25 - 29 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.	Camphuijnder Wilko	69	08-021	11.70	25m	12-2-98	Heemskerk (NED)	475
2.	Oudendijk Paul	81	08-021	11.98	25m	4-3-06	Aberdeen (GBR)	442
3.	Jongert Jeroen	96	08-021	12.01	25m	7-7-22	Heemskerk (NED)	439
4.	Butter Martijn	79	08-021	12.46	25m	29-5-08	Heemskerk (NED)	393
5.	van Rookhuizen Barry	82	08-021	12.82	25m	29-5-08	Heemskerk (NED)	361
6.	Beentjes Bastiaan	78	08-021	15.18	25m	21-5-06	Grootebroek (NED)	217

50 vrije slag

1.	Gaal Roel	01	08-021	25.18	25m	15-3-26	Heemskerk (NED)	520
2.	Jongert Jeroen	96	08-021	25.29	25m	22-5-22	Hoofddorp (NED)	514
3.	Camphuijnder Wilko	69	08-021	25.60	25m	8-3-98	Zaandam (NED)	495
4.	Butter Martijn	79	08-021	26.15	25m	7-11-04	IJmuiden (NED)	465
5.	Oudendijk Paul	81	08-021	26.32	25m	23-4-06	Zaandam (NED)	456
6.	van der Gracht Jory	87	08-021	26.66	25m	31-10-13	Heemskerk (NED)	438
7.	Meijer Arno	75	08-021	26.89	25m	29-1-04	Heemskerk (NED)	427
8.	Gaal Koen	99	08-021	27.07	25m	11-2-24	Heemskerk (NED)	419
9.	Tijms Stefan	93	08-021	27.09	25m	24-3-19	Purmerend (NED)	418
10.	van Rookhuizen Barry	82	08-021	27.41	25m	31-5-07	Heemskerk (NED)	403
11.	Palmboom Pascal	89	08-021	27.75	25m	6-3-16	Purmerend (NED)	389
12.	Jongert Sjoerd	01	08-021	27.87	50m	14-6-26	Bückeburg (GER)	422
13.	Verbree John	61	08-021	28.00	25m	22-3-87	Heerhugowaard (NED)	378
14.	Pover Peter	69	08-021	28.30	25m	12-12-96	Heemskerk (NED)	366
15.	Glorie Daan	88	08-021	28.43	25m	18-1-15	Zaandam (NED)	361
16.	de Caluwé Niels	91	08-021	28.59	25m	6-3-16	Purmerend (NED)	355
17.	Essers Tim	88	08-021	28.81	25m	15-3-14	Lelystad (NED)	347
18.	Stins Arnold	83	08-021	28.96	25m	11-10-12	Heemskerk (NED)	342
19.	Zonneveld Jeroen	78	08-021	30.22	25m	13-5-07	Grootebroek (NED)	301
20.	Goverde Ad	59	08-021	31.10	25m	2-9-84	Heemskerk (NED)	276
21.	Beentjes Bastiaan	78	08-021	32.27	25m	21-5-06	Grootebroek (NED)	247

100 vrije slag

1.	Gaal Roel	01	08-021	54.29	25m	12-4-26	Purmerend (NED)	567
2.	Camphuijnder Wilko	69	08-021	55.60	25m	14-12-97	Heemskerk (NED)	528
3.	Jongert Jeroen	96	08-021	55.87	25m	23-4-23	Den Helder (NED)	520
4.	Butter Martijn	79	08-021	56.40	25m	16-1-05	Zaandam (NED)	505
5.	Oudendijk Paul	81	08-021	56.87	25m	30-3-06	Heemskerk (NED)	493
6.	Gaal Koen	99	08-021	57.68	25m	12-10-25	Heemskerk (NED)	472
7.	van der Gracht Jory	87	08-021	58.19	25m	29-11-15	Heemskerk (NED)	460
8.	Meijer Arno	75	08-021	59.01	25m	14-1-01	Heemskerk (NED)	441
9.	Jongert Sjoerd	01	08-021	59.09	25m	19-2-26	Heemskerk (NED)	439
10.	Glorie Daan	88	08-021	59.21	25m	18-1-15	Zaandam (NED)	437
11.	Tijms Stefan	93	08-021	59.56	25m	24-1-19	Heemskerk (NED)	429
12.	Verbree John	61	08-021	1:00.00	25m	9-2-86	Castricum (NED)	420
13.	van Rookhuizen Barry	82	08-021	1:01.63	25m	14-1-07	Amsterdam (NED)	387
14.	Steenbergen Roderik	82	08-021	1:02.78	25m	14-1-07	Amsterdam (NED)	366
15.	Essers Tim	88	08-021	1:04.18	25m	10-1-15	Zwolle (NED)	343
16.	Stins Arnold	83	08-021	1:04.21	25m	13-1-08	Heemskerk (NED)	342
17.	Palmboom Pascal	89	08-021	1:05.51	25m	19-5-16	Heemskerk (NED)	322
18.	de Caluwé Niels	91	08-021	1:05.61	25m	18-2-16	Heemskerk (NED)	321
19.	Goverde Ad	59	08-021	1:08.10	25m	7-1-84	Hilversum (NED)	287
20.	Beentjes Bastiaan	78	08-021	1:11.00	25m	30-3-06	Heemskerk (NED)	253
21.	Zonneveld Jeroen	78	08-021	1:12.05	25m	31-5-07	Heemskerk (NED)	242
22.	Blokker Mike	66	DEM/OEZA	1:12.70	25m	7-2-91	Heemskerk (NED)	236
23.	Boon Peter	66	DEM/OEZA	1:25.40	25m	10-1-91	Heemskerk (NED)	145

