18 jaar, Heren 1-1-1900-31-7-2027

15m vlinderslag benen onderwater

25m vrije slag met koprol

25m rugslag start

50m borstcrawl benen

100m borstcrawl benen

25 vrije slag

1.	Kleijne Barry	93	08-021	12.14	25m	30-6-11	Heemskerk (NED)	425
2.	Meijer Arno	75	08-021	12.30	25m	17-6-93	Heemskerk (NED)	408
2.	Butter Martijn	79	08-021	12.30	25m	13-3-97	Heemskerk (NED)	408
4.	Stins Arnold	83	08-021	12.56	25m	29-3-01	Heemskerk (NED)	384
5.	van Rookhuizen Barry	82	08-021	12.63	25m	4-5-00	Heemskerk (NED)	377
6.	de Ruijter Richard	88	08-021	12.75	25m	27-4-06	Heemskerk	367
7.	Glorie Daan	88	08-021	12.89	25m	27-4-06	Heemskerk	355
8.	Kramer Vincent	82	08-021	13.04	25m	4-5-00	Heemskerk (NED)	343
9.	Pover Peter	69	08-021	13.10	25m	17-12-87	Heemskerk (NED)	338
10.	Steenbergen Roderik	82	08-021	13.15	25m	4-5-00	Heemskerk (NED)	334
11.	Tijms Stefan	93	08-021	13.21	25m	30-6-11	Heemskerk (NED)	330
12.	Stam Daniël	79	08-021	13.30	25m	13-3-97	Heemskerk (NED)	323
13.	Oudendijk Paul	81	08-021	13.35	25m	25-3-99	Heemskerk (NED)	319
14.	Palmboom Pascal	89	08-021	13.47	25m	19-4-07	Heemskerk (NED)	311
15.	van der Bunt Raymond	73	08-021	13.50	25m	16-5-91	Heemskerk (NED)	309
16.	Wassenaar Marcel	69	08-021	13.80	25m	17-12-87	Heemskerk (NED)	289
17.	de Boer Daniël	77	08-021	14.10	25m	27-4-95	Heemskerk (NED)	271
17.	Beentjes Bastiaan	78	08-021	14.10	25m	14-3-96	Heemskerk (NED)	271
19.	Bal Chester	78	08-021	14.20	25m	14-3-96	Heemskerk (NED)	265
20.	Krijger Jan-Willem	81	08-021	14.24	25m	25-3-99	Heemskerk (NED)	263
21.	Zonneveld Jeroen	78	08-021	14.80	25m	14-3-96	Heemskerk (NED)	234
22.	Essers Tim	88	08-021	16.67	25m	27-4-06	Heemskerk	164

50 vrije slag

1.	Gaal Roel	01	08-021	24.86	25m	24-11-19	Hoofddorp (NED)	541
2.	Kleijne Barry	93	08-021	25.42	25m	6-10-11	Heemskerk (NED)	506
3.	Kerkhof Arno	72	08-021	25.90	25m	31-5-90	Heemskerk (NED)	478
4.	Crok Pieter	91	08-021	26.09	25m	23-4-09	Heemskerk (NED)	468
5.	Butter Martijn	79	08-021	26.10	25m	6-11-97	Heemskerk (NED)	467
6.	Offringa Rick	03	08-021	26.13	25m	7-10-21	Heemskerk (NED)	466
7.	Camphuijnder Jasper	05	08-021	26.23	25m	25-6-23	Rotterdam (NED)	460
8.	Jongert Sjoerd	01	08-021	26.29	25m	24-11-19	Hoofddorp (NED)	457
9.	van de Poll Kevin	86	08-021	26.32	25m	29-1-04	Heemskerk (NED)	456
10.	Meijer Arno	75	08-021	26.50	25m	11-3-93	Heemskerk (NED)	446
11.	Di Mattia Angelo	97	08-021	26.59	25m	15-2-15	Purmerend (NED)	442
12.	Kranenburg Fred	63	08-021	26.60	25m	5-4-81	Heemskerk (NED)	441
12.	de Wit Stephen	93	08-021	26.60	25m	6-10-11	Heemskerk (NED)	441
14.	van Rookhuizen Barry	82	08-021	26.67	25m	26-10-00	Heemskerk (NED)	438

50 vrije slag (sinds 15)

14.	Oortwijn Kalle	05	08-021	26.67	25m	21-1-23	Hoofddorp (NED)	438
16.	Korzelius Ron	65	08-021	27.10	25m	11-12-83	Heemskerk (NED)	417
17.	Kuijper Alex	08	08-021	27.23	25m	12-4-26	Purmerend (NED)	411
18.	Glorie Daan	88	08-021	27.28	25m	30-12-06	Maastricht (NED)	409
19.	Verbree John	61	08-021	27.30	25m	16-12-79	(NED)	408
20.	Oudendijk Paul	81	08-021	27.38	25m	4-11-99	Heemskerk (NED)	405
21.	Palmboom Pascal	89	08-021	27.40	25m	8-4-07	Haarlem (NED)	404
22.	Stins Arnold	83	08-021	27.44	25m	18-3-01	Zaandam (NED)	402
23.	Kramer Vincent	82	08-021	27.49	25m	3-12-00	Zaandam (NED)	400
24.	de Ruijter René	86	08-021	27.67	25m	29-1-04	Heemskerk (NED)	392
25.	Gaal Koen	99	08-021	27.70	25m	9-11-17	Heemskerk (NED)	391

100 vrije slag

1.	Gaal Roel	01	08-021	54.58	25m	13-10-19	Heemskerk (NED)	558
2.	Offringa Rick	03	08-021	55.57	25m	31-10-21	Heemskerk (NED)	528
3.	Jongert Sjoerd	01	08-021	56.14	25m	24-3-19	Purmerend (NED)	512
4.	Kleijne Barry	93	08-021	56.69	25m	27-11-11	Heemskerk (NED)	498
5.	Butter Martijn	79	08-021	56.90	25m	1-5-97	Heemskerk (NED)	492
6.	Camphuijnder Jasper	05	08-021	57.02	25m	26-11-23	Hoofddorp (NED)	489
7.	Kerkhof Arno	72	08-021	57.30	25m	31-5-90	Heemskerk (NED)	482
8.	Crok Pieter	91	08-021	57.68	25m	15-3-09	Haarlem (NED)	472
9.	Hogenstijn Peter	84	08-021	58.26	25m	8-12-02	Heemskerk	458
10.	Meijer Arno	75	08-021	58.50	25m	12-12-93	Heemskerk (NED)	453
11.	Glorie Daan	88	08-021	58.54	25m	29-12-06	Maastricht (NED)	452
12.	van de Poll Kevin	86	08-021	59.01	25m	21-3-04	Heemstede	441
13.	de Wit Stephen	93	08-021	59.02	25m	27-11-11	Heemskerk (NED)	441
14.	Di Mattia Angelo	97	08-021	59.19	25m	8-1-15	Heemskerk (NED)	437
15.	Kranenburg Fred	63	08-021	59.30	25m	19-12-81	Hilversum (NED)	435
15.	Kuilman Joris	80	08-021	59.30	25m	12-4-98	Haarlem (NED)	435
17.	van Rookhuizen Barry	82	08-021	59.72	25m	7-5-00	Zaandam (NED)	426
18.	Stins Arnold	83	08-021	1:00.09	25m	9-12-01	Heemskerk	418
19.	Oortwijn Kalle	05	08-021	1:00.13	25m	2-2-23	Heemskerk (NED)	417
20.	Steenbergen Roderik	82	08-021	1:00.14	25m	11-6-00	Haarlem (NED)	417
21.	Kramer Vincent	82	08-021	1:00.15	25m	23-4-00	Haarlem (NED)	417
22.	Kuijper Alex	08	08-021	1:00.16	25m	27-9-26	Alkmaar (NED)	416
23.	Hermans Luuk	85	08-021	1:00.36	25m	5-10-03	Heemskerk (NED)	412
24.	de Ruijter Richard	88	08-021	1:00.52	25m	19-3-06	Heemskerk (NED)	409
25.	Tijms Stefan	93	08-021	1:00.58	25m	12-6-11	Purmerend (NED)	408

