

## 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

	<b>Namen</b>		<b>Chrono</b>
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-Neiryndck 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	

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### Verloop van de wedstrijd

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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	<b>7:04.90</b>	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	<b>7:08.04</b>	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	<b>7:23.13</b>	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	<b>7:32.22</b>	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	<b>7:53.13</b>	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	<b>8:08.98</b>	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	<b>8:10.47</b>	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	<b>8:12.31</b>	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	<b>8:16.66</b>	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	<b>7:11.83</b>	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	<b>7:31.75</b>	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	<b>7:44.88</b>	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	<b>7:52.96</b>	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	<b>8:59.12</b>	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	<b>9:21.32</b>	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	<b>9:25.34</b>	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	<b>9:48.98</b>	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, dolfijnen



Rang	Geb.	Tijd	ins. tijd	100m	200m	300m	400m
9.	Vangheluwe Thibault	09 LZK	<b>10:13.34</b>	8:10.20	2:21.91	5:04.62	7:38.97 10:13.34
	50m: 2:21.91	150m: 5:04.62	250m: 7:38.97	350m: 10:13.34	400m: 10:13.34		
10.	Demeyere Joppe	10 ZTB	<b>10:44.10</b>	NT	2:31.44	5:17.09	8:02.16 10:44.10
	50m: 2:31.44	150m: 5:17.09	250m: 8:02.16	300m: 8:02.16	350m: 10:44.10	400m: 10:44.10	
11.	Trache Zeppe	10 WDK	<b>11:08.68</b>	NT	2:33.34	5:23.74	8:17.68 11:08.68
	50m: 2:33.34	150m: 5:23.74	250m: 8:17.68	300m: 8:17.68	350m: 11:08.68	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	<b>4:27.43</b>	NT	2:09.14 4:27.43
2.	Zabeli Eliana	11 VZO	<b>4:49.30</b>	NT	2:17.40 4:49.30
3.	Peel Ylena	12 VZO	<b>5:39.28</b>	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	<b>4:47.24</b>	4:45.20	2:18.62 4:47.24
2.	Vanvyaene Matthys	11 LZK	<b>5:27.84</b>	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	<b>13:09.78</b>	16:00.00	100m: 1:31.44 1:31.44	300m: 4:53.47 1:42.38	500m: 8:18.59 1:43.03	700m: 11:42.31 1:41.78	800m: 13:09.78 1:27.47		
					200m: 3:11.09 1:39.65	400m: 6:35.56 1:42.09	600m: 10:00.53 1:41.94				
2.	Fiers Ena	07 LZK	<b>13:09.87</b>	13:27.20	100m: 1:33.68 1:33.68	300m: 4:56.00 1:41.53	500m: 8:19.65 1:42.18	700m: 11:41.23 1:39.73	800m: 13:09.87 1:28.64		
					200m: 3:14.47 1:40.79	400m: 6:37.47 1:41.47	600m: 10:01.50 1:41.85				
3.	Wtterwulghe Djensy	07 BBV	<b>13:35.13</b>	13:16.64	100m: 1:33.91 1:33.91	300m: 4:58.19 1:43.21	500m: 8:28.13 1:44.91	700m: 11:59.10 1:45.52	800m: 13:35.13 1:36.03		
					200m: 3:14.98 1:41.07	400m: 6:43.22 1:45.03	600m: 10:13.58 1:45.45				
4.	Van Coillie Julie	07 LZK	<b>14:05.01</b>	13:55.35	100m: 1:34.84 1:34.84	300m: 5:07.47 1:47.56	500m: 8:46.62 1:49.60	700m: 12:24.37 1:48.03	800m: 14:05.01 1:40.64		
					200m: 3:19.91 1:45.07	400m: 6:57.02 1:49.55	600m: 10:36.34 1:49.72				
5.	Renier Brianna	08 VZO	<b>14:19.91</b>	NT	100m: 1:40.24 1:40.24	300m: 5:18.01 1:49.45	500m: 8:59.32 1:50.79	700m: 12:37.02 1:47.47	800m: 14:19.91 1:42.89		
					200m: 3:28.56 1:48.32	400m: 7:08.53 1:50.52	600m: 10:49.55 1:50.23				
6.	Koolen Aurianne	07 LZK	<b>14:25.30</b>	14:45.95	100m: 1:41.13 1:41.13	300m: 5:22.28 1:51.15	500m: 9:04.41 1:51.00	700m: 12:45.63 1:49.72	800m: 14:25.30 1:39.67		
					200m: 3:31.13 1:50.00	400m: 7:13.41 1:51.13	600m: 10:55.91 1:51.50				
7.	Bonjé Fara	08 VZN	<b>14:29.37</b>	NT	100m: 1:39.97 1:39.97	300m: 5:21.37 1:50.60	500m: 9:07.29 1:53.29	700m: 12:48.70 1:49.04	800m: 14:29.37 1:40.67		
					200m: 3:30.77 1:50.80	400m: 7:14.00 1:52.63	600m: 10:59.66 1:52.37				

