

400m wedstrijd
Aalst, 25/9/2016

1 - 400m wedstrijd

25/09/2016 - 14:00

Programmanr. 1 100m vrije slag 9 - 10 jaar
25/09/2016 - 14:00 Resultaten

Punten:

Rang	Inschr.	Tijd	Pnt
10 jaar, Jongens			
1.	Igodt Daan ZTB/11022/06	NT	1:24.86
2.	Pickavet Joachim ZTB/11021/06	NT	1:33.91
3.	De Meuleneire Quin ZNA/11112/06	2:13.78	1:57.61

9 jaar, Meisjes

1.	Bruggeman Grethe AZL/21054/07	NT	1:54.12
2.	Van de Vondel Nina ZNA/21109/07	NT	1:55.82

10 jaar, Meisjes

1.	De Gols Sterre ZNA/21068/06	1:30.56	1:32.52
2.	De Backer Mirthe ZNA/21116/06	1:48.42	1:40.63

Programmanr. 2 400m vrije slag 9 - 10 jaar
25/09/2016 - 14:05 Resultaten

Punten:

Rang	Inschr.	Tijd	Pnt
9 jaar, Jongens			
1.	de Meulenaere Runar IKZ/11042/07	NT	6:04.02
	100m: 1:25.26 200m: 2:58.80 400m: 6:04.02		

10 jaar, Jongens

1.	Declercq Lucas IKZ/11023/06	6:26.44	6:10.48
	100m: 1:26.50 200m: 3:01.99 300m: 4:38.57 400m: 6:10.48		
2.	De Backer Stijn ZNA/11086/06	NT	6:48.20
	100m: 1:34.40 200m: 3:21.93 300m: 5:09.49 400m: 6:48.20		

9 jaar, Meisjes

1.	Alami Aliya AZL/21037/07	NT	7:16.50
	100m: 1:42.87 200m: 3:36.17 300m: 5:32.64 400m: 7:16.50		
2.	Den Tandt Amber AZL/21036/07	8:32.15	8:08.50
	100m: 1:57.85 200m: 4:05.23 300m: 6:13.06 400m: 8:08.50		

10 jaar, Meisjes

1.	Seynaeve Marthe IKZ/21027/06	7:21.36	6:14.51
	100m: 1:28.87 200m: 3:05.18 300m: 4:42.89 400m: 6:14.51		
2.	Cool Hinde AZL/21023/06	6:57.56	6:56.39
	100m: 1:37.93 200m: 3:25.17 300m: 5:13.00 400m: 6:56.39		
3.	Van den Eede Lisa AZL/21050/06	NT	7:00.20
	100m: 1:34.75 200m: 3:25.54 300m: 5:17.56 400m: 7:00.20		
4.	Dhaen Lore ZNA/21059/06	NT	7:11.19
	100m: 1:40.65 200m: 3:31.27 300m: 5:25.16 400m: 7:11.19		

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Programmanr. 2, Meisjes, 400m vrije slag, 10 jaar

Rang	Inschr.	Tijd	Pnt
5. Van Rossem Yana	AZL/21022/06	7:43.86	7:13.98
100m: 1:43.09 200m: 3:38.22 300m: 5:32.86 400m: 7:13.98			

Programmanr. 3
25/09/2016 - 14:20

Dames, 100m vrije slag

11 jaar en ouder
Resultaten

Punten:

Rang	Inschr.	Tijd	Pnt
11 - 12 jaar			
1. Beils Manou	ZTB/20100/04	1:06.75	1:08.01
2. Keppens Mare	AZL/20188/04	1:10.78	1:12.61
3. Crabbe Lore	AZL/21043/04	1:14.30	1:14.99
4. Allosserie Nina	IKZ/21006/05	1:17.43	1:17.52
5. Bosteels Fran	AZL/21025/05	1:29.13	1:35.53
6. Tabi Kimberly	ZNA/21120/04	NT	1:35.71
7. Van Daele Caroline	ZNA/21062/05	1:40.20	1:44.96
8. Lambert Anna-Lee	ZNA/21114/05	2:05.60	1:52.19
9. De Mol Jelke	ZNA/21119/05	NT	1:54.72
10. Catry Céleste	ZNA/21121/05	NT	1:55.11

