

FROS – CTFN



(Organisatie FROS)

**NATIONAAL KAMPIOENSCHAP LANGE
AFTAND ZWEMMEN 2023
CHAMPIONNAT NATIONAL DE NATATION
LONG DISTANCE 2023**

Uitslagen Resultats

**Brugge/ Bruges
22/01/2023**

WEDSTRIJDLEIDING - DIRECTION DE CONCOURS :

Scheidsrechter / Juge arbitre :	Mattens Hubert (TCF)
Starter - Aankomstrechtters /	Cuyvers Michel (TCF)
Démarreur - Juges à l'arrivée :	
Zweminspecteur	Mattens Hubert (TCF) Cuyvers Michel (TCF)
Jurysecretaris / Secrétaire du jury :	Van Uytsel Luc (TCF) / Recoquillion Stéphanie (COK)
Keerpuntrechtters / Juges aux virages :	Van Reybrouck Chris (ZIB) Caestecker Wilfried (TCF) De Roose Patrick (VZR)
Electronische tijdsmeeting :	Van Uytsel Luc (TCF)
Micro :	D'Hoore Marco (ZIB)
Uitslagen / Resultats :	Van Uytsel Luc (TCF)
Wedstrijdbode / Huissier de concours :	Merckx Irena (VZT)
Coördinatie :	D'Hoore Marco (ZIB)
Receptie / Reception :	Merckx Irena (VZT)
Hoofdtijdopnemer / Chronométrateur en chef :	Dejaeger Chantal (BZV)
Tijdopnemers / Chronométrateurs :	

Baan 0	Vylders Nicoud	VZN		
Baan 1	Dekeyser Emmanuelele	ZIB		
Baan 2	Huygh Jochem	VZN		
Baan 3	De Vos Frank	VZG		
Baan 4	Daele Dave	VZO		
Baan 5	De Jongh Karen	VZG		
Baan 6	Recoquillion Jean Claude	VZSA		
Baan 7	Vergauwe Johan	VZN		
Baan 8	Schepers Carine	VZSA		
Baan 9	Risselin Michel	COK		

Clubafgevaardigden/Délégués:

Blankenbergse Zwemvereniging	BZV	Goegebeur Dirk
Club Olympic Kain	COK	Recoquillion Valérie
Zwemclub Delfino	DELF	Vermeulen Gerry
Vrije zwemmers Gent	VZG	Jamart Peter
Vrije zwemmers Nieuwpoort	VZN	Moerman Isabelle
Vrije zwemmers Oostende	VZO	Loncke Stijn
Vrije zwemmers Sint-Amandsberg	VZSA	Paradis Robbe
Vrije zwemmers Tienen	VZT	Merckx Irena
Zwemclub Interbad Brugge	ZIB	D'Hoore Marco
Zwemclub Vrij Merksem	ZVM	Van den Bergh Quittry

Programmanr. 1
22/1/23 - 13:00

Meisjes, 400m vrije slag

u11 - dolfijnen
Resultaten

Rang	Geb.		Tijd	ins. tijd								
1.	Loccufier Fleur	14	ZIB	7:37.11	NT							
	100m:	1:48.11	1:48.11	200m:	3:46.07	1:57.96	300m:	5:45.05	1:58.98	400m:	7:37.11	1:52.06
2.	Floryn Juliette	13	BZV	8:09.09	11:45.61							
	100m:	1:46.87	1:46.87	200m:	3:52.67	2:05.80	300m:	6:03.06	2:10.39	400m:	8:09.09	2:06.03
3.	Bourez Tess	13	COK	8:39.55	NT							
	100m:	1:53.53	1:53.53	200m:	4:04.69	2:11.16	300m:	6:23.06	2:18.37	400m:	8:39.55	2:16.49
4.	Tetaj Dea	14	VZO	9:22.21	NT							
	100m:	2:09.23	2:09.23	200m:	4:33.94	2:24.71	300m:	6:59.34	2:25.40	400m:	9:22.21	2:22.87
5.	Truant Naomy	14	COK	10:28.66	NT							
	100m:	2:30.18	2:30.18	200m:	5:09.04	2:38.86	300m:	7:56.95	2:47.91	400m:	10:28.66	2:31.71

Programmanr. 1
22/1/23 - 13:00

Jongens, 400m vrije slag

u11 - dolfijnen
Resultaten

Rang	Geb.		Tijd	ins. tijd								
1.	Herchuel Tayler	13	COK	10:11.21	NT							
	100m:	2:02.85	2:02.85	200m:	4:40.58	2:37.73	300m:	7:27.74	2:47.16	400m:	10:11.21	2:43.47

Programmanr. 2
22/1/23 - 13:13

Meisjes, 200m vrije slag

u9 - eendjes
Resultaten

Rang	Geb.		Tijd	ins. tijd							
1.	Droissart Nette	15	BZV	4:29.35	NT						
	100m:	2:15.22	2:15.22	200m:	4:29.35	2:14.13					
2.	Belhadj Amel	15	COK	4:59.51	NT						
	100m:	2:16.96	2:16.96	200m:	4:59.51	2:42.55					

Programmanr. 2
22/1/23 - 13:13

Jongens, 200m vrije slag

u9 - eendjes
Resultaten

Rang	Geb.		Tijd	ins. tijd							
1.	Gestels Merlijn	15	BZV	4:45.05	6:57.53						
	100m:	2:16.82	2:16.82	200m:	4:45.05	2:28.23					

Programmanr. 3
22/1/23 - 13:21

Dames, 800m vrije slag

u50 - veteranen 45
Resultaten

Rang	Geb.		Tijd	ins. tijd								
1.	Vandaele Tineke	75	ZIB	13:01.95	NT							
	100m:	1:28.58	1:28.58	300m:	4:50.55	1:41.62	500m:	8:11.97	1:39.87	700m:	11:30.20	1:38.60
	200m:	3:08.93	1:40.35	400m:	6:32.10	1:41.55	600m:	9:51.60	1:39.63	800m:	13:01.95	1:31.75

Rang	Geb.		Tijd		ins. tijd							
1.	Van den Bergh Quittry		93	ZVM	11:43.26	11:21.54						
	100m:	1:17.13	1:17.13	300m:	4:12.42	1:29.12	500m:	7:13.51	1:30.30	700m:	10:14.93	1:30.75
	200m:	2:43.30	1:26.17	400m:	5:43.21	1:30.79	600m:	8:44.18	1:30.67	800m:	11:43.26	1:28.33

Rang	Geb.		Tijd		ins. tijd							
1.	Cloet Emma		05	VZO	11:43.90	11:45.59						
	100m:	1:19.57	1:19.57	300m:	4:15.34	1:29.04	500m:	7:16.53	1:30.45	700m:	10:20.06	1:32.00
	200m:	2:46.30	1:26.73	400m:	5:46.08	1:30.74	600m:	8:48.06	1:31.53	800m:	11:43.90	1:23.84
2.	Demoutiez Elise		06	COK	14:31.37	14:00.00						
	100m:	1:31.47	1:31.47	300m:	5:13.02	1:51.76	500m:	9:02.72	1:56.09	700m:	12:49.05	1:50.76
	200m:	3:21.26	1:49.79	400m:	7:06.63	1:53.61	600m:	10:58.29	1:55.57	800m:	14:31.37	1:42.32