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



Rang	Geb.	Tijd	ins. tijd
8. Ramakers Jore	07 VZN	<b>14:36.69</b>	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	<b>14:44.92</b>	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	<b>15:20.59</b>	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	<b>15:44.90</b>	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	<b>15:56.28</b>	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	<b>16:00.58</b>	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	<b>16:02.91</b>	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	<b>16:44.61</b>	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	<b>19:43.56</b>	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	<b>13:25.24</b>	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	<b>13:40.87</b>	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	<b>13:52.92</b>	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	<b>14:06.47</b>	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	<b>14:36.03</b>	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	<b>14:36.49</b>	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	<b>14:44.63</b>	14:00.00
100m:	1:45.06	300m:	5:34.28 2:55.10
200m:	2:39.18	400m:	7:29.36 1:55.08
500m:	9:22.64	600m:	11:15.64 1:53.00
700m:	13:05.68	800m:	14:44.63 1:38.95
8. Vermote Carsten	07 LZK	<b>15:04.09</b>	14:36.16
100m:	1:36.22	300m:	5:25.22 1:55.60
200m:	3:29.62	400m:	7:23.97 1:58.75
500m:	9:19.30	600m:	11:15.47 1:56.17
700m:	13:12.12	800m:	15:04.09 1:51.97
9. Embo Alessio	08 LZK	<b>15:12.09</b>	14:59.80
100m:	1:39.18	300m:	5:30.34 3:35.02
200m:	1:55.32	400m:	7:29.37 1:59.03
500m:	9:28.96	600m:	11:29.50 2:00.54
700m:	13:29.53	800m:	15:12.09 1:42.56
10. Daele Liam	08 VZO	<b>15:14.91</b>	NT
100m:	1:47.22	300m:	5:45.50 1:59.56
200m:	3:45.94	400m:	7:42.83 1:57.33
500m:	9:38.15	600m:	11:33.69 1:55.54
700m:	13:28.94	800m:	15:14.91 1:45.97
11. Van Pottelberge	08 VZSA	<b>15:16.09</b>	NT
100m:	1:45.07	300m:	5:35.65 1:55.96
200m:	3:39.69	400m:	7:35.83 2:00.18
500m:	9:35.42	600m:	11:34.48 1:59.06
700m:	13:31.72	800m:	15:16.09 1:44.37
12. Zabeli Rajan	08 VZO	<b>15:17.56</b>	NT
100m:	1:40.56	300m:	5:35.78 1:58.47
200m:	3:37.31	400m:	7:34.81 1:59.03
500m:	9:31.21	600m:	11:28.25 1:57.04
700m:	13:27.06	800m:	15:17.56 1:50.50
13. Vandaele Mathis	08 VZN	<b>16:25.54</b>	NT
100m:	1:53.68	300m:	6:07.00 2:06.82
200m:	4:00.18	400m:	8:11.20 2:04.20
500m:	10:16.50	600m:	12:23.11 2:06.61
700m:	14:27.33	800m:	16:25.54 2:04.22

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	<b>29:23.78</b>	28:36.57
100m:	1:33.46	500m:	9:20.70 2:01.24
200m:	3:22.14	600m:	11:22.16 2:01.46
300m:	5:19.47	700m:	13:23.53 2:01.37
400m:	7:19.46	800m:	15:23.74 2:00.21
900m:	17:23.81	1000m:	19:25.51 2:01.70
1100m:	21:26.69	1200m:	23:29.63 2:02.94
1300m:	25:30.33	1400m:	27:31.90 2:01.57
1500m:	29:23.78		1:51.88

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

Heren, 1500m vrije slag

veteranen 45  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Vandaele Diederik	70 VZN	<b>22:20.47</b>	20:55.88
100m:	1:31.49	500m:	7:25.21 1:29.93
200m:	2:53.24	600m:	8:55.28 1:30.07
300m:	4:24.73	700m:	10:25.05 1:29.77
400m:	5:55.28	800m:	11:54.84 1:29.79
900m:	13:24.51	1000m:	14:54.16 1:29.65
1100m:	16:23.53	1200m:	17:52.98 1:29.45
1300m:	19:22.57	1400m:	20:52.58 1:30.01
1500m:	22:20.47		1:27.89
2. Bonjé Benny	70 VZN	<b>26:15.98</b>	NT
100m:	1:35.60	500m:	8:34.74 1:46.37
200m:	3:17.36	600m:	10:20.48 1:45.74
300m:	5:02.33	700m:	12:06.78 1:46.30
400m:	6:48.37	800m:	13:52.81 1:46.03
900m:	15:39.52	1000m:	17:26.32 1:46.80
1100m:	19:13.17	1200m:	21:00.52 1:47.35
1300m:	22:48.70	1400m:	24:36.00 1:47.30
1500m:	26:15.98		1:39.98

