

**Zondag 26 januari 2020 Namiddag 50m**

**Wedstrijd 01. 400m Vrije Slag Gemengd Dolfijnen**

Dolfijn			Tijd	FINA	R
1. Femke De Cuyper 100m 1:24.27 200m 2:58.58	V 10	VZO	( 7:04.90 25m ) <b>6:08.77</b>	+13.21%	272 6
2. Ditte Claeys 100m 1:29.83 200m 3:08.96	V 10	VZN	( 7:53.13 25m ) <b>6:22.80</b>	+19.09%	243 3
3. Elias Timmermans 100m 1:33.90 200m 3:18.01	M 10	ZIB	( 7:44.88 25m ) <b>6:47.25</b>	+12.40%	157 1
4. Finn Van Gendt 100m 1:37.94 200m 3:27.20	V 10	VZSA	( ---:-- 25m ) <b>6:53.69</b>		193
5. Matthys Vanvaene 100m 1:37.12 200m 3:26.48	M 9	LZK	( 6:59.32 ) <b>7:08.79</b>	-2.26%	135 5
<b>6. Nicolas Peiren 100m 1:38.19 200m 3:32.27</b>	<b>M 10</b>	<b>ZTB</b>	<b>( ---:-- ) 7:19.67</b>		<b>125</b>
7. Ann-sofie Sonnenberg 100m 1:44.44 200m 3:40.53	V 10	ZVM	( 8:10.00 25m ) <b>7:22.73</b>	+9.65%	157
8. Kyra De Meyer 100m 1:44.05 200m 3:47.94	V 10	ZVM	( ---:-- 25m ) <b>7:50.07</b>		131
9. Zeppe Traché 100m 1:48.87 200m 3:51.02	M 10	WDK	( ---:-- ) <b>7:57.75</b>		97
10. Warre Baeyens 100m 1:47.17 200m 3:49.23	M 9	LZK	( 7:53.22 ) <b>7:59.76</b>	-1.38%	96
11. Alina Zabeli 100m 1:51.26 200m 3:56.82	V 9	VZO	( 8:55.44 25m ) <b>8:07.86</b>	+8.89%	117
12. Eliana Zabeli 100m 1:50.52 200m 3:56.14	V 9	VZO	( 9:25.33 25m ) <b>8:09.08</b>	+13.49%	116
13. Oliwier Kondracikowski 100m 1:44.65 200m 3:58.27	M 10	BBV	( 7:37.00 ) <b>8:13.13</b>	-7.91%	88
14. Deivid Tetaj 100m 1:49.22 200m 3:56.66	M 9	VZO	( 8:45.22 25m ) <b>8:24.07</b>	+4.03%	83
15. Xander Verbruggen 100m 1:57.28 200m 4:08.50	M 10	ZVM	( ---:-- 25m ) <b>8:33.34</b>		78
<b>16. Joppe Demeyere 100m 2:14.93 200m 4:41.44</b>	<b>M 10</b>	<b>ZTB</b>	<b>( ---:-- ) 9:34.91</b>		<b>56</b>
Daniel Tetaj	M 10	VZO	( 9:15.44 25m )		forfait
Jona Morel	M 10	VZG	( ---:-- 25m )		forfait
Laure Landrieux	V 10	KZV	( ---:-- )		forfait

**Wedstrijd 02. 200m Vrije Slag Gemengd Eendjes**

Eendje			Tijd	FINA	R
1. Arthur Tommelein 100m 1:47.80	M 8	VZO	( 4:40.44 25m ) <b>3:50.52</b>	+17.80%	86 1
2. Matteo Embo 100m 2:09.60	M 8	LZK	( 4:30.25 ) <b>4:29.33</b>	+0.34%	54
3. Nina Takacs 100m 2:55.40	V 8	LZK	( 6:15.08 ) <b>6:01.29</b>	+3.68%	30
4. Arne Verbueken 100m 2:58.26	M 7	ZVM	( ---:-- 25m ) <b>6:02.66</b>		22
Imane Attigui Opmerking: SW10	V 8	VZSA	( ---:-- 25m )		uitsluiting
Oona Devuyt	V 7	BZV	( 5:00.00 25m )		forfait
Yaro Vanhauteghem	M 8	LZK	( 4:45.30 )		forfait

**Wedstrijd 03. 800m Vrije Slag Gemengd Benjamins**

Benjamin	Tijd	FINA	R
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# Nationaal Kampioenschap Lange Afstand - Sporta / FROS / CTFN