200 vrije slag

1.	Gaal Roel	01	08-021	2:03.84	25m	8-2-26	Purmerend (NED)	516
2.	Butter Martijn	79	08-021	2:03.89	25m	3-10-04	Heemskerk (NED)	516
3.	Jongert Jeroen	96	08-021	2:06.02	25m	5-6-25	Heemskerk (NED)	490
4.	Glorie Daan	88	08-021	2:07.28	25m	16-11-14	Zaandam (NED)	475
5.	Gaal Koen	99	08-021	2:07.43	25m	12-1-25	Heemskerk (NED)	474
6.	Oudendijk Paul	81	08-021	2:07.98	25m	3-2-07	Aberdeen (GBR)	468
7.	Camphuijnder Wilko	69	08-021	2:09.20	25m	6-4-97	Heemskerk (NED)	454
8.	van der Gracht Jory	87	08-021	2:10.30	25m	16-12-12	Zaandam (NED)	443
9.	Tijms Stefan	93	08-021	2:15.14	25m	14-1-18	Purmerend (NED)	397
10.	Meijer Arno	75	08-021	2:16.21	25m	5-10-03	Heemskerk (NED)	388
11.	Verbree John	61	08-021	2:18.70	25m	30-11-86	Heemskerk (NED)	367
12.	Essers Tim	88	08-021	2:24.28	25m	15-3-14	Lelystad (NED)	326
13.	Pover Peter	69	08-021	2:27.10	25m	23-1-97	Heemskerk	308
14.	Stins Arnold	83	08-021	2:28.53	25m	22-3-12	Heemskerk (NED)	299
15.	Palmboom Pascal	89	08-021	2:31.52	25m	16-11-14	Zaandam (NED)	282
16.	Goverde Ad	59	08-021	2:31.80	25m	22-1-84	Zandvoort (NED)	280
17.	de Caluwé Niels	91	08-021	2:36.42	25m	14-1-18	Purmerend (NED)	256
18.	van Rookhuizen Barry	82	08-021	2:41.17	25m	25-10-07	Heemskerk (NED)	234
19.	Blokker Mike	66	DEM/OEZA	2:43.10	25m	7-2-91	Heemskerk (NED)	226
20.	Zonneveld Jeroen	78	08-021	2:52.70	25m	11-11-07	Almere Stad (NED)	190
21.	Boon Peter	66	DEM/OEZA	3:12.80	25m	10-1-91	Heemskerk (NED)	136

250 vrije slag

300 vrije slag

1.	Butter Martijn	79	08-021	3:20.49	25m	8-4-07	Haarlem (NED)	469
2.	Gaal Koen	99	08-021	3:28.35	25m	5-10-25	Purmerend (NED)	418
3.	Jongert Jeroen	96	08-021	3:29.28	25m	1-10-23	Den Helder (NED)	412
4.	van der Gracht Jory	87	08-021	3:35.98	25m	14-5-16	Purmerend (NED)	375
5.	Oudendijk Paul	81	08-021	3:41.56	25m	14-10-07	Zaandam (NED)	347
6.	Tijms Stefan	93	08-021	3:51.56	25m	23-1-20	Rotterdam (NED)	304

400 vrije slag

1.	Butter Martijn	79	08-021	4:26.13	25m	15-6-06	Heemskerk (NED)	507
2.	Oudendijk Paul	81	08-021	4:30.18	25m	4-10-09	Amsterdam-oost (NED)	484
3.	Gaal Koen	99	08-021	4:38.68	25m	5-10-25	Purmerend (NED)	441
4.	Camphuijnder Wilko	69	08-021	4:40.20	25m	26-10-97	Heemskerk (NED)	434
5.	Gaal Roel	01	08-021	4:44.70	25m	4-10-26	Purmerend (NED)	414
6.	van der Gracht Jory	87	08-021	4:49.29	25m	14-5-16	Purmerend (NED)	394
7.	Jongert Jeroen	96	08-021	4:50.28	25m	1-10-23	Den Helder (NED)	390
8.	Meijer Arno	75	08-021	4:54.00	25m	30-3-00	Heemskerk (NED)	376
9.	Glorie Daan	88	08-021	5:01.45	50m	5-3-17	Alkmaar (NED)	389
10.	Tijms Stefan	93	08-021	5:03.56	25m	8-12-19	Zaandam (NED)	341
11.	Essers Tim	88	08-021	5:17.30	25m	25-5-14	Grootebroek (NED)	299

