

Wedstrijdverslag

Datum 20/01/2019 Oostende
 Plaats Nat. Kamp Lange Afstanden SPORTA-CTFN-FROS
 Organisator FROS / VZO

Jurysecretaris Freddy Marlein VZO
 Rita Vanpraet VZO
 Uitslagen Heidi Vanmassenhove
 Micro Elke Deschepper / Bianca Aercke
 Bode Annie Marlein

	Namen		Chrono
Scheidsrechter	Mattens Hubert TCF		
Starter/Aankomstrechter	TCF-Claeys Gino		
Aankomstrechter	TCF-Claeys Gino		
	SPORTA-Schotte Peter		
Zweminspecteur	TCF-Claeys Gino		
	SPORTA-Schotte Peter		
Hoofdkeerpuntrechter	TCF-Caestecker Wilfried		
Keerpuntrechter	VZO-Eyland Roland		
Hoofdtijdopnemer			
Tijdopnemer baan 1	ZTB-Neiryck Frieda	VM	2,09,84
Tijdopnemer baan 1	ZTB-Vansteenkiste Rik	NM	
Tijdopnemer baan 2	VZO-Hamers Vanessa		2,09,86
Tijdopnemer baan 2	WDK-Ares Hendrick	NM	
Tijdopnemer baan 3	VZG-De Vos Frank		2,09,81
Tijdopnemer baan 3	VZO-Daele Dave	VM	2,09,71
Tijdopnemer baan 3	ZIB-Goutry Veerle	NM	
Tijdopnemer baan 4	VZN-Decuyper Cindy		2,09,83
Tijdopnemer baan 4	LZK-Moreels Nick	VM	2,09,84
Tijdopnemer baan 4	TCF-Verbeke Bruno	NM	
Tijdopnemer baan 5	VZG-Van Parys Guy		2,09,84
Tijdopnemer baan 5	VZN-Moeyaert Chesney		
Tijdopnemer baan 6	VZG-De Jongh Karen		2,09,83
Tijdopnemer baan 6	ZIB-Verburgh Patrick	NM	
Tijdopnemer baan 7	VZN-Roelof Anneke	VM	2,09,80
Tijdopnemer baan 7	VZN-Degroote Jurgen	NM	
Tijdopnemer baan 8	LZK-Lemahieu Dominique	VM	
Tijdopnemer baan 8	BZV-Monbaliu Sylvia	NM	

Verloop van de wedstrijd

Opmerkingen over het bad:

Geen

Opmerkingen over de wedstrijden:

Start om 10u45 - 13u00 VM

Start om 14u00 - 18u10 NM

Opmerkingen over de officials:

Geen

Scheidsrechter:

Hubert Mattens FROS

Clubafgevaardigde:	Irena Merckx	VZT
	Cindy t'Jaeckx	VZN
	Peter Schotte	WDK
	Inti Vansteenkiste	ZTB
	Jeroen Debruyne	LZK
	Stijn Loncke	VZO
	Ralph Pensis	VZG
	Marco D'Hoore	ZIB
	Dirk Goegebeur	BZV
	Robbe Paredis	VZSA
	Evy Mens	DELF
	Frank Persijn	VZR
	Jessica Peeters	VZSH
	Frederique Lelattre	PRT
	Carine Decouter	BBV
	???	KZV
	Joyce Van Heyst	SPORTA
	Hubert Mattens	FROS

1 - lange afstanden - longues distances

20-1-2019 - 10:45

Programmanr. 1
20-1-2019 - 10:45

Meisjes, 400m vrije slag

dolfijnen
Resultaten

Rang	Geb.	Tijd	ins. tijd	100m	200m	300m	400m
1. De Cuyper Femke	10 VZO	7:04.90	NT	1:38.92	3:27.70	5:17.77	7:04.90
				50m: 1:38.92	150m: 3:27.70	250m: 5:17.77	350m: 7:04.90
				100m: 1:38.92	200m: 3:27.70	300m: 5:17.77	400m: 7:04.90
2. Huygh Marieke	09 VZN	7:08.04	8:50.87	1:37.03	3:30.06	5:21.95	7:08.04
				50m: 1:37.03	150m: 3:30.06	250m: 5:21.95	350m: 7:08.04
				100m: 1:37.03	200m: 3:30.06	300m: 5:21.95	400m: 7:08.04
3. Delattre Raphaelle	09 PRT	7:23.13	8:15.22	1:41.04	3:38.03	5:32.71	7:23.13
				50m: 1:41.04	150m: 3:38.03	250m: 5:32.71	350m: 7:23.13
				100m: 1:41.04	200m: 3:38.03	300m: 5:32.71	400m: 7:23.13
4. Jungbluth Elise	09 BBV	7:32.22	8:58.06	1:43.81	3:41.54	5:39.49	7:32.22
				50m: 1:43.81	150m: 3:41.54	250m: 5:39.49	350m: 7:32.22
				100m: 1:43.81	200m: 3:41.54	300m: 5:39.49	400m: 7:32.22
5. Claeys Ditte	10 VZN	7:53.13	NT	1:42.55	3:45.52	5:53.52	7:53.13
				50m: 1:42.55	150m: 3:45.52	250m: 5:53.52	350m: 7:53.13
				100m: 1:42.55	200m: 3:45.52	300m: 5:53.52	400m: 7:53.13
6. Martens Iona	09 LZK	8:08.98	8:07.16	1:48.13	3:57.96	6:08.55	8:08.98
				50m: 1:48.13	150m: 3:57.96	250m: 6:08.55	350m: 8:08.98
				100m: 1:48.13	200m: 3:57.96	300m: 6:08.55	400m: 8:08.98
7. dubois Jienke	09 BZV	8:10.47	NT	1:51.16	3:58.81	6:10.91	8:10.47
				50m: 1:51.16	150m: 3:58.81	250m: 6:10.91	350m: 8:10.47
				100m: 1:51.16	200m: 3:58.81	300m: 6:10.91	400m: 8:10.47
8. Decoutere Imani	09 KZV	8:12.31	NT	1:50.64	3:58.31	6:09.24	8:12.31
				50m: 1:50.64	150m: 3:58.31	250m: 6:09.24	350m: 8:12.31
				100m: 1:50.64	200m: 3:58.31	300m: 6:09.24	400m: 8:12.31
9. Van Coillie Margaux	10 LZK	8:16.66	8:58.10	1:53.16	4:02.56	6:08.81	8:16.66
				50m: 1:53.16	150m: 4:02.56	250m: 6:08.81	350m: 8:16.66
				100m: 1:53.16	200m: 4:02.56	300m: 6:08.81	400m: 8:16.66
AFGEM Lambotte Sway	10 BZV		NT				

Programmanr. 2
20-1-2019 - 11:04

Jongens, 400m vrije slag

dolfijnen
Resultaten

Rang	Geb.	Tijd	ins. tijd	100m	200m	300m	400m
1. Timmermans Matteo	09 ZIB	7:11.83	NT	1:39.31	3:31.84	5:25.81	7:11.83
				50m: 1:39.31	150m: 3:31.84	250m: 5:25.81	350m: 7:11.83
				100m: 1:39.31	200m: 3:31.84	300m: 5:25.81	400m: 7:11.83
2. Pattyn Lowie	10 LZK	7:31.75	7:25.22	1:42.93	3:41.38	5:40.44	7:31.75
				50m: 1:42.93	150m: 3:41.38	250m: 5:40.44	350m: 7:31.75
				100m: 1:42.93	200m: 3:41.38	300m: 5:40.44	400m: 7:31.75
3. Timmermans Elias	10 ZIB	7:44.88	NT	1:45.82	3:47.72	5:47.38	7:44.88
				50m: 1:45.82	150m: 3:47.72	250m: 5:47.38	350m: 7:44.88
				100m: 1:45.82	200m: 3:47.72	300m: 5:47.38	400m: 7:44.88
4. Dumarey René	10 VZO	7:52.96	NT	1:45.78	3:52.06	5:54.31	7:52.96
				50m: 1:45.78	150m: 3:52.06	250m: 5:54.31	350m: 7:52.96
				100m: 1:45.78	200m: 3:52.06	300m: 5:54.31	400m: 7:52.96
5. Peiren Nicolas	10 ZTB	8:59.12	NT	2:13.16	4:14.14	6:47.94	8:59.12
				50m: 2:13.16	150m: 4:14.14	250m: 6:47.94	350m: 8:59.12
				100m: 2:13.16	200m: 4:14.14	300m: 6:47.94	400m: 8:59.12
6. Vermote Lennart	09 LZK	9:21.32	8:30.40	2:13.23	4:37.69	7:02.13	9:21.32
				50m: 2:13.23	150m: 4:37.69	250m: 7:02.13	350m: 9:21.32
				100m: 2:13.23	200m: 4:37.69	300m: 7:02.13	400m: 9:21.32
7. Detienne Tibe	09 KZV	9:25.34	NT	2:14.73	4:36.98	6:59.95	9:25.34
				50m: 2:14.73	150m: 4:36.98	250m: 6:59.95	350m: 9:25.34
				100m: 2:14.73	200m: 4:36.98	300m: 6:59.95	400m: 9:25.34
8. Muzluikaj Luan	10 VZO	9:48.98	NT	2:10.10	4:40.17	7:18.00	9:48.98
				50m: 2:10.10	150m: 4:40.17	250m: 7:18.00	350m: 9:48.98
				100m: 2:10.10	200m: 4:40.17	300m: 7:18.00	400m: 9:48.98

Programmanr. 2, Jongens, 400m vrije slag, dolfinen

Rang	Geb.	Tijd	ins. tijd	100m	200m	300m	400m	
9.	Vangheluwe Thibault	09 LZK	10:13.34	8:10.20	2:21.91	5:04.62	7:38.97	10:13.34
				50m:	150m:	250m:	350m:	
				100m: 2:21.91	200m: 5:04.62	300m: 7:38.97	400m: 10:13.34	
10.	Demeyere Joppe	10 ZTB	10:44.10	NT	2:31.44	5:17.09	8:02.16	10:44.10
				50m:	150m:	250m:	350m:	
				100m: 2:31.44	200m: 5:17.09	300m: 8:02.16	400m: 10:44.10	
11.	Trache Zeppe	10 WDK	11:08.68	NT	2:33.34	5:23.74	8:17.68	11:08.68
				50m:	150m:	250m:	350m:	
				100m: 2:33.34	200m: 5:23.74	300m: 8:17.68	400m: 11:08.68	
AFGEM	Bullinck Lander	10 BZV		NT				
AFGEM	D'Heere Rémi	09 VZN		NT				

Programmanr. 3
20-1-2019 - 11:23

Meisjes, 200m vrije slag

eendjes
Resultaten

Rang	Geb.	Tijd	ins. tijd	100m	200m	
1.	Zabeli Alina	11 VZO	4:27.43	NT	2:09.14	4:27.43
2.	Zabeli Eliana	11 VZO	4:49.30	NT	2:17.40	4:49.30
3.	Peel Ylena	12 VZO	5:39.28	NT	2:43.56	5:39.28

Programmanr. 4
20-1-2019 - 11:26

Jongens, 200m vrije slag

eendjes
Resultaten

Rang	Geb.	Tijd	ins. tijd	100m	200m	
1.	Vanthournout Nant	11 LZK	4:47.24	4:45.20	2:18.62	4:47.24
2.	Vanvyaene Matthys	11 LZK	5:27.84	5:35.20	2:39.65	5:27.84
DIS	Embo Matteo	12 LZK		6:48.12		

SW5-VS2 - bij keerpunt , muur niet geraakt met om 't even welk lichaamsdeel

Programmanr. 5
20-1-2019 - 11:34

Meisjes, 800m vrije slag

benjamins
Resultaten

Rang	Geb.	Tijd	ins. tijd	100m	200m	300m	400m	500m	600m	700m	800m	
1.	Larmuseau Delphine	07 VZG	13:09.78	16:00.00	1:31.44	1:31.44	4:53.47	1:42.38	8:18.59	1:43.03	11:42.31	1:41.78
					200m: 3:11.09	1:39.65	400m: 6:35.56	1:42.09	600m: 10:00.53	1:41.94	800m: 13:09.78	1:27.47
2.	Fiers Ena	07 LZK	13:09.87	13:27.20	1:33.68	1:33.68	4:56.00	1:41.53	8:19.65	1:42.18	11:41.23	1:39.73
					200m: 3:14.47	1:40.79	400m: 6:37.47	1:41.47	600m: 10:01.50	1:41.85	800m: 13:09.87	1:28.64
3.	Wtterwulghe Djensy	07 BBV	13:35.13	13:16.64	1:33.91	1:33.91	4:58.19	1:43.21	8:28.13	1:44.91	11:59.10	1:45.52
					200m: 3:14.98	1:41.07	400m: 6:43.22	1:45.03	600m: 10:13.58	1:45.45	800m: 13:35.13	1:36.03
4.	Van Coillie Julie	07 LZK	14:05.01	13:55.35	1:34.84	1:34.84	5:07.47	1:47.56	8:46.62	1:49.60	12:24.37	1:48.03
					200m: 3:19.91	1:45.07	400m: 6:57.02	1:49.55	600m: 10:36.34	1:49.72	800m: 14:05.01	1:40.64
5.	Renier Brianna	08 VZO	14:19.91	NT	1:40.24	1:40.24	5:18.01	1:49.45	8:59.32	1:50.79	12:37.02	1:47.47
					200m: 3:28.56	1:48.32	400m: 7:08.53	1:50.52	600m: 10:49.55	1:50.23	800m: 14:19.91	1:42.89
6.	Koolen Aurianne	07 LZK	14:25.30	14:45.95	1:41.13	1:41.13	5:22.28	1:51.15	9:04.41	1:51.00	12:45.63	1:49.72
					200m: 3:31.13	1:50.00	400m: 7:13.41	1:51.13	600m: 10:55.91	1:51.50	800m: 14:25.30	1:39.67
7.	Bonjé Fara	08 VZN	14:29.37	NT	1:39.97	1:39.97	5:21.37	1:50.60	9:07.29	1:53.29	12:48.70	1:49.04
					200m: 3:30.77	1:50.80	400m: 7:14.00	1:52.63	600m: 10:59.66	1:52.37	800m: 14:29.37	1:40.67