Rang	Geb.		Tijd		ins. tijd							
1.	Claeys Nette		08	VZO	11:07.83	14:25.59						
	100m:	1:15.91	1:15.91	300m:	4:07.82	1:26.19	500m:	6:58.33	1:24.60	700m:	9:47.29	1:24.50
	200m:	2:41.63	1:25.72	400m:	5:33.73	1:25.91	600m:	8:22.79	1:24.46	800m:	11:07.83	1:20.54
2.	Dardenne Eline		07	ZIB	11:15.55	12:14.81						
	100m:	1:17.49	1:17.49	300m:	4:09.82	1:26.95	500m:	7:04.82	1:27.81	700m:	9:57.01	1:25.97
	200m:	2:42.87	1:25.38	400m:	5:37.01	1:27.19	600m:	8:31.04	1:26.22	800m:	11:15.55	1:18.54
3.	De Vos Kaat		08	VZG	12:08.11	13:41.31						
	100m:	1:23.08	1:23.08	300m:	4:24.03	1:31.04	500m:	7:30.36	1:33.60	700m:	10:39.66	1:34.48
	200m:	2:52.99	1:29.91	400m:	5:56.76	1:32.73	600m:	9:05.18	1:34.82	800m:	12:08.11	1:28.45
4.	Cocquyt Ashley		07	VZG	12:34.52	14:00.00						
	100m:	1:25.35	1:25.35	300m:	4:36.78	1:37.07	500m:	7:54.39	1:38.51	700m:	11:07.25	1:35.78
	200m:	2:59.71	1:34.36	400m:	6:15.88	1:39.10	600m:	9:31.47	1:37.08	800m:	12:34.52	1:27.27
5.	Bertier Imany		08	VZN	13:41.06	16:00.00						
	100m:	1:28.88	1:28.88	300m:	4:58.26	1:46.14	500m:	8:31.64	1:48.11	700m:	12:03.56	1:46.15
	200m:	3:12.12	1:43.24	400m:	6:43.53	1:45.27	600m:	10:17.41	1:45.77	800m:	13:41.06	1:37.50
6.	Hemelsoet Imani		07	VZSA	14:21.67	14:00.00						
	100m:	1:32.65	1:32.65	300m:	5:10.79	1:49.86	500m:	8:54.99	1:52.51	700m:	12:37.02	1:50.11
	200m:	3:20.93	1:48.28	400m:	7:02.48	1:51.69	600m:	10:46.91	1:51.92	800m:	14:21.67	1:44.65

Rang	Geb.		Tijd		ins. tijd							
1.	De Cuyper Femke		10	VZO	10:57.14	11:46.16						
	100m:	1:19.63	1:19.63	300m:	4:08.82	1:24.20	500m:	6:56.46	1:23.59	700m:	9:42.01	1:22.11
	200m:	2:44.62	1:24.99	400m:	5:32.87	1:24.05	600m:	8:19.90	1:23.44	800m:	10:57.14	1:15.13
2.	Öztürk Berra		09	VZG	12:58.15	15:00.00						
	100m:	1:27.98	1:27.98	300m:	4:48.56	1:41.05	500m:	8:10.64	1:40.98	700m:	11:29.69	1:38.23
	200m:	3:07.51	1:39.53	400m:	6:29.66	1:41.10	600m:	9:51.46	1:40.82	800m:	12:58.15	1:28.46
3.	Pannecoucke Maithé		10	VZG	13:55.51	16:00.00						
	100m:	1:32.60	1:32.60	300m:	5:06.71	1:47.69	500m:	8:44.42	1:49.05	700m:	12:20.94	1:47.38
	200m:	3:19.02	1:46.42	400m:	6:55.37	1:48.66	600m:	10:33.56	1:49.14	800m:	13:55.51	1:34.57

Programmanr. 3, Meisjes, 800m vrije slag, u15 - miniemen

Rang	Geb.	Tijd	ins. tijd
4. Sonnenberg Ann-Sofie	10 ZVM	14:15.82	NT
	100m: 1:32.56 1:32.56	300m: 5:08.22 1:50.55	500m: 8:52.02 1:52.99
	200m: 3:17.67 1:45.11	400m: 6:59.03 1:50.81	600m: 10:46.09 1:54.07
5. Vergauwe Yanaika	09 VZN	14:19.32	15:22.25
	100m: 1:31.64 1:31.64	300m: 5:10.98 1:50.39	500m: 8:54.99 1:52.41
	200m: 3:20.59 1:48.95	400m: 7:02.58 1:51.60	600m: 10:46.35 1:51.36
6. Delaere Nina	09 VZO	17:11.17	NT
	100m: 1:49.22 1:49.22	300m: 6:09.70 2:14.55	500m: 10:39.54 2:11.58
	200m: 3:55.15 2:05.93	400m: 8:27.96 2:18.26	600m: 12:55.51 2:15.97
7. Risselin Claire	10 COK	17:22.16	NT
	100m: 1:49.98 1:49.98	300m: 6:16.92 2:17.05	500m: 10:49.70 2:16.78
	200m: 3:59.87 2:09.89	400m: 8:32.92 2:16.00	600m: 13:03.62 2:13.92

Programmanr. 3
22/1/23 - 13:21

Meisjes, 800m vrije slag

u13 - benjamins
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Pannecoucke Oona	11 VZG	15:27.16	16:00.00
	100m: 1:42.17 1:42.17	300m: 5:40.26 2:00.29	500m: 9:41.93 2:00.64
	200m: 3:39.97 1:57.80	400m: 7:41.29 2:01.03	600m: 11:42.41 2:00.48
2. Van Leuven Mariana	11 VZO	15:37.25	NT
	100m: 1:40.55 1:40.55	300m: 5:38.23 1:59.62	500m: 9:37.81 2:00.25
	200m: 3:38.61 1:58.06	400m: 7:37.56 1:59.33	600m: 11:37.29 1:59.48
3. Van Nuffel Luka	11 VZO	16:24.29	NT
	100m: 1:43.51 1:43.51	300m: 5:56.25 2:06.03	500m: 10:06.45 2:05.83
	200m: 3:50.22 2:06.71	400m: 8:00.62 2:04.37	600m: 12:11.78 2:05.33

Programmanr. 3
22/1/23 - 13:21

Dames, 800m vrije slag

algemeen
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. De Cuyper Femke	10 VZO	10:57.14	11:46.16
	100m: 1:19.63 1:19.63	300m: 4:08.82 1:24.20	500m: 6:56.46 1:23.59
	200m: 2:44.62 1:24.99	400m: 5:32.87 1:24.05	600m: 8:19.90 1:23.44
2. Claeys Nette	08 VZO	11:07.83	14:25.59
	100m: 1:15.91 1:15.91	300m: 4:07.82 1:26.19	500m: 6:58.33 1:24.60
	200m: 2:41.63 1:25.72	400m: 5:33.73 1:25.91	600m: 8:22.79 1:24.46
3. Dardenne Eline	07 ZIB	11:15.55	12:14.81
	100m: 1:17.49 1:17.49	300m: 4:09.82 1:26.95	500m: 7:04.82 1:27.81
	200m: 2:42.87 1:25.38	400m: 5:37.01 1:27.19	600m: 8:31.04 1:26.22
4. Van den Bergh Quittry	93 ZVM	11:43.26	11:21.54
	100m: 1:17.13 1:17.13	300m: 4:12.42 1:29.12	500m: 7:13.51 1:30.30
	200m: 2:43.30 1:26.17	400m: 5:43.21 1:30.79	600m: 8:44.18 1:30.67
5. Cloet Emma	05 VZO	11:43.90	11:45.59
	100m: 1:19.57 1:19.57	300m: 4:15.34 1:29.04	500m: 7:16.53 1:30.45
	200m: 2:46.30 1:26.73	400m: 5:46.08 1:30.74	600m: 8:48.06 1:31.53
6. De Vos Kaat	08 VZG	12:08.11	13:41.31
	100m: 1:23.08 1:23.08	300m: 4:24.03 1:31.04	500m: 7:30.36 1:33.60
	200m: 2:52.99 1:29.91	400m: 5:56.76 1:32.73	600m: 9:05.18 1:34.82
7. Cocquyt Ashley	07 VZG	12:34.52	14:00.00
	100m: 1:25.35 1:25.35	300m: 4:36.78 1:37.07	500m: 7:54.39 1:38.51
	200m: 2:59.71 1:34.36	400m: 6:15.88 1:39.10	600m: 9:31.47 1:37.08
8. Öztürk Berra	09 VZG	12:58.15	15:00.00
	100m: 1:27.98 1:27.98	300m: 4:48.56 1:41.05	500m: 8:10.64 1:40.98
	200m: 3:07.51 1:39.53	400m: 6:29.66 1:41.10	600m: 9:51.46 1:40.82