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	<b>23:47.83</b> 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	<b>22:48.47</b> 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	<b>20:06.02</b> 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
2. Paredis Robbe	98	VZSA	<b>22:54.97</b> 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	<b>19:15.68</b> 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
2. Verbeke Jasper	02	ZIB	<b>20:19.53</b> 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
3. Miroir Matisse	01	VZO	<b>20:21.04</b> 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
4. Denolf Ward	02	ZIB	<b>21:00.69</b> 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 <b>21:39.82</b>	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 <b>21:43.71</b>	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 <b>22:43.35</b>	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.	Dugauquiez Keagan 02	PRT <b>23:20.41</b>	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 <b>23:38.06</b>	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 <b>26:26.89</b>	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 <b>20:19.73</b>	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 <b>21:28.52</b>	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 <b>22:05.53</b>	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 <b>22:24.61</b>	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 <b>22:32.06</b>	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 <b>23:42.53</b>	22:41.05
100m:	1:28.84	1:28.84	500m: 7:56.16 1:36.66
200m:	3:04.69	1:35.85	600m: 9:31.35 1:35.19
300m:	4:42.53	1:37.84	700m: 11:07.44 1:36.09
400m:	6:19.50	1:36.97	800m: 12:41.63 1:34.19
900m:	14:16.53	1:34.90	1200m: 19:06.38 1:37.19
1300m:	20:42.41	1:36.03	
1400m:	22:16.30	1:33.89	
1500m:	23:42.53	1:26.23	
7. Durnez Viktor	04	VZN <b>24:28.46</b>	NT
100m:	1:25.14	1:25.14	500m: 7:50.00 1:36.69
200m:	3:00.63	1:35.49	600m: 9:29.09 1:39.09
300m:	4:37.37	1:36.74	700m: 11:09.22 1:40.13
400m:	6:13.31	1:35.94	800m: 12:47.93 1:38.71
900m:	14:27.80	1:39.87	1200m: 19:32.13 1:41.95
1300m:	21:14.99	1:42.86	
1400m:	22:52.84	1:37.85	
1500m:	24:28.46	1:35.62	
8. Devoldere Thomas	03	VZN <b>25:32.91</b>	NT
100m:	1:26.13	1:26.13	500m: 8:06.07 1:42.82
200m:	3:01.35	1:35.22	600m: 9:50.03 1:43.96
300m:	4:41.13	1:39.78	700m: 11:33.66 1:43.63
400m:	6:23.25	1:42.12	800m: 13:18.63 1:44.97
900m:	15:04.03	1:45.40	1200m: 20:28.38 1:48.88
1300m:	22:12.41	1:44.03	
1400m:	23:55.97	1:43.56	
1500m:	25:32.91	1:36.94	
9. Mariage Hubert	04	PRT <b>25:42.22</b>	24:00.00
100m:	1:20.03	1:20.03	500m: 8:06.84 1:45.15
200m:	2:56.66	1:36.63	600m: 9:53.16 1:46.32