Zo 26 januari 2020

Wachtebeke Domein Puyenbroeck Wachtebeke

(50m, 8 Banen , )



Sporta vzw

## Wedstrijd 03. 800m Vrije Slag Gemengd Benjamins (vervolg)

1. Ward Eeckhout	M 12 DELF	(13:25.24 25m)	)	<b>12:17.93</b>	+8.36%	229
100m 1:21.85 200m 2:52.82 400m 6:02.45						
2. Jari Stappaerts	M 12 DELF	(13:25.24 25m)	)	<b>12:43.04</b>	+5.24%	208
100m 1:22.88 200m 2:58.58						
3. Amber Decock	V 12 WDK	( ---:-- )	)	<b>12:43.89</b>		270
100m 1:29.49 200m 3:06.92 400m 6:22.31						
4. Quint Moreels Traen	M 12 LZK	(11:51.12)	)	<b>12:46.02</b>	-7.72%	205
100m 1:27.50 200m 3:06.12 400m 6:22.70						
5. Tiebert Dumon	M 12 ZIB	(13:40.87 25m)	)	<b>12:49.39</b>	+6.27%	202
100m 1:24.40 200m 3:03.15 400m 6:22.45						
6. Vic Van Pottelberghe	M 12 VZSA	(15:16.09 25m)	)	<b>12:51.74</b>	+15.76%	201
100m 1:28.08 200m 3:06.09 400m 6:24.90						
7. Liam Reynaert	M 12 WDK	( ---:-- )	)	<b>13:15.91</b>		183
100m 1:35.38 200m 3:19.96 400m 6:46.12						
8. Brianna Renier	V 12 VZO	(14:19.19 25m)	)	<b>13:20.00</b>	+6.89%	235
100m 1:31.41 200m 3:09.84 400m 6:33.53						
9. Nanou Van Alsenoy	V 12 ZIB	(14:30.00 25m)	)	<b>13:37.97</b>	+5.98%	220
100m 1:30.64 200m 2:53.56 400m 6:45.28						
10. Kaat De Vos	V 12 VZG	(16:00.00 25m)	)	<b>13:41.31</b>	+14.45%	217
100m 1:34.34 200m 3:18.27 400m 6:50.09						
11. Liam Daele	M 12 VZO	(15:14.91 25m)	)	<b>13:41.33</b>	+10.23%	166
100m 1:33.34 200m 3:16.61 400m 6:49.36						
12. Matteo Timmermans	M 11 ZIB	(14:25.00 25m)	)	<b>13:48.91</b>	+4.17%	162
100m 1:31.07 200m 3:15.25 400m 6:49.75						
13. Noor Loncke	V 12 VZO	(15:51.55 25m)	)	<b>14:09.81</b>	+10.69%	196
100m 1:37.50 200m 3:24.59 400m 6:59.11						
14. Magali Courier	V 12 PRT	(16:00.00 25m)	)	<b>14:20.17</b>	+10.40%	189
100m 1:32.94 200m 3:21.69 400m 7:01.63						
15. Rajan Zabeli	M 12 VZO	(15:17.56 25m)	)	<b>14:33.76</b>	+4.77%	138
100m 1:34.54 200m 3:23.04 400m 7:06.98						
16. Nette Claeys	V 12 VZN	(16:00.58 25m)	)	<b>14:39.10</b>	+8.48%	177
100m 1:35.78 200m 3:27.53 400m 7:17.88						
17. Raphaelle Delattre	V 11 PRT	(15:48.00 25m)	)	<b>14:48.95</b>	+6.23%	171
100m 1:38.21 200m 3:27.76 400m 7:16.69						
18. Léane Delcroix	V 12 PRT	(16:00.00 25m)	)	<b>14:53.33</b>	+6.94%	169
100m 1:36.90 200m 3:27.62 400m 7:17.65						
19. Nisrine Attigui	V 12 VZSA	( ---:-- 25m)	)	<b>17:28.15</b>		104
100m 1:57.01 200m 4:11.30 400m 8:42.03						
Fara Bonjé	V 12 VZN	(14:29.37 25m)	)	forfait		