13 - 14 jaar

1. Van Hecke Britt	AZL/20174/02	1:04.03	1:04.21
2. Van Es Robynn	ZTB/20090/02	1:03.26	1:04.40
3. Feys Jana	IKZ/21052/03	1:07.61	1:08.62
4. Daniëls Lise	ZIOS/21024/03	1:08.30	1:09.51
5. De Niels Indra	ZIOS/20100/02	1:11.56	1:13.64
6. Schelfhout Chelsea	ZNA/20614/03	1:14.07	1:14.34
7. Becuwe Ellen	ZTB/20098/02	1:16.03	1:16.44
8. Vande Walle Margot	ZTB/21003/03	1:16.20	1:18.29
9. De Boeck Rhea	ZNA/20613/03	1:21.23	1:19.00
10. Royemans Dagmar	ZNA/20611/02	1:19.13	1:21.49
11. Soetinck Inneke	ZNA/20595/03	1:43.48	1:51.16
DIS Rossel Jana	DIZNA/20542/02	1:05.81	
<i>SW 4.4 - valse start</i>			

15 - 16 jaar

1. Feys Margo	IKZ/21051/01	1:08.98	1:10.10
2. Van Der Haegen Lore	ZNA/20520/01	1:11.04	1:12.61

17 jaar en ouder

1. Haegeman Karen	AST/20132/97	1:02.24	1:04.72
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Programmanr. 4
25/09/2016 - 14:30

Heren, 100m vrije slag

11 jaar en ouder
Resultaten

Punten:

Rang		Inschr.	Tijd	Pnt
11 - 12 jaar				
1.	Vansimaey's Wout	IKZ/11019/05	1:13.78	1:14.56
2.	Villé Wout	AST/11021/04	1:14.35	1:16.51
3.	Willems Viktor	ZNA/11009/04	1:23.83	1:19.86
4.	De Smet Giel	ZNA/11016/04	1:26.61	1:21.61
5.	Appelmans Gerben	ZNA/11125/05	NT	1:28.31
6.	Schelstraete Robbe	ZNA/11118/05	NT	2:01.21

13 - 14 jaar

1.	Van Horen Senne	ZNA/10585/02	56.83	58.66
2.	Herregodts Siebe	ZNA/10536/02	59.25	1:00.18
3.	Boudchich Ilyas	ZIOS/11015/02	1:04.71	1:02.99
4.	Franssens Maurits	ZNA/10523/02	1:06.31	1:04.53
5.	Verholle Gilles	IKZ/10166/03	1:03.39	1:04.60
6.	Vyvey Rizuan	AST/11024/03	1:07.34	1:04.92
7.	Igodt Wout	ZTB/10099/02	1:10.42	1:08.23
8.	Peeters Jaron	ZNA/11058/02	1:07.83	1:09.82
9.	Delaere Lewis	ZTB/11005/02	1:19.95	1:11.00
10.	Claus Brent	AST/11017/03	1:11.60	1:11.45
11.	Desender Victor	IKZ/10170/03	1:14.03	1:12.64
12.	Vanrobaeys Lucas	ZTB/11006/03	1:18.06	1:12.90
13.	Van Langenhove Gabriel	ZNA/11067/03	1:22.34	1:18.20
14.	De Vreese Ruben	ZNA/11074/03	1:25.24	1:19.70
15.	Lambert Allan	ZNA/11113/02	1:34.15	1:21.96
16.	Bogaert Louis	AST/11020/03	1:19.52	1:22.67
17.	De Groote Quinten	AST/11016/03	1:26.17	1:22.73

15 - 16 jaar

1.	Meert Ward	ZIOS/10167/00	57.55	57.91
2.	Rots Simon	AST/10112/00	57.70	59.24
3.	Verstraete Warre	IKZ/10168/01	1:01.17	1:01.74
4.	Van Lierde Arnaud	ZNA/10508/01	1:05.68	1:05.17

17 jaar en ouder

1.	Van Damme Antoon	AZL/10173/99	1:02.27	1:01.74
2.	Helsen Thomas	AZL/11051/95	1:06.31	1:07.83
3.	Soetinck Joachim	ZNA/10461/99	1:06.70	1:11.29

Programmanr. 5
25/09/2016 - 14:40

Dames, 100m schoolslag

11 jaar en ouder
Resultaten

Punten:

Rang		Inschr.	Tijd	Pnt
11 - 12 jaar				
1.	Van De Vondel Maxine	ZNA/21026/04	1:40.25	1:37.25
2.	Allosserie Nina	IKZ/21006/05	1:40.54	1:37.63
3.	Moreels Marta	AST/21018/04	1:36.48	1:39.42
4.	Schouppe Ines	AST/21015/04	1:42.08	1:41.64
5.	Vyverman Kaat	ZNA/21042/04	1:48.23	1:45.92