300m:	4:37.22	1:40.56	700m: 11:40.31 1:47.15
400m:	6:21.69	1:44.47	800m: 13:24.59 1:44.28
900m:	15:13.00	1:48.41	1200m: 20:37.09 1:47.21
1300m:	22:23.41	1:46.32	
1400m:	24:09.50	1:46.09	
1500m:	25:42.22	1:32.72	
10. Bonnenge Viktor	03	PRT <b>28:15.25</b>	26:28.00
100m:	1:30.31	1:30.31	500m: 8:51.57 1:51.76
200m:	3:18.09	1:47.78	600m: 10:44.21 1:52.64
300m:	5:08.17	1:50.08	700m: 12:39.31 1:55.10
400m:	6:59.81	1:51.64	800m: 14:32.67 1:53.36
900m:	16:29.67	1:57.00	1200m: 22:19.49 1:58.93
1300m:	24:18.78	1:59.29	
1400m:	26:18.07	1:59.29	
1500m:	28:15.25	1:57.18	
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 <b>21:41.80</b>	NT
100m:	1:17.76	1:17.76	500m: 7:08.36 1:28.11
200m:	2:44.11	1:26.35	600m: 8:35.89 1:27.53
300m:	4:11.68	1:27.57	700m: 10:03.46 1:27.57
400m:	5:40.25	1:28.57	800m: 11:35.40 1:31.94
900m:	12:58.41	1:23.01	1200m: 17:24.61 1:26.24
1300m:	18:52.50	1:27.89	
1400m:	20:20.15	1:27.65	
1500m:	21:41.80	1:21.65	
2. De Vos Maarten	06	VZG <b>21:54.82</b>	25:00.00
100m:	1:21.04	1:21.04	500m: 7:12.02 1:29.77
200m:	2:47.27	1:26.23	600m: 8:40.93 1:28.91
300m:	4:14.34	1:27.07	700m: 10:08.90 1:27.97
400m:	5:42.25	1:27.91	800m: 11:38.73 1:29.83
900m:	13:07.84	1:29.11	1200m: 17:34.91 1:29.53
1300m:	19:04.70	1:29.79	
1400m:	20:33.21	1:28.51	
1500m:	21:54.82	1:21.61	
3. Masyn Jasper	06	ZIB <b>22:08.10</b>	NT
100m:	1:18.28	1:18.28	500m: 7:11.99 1:28.89
200m:	2:45.21	1:26.93	600m: 8:41.67 1:29.68
300m:	4:13.71	1:28.50	700m: 10:12.35 1:30.68
400m:	5:43.10	1:29.39	800m: 11:42.74 1:30.39
900m:	13:11.67	1:28.93	1200m: 17:44.81 1:29.94
1300m:	19:16.10	1:31.29	
1400m:	20:45.52	1:29.42	
1500m:	22:08.10	1:22.58	
4. Cappon Staf	06	WDK <b>22:09.58</b>	21:30.00
100m:	1:20.31	1:20.31	500m: 7:22.48 1:32.03
200m:	2:47.74	1:27.43	600m: 8:56.67 1:34.19
300m:	4:17.95	1:30.21	700m: 10:28.07 1:31.40
400m:	5:50.45	1:32.50	800m: 11:58.45 1:30.38
900m:	13:28.84	1:30.39	1200m: 17:54.70 1:29.67
1300m:	19:25.26	1:30.56	
1400m:	20:50.17	1:24.91	
1500m:	22:09.58	1:19.41	
5. Ares Wannas	06	WDK <b>22:12.77</b>	21:30.00
100m:	1:22.33	1:22.33	500m: 7:28.77 1:34.42
200m:	2:51.10	1:28.77	600m: 9:00.87 1:32.10
300m:	4:21.10	1:30.00	700m: 10:30.81 1:29.94
400m:	5:54.35	1:33.25	800m: 11:58.85 1:28.04
900m:	13:28.74	1:29.89	1200m: 17:55.45 1:29.85
1300m:	19:25.70	1:30.25	
1400m:	20:51.25	1:25.55	
1500m:	22:12.77	1:21.52	
6. Puissant Denis	05	VZT <b>23:18.41</b>	23:19.25
100m:	1:21.46	1:21.46	500m: 7:37.55 1:35.02
200m:	2:53.02	1:31.56	600m: 9:12.37 1:34.82
300m:	4:26.98	1:33.96	700m: 10:47.21 1:34.84
400m:	6:02.53	1:35.55	800m: 12:22.70 1:35.49
900m:	13:57.80	1:35.10	1200m: 18:45.02 1:38.53
1300m:	20:17.33	1:32.31	
1400m:	21:50.95	1:33.62	
1500m:	23:18.41	1:27.46	