500 vrije slag

800 vrije slag

1.	Butter Martijn	79	08-021	9:19.36	25m	1-4-06	Zaandam (NED)	498
2.	Oudendijk Paul	81	08-021	9:58.81	25m	28-9-08	Zaandam (NED)	406
3.	Glorie Daan	88	08-021	10:18.89	50m	5-3-17	Alkmaar (NED)	389
4.	Tijms Stefan	93	08-021	10:32.65	25m	8-12-19	Zaandam (NED)	344
5.	Essers Tim	88	08-021	11:14.63	25m	20-10-13	Zaandam (NED)	283

1000 vrije slag

1.	Butter Martijn	79	08-021	11:58.63	OW	11-6-05	Gorinchem (NED)	
2.	Oudendijk Paul	81	08-021	12:32.86	OW	5-9-09	Wilhelminadorp (NED)	
3.	van der Gracht Jory	87	08-021	13:31.81	OW	1-9-12	Wilhelminadorp (NED)	
4.	Glorie Daan	88	08-021	13:41.72	OW	29-7-17	Amstelveen (NED)	
5.	Tijms Stefan	93	08-021	14:44.70	OW	13-7-19	Vianen (NED)	
6.	Meijer Arno	75	08-021	15:18.50	OW	13-8-00	Eersel (NED)	
7.	Stins Arnold	83	08-021	15:40.16	OW	26-7-09	Langedijk (NED)	

1250 vrije slag

1.	Tijms Stefan	93	08-021	18:00.10	OW	28-7-19	Hoorn (NED)	

1500 vrije slag

1.	Butter Martijn	79	08-021	17:45.63	25m	1-4-06	Zaandam (NED)	504
2.	Oudendijk Paul	81	08-021	18:55.29	25m	29-1-06	Zaandam (NED)	416
3.	Glorie Daan	88	08-021	19:36.20	50m	5-3-17	Alkmaar (NED)	406
4.	Tijms Stefan	93	08-021	20:07.91	25m	23-1-20	Rotterdam (NED)	346
5.	Essers Tim	88	08-021	21:40.54	25m	9-2-14	Zaandam (NED)	277
6.	van der Gracht Jory	87	08-021	22:14.63	OW	22-7-12	Amsterdam (NED)	
7.	Stins Arnold	83	08-021	24:34.97	OW	22-7-12	Amsterdam (NED)	

2000 vrije slag

1.	Butter Martijn	79	08-021	24:08.54	25m	24-2-08	Zaandam (NED)	475
2.	Oudendijk Paul	81	08-021	25:11.78	25m	29-1-06	Zaandam (NED)	418
3.	van der Gracht Jory	87	08-021	28:26.85	OW	1-9-13	Vlissingen (NED)	
4.	Glorie Daan	88	08-021	28:51.00	OW	29-7-17	Amstelveen (NED)	
5.	Essers Tim	88	08-021	29:07.30	25m	23-2-14	Zaandam (NED)	271
6.	Meijer Arno	75	08-021	30:40.70	OW	8-7-00	Oss (NED)	

2500 vrije slag

1.	Butter Martijn	79	08-021	34:25.35	OW	26-6-04	Scheerwolde (NED)	

3000 vrije slag

1.	Butter Martijn	79	08-021	38:23.24	OW	2-7-05	Sluis (NED)	
2.	van der Gracht Jory	87	08-021	41:22.95	OW	7-9-13	Eindhoven (NED)	
3.	Tijms Stefan	93	08-021	42:30.80	OW	8-9-18	Bled (SLO)	
4.	Oudendijk Paul	81	08-021	49:33.40	50m	28-4-09	Zwaag (NED)	201

4000 vrije slag

1.	van der Gracht Jory	87	08-021	1:01:07.01	OW	4-8-13	Amstelveen (NED)	

5000 vrije slag

1.	Butter Martijn	79	08-021	1:05:33.19	OW	1-7-07	Bodegraven (NED)	
2.	Glorie Daan	88	08-021	1:07:58.31	OW	9-7-16	Strijen (NED)	
3.	van der Gracht Jory	87	08-021	1:13:06.62	OW	16-6-13	Spaarnwoude (NED)	
4.	Oudendijk Paul	81	08-021	1:23:27.47	50m	28-4-09	Zwaag (NED)	194

6000 vrije slag

1.	Butter Martijn	79	08-021	1:10:05.48	OW	10-7-05	Beusichem-Culemborg (NED)	
2.	Tijms Stefan	93	08-021	1:38:10.59	OW	8-7-18	Beusichem-Culemborg (NED)	