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Programmanr. 5, Meisjes, 100m schoolslag, 11 - 12 jaar

Rang		Inschr.	Tijd	Pnt
6.	De Brouwer Marit	AST/21012/04	1:36.39	1:45.94
7.	Van De Putte Laute	AST/21023/05	NT	1:49.57
8.	Tabi Kimberly	ZNA/21120/04	NT	1:51.83
9.	Bruggeman Ehrine	AZL/21038/04	1:50.54	1:51.90
10.	Vande Walle Jasmien	ZTB/21020/05	NT	1:53.46
11.	Van Daele Caroline	ZNA/21062/05	1:52.16	1:54.27
12.	Becuwe Kaat	ZTB/21023/05	1:56.22	1:59.67
13.	Catry Céleste	ZNA/21121/05	NT	2:01.82
14.	Lambert Anna-Lee	ZNA/21114/05	2:12.53	2:06.50
DIS	De Mol Jelke	DIZNA/21119/05	NT	
	<i>SW 4.4 - valse start</i>			

13 - 14 jaar

1.	Van Pelt Marie	ZNA/20588/02	1:23.55	1:23.76
2.	Schelfhout Chelsea	ZNA/20614/03	1:34.60	1:34.84
3.	Dhaen Kato	ZNA/20564/03	1:33.31	1:36.91
4.	Van de Vondel Britt	ZNA/21025/02	1:39.54	1:37.85
5.	Galle Vicky	AZL/21005/02	1:36.39	1:37.96
6.	Rots Lore	AST/20128/02	1:32.08	1:38.13
7.	Peeters Birthe	ZNA/21057/03	1:39.49	1:39.90
8.	De Boeck Rhea	ZNA/20613/03	1:38.14	1:41.69
9.	Soetinck Inneke	ZNA/20595/03	2:12.78	2:12.22

15 - 16 jaar

1.	Catry Eloise	ZNA/20541/01	1:43.58	1:43.87
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Programmanr. 6

Heren, 100m schoolslag

11 jaar en ouder

25/09/2016 - 14:50

Resultaten

Punten:

Rang		Inschr.	Tijd	Pnt
11 - 12 jaar				
1.	Lambert Yann	ZNA/11055/04	1:30.00	1:31.16
2.	Alami Noah	AZL/11004/04	1:30.22	1:33.62
3.	De Saeger Sander	AST/11019/05	1:36.18	1:38.42
4.	Desmet Jasper	ZTB/11024/05	NT	1:46.75
5.	Lermytte Tijl	AZL/11035/04	NT	1:49.16
6.	Appelmans Gerben	ZNA/11125/05	NT	1:51.48
7.	Bruylandt Jens	AZL/11029/05	2:07.83	2:07.33
8.	Schelstraete Robbe	ZNA/11118/05	2:16.95	2:22.80

13 - 14 jaar

1.	Herregodts Siebe	ZNA/10536/02	1:16.19	1:21.45
2.	De Smedt Joppe	ZIOS/11023/02	1:22.63	1:22.67
3.	De Leeuw Lars	ZIOS/11010/03	1:27.66	1:28.07
4.	De Vreese Ruben	ZNA/11074/03	1:42.91	1:40.44
5.	Desender Victor	IKZ/10170/03	NT	1:40.89
6.	Lambert Allan	ZNA/11113/02	1:43.61	1:40.92
7.	Van Caeneghem Nick	ZNA/11040/03	1:44.16	1:47.26
8.	De Rijck Bert	ZNA/11069/03	1:53.65	1:52.19

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Programmanr. 6, Heren, 100m schoolslag

15 - 16 jaar

1.	De Schryver Noah	ZNA/10577/01	1:15.72	1:12.31
2.	Ongheena Basiel	ZNA/10612/00	1:29.88	1:26.23
3.	De Boeck Anton	AZL/10189/01	1:28.86	1:26.70
4.	Moens Zenn	ZNA/10513/01	1:23.07	1:27.00
5.	De Meuleneire Neil	ZNA/10545/00	1:24.89	1:27.26

17 jaar en ouder

1.	Swaelens Colin	AST/11003/97	1:26.23	1:22.37
2.	Soetinck Joachim	ZNA/10461/99	1:29.14	1:34.05

Programmanr. 7
25/09/2016 - 14:55

100m schoolslag

9 - 10 jaar
Resultaten

Punten:

Rang		Inschr.	Tijd	Pnt
10 jaar, Jongens				
1.	De Backer Stijn	ZNA/11086/06	1:55.53	1:57.15
2.	Pickavet Joachim	ZTB/11021/06	NT	1:58.31
3.	Igodt Daan	ZTB/11022/06	1:58.98	2:03.41
4.	De Meuleneire Quin	ZNA/11112/06	NT	2:07.64

9 jaar, Meisjes

1.	Van de Vondel Nina	ZNA/21109/07	1:58.20	1:58.61
2.	Bruggeman Grethe	AZL/21054/07	NT	2:22.00

10 jaar, Meisjes

1.	De Gols Sterre	ZNA/21068/06	1:49.11	1:54.24
2.	De Backer Mirthe	ZNA/21116/06	2:06.10	2:00.69

Programmanr. 8
25/09/2016 - 15:15

Dames, 400m vrije slag

11 jaar en ouder
Resultaten

Punten:

Rang		Inschr.	Tijd	Pnt
1.	Van Hecke Britt 100m: 1:09.81 200m: 2:26.77 300m: 3:44.83 400m: 4:59.11	AZL/20174/02	5:09.13	4:59.11
2.	Van Pelt Marie 100m: 1:10.71 200m: 2:27.28 300m: 3:45.57 400m: 4:59.40	ZNA/20588/02	5:00.21	4:59.40
3.	Van Es Robynn 100m: 1:11.46 200m: 2:29.44 300m: 3:49.59 400m: 5:09.28	ZTB/20090/02	4:51.68	5:09.28
4.	Bockland Majlen 100m: 1:10.79 200m: 2:28.94 300m: 3:49.26 400m: 5:09.58	MEGA/21042/99	5:16.91	5:09.58
5.	De Heyder Lot 100m: 1:12.93 200m: 2:32.30 300m: 3:53.24 400m: 5:13.50	MEGA/20771/02	5:05.95	5:13.50
6.	Van Hoyweghen Veerle 100m: 1:12.80 200m: 2:32.30 300m: 3:53.66 400m: 5:13.98	MEGA/20467/99	5:15.32	5:13.98
7.	Feys Jana 100m: 1:11.97 200m: 2:32.18 300m: 3:53.83 400m: 5:14.07	IKZ/21052/03	5:04.09	5:14.07
8.	Rossel Jana 100m: 1:12.20 200m: 2:32.60 400m: 5:14.29	ZNA/20542/02	5:12.64	5:14.29

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Programmanr. 8, Dames, 400m vrije slag, 11 jaar en ouder