Programmanr. 3, Dames, 800m vrije slag, algemeen

Rang	Geb.		Tijd		ins. tijd					
9.	75 ZIB		13:01.95		NT					
	100m:	1:28.58	300m:	4:50.55	500m:	8:11.97	700m:	11:30.20	1:38.60	
	200m:	3:08.93	400m:	6:32.10	600m:	9:51.60	800m:	13:01.95	1:31.75	
10.	08 VZN		13:41.06		16:00.00					
	100m:	1:28.88	300m:	4:58.26	500m:	8:31.64	700m:	12:03.56	1:46.15	
	200m:	3:12.12	400m:	6:43.53	600m:	10:17.41	800m:	13:41.06	1:37.50	
11.	10 VZG		13:55.51		16:00.00					
	100m:	1:32.60	300m:	5:06.71	500m:	8:44.42	700m:	12:20.94	1:47.38	
	200m:	3:19.02	400m:	6:55.37	600m:	10:33.56	800m:	13:55.51	1:34.57	
12.	10 ZVM		14:15.82		NT					
	100m:	1:32.56	300m:	5:08.22	500m:	8:52.02	700m:	12:34.84	1:48.75	
	200m:	3:17.67	400m:	6:59.03	600m:	10:46.09	800m:	14:15.82	1:40.98	
13.	09 VZN		14:19.32		15:22.25					
	100m:	1:31.64	300m:	5:10.98	500m:	8:54.99	700m:	12:38.11	1:51.76	
	200m:	3:20.59	400m:	7:02.58	600m:	10:46.35	800m:	14:19.32	1:41.21	
14.	07 VZSA		14:21.67		14:00.00					
	100m:	1:32.65	300m:	5:10.79	500m:	8:54.99	700m:	12:37.02	1:50.11	
	200m:	3:20.93	400m:	7:02.48	600m:	10:46.91	800m:	14:21.67	1:44.65	
15.	06 COK		14:31.37		14:00.00					
	100m:	1:31.47	300m:	5:13.02	500m:	9:02.72	700m:	12:49.05	1:50.76	
	200m:	3:21.26	400m:	7:06.63	600m:	10:58.29	800m:	14:31.37	1:42.32	
16.	11 VZG		15:27.16		16:00.00					
	100m:	1:42.17	300m:	5:40.26	500m:	9:41.93	700m:	13:41.05	1:58.64	
	200m:	3:39.97	400m:	7:41.29	600m:	11:42.41	800m:	15:27.16	1:46.11	
17.	11 VZO		15:37.25		NT					
	100m:	1:40.55	300m:	5:38.23	500m:	9:37.81	700m:	13:35.20	1:57.91	
	200m:	3:38.61	400m:	7:37.56	600m:	11:37.29	800m:	15:37.25	2:02.05	
18.	11 VZO		16:24.29		NT					
	100m:	1:43.51	300m:	5:56.25	500m:	10:06.45	700m:	14:15.82	2:04.04	
	200m:	3:50.22	400m:	8:00.62	600m:	12:11.78	800m:	16:24.29	2:08.47	
19.	09 VZO		17:11.17		NT					
	100m:	1:49.22	300m:	6:09.70	500m:	10:39.54	700m:	15:05.93	2:10.42	
	200m:	3:55.15	400m:	8:27.96	600m:	12:55.51	800m:	17:11.17	2:05.24	
20.	10 COK		17:22.16		NT					
	100m:	1:49.98	300m:	6:16.92	500m:	10:49.70	700m:	15:18.85	2:15.23	
	200m:	3:59.87	400m:	8:32.92	600m:	13:03.62	800m:	17:22.16	2:03.31	

Programmanr. 3
22/1/23 - 13:21

Heren, 800m vrije slag

u25 - senioren
Resultaten

Rang	Geb.		Tijd		ins. tijd					
1.	02 ZVM		10:30.30		10:12.97					
	100m:	1:07.88	300m:	3:47.63	500m:	6:33.96	700m:	9:19.04	1:21.87	
	200m:	2:25.50	400m:	5:10.71	600m:	7:57.17	800m:	10:30.30	1:11.26	
2.	01 ZVM		11:00.06		10:48.09					
	100m:	1:11.14	300m:	4:00.59	500m:	6:51.87	700m:	9:40.00	1:22.92	
	200m:	2:34.62	400m:	5:26.50	600m:	8:17.08	800m:	11:00.06	1:20.06	

Rang	Geb.	Tijd	ins. tijd
1. Loncke Daan	06 VZO	11:12.51	11:51.37
	100m: 1:18.00 1:18.00	300m: 4:05.71 1:24.07	500m: 6:55.83 1:25.49
	200m: 2:41.64 1:23.64	400m: 5:30.34 1:24.63	600m: 8:21.31 1:25.48
			700m: 9:48.33 1:27.02
			800m: 11:12.51 1:24.18
2. De Lathouwer Mathis	06 VZG	11:35.26	13:00.00
	100m: 1:17.24 1:17.24	300m: 4:14.16 1:29.99	500m: 7:16.03 1:30.79
	200m: 2:44.17 1:26.93	400m: 5:45.24 1:31.08	600m: 8:46.12 1:30.09
			700m: 10:12.72 1:26.60
			800m: 11:35.26 1:22.54