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



Rang	Geb.	Tijd	ins. tijd
7. Vansteenkiste Ade	05	ZTB <b>23:42.43</b>	NT
100m:	1:21.39	1:21.39	500m: 7:37.81
200m:	2:52.92	1:31.53	600m: 9:14.34
300m:	4:21.34	1:28.42	700m: 10:51.57
400m:	6:01.42	1:40.08	800m: 12:28.81
			900m: 14:07.46
			1000m: 15:44.84
			1100m: 17:22.88
			1200m: 19:02.42
			1300m: 20:41.07
			1400m: 22:13.17
			1500m: 23:42.43
8. Vanlerberghe Lennert	05	BZV <b>24:23.80</b>	24:06.48
100m:	1:23.07	1:23.07	500m: 7:55.94
200m:	2:57.98	1:34.91	600m: 9:36.27
300m:	4:36.34	1:38.36	700m: 11:15.83
400m:	6:15.48	1:39.14	800m: 12:56.45
			900m: 14:38.63
			1000m: 16:20.96
			1100m: 18:02.27
			1200m: 19:43.35
			1300m: 21:23.67
			1400m: 22:59.63
			1500m: 24:23.80
9. Kinnaer Lennert	06	VZT <b>24:36.67</b>	24:00.00
100m:	1:21.15	1:21.15	500m: 7:47.47
200m:	2:53.75	1:32.60	600m: 9:28.22
300m:	4:29.61	1:35.86	700m: 11:08.15
400m:	6:07.58	1:37.97	800m: 12:48.65
			900m: 14:31.18
			1000m: 16:12.18
			1100m: 17:55.53
			1200m: 19:39.15
			1300m: 21:21.75
			1400m: 23:01.36
			1500m: 24:36.67
10. Vervisch Lowiek	06	ZIB <b>24:51.37</b>	NT
100m:	1:26.59	1:26.59	500m: 8:02.62
200m:	3:04.31	1:37.72	600m: 9:42.37
300m:	4:43.00	1:38.69	700m: 11:23.37
400m:	6:22.53	1:39.53	800m: 13:04.81
			900m: 14:46.84
			1000m: 16:30.44
			1100m: 18:13.12
			1200m: 19:56.37
			1300m: 21:39.78
			1400m: 23:21.34
			1500m: 24:51.37
11. Vanbeveren Noah	06	VZN <b>25:08.94</b>	NT
100m:	1:26.54	1:26.54	500m: 8:05.06
200m:	3:03.41	1:36.87	600m: 9:46.71
300m:	4:42.38	1:38.97	700m: 11:29.18
400m:	6:23.37	1:40.99	800m: 13:11.97
			900m: 14:56.18
			1000m: 16:39.51
			1100m: 18:24.72
			1200m: 20:10.61
			1300m: 21:54.36
			1400m: 23:37.97
			1500m: 25:08.94
12. Van Lersberghe Rune	06	ZIB <b>25:43.35</b>	NT
100m:	1:27.44	1:27.44	500m: 8:20.33
200m:	3:07.58	1:40.14	600m: 10:06.35
300m:	4:50.75	1:43.17	700m: 11:51.73
400m:	6:34.96	1:44.21	800m: 13:36.02
			900m: 15:22.49
			1000m: 17:08.55
			1100m: 18:53.06
			1200m: 20:38.25
			1300m: 22:20.12
			1400m: 24:03.75
			1500m: 25:43.35
13. Heuvelmans Artho	06	VZG <b>26:21.84</b>	27:00.00
100m:	1:33.12	1:33.12	500m: 8:41.46
200m:	3:18.04	1:44.92	600m: 10:30.82
300m:	5:04.51	1:46.47	700m: 12:19.54
400m:	6:53.36	1:48.85	800m: 14:07.06
			900m: 15:55.94
			1000m: 17:42.21
			1100m: 19:30.39
			1200m: 21:18.32
			1300m: 23:06.12
			1400m: 24:49.34
			1500m: 26:21.84
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 <b>19:15.68</b>	18:30.00
100m:	1:05.02	1:05.02	500m: 6:14.60
200m:	2:20.04	1:15.02	600m: 7:32.70
300m:	3:37.55	1:17.51	700m: 8:51.23
400m:	4:55.89	1:18.34	800m: 10:09.54
			900m: 11:28.30
			1000m: 12:47.02
			1100m: 14:05.20
			1200m: 15:23.87
			1300m: 16:41.66
			1400m: 17:59.58
			1500m: 19:15.68
2. Vanpoucke Jordi	96	WDK <b>20:06.02</b>	18:40.00
100m:	1:05.13	1:05.13	500m: 6:15.73
200m:	2:20.16	1:15.03	600m: 7:35.06
300m:	3:37.73	1:17.57	700m: 8:56.84
400m:	4:56.28	1:18.55	800m: 10:19.63
			900m: 11:43.09
			1000m: 13:06.88
			1100m: 14:31.13
			1200m: 15:56.63
			1300m: 17:20.91
			1400m: 18:44.48
			1500m: 20:06.02
3. Verbeke Jasper	02	ZIB <b>20:19.53</b>	20:33.22
100m:	1:10.77	1:10.77	500m: 6:36.66
200m:	2:29.50	1:18.73	600m: 8:00.25
300m:	3:50.92	1:21.42	700m: 10:43.70
400m:	5:14.86	1:23.94	800m: 12:05.83
			900m: 13:28.55
			1000m: 14:50.93
			1100m: 16:14.18
			1200m: 17:37.16
			1300m: 18:58.04
			1400m: 20:19.53
			1500m: 20:19.53
4. Ares Elias	04	WDK <b>20:19.73</b>	19:56.00
100m:	1:10.68	1:10.68	500m: 6:40.71
200m:	2:29.75	1:19.07	600m: 8:05.22
300m:	3:51.97	1:22.22	700m: 9:27.50
400m:	5:16.85	1:24.88	800m: 10:50.03
			900m: 12:13.00
			1000m: 13:34.90
			1100m: 14:58.18
			1200m: 16:20.25
			1300m: 17:42.60
			1400m: 19:04.18
			1500m: 20:19.73