Rang					Inscr.	Tijd	Pnt	
9.	Beils Manou				ZTB/20100/04	5:32.06	5:31.38	
	100m:	1:18.14	200m:	2:43.60	300m:	4:10.19	400m:	5:31.38
10.	Feys Margo				IKZ/21051/01	5:11.04	5:32.25	
	100m:	1:14.77	200m:	2:38.16	300m:	4:05.20	400m:	5:32.25
11.	Decaestecker Febe				MEGA/21032/99	NT	5:32.46	
	100m:	1:18.82	200m:	2:43.50	300m:	4:09.56	400m:	5:32.46
12.	De Niels Indra				ZIOS/20100/02	5:22.58	5:32.67	
	100m:	1:17.92	200m:	2:43.80	300m:	4:10.24	400m:	5:32.67
13.	Demeestere Liza				IKZ/20164/02	5:24.98	5:32.87	
	100m:	1:17.62	200m:	2:42.82	300m:	4:10.34	400m:	5:32.87
14.	Rots Lore				AST/20128/02	5:26.77	5:33.07	
	100m:	1:20.32	200m:	2:47.70	400m:	5:33.07		
15.	Rossel Lien				ZNA/20525/00	5:24.10	5:33.55	
	100m:	1:18.15	200m:	2:44.46	300m:	4:11.06	400m:	5:33.55
16.	Daniëls Lise				ZIOS/21024/03	6:10.91	5:36.32	
	100m:	1:15.96	200m:	2:42.34	300m:	4:10.63	400m:	5:36.32
17.	Keppens Mare				AZL/20188/04	5:22.04	5:38.11	
	100m:	1:19.61	200m:	2:46.50	300m:	4:14.71	400m:	5:38.11
18.	Van Der Haegen Lore				ZNA/20520/01	5:48.00	5:39.30	
	100m:	1:20.52	200m:	2:47.22	300m:	4:15.54	400m:	5:39.30
19.	Vandeputte Jade				IKZ/21005/05	6:36.43	5:40.10	
	100m:	1:18.49	200m:	2:44.84	300m:	4:13.93	400m:	5:40.10
20.	Mestdag Hannah				ZNA/20548/02	5:53.89	5:41.18	
	100m:	1:18.74	200m:	2:47.05	300m:	4:15.98	400m:	5:41.18
21.	Becuwe Ellen				ZTB/20098/02	5:46.85	5:45.98	FJ 1
	100m:	1:20.07	200m:	2:48.98	300m:	4:19.66	400m:	5:45.98
22.	Kieckens Ymke				ZIOS/20168/97	5:48.29	5:45.98	FJ 2
	100m:	1:21.20	200m:	2:50.50	300m:	4:20.25	400m:	5:45.98
23.	Schelfhout Chelsea				ZNA/20614/03	6:04.26	5:48.26	
	100m:	1:19.10	200m:	2:49.41	300m:	4:19.58	400m:	5:48.26
24.	Vander Elst Anke				ZIOS/20177/99	5:48.82	5:49.66	
	100m:	1:22.30	200m:	2:51.88	300m:	4:22.80	400m:	5:49.66
25.	Vande Walle Margot				ZTB/21003/03	5:51.20	5:53.25	
	100m:	1:21.96	200m:	2:51.71	300m:	4:23.09	400m:	5:53.25
26.	Raman Dorine				MEGA/20695/99	NT	5:53.32	
	100m:	1:20.02	200m:	2:48.65	300m:	4:20.51	400m:	5:53.32
27.	Crabbe Lore				AZL/21043/04	6:10.48	5:53.66	
	100m:	1:23.22	200m:	2:55.95	300m:	4:27.44	400m:	5:53.66
28.	Baert Alyssa				MEGA/20750/98	5:17.79	5:56.66	
	100m:	1:18.35	200m:	2:49.11	300m:	4:23.45	400m:	5:56.66
29.	Galle Vicky				AZL/21005/02	5:55.42	5:57.57	
	100m:	1:23.46	200m:	2:56.54	300m:	4:30.89	400m:	5:57.57
30.	Moreels Marta				AST/21018/04	NT	5:58.18	
	100m:	1:25.68	200m:	2:58.72	300m:	4:30.23	400m:	5:58.18
31.	Janssoone Emilie				ZIOS/21007/02	NT	6:03.83	
	100m:	1:25.14	200m:	2:59.42	300m:	4:33.89	400m:	6:03.83
32.	De Brouwer Marit				AST/21012/04	6:21.73	6:04.14	
	100m:	1:24.92	200m:	2:59.85	300m:	4:33.40	400m:	6:04.14