## Wedstrijd 04. 1500m Vrije Slag Mannen M/K/P/S/Vet

Miniem

				Tijd		FINA	R
1. Maarten De Vos	14 VZG	(21:54.82 25m)	)	<b>20:35.94</b>	+6.00%	354	2
100m 1:15.36 200m 2:36.12 400m 5:20.18 800m 10:52.85							
2. Staf Cappon	14 WDK	( ---:-- )	)	<b>20:39.36</b>		351	2
100m 1:12.44 200m 2:33.64 400m 5:21.10 800m 10:59.76							
3. Jasper Massyn	14 ZIB	(22:08.10 25m)	)	<b>20:51.16</b>	+5.79%	341	1
100m 1:14.46 200m 2:37.09 400m 5:24.15 800m 11:04.51							
4. Wannes Ares	14 WDK	(22:09.00 25m)	)	<b>21:16.62</b>	+3.94%	321	
100m 1:15.28 200m 2:38.09 400m 5:29.78 800m 11:20.37							
5. Noah Vanbeveren	14 VZN	(25:08.94 25m)	)	<b>23:23.83</b>	+6.97%	241	
100m 1:24.52 200m 2:58.48 400m 6:11.45 800m 12:32.65							
6. Artho Heuvelmans	14 VZG	(26:21.84 25m)	)	<b>25:15.96</b>	+4.16%	192	
100m 1:27.80 200m 3:06.08 400m 6:29.30 800m 13:23.70							
7. Lennert Kinnaer	14 VZT	(24:36.67 25m)	)	<b>25:24.09</b>	-3.21%	188	
100m 1:21.39 200m 2:56.78 400m 6:19.90 800m 13:18.33							
8. Alexander Casaert	14 ZTB	( ---:-- )	)	<b>27:38.00</b>		<b>146</b>	
100m 1:30.22 200m 3:18.13 400m 7:09.63 800m 14:42.72							

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(50m, 8 Banen , )



Sporta vzw

## Wedstrijd 04. 1500m Vrije Slag Mannen M/K/P/S/Vet (vervolg)

9. Antoine Delattre	13 PRT	(27:00.00 25m	)	<b>27:38.53</b>	-2.38%	146
100m 1:34.22 200m 3:25.03 400m 7:09.06 800m 14:40.87						
10. Dylan Osseel	14 VZG	(27:00.00 25m	)	<b>29:44.61</b>	-10.16%	117
100m 1:29.20 200m 3:19.95 400m 7:13.69 800m 15:26.23						
Ruhne Winderickx	13 ZIB	(27:00.00 25m	)	forfait		