Rang	Geb.	Tijd	ins. tijd
1. Dumon Tiefert	08 ZIB	10:19.63	11:59.00
	100m: 1:11.85 1:11.85	300m: 3:50.26 1:19.49	500m: 6:29.68 1:19.87
	200m: 2:30.77 1:18.92	400m: 5:09.81 1:19.55	600m: 7:48.72 1:19.04
			700m: 9:06.61 1:17.89
			800m: 10:19.63 1:13.02
2. Winderickx Ruhne	07 ZIB	10:32.05	11:14.53
	100m: 1:10.74 1:10.74	300m: 3:51.82 1:21.35	500m: 6:36.47 1:23.07
	200m: 2:30.47 1:19.73	400m: 5:13.40 1:21.58	600m: 7:57.72 1:21.25
			700m: 9:19.04 1:21.32
			800m: 10:32.05 1:13.01
3. Overmeire Axl	07 ZIB	11:26.69	NT
	100m: 1:18.93 1:18.93	300m: 4:12.66 1:27.42	500m: 7:09.89 1:28.75
	200m: 2:45.24 1:26.31	400m: 5:41.14 1:28.48	600m: 8:38.97 1:29.08
			700m: 10:07.50 1:28.53
			800m: 11:26.69 1:19.19
4. Devos Noah	08 VZT	11:27.47	12:45.00
	100m: 1:16.79 1:16.79	300m: 4:09.78 1:28.22	500m: 7:05.76 1:28.24
	200m: 2:41.56 1:24.77	400m: 5:37.52 1:27.74	600m: 8:35.48 1:29.72
			700m: 10:05.23 1:29.75
			800m: 11:27.47 1:22.24
5. Basteyns Jul	08 VZT	11:46.19	12:45.00
	100m: 1:19.38 1:19.38	300m: 4:15.01 1:28.78	500m: 7:17.77 1:31.34
	200m: 2:46.23 1:26.85	400m: 5:46.43 1:31.42	600m: 8:49.40 1:31.63
			700m: 10:20.45 1:31.05
			800m: 11:46.19 1:25.74
6. Van Pottelberge Vic	08 VZSA	11:46.87	12:12.70
	100m: 1:18.82 1:18.82	300m: 4:16.44 1:30.18	500m: 7:20.38 1:32.42
	200m: 2:46.26 1:27.44	400m: 5:47.96 1:31.52	600m: 8:52.09 1:31.71
			700m: 10:22.73 1:30.64
			800m: 11:46.87 1:24.14
7. Eeckhout Ward	08 DELF	11:54.89	11:36.78
	100m: 1:15.49 1:15.49	300m: 4:10.26 1:30.25	500m: 7:18.24 1:35.28
	200m: 2:40.01 1:24.52	400m: 5:42.96 1:32.70	600m: 8:52.72 1:34.48
			700m: 10:27.54 1:34.82
			800m: 11:54.89 1:27.35
8. Brilleman Diaz	08 BZV	12:56.90	NT
	100m: 1:19.76 1:19.76	300m: 4:31.09 1:38.82	500m: 7:59.12 1:46.14
	200m: 2:52.27 1:32.51	400m: 6:12.98 1:41.89	600m: 9:43.42 1:44.30
			700m: 11:27.36 1:43.94
			800m: 12:56.90 1:29.54

Rang	Geb.	Tijd	ins. tijd
1. Tetaj Daniel	10 VZO	12:52.07	15:16.23
	100m: 1:22.91 1:22.91	300m: 4:36.81 1:38.36	500m: 7:57.51 1:40.49
	200m: 2:58.45 1:35.54	400m: 6:17.02 1:40.21	600m: 9:38.78 1:41.27
			700m: 11:16.13 1:37.35
			800m: 12:52.07 1:35.94
2. Praet Kobe	10 VZN	12:59.20	16:00.00
	100m: 1:31.63 1:31.63	300m: 4:52.47 1:41.19	500m: 8:12.21 1:39.89
	200m: 3:11.28 1:39.65	400m: 6:32.32 1:39.85	600m: 9:51.65 1:39.44
			700m: 11:30.60 1:38.95
			800m: 12:59.20 1:28.60
3. Vienne Marius	10 COK	15:29.65	NT
	100m: 1:39.12 1:39.12	300m: 5:38.76 2:01.68	500m: 9:40.41 2:01.53
	200m: 3:37.08 1:57.96	400m: 7:38.88 2:00.12	600m: 11:43.65 2:03.24
			700m: 13:43.75 2:00.10
			800m: 15:29.65 1:45.90
4. Vylders Bram	10 VZN	19:41.89	16:00.00
	100m: 1:46.71 1:46.71	300m: 6:18.39 2:25.67	500m: 11:33.88 2:41.64
	200m: 3:52.72 2:06.01	400m: 8:52.24 2:33.85	600m: 14:16.43 2:42.55
			700m: 17:04.57 2:48.14
			800m: 19:41.89 2:37.32

Rang	Geb.	Tijd	ins. tijd
1. Öztürk Ensar	12 VZG	12:58.71	16:00.00
100m: 1:24.57	1:24.57	300m: 4:45.36	1:41.31
200m: 3:04.05	1:39.48	400m: 6:26.61	1:41.25
500m: 8:07.66	1:41.05	700m: 11:27.48	1:39.47
600m: 9:48.01	1:40.35	800m: 12:58.71	1:31.23
2. Tetaj Deivid	11 VZO	13:31.61	13:53.84
100m: 1:30.44	1:30.44	300m: 4:55.76	1:43.82
200m: 3:11.94	1:41.50	400m: 6:41.64	1:45.88
500m: 8:27.68	1:46.04	700m: 11:55.72	1:43.97
600m: 10:11.75	1:44.07	800m: 13:31.61	1:35.89
3. Tommelein Arthur	12 VZO	13:40.18	NT
100m: 1:29.01	1:29.01	300m: 4:53.92	1:43.67
200m: 3:10.25	1:41.24	400m: 6:38.32	1:44.40
500m: 8:24.91	1:46.59	700m: 12:01.86	1:48.44
600m: 10:13.42	1:48.51	800m: 13:40.18	1:38.32
4. De Lathouwer Maxime	11 VZG	14:25.32	15:58.00
100m: 1:36.36	1:36.36	300m: 5:16.75	1:50.95
200m: 3:25.80	1:49.44	400m: 7:09.68	1:52.93
500m: 9:01.13	1:51.45	700m: 12:44.08	1:48.56
600m: 10:55.52	1:54.39	800m: 14:25.32	1:41.24
5. Caucheteux Robin	11 COK	14:33.22	NT
100m: 1:36.21	1:36.21	300m: 5:16.39	1:51.68
200m: 3:24.71	1:48.50	400m: 7:08.71	1:52.32
500m: 9:00.94	1:52.23	700m: 12:46.74	1:52.72
600m: 10:54.02	1:53.08	800m: 14:33.22	1:46.48
6. Öztürk Mehmet Onat	11 VZG	15:12.42	16:00.00
100m: 1:41.72	1:41.72	300m: 5:37.50	1:59.28
200m: 3:38.22	1:56.50	400m: 7:37.63	2:00.13
500m: 9:31.98	1:54.35	700m: 13:22.46	1:54.20
600m: 11:28.26	1:56.28	800m: 15:12.42	1:49.96
7. Risselin Benoit	11 COK	16:13.08	NT
100m: 1:49.91	1:49.91	300m: 5:57.62	2:04.43
200m: 3:53.19	2:03.28	400m: 8:01.86	2:04.24
500m: 10:08.09	2:06.23	700m: 14:16.50	2:06.33
600m: 12:10.17	2:02.08	800m: 16:13.08	1:56.58