200 vrije slag

1.	Gaal Roel	01	08-021	1:58.67	25m	23-11-19	Hoofddorp (NED)	587
2.	Hogenstijn Peter	84	08-021	2:04.71	25m	17-11-02	Heemskerk	505
3.	Butter Martijn	79	08-021	2:05.00	25m	26-10-97	Heemskerk (NED)	502
4.	Kleijne Barry	93	08-021	2:06.39	25m	13-11-11	Zaandam (NED)	485
5.	Crok Pieter	91	08-021	2:06.71	25m	15-3-09	Haarlem (NED)	482
6.	Glorie Daan	88	08-021	2:07.69	25m	12-3-06	Zaandam (NED)	471
7.	Jongert Sjoerd	01	08-021	2:09.54	25m	7-3-19	Heemskerk (NED)	451
8.	Stins Arnold	83	08-021	2:10.89	25m	18-11-01	Heemskerk	437
9.	Meijer Arno	75	08-021	2:10.90	25m	28-11-93	Heemskerk (NED)	437
10.	Kuilman Joris	80	08-021	2:11.51	25m	17-12-98	Heemskerk (NED)	431
11.	de Wit Stephen	93	08-021	2:12.53	25m	13-11-11	Zaandam (NED)	421

200 vrije slag (sinds 12)

12.	Oudendijk Paul	81	08-021	2:14.39	25m	25-11-99	Heemskerk	404
13.	Tijms Stefan	93	08-021	2:14.55	25m	12-6-11	Purmerend (NED)	402
14.	van der Gracht Jory	87	08-021	2:14.72	25m	26-5-05	Heemskerk (NED)	401
15.	Gaal Koen	99	08-021	2:14.96	25m	16-3-17	Heemskerk (NED)	399
16.	Steenbergen Roderik	82	08-021	2:15.17	25m	16-4-00	Zaandam (NED)	397
17.	Plokker Robert	65	08-021	2:15.60	25m	16-1-83	Heemskerk (NED)	393
18.	Korzelius Ron	65	08-021	2:15.80	25m	16-1-83	Heemskerk (NED)	391
19.	Camphuijnder Jasper	05	08-021	2:15.88	25m	30-3-23	Heemskerk (NED)	391
20.	Kranenburg Fred	63	08-021	2:16.00	25m	8-2-81	Sassenheim (NED)	390
21.	Tamis Thijs	82	08-021	2:17.44	25m	19-11-00	Zaandam (NED)	377
22.	van Rookhuizen Barry	82	08-021	2:19.00	25m	19-11-00	Zaandam (NED)	365
23.	Groen Jarno	01	08-021	2:19.17	25m	6-10-19	Purmerend (NED)	364
24.	Kramer Vincent	82	08-021	2:19.68	25m	16-4-00	Zaandam (NED)	360
25.	Kuijper Alex	08	08-021	2:19.74	25m	21-5-26	Heemskerk (NED)	359

250 vrije slag

300 vrije slag

1.	Crok Pieter	91	08-021	3:28.57	25m	12-4-09	Haarlem (NED)	416
2.	van de Poll Kevin	86	08-021	3:33.37	25m	29-4-04	Heemskerk (NED)	389
3.	Tijms Stefan	93	08-021	3:37.54	25m	24-4-11	Haarlem (NED)	367
4.	Camphuijnder Jasper	05	08-021	3:40.37	25m	1-10-23	Den Helder (NED)	353
5.	Butter Joris	86	08-021	3:49.37	25m	29-4-04	Heemskerk (NED)	313
6.	Kuijper Alex	08	08-021	3:50.01	25m	5-4-26	Haarlem (NED)	310
7.	Hoenink Jarl	86	08-021	3:52.45	25m	29-4-04	Heemskerk (NED)	301
8.	de Wit Matthew	97	08-021	4:12.18	25m	29-1-15	Amsterdam (NED)	235
9.	de Ruijter René	86	08-021	4:15.01	25m	29-4-04	Heemskerk (NED)	228
10.	Oortwijn Bjarne	07	08-021	4:38.38	25m	20-4-25	Haarlem (NED)	175

400 vrije slag

1.	Butter Martijn	79	08-021	4:27.90	25m	26-10-97	Heemskerk (NED)	497
2.	Hogenstijn Peter	84	08-021	4:39.39	25m	30-5-02	Heemskerk	438
3.	Crok Pieter	91	08-021	4:40.52	25m	12-4-09	Haarlem (NED)	433
4.	Stins Arnold	83	08-021	4:42.76	25m	31-5-01	Heemskerk (NED)	422
5.	Glorie Daan	88	08-021	4:43.37	25m	15-6-06	Heemskerk (NED)	420
6.	Kleijne Barry	93	08-021	4:44.29	25m	16-10-11	Zaandam (NED)	416
7.	van de Poll Kevin	86	08-021	4:45.06	25m	29-4-04	Heemskerk (NED)	412
8.	Meijer Arno	75	08-021	4:47.50	25m	17-1-93	Zaandam	402
9.	van der Gracht Jory	87	08-021	4:51.73	25m	28-4-05	Heemskerk (NED)	385
10.	Kuilman Joris	80	08-021	4:52.10	25m	19-3-98	Heemskerk (NED)	383
11.	Tijms Stefan	93	08-021	4:52.54	25m	24-4-11	Haarlem (NED)	381
12.	Camphuijnder Jasper	05	08-021	4:53.14	25m	1-10-23	Den Helder (NED)	379
13.	Oudendijk Paul	81	08-021	4:56.29	25m	28-2-99	Zaandam (NED)	367
14.	Steenbergen Roderik	82	08-021	4:57.28	25m	25-5-00	Heemskerk (NED)	363
15.	Kranenburg Fred	63	08-021	4:57.40	25m	14-3-81	Heemskerk (NED)	363
16.	Korzelius Ron	65	08-021	5:00.40	25m	27-2-83	Assendelft (NED)	352
17.	Kuijper Alex	08	08-021	5:03.32	25m	4-10-26	Purmerend (NED)	342
18.	de Vijlder Michael	75	08-021	5:07.60	25m	30-6-93		328
19.	van Rookhuizen Barry	82	08-021	5:11.70	25m	25-5-00	Heemskerk (NED)	315
20.	Butter Joris	86	08-021	5:12.23	25m	29-4-04	Heemskerk (NED)	314
21.	Hoenink Jarl	86	08-021	5:12.66	25m	29-4-04	Heemskerk (NED)	312

400 vrije slag (sinds 22)

22.	Tamis Thijs	82	08-021	5:14.43	25m	5-11-00	Zaandam (NED)	307
23.	Kramer Vincent	82	08-021	5:16.70	25m	25-5-00	Heemskerk (NED)	301
24.	Zwaan Bas	76	08-021	5:17.50	25m	16-1-94	Heemskerk	298
25.	Woudsma Stefan	00	08-021	5:19.48	50m	18-2-18	Alkmaar (NED)	326