### Kadet

				Tijd		FINA	R
1. Elias Ares	16 WDK	(20:10.00 50m 22Jan17 )	)	<b>19:08.12</b>	+5.11%	441	4
100m 1:08.56 200m 2:23.91 400m 5:00.13 800m 10:11.13							
2. Dante Kerckhove	16 BBV	(22:05.53	)	<b>21:17.47</b>	+3.63%	320	
100m 1:12.93 200m 2:36.28 400m 5:29.15 800m 11:20.25							
3. Obie Traché	15 WDK	( ---:--	)	<b>21:42.88</b>		302	
100m 1:19.59 200m 2:43.03 400m 5:36.09 800m 11:28.95							
4. Kas Christiaens	16 VZG	(21:28.52 25m	)	<b>21:44.48</b>	-1.24%	301	
100m 1:09.55 200m 2:31.84 400m 5:25.94 800m 11:21.44							
5. Maxim Van Kerkhove	15 VZG	(22:59.53 25m	)	<b>21:47.37</b>	+5.23%	299	
100m 1:17.98 200m 2:45.39 400m 5:41.14 800m 11:33.39							
6. Arno Cuyvers	16 VZN	(22:32.06 25m	)	<b>22:21.84</b>	+0.76%	276	
100m 1:17.69 200m 2:45.02 400m 5:44.39 800m 11:49.05							
7. Denis Puissant	15 VZT	(23:19.25 25m	)	<b>22:55.97</b>	+1.66%	256	
100m 1:18.84 200m 2:48.47 400m 5:55.94 800m 12:11.91							
8. Tibo Baeckelandt	16 LZK	(24:06.66	)	<b>23:08.34</b>	+4.03%	249	
100m 1:22.30 200m 2:54.55 400m 6:03.27 800m 12:21.84							
9. Lennert Vanlerberghe	15 BZV	(24:23.80 25m	)	<b>23:55.28</b>	+1.95%	226	
100m 1:23.10 200m 2:55.97 400m 6:10.17 800m 12:43.11							
10. Aeon Bonje	16 VZN	(23:42.53 25m	)	<b>23:55.82</b>	-0.93%	225	
100m 1:27.14 200m 3:02.42 400m 6:15.13 800m 12:41.95							
11. Ade Vansteenkiste	15 ZTB	(23:42.43	)	<b>24:15.44</b>	<b>-2.32%</b>	<b>216</b>	
100m 1:18.51 200m 2:46.16 400m 5:57.19 800m 12:34.00							
12. Lander Thuytten	15 LZK	(25:42.18	)	<b>24:29.44</b>	+4.72%	210	
100m 1:24.78 200m 2:58.78 400m 6:12.88 800m 12:50.85							
13. Lucas Hemelsoet	15 VZSA	( ---:-- 25m	)	<b>24:35.15</b>		208	
100m 1:19.90 200m 2:59.02 400m 6:19.87 800m 13:09.62							
14. Wout Bailleul	15 LZK	(25:35.50	)	<b>24:36.25</b>	+3.86%	207	
100m 1:21.35 200m 2:56.73 400m 6:16.54 800m 13:03.83							
15. Elco Thienpont	16 VZSA	( ---:-- 25m	)	<b>25:05.95</b>		195	
100m 1:30.34 200m 3:10.92 400m 6:35.63 800m 13:31.20							
16. Alexander Hemelsoet	16 VZSA	( ---:-- 25m	)	<b>25:26.37</b>		188	
100m 1:21.72 200m 2:57.63 400m 6:20.17 800m 13:14.19							
17. Diego Fernandez Garcia	15 CNU	(26:59.00 25m	)	<b>27:06.37</b>	-0.46%	155	
100m 1:27.97 200m 3:10.00 400m 6:46.22 800m 14:13.97							
18. Nils Vandesompele	15 LZK	(26:23.55	)	<b>32:12.56</b>	-22.04%	92	
100m 1:34.78 200m 3:35.14 400m 7:57.18 800m 16:49.00							
Daan De Bock	15 VZSA	( ---:-- 25m	)	forfait			
Hubert Mariage	16 PRT	(25:42.00 25m	)	forfait			

### Pupil

				Tijd		FINA	R
1. Marnix Gansemans	17 VZR	(18:20.81 25m	)	<b>19:21.38</b>	-5.50%	427	2
100m 1:07.35 200m 2:22.75 400m 4:57.25 800m 10:12.10							
2. Jasper Verbeke	18 ZIB	(20:19.53 25m	)	<b>19:39.12</b>	+3.31%	408	
100m 1:11.59 200m 2:28.84 400m 5:07.12 800m 10:23.12							
3. Ward Denolf	18 ZIB	(21:00.69 25m	)	<b>19:53.63</b>	+5.32%	393	
100m 1:13.40 200m 2:32.96 400m 5:12.63 800m 10:31.69							
4. Jarno Simons	18 ZVM	(20:57.87 25m	)	<b>20:50.35</b>	+0.60%	342	
100m 1:08.85 200m 2:29.13 400m 5:19.82 800m 11:04.34							
5. Stan Ruyschaert	18 ZIB	(21:39.89 25m	)	<b>21:49.23</b>	-0.72%	298	
100m 1:12.89 200m 2:36.29 400m 5:32.00 800m 11:28.83							

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Zo 26 januari 2020

Wachtebeke Domein Puyenbroeck Wachtebeke

(50m, 8 Banen , )



Sporta vzw

## Wedstrijd 04. 1500m Vrije Slag Mannen M/K/P/S/Vet (vervolg)

6. Thomas Devoldere	17	VZN	(25:32.91 25m)	)	<b>23:24.41</b>	+8.38%	241
100m 1:22.21 200m 2:54.61 400m 6:07.55 800m 12:34.33							
7. Yanik Apostolescu	17	VZR	(23:30.41 25m)	)	<b>24:08.30</b>	-2.69%	220
100m 1:20.28 200m 2:55.70 400m 6:15.95 800m 13:00.59							
8. Keagan Dugauquiez	18	PRT	(23:20.41 25m)	)	<b>24:52.26</b>	-6.56%	201
100m 1:18.47 200m 2:48.84 400m 6:02.59 800m 12:49.59							
9. Jasper Ver Eecke	17	LZK	(23:05.23)	)	<b>28:25.00</b>	-23.08%	134
100m 1:32.03 200m 3:19.85 400m 7:07.91 800m 14:51.72							
Riccardo Iacona	17	CNU	(24:14.00 25m)	)	forfait		