Programmanr. 5, Meisjes, 800m vrije slag, benjamins



Rang	Geb.	Tijd	ins. tijd
8. Ramakers Jore	07 VZN	14:36.69	NT
100m:	1:38.75	1:38.75	300m: 5:22.44 1:53.07
200m:	3:29.37	1:50.62	400m: 7:14.50 1:52.06
500m:	9:08.05	1:53.55	600m: 11:00.50 1:52.45
700m:	12:50.37	1:49.87	800m: 14:36.69 1:46.32
9. Denduyver Silke	07 LZK	14:44.92	14:44.32
100m:	1:39.36	1:39.36	300m: 5:25.69 1:54.94
200m:	3:30.75	1:51.39	400m: 7:20.77 1:55.08
500m:	9:16.70	1:55.93	600m: 11:11.67 1:54.97
700m:	12:59.66	1:47.99	800m: 14:44.92 1:45.26
10. Christiaens Fleur	07 VZG	15:20.59	16:00.00
100m:	1:44.20	1:44.20	300m: 5:43.47 2:00.01
200m:	3:43.46	1:59.26	400m: 7:42.75 1:59.28
500m:	9:39.69	1:56.94	600m: 11:38.49 1:58.80
700m:	13:33.48	1:54.99	800m: 15:20.59 1:47.11
11. Migom Lobke	08 LZK	15:44.90	15:45.20
100m:	1:42.72	1:42.72	300m: 5:46.75 3:45.69
200m:	2:01.06	18.34	400m: 7:51.93 2:05.18
500m:	9:53.15	2:01.22	600m: 11:58.90 2:05.75
700m:	13:51.75	1:52.85	800m: 15:44.90 1:53.15
12. Debacker Aiden	08 BBV	15:56.28	NT
100m:	1:48.56	1:48.56	300m: 5:51.96 2:01.53
200m:	3:50.43	2:01.87	400m: 7:54.53 2:02.57
500m:	9:58.96	2:04.43	600m: 12:03.50 2:04.54
700m:	14:05.96	2:02.46	800m: 15:56.28 1:50.32
13. Claeys Nette	08 VZN	16:00.58	NT
100m:	1:47.09	1:47.09	300m: 5:52.23 2:03.02
200m:	3:49.21	2:02.12	400m: 7:54.89 2:02.66
500m:	10:06.09	2:11.20	600m: 12:02.81 1:56.72
700m:	14:05.33	2:02.52	800m: 16:00.58 1:55.25
14. Delcroix Léane	08 PRT	16:02.91	16.00
100m:	1:42.35	1:42.35	300m: 5:49.63 2:05.46
200m:	3:44.17	2:01.82	400m: 7:55.03 2:05.40
500m:	10:00.68	2:05.65	600m: 12:05.87 2:05.19
700m:	14:10.63	2:04.76	800m: 16:02.91 1:52.28
15. Courier Magali	08 PRT	16:44.61	16.00
100m:	1:44.50	1:44.50	300m: 5:59.70 2:09.28
200m:	3:50.42	2:05.92	400m: 8:10.99 2:11.29
500m:	10:20.16	2:09.17	600m: 12:32.57 2:12.41
700m:	14:41.49	2:08.92	800m: 16:44.61 2:03.12
16. Willems Luisa	08 VZO	19:43.56	NT
100m:	2:07.09	2:07.09	300m: 7:07.26 2:33.35
200m:	4:33.91	2:26.82	400m: 9:35.81 2:28.55
500m:	12:08.41	2:32.60	600m: 14:43.13 2:34.72
700m:	17:06.91	2:23.78	800m: 19:43.56 2:36.65
DIS Beernaert Amber	07 LZK		14:52.33
<i>SW10-WE2 - de volledige afstand niet verzwommen</i>			
AFGEM Tommelein Camille	07 VZO		NT
AFGEM Van Kerckhove J.	07 VZSA		NT
AFGEM Vanden broucke Amy	08 BBV		NT

Programmanr. 6
20-1-2019 - 12:08

Jongens, 800m vrije slag

benjamins
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Eeckhout Ward	08 DELF	13:25.24	13:20.00
100m:	1:31.12	1:31.12	300m: 4:56.34 1:42.95
200m:	3:13.39	1:42.27	400m: 6:39.39 1:43.05
500m:	8:23.08	1:43.69	600m: 10:06.63 1:43.55
700m:	4:49.81		800m: 13:25.24 8:35.43
2. Dumon Tiebert	08 ZIB	13:40.87	NT
100m:	1:27.41	1:27.41	300m: 4:58.95 1:46.11
200m:	3:12.84	1:45.43	400m: 6:44.98 1:46.03
500m:	8:33.08	1:48.10	600m: 10:18.00 1:44.92
700m:	12:01.56	1:43.56	800m: 13:40.87 1:39.31
3. Moreels Traen Quint	08 LZK	13:52.92	14:50.08
100m:	1:34.03	1:34.03	300m: 5:03.59 1:45.95
200m:	3:17.64	1:43.61	400m: 6:49.84 1:46.25
500m:	8:37.29	1:47.45	600m: 10:24.81 1:47.52
700m:	12:13.71	1:48.90	800m: 13:52.92 1:39.21
4. Delattre Antoine	07 PRT	14:06.47	15:18.29
100m:	1:33.18	1:33.18	300m: 5:10.22 1:49.69
200m:	3:20.53	1:47.35	400m: 7:02.78 1:52.56
500m:	8:52.33	1:49.55	600m: 10:41.83 1:49.50
700m:	12:26.70	1:44.87	800m: 14:06.47 1:39.77
5. Vanthournout Briek	07 LZK	14:36.03	14:45.20
100m:	1:42.76	1:42.76	300m: 5:28.12 1:53.39
200m:	3:34.73	1:51.97	400m: 7:23.51 1:55.39
500m:	9:16.01	1:52.50	600m: 11:07.94 1:51.93
700m:	12:57.39	1:49.45	800m: 14:36.03 1:38.64
6. Pattyn Staf	08 LZK	14:36.49	14:50.44
100m:	1:44.03	1:44.03	300m: 5:28.98 1:55.20
200m:	3:33.78	1:49.75	400m: 7:23.89 1:54.91
500m:	9:12.97	1:49.08	600m: 11:05.13 1:52.16
700m:	12:52.91	1:47.78	800m: 14:36.49 1:43.58

Programmanr. 6, Jongens, 800m vrije slag, benjamins



Rang	Geb.	Tijd	ins. tijd
7. Reynaert Liam	08 WDK	14:44.63	14:00.00
100m:	1:45.06	300m:	5:34.28
200m:	2:39.18	400m:	7:29.36
500m:	9:22.64	600m:	11:15.64
700m:	13:05.68	800m:	14:44.63
1:53.28	1:53.00	1:50.04	1:38.95
8. Vermote Carsten	07 LZK	15:04.09	14:36.16
100m:	1:36.22	300m:	5:25.22
200m:	3:29.62	400m:	7:23.97
500m:	9:19.30	600m:	11:15.47
700m:	13:12.12	800m:	15:04.09
1:55.33	1:56.17	1:56.65	1:51.97
9. Embo Alessio	08 LZK	15:12.09	14:59.80
100m:	1:39.18	300m:	5:30.34
200m:	1:55.32	400m:	7:29.37
500m:	9:28.96	600m:	11:29.50
700m:	13:29.53	800m:	15:12.09
1:59.59	2:00.54	2:00.03	1:42.56
10. Daele Liam	08 VZO	15:14.91	NT
100m:	1:47.22	300m:	5:45.50
200m:	3:45.94	400m:	7:42.83
500m:	9:38.15	600m:	11:33.69
700m:	13:28.94	800m:	15:14.91
1:55.32	1:55.54	1:45.97	
11. Van Pottelberge	08 VZSA	15:16.09	NT
100m:	1:45.07	300m:	5:35.65
200m:	3:39.69	400m:	7:35.83
500m:	9:35.42	600m:	11:34.48
700m:	13:31.72	800m:	15:16.09
1:59.59	1:59.06	1:57.24	1:44.37
12. Zabeli Rajan	08 VZO	15:17.56	NT
100m:	1:40.56	300m:	5:35.78
200m:	3:37.31	400m:	7:34.81
500m:	9:31.21	600m:	11:28.25
700m:	13:27.06	800m:	15:17.56
1:56.40	1:57.04	1:58.81	1:50.50
13. Vandaele Mathis	08 VZN	16:25.54	NT
100m:	1:53.68	300m:	6:07.00
200m:	4:00.18	400m:	8:11.20
500m:	10:16.50	600m:	12:23.11
700m:	14:27.33	800m:	16:25.54
2:05.30	2:06.61	2:04.22	1:58.21

2 - lange afstanden - longues distances

20-1-2019 - 14:00

Programmanr. 7
20-1-2019 - 14:00

Heren, 1500m vrije slag

veteranen 55
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Caestecker Wilfried	61 VZSA	29:23.78	28:36.57
100m:	1:33.46	500m:	9:20.70
200m:	3:22.14	600m:	11:22.16
300m:	5:19.47	700m:	13:23.53
400m:	7:19.46	800m:	15:23.74
900m:	17:23.81	1000m:	19:25.51
1100m:	21:26.69	1200m:	23:29.63
1300m:	25:30.33	1400m:	27:31.90
1500m:	29:23.78		
2:00.07	2:01.70	2:01.18	2:02.94

Programmanr. 7
20-1-2019 - 14:00

Heren, 1500m vrije slag

veteranen 45
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Vandaele Diederik	70 VZN	22:20.47	20:55.88
100m:	1:31.49	500m:	7:25.21
200m:	2:53.24	600m:	8:55.28
300m:	4:24.73	700m:	10:25.05
400m:	5:55.28	800m:	11:54.84
900m:	13:24.51	1000m:	14:54.16
1100m:	16:23.53	1200m:	17:52.98
1300m:	19:22.57	1400m:	20:52.58
1500m:	22:20.47		
1:29.67	1:29.65	1:29.37	1:29.45
2. Bonjé Benny	70 VZN	26:15.98	NT
100m:	1:35.60	500m:	8:34.74
200m:	3:17.36	600m:	10:20.48
300m:	5:02.33	700m:	12:06.78
400m:	6:48.37	800m:	13:52.81
900m:	15:39.52	1000m:	17:26.32
1100m:	19:13.17	1200m:	21:00.52
1300m:	22:48.70	1400m:	24:36.00
1500m:	26:15.98		
1:46.71	1:46.80	1:46.85	1:47.35

Programmanr. 7, Heren, 1500m vrije slag



Programmanr. 7
20-1-2019 - 14:00

Heren, 1500m vrije slag

veteranen 35
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Van Wichelen Bram	82	VZSA	23:47.83 24:00.00
100m:	1:21.06	500m:	7:41.48 1:36.57
200m:	2:53.48	600m:	9:18.63 1:37.15
300m:	4:28.20	700m:	10:55.56 1:36.93
400m:	6:04.91	800m:	12:32.38 1:36.82
		900m:	14:09.20 1:36.82
		1000m:	15:41.09 1:31.89
		1100m:	17:22.66 1:41.57
		1200m:	18:59.51 1:36.85
		1300m:	20:34.63 1:35.12
		1400m:	22:13.74 1:39.11
		1500m:	23:47.83 1:34.09

Programmanr. 7
20-1-2019 - 14:00

Heren, 1500m vrije slag

veteranen 30
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Peel Manly	85	VZO	22:48.47 NT
100m:	1:18.22	500m:	7:19.05 1:32.14
200m:	2:44.55	600m:	8:51.51 1:32.46
300m:	4:15.30	700m:	10:24.26 1:32.75
400m:	5:46.91	800m:	11:57.34 1:33.08
		900m:	13:31.94 1:34.60
		1000m:	15:05.62 1:33.68
		1100m:	16:37.97 1:32.35
		1200m:	18:14.55 1:36.58
		1300m:	19:46.47 1:31.92
		1400m:	21:19.02 1:32.55
		1500m:	22:48.47 1:29.45

Programmanr. 7
20-1-2019 - 14:00

Heren, 1500m vrije slag

senioren
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Vanpoucke Jordi	96	WDK	20:06.02 18:40.00
100m:	1:05.13	500m:	6:15.73 1:19.45
200m:	2:20.16	600m:	7:35.06 1:19.33
300m:	3:37.73	700m:	8:56.84 1:21.78
400m:	4:56.28	800m:	10:19.63 1:22.79
		900m:	11:43.09 1:23.46
		1000m:	13:06.88 1:23.79
		1100m:	14:31.13 1:24.25
		1200m:	15:56.63 1:25.50
1300m:	17:20.91		1:24.28
1400m:	18:44.48		1:23.57
1500m:	20:06.02		1:21.54
2. Paredis Robbe	98	VZSA	22:54.97 21:48.84
100m:	1:20.74	500m:	7:29.74 1:34.01
200m:	2:51.37	600m:	9:02.25 1:32.51
300m:	4:22.90	700m:	10:34.35 1:32.10
400m:	5:55.73	800m:	12:06.23 1:31.88
		900m:	13:38.68 1:32.45
		1000m:	15:11.40 1:32.72
		1100m:	16:44.68 1:33.28
		1200m:	18:17.66 1:32.98
		1300m:	18:51.27 33.61
		1400m:	21:24.09 2:32.82
		1500m:	22:54.97 1:30.88