500 vrije slag

800 vrije slag

1.	Butter Martijn	79	08-021	9:17.50	25m	23-2-97	Zaandam (NED)	503
2.	Kleijne Barry	93	08-021	9:36.89	25m	16-10-11	Zaandam (NED)	454
3.	Glorie Daan	88	08-021	9:41.87	25m	22-10-06	Zaandam (NED)	442
4.	Stins Arnold	83	08-021	9:58.83	25m	16-9-01	Zaandam (NED)	406
5.	Crok Pieter	91	08-021	10:02.12	25m	1-3-09	Zaandam (NED)	399
6.	Kerkhof Arno	72	08-021	10:05.00	25m	22-4-90	Heemstede (NED)	393
7.	van der Gracht Jory	87	08-021	10:12.64	25m	1-5-05	Zaandam (NED)	379
8.	Oudendijk Paul	81	08-021	10:13.76	25m	24-10-99	Zaandam (NED)	377
9.	Steenbergen Roderik	82	08-021	10:25.50	25m	5-11-00	Zaandam (NED)	356
10.	Kuilman Joris	80	08-021	10:29.80	25m	29-3-98	Heemstede (NED)	349
11.	Tamis Thijs	82	08-021	10:29.97	25m	5-11-00	Zaandam (NED)	348
12.	Tijms Stefan	93	08-021	10:48.53	25m	13-2-11	Zaandam (NED)	319
13.	Woudsma Stefan	00	08-021	11:07.37	50m	18-2-18	Alkmaar (NED)	310
14.	Hoenink Jarl	86	08-021	11:23.35	25m	17-10-04	Zaandam (NED)	273
15.	Kramer Vincent	82	08-021	11:29.79	25m	5-11-00	Zaandam (NED)	265
16.	de Wit Matthew	97	08-021	12:17.28	25m	18-10-15	Zaandam (NED)	217

1000 vrije slag

1.	Glorie Daan	88	08-021	12:44.94	OW	8-7-06	Oss (NED)
2.	Tijms Stefan	93	08-021	13:22.88	OW	2-7-11	Appeltern (NED)
3.	Wolf Gert Jan	65	08-021	16:03.00	OW	30-6-83	Amstelveen (NED)
4.	Zwaan Bas	76	08-021	22:33.70	OW	4-9-94	Amsterdam (NED)

1250 vrije slag

1.	Tijms Stefan	93	08-021	15:32.19	OW	19-8-11	Leiden (NED)

1500 vrije slag

1.	Butter Martijn	79	08-021	17:37.40	25m	23-2-97	Zaandam (NED)	515
2.	Glorie Daan	88	08-021	18:27.32	25m	3-12-06	Zaandam (NED)	449
3.	Kleijne Barry	93	08-021	18:55.99	25m	4-12-11	Zaandam (NED)	416
4.	Crok Pieter	91	08-021	18:58.27	25m	1-3-09	Zaandam (NED)	413
5.	Stins Arnold	83	08-021	19:01.54	25m	21-1-01	Heemskerk (NED)	410
6.	Oudendijk Paul	81	08-021	19:10.20	25m	28-2-99	Zaandam (NED)	400
7.	van der Gracht Jory	87	08-021	19:22.18	25m	1-5-05	Zaandam (NED)	388
8.	Kerkhof Arno	72	08-021	19:24.60	25m	22-4-90	Heemstede (NED)	386
9.	Kuilman Joris	80	08-021	19:53.60	25m	29-3-98	Heemstede (NED)	358
10.	Steenbergen Roderik	82	08-021	20:20.83	25m	23-1-00	Heemskerk (NED)	335
11.	Tijms Stefan	93	08-021	20:41.37	25m	13-2-11	Zaandam (NED)	318
12.	Woudsma Stefan	00	08-021	21:19.99	50m	18-2-18	Alkmaar (NED)	315
13.	Hoenink Jarl	86	08-021	22:05.72	25m	14-11-04	Heemskerk (NED)	261

2000 vrije slag

1.	Glorie Daan	88	08-021	24:55.21	OW	3-9-06	Vlissingen (NED)	
2.	Crok Pieter	91	08-021	25:18.01	25m	1-3-09	Zaandam (NED)	413
3.	Stins Arnold	83	08-021	25:28.66	OW	24-6-01	Breukelen (NED)	
4.	Butter Martijn	79	08-021	26:09.90	OW	29-6-97	Breukelen (NED)	
5.	Hogenstijn Peter	84	08-021	26:22.85	OW	23-6-02	Breukelen (NED)	
6.	van der Gracht Jory	87	08-021	26:43.17	25m	20-3-05	Zaandam (NED)	350
7.	Steenbergen Roderik	82	08-021	26:52.92	25m	5-3-00	Zaandam (NED)	344
8.	Tijms Stefan	93	08-021	27:15.27	OW	3-7-11	Bodegraven (NED)	
9.	Oudendijk Paul	81	08-021	27:33.50	OW	18-7-99	Eersel (NED)	
10.	Kramer Vincent	82	08-021	28:33.28	25m	5-3-00	Zaandam (NED)	287
11.	Kuilman Joris	80	08-021	30:26.40	OW	12-7-98	Amsterdam (NED)	

2500 vrije slag

1.	Glorie Daan	88	08-021	33:05.56	OW	8-7-06	Oss (NED)
2.	Stins Arnold	83	08-021	33:28.61	OW	23-6-01	Scheerwolde (NED)
3.	Tijms Stefan	93	08-021	37:30.04	OW	24-7-11	Langedijk (NED)
4.	van der Gracht Jory	87	08-021	37:52.89	OW	9-7-05	Oss (NED)
5.	Kuijper Alex	08	08-021	43:17.15	OW	28-6-26	Alkmaar (NED)

3000 vrije slag

1.	Glorie Daan	88	08-021	39:22.10	OW	15-7-06	Wijk en Aalburg (NED)
2.	Stins Arnold	83	08-021	40:01.29	OW	1-7-01	Sluis (NED)
3.	Oudendijk Paul	81	08-021	44:09.40	OW	1-8-99	Anna-Paulowna (NED)
4.	van der Gracht Jory	87	08-021	45:39.65	OW	23-7-05	Anna-Paulowna (NED)
5.	Kramer Vincent	82	08-021	48:57.90	OW	27-8-00	Oosterhout (NED)

4000 vrije slag

5000 vrije slag

1.	Glorie Daan	88	08-021	1:06:44.33	OW	27-8-06	Oosterhout (NED)
2.	Stins Arnold	83	08-021	1:08:48.37	OW	7-7-01	Vriezenveen (NED)
3.	Tijms Stefan	93	08-021	1:13:19.95	OW	3-7-11	Bodegraven (NED)
4.	van der Gracht Jory	87	08-021	1:26:51.13	OW	30-7-05	Hoorn (NED)

6000 vrije slag

1.	Glorie Daan	88	08-021	1:19:26.67	OW	9-7-06	Beusichem-Culemborg (NED)

6500 vrije slag

10000 vrije slag

1.	Glorie Daan	88	08-021	2:17:33.81	50m	24-12-06	Amsterdam (NED)
2.	Tijms Stefan	93	08-021	2:44:08.00	OW	18-6-11	Vriezenveen (NED)

20000 vrije slag

1.	Glorie Daan	88	08-021	4:54:12.95	50m	24-12-06	Amsterdam (NED)

22000 vrije slag

1.	Glorie Daan	88	08-021	5:10:46.39	OW	12-8-06	Stavoren-Medemblik (NED)	

25 rugslag

1.	Pover Peter	69	08-021	14.70	25m	17-12-87	Heemskerk (NED)	350
2.	Steenbergen Roderik	82	08-021	14.91	25m	17-2-00	Heemskerk (NED)	335
3.	Essers Tim	88	08-021	15.20	25m	27-4-06	Heemskerk	316
4.	Oudendijk Paul	81	08-021	15.39	25m	25-3-99	Heemskerk (NED)	305
5.	Kuilman Joris	80	08-021	15.50	25m	15-1-98	Heemskerk (NED)	298
6.	Stins Arnold	83	08-021	15.63	25m	22-2-01	Heemskerk (NED)	291
7.	Kramer Vincent	82	08-021	15.66	25m	17-2-00	Heemskerk (NED)	289
8.	Meijer Arno	75	08-021	15.70	25m	17-6-93	Heemskerk (NED)	287
8.	Glorie Daan	88	08-021	15.70	25m	27-4-06	Heemskerk	287
10.	de Ruijter Richard	88	08-021	15.72	25m	27-4-06	Heemskerk	286
11.	Butter Martijn	79	08-021	15.80	25m	13-2-97	Heemskerk (NED)	281
12.	van der Bunt Raymond	73	08-021	16.00	25m	16-5-91	Heemskerk (NED)	271
13.	Bal Chester	78	08-021	16.30	25m	8-2-96	Heemskerk (NED)	256
14.	Wassenaar Marcel	69	08-021	16.60	25m	17-12-87	Heemskerk (NED)	243
14.	van Rookhuizen Barry	82	08-021	16.60	25m	17-2-00	Heemskerk (NED)	243
16.	de Boer Daniël	77	08-021	16.70	25m	16-3-95	Heemskerk (NED)	238
17.	Stam Daniël	79	08-021	16.80	25m	13-2-97	Heemskerk (NED)	234
18.	Palmboom Pascal	89	08-021	16.81	25m	19-4-07	Heemskerk (NED)	234
19.	Krijger Jan-Willem	81	08-021	17.80	25m	25-3-99	Heemskerk (NED)	197
20.	Zonneveld Jeroen	78	08-021	18.00	25m	7-2-96		190
21.	Beentjes Bastiaan	78	08-021	18.10	25m	7-2-96		187
22.	Kerdijk Dennis	79	08-021	18.70	25m	13-2-97	Heemskerk (NED)	170
23.	de Vijlder Michael	75	08-021	18.80	25m	16-6-93		167