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



Rang	Geb.		Tijd	ins. tijd								
5.	Miroir Matisse	01	VZO	<b>20:21.04</b>	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	<b>21:00.69</b>	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	<b>21:28.52</b>	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.	Ruyschaert Stan	02	ZIB	<b>21:39.82</b>	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	<b>21:41.80</b>	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	<b>21:43.71</b>	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	<b>21:54.82</b>	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	<b>22:05.53</b>	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	<b>22:08.10</b>	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	<b>22:09.58</b>	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	<b>22:12.77</b>	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	<b>22:20.47</b>	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	<b>22:24.61</b>	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	<b>22:32.06</b>	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	<b>22:43.35</b>	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	<b>22:48.47</b>	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	<b>22:54.97</b>	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	<b>23:18.41</b>	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	<b>23:20.41</b>	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	<b>23:38.06</b>	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	<b>23:42.43</b>	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	<b>23:42.53</b>	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	<b>23:47.83</b>	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	<b>24:23.80</b>	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	<b>24:28.46</b>	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	<b>24:36.67</b>	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	<b>24:51.37</b>	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	<b>25:08.94</b>	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	<b>25:32.91</b>	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	<b>25:42.22</b>	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	<b>25:43.35</b>	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	<b>26:15.98</b>	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	<b>26:21.84</b>	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	<b>26:26.89</b>	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	<b>28:15.25</b>	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	<b>29:23.78</b>	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	<b>14:55.70</b>	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	<b>14:28.22</b>	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	<b>12:25.43</b>	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	<b>13:19.59</b>	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	<b>10:59.56</b>	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	<b>12:19.69</b>	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	<b>12:26.55</b>	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	<b>12:28.44</b>	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	<b>12:39.53</b>	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	<b>12:48.41</b>	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	<b>13:16.00</b>	13:01.29
100m:	1:24.26	1:24.26	300m: 4:38.39 1:50.18
200m:	2:48.21	1:23.95	400m: 6:22.68 1:44.29
			500m: 8:07.75 1:45.07
			600m: 9:52.78 1:45.03
			700m: 11:37.91 1:45.13
			800m: 13:16.00 1:38.09
8. Houllier Mouri	01 WDK	<b>13:16.36</b>	12:30.00
100m:	1:27.71	1:27.71	300m: 4:51.14 1:43.96
200m:	3:07.18	1:39.47	400m: 6:32.93 1:41.79
			500m: 8:16.06 1:43.13
			600m: 10:00.61 1:44.55
			700m: 11:44.18 1:43.57
			800m: 13:16.36 1:32.18