Programmanr. 7
20-1-2019 - 14:00

Jongens, 1500m vrije slag

pupillen
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Schotte Alexander	01	WDK	19:15.68 18:30.00
100m:	1:05.02	500m:	6:14.60 1:18.71
200m:	2:20.04	600m:	7:32.70 1:18.10
300m:	3:37.55	700m:	8:51.23 1:18.53
400m:	4:55.89	800m:	10:09.54 1:18.31
		900m:	11:28.30 1:18.76
		1000m:	12:47.02 1:18.72
		1100m:	14:05.20 1:18.18
		1200m:	15:23.87 1:18.67
		1300m:	16:41.66 1:17.79
		1400m:	17:59.58 1:17.92
		1500m:	19:15.68 1:16.10
2. Verbeke Jasper	02	ZIB	20:19.53 20:33.22
100m:	1:10.77	500m:	6:36.66 1:21.80
200m:	2:29.50	600m:	8:00.25 1:23.59
300m:	3:50.92	700m:	10:43.70 2:43.45
400m:	5:14.86	800m:	12:05.83 1:22.13
		900m:	13:28.55 1:22.72
		1000m:	14:50.93 1:22.38
		1100m:	16:14.18 1:23.25
		1200m:	17:37.16 1:22.98
		1300m:	18:58.04 1:20.88
		1400m:	20:19.53 1:21.49
		1500m:	20:19.53
3. Miroir Matisse	01	VZO	20:21.04 19:06.92
100m:	1:08.10	500m:	6:32.24 1:23.62
200m:	2:25.35	600m:	7:56.03 1:23.79
300m:	3:46.13	700m:	9:20.80 1:24.77
400m:	5:08.62	800m:	10:44.15 1:23.35
		900m:	12:07.17 1:23.02
		1000m:	13:30.82 1:23.65
		1100m:	14:54.24 1:23.42
		1200m:	16:19.38 1:25.14
		1300m:	17:41.62 1:22.24
		1400m:	19:04.15 1:22.53
		1500m:	20:21.04 1:16.89
4. Denolf Ward	02	ZIB	21:00.69 20:11.39
100m:	1:11.92	500m:	6:45.35 1:26.25
200m:	2:31.25	600m:	8:11.31 1:25.96
300m:	3:54.81	700m:	9:37.56 1:26.25
400m:	5:19.10	800m:	11:03.17 1:25.61
		900m:	12:27.70 1:24.53
		1000m:	13:54.10 1:26.40
		1100m:	15:22.13 1:28.03
		1200m:	16:50.16 1:28.03
		1300m:	18:15.44 1:25.28
		1400m:	19:39.79 1:24.35
		1500m:	21:00.69 1:20.90

Programmanr. 7, Jongens, 1500m vrije slag, pupillen



Rang	Geb.	Tijd	ins. tijd
5.	Ruyschaert Stan 02	ZIB 21:39.82	NT
	100m: 1:16.83 1:16.83	500m: 7:08.08 1:28.17	900m: 12:58.87 1:28.30
	200m: 2:42.97 1:26.14	600m: 8:36.49 1:28.41	1000m: 14:27.03 1:28.16
	300m: 4:11.45 1:28.48	700m: 10:03.67 1:27.18	1100m: 15:55.75 1:28.72
	400m: 5:39.91 1:28.46	800m: 11:30.57 1:26.90	1200m: 17:24.87 1:29.12
6.	Chirivi Luca 01	VZSA 21:43.71	23:53.13
	100m: 1:18.87 1:18.87	500m: 7:12.91 1:27.25	900m: 13:14.12 1:28.78
	200m: 2:46.34 1:27.47	600m: 8:42.97 1:30.06	1000m: 14:41.41 1:27.29
	300m: 4:15.72 1:29.38	700m: 10:11.94 1:28.97	1100m: 16:09.37 1:27.96
	400m: 5:45.66 1:29.94	800m: 11:45.34 1:33.40	1200m: 17:37.79 1:28.42
7.	Moeyaert Rochney 01	VZN 22:43.35	20:52.13
	100m: 1:15.25 1:15.25	500m: 7:02.38 1:28.53	900m: 13:11.94 1:33.25
	200m: 2:40.44 1:25.19	600m: 8:33.19 1:30.81	1000m: 14:47.29 1:35.35
	300m: 4:03.66 1:23.22	700m: 10:05.13 1:31.94	1100m: 16:23.29 1:36.00
	400m: 5:33.85 1:30.19	800m: 11:38.69 1:33.56	1200m: 17:58.63 1:35.34
8.	Dugauquier Keagan 02	PRT 23:20.41	24:00.00
	100m: 1:18.13 1:18.13	500m: 7:33.63 1:36.90	900m: 13:57.70 1:34.29
	200m: 2:48.38 1:30.25	600m: 9:10.26 1:36.63	1000m: 15:34.41 1:36.71
	300m: 4:21.63 1:33.25	700m: 10:46.95 1:36.69	1100m: 17:09.13 1:34.72
	400m: 5:56.73 1:35.10	800m: 12:23.41 1:36.46	1200m: 18:43.97 1:34.84
9.	Mattelin Nicolas 02	VZR 23:38.06	21:30.65
	100m: 1:21.48 1:21.48	500m: 7:36.34 1:35.47	900m: 14:00.26 1:36.82
	200m: 2:52.73 1:31.25	600m: 9:11.23 1:34.89	1000m: 15:38.31 1:38.05
	300m: 4:26.48 1:33.75	700m: 10:48.13 1:36.90	1100m: 17:14.94 1:36.63
	400m: 6:00.87 1:34.39	800m: 12:23.44 1:35.31	1200m: 18:51.38 1:36.44
10.	De Bruyne Pim 02	VZG 26:26.89	27:00.00
	100m: 1:31.81 1:31.81	500m: 8:41.04 1:48.01	900m: 15:51.18 1:47.12
	200m: 3:17.18 1:45.37	600m: 10:28.61 1:47.57	1000m: 17:39.96 1:48.78
	300m: 5:03.75 1:46.57	700m: 12:16.78 1:48.17	1100m: 19:30.00 1:50.04
	400m: 6:53.03 1:49.28	800m: 14:04.06 1:47.28	1200m: 21:17.14 1:47.14
AFGEM	Ruttens Sebbe 02	BZV	NT

Programmanr. 7
20-1-2019 - 14:00

Jongens, 1500m vrije slag

kadetten
Resultaten

Rang	Geb.	Tijd	ins. tijd
1.	Ares Elias 04	WDK 20:19.73	19:56.00
	100m: 1:10.68 1:10.68	500m: 6:40.71 1:23.86	900m: 12:13.00 1:22.97
	200m: 2:29.75 1:19.07	600m: 8:05.22 1:24.51	1000m: 13:34.90 1:21.90
	300m: 3:51.97 1:22.22	700m: 9:27.50 1:22.28	1100m: 14:58.18 1:23.28
	400m: 5:16.85 1:24.88	800m: 10:50.03 1:22.53	1200m: 16:20.25 1:22.07
2.	Christiaens Kas 04	VZG 21:28.52	22:38.41
	100m: 1:13.60 1:13.60	500m: 6:54.40 1:27.41	900m: 12:46.48 1:27.21
	200m: 2:36.49 1:22.89	600m: 8:23.65 1:29.25	1000m: 14:14.25 1:27.77
	300m: 4:00.82 1:24.33	700m: 9:51.30 1:27.65	1100m: 15:43.06 1:28.81
	400m: 5:26.99 1:26.17	800m: 11:19.27 1:27.97	1200m: 17:12.23 1:29.17
3.	Kerckhove Dante 04	BBV 22:05.53	22:22.29
	100m: 1:17.31 1:17.31	500m: 7:14.59 1:31.22	900m: 13:17.26 1:29.56
	200m: 2:44.16 1:26.85	600m: 8:46.02 1:31.43	1000m: 14:47.55 1:30.29
	300m: 4:12.73 1:28.57	700m: 10:17.14 1:31.12	1100m: 16:17.84 1:30.29
	400m: 5:43.37 1:30.64	800m: 11:47.70 1:30.56	1200m: 17:47.77 1:29.93
4.	Huygh Robin 04	VZN 22:24.61	22:27.14
	100m: 1:18.97 1:18.97	500m: 7:27.28 1:33.75	900m: 13:30.15 1:30.58
	200m: 2:48.22 1:29.25	600m: 8:58.18 1:30.90	1000m: 15:00.61 1:30.46
	300m: 4:20.57 1:32.35	700m: 10:28.86 1:30.68	1100m: 16:31.22 1:30.61
	400m: 5:53.53 1:32.96	800m: 11:59.57 1:30.71	1200m: 18:02.30 1:31.08
5.	Vandaele Maxime 03	VZN 22:32.06	NT
	100m: 1:21.59 1:21.59	500m: 7:28.44 1:33.35	900m: 13:37.19 1:31.71
	200m: 2:51.06 1:29.47	600m: 9:01.68 1:33.24	1000m: 15:08.25 1:31.06
	300m: 4:22.77 1:31.71	700m: 10:33.87 1:32.19	1100m: 16:38.46 1:30.21
	400m: 5:55.09 1:32.32	800m: 12:05.48 1:31.61	1200m: 18:09.81 1:31.35

Programmanr. 7, Jongens, 1500m vrije slag, kadetten



Rang	Geb.	Tijd	ins. tijd
6. Bonjé Aeon	04	VZN 23:42.53	22:41.05
100m:	1:28.84	1:28.84	500m: 7:56.16
200m:	3:04.69	1:35.85	600m: 9:31.35
300m:	4:42.53	1:37.84	700m: 11:07.44
400m:	6:19.50	1:36.97	800m: 12:41.63
900m:			900m: 14:16.53
1000m:			1000m: 15:52.35
1100m:			1100m: 17:29.19
1200m:			1200m: 19:06.38
1300m:			1300m: 20:42.41
1400m:			1400m: 22:16.30
1500m:			1500m: 23:42.53
7. Durnez Viktor	04	VZN 24:28.46	NT
100m:	1:25.14	1:25.14	500m: 7:50.00
200m:	3:00.63	1:35.49	600m: 9:29.09
300m:	4:37.37	1:36.74	700m: 11:09.22
400m:	6:13.31	1:35.94	800m: 12:47.93
900m:			900m: 14:27.80
1000m:			1000m: 16:09.08
1100m:			1100m: 17:50.18
1200m:			1200m: 19:32.13
1300m:			1300m: 21:14.99
1400m:			1400m: 22:52.84
1500m:			1500m: 24:28.46
8. Devoldere Thomas	03	VZN 25:32.91	NT
100m:	1:26.13	1:26.13	500m: 8:06.07
200m:	3:01.35	1:35.22	600m: 9:50.03
300m:	4:41.13	1:39.78	700m: 11:33.66
400m:	6:23.25	1:42.12	800m: 13:18.63
900m:			900m: 15:04.03
1000m:			1000m: 16:52.66
1100m:			1100m: 18:39.50
1200m:			1200m: 20:28.38
1300m:			1300m: 22:12.41
1400m:			1400m: 23:55.97
1500m:			1500m: 25:32.91
9. Mariage Hubert	04	PRT 25:42.22	24:00.00
100m:	1:20.03	1:20.03	500m: 8:06.84
200m:	2:56.66	1:36.63	600m: 9:53.16
300m:	4:37.22	1:40.56	700m: 11:40.31
400m:	6:21.69	1:44.47	800m: 13:24.59
900m:			900m: 15:13.00
1000m:			1000m: 17:02.81
1100m:			1100m: 18:49.88
1200m:			1200m: 20:37.09
1300m:			1300m: 22:23.41
1400m:			1400m: 24:09.50
1500m:			1500m: 25:42.22
10. Bonnenge Viktor	03	PRT 28:15.25	26:28.00
100m:	1:30.31	1:30.31	500m: 8:51.57
200m:	3:18.09	1:47.78	600m: 10:44.21
300m:	5:08.17	1:50.08	700m: 12:39.31
400m:	6:59.81	1:51.64	800m: 14:32.67
900m:			900m: 16:29.67
1000m:			1000m: 18:24.74
1100m:			1100m: 20:20.56
1200m:			1200m: 22:19.49
1300m:			1300m: 24:18.78
1400m:			1400m: 26:18.07
1500m:			1500m: 28:15.25
AFGEM Alzomorli Audai	04	VZO	NT