Rang	Geb.	Tijd	ins. tijd
1. Dumon Tiebert	08 ZIB	10:19.63	11:59.00
100m: 1:11.85	1:11.85	300m: 3:50.26	1:19.49
200m: 2:30.77	1:18.92	400m: 5:09.81	1:19.55
500m: 6:29.68	1:19.87	700m: 9:06.61	1:17.89
600m: 7:48.72	1:19.04	800m: 10:19.63	1:13.02
2. Simons Jarno	02 ZVM	10:30.30	10:12.97
100m: 1:07.88	1:07.88	300m: 3:47.63	1:22.13
200m: 2:25.50	1:17.62	400m: 5:10.71	1:23.08
500m: 6:33.96	1:23.25	700m: 9:19.04	1:21.87
600m: 7:57.17	1:23.21	800m: 10:30.30	1:11.26
3. Winderickx Ruhne	07 ZIB	10:32.05	11:14.53
100m: 1:10.74	1:10.74	300m: 3:51.82	1:21.35
200m: 2:30.47	1:19.73	400m: 5:13.40	1:21.58
500m: 6:36.47	1:23.07	700m: 9:19.04	1:21.32
600m: 7:57.72	1:21.25	800m: 10:32.05	1:13.01
4. Wielemans Marcos	01 ZVM	11:00.06	10:48.09
100m: 1:11.14	1:11.14	300m: 4:00.59	1:25.97
200m: 2:34.62	1:23.48	400m: 5:26.50	1:25.91
500m: 6:51.87	1:25.37	700m: 9:40.00	1:22.92
600m: 8:17.08	1:25.21	800m: 11:00.06	1:20.06
5. Loncke Daan	06 VZO	11:12.51	11:51.37
100m: 1:18.00	1:18.00	300m: 4:05.71	1:24.07
200m: 2:41.64	1:23.64	400m: 5:30.34	1:24.63
500m: 6:55.83	1:25.49	700m: 9:48.33	1:27.02
600m: 8:21.31	1:25.48	800m: 11:12.51	1:24.18
6. Overmeire Axl	07 ZIB	11:26.69	NT
100m: 1:18.93	1:18.93	300m: 4:12.66	1:27.42
200m: 2:45.24	1:26.31	400m: 5:41.14	1:28.48
500m: 7:09.89	1:28.75	700m: 10:07.50	1:28.53
600m: 8:38.97	1:29.08	800m: 11:26.69	1:19.19
7. Devos Noah	08 VZT	11:27.47	12:45.00
100m: 1:16.79	1:16.79	300m: 4:09.78	1:28.22
200m: 2:41.56	1:24.77	400m: 5:37.52	1:27.74
500m: 7:05.76	1:28.24	700m: 10:05.23	1:29.75
600m: 8:35.48	1:29.72	800m: 11:27.47	1:22.24
8. De Lathouwer Mathis	06 VZG	11:35.26	13:00.00
100m: 1:17.24	1:17.24	300m: 4:14.16	1:29.99
200m: 2:44.17	1:26.93	400m: 5:45.24	1:31.08
500m: 7:16.03	1:30.79	700m: 10:12.72	1:26.60
600m: 8:46.12	1:30.09	800m: 11:35.26	1:22.54
9. Basteyns Jul	08 VZT	11:46.19	12:45.00
100m: 1:19.38	1:19.38	300m: 4:15.01	1:28.78
200m: 2:46.23	1:26.85	400m: 5:46.43	1:31.42
500m: 7:17.77	1:31.34	700m: 10:20.45	1:31.05
600m: 8:49.40	1:31.63	800m: 11:46.19	1:25.74

Programmanr. 3, Heren, 800m vrije slag, algemeen

Rang	Geb.	Tijd	ins. tijd										
10.	Van Pottelberge Vic	08	VZSA	11:46.87	12:12.70								
	100m:	1:18.82	1:18.82	300m:	4:16.44	1:30.18	500m:	7:20.38	1:32.42	700m:	10:22.73	1:30.64	
	200m:	2:46.26	1:27.44	400m:	5:47.96	1:31.52	600m:	8:52.09	1:31.71	800m:	11:46.87	1:24.14	
11.	Eeckhout Ward	08	DELFF	11:54.89	11:36.78								
	100m:	1:15.49	1:15.49	300m:	4:10.26	1:30.25	500m:	7:18.24	1:35.28	700m:	10:27.54	1:34.82	
	200m:	2:40.01	1:24.52	400m:	5:42.96	1:32.70	600m:	8:52.72	1:34.48	800m:	11:54.89	1:27.35	
12.	Tetaj Daniel	10	VZO	12:52.07	15:16.23								
	100m:	1:22.91	1:22.91	300m:	4:36.81	1:38.36	500m:	7:57.51	1:40.49	700m:	11:16.13	1:37.35	
	200m:	2:58.45	1:35.54	400m:	6:17.02	1:40.21	600m:	9:38.78	1:41.27	800m:	12:52.07	1:35.94	
13.	Brilleman Diaz	08	BZV	12:56.90	NT								
	100m:	1:19.76	1:19.76	300m:	4:31.09	1:38.82	500m:	7:59.12	1:46.14	700m:	11:27.36	1:43.94	
	200m:	2:52.27	1:32.51	400m:	6:12.98	1:41.89	600m:	9:43.42	1:44.30	800m:	12:56.90	1:29.54	
14.	Öztürk Ensar	12	VZG	12:58.71	16:00.00								
	100m:	1:24.57	1:24.57	300m:	4:45.36	1:41.31	500m:	8:07.66	1:41.05	700m:	11:27.48	1:39.47	
	200m:	3:04.05	1:39.48	400m:	6:26.61	1:41.25	600m:	9:48.01	1:40.35	800m:	12:58.71	1:31.23	
15.	Praet Kobe	10	VZN	12:59.20	16:00.00								
	100m:	1:31.63	1:31.63	300m:	4:52.47	1:41.19	500m:	8:12.21	1:39.89	700m:	11:30.60	1:38.95	
	200m:	3:11.28	1:39.65	400m:	6:32.32	1:39.85	600m:	9:51.65	1:39.44	800m:	12:59.20	1:28.60	
16.	Tetaj Deivid	11	VZO	13:31.61	13:53.84								
	100m:	1:30.44	1:30.44	300m:	4:55.76	1:43.82	500m:	8:27.68	1:46.04	700m:	11:55.72	1:43.97	
	200m:	3:11.94	1:41.50	400m:	6:41.64	1:45.88	600m:	10:11.75	1:44.07	800m:	13:31.61	1:35.89	
17.	Tommelein Arthur	12	VZO	13:40.18	NT								
	100m:	1:29.01	1:29.01	300m:	4:53.92	1:43.67	500m:	8:24.91	1:46.59	700m:	12:01.86	1:48.44	
	200m:	3:10.25	1:41.24	400m:	6:38.32	1:44.40	600m:	10:13.42	1:48.51	800m:	13:40.18	1:38.32	
18.	De Lathouwer Maxime	11	VZG	14:25.32	15:58.00								
	100m:	1:36.36	1:36.36	300m:	5:16.75	1:50.95	500m:	9:01.13	1:51.45	700m:	12:44.08	1:48.56	
	200m:	3:25.80	1:49.44	400m:	7:09.68	1:52.93	600m:	10:55.52	1:54.39	800m:	14:25.32	1:41.24	
19.	Caucheteux Robin	11	COK	14:33.22	NT								
	100m:	1:36.21	1:36.21	300m:	5:16.39	1:51.68	500m:	9:00.94	1:52.23	700m:	12:46.74	1:52.72	
	200m:	3:24.71	1:48.50	400m:	7:08.71	1:52.32	600m:	10:54.02	1:53.08	800m:	14:33.22	1:46.48	
20.	Öztürk Mehmet Onat	11	VZG	15:12.42	16:00.00								
	100m:	1:41.72	1:41.72	300m:	5:37.50	1:59.28	500m:	9:31.98	1:54.35	700m:	13:22.46	1:54.20	
	200m:	3:38.22	1:56.50	400m:	7:37.63	2:00.13	600m:	11:28.26	1:56.28	800m:	15:12.42	1:49.96	
21.	Vienne Marius	10	COK	15:29.65	NT								
	100m:	1:39.12	1:39.12	300m:	5:38.76	2:01.68	500m:	9:40.41	2:01.53	700m:	13:43.75	2:00.10	
	200m:	3:37.08	1:57.96	400m:	7:38.88	2:00.12	600m:	11:43.65	2:03.24	800m:	15:29.65	1:45.90	
22.	Risselin Benoit	11	COK	16:13.08	NT								
	100m:	1:49.91	1:49.91	300m:	5:57.62	2:04.43	500m:	10:08.09	2:06.23	700m:	14:16.50	2:06.33	
	200m:	3:53.19	2:03.28	400m:	8:01.86	2:04.24	600m:	12:10.17	2:02.08	800m:	16:13.08	1:56.58	
23.	Vylders Bram	10	VZN	19:41.89	16:00.00								
	100m:	1:46.71	1:46.71	300m:	6:18.39	2:25.67	500m:	11:33.88	2:41.64	700m:	17:04.57	2:48.14	
	200m:	3:52.72	2:06.01	400m:	8:52.24	2:33.85	600m:	14:16.43	2:42.55	800m:	19:41.89	2:37.32	