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

Meisjes, 800m vrije slag

kadetten  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Van Daele Laetitia	03 VZO	<b>11:02.99</b>	11:12.37
100m:	1:16.25	1:16.25	300m: 4:03.71 1:24.43
200m:	2:39.28	1:23.03	400m: 5:28.86 1:25.15
			500m: 6:54.78 1:25.92
			600m: 8:20.60 1:25.82
			700m: 9:44.78 1:24.18
			800m: 11:02.99 1:18.21
2. Van Parys Justine	04 VZG	<b>11:08.13</b>	11:15.50
100m:	1:13.62	1:13.62	300m: 4:03.31 1:25.73
200m:	2:37.58	1:23.96	400m: 5:28.69 1:25.38
			500m: 6:55.22 1:26.53
			600m: 8:21.22 1:26.00
			700m: 9:45.58 1:24.36
			800m: 11:08.13 1:22.55
3. Deneire Jara	04 VZO	<b>11:14.50</b>	14:10.10
100m:	1:15.03	1:15.03	300m: 4:03.52 1:25.60
200m:	2:37.92	1:22.89	400m: 5:29.60 1:26.08
			500m: 6:56.06 1:26.46
			600m: 8:23.06 1:27.00
			700m: 9:49.92 1:26.86
			800m: 11:14.50 1:24.58
4. Persijn Lies	03 VZR	<b>11:20.67</b>	11:14.60
100m:	1:16.00	1:16.00	300m: 4:04.47 1:25.51
200m:	2:38.96	1:22.96	400m: 5:30.82 1:26.35
			500m: 6:58.61 1:27.79
			600m: 8:26.75 1:28.14
			700m: 9:55.47 1:28.72
			800m: 11:20.67 1:25.20
5. D'hoore Ellen	03 ZIB	<b>11:42.76</b>	11:34.89
100m:	1:19.02	1:19.02	300m: 4:18.08 1:30.23
200m:	2:47.85	1:28.83	400m: 5:48.89 1:30.81
			500m: 7:19.84 1:30.95
			600m: 8:49.72 1:29.88
			700m: 10:20.20 1:30.48
			800m: 11:42.76 1:22.56
6. Beils Manou	04 ZTB	<b>11:51.30</b>	NT
100m:	1:17.85	1:17.85	300m: 4:16.70 1:31.35
200m:	2:45.35	1:27.50	400m: 5:49.92 1:33.22
			500m: 7:22.56 1:32.64
			600m: 8:53.85 1:31.29
			700m: 10:24.95 1:31.10
			800m: 11:51.30 1:26.35
7. Simons Sara	04 BBV	<b>12:09.25</b>	12:22.03
100m:	1:22.74	1:22.74	300m: 4:27.66 1:33.78
200m:	2:53.88	1:31.14	400m: 6:02.70 1:35.04
			500m: 7:36.70 1:34.00
			600m: 9:11.55 1:34.85
			700m: 10:45.56 1:34.01
			800m: 12:09.25 1:23.69
8. Vervaecke Emma	04 BVZ	<b>12:29.78</b>	NT
100m:	1:24.21	1:24.21	300m: 4:34.66 1:34.88
200m:	2:59.78	1:35.57	400m: 6:09.68 1:35.02
			500m: 7:44.16 1:34.48
			600m: 9:20.78 1:36.62
			700m: 10:57.78 1:37.00
			800m: 12:29.78 1:32.00
9. Jaecques Jana	04 WDK	<b>12:33.49</b>	11:50.00
100m:	1:20.28	1:20.28	300m: 4:27.78 1:32.57
200m:	2:55.21	1:34.93	400m: 6:04.53 1:36.75
			500m: 7:43.28 1:38.75
			600m: 9:23.36 1:40.08
			700m: 11:01.50 1:38.14
			800m: 12:33.49 1:31.99
10. Waeytens Jinty	04 VZG	<b>12:34.68</b>	12:24.50
100m:	1:24.97	1:24.97	300m: 4:35.87 1:36.22
200m:	2:59.65	1:34.68	400m: 6:13.22 1:37.35
			500m: 7:50.69 1:37.47
			600m: 9:26.97 1:36.28
			700m: 11:02.79 1:35.82
			800m: 12:34.68 1:31.89
11. Kalut Vianne	04 VZT	<b>12:36.94</b>	12:32.73
100m:	1:26.00	1:26.00	300m: 4:37.48 1:36.82
200m:	3:00.66	1:34.66	400m: 6:14.91 1:37.43
			500m: 7:51.02 1:36.11
			600m: 9:27.38 1:36.36
			700m: 11:04.38 1:37.00
			800m: 12:36.94 1:32.56
12. Renier Axelle	03 VZO	<b>14:13.23</b>	NT
100m:	1:35.48	1:35.48	300m: 5:09.79 1:48.34
200m:	3:21.45	1:45.97	400m: 6:59.21 1:49.42
			500m: 8:48.66 1:49.45
			600m: 10:38.23 1:49.57
			700m: 12:27.97 1:49.74
			800m: 14:13.23 1:45.26
13. Kelmendi Ftasa	04 VZO	<b>14:17.18</b>	NT
100m:	1:30.46	1:30.46	300m: 5:06.92 1:50.18
200m:	3:16.74	1:46.28	400m: 6:57.79 1:50.87
			500m: 8:49.77 1:51.98
			600m: 10:41.42 1:51.65
			700m: 12:32.80 1:51.38
			800m: 14:17.18 1:44.38