50 rugslag

1.	Kleijne Barry	93	08-021	29.77	25m	25-4-11	Haarlem (NED)	415
2.	de Wit Stephen	93	08-021	30.65	25m	6-11-11	Zaandam (NED)	381
3.	Gaal Roel	01	08-021	30.68	25m	15-9-19	Zaandam (NED)	379
4.	Oortwijn Kalle	05	08-021	31.12	25m	21-1-23	Hoofddorp (NED)	364
5.	Offringa Rick	03	08-021	31.26	25m	5-12-21	Den Haag (NED)	359
6.	Butter Martijn	79	08-021	31.30	25m	6-4-97	Heemskerk (NED)	357
7.	Oudendijk Paul	81	08-021	31.35	25m	14-11-99	Zaandam (NED)	356
8.	Gaal Koen	99	08-021	31.51	25m	2-2-17	Heemskerk (NED)	350
9.	Jongert Sjoerd	01	08-021	31.56	25m	24-1-19	Heemskerk (NED)	348
10.	Kerkhof Arno	72	08-021	31.70	25m	22-4-90	Heemstede (NED)	344
11.	Essers Tim	88	08-021	31.78	25m	19-10-06	Heemskerk	341
12.	Steenbergen Roderik	82	08-021	31.80	25m	27-1-00	Heemskerk (NED)	341
13.	Hermans Luuk	85	08-021	31.89	25m	30-10-03	Heemskerk	338
14.	Hoenink Jarl	86	08-021	32.12	25m	25-1-04	Zaandam	331
14.	van de Poll Kevin	86	08-021	32.12	25m	22-2-04	Zuidoostbeemster (NED)	331
16.	Kranenburg Fred	63	08-021	32.30	25m	7-11-81	Heemskerk (NED)	325
17.	Kramer Vincent	82	08-021	32.56	25m	27-1-00	Heemskerk (NED)	317
18.	Kuilman Joris	80	08-021	32.58	25m	29-10-98	Heemskerk (NED)	317
19.	Kuijper Alex	08	08-021	32.67	25m	25-1-26	Purmerend (NED)	314
20.	Crok Pieter	91	08-021	32.71	25m	26-2-09	Heemskerk (NED)	313
21.	Meijer Arno	75	08-021	32.80	25m	4-2-93	Heemskerk (NED)	310
22.	Groen Jarno	01	08-021	32.81	25m	24-1-19	Heemskerk (NED)	310
23.	de Vries Allard	96	08-021	33.16	25m	30-1-14	Heemskerk (NED)	300

50 rugslag (sinds 24)

24.	Tijms Stefan	93	08-021	33.28	25m	27-3-11	Heemstede (NED)	297
25.	Stins Arnold	83	08-021	33.29	25m	25-1-01	Heemskerk (NED)	297

100 rugslag

1.	Kleijne Barry	93	08-021	1:03.00	25m	28-12-11	Maastricht (NED)	467
2.	Gaal Roel	01	08-021	1:05.63	25m	21-9-19	Amsterdam (NED)	413
3.	Oudendijk Paul	81	08-021	1:05.75	25m	21-11-99	Heemskerk (NED)	411
4.	de Wit Stephen	93	08-021	1:06.47	25m	17-11-11	Heemskerk (NED)	398
5.	Butter Martijn	79	08-021	1:06.50	25m	31-3-97	Haarlem (NED)	397
6.	Offringa Rick	03	08-021	1:06.52	25m	5-12-21	Den Haag (NED)	397
7.	Steenbergen Roderik	82	08-021	1:06.95	25m	4-5-00	Heemskerk (NED)	389
8.	Hogenstijn Peter	84	08-021	1:07.64	25m	8-12-02	Heemskerk	377
9.	Gaal Koen	99	08-021	1:08.05	25m	29-12-17	Leeuwarden (NED)	371
10.	Essers Tim	88	08-021	1:08.26	25m	16-2-06	Heemskerk (NED)	367
11.	Kerkhof Arno	72	08-021	1:08.50	25m	22-3-90	Heemskerk (NED)	363
12.	Crok Pieter	91	08-021	1:08.54	25m	24-9-09	Heemskerk (NED)	363
13.	Hermans Luuk	85	08-021	1:09.00	25m	9-11-03	Zaandam	355
14.	Kuijper Alex	08	08-021	1:09.29	25m	15-3-26	Heemskerk (NED)	351
15.	Kramer Vincent	82	08-021	1:09.37	25m	24-4-00	Haarlem (NED)	350
16.	Hoenink Jarl	86	08-021	1:09.49	25m	18-1-04	IJmuiden (NED)	348
17.	Kuilman Joris	80	08-021	1:09.70	25m	9-5-98	Zaandam (NED)	345
18.	Glorie Daan	88	08-021	1:09.88	25m	15-1-06	Zaandam (NED)	342
19.	Meijer Arno	75	08-021	1:10.40	25m	25-4-93	Heemskerk (NED)	335
20.	Stins Arnold	83	08-021	1:11.13	25m	18-11-01	Heemskerk	324
21.	Tijms Stefan	93	08-021	1:11.28	25m	3-4-11	Zaandam (NED)	322
22.	Kranenburg Fred	63	08-021	1:11.40	25m	11-10-81	Heemskerk (NED)	321
23.	Camphuijnder Jasper	05	08-021	1:11.56	25m	23-4-23	Den Helder (NED)	319
24.	Oortwijn Kalle	05	08-021	1:11.71	25m	23-4-23	Den Helder (NED)	317
25.	de Vries Allard	96	08-021	1:12.23	25m	30-3-14	Zaandam (NED)	310

200 rugslag

1.	Kleijne Barry	93	08-021	2:17.11	25m	13-11-11	Zaandam (NED)	457
2.	Offringa Rick	03	08-021	2:19.68	25m	5-12-21	Den Haag (NED)	432
3.	Oudendijk Paul	81	08-021	2:21.31	25m	16-12-99	Heemskerk	417
4.	Gaal Roel	01	08-021	2:25.89	25m	24-3-19	Purmerend (NED)	379
5.	Steenbergen Roderik	82	08-021	2:27.19	25m	12-3-00	Heemskerk (NED)	369
6.	Gaal Koen	99	08-021	2:27.28	25m	12-3-17	Purmerend (NED)	368
7.	Camphuijnder Jasper	05	08-021	2:27.53	25m	23-4-23	Den Helder (NED)	367
8.	Butter Martijn	79	08-021	2:28.60	25m	11-9-97	Heemskerk (NED)	359
9.	de Wit Stephen	93	08-021	2:28.68	25m	16-1-11	Zaandam (NED)	358
10.	Hogenstijn Peter	84	08-021	2:29.82	25m	31-1-02	Heemskerk	350
11.	Crok Pieter	91	08-021	2:30.18	25m	15-3-09	Haarlem (NED)	347
12.	Meijer Arno	75	08-021	2:30.20	25m	14-10-93	Heemskerk	347
13.	Kuijper Alex	08	08-021	2:30.33	25m	27-9-26	Alkmaar (NED)	346
14.	Glorie Daan	88	08-021	2:31.21	25m	26-1-06	Heemskerk (NED)	340
15.	Essers Tim	88	08-021	2:31.79	25m	26-1-06	Heemskerk (NED)	337
16.	Oortwijn Kalle	05	08-021	2:32.47	25m	23-4-23	Den Helder (NED)	332
17.	Jongert Sjoerd	01	08-021	2:33.09	25m	24-3-19	Purmerend (NED)	328
18.	Groen Jarno	01	08-021	2:33.68	25m	24-3-19	Purmerend (NED)	324
19.	Hermans Luuk	85	08-021	2:34.64	25m	25-9-03	Heemskerk (NED)	318
20.	Kuilman Joris	80	08-021	2:35.15	25m	24-9-98	Heemskerk (NED)	315

