-08	Eindhoven (NED)	436
2. Glorie Daan	88	08-021	10:18.89	50m	5-3-17	Alkmaar (NED)	389

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

1. Butter Martijn	79	08-021	19:35.93	50m	22-4-07	Eindhoven (NED)	406
2. Glorie Daan	88	08-021	19:36.20	50m	5-3-17	Alkmaar (NED)	406

**2000 vrije slag**

1. Oudendijk Paul	81	08-021	32:43.72	50m	28-4-09	Zwaag (NED)	206
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**2500 vrije slag****3000 vrije slag**

1. Oudendijk Paul	81	08-021	49:33.40	50m	28-4-09	Zwaag (NED)	201
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**4000 vrije slag****5000 vrije slag**

1. Oudendijk Paul	81	08-021	1:23:27.47	50m	28-4-09	Zwaag (NED)	194
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**6000 vrije slag****6500 vrije slag****10000 vrije slag**

1. Oudendijk Paul	81	08-021	2:50:22.37	50m	28-4-09	Zwaag (NED)	
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**20000 vrije slag**

**22000 vrije slag****25 rugslag****50 rugslag**

1. Oudendijk Paul	81	08-021	29.88	50m	14-5-06	Beverwijk (NED)	520
2. Jongert Jeroen	96	08-021	30.80	50m	14-5-22	Amsterdam (NED)	475
3. Butter Martijn	79	08-021	32.02	50m	19-4-08	Kampen (NED)	423
4. Gaal Koen	99	08-021	32.56	50m	21-6-25	Bückeburg (GER)	402
5. Gaal Roel	01	08-021	32.75	50m	13-6-26	Bückeburg (GER)	395
6. van der Gracht Jory	87	08-021	33.36	50m	7-12-13	Beverwijk (NED)	374
7. Tijms Stefan	93	08-021	34.26	50m	7-9-18	Kranj (SLO)	345

**100 rugslag**

1. Oudendijk Paul	81	08-021	1:05.10	50m	12-5-07	Beverwijk (NED)	505
2. Jongert Jeroen	96	08-021	1:05.30	50m	26-5-24	Amsterdam (NED)	500
3. Gaal Koen	99	08-021	1:09.01	50m	8-6-24	Bückeburg (GER)	424
4. van der Gracht Jory	87	08-021	1:11.79	50m	5-7-14	Eindhoven (NED)	376
5. Butter Martijn	79	08-021	1:13.24	50m	21-5-05	Beverwijk (NED)	354
6. Essers Tim	88	08-021	1:14.68	50m	16-6-13	Beverwijk (NED)	334

**200 rugslag**

1. Oudendijk Paul	81	08-021	2:19.02	50m	20-5-07	Beverwijk (NED)	521
2. Jongert Jeroen	96	08-021	2:25.05	50m	10-4-22	Antwerpen (BEL)	459
3. Gaal Koen	99	08-021	2:31.30	50m	8-6-24	Bückeburg (GER)	404
4. Butter Martijn	79	08-021	2:34.77	50m	25-5-08	Beverwijk (NED)	378
5. Essers Tim	88	08-021	2:45.35	50m	6-4-14	Amersfoort (NED)	310

**500 rugslag****25 schoolslag****50 schoolslag**

1. Oudendijk Paul	81	08-021	32.83	50m	24-5-09	Beverwijk (NED)	493
2. Butter Martijn	79	08-021	34.98	50m	19-4-08	Kampen (NED)	408
3. Gaal Koen	99	08-021	35.85	50m	9-6-24	Bückeburg (GER)	379
4. Palmboom Pascal	89	08-021	35.93	50m	27-5-17	Alkmaar (NED)	376
5. Jongert Sjoerd	01	08-021	36.90	50m	14-6-26	Bückeburg (GER)	347
6. van der Gracht Jory	87	08-021	37.33	50m	5-7-14	Eindhoven (NED)	335
7. Tijms Stefan	93	08-021	37.70	50m	17-6-18	Buckeburg (GER)	326