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Meisjes, 800m vrije slag

miniemen  
Resultaten

Rang	Geb.		Tijd		ins. tijd							
1.	Minnebo	Lotte	06	ZIB	<b>10:53.32</b>	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	<b>11:15.90</b>	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	<b>11:44.12</b>	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	<b>12:11.33</b>	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	<b>12:12.98</b>	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	<b>12:40.57</b>	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	<b>12:53.54</b>	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	<b>13:07.15</b>	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	<b>13:08.55</b>	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	<b>13:31.82</b>	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	<b>13:37.30</b>	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	<b>13:49.19</b>	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	<b>14:25.73</b>	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	<b>17:10.15</b>	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	<b>10:53.32</b>	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	<b>10:59.56</b>	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	<b>11:02.99</b>	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	<b>11:08.13</b>	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	<b>11:14.50</b>	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	<b>11:15.90</b>	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	<b>11:20.67</b>	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	<b>11:42.76</b>	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	<b>11:44.12</b>	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	<b>11:51.30</b>	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	<b>12:09.25</b>	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	<b>12:11.33</b>	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	<b>12:12.98</b>	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	<b>12:19.69</b>	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	<b>12:25.43</b>	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	<b>12:26.55</b>	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	<b>12:28.44</b>	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 BVZ	<b>12:29.78</b>	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	<b>12:33.49</b>	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	<b>12:34.68</b>	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	<b>12:36.94</b>	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	<b>12:39.53</b>	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	<b>12:40.57</b>	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.	Debytere Aude	02	VZR	<b>12:48.41</b>	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	<b>12:53.54</b>	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	<b>13:07.15</b>	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	<b>13:08.55</b>	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	<b>13:16.00</b>	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	<b>13:16.36</b>	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	<b>13:19.59</b>	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	<b>13:31.82</b>	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	<b>13:37.30</b>	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	<b>13:49.19</b>	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	<b>14:13.23</b>	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	<b>14:17.18</b>	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	<b>14:25.73</b>	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	<b>14:28.22</b>	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	<b>14:55.70</b>	14:52.58
	100m: 1:44.31 1:44.31	300m: 5:33.00 1:54.20	500m: 9:20.45 1:53.57
	200m: 3:38.80 1:54.49	400m: 7:26.88 1:53.88	600m: 11:13.88 1:53.43
			700m: 13:07.88 1:54.00
			800m: 14:55.70 1:47.82
39.	Deretz Louise 06 PRT	<b>17:10.15</b>	14:52.58
	100m: 1:46.53 1:46.53	300m: 6:16.15 2:16.21	500m: 10:53.47 2:18.85
	200m: 3:59.94 2:13.41	400m: 8:34.62 2:18.47	600m: 13:08.90 2:15.43
			700m: 15:20.12 2:11.22
			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

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

Heren, 4 x 200m vrije slag

seniors  
Resultaten

Rang	Tijd	ins. tijd
1. ZIB 1	ZIB <b>9:49.36</b>	9:34.08
	Ruysschaert Stan 02	1:10.60 2:27.23 2:27.23
	Denolf Ward 02	1:07.31 2:22.18 2:22.18
	Masyn Jasper 06	1:16.90 2:41.81 2:41.81
	Verbeke Jasper 02	1:04.99 2:18.14 2:18.14
2. WDK	WDK <b>9:59.89</b>	NT
	Cappon Staf 06	1:16.89 2:40.59 2:40.59
	Ares Elias 04	1:15.72 2:39.05 2:39.05
	Ares Wannas 06	1:08.85 2:25.28 2:25.28
	Schotte Alexander 01	1:02.67 2:14.97 2:14.97
3. VZN 1	VZN <b>10:16.26</b>	9:43.01
	Vandaele Diederik 70	1:17.62 2:41.47 2:41.47
	Huygh Robin 04	1:15.08 2:38.09 2:38.09
	Vandaele Maxime 03	1:15.84 2:33.66 2:33.66
	Moeyaert Rochney 01	1:06.00 2:23.04 2:23.04
4. VZG 1	VZG <b>11:07.08</b>	10:58.13
	De Vos Maarten 06	1:16.25 2:36.25 2:36.25
	De Bruyne Pim 02	1:20.57 2:57.52 2:57.52
	Heuvelmans Artho 06	1:28.48 3:01.80 3:01.80
	Christiaens Kas 04	1:09.43 2:31.51 2:31.51
5. VZN 2	VZN <b>11:59.98</b>	11:53.77
	Bonjé Benny 70	1:33.12 3:12.24 3:12.24
	Vanbeveren Noah 06	1:26.83 3:02.50 3:02.50
	Bonjé Aeon 04	1:26.02 2:54.35 2:54.35
	Durnez Viktor 04	1:23.94 2:50.89 2:50.89

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

Dames, 4 x 200m vrije slag

seniors  
Resultaten

Rang	Tijd	ins. tijd
1. ZIB 1	ZIB <b>10:22.54</b>	9:50.79
	Minnebo Lotte 06	1:13.48 2:32.80 2:32.80
	Verburgh Mona 05	1:15.46 2:36.23 2:36.23
	D'hoore Ellen 03	1:13.78 2:38.60 2:38.60
	Dereepere Indra 02	1:14.72 2:34.91 2:34.91
2. VZG 1	VZG <b>10:50.43</b>	10:45.78
	Evers Janne 04	1:15.53 2:41.78 2:41.78
	Waeytens Jinty 04	1:22.37 2:53.72 2:53.72
	Cocquyt Emmelie 04	1:16.78 2:39.75 2:39.75
	Van Parys Justine 04	1:15.28 2:35.18 2:35.18

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



Rang		Tijd	ins. tijd		
3.	BBV	<b>11:10.09</b>	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	<b>11:14.97</b>	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	<b>12:28.03</b>	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		