6500 vrije slag

10000 vrije slag

1.	Glorie Daan	88	08-021	2:19:17.31	OW	18-6-16	Vriezenveen (NED)	
2.	Oudendijk Paul	81	08-021	2:50:22.37	50m	28-4-09	Zwaag (NED)	

20000 vrije slag

22000 vrije slag

1.	Glorie Daan	88	08-021	5:55:19.21	OW	13-8-16	Stavoren-Medemblik (NED)
2.	Oudendijk Paul	81	08-021	6:48:30.12	OW	8-8-09	Stavoren-Medemblik (NED)

25 rugslag

1.	Oudendijk Paul	81	08-021	14.60	25m	29-5-08	Heemskerk (NED)	357
2.	Jongert Jeroen	96	08-021	14.87	25m	7-7-22	Heemskerk (NED)	338
3.	Camphuijnder Wilko	69	08-021	14.90	25m	15-1-98	Heemskerk (NED)	336
4.	Butter Martijn	79	08-021	15.00	25m	19-4-07	Heemskerk (NED)	329
5.	van Rookhuizen Barry	82	08-021	18.34	25m	19-4-07	Heemskerk (NED)	180

50 rugslag

1.	Jongert Jeroen	96	08-021	28.95	25m	13-3-22	Den Helder (NED)	452
2.	Oudendijk Paul	81	08-021	29.64	25m	30-12-06	Hoorn (NED)	421
3.	Gaal Koen	99	08-021	30.41	25m	10-3-24	Purmerend (NED)	390
4.	Butter Martijn	79	08-021	31.25	25m	27-10-05	Heemskerk (NED)	359
5.	Gaal Roel	01	08-021	31.29	25m	4-10-26	Purmerend (NED)	358
6.	van der Gracht Jory	87	08-021	32.31	25m	30-1-14	Heemskerk (NED)	325
7.	Meijer Arno	75	08-021	32.47	25m	30-10-03	Heemskerk	320
8.	Essers Tim	88	08-021	32.53	25m	3-3-13	Purmerend (NED)	318
9.	Tijms Stefan	93	08-021	33.14	25m	12-4-18	Heemskerk (NED)	301
10.	Stins Arnold	83	08-021	34.17	25m	3-3-11	Heemskerk (NED)	274
11.	Palmboom Pascal	89	08-021	34.33	25m	6-4-15	Haarlem (NED)	271
12.	de Caluwé Niels	91	08-021	36.58	25m	16-3-17	Heemskerk (NED)	224
13.	van Rookhuizen Barry	82	08-021	37.26	25m	13-12-07	Heemskerk (NED)	212
14.	Glorie Daan	88	08-021	37.30	25m	16-11-14	Zaandam (NED)	211

100 rugslag

1.	Jongert Jeroen	96	08-021	1:01.77	25m	23-4-23	Den Helder (NED)	496
2.	Oudendijk Paul	81	08-021	1:02.10	25m	16-2-06	Heemskerk (NED)	488
3.	Gaal Koen	99	08-021	1:05.07	25m	12-4-26	Purmerend (NED)	424
4.	Camphuijnder Wilko	69	08-021	1:05.30	25m	14-12-97	Heemskerk (NED)	419
5.	Butter Martijn	79	08-021	1:06.26	25m	27-3-08	Heemskerk (NED)	401
6.	Gaal Roel	01	08-021	1:07.23	25m	12-4-26	Purmerend (NED)	384
7.	van der Gracht Jory	87	08-021	1:07.85	25m	12-12-13	Heemskerk (NED)	374
8.	Steenbergen Roderik	82	08-021	1:09.00	25m	14-1-07	Amsterdam (NED)	355
9.	Tijms Stefan	93	08-021	1:09.37	25m	24-3-19	Purmerend (NED)	350
10.	Meijer Arno	75	08-021	1:11.06	25m	16-4-01	Haarlem (NED)	325
11.	Essers Tim	88	08-021	1:11.42	25m	25-5-14	Grootebroek (NED)	320
12.	Stins Arnold	83	08-021	1:13.22	25m	27-3-08	Heemskerk (NED)	297
13.	Glorie Daan	88	08-021	1:17.24	25m	16-11-14	Zaandam (NED)	253
14.	Verbree John	61	08-021	1:17.90	25m	29-11-87	Amstelveen (NED)	247
15.	Palmboom Pascal	89	08-021	1:17.91	25m	6-3-16	Purmerend (NED)	247
16.	de Caluwé Niels	91	08-021	1:19.25	25m	6-3-16	Purmerend (NED)	234
17.	van Rookhuizen Barry	82	08-021	1:20.35	25m	27-3-08	Heemskerk (NED)	225
18.	Zonneveld Jeroen	78	08-021	1:27.80	25m	31-5-07	Heemskerk (NED)	172
19.	Goverde Ad	59	08-021	1:30.70	25m	12-2-84	Heemskerk (NED)	156