Programmanr. 7
20-1-2019 - 14:00

Jongens, 1500m vrije slag

miniemen
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Trache Obie	05	WDK 21:41.80	NT
100m:	1:17.76	1:17.76	500m: 7:08.36
200m:	2:44.11	1:26.35	600m: 8:35.89
300m:	4:11.68	1:27.57	700m: 10:03.46
400m:	5:40.25	1:28.57	800m: 11:35.40
900m:			900m: 12:58.41
1000m:			1000m: 14:26.34
1100m:			1100m: 15:58.37
1200m:			1200m: 17:24.61
1300m:			1300m: 18:52.50
1400m:			1400m: 20:20.15
1500m:			1500m: 21:41.80
2. De Vos Maarten	06	VZG 21:54.82	25:00.00
100m:	1:21.04	1:21.04	500m: 7:12.02
200m:	2:47.27	1:26.23	600m: 8:40.93
300m:	4:14.34	1:27.07	700m: 10:08.90
400m:	5:42.25	1:27.91	800m: 11:38.73
900m:			900m: 13:07.84
1000m:			1000m: 14:36.67
1100m:			1100m: 16:05.38
1200m:			1200m: 17:34.91
1300m:			1300m: 19:04.70
1400m:			1400m: 20:33.21
1500m:			1500m: 21:54.82
3. Masyn Jasper	06	ZIB 22:08.10	NT
100m:	1:18.28	1:18.28	500m: 7:11.99
200m:	2:45.21	1:26.93	600m: 8:41.67
300m:	4:13.71	1:28.50	700m: 10:12.35
400m:	5:43.10	1:29.39	800m: 11:42.74
900m:			900m: 13:11.67
1000m:			1000m: 14:43.95
1100m:			1100m: 16:14.87
1200m:			1200m: 17:44.81
1300m:			1300m: 19:16.10
1400m:			1400m: 20:45.52
1500m:			1500m: 22:08.10
4. Cappon Staf	06	WDK 22:09.58	21:30.00
100m:	1:20.31	1:20.31	500m: 7:22.48
200m:	2:47.74	1:27.43	600m: 8:56.67
300m:	4:17.95	1:30.21	700m: 10:28.07
400m:	5:50.45	1:32.50	800m: 11:58.45
900m:			900m: 13:28.84
1000m:			1000m: 14:56.32
1100m:			1100m: 16:25.03
1200m:			1200m: 17:54.70
1300m:			1300m: 19:25.26
1400m:			1400m: 20:50.17
1500m:			1500m: 22:09.58
5. Ares Wannas	06	WDK 22:12.77	21:30.00
100m:	1:22.33	1:22.33	500m: 7:28.77
200m:	2:51.10	1:28.77	600m: 9:00.87
300m:	4:21.10	1:30.00	700m: 10:30.81
400m:	5:54.35	1:33.25	800m: 11:58.85
900m:			900m: 13:28.74
1000m:			1000m: 14:56.10
1100m:			1100m: 16:25.60
1200m:			1200m: 17:55.45
1300m:			1300m: 19:25.70
1400m:			1400m: 20:51.25
1500m:			1500m: 22:12.77
6. Puissant Denis	05	VZT 23:18.41	23:19.25
100m:	1:21.46	1:21.46	500m: 7:37.55
200m:	2:53.02	1:31.56	600m: 9:12.37
300m:	4:26.98	1:33.96	700m: 10:47.21
400m:	6:02.53	1:35.55	800m: 12:22.70
900m:			900m: 13:57.80
1000m:			1000m: 15:31.62
1100m:			1100m: 17:06.49
1200m:			1200m: 18:45.02
1300m:			1300m: 20:17.33
1400m:			1400m: 21:50.95
1500m:			1500m: 23:18.41

Programmanr. 7, Jongens, 1500m vrije slag, miniemen



Rang	Geb.	Tijd	ins. tijd								
7. Vansteenkiste Ade	05	ZTB	23:42.43	NT							
100m:	1:21.39	1:21.39	500m:	7:37.81	1:36.39	900m:	14:07.46	1:38.65	1300m:	20:41.07	1:38.65
200m:	2:52.92	1:31.53	600m:	9:14.34	1:36.53	1000m:	15:44.84	1:37.38	1400m:	22:13.17	1:32.10
300m:	4:21.34	1:28.42	700m:	10:51.57	1:37.23	1100m:	17:22.88	1:38.04	1500m:	23:42.43	1:29.26
400m:	6:01.42	1:40.08	800m:	12:28.81	1:37.24	1200m:	19:02.42	1:39.54			
8. Vanlerberghe Lennert	05	BZV	24:23.80	24:06.48							
100m:	1:23.07	1:23.07	500m:	7:55.94	1:40.46	900m:	14:38.63	1:42.18	1300m:	21:23.67	1:40.32
200m:	2:57.98	1:34.91	600m:	9:36.27	1:40.33	1000m:	16:20.96	1:42.33	1400m:	22:59.63	1:35.96
300m:	4:36.34	1:38.36	700m:	11:15.83	1:39.56	1100m:	18:02.27	1:41.31	1500m:	24:23.80	1:24.17
400m:	6:15.48	1:39.14	800m:	12:56.45	1:40.62	1200m:	19:43.35	1:41.08			
9. Kinnaer Lennert	06	VZT	24:36.67	24:00.00							
100m:	1:21.15	1:21.15	500m:	7:47.47	1:39.89	900m:	14:31.18	1:42.53	1300m:	21:21.75	1:42.60
200m:	2:53.75	1:32.60	600m:	9:28.22	1:40.75	1000m:	16:12.18	1:41.00	1400m:	23:01.36	1:39.61
300m:	4:29.61	1:35.86	700m:	11:08.15	1:39.93	1100m:	17:55.53	1:43.35	1500m:	24:36.67	1:35.31
400m:	6:07.58	1:37.97	800m:	12:48.65	1:40.50	1200m:	19:39.15	1:43.62			
10. Vervisch Lowiek	06	ZIB	24:51.37	NT							
100m:	1:26.59	1:26.59	500m:	8:02.62	1:40.09	900m:	14:46.84	1:42.03	1300m:	21:39.78	1:43.41
200m:	3:04.31	1:37.72	600m:	9:42.37	1:39.75	1000m:	16:30.44	1:43.60	1400m:	23:21.34	1:41.56
300m:	4:43.00	1:38.69	700m:	11:23.37	1:41.00	1100m:	18:13.12	1:42.68	1500m:	24:51.37	1:30.03
400m:	6:22.53	1:39.53	800m:	13:04.81	1:41.44	1200m:	19:56.37	1:43.25			
11. Vanbeveren Noah	06	VZN	25:08.94	NT							
100m:	1:26.54	1:26.54	500m:	8:05.06	1:41.69	900m:	14:56.18	1:44.21	1300m:	21:54.36	1:43.75
200m:	3:03.41	1:36.87	600m:	9:46.71	1:41.65	1000m:	16:39.51	1:43.33	1400m:	23:37.97	1:43.61
300m:	4:42.38	1:38.97	700m:	11:29.18	1:42.47	1100m:	18:24.72	1:45.21	1500m:	25:08.94	1:30.97
400m:	6:23.37	1:40.99	800m:	13:11.97	1:42.79	1200m:	20:10.61	1:45.89			
12. Van Lersberghe Rune	06	ZIB	25:43.35	NT							
100m:	1:27.44	1:27.44	500m:	8:20.33	1:45.37	900m:	15:22.49	1:46.47	1300m:	22:20.12	1:41.87
200m:	3:07.58	1:40.14	600m:	10:06.35	1:46.02	1000m:	17:08.55	1:46.06	1400m:	24:03.75	1:43.63
300m:	4:50.75	1:43.17	700m:	11:51.73	1:45.38	1100m:	18:53.06	1:44.51	1500m:	25:43.35	1:39.60
400m:	6:34.96	1:44.21	800m:	13:36.02	1:44.29	1200m:	20:38.25	1:45.19			
13. Heuvelmans Artho	06	VZG	26:21.84	27:00.00							
100m:	1:33.12	1:33.12	500m:	8:41.46	1:48.10	900m:	15:55.94	1:48.88	1300m:	23:06.12	1:47.80
200m:	3:18.04	1:44.92	600m:	10:30.82	1:49.36	1000m:	17:42.21	1:46.27	1400m:	24:49.34	1:43.22
300m:	5:04.51	1:46.47	700m:	12:19.54	1:48.72	1100m:	19:30.39	1:48.18	1500m:	26:21.84	1:32.50
400m:	6:53.36	1:48.85	800m:	14:07.06	1:47.52	1200m:	21:18.32	1:47.93			
AFGEM Zua Yvan	05	KZV		NT							

Programmanr. 7
20-1-2019 - 14:00

Heren, 1500m vrije slag

algemeen
Resultaten

Rang	Geb.	Tijd	ins. tijd								
1. Schotte Alexander	01	WDK	19:15.68	18:30.00							
100m:	1:05.02	1:05.02	500m:	6:14.60	1:18.71	900m:	11:28.30	1:18.76	1300m:	16:41.66	1:17.79
200m:	2:20.04	1:15.02	600m:	7:32.70	1:18.10	1000m:	12:47.02	1:18.72	1400m:	17:59.58	1:17.92
300m:	3:37.55	1:17.51	700m:	8:51.23	1:18.53	1100m:	14:05.20	1:18.18	1500m:	19:15.68	1:16.10
400m:	4:55.89	1:18.34	800m:	10:09.54	1:18.31	1200m:	15:23.87	1:18.67			
2. Vanpoucke Jordi	96	WDK	20:06.02	18:40.00							
100m:	1:05.13	1:05.13	500m:	6:15.73	1:19.45	900m:	11:43.09	1:23.46	1300m:	17:20.91	1:24.28
200m:	2:20.16	1:15.03	600m:	7:35.06	1:19.33	1000m:	13:06.88	1:23.79	1400m:	18:44.48	1:23.57
300m:	3:37.73	1:17.57	700m:	8:56.84	1:21.78	1100m:	14:31.13	1:24.25	1500m:	20:06.02	1:21.54
400m:	4:56.28	1:18.55	800m:	10:19.63	1:22.79	1200m:	15:56.63	1:25.50			
3. Verbeke Jasper	02	ZIB	20:19.53	20:33.22							
100m:	1:10.77	1:10.77	500m:	6:36.66	1:21.80	900m:	13:28.55	1:22.72	1300m:	18:58.04	1:20.88
200m:	2:29.50	1:18.73	600m:	8:00.25	1:23.59	1000m:	14:50.93	1:22.38	1400m:	20:19.53	1:21.49
300m:	3:50.92	1:21.42	700m:	10:43.70	2:43.45	1100m:	16:14.18	1:23.25	1500m:	20:19.53	
400m:	5:14.86	1:23.94	800m:	12:05.83	1:22.13	1200m:	17:37.16	1:22.98			
4. Ares Elias	04	WDK	20:19.73	19:56.00							
100m:	1:10.68	1:10.68	500m:	6:40.71	1:23.86	900m:	12:13.00	1:22.97	1300m:	17:42.60	1:22.35
200m:	2:29.75	1:19.07	600m:	8:05.22	1:24.51	1000m:	13:34.90	1:21.90	1400m:	19:04.18	1:21.58
300m:	3:51.97	1:22.22	700m:	9:27.50	1:22.28	1100m:	14:58.18	1:23.28	1500m:	20:19.73	1:15.55
400m:	5:16.85	1:24.88	800m:	10:50.03	1:22.53	1200m:	16:20.25	1:22.07			