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Aalst, 25/9/2016

Programmanr. 8, Dames, 400m vrije slag, 11 jaar en ouder

Rang					Inschr.	Tijd	Pnt	
33.	Dhaen Kato				ZNA/20564/03	5:49.25	6:07.89	
	100m:	1:26.02	200m:	3:02.37	300m:	4:38.02	400m:	6:07.89
34.	Pot Marthe				MEGA/20694/00	5:51.75	6:08.32	
	100m:	1:22.04	200m:	2:55.32	400m:	6:08.32		
35.	De Niels Jarka				ZIOS/20173/00	6:04.51	6:13.89	
	100m:	1:37.56	200m:	3:05.91	300m:	4:43.22	400m:	6:13.89
36.	Plasman Caro				ZIOS/20169/00	6:16.48	6:14.64	
	100m:	1:26.36	200m:	3:02.48	400m:	6:14.64		
37.	Catry Eloise				ZNA/20541/01	6:26.55	6:14.90	
	100m:	1:26.52	200m:	3:04.91	300m:	4:41.22	400m:	6:14.90
38.	Royemans Dagmar				ZNA/20611/02	6:04.56	6:20.79	
	100m:	1:25.77	200m:	3:03.03	300m:	4:41.84	400m:	6:20.79
39.	Peeters Birthe				ZNA/21057/03	NT	6:26.39	
	100m:	1:32.32	200m:	3:12.95	400m:	6:26.39		
40.	Van de Vondel Britt				ZNA/21025/02	7:14.16	6:38.86	
	100m:	1:32.92	200m:	3:16.49	300m:	5:02.62	400m:	6:38.86
41.	Schouppe Ines				AST/21015/04	NT	6:39.71	
	100m:	1:36.71	200m:	3:22.61	300m:	5:06.50	400m:	6:39.71
42.	Van De Vondel Maxine				ZNA/21026/04	7:24.59	6:40.62	
	100m:	1:38.76	200m:	3:23.59	300m:	5:04.94	400m:	6:40.62
43.	Van De Putte Laute				AST/21023/05	NT	6:41.07	
	100m:	1:31.77	200m:	3:16.23	300m:	5:02.64	400m:	6:41.07
44.	Schelstraete Laura				ZNA/21024/03	7:08.28	6:51.57	
	100m:	1:37.76	200m:	3:24.64	300m:	5:12.32	400m:	6:51.57
45.	Bruggeman Ehrine				AZL/21038/04	6:48.39	6:52.00	
	100m:	1:39.25	200m:	3:25.78	300m:	5:12.50	400m:	6:52.00
46.	De Leeuw Aiko				ZIOS/21035/05	NT	6:58.90	
	100m:	1:32.58	200m:	3:20.74	300m:	5:12.96	400m:	6:58.90
47.	Vyverman Kaat				ZNA/21042/04	NT	7:01.46	
	100m:	1:37.24	200m:	3:24.37	300m:	5:14.72	400m:	7:01.46
48.	Becuwe Kaat				ZTB/21023/05	NT	7:09.49	
	100m:	1:39.96	200m:	3:30.62	300m:	5:21.52	400m:	7:09.49
49.	Bosteels Fran				AZL/21025/05	7:51.94	7:13.23	
	100m:	1:39.86	200m:	3:29.80	400m:	7:13.23		
50.	Vande Walle Jasmien				ZTB/21020/05	NT	7:23.22	
	100m:	1:46.44	200m:	3:47.00	300m:	5:39.21	400m:	7:23.22
51.	De Bisschop Bente				ZIOS/21034/04	NT	7:33.40	
	100m:	1:36.68	200m:	3:39.56	300m:	5:39.45	400m:	7:33.40
NG	De Mol Luna				NKZNA/20561/01	NT		
NG	De Schryver Jetske				NKZNA/21073/02	NT		

400m wedstrijd
Aalst, 25/9/2016

Programmanr. 9
25/09/2016 - 16:05

Heren, 400m vrije slag

11 jaar en ouder
Resultaten

Punten:

Rang	Inschr.	Tijd	Pnt
1. De Smedt Jesse	ZIOS/10164/00 4:56.96	4:30.23	
100m: 1:02.49 200m: 2:12.31 300m: 3:22.16 400m: 4:30.23			
2. Surgeloose Owen	MEGA/10522/99 NT 4:35.26	4:35.26	
100m: 1:03.15 200m: 2:13.52 300m: 3:25.18 400m: 4:35.26			
3. Demeestere Emiel	IKZ/10121/00 4:56.46	4:37.78	
100m: 1:02.97 200m: 2:14.46 300m: 3:26.20 400m: 4:37.78			
4. Van Damme Antoon	AZL/10173/99 5:44.29	4:42.68	
100m: 1:07.33 200m: 2:19.34 300m: 3:31.64 400m: 4:42.68			
5. Swaelens Colin	AST/11003/97 4:32.11	4:42.84	
100m: 1:06.46 200m: 2:19.70 300m: 3:32.39 400m: 4:42.84			
6. De Smet Laurens	MEGA/10768/00 NT 4:48.44	4:48.44	
100m: 1:07.27 200m: 2:20.72 300m: 3:35.76 400m: 4:48.44			
7. Maximus Xaino	MEGA/10617/01 4:49.05	5:01.08	
100m: 1:07.82 200m: 2:22.32 300m: 3:39.79 400m: 5:01.08			
8. Courtens Branko	MEGA/10686/01 5:02.69	5:03.27	
100m: 1:09.98 200m: 2:27.23 300m: 3:45.46 400m: 5:03.27			
9. Verholle Gilles	IKZ/10166/03 5:13.31	5:03.67	
100m: 1:12.30 200m: 2:31.02 400m: 5:03.67			
10. Boudchich Ilyas	ZIOS/11015/02 5:03.96	5:03.99	
100m: 1:10.30 200m: 2:30.78 300m: 3:49.96 400m: 5:03.99			
11. Courtens Dimas	MEGA/10676/00 4:58.29	5:04.04	
100m: 1:08.95 200m: 2:24.23 400m: 5:04.04			
12. Morbé Bjarne	MEGA/10730/00 NT 5:04.50	5:04.50	
100m: 1:09.41 200m: 2:27.32 300m: 3:47.75 400m: 5:04.50			
13. De Schryver Noah	ZNA/10577/01 5:00.06	5:04.76	
100m: 1:08.01 200m: 2:26.64 300m: 3:48.47 400m: 5:04.76			
14. Baeke Louis	MEGA/10540/00 4:54.23	5:09.74	
100m: 1:11.57 200m: 2:28.82 300m: 3:48.65 400m: 5:09.74			
15. Meert Ward	ZIOS/10167/00 4:57.46	5:10.75	
100m: 1:07.57 200m: 2:26.33 300m: 3:48.58 400m: 5:10.75			
16. Verstraete Warre	IKZ/10168/01 5:00.88	5:11.06	
100m: 1:09.82 200m: 2:27.38 300m: 3:48.59 400m: 5:11.06			
17. Onghena Basiel	ZNA/10612/00 5:28.25	5:11.30	
100m: 1:09.94 200m: 2:30.02 300m: 3:52.52 400m: 5:11.30			
18. De Boeck Anton	AZL/10189/01 5:02.34	5:16.42	
100m: 1:12.01 200m: 2:34.85 300m: 3:57.82 400m: 5:16.42			
19. De Meuleneire Neil	ZNA/10545/00 5:22.97	5:20.63	
100m: 1:12.18 200m: 2:33.05 300m: 3:56.51 400m: 5:20.63			
20. Franssens Maurits	ZNA/10523/02 5:46.43	5:20.64	
100m: 1:14.17 200m: 2:37.26 400m: 5:20.64			
21. Van Lierde Arnaud	ZNA/10508/01 NT 5:20.78	5:20.78	
100m: 1:12.36 200m: 2:34.65 300m: 3:59.53 400m: 5:20.78			
22. Bogaert Ciaran	ZNA/10546/01 5:10.11	5:23.13	
100m: 1:12.32 200m: 2:33.71 300m: 3:58.72 400m: 5:23.13			
23. Igodt Wout	ZTB/10099/02 5:34.95	5:23.26	
100m: 1:12.66 200m: 2:35.49 300m: 4:01.35 400m: 5:23.26			