200 rugslag

1.	Oudendijk Paul	81	08-021	2:13.19	25m	22-1-06	Emmeloord (NED)	498
2.	Jongert Jeroen	96	08-021	2:14.08	25m	2-2-25	Den Helder (NED)	488
3.	Gaal Koen	99	08-021	2:19.09	25m	2-2-25	Den Helder (NED)	438
4.	Butter Martijn	79	08-021	2:23.17	25m	16-3-08	Amersfoort (NED)	401
5.	Camphuijnder Wilko	69	08-021	2:23.30	25m	8-3-98	Zaandam (NED)	400
6.	van der Gracht Jory	87	08-021	2:29.13	25m	16-11-14	Zaandam (NED)	355
7.	Tijms Stefan	93	08-021	2:33.19	25m	10-2-19	Purmerend (NED)	327
8.	Glorie Daan	88	08-021	2:35.70	25m	16-11-14	Zaandam (NED)	312
9.	Essers Tim	88	08-021	2:35.75	25m	12-2-17	Purmerend (NED)	311
10.	Steenbergen Roderik	82	08-021	2:37.39	25m	14-1-07	Amsterdam (NED)	302
11.	Meijer Arno	75	08-021	2:38.60	25m	16-1-00	Zaandam (NED)	295
12.	Stins Arnold	83	08-021	2:47.40	25m	23-4-09	Heemskerk (NED)	251
13.	Palmboom Pascal	89	08-021	2:54.32	25m	12-2-17	Purmerend (NED)	222
14.	Verbree John	61	08-021	2:55.30	25m	7-2-88	Heemskerk (NED)	218
15.	van Rookhuizen Barry	82	08-021	2:58.81	25m	23-4-09	Heemskerk (NED)	206

500 rugslag

1.	Oudendijk Paul	81	08-021	7:14.51	OW	7-7-07	Oss (NED)	

25 schoolslag

1.	Oudendijk Paul	81	08-021	14.72	25m	27-4-06	Heemskerk	491
2.	Camphuijnder Wilko	69	08-021	15.00	25m	13-3-97	Heemskerk (NED)	464
3.	Butter Martijn	79	08-021	15.10	25m	29-5-08	Heemskerk (NED)	455
4.	Schaaper Hans	68	08-021	16.60	25m	17-6-93	Heemskerk (NED)	343
5.	van Rookhuizen Barry	82	08-021	16.72	25m	19-4-07	Heemskerk (NED)	335
6.	Bokelaar Martijn	80	08-021	21.67	25m	15-11-09	Almere-Stad (NED)	154
7.	Jongert Jeroen	96	08-021	23.19	25m	7-7-22	Heemskerk (NED)	125

50 schoolslag

1.	Oudendijk Paul	81	08-021	32.21	25m	23-1-09	Vlissingen (NED)	481
2.	Butter Martijn	79	08-021	33.71	25m	25-11-04	Heemskerk (NED)	420
3.	Palmboom Pascal	89	08-021	34.40	25m	5-4-15	Haarlem (NED)	395
4.	Jongert Jeroen	96	08-021	34.54	25m	27-10-22	Heemskerk (NED)	390
5.	Camphuijnder Wilko	69	08-021	34.60	25m	10-10-96	Heemskerk (NED)	388
6.	Gaal Koen	99	08-021	34.67	25m	12-1-25	Heemskerk (NED)	386
7.	Meijer Arno	75	08-021	34.91	25m	16-4-00	Almelo (NED)	378
8.	van der Gracht Jory	87	08-021	35.08	25m	7-1-12	Hoorn (NED)	372
9.	Gaal Roel	01	08-021	35.93	25m	12-4-26	Purmerend (NED)	347
10.	Tijms Stefan	93	08-021	35.97	25m	13-1-19	Purmerend (NED)	345
11.	Glorie Daan	88	08-021	35.98	25m	26-10-14	Zaandam (NED)	345
12.	Jongert Sjoerd	01	08-021	36.90	50m	14-6-26	Bückeburg (GER)	347
13.	Stins Arnold	83	08-021	38.16	25m	27-1-11	Heemskerk (NED)	289
14.	van Rookhuizen Barry	82	08-021	38.92	25m	22-1-09	Heemskerk (NED)	273
15.	de Caluwé Niels	91	08-021	39.68	25m	3-11-19	Purmerend (NED)	257
16.	de Vries Dylan	93	08-021	39.78	25m	14-1-18	Purmerend (NED)	255
17.	Beentjes Bastiaan	78	08-021	40.18	25m	21-5-06	Grootebroek (NED)	248
18.	Essers Tim	88	08-021	40.25	25m	13-11-16	Purmerend (NED)	246
19.	Bokelaar Martijn	80	08-021	47.67	25m	15-11-09	Almere-Stad (NED)	148