200 rugslag (sinds 21)

21.	Tamis Thijs	82	08-021	2:36.37	25m	14-12-00	Heemskerk (NED)	308
22.	Di Mattia Angelo	97	08-021	2:36.44	25m	18-1-15	Zaandam (NED)	307
23.	Hoenink Jarl	86	08-021	2:36.91	25m	14-3-04	Zaandam	305
24.	Kramer Vincent	82	08-021	2:38.10	25m	14-12-00	Heemskerk (NED)	298
25.	Kerkhof Arno	72	08-021	2:39.00	25m	3-5-90	Heemskerk (NED)	293

500 rugslag

25 schoolslag

1.	Palmboom Pascal	89	08-021	15.91	25m	19-4-07	Heemskerk (NED)	389
2.	de Ruijter Richard	88	08-021	16.10	25m	27-4-06	Heemskerk	375
3.	Kuilman Joris	80	08-021	16.20	25m	19-3-98	Heemskerk (NED)	369
4.	Meijer Arno	75	08-021	16.40	25m	17-6-93	Heemskerk (NED)	355
5.	Steenbergen Roderik	82	08-021	16.63	25m	17-2-00	Heemskerk (NED)	341
6.	Glorie Daan	88	08-021	16.68	25m	27-4-06	Heemskerk	338
7.	Beentjes Bastiaan	78	08-021	16.70	25m	14-3-96	Heemskerk (NED)	336
8.	Oudendijk Paul	81	08-021	16.73	25m	25-3-99	Heemskerk (NED)	335
9.	van Rookhuizen Barry	82	08-021	17.06	25m	17-2-00	Heemskerk (NED)	315
10.	Kramer Vincent	82	08-021	17.10	25m	17-2-00	Heemskerk (NED)	313
11.	Wassenaar Marcel	69	08-021	17.20	25m	17-12-87	Heemskerk (NED)	308
12.	Pover Peter	69	08-021	17.30	25m	17-12-87	Heemskerk (NED)	303
13.	Stins Arnold	83	08-021	17.48	25m	22-2-01	Heemskerk (NED)	293
14.	Stam Daniël	79	08-021	17.60	25m	13-3-97	Heemskerk (NED)	287
15.	van der Bunt Raymond	73	08-021	17.70	25m	16-5-91	Heemskerk (NED)	282
16.	de Vijlder Michael	75	08-021	17.80	25m	17-6-93	Heemskerk (NED)	278
17.	de Boer Daniël	77	08-021	18.00	25m	27-4-95	Heemskerk (NED)	269
17.	Butter Martijn	79	08-021	18.00	25m	13-3-97	Heemskerk (NED)	269
19.	Krijger Jan-Willem	81	08-021	18.10	25m	25-3-99	Heemskerk (NED)	264
20.	Essers Tim	88	08-021	18.27	25m	27-4-06	Heemskerk	257
21.	Zonneveld Jeroen	78	08-021	19.50	25m	14-3-96	Heemskerk (NED)	211
22.	Bal Chester	78	08-021	19.60	25m	14-3-96	Heemskerk (NED)	208

50 schoolslag

1.	Oudendijk Paul	81	08-021	34.48	25m	16-12-99	Heemskerk	392
2.	Kuilman Joris	80	08-021	34.56	25m	24-9-98	Heemskerk (NED)	389
3.	Palmboom Pascal	89	08-021	34.66	25m	25-11-07	Amsterdam (NED)	386
4.	Hogenstijn Peter	84	08-021	34.68	25m	28-11-02	Heemskerk	385
5.	Meijer Arno	75	08-021	35.00	25m	13-5-93	Heemskerk (NED)	375
6.	Crok Pieter	91	08-021	35.12	25m	8-3-09	Purmerend (NED)	371
7.	Kerkhof Arno	72	08-021	35.20	25m	4-2-90	Volendam (NED)	369
7.	Bok Reitze	73	08-021	35.20	25m	7-2-91	Heemskerk (NED)	369
7.	Jongert Sjoerd	01	08-021	35.20	25m	7-3-19	Heemskerk (NED)	369
10.	Tamis Thijs	82	08-021	35.27	25m	14-12-00	Heemskerk (NED)	366
11.	Ayari Adam	08	08-021	35.32	25m	21-5-26	Heemskerk (NED)	365
12.	van der Kroft Barry	82	08-021	35.51	25m	14-12-00	Heemskerk (NED)	359
13.	Offringa Rick	03	08-021	35.60	25m	7-10-21	Heemskerk (NED)	356
14.	Di Mattia Angelo	97	08-021	35.61	25m	1-2-15	Zaandam (NED)	356
15.	Glorie Daan	88	08-021	35.66	25m	30-12-06	Maastricht (NED)	355
16.	van de Poll Kevin	86	08-021	35.82	25m	22-2-04	Zuidoostbeemster (NED)	350
17.	Hoenink Jarl	86	08-021	35.89	25m	29-5-04	Z.o. Beemster (NED)	348
18.	Hermans Luuk	85	08-021	36.16	25m	27-11-03	Heemskerk (NED)	340

50 schoolslag (sinds 19)

19.	Steenbergen Roderik	82	08-021	36.19	25m	3-12-00	Zaandam (NED)	339
20.	Tijms Stefan	93	08-021	36.26	25m	27-1-11	Heemskerk (NED)	337
21.	Gaal Koen	99	08-021	36.31	25m	16-3-17	Heemskerk (NED)	336
22.	Stam Daniël	79	08-021	36.40	25m	11-9-97	Heemskerk (NED)	333
23.	Butter Joris	86	08-021	36.58	25m	25-1-04	Zaandam	328
24.	Kranenburg Fred	63	08-021	37.00	25m	17-5-81	Castricum (NED)	317
25.	van Rookhuizen Barry	82	08-021	37.07	25m	7-5-00	Zaandam (NED)	316