Programmanr. 7, Heren, 1500m vrije slag, algemeen



Rang	Geb.		Tijd	ins. tijd								
5.	Miroir Matisse 01		VZO	20:21.04	19:06.92							
	100m:	1:08.10	1:08.10	500m:	6:32.24	1:23.62	900m:	12:07.17	1:23.02	1300m:	17:41.62	1:22.24
	200m:	2:25.35	1:17.25	600m:	7:56.03	1:23.79	1000m:	13:30.82	1:23.65	1400m:	19:04.15	1:22.53
	300m:	3:46.13	1:20.78	700m:	9:20.80	1:24.77	1100m:	14:54.24	1:23.42	1500m:	20:21.04	1:16.89
	400m:	5:08.62	1:22.49	800m:	10:44.15	1:23.35	1200m:	16:19.38	1:25.14			
6.	Denolf Ward 02		ZIB	21:00.69	20:11.39							
	100m:	1:11.92	1:11.92	500m:	6:45.35	1:26.25	900m:	12:27.70	1:24.53	1300m:	18:15.44	1:25.28
	200m:	2:31.25	1:19.33	600m:	8:11.31	1:25.96	1000m:	13:54.10	1:26.40	1400m:	19:39.79	1:24.35
	300m:	3:54.81	1:23.56	700m:	9:37.56	1:26.25	1100m:	15:22.13	1:28.03	1500m:	21:00.69	1:20.90
	400m:	5:19.10	1:24.29	800m:	11:03.17	1:25.61	1200m:	16:50.16	1:28.03			
7.	Christiaens Kas 04		VZG	21:28.52	22:38.41							
	100m:	1:13.60	1:13.60	500m:	6:54.40	1:27.41	900m:	12:46.48	1:27.21	1300m:	18:41.60	1:29.37
	200m:	2:36.49	1:22.89	600m:	8:23.65	1:29.25	1000m:	14:14.25	1:27.77	1400m:	20:07.85	1:26.25
	300m:	4:00.82	1:24.33	700m:	9:51.30	1:27.65	1100m:	15:43.06	1:28.81	1500m:	21:28.52	1:20.67
	400m:	5:26.99	1:26.17	800m:	11:19.27	1:27.97	1200m:	17:12.23	1:29.17			
8.	Ruysschaert Stan 02		ZIB	21:39.82	NT							
	100m:	1:16.83	1:16.83	500m:	7:08.08	1:28.17	900m:	12:58.87	1:28.30	1300m:	18:52.52	1:27.65
	200m:	2:42.97	1:26.14	600m:	8:36.49	1:28.41	1000m:	14:27.03	1:28.16	1400m:	20:19.60	1:27.08
	300m:	4:11.45	1:28.48	700m:	10:03.67	1:27.18	1100m:	15:55.75	1:28.72	1500m:	21:39.82	1:20.22
	400m:	5:39.91	1:28.46	800m:	11:30.57	1:26.90	1200m:	17:24.87	1:29.12			
9.	Trache Obie 05		WDK	21:41.80	NT							
	100m:	1:17.76	1:17.76	500m:	7:08.36	1:28.11	900m:	12:58.41	1:23.01	1300m:	18:52.50	1:27.89
	200m:	2:44.11	1:26.35	600m:	8:35.89	1:27.53	1000m:	14:26.34	1:27.93	1400m:	20:20.15	1:27.65
	300m:	4:11.68	1:27.57	700m:	10:03.46	1:27.57	1100m:	15:58.37	1:32.03	1500m:	21:41.80	1:21.65
	400m:	5:40.25	1:28.57	800m:	11:35.40	1:31.94	1200m:	17:24.61	1:26.24			
10.	Chirivi Luca 01		VZSA	21:43.71	23:53.13							
	100m:	1:18.87	1:18.87	500m:	7:12.91	1:27.25	900m:	13:14.12	1:28.78	1300m:	19:06.09	1:28.30
	200m:	2:46.34	1:27.47	600m:	8:42.97	1:30.06	1000m:	14:41.41	1:27.29	1400m:	20:32.44	1:26.35
	300m:	4:15.72	1:29.38	700m:	10:11.94	1:28.97	1100m:	16:09.37	1:27.96	1500m:	21:43.71	1:11.27
	400m:	5:45.66	1:29.94	800m:	11:45.34	1:33.40	1200m:	17:37.79	1:28.42			
11.	De Vos Maarten 06		VZG	21:54.82	25:00.00							
	100m:	1:21.04	1:21.04	500m:	7:12.02	1:29.77	900m:	13:07.84	1:29.11	1300m:	19:04.70	1:29.79
	200m:	2:47.27	1:26.23	600m:	8:40.93	1:28.91	1000m:	14:36.67	1:28.83	1400m:	20:33.21	1:28.51
	300m:	4:14.34	1:27.07	700m:	10:08.90	1:27.97	1100m:	16:05.38	1:28.71	1500m:	21:54.82	1:21.61
	400m:	5:42.25	1:27.91	800m:	11:38.73	1:29.83	1200m:	17:34.91	1:29.53			
12.	Kerckhove Dante 04		BBV	22:05.53	22:22.29							
	100m:	1:17.31	1:17.31	500m:	7:14.59	1:31.22	900m:	13:17.26	1:29.56	1300m:	19:16.24	1:28.47
	200m:	2:44.16	1:26.85	600m:	8:46.02	1:31.43	1000m:	14:47.55	1:30.29	1400m:	20:44.05	1:27.81
	300m:	4:12.73	1:28.57	700m:	10:17.14	1:31.12	1100m:	16:17.84	1:30.29	1500m:	22:05.53	1:21.48
	400m:	5:43.37	1:30.64	800m:	11:47.70	1:30.56	1200m:	17:47.77	1:29.93			
13.	Masyn Jasper 06		ZIB	22:08.10	NT							
	100m:	1:18.28	1:18.28	500m:	7:11.99	1:28.89	900m:	13:11.67	1:28.93	1300m:	19:16.10	1:31.29
	200m:	2:45.21	1:26.93	600m:	8:41.67	1:29.68	1000m:	14:43.95	1:32.28	1400m:	20:45.52	1:29.42
	300m:	4:13.71	1:28.50	700m:	10:12.35	1:30.68	1100m:	16:14.87	1:30.92	1500m:	22:08.10	1:22.58
	400m:	5:43.10	1:29.39	800m:	11:42.74	1:30.39	1200m:	17:44.81	1:29.94			
14.	Cappon Staf 06		WDK	22:09.58	21:30.00							
	100m:	1:20.31	1:20.31	500m:	7:22.48	1:32.03	900m:	13:28.84	1:30.39	1300m:	19:25.26	1:30.56
	200m:	2:47.74	1:27.43	600m:	8:56.67	1:34.19	1000m:	14:56.32	1:27.48	1400m:	20:50.17	1:24.91
	300m:	4:17.95	1:30.21	700m:	10:28.07	1:31.40	1100m:	16:25.03	1:28.71	1500m:	22:09.58	1:19.41
	400m:	5:50.45	1:32.50	800m:	11:58.45	1:30.38	1200m:	17:54.70	1:29.67			
15.	Ares Wannas 06		WDK	22:12.77	21:30.00							
	100m:	1:22.33	1:22.33	500m:	7:28.77	1:34.42	900m:	13:28.74	1:29.89	1300m:	19:25.70	1:30.25
	200m:	2:51.10	1:28.77	600m:	9:00.87	1:32.10	1000m:	14:56.10	1:27.36	1400m:	20:51.25	1:25.55
	300m:	4:21.10	1:30.00	700m:	10:30.81	1:29.94	1100m:	16:25.60	1:29.50	1500m:	22:12.77	1:21.52
	400m:	5:54.35	1:33.25	800m:	11:58.85	1:28.04	1200m:	17:55.45	1:29.85			
16.	Vandaele Diederik 70		VZN	22:20.47	20:55.88							
	100m:	1:31.49	1:31.49	500m:	7:25.21	1:29.93	900m:	13:24.51	1:29.67	1300m:	19:22.57	1:29.59
	200m:	2:53.24	1:21.75	600m:	8:55.28	1:30.07	1000m:	14:54.16	1:29.65	1400m:	20:52.58	1:30.01
	300m:	4:24.73	1:31.49	700m:	10:25.05	1:29.77	1100m:	16:23.53	1:29.37	1500m:	22:20.47	1:27.89
	400m:	5:55.28	1:30.55	800m:	11:54.84	1:29.79	1200m:	17:52.98	1:29.45			

Programmanr. 7, Heren, 1500m vrije slag, algemeen



Rang	Geb.	Tijd	ins. tijd						
17.	Huygh Robin	04	VZN	22:24.61	22:27.14				
	100m: 1:18.97	1:18.97	500m: 7:27.28	1:33.75	900m: 13:30.15	1:30.58	1300m: 19:33.25	1:30.95	
	200m: 2:48.22	1:29.25	600m: 8:58.18	1:30.90	1000m: 15:00.61	1:30.46	1400m: 21:00.50	1:27.25	
	300m: 4:20.57	1:32.35	700m: 10:28.86	1:30.68	1100m: 16:31.22	1:30.61	1500m: 22:24.61	1:24.11	
	400m: 5:53.53	1:32.96	800m: 11:59.57	1:30.71	1200m: 18:02.30	1:31.08			
18.	Vandaele Maxime	03	VZN	22:32.06	NT				
	100m: 1:21.59	1:21.59	500m: 7:28.44	1:33.35	900m: 13:37.19	1:31.71	1300m: 19:41.32	1:31.51	
	200m: 2:51.06	1:29.47	600m: 9:01.68	1:33.24	1000m: 15:08.25	1:31.06	1400m: 21:11.40	1:30.08	
	300m: 4:22.77	1:31.71	700m: 10:33.87	1:32.19	1100m: 16:38.46	1:30.21	1500m: 22:32.06	1:20.66	
	400m: 5:55.09	1:32.32	800m: 12:05.48	1:31.61	1200m: 18:09.81	1:31.35			
19.	Moeyaert Rochney	01	VZN	22:43.35	20:52.13				
	100m: 1:15.25	1:15.25	500m: 7:02.38	1:28.53	900m: 13:11.94	1:33.25	1300m: 19:35.22	1:36.59	
	200m: 2:40.44	1:25.19	600m: 8:33.19	1:30.81	1000m: 14:47.29	1:35.35	1400m: 21:10.72	1:35.50	
	300m: 4:03.66	1:23.22	700m: 10:05.13	1:31.94	1100m: 16:23.29	1:36.00	1500m: 22:43.35	1:32.63	
	400m: 5:33.85	1:30.19	800m: 11:38.69	1:33.56	1200m: 17:58.63	1:35.34			
20.	Peel Manly	85	VZO	22:48.47	NT				
	100m: 1:18.22	1:18.22	500m: 7:19.05	1:32.14	900m: 13:31.94	1:34.60	1300m: 19:46.47	1:31.92	
	200m: 2:44.55	1:26.33	600m: 8:51.51	1:32.46	1000m: 15:05.62	1:33.68	1400m: 21:19.02	1:32.55	
	300m: 4:15.30	1:30.75	700m: 10:24.26	1:32.75	1100m: 16:37.97	1:32.35	1500m: 22:48.47	1:29.45	
	400m: 5:46.91	1:31.61	800m: 11:57.34	1:33.08	1200m: 18:14.55	1:36.58			
21.	Paredis Robbe	98	VZSA	22:54.97	21:48.84				
	100m: 1:20.74	1:20.74	500m: 7:29.74	1:34.01	900m: 13:38.68	1:32.45	1300m: 18:51.27	33.61	
	200m: 2:51.37	1:30.63	600m: 9:02.25	1:32.51	1000m: 15:11.40	1:32.72	1400m: 21:24.09	2:32.82	
	300m: 4:22.90	1:31.53	700m: 10:34.35	1:32.10	1100m: 16:44.68	1:33.28	1500m: 22:54.97	1:30.88	
	400m: 5:55.73	1:32.83	800m: 12:06.23	1:31.88	1200m: 18:17.66	1:32.98			
22.	Puissant Denis	05	VZT	23:18.41	23:19.25				
	100m: 1:21.46	1:21.46	500m: 7:37.55	1:35.02	900m: 13:57.80	1:35.10	1300m: 20:17.33	1:32.31	
	200m: 2:53.02	1:31.56	600m: 9:12.37	1:34.82	1000m: 15:31.62	1:33.82	1400m: 21:50.95	1:33.62	
	300m: 4:26.98	1:33.96	700m: 10:47.21	1:34.84	1100m: 17:06.49	1:34.87	1500m: 23:18.41	1:27.46	
	400m: 6:02.53	1:35.55	800m: 12:22.70	1:35.49	1200m: 18:45.02	1:38.53			
23.	Dugauquiez Keagan	02	PRT	23:20.41	24:00.00				
	100m: 1:18.13	1:18.13	500m: 7:33.63	1:36.90	900m: 13:57.70	1:34.29	1300m: 20:18.72	1:34.75	
	200m: 2:48.38	1:30.25	600m: 9:10.26	1:36.63	1000m: 15:34.41	1:36.71	1400m: 21:52.76	1:34.04	
	300m: 4:21.63	1:33.25	700m: 10:46.95	1:36.69	1100m: 17:09.13	1:34.72	1500m: 23:20.41	1:27.65	
	400m: 5:56.73	1:35.10	800m: 12:23.41	1:36.46	1200m: 18:43.97	1:34.84			
24.	Mattelin Nicolas	02	VZR	23:38.06	21:30.65				
	100m: 1:21.48	1:21.48	500m: 7:36.34	1:35.47	900m: 14:00.26	1:36.82	1300m: 20:28.51	1:37.13	
	200m: 2:52.73	1:31.25	600m: 9:11.23	1:34.89	1000m: 15:38.31	1:38.05	1400m: 22:05.34	1:36.83	
	300m: 4:26.48	1:33.75	700m: 10:48.13	1:36.90	1100m: 17:14.94	1:36.63	1500m: 23:38.06	1:32.72	
	400m: 6:00.87	1:34.39	800m: 12:23.44	1:35.31	1200m: 18:51.38	1:36.44			
25.	Vansteenkiste Ade	05	ZTB	23:42.43	NT				
	100m: 1:21.39	1:21.39	500m: 7:37.81	1:36.39	900m: 14:07.46	1:38.65	1300m: 20:41.07	1:38.65	
	200m: 2:52.92	1:31.53	600m: 9:14.34	1:36.53	1000m: 15:44.84	1:37.38	1400m: 22:13.17	1:32.10	
	300m: 4:21.34	1:28.42	700m: 10:51.57	1:37.23	1100m: 17:22.88	1:38.04	1500m: 23:42.43	1:29.26	
	400m: 6:01.42	1:40.08	800m: 12:28.81	1:37.24	1200m: 19:02.42	1:39.54			
26.	Bonjé Aeon	04	VZN	23:42.53	22:41.05				
	100m: 1:28.84	1:28.84	500m: 7:56.16	1:36.66	900m: 14:16.53	1:34.90	1300m: 20:42.41	1:36.03	
	200m: 3:04.69	1:35.85	600m: 9:31.35	1:35.19	1000m: 15:52.35	1:35.82	1400m: 22:16.30	1:33.89	
	300m: 4:42.53	1:37.84	700m: 11:07.44	1:36.09	1100m: 17:29.19	1:36.84	1500m: 23:42.53	1:26.23	
	400m: 6:19.50	1:36.97	800m: 12:41.63	1:34.19	1200m: 19:06.38	1:37.19			
27.	Van Wichelen Bram	82	VZSA	23:47.83	24:00.00				
	100m: 1:21.06	1:21.06	500m: 7:41.48	1:36.57	900m: 14:09.20	1:36.82	1300m: 20:34.63	1:35.12	
	200m: 2:53.48	1:32.42	600m: 9:18.63	1:37.15	1000m: 15:41.09	1:31.89	1400m: 22:13.74	1:39.11	
	300m: 4:28.20	1:34.72	700m: 10:55.56	1:36.93	1100m: 17:22.66	1:41.57	1500m: 23:47.83	1:34.09	
	400m: 6:04.91	1:36.71	800m: 12:32.38	1:36.82	1200m: 18:59.51	1:36.85			
28.	Vanlerberghe Lennert	05	BZV	24:23.80	24:06.48				
	100m: 1:23.07	1:23.07	500m: 7:55.94	1:40.46	900m: 14:38.63	1:42.18	1300m: 21:23.67	1:40.32	
	200m: 2:57.98	1:34.91	600m: 9:36.27	1:40.33	1000m: 16:20.96	1:42.33	1400m: 22:59.63	1:35.96	
	300m: 4:36.34	1:38.36	700m: 11:15.83	1:39.56	1100m: 18:02.27	1:41.31	1500m: 24:23.80	1:24.17	
	400m: 6:15.48	1:39.14	800m: 12:56.45	1:40.62	1200m: 19:43.35	1:41.08			