100 schoolslag

1.	Oudendijk Paul	81	08-021	1:09.95	25m	17-4-06	Haarlem (NED)	502
2.	Gaal Koen	99	08-021	1:15.83	25m	12-4-26	Purmerend (NED)	394
3.	Camphuijnder Wilko	69	08-021	1:16.10	25m	21-9-97	Alkmaar (NED)	390
4.	Meijer Arno	75	08-021	1:16.26	25m	12-3-00	Heemskerk (NED)	387
5.	Butter Martijn	79	08-021	1:16.36	25m	16-2-06	Heemskerk (NED)	386
6.	van der Gracht Jory	87	08-021	1:16.74	25m	31-10-13	Heemskerk (NED)	380
7.	Glorie Daan	88	08-021	1:17.01	25m	26-10-14	Zaandam (NED)	376
8.	Gaal Roel	01	08-021	1:17.37	25m	12-4-26	Purmerend (NED)	371
9.	Tijms Stefan	93	08-021	1:18.84	25m	19-9-19	Heemskerk (NED)	350
10.	Palmboom Pascal	89	08-021	1:20.02	25m	6-4-15	Haarlem (NED)	335
11.	Jongert Sjoerd	01	08-021	1:20.95	50m	13-6-26	Bückeburg (GER)	351
12.	Stins Arnold	83	08-021	1:22.06	25m	27-3-08	Heemskerk (NED)	311
13.	Jongert Jeroen	96	08-021	1:22.16	25m	21-11-21	Den Helder (NED)	310
14.	van Rookhuizen Barry	82	08-021	1:22.20	25m	18-3-07	Heemskerk (NED)	309
15.	Goverde Ad	59	08-021	1:23.10	25m	28-10-84	Egmond (NED)	299
16.	Beentjes Bastiaan	78	08-021	1:23.22	25m	30-3-06	Heemskerk (NED)	298
17.	Essers Tim	88	08-021	1:25.41	25m	6-10-13	Heemskerk (NED)	276
18.	Zonneveld Jeroen	78	08-021	1:29.12	25m	13-5-07	Grootebroek (NED)	242
19.	de Caluwé Niels	91	08-021	1:29.38	25m	9-11-17	Heemskerk (NED)	240
20.	de Vries Dylan	93	08-021	1:31.77	25m	4-2-18	Purmerend (NED)	222
21.	Bokelaar Martijn	80	08-021	1:45.92	25m	15-11-09	Almere-Stad (NED)	144

200 schoolslag

1.	Oudendijk Paul	81	08-021	2:32.55	25m	18-1-09	Haarlem (NED)	492
2.	Glorie Daan	88	08-021	2:45.33	25m	18-1-15	Zaandam (NED)	386
3.	Camphuijnder Wilko	69	08-021	2:45.80	25m	9-10-97	Heemskerk (NED)	383
4.	van der Gracht Jory	87	08-021	2:45.95	25m	17-1-16	Purmerend (NED)	382
5.	Butter Martijn	79	08-021	2:50.06	25m	27-10-05	Heemskerk (NED)	355
6.	Gaal Koen	99	08-021	2:50.91	25m	9-3-25	Purmerend (NED)	349
7.	Meijer Arno	75	08-021	2:52.49	25m	18-11-01	Heemskerk	340
8.	Tijms Stefan	93	08-021	2:53.83	25m	29-12-18	Leeuwarden (NED)	332
9.	Stins Arnold	83	08-021	3:01.25	25m	25-3-10	Heemskerk (NED)	293
10.	Palmboom Pascal	89	08-021	3:05.37	25m	4-2-18	Purmerend (NED)	274
11.	Verbree John	61	08-021	3:09.00	25m	29-11-87	Amstelveen (NED)	258
12.	van Rookhuizen Barry	82	08-021	3:09.61	25m	13-12-07	Heemskerk (NED)	256
13.	Essers Tim	88	08-021	3:09.70	25m	18-1-15	Zaandam (NED)	255
14.	de Vries Dylan	93	08-021	3:19.46	25m	4-2-18	Purmerend (NED)	220

250 schoolslag

500 schoolslag

1.	Oudendijk Paul	81	08-021	7:27.71	OW	8-7-06	Oss (NED)

800 schoolslag

1000 schoolslag

1.	Oudendijk Paul	81	08-021	14:53.32	OW	30-8-09	Oosterhout (NED)	
2.	van der Gracht Jory	87	08-021	17:50.82	OW	6-9-14	Wilhelminadorp (NED)	
3.	Tijms Stefan	93	08-021	17:57.22	OW	15-7-18	Amsterdam (NED)	
4.	Stins Arnold	83	08-021	18:33.91	OW	25-7-10	Langedijk (NED)	
5.	Butter Martijn	79	08-021	18:54.69	OW	15-9-07	Hank (NED)	

1250 schoolslag

1.	Tijms Stefan	93	08-021	21:32.10	OW	28-7-19	Hoorn (NED)	

1500 schoolslag

1.	Oudendijk Paul	81	08-021	24:13.94	OW	26-6-10	Scheerwolde (NED)	

2000 schoolslag

1.	Oudendijk Paul	81	08-021	23:08.19	OW	8-7-07	Beusichem-Culemborg (NED)	
2.	Butter Martijn	79	08-021	39:54.18	OW	11-9-05	Roermond (NED)	