Programmanr. 4, 1500m vrije slag

Programmanr. 4
22/1/23 - 14:58

Dames, 1500m vrije slag

u25 - seniors
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. De Pue Ine	99 VZSA	22:20.75	23:30.00
100m:	1:17.13	1:17.13	500m: 7:13.89
200m:	2:44.27	1:27.14	600m: 8:44.64
300m:	4:12.69	1:28.42	700m: 10:15.23
400m:	5:43.21	1:30.52	800m: 11:45.47
			900m: 13:16.68
			1000m: 14:48.38
			1100m: 16:19.65
			1200m: 17:50.83
			1300m: 19:22.05
			1400m: 20:53.24
			1500m: 22:20.75

Programmanr. 4
22/1/23 - 14:58

Dames, 1500m vrije slag

u19 - pupillen
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Minnebo Lotte	06 ZIB	18:37.54	19:00.00
<i>nieuw fros record</i>			
100m:	1:08.85	1:08.85	500m: 6:10.34
200m:	2:23.73	1:14.88	600m: 7:26.32
300m:	3:38.85	1:15.12	700m: 8:42.03
400m:	4:54.53	1:15.68	800m: 9:57.53
			900m: 11:13.01
			1000m: 12:28.35
			1100m: 13:43.74
			1200m: 14:58.47
			1300m: 16:13.72
			1400m: 17:27.49
			1500m: 18:37.54
2. Verburgh Mona	05 ZIB	21:50.43	20:44.83
100m:	1:18.57	1:18.57	500m: 7:14.21
200m:	2:45.94	1:27.37	600m: 8:43.77
300m:	4:14.42	1:28.48	700m: 10:14.06
400m:	5:43.79	1:29.37	800m: 11:41.96
			900m: 13:10.80
			1000m: 14:38.66
			1100m: 16:06.74
			1200m: 17:35.32
			1300m: 19:02.41
			1400m: 20:28.08
			1500m: 21:50.43

Programmanr. 4
22/1/23 - 14:58

Meisjes, 1500m vrije slag

u17 - kadetten
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Loncke Noor	08 VZO	22:42.98	NT
100m:	1:18.01	1:18.01	500m: 7:14.96
200m:	2:45.14	1:27.13	600m: 8:46.97
300m:	4:14.41	1:29.27	700m: 10:19.03
400m:	5:44.59	1:30.18	800m: 11:50.78
			900m: 13:23.74
			1000m: 14:56.66
			1100m: 16:29.29
			1200m: 18:03.08
			1300m: 19:37.02
			1400m: 21:10.21
			1500m: 22:42.98

Programmanr. 4
22/1/23 - 14:58

Dames, 1500m vrije slag

algemeen
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Minnebo Lotte	06 ZIB	18:37.54	19:00.00
<i>nieuw fros record</i>			
100m:	1:08.85	1:08.85	500m: 6:10.34
200m:	2:23.73	1:14.88	600m: 7:26.32
300m:	3:38.85	1:15.12	700m: 8:42.03
400m:	4:54.53	1:15.68	800m: 9:57.53
			900m: 11:13.01
			1000m: 12:28.35
			1100m: 13:43.74
			1200m: 14:58.47
			1300m: 16:13.72
			1400m: 17:27.49
			1500m: 18:37.54
2. Verburgh Mona	05 ZIB	21:50.43	20:44.83
100m:	1:18.57	1:18.57	500m: 7:14.21
200m:	2:45.94	1:27.37	600m: 8:43.77
300m:	4:14.42	1:28.48	700m: 10:14.06
400m:	5:43.79	1:29.37	800m: 11:41.96
			900m: 13:10.80
			1000m: 14:38.66
			1100m: 16:06.74
			1200m: 17:35.32
			1300m: 19:02.41
			1400m: 20:28.08
			1500m: 21:50.43
3. De Pue Ine	99 VZSA	22:20.75	23:30.00
100m:	1:17.13	1:17.13	500m: 7:13.89
200m:	2:44.27	1:27.14	600m: 8:44.64
300m:	4:12.69	1:28.42	700m: 10:15.23
400m:	5:43.21	1:30.52	800m: 11:45.47
			900m: 13:16.68
			1000m: 14:48.38
			1100m: 16:19.65
			1200m: 17:50.83
			1300m: 19:22.05
			1400m: 20:53.24
			1500m: 22:20.75

Programmanr. 4, Dames, 1500m vrije slag, algemeen

Rang	Geb.		Tijd		ins. tijd							
4.	08 VZO		22:42.98		NT							
	100m:	1:18.01	1:18.01	500m:	7:14.96	1:30.37	900m:	13:23.74	1:32.96	1300m:	19:37.02	1:33.94
	200m:	2:45.14	1:27.13	600m:	8:46.97	1:32.01	1000m:	14:56.66	1:32.92	1400m:	21:10.21	1:33.19
	300m:	4:14.41	1:29.27	700m:	10:19.03	1:32.06	1100m:	16:29.29	1:32.63	1500m:	22:42.98	1:32.77
	400m:	5:44.59	1:30.18	800m:	11:50.78	1:31.75	1200m:	18:03.08	1:33.79			

Programmanr. 4
22/1/23 - 14:58

Heren, 1500m vrije slag

u50 - veteranen 45
Resultaten

Rang	Geb.		Tijd		ins. tijd							
1.	78 DELF		25:11.12		27:00.00							
	100m:	1:24.68	1:24.68	500m:	8:14.44	1:41.78	900m:	15:04.56	1:44.14	1300m:	21:56.13	1:41.08
	200m:	3:06.16	1:41.48	600m:	9:57.40	1:42.96	1000m:	16:49.21	1:44.65	1400m:	23:36.13	1:40.00
	300m:	4:49.38	1:43.22	700m:	11:39.26	1:41.86	1100m:	18:31.72	1:42.51	1500m:	25:11.12	1:34.99
	400m:	6:32.66	1:43.28	800m:	13:20.42	1:41.16	1200m:	20:15.05	1:43.33			