### Senior

					Tijd		FINA	R
1. Jordi Vanpoucke	24	WDK	( --:--:-- )	)	<b>20:23.50</b>		365	
100m 1:01.52 200m 2:27.12 400m 5:08.05 800m 10:43.39								
2. Marcos Wielemans	19	ZVM	(20:46.05 25m)	)	<b>21:12.29</b>	-2.11%	324	
100m 1:13.18 200m 2:37.81 400m 5:30.04 800m 11:14.00								
3. Axl Wielemans	19	ZVM	(21:07.51 25m)	)	<b>22:17.19</b>	-5.50%	279	
100m 1:13.63 200m 2:38.34 400m 5:37.82 800m 11:44.60								
4. Robbe Paredis	22	VZSA	(22:54.97 25m)	)	<b>22:39.18</b>	+1.15%	266	
100m 1:20.54 200m 2:50.13 400m 5:55.65 800m 12:04.40								
5. Illiano Van Colen	19	LZK	(22:17.56)	)	<b>24:56.03</b>	-11.85%	199	
100m 1:22.39 200m 2:59.09 400m 6:22.86 800m 13:13.80								

### Veteranen

					Tijd		FINA	R
1. Amez-droz Loic	28	CNU	(20:54.00 25m)	)	<b>20:17.87</b>	+2.88%	370	
100m 1:10.70 200m 2:27.95 400m 5:07.67 800m 10:34.42								
2. Manly Peel	35	VZO	(22:48.47 25m)	)	<b>22:42.10</b>	+0.47%	264	
100m 1:28.11 200m 2:46.35 400m 5:50.46 800m 11:49.87								
3. Léo Deschamps	51	CNMR	(24:00.00 25m)	)	<b>22:43.57</b>	+5.31%	263	
100m 1:29.00 200m 3:02.47 400m 6:06.28 800m 12:11.57								
4. Jef Eeckhout	41	DELFI	(21:32.90 25m)	)	<b>23:01.56</b>	-6.86%	253	
100m 1:16.92 200m 2:43.46 400m 5:45.01 800m 11:58.78								
5. Nikola Spano	31	CNU	(25:32.00 25m)	)	<b>23:23.69</b>	+8.38%	241	
100m 1:18.87 200m 2:47.21 400m 5:52.78 800m 12:16.40								
6. Philippe Vanginderdeuren	51	CNU	(24:57.00 25m)	)	<b>24:32.91</b>	+1.61%	209	
100m 1:23.04 200m 2:58.33 400m 6:14.76 800m 12:53.07								
7. Bridoux Mael	33	CNU	(24:46.00 25m)	)	<b>24:48.66</b>	-0.18%	202	
100m 1:14.70 200m 2:42.93 400m 5:55.98 800m 12:48.47								
8. Abderraouf Yamani	29	CNU	(27:00.00 25m)	)	<b>26:46.81</b>	+0.81%	161	
100m 1:32.53 200m 3:15.24 400m 6:49.78 800m 14:04.84								
9. Wilfried Caestecker	59	VZSA	( --:--:-- 25m)	)	<b>28:28.59</b>		134	
100m 1:32.07 200m 3:19.69 400m 7:07.72 800m 14:52.87								
10. Nick Moreels	42	LZK	(26:35.12)	)	<b>33:42.22</b>	-26.78%	80	
100m 1:45.53 200m 3:52.01 400m 8:28.74 800m 17:40.39								
Diederik Vandaele	50	VZN	(22:20.47 25m)	)	forfait			
Niels Martinsen	27	BBV	(20:00.00)	)	forfait			

## Wedstrijd 05. 800m Vrije Slag Vrouwen M/K/P/S/Vet

### Miniem

					Tijd		FINA	R
1. Lotte Minnebo	14	ZIB	(10:53.32 25m)	)	<b>10:12.37</b>	+6.27%	525	8
100m 1:11.74 200m 2:29.08 400m 5:05.93								
2. Ise Kerckhove	14	BBV	(12:11.33)	)	<b>12:07.39</b>	+0.54%	313	
100m 1:21.27 200m 2:51.37 400m 5:57.56								
3. Margaux Gansemans	14	VZR	(12:04.87 25m)	)	<b>12:32.00</b>	-3.74%	283	
100m 1:21.53 200m 2:52.81 400m 6:04.68								
4. Hanne De Clercq	14	VZSA	(13:49.19 25m)	)	<b>12:32.57</b>	+9.24%	283	
100m 1:30.61 200m 3:08.00 400m 6:21.00								