**100 schoolslag**

1. Oudendijk Paul	81	08-021	1:12.06	50m	24-5-08	Beverwijk (NED)	498
2. Gaal Koen	99	08-021	1:20.06	50m	21-6-25	Bückeberg (GER)	363
3. Jongert Sjoerd	01	08-021	1:20.95	50m	13-6-26	Bückeberg (GER)	351
4. van der Gracht Jory	87	08-021	1:22.16	50m	20-6-15	Beverwijk (NED)	336
5. Tijms Stefan	93	08-021	1:22.95	50m	16-6-18	Buckeberg (GER)	326
6. Palmboom Pascal	89	08-021	1:26.44	50m	20-6-15	Beverwijk (NED)	288
7. Essers Tim	88	08-021	1:32.64	50m	6-4-14	Amersfoort (NED)	234

**200 schoolslag**

1. Oudendijk Paul	81	08-021	2:38.11	50m	17-5-08	Beverwijk (NED)	514
2. Gaal Koen	99	08-021	3:02.69	50m	14-6-26	Bückeberg (GER)	333

**250 schoolslag****500 schoolslag****800 schoolslag****1000 schoolslag****1250 schoolslag****1500 schoolslag****2000 schoolslag****2500 schoolslag****3000 schoolslag****4000 schoolslag****5000 schoolslag****25 vlinderslag****50 vlinderslag**

1. Jongert Jeroen	96	08-021	27.47	50m	15-1-23	Alkmaar (NED)	544
2. Gaal Roel	01	08-021	28.63	50m	13-6-26	Bückeberg (GER)	480
3. van der Gracht Jory	87	08-021	28.67	50m	19-5-12	Beverwijk (NED)	478
4. Jongert Sjoerd	01	08-021	29.63	50m	13-6-26	Bückeberg (GER)	433
5. Oudendijk Paul	81	08-021	32.27	50m	22-4-07	Eindhoven (NED)	335
6. Butter Martijn	79	08-021	32.77	50m	22-4-07	Eindhoven (NED)	320

**100 vlinderslag**

1. Jongert Jeroen	96	08-021	1:02.43	50m	4-5-24	Eindhoven (NED)	508
2. van der Gracht Jory	87	08-021	1:05.59	50m	29-6-13	Eindhoven (NED)	438
3. Jongert Sjoerd	01	08-021	1:07.33	50m	13-6-26	Bückerburg (GER)	405
4. Essers Tim	88	08-021	1:10.91	50m	16-6-13	Beverwijk (NED)	346
5. Oudendijk Paul	81	08-021	1:13.06	50m	6-8-06	Palo Alto (USA)	317
6. Palmboom Pascal	89	08-021	1:17.66	50m	22-6-14	Beverwijk (NED)	264

**200 vlinderslag**

1. van der Gracht Jory	87	08-021	2:33.00	50m	4-5-13	Eindhoven (NED)	387
2. Glorie Daan	88	08-021	2:43.48	50m	5-3-17	Alkmaar (NED)	317
3. Jongert Sjoerd	01	08-021	2:48.05	50m	8-3-26	Alkmaar (NED)	292
4. Essers Tim	88	08-021	2:57.37	50m	6-4-14	Amersfoort (NED)	248

**1000 vlinderslag****75 wisselslag****100 wisselslag****150 wisselslag****200 wisselslag**

1. Oudendijk Paul	81	08-021	2:26.29	50m	22-4-07	Eindhoven (NED)	473
2. Jongert Jeroen	96	08-021	2:28.71	50m	21-6-25	Bückerburg (GER)	450
3. van der Gracht Jory	87	08-021	2:31.98	50m	12-5-12	Beverwijk (NED)	422
4. Butter Martijn	79	08-021	2:35.82	50m	22-4-07	Eindhoven (NED)	391
5. Jongert Sjoerd	01	08-021	2:37.59	50m	8-3-26	Alkmaar (NED)	378

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

1. Oudendijk Paul	81	08-021	5:16.04	50m	6-8-06	Palo Alto (USA)	459
2. van der Gracht Jory	87	08-021	5:40.56	50m	13-3-16	Alkmaar (NED)	367