Programmanr. 7, Heren, 1500m vrije slag, algemeen



Rang	Geb.	Tijd	ins. tijd						
29.	Durnez Viktor	04	VZN	24:28.46	NT				
	100m: 1:25.14	1:25.14	500m: 7:50.00	1:36.69	900m: 14:27.80	1:39.87	1300m: 21:14.99	1:42.86	
	200m: 3:00.63	1:35.49	600m: 9:29.09	1:39.09	1000m: 16:09.08	1:41.28	1400m: 22:52.84	1:37.85	
	300m: 4:37.37	1:36.74	700m: 11:09.22	1:40.13	1100m: 17:50.18	1:41.10	1500m: 24:28.46	1:35.62	
	400m: 6:13.31	1:35.94	800m: 12:47.93	1:38.71	1200m: 19:32.13	1:41.95			
30.	Kinnaer Lennert	06	VZT	24:36.67	24:00.00				
	100m: 1:21.15	1:21.15	500m: 7:47.47	1:39.89	900m: 14:31.18	1:42.53	1300m: 21:21.75	1:42.60	
	200m: 2:53.75	1:32.60	600m: 9:28.22	1:40.75	1000m: 16:12.18	1:41.00	1400m: 23:01.36	1:39.61	
	300m: 4:29.61	1:35.86	700m: 11:08.15	1:39.93	1100m: 17:55.53	1:43.35	1500m: 24:36.67	1:35.31	
	400m: 6:07.58	1:37.97	800m: 12:48.65	1:40.50	1200m: 19:39.15	1:43.62			
31.	Vervisch Lowiek	06	ZIB	24:51.37	NT				
	100m: 1:26.59	1:26.59	500m: 8:02.62	1:40.09	900m: 14:46.84	1:42.03	1300m: 21:39.78	1:43.41	
	200m: 3:04.31	1:37.72	600m: 9:42.37	1:39.75	1000m: 16:30.44	1:43.60	1400m: 23:21.34	1:41.56	
	300m: 4:43.00	1:38.69	700m: 11:23.37	1:41.00	1100m: 18:13.12	1:42.68	1500m: 24:51.37	1:30.03	
	400m: 6:22.53	1:39.53	800m: 13:04.81	1:41.44	1200m: 19:56.37	1:43.25			
32.	Vanbeveren Noah	06	VZN	25:08.94	NT				
	100m: 1:26.54	1:26.54	500m: 8:05.06	1:41.69	900m: 14:56.18	1:44.21	1300m: 21:54.36	1:43.75	
	200m: 3:03.41	1:36.87	600m: 9:46.71	1:41.65	1000m: 16:39.51	1:43.33	1400m: 23:37.97	1:43.61	
	300m: 4:42.38	1:38.97	700m: 11:29.18	1:42.47	1100m: 18:24.72	1:45.21	1500m: 25:08.94	1:30.97	
	400m: 6:23.37	1:40.99	800m: 13:11.97	1:42.79	1200m: 20:10.61	1:45.89			
33.	Devoldere Thomas	03	VZN	25:32.91	NT				
	100m: 1:26.13	1:26.13	500m: 8:06.07	1:42.82	900m: 15:04.03	1:45.40	1300m: 22:12.41	1:44.03	
	200m: 3:01.35	1:35.22	600m: 9:50.03	1:43.96	1000m: 16:52.66	1:48.63	1400m: 23:55.97	1:43.56	
	300m: 4:41.13	1:39.78	700m: 11:33.66	1:43.63	1100m: 18:39.50	1:46.84	1500m: 25:32.91	1:36.94	
	400m: 6:23.25	1:42.12	800m: 13:18.63	1:44.97	1200m: 20:28.38	1:48.88			
34.	Mariage Hubert	04	PRT	25:42.22	24:00.00				
	100m: 1:20.03	1:20.03	500m: 8:06.84	1:45.15	900m: 15:13.00	1:48.41	1300m: 22:23.41	1:46.32	
	200m: 2:56.66	1:36.63	600m: 9:53.16	1:46.32	1000m: 17:02.81	1:49.81	1400m: 24:09.50	1:46.09	
	300m: 4:37.22	1:40.56	700m: 11:40.31	1:47.15	1100m: 18:49.88	1:47.07	1500m: 25:42.22	1:32.72	
	400m: 6:21.69	1:44.47	800m: 13:24.59	1:44.28	1200m: 20:37.09	1:47.21			
35.	Van Lersberghe Rune	06	ZIB	25:43.35	NT				
	100m: 1:27.44	1:27.44	500m: 8:20.33	1:45.37	900m: 15:22.49	1:46.47	1300m: 22:20.12	1:41.87	
	200m: 3:07.58	1:40.14	600m: 10:06.35	1:46.02	1000m: 17:08.55	1:46.06	1400m: 24:03.75	1:43.63	
	300m: 4:50.75	1:43.17	700m: 11:51.73	1:45.38	1100m: 18:53.06	1:44.51	1500m: 25:43.35	1:39.60	
	400m: 6:34.96	1:44.21	800m: 13:36.02	1:44.29	1200m: 20:38.25	1:45.19			
36.	Bonjé Benny	70	VZN	26:15.98	NT				
	100m: 1:35.60	1:35.60	500m: 8:34.74	1:46.37	900m: 15:39.52	1:46.71	1300m: 22:48.70	1:48.18	
	200m: 3:17.36	1:41.76	600m: 10:20.48	1:45.74	1000m: 17:26.32	1:46.80	1400m: 24:36.00	1:47.30	
	300m: 5:02.33	1:44.97	700m: 12:06.78	1:46.30	1100m: 19:13.17	1:46.85	1500m: 26:15.98	1:39.98	
	400m: 6:48.37	1:46.04	800m: 13:52.81	1:46.03	1200m: 21:00.52	1:47.35			
37.	Heuvelmans Artho	06	VZG	26:21.84	27:00.00				
	100m: 1:33.12	1:33.12	500m: 8:41.46	1:48.10	900m: 15:55.94	1:48.88	1300m: 23:06.12	1:47.80	
	200m: 3:18.04	1:44.92	600m: 10:30.82	1:49.36	1000m: 17:42.21	1:46.27	1400m: 24:49.34	1:43.22	
	300m: 5:04.51	1:46.47	700m: 12:19.54	1:48.72	1100m: 19:30.39	1:48.18	1500m: 26:21.84	1:32.50	
	400m: 6:53.36	1:48.85	800m: 14:07.06	1:47.52	1200m: 21:18.32	1:47.93			
38.	De Bruyne Pim	02	VZG	26:26.89	27:00.00				
	100m: 1:31.81	1:31.81	500m: 8:41.04	1:48.01	900m: 15:51.18	1:47.12	1300m: 23:05.21	1:48.07	
	200m: 3:17.18	1:45.37	600m: 10:28.61	1:47.57	1000m: 17:39.96	1:48.78	1400m: 24:50.28	1:45.07	
	300m: 5:03.75	1:46.57	700m: 12:16.78	1:48.17	1100m: 19:30.00	1:50.04	1500m: 26:26.89	1:36.61	
	400m: 6:53.03	1:49.28	800m: 14:04.06	1:47.28	1200m: 21:17.14	1:47.14			
39.	Bonnenge Viktor	03	PRT	28:15.25	26:28.00				
	100m: 1:30.31	1:30.31	500m: 8:51.57	1:51.76	900m: 16:29.67	1:57.00	1300m: 24:18.78	1:59.29	
	200m: 3:18.09	1:47.78	600m: 10:44.21	1:52.64	1000m: 18:24.74	1:55.07	1400m: 26:18.07	1:59.29	
	300m: 5:08.17	1:50.08	700m: 12:39.31	1:55.10	1100m: 20:20.56	1:55.82	1500m: 28:15.25	1:57.18	
	400m: 6:59.81	1:51.64	800m: 14:32.67	1:53.36	1200m: 22:19.49	1:58.93			
40.	Caestecker Wilfried	61	VZSA	29:23.78	28:36.57				
	100m: 1:33.46	1:33.46	500m: 9:20.70	2:01.24	900m: 17:23.81	2:00.07	1300m: 25:30.33	2:00.70	
	200m: 3:22.14	1:48.68	600m: 11:22.16	2:01.46	1000m: 19:25.51	2:01.70	1400m: 27:31.90	2:01.57	
	300m: 5:19.47	1:57.33	700m: 13:23.53	2:01.37	1100m: 21:26.69	2:01.18	1500m: 29:23.78	1:51.88	
	400m: 7:19.46	1:59.99	800m: 15:23.74	2:00.21	1200m: 23:29.63	2:02.94			

Programmanr. 7, Heren, 1500m vrije slag, algemeen



Rang	Geb.	Tijd	ins. tijd
AFGEM Ruttens Sebbe	02 BZV		NT
AFGEM Alzomorli Audai	04 VZO		NT
AFGEM Zua Yvan	05 KZV		NT

Programmanr. 8 Dames, 800m vrije slag veteranen 65 Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Hubinont Dominique	52 PRT	14:55.70	14:52.58
100m:	1:44.31	300m:	5:33.00 1:54.20
200m:	3:38.80 1:54.49	400m:	7:26.88 1:53.88
		500m:	9:20.45 1:53.57
		600m:	11:13.88 1:53.43
		700m:	13:07.88 1:54.00
		800m:	14:55.70 1:47.82

Programmanr. 8 Dames, 800m vrije slag veteranen 30 Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Peeters Jessica	86 VZSH	14:28.22	12:54.91
100m:	1:25.25 1:25.25	300m:	5:04.57 1:50.94
200m:	3:13.63 1:48.38	400m:	6:58.16 1:53.59
		500m:	8:51.13 1:52.97
		600m:	10:44.07 1:52.94
		700m:	12:37.50 1:53.43
		800m:	14:28.22 1:50.72

Programmanr. 8 Dames, 800m vrije slag senioren Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Miroir Héloïse	99 VZO	12:25.43	14:30.30
100m:	1:20.86 1:20.86	300m:	4:27.75 1:34.97
200m:	2:52.78 1:31.92	400m:	6:04.78 1:37.03
		500m:	7:41.39 1:36.61
		600m:	9:17.81 1:36.42
		700m:	10:53.46 1:35.65
		800m:	12:25.43 1:31.97
2. Simoen Fran	96 BBV	13:19.59	12:04.81
100m:	1:26.70 1:26.70	300m:	4:52.34 1:44.46
200m:	3:07.88 1:41.18	400m:	6:36.77 1:44.43
		500m:	8:21.31 1:44.54
		600m:	10:04.13 1:42.82
		700m:	11:44.14 1:40.01
		800m:	13:19.59 1:35.45

Programmanr. 8 Dames, 800m vrije slag pupillen Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Dereepere Indra	02 ZIB	10:59.56	11:06.33
100m:	1:16.23 1:16.23	300m:	4:01.10 1:23.19
200m:	2:37.91 1:21.68	400m:	5:25.17 1:24.07
		500m:	6:50.03 1:24.86
		600m:	8:13.73 1:23.70
		700m:	9:37.63 1:23.90
		800m:	10:59.56 1:21.93
2. Vansteenkiste Inti	02 ZTB	12:19.69	12:26.75
100m:	1:23.97 1:23.97	300m:	4:34.44 1:35.97
200m:	2:58.47 1:34.50	400m:	6:09.79 1:35.35
		500m:	7:45.00 1:35.21
		600m:	9:19.72 1:34.72
		700m:	10:53.97 1:34.25
		800m:	12:19.69 1:25.72
3. De Grootte Axelle	02 VZN	12:26.55	12:10.71
100m:	1:24.98 1:24.98	300m:	4:31.62 1:34.07
200m:	2:57.55 1:32.57	400m:	6:06.39 1:34.77
		500m:	7:41.64 1:35.25
		600m:	9:18.17 1:36.53
		700m:	10:54.36 1:36.19
		800m:	12:26.55 1:32.19
4. Bethune Elise	01 VZR	12:28.44	12:05.08
100m:	1:22.16 1:22.16	300m:	4:30.56 1:35.50
200m:	2:55.06 1:32.90	400m:	6:06.63 1:36.07
		500m:	7:43.03 1:36.40
		600m:	9:18.50 1:35.47
		700m:	10:54.94 1:36.44
		800m:	12:28.44 1:33.50
5. Claeys Xena	01 VZN	12:39.53	11:20.05
100m:	1:21.82 1:21.82	300m:	4:36.32 1:38.54
200m:	2:57.78 1:35.96	400m:	6:14.22 1:37.90
		500m:	7:51.72 1:37.50
		600m:	9:28.66 1:36.94
		700m:	11:05.91 1:37.25
		800m:	12:39.53 1:33.62
6. Debytere Aude	02 VZR	12:48.41	12:00.60
100m:	1:28.47 1:28.47	300m:	4:44.83 1:38.32
200m:	3:06.51 1:38.04	400m:	6:23.02 1:38.19
		500m:	8:00.77 1:37.75
		600m:	9:37.85 1:37.08
		700m:	11:14.60 1:36.75
		800m:	12:48.41 1:33.81

Programmanr. 8, Dames, 800m vrije slag, pupillen



Rang	Geb.	Tijd	ins. tijd
7. Dewulf Renée	02 ZTB	13:16.00	13:01.29
100m:	1:24.26	1:24.26	300m: 4:38.39
200m:	2:48.21	1:23.95	400m: 6:22.68
			500m: 8:07.75
			600m: 9:52.78
			700m: 11:37.91
			800m: 13:16.00
8. Houllier Mouri	01 WDK	13:16.36	12:30.00
100m:	1:27.71	1:27.71	300m: 4:51.14
200m:	3:07.18	1:39.47	400m: 6:32.93
			500m: 8:16.06
			600m: 10:00.61
			700m: 11:44.18
			800m: 13:16.36