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Wachtebeke Domein Puyenbroeck Wachtebeke

(50m, 8 Banen , )



Sporta vzw

## Wedstrijd 05. 800m Vrije Slag Vrouwen M/K/P/S/Vet (vervolg)

5. Delphine Larmuseau	13	VZG	(13:09.78 25m )	<b>12:38.14</b>	+4.01%	276
100m 1:25.16 200m 3:01.55 400m 6:18.26						
6. Erinn Barber	14	BBV	(12:30.00 25m )	<b>12:52.56</b>	-3.01%	261
100m 1:27.74 200m 3:05.56 400m 6:20.85						
7. Merit Housaer	14	BBV	(13:37.30 )	<b>12:55.43</b>	+5.12%	258
100m 1:28.78 200m 3:07.09 400m 6:23.34						
8. Djensy Wtterwulghe	13	BBV	(13:35.13 )	<b>12:58.34</b>	+4.51%	255
100m 1:28.37 200m 3:05.90 400m 6:23.65						
9. Evelyne Eggert	13	VZO	(14:16.66 25m )	<b>13:12.69</b>	+7.47%	242
100m 1:33.76 200m 3:17.19 400m 6:39.91						
10. Emma D'hoore	13	ZIB	(14:30.00 25m )	<b>13:40.00</b>	+5.75%	218
100m 1:30.54 200m 3:12.50 400m 6:40.01						
11. Fleur Christiaens	13	VZG	(15:20.59 25m )	<b>13:56.61</b>	+9.12%	206
100m 1:31.27 200m 3:17.30 400m 6:53.09						
Camille Tommelein	13	VZO	(14:10.36 25m )	forfait		

### Kadet

				Tijd		FINA	R
1. Dawn Versluys	15	VZO	(10:42.66 25m )	<b>10:10.72</b>	+4.97%	529	8
100m 1:10.23 200m 2:26.30 400m 5:02.00							
2. Justine Van Parys	16	VZG	(11:08.13 25m )	<b>10:53.32</b>	+2.22%	432	2
100m 1:14.06 200m 2:34.85 400m 5:21.08							
3. Mona Verburgh	15	ZIB	(11:15.90 25m )	<b>11:17.65</b>	-0.26%	387	
100m 1:18.34 200m 2:43.17 400m 5:35.77							
4. Emma Cloet	15	VZO	(12:53.54 25m )	<b>11:45.59</b>	+8.78%	343	
100m 1:20.18 200m 2:51.78 400m 5:53.21							
5. Hanne Knockaert	15	BBV	(12:12.98 )	<b>11:49.70</b>	+3.18%	337	
100m 1:21.78 200m 2:51.22 400m 5:52.74							
6. Lainey Wtterwulghe	16	BBV	(12:00.00 )	<b>11:50.25</b>	+1.35%	336	
100m 1:19.05 200m 2:45.64 400m 5:47.24							
7. Manou Beils	16	ZTB	(11:51.30 )	<b>11:55.53</b>	<b>-0.59%</b>	<b>329</b>	
100m 1:17.71 200m 2:44.25 400m 5:48.44							
8. Lieze Deweerd	15	WDK	( --- )	<b>12:15.38</b>		303	
100m 1:23.51 200m 2:55.38 400m 3:06.77							
9. Jinty Waeytens	16	VZG	(12:34.68 25m )	<b>12:19.27</b>	+2.04%	298	
100m 1:23.82 200m 2:57.39 400m 6:07.55							
10. Laura Janssens	15	WDK	( --- )	<b>12:28.19</b>		288	
100m 1:23.03 200m 2:54.75 400m 6:05.06							
11. Caitlin Bullens	15	VZN	(13:33.13 25m )	<b>12:38.80</b>	+6.68%	276	
100m 1:22.77 200m 2:57.84 400m 6:15.87							
12. Sara Simons	16	BBV	(12:09.25 )	<b>12:43.43</b>	-4.69%	271	
100m 1:23.68 200m 2:57.46 400m 6:13.62							
13. Vianne Kalut	16	VZT	(12:32.73 25m )	<b>12:52.41</b>	-2.61%	261	
100m 1:29.32 200m 3:07.39 400m 6:24.85							
14. Yasmine Apostolescu	15	VZR	(13:37.03 25m )	<b>13:20.51</b>	+2.02%	235	
100m 1:32.41 200m 3:15.04 400m 6:42.00							
Imani Salens	15	BZV	(14:00.00 25m )	forfait			
Britt Ghewy	15	VZN	(12:35.53 25m )	forfait			