Programmanr. 4
22/1/23 - 14:58

Heren, 1500m vrije slag

u45 - veteranen 40
Resultaten

Rang	Geb.		Tijd		ins. tijd							
1.	79 DELF		22:44.94		22:55.31							
	100m:	1:19.88	1:19.88	500m:	7:24.04	1:32.33	900m:	13:34.31	1:32.20	1300m:	19:43.86	1:32.79
	200m:	2:48.65	1:28.77	600m:	8:56.34	1:32.30	1000m:	15:06.59	1:32.28	1400m:	21:16.67	1:32.81
	300m:	4:19.23	1:30.58	700m:	10:29.09	1:32.75	1100m:	16:38.71	1:32.12	1500m:	22:44.94	1:28.27
	400m:	5:51.71	1:32.48	800m:	12:02.11	1:33.02	1200m:	18:11.07	1:32.36			
2.	78 DELF		25:11.12		27:00.00							
	100m:	1:24.68	1:24.68	500m:	8:14.44	1:41.78	900m:	15:04.56	1:44.14	1300m:	21:56.13	1:41.08
	200m:	3:06.16	1:41.48	600m:	9:57.40	1:42.96	1000m:	16:49.21	1:44.65	1400m:	23:36.13	1:40.00
	300m:	4:49.38	1:43.22	700m:	11:39.26	1:41.86	1100m:	18:31.72	1:42.51	1500m:	25:11.12	1:34.99
	400m:	6:32.66	1:43.28	800m:	13:20.42	1:41.16	1200m:	20:15.05	1:43.33			

Programmanr. 4
22/1/23 - 14:58

Heren, 1500m vrije slag

u30 - veteranen 25
Resultaten

Rang	Geb.		Tijd		ins. tijd							
1.	98 VZSA		22:54.01		22:54.97							
	100m:	1:20.91	1:20.91	500m:	7:23.64	1:32.77	900m:	13:36.65	1:33.22	1300m:	19:49.49	1:35.68
	200m:	2:49.64	1:28.73	600m:	8:56.59	1:32.95	1000m:	15:09.32	1:32.67	1400m:	21:23.78	1:34.29
	300m:	4:19.74	1:30.10	700m:	10:30.10	1:33.51	1100m:	16:40.96	1:31.64	1500m:	22:54.01	1:30.23
	400m:	5:50.87	1:31.13	800m:	12:03.43	1:33.33	1200m:	18:13.81	1:32.85			

Programmanr. 4
22/1/23 - 14:58

Heren, 1500m vrije slag

u25 - senioren
Resultaten

Rang	Geb.		Tijd		ins. tijd							
1.	04 BZV		24:24.87		21:50.00							
	100m:	1:12.13	1:12.13	500m:	7:32.18	1:39.62	900m:	14:14.57	1:39.94	1300m:	21:04.45	1:42.20
	200m:	2:40.94	1:28.81	600m:	9:12.73	1:40.55	1000m:	15:55.84	1:41.27	1400m:	22:44.64	1:40.19
	300m:	4:15.90	1:34.96	700m:	10:53.28	1:40.55	1100m:	17:39.53	1:43.69	1500m:	24:24.87	1:40.23
	400m:	5:52.56	1:36.66	800m:	12:34.63	1:41.35	1200m:	19:22.25	1:42.72			

Rang	Geb.	Tijd	ins. tijd
1. De Vos Maarten	06 VZG	18:56.37	20:35.94
100m: 1:07.65	1:07.65	500m: 6:09.49	1:17.03
200m: 2:21.17	1:13.52	600m: 7:26.82	1:17.33
300m: 3:36.09	1:14.92	700m: 8:43.42	1:16.60
400m: 4:52.46	1:16.37	800m: 9:59.91	1:16.49
		900m: 11:16.41	1:16.50
		1000m: 12:33.08	1:16.67
		1100m: 13:50.20	1:17.12
		1200m: 15:07.71	1:17.51
2. Adriaensen Thomas	06 VZO	21:14.28	21:25.74
100m: 1:15.99	1:15.99	500m: 6:53.58	1:25.24
200m: 2:39.70	1:23.71	600m: 8:19.68	1:26.10
300m: 4:03.60	1:23.90	700m: 9:45.96	1:26.28
400m: 5:28.34	1:24.74	800m: 11:11.09	1:25.13
		900m: 12:37.03	1:25.94
		1000m: 14:03.53	1:26.50
		1100m: 15:29.24	1:25.71
		1200m: 16:56.18	1:26.94
3. Heuvelmans Artho	06 VZG	21:26.44	25:15.96
100m: 1:19.07	1:19.07	500m: 7:10.55	1:28.62
200m: 2:45.49	1:26.42	600m: 8:37.31	1:26.76
300m: 4:14.04	1:28.55	700m: 10:04.13	1:26.82
400m: 5:41.93	1:27.89	800m: 11:31.86	1:27.73
		900m: 12:58.49	1:26.63
		1000m: 14:24.19	1:25.70
		1100m: 15:50.11	1:25.92
		1200m: 17:14.57	1:24.46
4. Hemelsoet Lukas	05 VZSA	23:12.59	24:00.00
100m: 1:15.31	1:15.31	500m: 7:18.79	1:33.01
200m: 2:42.42	1:27.11	600m: 8:53.06	1:34.27
300m: 4:13.87	1:31.45	700m: 10:28.12	1:35.06
400m: 5:45.78	1:31.91	800m: 12:03.48	1:35.36
		900m: 13:39.88	1:36.40
		1000m: 15:16.51	1:36.63
		1100m: 16:54.02	1:37.51
		1200m: 18:33.23	1:39.21

Rang	Geb.	Tijd	ins. tijd
1. Stappaerts Jari	08 DELF	20:05.72	21:33.52
100m: 1:11.26	1:11.26	500m: 6:36.04	1:22.22
200m: 2:30.51	1:19.25	600m: 7:58.25	1:22.21
300m: 3:51.84	1:21.33	700m: 9:20.53	1:22.28
400m: 5:13.82	1:21.98	800m: 10:43.01	1:22.48
		900m: 12:05.13	1:22.12
		1000m: 13:26.00	1:20.87
		1100m: 14:47.24	1:21.24
		1200m: 16:08.56	1:21.32
2. Van Reybrouck Thore	08 ZIB	21:09.93	24:28.62
100m: 1:16.13	1:16.13	500m: 6:58.08	1:27.42
200m: 2:39.59	1:23.46	600m: 8:24.78	1:26.70
300m: 4:04.58	1:24.99	700m: 9:52.17	1:27.39
400m: 5:30.66	1:26.08	800m: 11:19.03	1:26.86
		900m: 12:45.30	1:26.27
		1000m: 14:11.19	1:25.89
		1100m: 15:36.68	1:25.49
		1200m: 17:01.49	1:24.81
3. Daele Liam	08 VZO	24:49.50	26:27.02
100m: 1:28.31	1:28.31	500m: 8:12.65	1:41.28
200m: 3:08.92	1:40.61	600m: 9:54.41	1:41.76
300m: 4:49.79	1:40.87	700m: 11:34.50	1:40.09
400m: 6:31.37	1:41.58	800m: 13:15.56	1:41.06
		900m: 14:58.65	1:43.09
		1000m: 16:40.30	1:41.65
		1100m: 18:22.65	1:42.35
		1200m: 20:02.36	1:39.71

Rang	Geb.	Tijd	ins. tijd
1. D'Heere Rémi	09 VZN	22:02.19	24:26.90
100m: 1:16.67	1:16.67	500m: 7:06.03	1:27.77
200m: 2:42.12	1:25.45	600m: 8:34.51	1:28.48
300m: 4:09.85	1:27.73	700m: 10:02.28	1:27.77
400m: 5:38.26	1:28.41	800m: 11:31.40	1:29.12
		900m: 13:01.15	1:29.75
		1000m: 14:31.15	1:30.00
		1100m: 15:58.71	1:27.56
		1200m: 17:28.25	1:29.54
		1300m: 19:00.69	1:32.44
		1400m: 20:31.97	1:31.28
		1500m: 22:02.19	1:30.22