400m wedstrijd
Aalst, 25/9/2016

Programmanr. 9, Heren, 400m vrije slag, 11 jaar en ouder

Rang					Inschr.	Tijd	Pnt	
24.	Claus Brent				AST/11017/03	NT	5:27.73	
	100m:	1:14.39	200m:	2:38.69	300m:	4:04.37	400m:	5:27.73
25.	Vanhollebeke Maxence				ZNA/10609/04	NT	5:30.52	
	100m:	1:19.05	200m:	2:43.05	300m:	4:08.00	400m:	5:30.52
26.	De Smedt Joppe				ZIOS/11023/02	6:34.21	5:34.26	
	100m:	1:17.58	200m:	2:43.88	300m:	4:11.14	400m:	5:34.26
27.	Delaere Lewis				ZTB/11005/02	6:07.93	5:35.19	
	100m:	1:20.27	200m:	2:46.57	300m:	4:15.19	400m:	5:35.19
28.	Helsen Thomas				AZL/11051/95	5:04.07	5:36.04	
	100m:	1:12.95	200m:	2:37.88	300m:	4:07.14	400m:	5:36.04
29.	De Leeuw Lars				ZIOS/11010/03	5:40.76	5:41.14	
	100m:	1:14.54	200m:	2:40.20	300m:	4:11.11	400m:	5:41.14
30.	Vansimaey's Wout				IKZ/11019/05	5:36.88	5:45.18	
	100m:	1:23.33	200m:	2:52.90	300m:	4:21.83	400m:	5:45.18
31.	Buggenhout Kiefer				ZNA/11063/04	NT	5:46.13	
	100m:	1:17.45	200m:	2:46.47	300m:	4:18.27	400m:	5:46.13
32.	Vanrobaeys Lucas				ZTB/11006/03	6:26.44	5:50.80	
	100m:	1:21.78	200m:	2:50.95	300m:	4:22.82	400m:	5:50.80
33.	Houtevelt Kyllian				ZIOS/11004/02	6:07.79	5:52.94	
	100m:	1:20.84	200m:	2:54.20	300m:	4:26.85	400m:	5:52.94
34.	Villé Wout				AST/11021/04	NT	6:07.35	
	100m:	1:24.53	200m:	3:00.03	300m:	4:35.86	400m:	6:07.35
35.	De Mossenau Ruben				ZIOS/11019/02	NT	6:08.48	
	100m:	1:23.45	200m:	2:59.53	300m:	4:37.26	400m:	6:08.48
36.	Peeters Jaron				ZNA/11058/02	NT	6:09.37	
	100m:	1:24.73	200m:	3:00.27	300m:	4:38.55	400m:	6:09.37
37.	Alami Noah				AZL/11004/04	6:17.27	6:09.44	
	100m:	1:27.68	200m:	3:01.73	300m:	4:37.86	400m:	6:09.44
38.	Willems Viktor				ZNA/11009/04	7:26.04	6:14.50	
	100m:	1:30.02	200m:	3:05.65	300m:	4:43.32	400m:	6:14.50
39.	Commeine Maarten				ZIOS/11011/02	NT	6:17.74	
	100m:	1:27.18	200m:	3:04.56	300m:	4:40.72	400m:	6:17.74
40.	Bogaert Louis				AST/11020/03	NT	6:18.80	
	100m:	1:26.36	200m:	3:03.73	400m:	6:18.80		
41.	Lambert Yann				ZNA/11055/04	NT	6:19.91	
	100m:	1:33.18	200m:	3:10.88	300m:	4:47.80	400m:	6:19.91
42.	De Groote Quinten				AST/11016/03	NT	6:20.05	
	100m:	1:31.77	200m:	3:09.08	300m:	4:48.13	400m:	6:20.05
43.	Van Langenhove Gabriel				ZNA/11067/03	7:08.44	6:22.66	
	100m:	1:29.26	200m:	3:09.97	300m:	4:50.44	400m:	6:22.66
44.	Desmet Jasper				ZTB/11024/05	NT	6:42.51	
	100m:	1:32.39	200m:	3:17.82	400m:	6:42.51		
45.	De Smet Giel				ZNA/11016/04	NT	6:46.04	
	100m:	1:35.57	200m:	3:22.04	300m:	5:10.22	400m:	6:46.04
46.	De Saeger Sander				AST/11019/05	NT	6:46.10	
	100m:	1:34.68	200m:	3:19.73	300m:	5:04.86	400m:	6:46.10
47.	Lermytte Tijl				AZL/11035/04	NT	7:00.28	
	100m:	1:34.81	200m:	3:21.88	300m:	5:11.29	400m:	7:00.28

400m wedstrijd
Aalst, 25/9/2016

Programmanr. 9, Heren, 400m vrije slag, 11 jaar en ouder

Rang					Inschr.	Tijd	Pnt	
48.	Van Caeneghem Nick				ZNA/11040/03 NT	7:03.68		
	100m:	1:37.72	200m:	3:27.98	300m:	5:19.33	400m:	7:03.68
49.	Bruylandt Jens				AZL/11029/05	8:02.67	7:33.57	
	100m:	1:43.39	200m:	3:42.26	400m:	7:33.57		
NG	Hameryckx Marcos				NZNA/10505/00	5:24.74		

Programmanr. 10
25/09/2016 - 17:00

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Punten:

Rang					Inschr.	Tijd	Pnt	
1.	Haegeman Karen				AST/20132/97 NT	5:48.70		
	100m:	1:20.87	400m:	5:48.70				
2.	Steenbeke Frauke				MEGA/21065/03 NT	6:12.15		
	100m:	1:26.85	200m:	3:00.47	300m:	4:46.42	400m:	6:12.15
3.	Herregodts Lise				ZNA/21017/04 NT	6:48.27		
	100m:	1:37.33	200m:	3:21.15	300m:	5:15.14	400m:	6:48.27

Programmanr. 11
25/09/2016 - 17:05

Heren, 400m wisselslag

11 jaar en ouder
Resultaten

Punten:

Rang					Inschr.	Tijd	Pnt	
1.	Van Horen Senne				ZNA/10585/02 NT	5:13.46		
	100m:	1:05.33	400m:	5:13.46				
2.	Vyvey Rizuan				AST/11024/03	5:44.82	5:37.49	
	100m:	1:19.31	200m:	2:52.89	300m:	4:19.49	400m:	5:37.49