

30 - 34 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. Oudendijk Paul	81	08-021	27.28	50m	11-5-13	Beverwijk (NED)	450
2. van der Gracht Jory	87	08-021	28.24	50m	27-5-17	Alkmaar (NED)	405
3. Butter Martijn	79	08-021	28.44	50m	18-3-12	Amersfoort (NED)	397
4. Meijer Arno	75	08-021	29.68	50m	5-8-06	Palo Alto (USA)	349
5. Palmboom Pascal	89	08-021	29.80	50m	30-11-19	Beverwijk (NED)	345
6. Stins Arnold	83	08-021	30.76	50m	6-4-14	Amersfoort (NED)	314
7. van Rookhuizen Barry	82	08-021	32.16	50m	6-4-14	Amersfoort (NED)	274
8. Bokelaar Martijn	80	08-021	37.45	50m	27-3-10	Amersfoort (NED)	174

**100 vrije slag**

1. Butter Martijn	79	08-021	59.22	50m	18-4-09	Kampen (NED)	497
2. Jongert Jeroen	96	08-021	1:01.04	50m	14-6-26	Büккеburg (GER)	453
3. van der Gracht Jory	87	08-021	1:01.41	50m	20-5-17	Alkmaar (NED)	445
4. Meijer Arno	75	08-021	1:04.59	50m	5-8-06	Palo Alto (USA)	383
5. Zonneveld Jeroen	78	08-021	1:21.14	50m	23-9-12	Alkmaar (NED)	193

**200 vrije slag**

1. Butter Martijn	79	08-021	2:10.85	50m	24-5-09	Beverwijk (NED)	473
2. van der Gracht Jory	87	08-021	2:18.14	50m	28-5-17	Alkmaar (NED)	402

**250 vrije slag****300 vrije slag**

1. Butter Martijn	79	08-021	3:28.34	50m	9-5-09	Eindhoven (NED)	461
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**400 vrije slag**

1. Butter Martijn	79	08-021	4:39.23	50m	9-5-09	Eindhoven (NED)	489
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**500 vrije slag****800 vrije slag**

1. Butter Martijn	79	08-021	9:43.32	50m	9-5-09	Eindhoven (NED)	465
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**1000 vrije slag****1250 vrije slag****1500 vrije slag****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****50 rugslag**

1. Oudendijk Paul	81	08-021	31.50	50m	13-5-12	Beverwijk (NED)	444
2. Jongert Jeroen	96	08-021	32.49	50m	13-6-26	Bückebug (GER)	405
3. Butter Martijn	79	08-021	33.40	50m	9-5-09	Eindhoven (NED)	372
4. Bokelaar Martijn	80	08-021	45.95	50m	27-3-10	Amersfoort (NED)	143

**100 rugslag**

1. Oudendijk Paul	81	08-021	1:07.78	50m	3-5-13	Eindhoven (NED)	447
2. Butter Martijn	79	08-021	1:09.03	50m	9-5-09	Eindhoven (NED)	423
3. Jongert Jeroen	96	08-021	1:09.08	50m	13-6-26	Bückebug (GER)	422
4. Stins Arnold	83	08-021	1:19.95	50m	6-4-14	Amersfoort (NED)	272

**200 rugslag**

1. Oudendijk Paul	81	08-021	2:25.62	50m	4-5-13	Eindhoven (NED)	454
2. Butter Martijn	79	08-021	2:29.17	50m	18-4-09	Kampen (NED)	422
3. Stins Arnold	83	08-021	2:58.57	50m	6-4-14	Amersfoort (NED)	246

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

1. Butter Martijn	79	08-021	34.57	50m	18-4-09	Kampen (NED)	422
2. Oudendijk Paul	81	08-021	36.90	50m	4-5-13	Eindhoven (NED)	347
3. Palmboom Pascal	89	08-021	37.13	50m	30-11-19	Beverwijk (NED)	341

**100 schoolslag**

1. Oudendijk Paul	81	08-021	1:16.68	50m	19-5-12	Beverwijk (NED)	413
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**200 schoolslag**

1. Oudendijk Paul	81	08-021	2:48.36	50m	14-5-11	Beverwijk (NED)	425
2. Zonneveld Jeroen	78	08-021	3:35.67	50m	23-9-12	Alkmaar (NED)	202

**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	28.97	50m	13-6-26	Bückerburg (GER)	464
2. van der Gracht Jory	87	08-021	29.75	50m	21-5-17	Alkmaar (NED)	428
3. Meijer Arno	75	08-021	31.04	50m	6-8-06	Palo Alto (USA)	377
4. van Rookhuizen Barry	82	08-021	33.02	50m	6-4-14	Amersfoort (NED)	313
5. Oudendijk Paul	81	08-021	33.28	50m	2-9-13	Eindhoven (NED)	306
6. Butter Martijn	79	08-021	33.50	50m	7-5-11	Eindhoven (NED)	300

**100 vlinderslag**

1. Jongert Jeroen	96	08-021	1:06.20	50m	13-6-26	Bückerburg (GER)	426
2. van der Gracht Jory	87	08-021	1:08.39	50m	20-5-17	Alkmaar (NED)	386
3. Butter Martijn	79	08-021	1:12.45	50m	16-4-11	Kampen (NED)	325

**200 vlinderslag**

1. Butter Martijn	79	08-021	2:52.29	50m	18-3-12	Amersfoort (NED)	271
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**1000 vlinderslag****75 wisselslag****100 wisselslag****150 wisselslag****200 wisselslag**

1. Oudendijk Paul	81	08-021	2:29.36	50m	3-5-13	Eindhoven (NED)	444
2. Jongert Jeroen	96	08-021	2:31.82	50m	13-6-26	Bückerburg (GER)	423
3. Butter Martijn	79	08-021	2:35.18	50m	7-5-11	Eindhoven (NED)	396
4. van der Gracht Jory	87	08-021	2:36.78	50m	27-5-17	Alkmaar (NED)	384

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

1. Butter Martijn	79	08-021	5:34.23	50m	16-4-11	Kampen (NED)	388
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