### Pupil

				Tijd		FINA	R
1. Indra Dereepere	18	ZIB	(10:59.56 25m )	<b>10:51.56</b>	+1.21%	436	1
100m 1:18.67 200m 2:41.65 400m 5:29.53							
2. Lies Persijn	17	VZR	(11:14.60 25m )	<b>11:14.83</b>	-0.03%	392	
100m 1:17.84 200m 2:42.84 400m 5:34.63							
3. Laetitia Van Daele	17	VZO	(11:02.99 25m )	<b>11:24.85</b>	-3.30%	375	
100m 1:17.70 200m 2:43.19 400m 5:37.17							
4. Ella Verburgh	17	ZIB	(11:32.93 25m )	<b>11:40.85</b>	-1.14%	350	
100m 1:20.55 200m 2:49.40 400m 5:49.19							



# Nationaal Kampioenschap Lange Afstand - Sporta / FROS / CTFN

Zo 26 januari 2020

Wachtebeke Domein Puyenbroeck Wachtebeke

(50m, 8 Banen , )



Sporta vzw

## Wedstrijd 05. 800m Vrije Slag Vrouwen M/K/P/S/Vet (vervolg)

5. Axelle Degroote	18	VZN	(12:26.55 25m )	<b>12:09.62</b>	+2.27%	310
100m 1:20.57 200m 2:51.61 400m 5:57.27						
6. Daimy Braeckmans	18	ZVM	(11:36.32 25m )	<b>12:17.52</b>	-5.92%	300
100m 1:20.73 200m 2:52.53 400m 6:02.01						
7. Inti Vansteenkiste	18	ZTB	(12:19.69 )	<b>12:36.43</b>	<b>-2.26%</b>	<b>278</b>
100m 1:24.67 200m 2:59.00 400m 6:15.07						
8. Sarah Bouhassoum	17	CNU	(15:12.00 25m )	<b>12:38.43</b>	+16.84%	276
100m 1:22.86 200m 2:56.29 400m 6:12.35						
9. Kyana Glorieux	17	LZK	(13:24.21 )	<b>13:42.96</b>	-2.33%	216
100m 1:28.83 200m 3:10.05 400m 6:41.74						
Laura Delbeke	18	LZK	(13:52.18 )	uitsluiting		
Opmerking: SW10						
Marta Piscitelli	18	CNU	(15:39.00 25m )	forfait		

### Senior

				Tijd		FINA	R
1. Hanne De Cock	22	LZK	(11:52.78 )	<b>11:13.32</b>	+5.54%	395	
100m 1:18.32 200m 2:42.07 400m 5:32.59							
2. Sarah Goegebeur	24	BZV	(13:01.21 25m )	<b>12:42.63</b>	+2.38%	271	
100m 1:25.98 200m 3:00.96 400m 6:15.34							
3. Amber Dereepere	21	ZIB	(11:55.00 25m )	<b>12:44.87</b>	-6.97%	269	
100m 1:24.84 200m 2:59.97 400m 6:16.79							
4. Mouri Houllier	19	WDK	(12:30.24 50m 22Jan17 )	<b>13:49.72</b>	-10.59%	211	
100m 1:35.58 200m 3:18.30 400m 6:50.05							
5. Litse Decaluwe	24	LZK	(14:42.28 50m 22Jan17 )	<b>14:00.13</b>	+4.78%	203	
100m 1:32.54 200m 3:17.85 400m 6:53.08							
Margaretha Kaminska	20	ZVM	(12:37.87 25m )	forfait			

### Veteranen

				Tijd		FINA	R
1. Quittry Van Den Bergh	27	ZVM	(11:21.54 25m )	<b>11:29.13</b>	-1.11%	368	
100m 1:16.28 200m 2:39.03 400m 5:35.69							
2. Jessica Peeters	34	VZSH	(14:28.22 25m )	<b>14:21.32</b>	+0.79%	188	
100m 1:29.35 200m 3:13.74 400m 6:55.02							
3. Dominique Hubinont	68	PRT	(14:55.70 25m )	<b>14:58.47</b>	-0.31%	166	
100m 1:44.88 200m 3:37.60 400m 7:24.69							
Cindy Dubois	38	BZV	(14:00.00 25m )	forfait			