2500 schoolslag

1.	Oudendijk Paul	81	08-021	38:11.73	OW	28-6-09	Sluis (NED)	

3000 schoolslag

1.	Oudendijk Paul	81	08-021	46:09.15	OW	22-7-06	Anna-Paulowna (NED)	

4000 schoolslag

5000 schoolslag

25 vlinderslag

1.	Jongert Jeroen	96	08-021	12.44	25m	7-7-22	Heemskerk (NED)	504
2.	Camphuijnder Wilko	69	08-021	12.80	25m	15-1-98	Heemskerk (NED)	462
3.	van Rookhuizen Barry	82	08-021	13.86	25m	19-4-07	Heemskerk (NED)	364
4.	Butter Martijn	79	08-021	13.91	25m	29-5-08	Heemskerk (NED)	360
5.	Oudendijk Paul	81	08-021	14.11	25m	29-5-08	Heemskerk (NED)	345

50 vlinderslag

1.	Jongert Jeroen	96	08-021	26.97	25m	13-3-22	Den Helder (NED)	528
2.	Gaal Roel	01	08-021	27.85	25m	8-2-26	Purmerend (NED)	479
3.	van der Gracht Jory	87	08-021	28.52	25m	3-3-13	Purmerend (NED)	446
4.	Jongert Sjoerd	01	08-021	29.63	50m	13-6-26	Bückeburg (GER)	433
5.	Meijer Arno	75	08-021	30.06	25m	23-12-04	Heemskerk (NED)	381
6.	Butter Martijn	79	08-021	30.56	25m	7-11-04	IJmuiden (NED)	363
7.	Tijms Stefan	93	08-021	30.66	25m	29-11-18	Heemskerk (NED)	359
8.	Essers Tim	88	08-021	30.86	25m	3-3-13	Purmerend (NED)	352
9.	Oudendijk Paul	81	08-021	30.97	25m	19-1-07	Heerenveen (NED)	348
10.	Stins Arnold	83	08-021	31.56	25m	17-11-11	Heemskerk (NED)	329
11.	van Rookhuizen Barry	82	08-021	31.75	25m	25-3-10	Heemskerk (NED)	323
12.	Palmboom Pascal	89	08-021	32.04	25m	6-4-15	Haarlem (NED)	314
13.	Pover Peter	69	08-021	32.10	25m	23-1-97	Heemskerk	313

50 vlinderslag (sinds 14)

14.	Gaal Koen	99	08-021	32.33	25m	24-10-24	Heemskerk (NED)	306
15.	Goverde Ad	59	08-021	34.00	25m	28-10-84	Egmond (NED)	263
16.	de Caluwé Niels	91	08-021	34.39	25m	12-4-18	Heemskerk (NED)	254
17.	Zonneveld Jeroen	78	08-021	36.60	25m	11-11-07	Almere Stad (NED)	211

100 vlinderslag

1.	Jongert Jeroen	96	08-021	1:00.23	25m	13-1-24	Hoofddorp (NED)	508
2.	Camphuijnder Wilko	69	08-021	1:01.20	25m	16-11-97	Zaandam (NED)	484
3.	van der Gracht Jory	87	08-021	1:03.53	25m	15-1-12	Alkmaar (NED)	433
4.	Gaal Roel	01	08-021	1:05.07	25m	8-11-26	Purmerend (NED)	403
5.	Jongert Sjoerd	01	08-021	1:05.97	25m	19-2-26	Heemskerk (NED)	387
6.	Verbree John	61	08-021	1:07.30	25m	30-11-86	Heemskerk (NED)	364
7.	Butter Martijn	79	08-021	1:08.18	25m	24-2-05	Heemskerk (NED)	350
8.	Oudendijk Paul	81	08-021	1:08.47	25m	30-3-06	Heemskerk (NED)	346
9.	Meijer Arno	75	08-021	1:08.88	25m	19-11-00	Zaandam (NED)	340
10.	Essers Tim	88	08-021	1:09.46	25m	10-3-13	Schagen (NED)	331
11.	Stins Arnold	83	08-021	1:15.06	25m	3-3-11	Heemskerk (NED)	262
12.	Palmboom Pascal	89	08-021	1:15.38	25m	5-4-15	Haarlem (NED)	259
13.	Tijms Stefan	93	08-021	1:15.40	25m	13-10-19	Heemskerk (NED)	259
14.	van Rookhuizen Barry	82	08-021	1:16.44	25m	18-2-10	Heemskerk (NED)	248
15.	Goverde Ad	59	08-021	1:21.40	25m	22-1-84	Zandvoort (NED)	206