100 schoolslag

1.	Kuilman Joris	80	08-021	1:13.90	25m	24-5-98	Zaandam (NED)	426
2.	Hogenstijn Peter	84	08-021	1:15.67	25m	6-10-02	Zaandam	396
3.	Meijer Arno	75	08-021	1:16.40	25m	17-1-93	Zaandam	385
4.	Dijkstra Menno	68	08-021	1:17.00	25m	20-12-86	Hilversum (NED)	376
5.	Crok Pieter	91	08-021	1:17.16	25m	13-4-09	Haarlem (NED)	374
6.	Glorie Daan	88	08-021	1:17.43	25m	8-1-06	Alkmaar (NED)	370
7.	Bok Reitze	73	08-021	1:17.70	25m	3-2-91	Zaandam (NED)	366
8.	de Ruijter Richard	88	08-021	1:17.77	25m	16-4-06	Haarlem (NED)	365
9.	Offringa Rick	03	08-021	1:17.80	25m	21-11-21	Den Helder (NED)	365
10.	Di Mattia Angelo	97	08-021	1:17.87	25m	15-3-15	Zaandam (NED)	364
11.	Oudendijk Paul	81	08-021	1:17.94	25m	10-10-99	Zaandam (NED)	363
12.	van Duin Peter	65	08-021	1:18.20	25m	6-2-83		359
13.	Jongert Sjoerd	01	08-021	1:18.35	25m	13-1-19	Purmerend (NED)	357
14.	Stam Daniël	79	08-021	1:18.70	25m	30-8-97	Assendelft (NED)	352
15.	Kleijne Barry	93	08-021	1:18.98	25m	6-10-11	Heemskerk (NED)	349
16.	Kerkhof Arno	72	08-021	1:19.00	25m	6-1-90	Hilversum (NED)	348
17.	Palmboom Pascal	89	08-021	1:19.84	25m	4-11-07	Purmerend (NED)	337
18.	Beentjes Bastiaan	78	08-021	1:19.90	25m	10-11-96	Grootebroek (NED)	337
19.	Tijms Stefan	93	08-021	1:20.18	25m	2-10-11	Heemskerk (NED)	333
20.	Andeweg Celedonio	76	08-021	1:20.30	25m	15-1-94		332
20.	Butter Martijn	79	08-021	1:20.30	25m	31-3-97	Haarlem (NED)	332
22.	Hermans Luuk	85	08-021	1:20.36	25m	5-10-03	Heemskerk (NED)	331
23.	van der Gracht Jory	87	08-021	1:20.47	25m	14-5-05	Zuidoost-Beemster (NED)	330
24.	Stins Arnold	83	08-021	1:20.52	25m	29-3-01	Heemskerk (NED)	329
25.	Steenbergen Roderik	82	08-021	1:20.70	25m	4-5-00	Heemskerk (NED)	327

200 schoolslag

1.	Hogenstijn Peter	84	08-021	2:43.12	25m	17-11-02	Heemskerk	402
2.	Oudendijk Paul	81	08-021	2:44.92	25m	21-11-99	Heemskerk (NED)	389
3.	Meijer Arno	75	08-021	2:47.10	25m	7-1-93	Heemskerk (NED)	374
4.	Tamis Thijs	82	08-021	2:48.85	25m	19-11-00	Zaandam (NED)	362
5.	Glorie Daan	88	08-021	2:49.62	25m	19-10-06	Heemskerk	357
6.	Kuilman Joris	80	08-021	2:49.70	25m	16-5-98	Zaandam (NED)	357
7.	Stins Arnold	83	08-021	2:50.26	25m	25-1-01	Heemskerk (NED)	353
8.	Wassenaar Marcel	69	08-021	2:51.40	25m	15-3-87	Heemskerk (NED)	346
9.	Di Mattia Angelo	97	08-021	2:51.66	25m	8-3-15	Zaandam (NED)	345
10.	Kerkhof Arno	72	08-021	2:52.60	25m	22-3-90	Heemskerk (NED)	339
11.	Crok Pieter	91	08-021	2:52.93	25m	1-2-09	Zaandam (NED)	337
12.	Hermans Luuk	85	08-021	2:54.64	25m	30-10-03	Heemskerk	328
13.	Tijms Stefan	93	08-021	2:54.70	25m	12-6-11	Purmerend (NED)	327
14.	Steenbergen Roderik	82	08-021	2:55.13	25m	12-3-00	Heemskerk (NED)	325
15.	Butter Martijn	79	08-021	2:55.20	25m	10-4-97	Heemskerk (NED)	324

200 schoolslag (sinds 16)

16.	Stam Daniël	79	08-021	2:55.30	25m	9-10-97	Heemskerk (NED)	324
17.	Dijkstra Menno	68	08-021	2:56.70	25m	30-11-86	Heemskerk (NED)	316
18.	van der Gracht Jory	87	08-021	2:57.52	25m	13-3-05	Amsterdam (NED)	312
19.	Essers Tim	88	08-021	2:57.57	25m	19-10-06	Heemskerk	312
20.	Bok Reitze	73	08-021	2:57.90	25m	10-3-91	Heemskerk (NED)	310
21.	de Ruijter Richard	88	08-021	2:58.57	25m	12-3-06	Zaandam (NED)	306
22.	Kranenburg Fred	63	08-021	2:58.70	25m	31-5-81	Heerhugowaard (NED)	306
23.	Palmboom Pascal	89	08-021	2:59.78	25m	13-12-07	Heemskerk (NED)	300
24.	Beentjes Bastiaan	78	08-021	3:00.70	25m	8-12-96	Heerhugowaard (NED)	296
25.	de Vries Allard	96	08-021	3:01.15	25m	9-3-14	Zaandam (NED)	293

250 schoolslag

500 schoolslag

800 schoolslag

1000 schoolslag

1.	Tijms Stefan	93	08-021	17:08.23	OW	9-7-11	Wijk en Aalburg (NED)
2.	Zwaan Bas	76	08-021	19:34.50	OW	12-7-94	Harderwijk (NED)

1250 schoolslag

1500 schoolslag

2000 schoolslag

1.	Tijms Stefan	93	08-021	33:47.98	OW	19-6-11	Spaarnwoude (NED)
2.	van Duin Peter	65	08-021	35:38.50	OW	30-6-83	Amstelveen (NED)
3.	Beentjes Bastiaan	78	08-021	36:33.80	OW	16-6-96	Spaarnwoude (NED)
4.	Stam Daniël	79	08-021	37:01.10	OW	15-6-97	Spaarnwoude (NED)
5.	Stins Arnold	83	08-021	37:32.61	OW	10-9-01	Roermond (NED)
6.	van der Gracht Jory	87	08-021	37:41.02	OW	3-7-05	Bodegraven (NED)

2500 schoolslag

3000 schoolslag

1.	Tijms Stefan	93	08-021	52:30.51	OW	9-7-11	Wijk en Aalburg (NED)
2.	Stam Daniël	79	08-021	1:03:09.90	OW	21-7-97	Anna-Paulowna (NED)

4000 schoolslag

5000 schoolslag

25 vlinderslag

1.	Kleijne Barry	93	08-021	12.84	25m	30-6-11	Heemskerk (NED)	458
2.	van Rookhuizen Barry	82	08-021	13.58	25m	4-5-00	Heemskerk (NED)	387
3.	Glorie Daan	88	08-021	13.62	25m	27-4-06	Heemskerk	384
4.	Stins Arnold	83	08-021	13.65	25m	29-3-01	Heemskerk (NED)	381
5.	Kuilman Joris	80	08-021	13.70	25m	15-1-98	Heemskerk (NED)	377
6.	de Ruijter Richard	88	08-021	13.71	25m	27-4-06	Heemskerk	376
7.	Meijer Arno	75	08-021	13.80	25m	17-6-93	Heemskerk (NED)	369
8.	Kramer Vincent	82	08-021	13.81	25m	4-5-00	Heemskerk (NED)	368
9.	Butter Martijn	79	08-021	14.00	25m	13-2-97	Heemskerk (NED)	353
10.	Steenbergen Roderik	82	08-021	14.23	25m	4-5-00	Heemskerk (NED)	336
11.	Pover Peter	69	08-021	14.30	25m	17-12-87	Heemskerk (NED)	331
12.	Krijger Jan-Willem	81	08-021	14.40	25m	25-3-99	Heemskerk (NED)	324
13.	Tijms Stefan	93	08-021	14.43	25m	30-6-11	Heemskerk (NED)	322
14.	Essers Tim	88	08-021	14.46	25m	27-4-06	Heemskerk	320
15.	de Boer Daniël	77	08-021	14.70	25m	16-3-95	Heemskerk (NED)	305
16.	Palmboom Pascal	89	08-021	14.77	25m	19-4-07	Heemskerk (NED)	301
17.	van der Bunt Raymond	73	08-021	14.90	25m	16-5-91	Heemskerk (NED)	293
18.	Stam Daniël	79	08-021	15.10	25m	13-2-97	Heemskerk (NED)	281
19.	Oudendijk Paul	81	08-021	15.76	25m	25-3-99	Heemskerk (NED)	247
20.	de Vijlder Michael	75	08-021	15.80	25m	17-6-93	Heemskerk (NED)	245
21.	Wassenaar Marcel	69	08-021	16.20	25m	17-12-87	Heemskerk (NED)	228
22.	Beentjes Bastiaan	78	08-021	16.60	25m	7-2-96		212
23.	Zonneveld Jeroen	78	08-021	17.00	25m	8-2-96	Heemskerk (NED)	197
23.	Bal Chester	78	08-021	17.00	25m	8-2-96	Heemskerk (NED)	197
25.	Hulshof Patrick	75	08-021	17.20	25m	17-6-93	Heemskerk (NED)	190