## Wedstrijd 06. 4x200m Aflos. Vrij Slag Mannen Open

				Tijd		FINA
1. WDK	WDK	( 00.00 25m )		<b>9:26.04</b>		
200m 2:20.13						
Jordi Vanpoucke	Elias Ares	Staf Cappon	Obie Traché			
2. ZIB	ZIB	( 9:10.27 25m )		<b>9:27.99</b>	-3.22%	
200m 2:35.09						
Jasper Massyn	Stan Ruyschaert	Ward Denolf	Jasper Verbeke			
3. CNU	CNU	( 9:48.54 25m )		<b>10:13.64</b>	-4.26%	
200m 2:28.43						
Amez-droz Loic	Bridoux Mael	Riccardo Iacona	Nikola Spano			
4. VZG - M	VZG	(10:03.56 25m )		<b>10:17.50</b>	-2.31%	
200m 2:32.04						
Maarten De Vos	Artho Heuvelmans	Kas Christiaens	Maxim Van Kerkhove			
5. VZN	VZN	( 9:52.10 25m )		<b>10:52.92</b>	-10.27%	
200m 2:38.08						
Noah Vanbeveren	Thomas Devoldere	Aeon Bonje	Arno Cuyvers			
6. ZVM	ZVM	( 00.00 25m )		<b>11:15.40</b>		
200m 4:02.47						
Xander Verbruggen	Axl Wielemans	Jarno Simons	Marcos Wielemans			
7. LZK - M	LZK	(11:06.03 25m )		<b>11:15.56</b>	-1.43%	
200m 2:57.39						
Lander Thuytten	Wout Bailleul	Tibo Baeckelandt	Illiano Van Colen			

# Nationaal Kampioenschap Lange Afstand - Sporta / FROS / CTFN

Zo 26 januari 2020

Wachtebeke Domein Puyenbroeck Wachtebeke

(50m, 8 Banen , )



Sporta vzw

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8. VZSA	VZSA	( 00.00 25m )	<b>11:57.12</b>	
200m 2:48.86				
Lucas Hemelsoet	Alexander Hemelsoet	Elco Thienpont	Wilfried Caestecker	

## Wedstrijd 07. 4x200m Aflos. Vrij Slag Vrouwen Open

			Tijd	FINA
1. ZIB	ZIB	( 9:48.22 25m )	<b>10:09.21</b>	-3.57%
200m 2:29.54				
Indra Dereepere	Ella Verburgh	Mona Verburgh	Lotte Minnebo	
2. VZO	VZO	(10:16.00 25m )	<b>10:44.02</b>	-4.55%
200m 2:57.47				
Femke De Cuyper	Emma Cloet	Laetitia Van Daele	Dawn Versluys	
3. VZG - V - ploeg 1	VZG	(10:24.19 25m )	<b>11:01.22</b>	-5.93%
200m 2:34.72				
Justine Van Parys	Jinty Waeytens	Delphine Larmuseau	Aisha Depaepe	
4. BBV	BBV	( 00.00 25m )	<b>11:06.75</b>	
200m 2:48.16				
Merit Housaer	Lainey Wtterwulgh	Hanne Knockaert	Sara Simons	
5. WDK	WDK	( 00.00 25m )	<b>12:06.47</b>	
200m 2:21.44				
Lieze Deweerdt	Laura Janssens	Amber Decock	Mouri Houllier	
6. VZG - V - ploeg 2	VZG	(12:20.34 25m )	<b>12:14.18</b>	+0.83%
200m 3:03.52				
Kaat De Vos	Fleur Christiaens	Ashley Cocquyt	Emmelie Cocquyt	
7. LZK - V	LZK	(11:25.10 25m )	<b>12:28.24</b>	-9.22%
200m 3:14.64				
Laura Delbeke	Litse Decaluwe	sharon Vanhulle	Hanne De Cock	
8. VZN	VZN	(11:20.14 25m )	<b>12:34.89</b>	-10.99%
200m 3:30.44				
Fara Bonjé	Caitlin Bullens	Britt Ghewy	Axelle Degroote	
9. ZVM	ZVM	( 00.00 25m )	<b>12:51.01</b>	
200m 3:30.44				
Ann-sofie Sonnenberg	Kyra De Meyer	Daimy Braeckmans	Quittry Van Den Bergh	