Programmanr. 8
20-1-2019 - 16:38

Meisjes, 800m vrije slag

kadetten
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Van Daele Laetitia	03 VZO	11:02.99	11:12.37
100m:	1:16.25	1:16.25	300m: 4:03.71
200m:	2:39.28	1:23.03	400m: 5:28.86
			500m: 6:54.78
			600m: 8:20.60
			700m: 9:44.78
			800m: 11:02.99
2. Van Parys Justine	04 VZG	11:08.13	11:15.50
100m:	1:13.62	1:13.62	300m: 4:03.31
200m:	2:37.58	1:23.96	400m: 5:28.69
			500m: 6:55.22
			600m: 8:21.22
			700m: 9:45.58
			800m: 11:08.13
3. Deneire Jara	04 VZO	11:14.50	14:10.10
100m:	1:15.03	1:15.03	300m: 4:03.52
200m:	2:37.92	1:22.89	400m: 5:29.60
			500m: 6:56.06
			600m: 8:23.06
			700m: 9:49.92
			800m: 11:14.50
4. Persijn Lies	03 VZR	11:20.67	11:14.60
100m:	1:16.00	1:16.00	300m: 4:04.47
200m:	2:38.96	1:22.96	400m: 5:30.82
			500m: 6:58.61
			600m: 8:26.75
			700m: 9:55.47
			800m: 11:20.67
5. D'hoore Ellen	03 ZIB	11:42.76	11:34.89
100m:	1:19.02	1:19.02	300m: 4:18.08
200m:	2:47.85	1:28.83	400m: 5:48.89
			500m: 7:19.84
			600m: 8:49.72
			700m: 10:20.20
			800m: 11:42.76
6. Beils Manou	04 ZTB	11:51.30	NT
100m:	1:17.85	1:17.85	300m: 4:16.70
200m:	2:45.35	1:27.50	400m: 5:49.92
			500m: 7:22.56
			600m: 8:53.85
			700m: 10:24.95
			800m: 11:51.30
7. Simons Sara	04 BBV	12:09.25	12:22.03
100m:	1:22.74	1:22.74	300m: 4:27.66
200m:	2:53.88	1:31.14	400m: 6:02.70
			500m: 7:36.70
			600m: 9:11.55
			700m: 10:45.56
			800m: 12:09.25
8. Vervaecke Emma	04 BZV	12:29.78	NT
100m:	1:24.21	1:24.21	300m: 4:34.66
200m:	2:59.78	1:35.57	400m: 6:09.68
			500m: 7:44.16
			600m: 9:20.78
			700m: 10:57.78
			800m: 12:29.78
9. Jaecques Jana	04 WDK	12:33.49	11:50.00
100m:	1:20.28	1:20.28	300m: 4:27.78
200m:	2:55.21	1:34.93	400m: 6:04.53
			500m: 7:43.28
			600m: 9:23.36
			700m: 11:01.50
			800m: 12:33.49
10. Waeytens Jinty	04 VZG	12:34.68	12:24.50
100m:	1:24.97	1:24.97	300m: 4:35.87
200m:	2:59.65	1:34.68	400m: 6:13.22
			500m: 7:50.69
			600m: 9:26.97
			700m: 11:02.79
			800m: 12:34.68
11. Kalut Vianne	04 VZT	12:36.94	12:32.73
100m:	1:26.00	1:26.00	300m: 4:37.48
200m:	3:00.66	1:34.66	400m: 6:14.91
			500m: 7:51.02
			600m: 9:27.38
			700m: 11:04.38
			800m: 12:36.94
12. Renier Axelle	03 VZO	14:13.23	NT
100m:	1:35.48	1:35.48	300m: 5:09.79
200m:	3:21.45	1:45.97	400m: 6:59.21
			500m: 8:48.66
			600m: 10:38.23
			700m: 12:27.97
			800m: 14:13.23
13. Kelmendi Ftasa	04 VZO	14:17.18	NT
100m:	1:30.46	1:30.46	300m: 5:06.92
200m:	3:16.74	1:46.28	400m: 6:57.79
			500m: 8:49.77
			600m: 10:41.42
			700m: 12:32.80
			800m: 14:17.18

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Meisjes, 800m vrije slag

miniemen
Resultaten

Rang	Geb.	Tijd	ins. tijd						
1.	Minnebo Lotte	06 ZIB	10:53.32	11:18.24					
	100m: 1:16.09	1:16.09	300m: 4:01.32	1:22.74	500m: 6:49.07	1:23.70	700m: 9:36.58	3:23.53	
	200m: 2:38.58	1:22.49	400m: 5:25.37	1:24.05	600m: 6:13.05		800m: 10:53.32	1:16.74	
2.	Verburgh Mona	05 ZIB	11:15.90	11:28.63					
	100m: 1:16.68	1:16.68	300m: 4:03.46	1:23.95	500m: 6:57.94		700m: 9:52.52	1:27.17	
	200m: 2:39.51	1:22.83	400m:		600m: 8:25.35	1:27.41	800m: 11:15.90	1:23.38	
3.	Vervisch Annelot	05 ZIB	11:44.12	NT					
	100m: 1:16.88	1:16.88	300m: 4:14.73	1:30.19	500m: 7:17.91	1:32.02	700m: 10:21.13	1:31.75	
	200m: 2:44.54	1:27.66	400m: 5:45.89	1:31.16	600m: 8:49.38	1:31.47	800m: 11:44.12	1:22.99	
4.	Kerckhove Ise	06 BBV	12:11.33	12:03.29					
	100m: 1:21.65	1:21.65	300m: 4:28.40	1:34.68	500m: 7:39.53	1:35.34	700m: 10:18.61	1:04.18	
	200m: 2:53.72	1:32.07	400m: 6:04.19	1:35.79	600m: 9:14.43	1:34.90	800m: 12:11.33	1:52.72	
5.	Knockaert Hanne	05 BBV	12:12.98	12:39.77					
	100m: 1:25.07	1:25.07	300m: 4:33.22	1:35.39	500m: 7:42.66	1:34.46	700m: 10:19.44	1:03.60	
	200m: 2:57.83	1:32.76	400m: 6:08.20	1:34.98	600m: 9:15.84	1:33.18	800m: 12:12.98	1:53.54	
6.	Deweerd Lieze	05 WDK	12:40.57	14:30.00					
	100m: 1:24.18	1:24.18	300m: 4:34.50	1:36.86	500m: 7:48.84	1:38.09	700m: 11:05.92	1:38.04	
	200m: 2:57.64	1:33.46	400m: 6:10.75	1:36.25	600m: 9:27.88	1:39.04	800m: 12:40.57	1:34.65	
7.	Cloet Emma	05 VZO	12:53.54	NT					
	100m: 1:26.24	1:26.24	300m: 4:41.95	1:38.75	500m: 7:59.52	1:38.41	700m: 11:19.39	1:39.95	
	200m: 3:03.20	1:36.96	400m: 6:21.11	1:39.16	600m: 9:39.44	1:39.92	800m: 12:53.54	1:34.15	
8.	Ruttens Amber	05 BZV	13:07.15	NT					
	100m: 1:24.66	1:24.66	300m: 4:41.41	1:38.83	500m: 8:04.15	1:41.94	700m: 11:29.67	1:43.28	
	200m: 3:02.58	1:37.92	400m: 6:22.21	1:40.80	600m: 9:46.39	1:42.24	800m: 13:07.15	1:37.48	
9.	Durnez Marthe	06 VZN	13:08.55	NT					
	100m: 1:26.94	1:26.94	300m: 4:46.44	1:40.93	500m: 8:09.22	1:41.75	700m: 11:32.19	1:41.53	
	200m: 3:05.51	1:38.57	400m: 6:27.47	1:41.03	600m: 9:50.66	1:41.44	800m: 13:08.55	1:36.36	
10.	Marsham Elisha	06 BBV	13:31.82	13:52.38					
	100m: 1:29.70	1:29.70	300m: 4:59.60	1:45.69	500m: 8:33.80	1:47.70	700m: 11:57.34	1:38.82	
	200m: 3:13.91	1:44.21	400m: 6:46.10	1:46.50	600m: 10:18.52	1:44.72	800m: 13:31.82	1:34.48	
11.	Housaer Merit	06 BBV	13:37.30	14:20.00					
	100m: 1:31.24	1:31.24	300m: 5:02.88	1:46.52	500m: 8:35.62	1:45.65	700m: 11:56.82	1:36.46	
	200m: 3:16.36	1:45.12	400m: 6:49.97	1:47.09	600m: 10:20.36	1:44.74	800m: 13:37.30	1:40.48	
12.	De Clercq Hanne	06 VZSA	13:49.19	NT					
	100m: 1:31.46	1:31.46	300m: 5:03.07	1:46.58	500m: 8:39.24	1:48.15	700m: 12:07.03	1:43.19	
	200m: 3:16.49	1:45.03	400m: 6:51.09	1:48.02	600m: 10:23.84	1:44.60	800m: 13:49.19	1:42.16	
13.	Lemaire Britt	06 VZN	14:25.73	NT					
	100m: 1:31.78	1:31.78	300m: 5:12.89	1:52.25	500m: 8:55.21	1:50.32	700m: 12:41.25	1:51.54	
	200m: 3:20.64	1:48.86	400m: 7:04.89	1:52.00	600m: 10:49.71	1:54.50	800m: 14:25.73	1:44.48	
14.	Deretz Louise	06 PRT	17:10.15	14:52.58					
	100m: 1:46.53	1:46.53	300m: 6:16.15	2:16.21	500m: 10:53.47	2:18.85	700m: 15:20.12	2:11.22	
	200m: 3:59.94	2:13.41	400m: 8:34.62	2:18.47	600m: 13:08.90	2:15.43	800m: 17:10.15	1:50.03	
DIS	Deretz Lucie	06 PRT		16.00					
	<i>SW10-WE2 - de volledige afstand niet verzwommen</i>								
AFGEM	D'Heere Elise-Cato	06 VZN		NT					
AFGEM	Versluys Dawn	05 VZO		11:42.66					

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Dames, 800m vrije slag

algemeen
Resultaten

Rang	Geb.		Tijd	ins. tijd				
1. Minnebo Lotte	06	ZIB	10:53.32	11:18.24				
	100m: 1:16.09	1:16.09	300m: 4:01.32	1:22.74	500m: 6:49.07	1:23.70	700m: 9:36.58	3:23.53
	200m: 2:38.58	1:22.49	400m: 5:25.37	1:24.05	600m: 6:13.05		800m: 10:53.32	1:16.74
2. Dereepere Indra	02	ZIB	10:59.56	11:06.33				
	100m: 1:16.23	1:16.23	300m: 4:01.10	1:23.19	500m: 6:50.03	1:24.86	700m: 9:37.63	1:23.90
	200m: 2:37.91	1:21.68	400m: 5:25.17	1:24.07	600m: 8:13.73	1:23.70	800m: 10:59.56	1:21.93
3. Van Daele Laetitia	03	VZO	11:02.99	11:12.37				
	100m: 1:16.25	1:16.25	300m: 4:03.71	1:24.43	500m: 6:54.78	1:25.92	700m: 9:44.78	1:24.18
	200m: 2:39.28	1:23.03	400m: 5:28.86	1:25.15	600m: 8:20.60	1:25.82	800m: 11:02.99	1:18.21
4. Van Parys Justine	04	VZG	11:08.13	11:15.50				
	100m: 1:13.62	1:13.62	300m: 4:03.31	1:25.73	500m: 6:55.22	1:26.53	700m: 9:45.58	1:24.36
	200m: 2:37.58	1:23.96	400m: 5:28.69	1:25.38	600m: 8:21.22	1:26.00	800m: 11:08.13	1:22.55
5. Deneire Jara	04	VZO	11:14.50	14:10.10				
	100m: 1:15.03	1:15.03	300m: 4:03.52	1:25.60	500m: 6:56.06	1:26.46	700m: 9:49.92	1:26.86
	200m: 2:37.92	1:22.89	400m: 5:29.60	1:26.08	600m: 8:23.06	1:27.00	800m: 11:14.50	1:24.58
6. Verburgh Mona	05	ZIB	11:15.90	11:28.63				
	100m: 1:16.68	1:16.68	300m: 4:03.46	1:23.95	500m: 6:57.94		700m: 9:52.52	1:27.17
	200m: 2:39.51	1:22.83	400m:		600m: 8:25.35	1:27.41	800m: 11:15.90	1:23.38
7. Persijn Lies	03	VZR	11:20.67	11:14.60				
	100m: 1:16.00	1:16.00	300m: 4:04.47	1:25.51	500m: 6:58.61	1:27.79	700m: 9:55.47	1:28.72
	200m: 2:38.96	1:22.96	400m: 5:30.82	1:26.35	600m: 8:26.75	1:28.14	800m: 11:20.67	1:25.20
8. D'hoore Ellen	03	ZIB	11:42.76	11:34.89				
	100m: 1:19.02	1:19.02	300m: 4:18.08	1:30.23	500m: 7:19.84	1:30.95	700m: 10:20.20	1:30.48
	200m: 2:47.85	1:28.83	400m: 5:48.89	1:30.81	600m: 8:49.72	1:29.88	800m: 11:42.76	1:22.56
9. Vervisch Annelot	05	ZIB	11:44.12	NT				
	100m: 1:16.88	1:16.88	300m: 4:14.73	1:30.19	500m: 7:17.91	1:32.02	700m: 10:21.13	1:31.75
	200m: 2:44.54	1:27.66	400m: 5:45.89	1:31.16	600m: 8:49.38	1:31.47	800m: 11:44.12	1:22.99
10. Beils Manou	04	ZTB	11:51.30	NT				
	100m: 1:17.85	1:17.85	300m: 4:16.70	1:31.35	500m: 7:22.56	1:32.64	700m: 10:24.95	1:31.10
	200m: 2:45.35	1:27.50	400m: 5:49.92	1:33.22	600m: 8:53.85	1:31.29	800m: 11:51.30	1:26.35
11. Simons Sara	04	BBV	12:09.25	12:22.03				
	100m: 1:22.74	1:22.74	300m: 4:27.66	1:33.78	500m: 7:36.70	1:34.00	700m: 10:45.56	1:34.01
	200m: 2:53.88	1:31.14	400m: 6:02.70	1:35.04	600m: 9:11.55	1:34.85	800m: 12:09.25	1:23.69
12. Kerckhove Ise	06	BBV	12:11.33	12:03.29				
	100m: 1:21.65	1:21.65	300m: 4:28.40	1:34.68	500m: 7:39.53	1:35.34	700m: 10:18.61	1:04.18
	200m: 2:53.72	1:32.07	400m: 6:04.19	1:35.79	600m: 9:14.43	1:34.90	800m: 12:11.33	1:52.72
13. Knockaert Hanne	05	BBV	12:12.98	12:39.77				
	100m: 1:25.07	1:25.07	300m: 4:33.22	1:35.39	500m: 7:42.66	1:34.46	700m: 10:19.44	1:03.60
	200m: 2:57.83	1:32.76	400m: 6:08.20	1:34.98	600m: 9:15.84	1:33.18	800m: 12:12.98	1:53.54
14. Vansteenkiste Inti	02	ZTB	12:19.69	12:26.75				
	100m: 1:23.97	1:23.97	300m: 4:34.44	1:35.97	500m: 7:45.00	1:35.21	700m: 10:53.97	1:34.25
	200m: 2:58.47	1:34.50	400m: 6:09.79	1:35.35	600m: 9:19.72	1:34.72	800m: 12:19.69	1:25.72
15. Miroir Héloïse	99	VZO	12:25.43	14:30.30				
	100m: 1:20.86	1:20.86	300m: 4:27.75	1:34.97	500m: 7:41.39	1:36.61	700m: 10:53.46	1:35.65
	200m: 2:52.78	1:31.92	400m: 6:04.78	1:37.03	600m: 9:17.81	1:36.42	800m: 12:25.43	1:31.97
16. De Grootte Axelle	02	VZN	12:26.55	12:10.71				
	100m: 1:24.98	1:24.98	300m: 4:31.62	1:34.07	500m: 7:41.64	1:35.25	700m: 10:54.36	1:36.19
	200m: 2:57.55	1:32.57	400m: 6:06.39	1:34.77	600m: 9:18.17	1:36.53	800m: 12:26.55	1:32.19
17. Bethune Elise	01	VZR	12:28.44	12:05.08				
	100m: 1:22.16	1:22.16	300m: 4:30.56	1:35.50	500m: 7:43.03	1:36.40	700m: 10:54.94	1:36.44
	200m: 2:55.06	1:32.90	400m: 6:06.63	1:36.07	600m: 9:18.50	1:35.47	800m: 12:28.44	1:33.50
18. Vervaecke Emma	04	BZV	12:29.78	NT				
	100m: 1:24.21	1:24.21	300m: 4:34.66	1:34.88	500m: 7:44.16	1:34.48	700m: 10:57.78	1:37.00
	200m: 2:59.78	1:35.57	400m: 6:09.68	1:35.02	600m: 9:20.78	1:36.62	800m: 12:29.78	1:32.00