50 vlinderslag

1.	Kleijne Barry	93	08-021	27.58	25m	17-11-11	Heemskerk (NED)	493
2.	Camphuijnder Jasper	05	08-021	28.28	25m	26-11-23	Hoofddorp (NED)	458
3.	Offringa Rick	03	08-021	28.49	25m	21-11-21	Den Helder (NED)	448
4.	Hogenstijn Peter	84	08-021	28.59	25m	31-1-02	Heemskerk	443
5.	Jongert Sjoerd	01	08-021	28.72	25m	24-1-19	Heemskerk (NED)	437
6.	van de Poll Kevin	86	08-021	28.91	25m	4-4-04	Zaandam	428
7.	Gaal Roel	01	08-021	28.93	25m	23-11-19	Hoofddorp (NED)	427
8.	Glorie Daan	88	08-021	29.25	25m	14-12-06	Heemskerk (NED)	413
9.	Kuilman Joris	80	08-021	29.30	25m	18-1-98	Zuidoost Beemster (NED)	411
10.	Crok Pieter	91	08-021	29.50	25m	13-4-09	Haarlem (NED)	403
11.	van der Gracht Jory	87	08-021	29.98	25m	15-12-05	Heemskerk (NED)	384
12.	de Wit Stephen	93	08-021	30.19	25m	17-11-11	Heemskerk (NED)	376
13.	Butter Martijn	79	08-021	30.30	25m	23-1-97	Heemskerk	372
14.	Groen Jarno	01	08-021	30.39	25m	7-11-19	Heemskerk (NED)	369
15.	Kranenburg Fred	63	08-021	30.40	25m	11-4-81	Heemskerk (NED)	368
15.	Meijer Arno	75	08-021	30.40	25m	13-5-93	Heemskerk (NED)	368
17.	Hermans Luuk	85	08-021	30.52	25m	18-12-03	Heemskerk (NED)	364
18.	Kramer Vincent	82	08-021	30.53	25m	3-12-00	Zaandam (NED)	364
19.	van Rookhuizen Barry	82	08-021	30.64	25m	30-11-00	Heemskerk (NED)	360
20.	Oortwijn Kalle	05	08-021	30.79	25m	2-2-23	Heemskerk (NED)	354
21.	Tamis Thijs	82	08-021	30.88	25m	30-11-00	Heemskerk (NED)	351
22.	Stins Arnold	83	08-021	30.98	25m	18-3-01	Zaandam (NED)	348
23.	Kuijper Alex	08	08-021	31.10	25m	15-3-26	Heemskerk (NED)	344
24.	de Ruijter René	86	08-021	31.21	25m	23-12-04	Heemskerk (NED)	340
25.	Palmboom Pascal	89	08-021	31.39	25m	9-4-07	Haarlem (NED)	334

100 vlinderslag

1.	Jongert Sjoerd	01	08-021	1:02.58	25m	24-1-19	Heemskerk (NED)	453
2.	Hogenstijn Peter	84	08-021	1:02.69	25m	17-11-02	Heemskerk	451
3.	Glorie Daan	88	08-021	1:03.59	25m	17-4-06	Haarlem (NED)	432
4.	Offringa Rick	03	08-021	1:03.84	25m	31-10-21	Heemskerk (NED)	427
5.	Kleijne Barry	93	08-021	1:04.20	25m	12-6-11	Purmerend (NED)	420
5.	Camphuijnder Jasper	05	08-021	1:04.20	25m	12-11-23	Den Helder (NED)	420
7.	Kerkhof Arno	72	08-021	1:04.60	25m	11-3-90	Heemskerk (NED)	412
8.	van de Poll Kevin	86	08-021	1:05.72	25m	14-3-04	Zaandam	391
9.	Gaal Roel	01	08-021	1:06.06	25m	3-11-19	Purmerend (NED)	385
10.	Kuilman Joris	80	08-021	1:06.80	25m	23-5-98	Zaandam (NED)	372
11.	Butter Martijn	79	08-021	1:07.00	25m	30-3-97	Haarlem (NED)	369
12.	Verbree John	61	08-021	1:07.50	25m	7-10-79	Heemskerk (NED)	361
13.	van der Gracht Jory	87	08-021	1:07.71	25m	24-4-05	Zaandam (NED)	358
14.	van Rookhuizen Barry	82	08-021	1:08.80	25m	12-3-00	Heemskerk (NED)	341
15.	Meijer Arno	75	08-021	1:09.00	25m	4-4-93	Heemskerk (NED)	338
16.	Oortwijn Kalle	05	08-021	1:09.45	25m	2-2-23	Heemskerk (NED)	331
17.	Stins Arnold	83	08-021	1:09.48	25m	22-2-01	Heemskerk (NED)	331
18.	Kranenburg Fred	63	08-021	1:09.50	25m	6-9-81	Heemskerk (NED)	331
19.	Crok Pieter	91	08-021	1:09.80	25m	18-1-09	Haarlem (NED)	326
20.	Tamis Thijs	82	08-021	1:10.09	25m	19-11-00	Zaandam (NED)	322
21.	Kramer Vincent	82	08-021	1:10.11	25m	12-6-00	Haarlem (NED)	322
22.	de Wit Stephen	93	08-021	1:10.18	25m	3-3-11	Heemskerk (NED)	321
23.	de Ruijter Richard	88	08-021	1:10.26	25m	30-3-06	Heemskerk (NED)	320
24.	Schaaper Hans	68	08-021	1:10.40	25m	30-11-86	Heemskerk (NED)	318
25.	Groen Jarno	01	08-021	1:10.51	25m	3-11-19	Purmerend (NED)	317

200 vlinderslag

1.	Glorie Daan	88	08-021	2:19.44	25m	30-11-06	Heemskerk	471
2.	van der Gracht Jory	87	08-021	2:29.29	25m	24-11-05	Heemskerk (NED)	384
3.	Hogenstijn Peter	84	08-021	2:31.82	50m	21-4-02	Beverwijk (NED)	396
4.	Butter Martijn	79	08-021	2:32.30	25m	9-3-97	Alkmaar (NED)	362
5.	Stins Arnold	83	08-021	2:35.18	25m	20-12-01	Heemskerk	342
6.	Kleijne Barry	93	08-021	2:36.58	50m	15-5-11	Alkmaar (NED)	361
7.	Jongert Sjoerd	01	08-021	2:44.47	25m	24-11-19	Hoofddorp (NED)	287
8.	Meijer Arno	75	08-021	2:49.90	25m	7-2-93	Volendam (NED)	260
9.	Essers Tim	88	08-021	2:53.29	25m	30-11-06	Heemskerk	245
10.	Camphuijnder Jasper	05	08-021	2:53.77	25m	8-1-23	Haarlem (NED)	243
11.	Kuijper Alex	08	08-021	3:05.77	25m	15-2-26	Haarlem (NED)	199
12.	Kramer Vincent	82	08-021	3:08.53	25m	16-4-00	Zaandam (NED)	190
13.	Stam Daniël	79	08-021	3:13.30	25m	9-3-97	Alkmaar (NED)	177
14.	Hoenink Jarl	86	08-021	3:21.96	25m	25-11-04	Heemskerk (NED)	155
15.	Butter Joris	86	08-021	3:24.11	25m	25-11-04	Heemskerk (NED)	150