200 vlinderslag

1.	Jongert Jeroen	96	08-021	2:20.60	25m	10-3-24	Purmerend (NED)	460
2.	van der Gracht Jory	87	08-021	2:25.98	25m	28-10-12	Amsterdam-Zuidoost (NED)	411
3.	Butter Martijn	79	08-021	2:34.54	25m	25-11-04	Heemskerk (NED)	346
4.	Glorie Daan	88	08-021	2:43.48	50m	5-3-17	Alkmaar (NED)	317
5.	Jongert Sjoerd	01	08-021	2:48.05	50m	8-3-26	Alkmaar (NED)	292
6.	Essers Tim	88	08-021	2:57.37	50m	6-4-14	Amersfoort (NED)	248
7.	Stins Arnold	83	08-021	2:57.57	25m	9-3-08	Heemskerk (NED)	228
8.	Meijer Arno	75	08-021	2:58.97	25m	27-11-03	Heemskerk (NED)	223

1000 vlinderslag

1.	Jongert Jeroen	96	08-021	15:22.75	25m	7-1-24	Haarlem (NED)	

75 wisselslag

100 wisselslag

1.	Gaal Roel	01	08-021	1:04.18	25m	4-10-26	Purmerend (NED)	481
2.	Oudendijk Paul	81	08-021	1:04.36	25m	25-2-06	Hoorn (NED)	477
3.	Jongert Jeroen	96	08-021	1:04.53	25m	3-10-21	Den Helder (NED)	473
4.	Gaal Koen	99	08-021	1:06.29	25m	6-10-24	Den Helder (NED)	436
5.	van der Gracht Jory	87	08-021	1:06.35	25m	7-1-12	Hoorn (NED)	435
6.	Butter Martijn	79	08-021	1:06.54	25m	29-5-08	Heemskerk (NED)	431
7.	Tijms Stefan	93	08-021	1:08.76	25m	17-5-18	Heemskerk (NED)	391
8.	Meijer Arno	75	08-021	1:08.81	25m	25-9-03	Heemskerk (NED)	390
9.	Glorie Daan	88	08-021	1:09.31	25m	26-10-14	Zaandam (NED)	382
10.	Essers Tim	88	08-021	1:11.58	25m	6-10-13	Heemskerk (NED)	346
11.	Stins Arnold	83	08-021	1:12.35	25m	19-11-09	Heemskerk (NED)	336

100 wisselslag (sinds 12)

12.	Palmboom Pascal	89	08-021	1:13.19	25m	26-10-14	Zaandam (NED)	324
13.	van Rookhuizen Barry	82	08-021	1:16.27	25m	25-10-07	Heemskerk (NED)	286

150 wisselslag

200 wisselslag

1.	Oudendijk Paul	81	08-021	2:18.77	25m	22-1-06	Emmeloord (NED)	493
2.	Jongert Jeroen	96	08-021	2:20.06	25m	9-3-25	Purmerend (NED)	479
3.	Camphuijnder Wilko	69	08-021	2:21.20	25m	6-4-97	Heemskerk (NED)	468
4.	van der Gracht Jory	87	08-021	2:24.61	25m	1-4-12	Zaandam (NED)	435
5.	Butter Martijn	79	08-021	2:26.25	25m	15-12-05	Heemskerk (NED)	421
6.	Gaal Roel	01	08-021	2:31.71	25m	15-3-26	Heemskerk (NED)	377
7.	Tijms Stefan	93	08-021	2:32.09	25m	13-1-19	Purmerend (NED)	374
8.	Meijer Arno	75	08-021	2:32.54	25m	16-3-03	Heemskerk	371
9.	Essers Tim	88	08-021	2:35.04	25m	7-4-13	Castricum (NED)	353
10.	Jongert Sjoerd	01	08-021	2:37.59	50m	8-3-26	Alkmaar (NED)	378
11.	Verbree John	61	08-021	2:39.30	25m	7-2-88	Heemskerk (NED)	325
12.	Pover Peter	69	08-021	2:42.00	25m	12-12-96	Heemskerk (NED)	309
13.	van Rookhuizen Barry	82	08-021	2:45.41	25m	18-3-07	Heemskerk (NED)	291
14.	Stins Arnold	83	08-021	2:46.95	25m	26-4-12	Heemskerk (NED)	283
15.	Palmboom Pascal	89	08-021	2:49.31	25m	29-3-15	Zaandam (NED)	271

300 wisselslag

1.	Oudendijk Paul	81	08-021	3:44.15	25m	9-12-07	Zaandam (NED)	
2.	Butter Martijn	79	08-021	3:53.07	25m	9-12-07	Zaandam (NED)	

400 wisselslag

1.	Jongert Jeroen	96	08-021	5:00.89	25m	12-1-25	Heemskerk (NED)	479
2.	Oudendijk Paul	81	08-021	5:01.76	25m	19-2-06	Zaandam (NED)	475
3.	Butter Martijn	79	08-021	5:11.54	25m	19-2-06	Zaandam (NED)	431
4.	van der Gracht Jory	87	08-021	5:15.80	25m	26-2-12	Zaandam (NED)	414
5.	Essers Tim	88	08-021	5:37.88	25m	15-2-14	Heerenveen (NED)	338