Programmanr. 8, Dames, 800m vrije slag, algemeen



Rang	Geb.		Tijd		ins. tijd							
19.	Jaecques Jana	04	WDK	12:33.49	11:50.00							
	100m:	1:20.28	1:20.28	300m:	4:27.78	1:32.57	500m:	7:43.28	1:38.75	700m:	11:01.50	1:38.14
	200m:	2:55.21	1:34.93	400m:	6:04.53	1:36.75	600m:	9:23.36	1:40.08	800m:	12:33.49	1:31.99
20.	Waeytens Jinty	04	VZG	12:34.68	12:24.50							
	100m:	1:24.97	1:24.97	300m:	4:35.87	1:36.22	500m:	7:50.69	1:37.47	700m:	11:02.79	1:35.82
	200m:	2:59.65	1:34.68	400m:	6:13.22	1:37.35	600m:	9:26.97	1:36.28	800m:	12:34.68	1:31.89
21.	Kalut Vianne	04	VZT	12:36.94	12:32.73							
	100m:	1:26.00	1:26.00	300m:	4:37.48	1:36.82	500m:	7:51.02	1:36.11	700m:	11:04.38	1:37.00
	200m:	3:00.66	1:34.66	400m:	6:14.91	1:37.43	600m:	9:27.38	1:36.36	800m:	12:36.94	1:32.56
22.	Claeys Xena	01	VZN	12:39.53	11:20.05							
	100m:	1:21.82	1:21.82	300m:	4:36.32	1:38.54	500m:	7:51.72	1:37.50	700m:	11:05.91	1:37.25
	200m:	2:57.78	1:35.96	400m:	6:14.22	1:37.90	600m:	9:28.66	1:36.94	800m:	12:39.53	1:33.62
23.	Deweerd Lieze	05	WDK	12:40.57	14:30.00							
	100m:	1:24.18	1:24.18	300m:	4:34.50	1:36.86	500m:	7:48.84	1:38.09	700m:	11:05.92	1:38.04
	200m:	2:57.64	1:33.46	400m:	6:10.75	1:36.25	600m:	9:27.88	1:39.04	800m:	12:40.57	1:34.65
24.	Debyttre Aude	02	VZR	12:48.41	12:00.60							
	100m:	1:28.47	1:28.47	300m:	4:44.83	1:38.32	500m:	8:00.77	1:37.75	700m:	11:14.60	1:36.75
	200m:	3:06.51	1:38.04	400m:	6:23.02	1:38.19	600m:	9:37.85	1:37.08	800m:	12:48.41	1:33.81
25.	Cloet Emma	05	VZO	12:53.54	NT							
	100m:	1:26.24	1:26.24	300m:	4:41.95	1:38.75	500m:	7:59.52	1:38.41	700m:	11:19.39	1:39.95
	200m:	3:03.20	1:36.96	400m:	6:21.11	1:39.16	600m:	9:39.44	1:39.92	800m:	12:53.54	1:34.15
26.	Ruttens Amber	05	BZV	13:07.15	NT							
	100m:	1:24.66	1:24.66	300m:	4:41.41	1:38.83	500m:	8:04.15	1:41.94	700m:	11:29.67	1:43.28
	200m:	3:02.58	1:37.92	400m:	6:22.21	1:40.80	600m:	9:46.39	1:42.24	800m:	13:07.15	1:37.48
27.	Durnez Marthe	06	VZN	13:08.55	NT							
	100m:	1:26.94	1:26.94	300m:	4:46.44	1:40.93	500m:	8:09.22	1:41.75	700m:	11:32.19	1:41.53
	200m:	3:05.51	1:38.57	400m:	6:27.47	1:41.03	600m:	9:50.66	1:41.44	800m:	13:08.55	1:36.36
28.	Dewulf Renée	02	ZTB	13:16.00	13:01.29							
	100m:	1:24.26	1:24.26	300m:	4:38.39	1:50.18	500m:	8:07.75	1:45.07	700m:	11:37.91	1:45.13
	200m:	2:48.21	1:23.95	400m:	6:22.68	1:44.29	600m:	9:52.78	1:45.03	800m:	13:16.00	1:38.09
29.	Houllier Mouri	01	WDK	13:16.36	12:30.00							
	100m:	1:27.71	1:27.71	300m:	4:51.14	1:43.96	500m:	8:16.06	1:43.13	700m:	11:44.18	1:43.57
	200m:	3:07.18	1:39.47	400m:	6:32.93	1:41.79	600m:	10:00.61	1:44.55	800m:	13:16.36	1:32.18
30.	Simoen Fran	96	BBV	13:19.59	12:04.81							
	100m:	1:26.70	1:26.70	300m:	4:52.34	1:44.46	500m:	8:21.31	1:44.54	700m:	11:44.14	1:40.01
	200m:	3:07.88	1:41.18	400m:	6:36.77	1:44.43	600m:	10:04.13	1:42.82	800m:	13:19.59	1:35.45
31.	Marsham Elisha	06	BBV	13:31.82	13:52.38							
	100m:	1:29.70	1:29.70	300m:	4:59.60	1:45.69	500m:	8:33.80	1:47.70	700m:	11:57.34	1:38.82
	200m:	3:13.91	1:44.21	400m:	6:46.10	1:46.50	600m:	10:18.52	1:44.72	800m:	13:31.82	1:34.48
32.	Housaer Merit	06	BBV	13:37.30	14:20.00							
	100m:	1:31.24	1:31.24	300m:	5:02.88	1:46.52	500m:	8:35.62	1:45.65	700m:	11:56.82	1:36.46
	200m:	3:16.36	1:45.12	400m:	6:49.97	1:47.09	600m:	10:20.36	1:44.74	800m:	13:37.30	1:40.48
33.	De Clercq Hanne	06	VZSA	13:49.19	NT							
	100m:	1:31.46	1:31.46	300m:	5:03.07	1:46.58	500m:	8:39.24	1:48.15	700m:	12:07.03	1:43.19
	200m:	3:16.49	1:45.03	400m:	6:51.09	1:48.02	600m:	10:23.84	1:44.60	800m:	13:49.19	1:42.16
34.	Renier Axelle	03	VZO	14:13.23	NT							
	100m:	1:35.48	1:35.48	300m:	5:09.79	1:48.34	500m:	8:48.66	1:49.45	700m:	12:27.97	1:49.74
	200m:	3:21.45	1:45.97	400m:	6:59.21	1:49.42	600m:	10:38.23	1:49.57	800m:	14:13.23	1:45.26
35.	Kelmendi Ftasa	04	VZO	14:17.18	NT							
	100m:	1:30.46	1:30.46	300m:	5:06.92	1:50.18	500m:	8:49.77	1:51.98	700m:	12:32.80	1:51.38
	200m:	3:16.74	1:46.28	400m:	6:57.79	1:50.87	600m:	10:41.42	1:51.65	800m:	14:17.18	1:44.38
36.	Lemaire Britt	06	VZN	14:25.73	NT							
	100m:	1:31.78	1:31.78	300m:	5:12.89	1:52.25	500m:	8:55.21	1:50.32	700m:	12:41.25	1:51.54
	200m:	3:20.64	1:48.86	400m:	7:04.89	1:52.00	600m:	10:49.71	1:54.50	800m:	14:25.73	1:44.48
37.	Peeters Jessica	86	VZSH	14:28.22	12:54.91							
	100m:	1:25.25	1:25.25	300m:	5:04.57	1:50.94	500m:	8:51.13	1:52.97	700m:	12:37.50	1:53.43
	200m:	3:13.63	1:48.38	400m:	6:58.16	1:53.59	600m:	10:44.07	1:52.94	800m:	14:28.22	1:50.72

Programmanr. 8, Dames, 800m vrije slag, algemeen



Rang	Geb.	Tijd	ins. tijd
38. Hubinont Dominique	52 PRT	14:55.70	14:52.58
100m:	1:44.31	300m: 5:33.00	1:54.20
200m:	3:38.80	400m: 7:26.88	1:53.88
500m:	9:20.45	600m: 11:13.88	1:53.43
700m:	13:07.88	800m:	14:55.70
1:54.00			1:47.82
39. Deretz Louise	06 PRT	17:10.15	14:52.58
100m:	1:46.53	300m: 6:16.15	2:16.21
200m:	3:59.94	400m: 8:34.62	2:18.47
500m:	10:53.47	600m: 13:08.90	2:15.43
700m:	15:20.12	800m:	17:10.15
2:11.22			1:50.03
DIS Deretz Lucie	06 PRT		16.00
<i>SW10-WE2 - de volledige afstand niet verzwommen</i>			
AFGEM D'Heere Elise-Cato	06 VZN		NT
AFGEM Versluys Dawn	05 VZO		11:42.66

Programmanr. 9
20-1-2019 - 17:48

Heren, 4 x 200m vrije slag

seniors
Resultaten

Rang	Tijd	ins. tijd
1. ZIB 1	9:49.36	9:34.08
Ruysschaert Stan	02	1:10.60
Denolf Ward	02	1:07.31
Masyn Jasper	06	1:16.90
Verbeke Jasper	02	1:04.99
2. WDK	9:59.89	NT
Cappon Staf	06	1:16.89
Ares Elias	04	1:15.72
Ares Wannas	06	1:08.85
Schotte Alexander	01	1:02.67
3. VZN 1	10:16.26	9:43.01
Vandaele Diederik	70	1:17.62
Huygh Robin	04	1:15.08
Vandaele Maxime	03	1:15.84
Moeyaert Rochney	01	1:06.00
4. VZG 1	11:07.08	10:58.13
De Vos Maarten	06	1:16.25
De Bruyne Pim	02	1:20.57
Heuvelmans Artho	06	1:28.48
Christiaens Kas	04	1:09.43
5. VZN 2	11:59.98	11:53.77
Bonjé Benny	70	1:33.12
Vanbeveren Noah	06	1:26.83
Bonjé Aeon	04	1:26.02
Durnez Viktor	04	1:23.94

Programmanr. 10
20-1-2019 - 18:01

Dames, 4 x 200m vrije slag

seniors
Resultaten

Rang	Tijd	ins. tijd
1. ZIB 1	10:22.54	9:50.79
Minnebo Lotte	06	1:13.48
Verburgh Mona	05	1:15.46
D'hoore Ellen	03	1:13.78
Dereepere Indra	02	1:14.72
2. VZG 1	10:50.43	10:45.78
Evers Janne	04	1:15.53
Waeytens Jinty	04	1:22.37
Cocquyt Emmelie	04	1:16.78
Van Parys Justine	04	1:15.28

Programmanr. 10, Dames, 4 x 200m vrije slag, seniors



Rang		Tijd	ins. tijd		
3.	BBV	11:10.09	11:20.76		
	Simons Sara	04	1:18.09	2:43.03	2:43.03
	Hanne Knockaert	05	1:22.68	2:47.11	2:47.11
	Kerckhove Ise	06	1:19.28	2:42.78	2:42.78
	Simoen Fran	96	1:21.82	2:57.17	2:57.17
4.	VZO 1	11:14.97	10:31.61		
	Miroir Héloïse	99	1:20.06	2:50.81	2:50.81
	Cloet Emma	05	1:25.33	2:59.23	2:59.23
	Deneire Jara	04	1:10.24	2:30.30	2:30.30
	Van Daele Laetitia	03	1:24.09	2:54.63	2:54.63
5.	VZN 1	12:28.03	12:40.05		
	Durnez Marthe	06	1:22.67	2:58.99	2:58.99
	Lemaire Britt	06	1:37.21	3:28.53	3:28.53
	De Groote Axelle	02	1:25.73	2:58.08	2:58.08
	Claeys Xena	01	1:27.50	3:02.43	3:02.43
	AFGEM VZN 2	VZN	14:51.49		