1000 vlinderslag

75 wisselslag

100 wisselslag

1.	Gaal Roel	01	08-021	1:04.20	25m	24-11-19	Hoofddorp (NED)	480
2.	Kleijne Barry	93	08-021	1:04.86	25m	2-10-11	Heemskerk (NED)	466
3.	Offringa Rick	03	08-021	1:04.99	25m	1-7-21	Heemskerk (NED)	463
4.	Jongert Sjoerd	01	08-021	1:06.06	25m	11-4-19	Heemskerk (NED)	441
5.	Hogenstijn Peter	84	08-021	1:06.47	25m	26-9-02	Heemskerk	433
6.	Glorie Daan	88	08-021	1:07.31	25m	19-11-06	Purmerend (NED)	417
7.	Meijer Arno	75	08-021	1:07.50	25m	15-4-93	Heemskerk (NED)	413
8.	Oortwijn Kalle	05	08-021	1:07.95	25m	21-1-23	Hoofddorp (NED)	405
9.	de Wit Stephen	93	08-021	1:08.23	25m	14-4-11	Heemskerk (NED)	400
10.	Butter Martijn	79	08-021	1:08.30	25m	5-10-97	Zaandam (NED)	399
11.	Camphuijnder Jasper	05	08-021	1:08.42	25m	25-5-23	Heemskerk (NED)	397
12.	van de Poll Kevin	86	08-021	1:08.46	25m	11-1-04	Zuidoostbeemster (NED)	396
13.	Essers Tim	88	08-021	1:08.98	25m	8-1-06	Alkmaar (NED)	387
14.	de Ruijter Richard	88	08-021	1:09.10	25m	8-1-06	Alkmaar (NED)	385
15.	Steenbergen Roderik	82	08-021	1:09.18	25m	10-12-00	Heemskerk (NED)	384
16.	Di Mattia Angelo	97	08-021	1:09.21	25m	8-3-15	Zaandam (NED)	383
17.	Stins Arnold	83	08-021	1:09.28	25m	26-4-01	Heemskerk (NED)	382
18.	Oudendijk Paul	81	08-021	1:09.60	25m	14-11-99	Zaandam (NED)	377
19.	Gaal Koen	99	08-021	1:09.67	25m	11-5-17	Heemskerk (NED)	376
20.	van der Gracht Jory	87	08-021	1:09.73	25m	29-9-05	Heemskerk (NED)	375
21.	Kramer Vincent	82	08-021	1:10.00	25m	10-12-00	Heemskerk (NED)	371
22.	Crok Pieter	91	08-021	1:10.12	25m	27-9-09	Zaandam (NED)	369
23.	Hermans Luuk	85	08-021	1:10.44	25m	25-9-03	Heemskerk (NED)	364
24.	Tijms Stefan	93	08-021	1:10.85	25m	14-4-11	Heemskerk (NED)	357
25.	de Vries Allard	96	08-021	1:11.20	25m	9-3-14	Zaandam (NED)	352

150 wisselslag

200 wisselslag

1.	Offringa Rick	03	08-021	2:18.42	25m	21-11-21	Den Helder (NED)	496
2.	Jongert Sjoerd	01	08-021	2:20.99	25m	10-2-19	Purmerend (NED)	470
3.	Gaal Roel	01	08-021	2:24.27	25m	3-11-19	Purmerend (NED)	438
4.	Glorie Daan	88	08-021	2:25.60	25m	14-12-06	Heemskerk (NED)	426
5.	Hogenstijn Peter	84	08-021	2:26.73	25m	6-10-02	Zaandam	417
5.	Camphuijnder Jasper	05	08-021	2:26.73	25m	29-1-23	Heemskerk (NED)	417
7.	Butter Martijn	79	08-021	2:27.40	25m	2-3-97	Haarlem (NED)	411
8.	Kuilman Joris	80	08-021	2:28.14	25m	26-11-98	Heemskerk (NED)	405
9.	van de Poll Kevin	86	08-021	2:28.53	25m	29-1-04	Heemskerk (NED)	402
10.	Meijer Arno	75	08-021	2:29.30	25m	28-11-93	Heemskerk (NED)	395
11.	Oortwijn Kalle	05	08-021	2:29.34	25m	29-1-23	Heemskerk (NED)	395
12.	Stins Arnold	83	08-021	2:29.66	25m	25-10-01	Heemskerk	393
13.	Oudendijk Paul	81	08-021	2:30.94	25m	4-11-99	Heemskerk (NED)	383
14.	Kleijne Barry	93	08-021	2:31.26	50m	14-5-11	Beverwijk (NED)	428
15.	Crok Pieter	91	08-021	2:31.47	25m	22-1-09	Heemskerk (NED)	379
16.	Kerkhof Arno	72	08-021	2:31.50	25m	11-2-90	Heemskerk (NED)	378
17.	van der Gracht Jory	87	08-021	2:32.51	25m	23-10-05	Zaandam (NED)	371
18.	Essers Tim	88	08-021	2:33.08	25m	18-5-06	Heemskerk (NED)	367
19.	Tamis Thijs	82	08-021	2:33.30	25m	5-11-00	Zaandam (NED)	365
20.	Kranenburg Fred	63	08-021	2:34.50	25m	22-3-81	Wieringerwerf (NED)	357
21.	Steenbergen Roderik	82	08-021	2:35.04	25m	26-10-00	Heemskerk (NED)	353
22.	Gaal Koen	99	08-021	2:35.30	25m	12-2-17	Purmerend (NED)	351

200 wisselslag (sinds 23)

23.	Korzelius Ron	65	08-021	2:35.70	25m	11-12-83	Heemskerk (NED)	349
24.	Kramer Vincent	82	08-021	2:36.75	25m	26-10-00	Heemskerk (NED)	342
25.	Groen Jarno	01	08-021	2:37.95	25m	3-11-19	Purmerend (NED)	334

300 wisselslag

1.	Glorie Daan	88	08-021	3:50.50	25m	12-1-06	Heemskerk (NED)	
2.	Stins Arnold	83	08-021	3:57.42	25m	20-1-01	Amsterdam (NED)	
3.	Kramer Vincent	82	08-021	4:10.11	25m	23-1-00	Heemskerk (NED)	

400 wisselslag

1.	Glorie Daan	88	08-021	5:11.19	25m	1-4-06	Zaandam (NED)	433
2.	Butter Martijn	79	08-021	5:12.50	25m	12-1-97	Heemskerk (NED)	427
3.	Jongert Sjoerd	01	08-021	5:24.85	50m	17-3-19	Alkmaar (NED)	422
4.	Stins Arnold	83	08-021	5:26.26	25m	25-2-01	Heemskerk (NED)	376
5.	Hogenstijn Peter	84	08-021	5:29.54	25m	24-2-02	Heemskerk	364
6.	Oudendijk Paul	81	08-021	5:30.41	25m	21-3-99	Assendelft (NED)	362
7.	van der Gracht Jory	87	08-021	5:32.88	25m	1-5-05	Zaandam (NED)	354
8.	van de Poll Kevin	86	08-021	5:32.94	25m	29-2-04	Wormerveer	353
9.	Kerkhof Arno	72	08-021	5:34.20	25m	3-2-90		349
10.	Kranenburg Fred	63	08-021	5:37.10	25m	5-4-81	Heemskerk (NED)	340
11.	Meijer Arno	75	08-021	5:40.40	50m	21-3-93	Beverwijk (NED)	367
12.	Steenbergen Roderik	82	08-021	5:42.81	25m	30-3-00	Heemskerk (NED)	324
13.	Kuijper Alex	08	08-021	5:47.12	25m	8-11-26	Purmerend (NED)	312
14.	Kramer Vincent	82	08-021	5:48.59	25m	30-3-00	Heemskerk (NED)	308
15.	van Rookhuizen Barry	82	08-021	5:57.32	25m	30-3-00	Heemskerk (NED)	286
16.	Butter Joris	86	08-021	6:01.12	25m	29-2-04	Wormerveer	277
17.	Stam Daniël	79	08-021	6:05.90	25m	23-2-97	Zaandam (NED)	266