Programmanr. 4
 22/1/23 - 14:58

Heren, 1500m vrije slag

 algemeen
 Resultaten

Rang	Geb.		Tijd		ins. tijd							
1.	De Vos Maarten		06	VZG	18:56.37	20:35.94						
	100m:	1:07.65	1:07.65	500m:	6:09.49	1:17.03	900m:	11:16.41	1:16.50	1300m:	16:24.78	1:17.07
	200m:	2:21.17	1:13.52	600m:	7:26.82	1:17.33	1000m:	12:33.08	1:16.67	1400m:	17:42.13	1:17.35
	300m:	3:36.09	1:14.92	700m:	8:43.42	1:16.60	1100m:	13:50.20	1:17.12	1500m:	18:56.37	1:14.24
	400m:	4:52.46	1:16.37	800m:	9:59.91	1:16.49	1200m:	15:07.71	1:17.51			
2.	Stappaerts Jari		08	DELFF	20:05.72	21:33.52						
	100m:	1:11.26	1:11.26	500m:	6:36.04	1:22.22	900m:	12:05.13	1:22.12	1300m:	17:29.06	1:20.50
	200m:	2:30.51	1:19.25	600m:	7:58.25	1:22.21	1000m:	13:26.00	1:20.87	1400m:	18:48.81	1:19.75
	300m:	3:51.84	1:21.33	700m:	9:20.53	1:22.28	1100m:	14:47.24	1:21.24	1500m:	20:05.72	1:16.91
	400m:	5:13.82	1:21.98	800m:	10:43.01	1:22.48	1200m:	16:08.56	1:21.32			
3.	Van Reybroeck Thore		08	ZIB	21:09.93	24:28.62						
	100m:	1:16.13	1:16.13	500m:	6:58.08	1:27.42	900m:	12:45.30	1:26.27	1300m:	18:26.51	1:25.02
	200m:	2:39.59	1:23.46	600m:	8:24.78	1:26.70	1000m:	14:11.19	1:25.89	1400m:	19:51.56	1:25.05
	300m:	4:04.58	1:24.99	700m:	9:52.17	1:27.39	1100m:	15:36.68	1:25.49	1500m:	21:09.93	1:18.37
	400m:	5:30.66	1:26.08	800m:	11:19.03	1:26.86	1200m:	17:01.49	1:24.81			
4.	Adriaensen Thomas		06	VZO	21:14.28	21:25.74						
	100m:	1:15.99	1:15.99	500m:	6:53.58	1:25.24	900m:	12:37.03	1:25.94	1300m:	18:23.36	1:27.18
	200m:	2:39.70	1:23.71	600m:	8:19.68	1:26.10	1000m:	14:03.53	1:26.50	1400m:	19:50.25	1:26.89
	300m:	4:03.60	1:23.90	700m:	9:45.96	1:26.28	1100m:	15:29.24	1:25.71	1500m:	21:14.28	1:24.03
	400m:	5:28.34	1:24.74	800m:	11:11.09	1:25.13	1200m:	16:56.18	1:26.94			
5.	Heuvelmans Artho		06	VZG	21:26.44	25:15.96						
	100m:	1:19.07	1:19.07	500m:	7:10.55	1:28.62	900m:	12:58.49	1:26.63	1300m:	18:40.73	1:26.16
	200m:	2:45.49	1:26.42	600m:	8:37.31	1:26.76	1000m:	14:24.19	1:25.70	1400m:	20:06.50	1:25.77
	300m:	4:14.04	1:28.55	700m:	10:04.13	1:26.82	1100m:	15:50.11	1:25.92	1500m:	21:26.44	1:19.94
	400m:	5:41.93	1:27.89	800m:	11:31.86	1:27.73	1200m:	17:14.57	1:24.46			
6.	D'Heere Rémi		09	VZN	22:02.19	24:26.90						
	100m:	1:16.67	1:16.67	500m:	7:06.03	1:27.77	900m:	13:01.15	1:29.75	1300m:	19:00.69	1:32.44
	200m:	2:42.12	1:25.45	600m:	8:34.51	1:28.48	1000m:	14:31.15	1:30.00	1400m:	20:31.97	1:31.28
	300m:	4:09.85	1:27.73	700m:	10:02.28	1:27.77	1100m:	15:58.71	1:27.56	1500m:	22:02.19	1:30.22
	400m:	5:38.26	1:28.41	800m:	11:31.40	1:29.12	1200m:	17:28.25	1:29.54			
7.	Eeckhout Jef		79	DELFF	22:44.94	22:55.31						
	100m:	1:19.88	1:19.88	500m:	7:24.04	1:32.33	900m:	13:34.31	1:32.20	1300m:	19:43.86	1:32.79
	200m:	2:48.65	1:28.77	600m:	8:56.34	1:32.30	1000m:	15:06.59	1:32.28	1400m:	21:16.67	1:32.81
	300m:	4:19.23	1:30.58	700m:	10:29.09	1:32.75	1100m:	16:38.71	1:32.12	1500m:	22:44.94	1:28.27
	400m:	5:51.71	1:32.48	800m:	12:02.11	1:33.02	1200m:	18:11.07	1:32.36			
8.	Paredis Robbe		98	VZSA	22:54.01	22:54.97						
	100m:	1:20.91	1:20.91	500m:	7:23.64	1:32.77	900m:	13:36.65	1:33.22	1300m:	19:49.49	1:35.68
	200m:	2:49.64	1:28.73	600m:	8:56.59	1:32.95	1000m:	15:09.32	1:32.67	1400m:	21:23.78	1:34.29
	300m:	4:19.74	1:30.10	700m:	10:30.10	1:33.51	1100m:	16:40.96	1:31.64	1500m:	22:54.01	1:30.23
	400m:	5:50.87	1:31.13	800m:	12:03.43	1:33.33	1200m:	18:13.81	1:32.85			
9.	Hemelsoet Lukas		05	VZSA	23:12.59	24:00.00						
	100m:	1:15.31	1:15.31	500m:	7:18.79	1:33.01	900m:	13:39.88	1:36.40	1300m:	20:09.82	1:36.59
	200m:	2:42.42	1:27.11	600m:	8:53.06	1:34.27	1000m:	15:16.51	1:36.63	1400m:	21:45.24	1:35.42
	300m:	4:13.87	1:31.45	700m:	10:28.12	1:35.06	1100m:	16:54.02	1:37.51	1500m:	23:12.59	1:27.35
	400m:	5:45.78	1:31.91	800m:	12:03.48	1:35.36	1200m:	18:33.23	1:39.21			
10.	Mortal Alexander		04	BZV	24:24.87	21:50.00						
	100m:	1:12.13	1:12.13	500m:	7:32.18	1:39.62	900m:	14:14.57	1:39.94	1300m:	21:04.45	1:42.20
	200m:	2:40.94	1:28.81	600m:	9:12.73	1:40.55	1000m:	15:55.84	1:41.27	1400m:	22:44.64	1:40.19
	300m:	4:15.90	1:34.96	700m:	10:53.28	1:40.55	1100m:	17:39.53	1:43.69	1500m:	24:24.87	1:40.23
	400m:	5:52.56	1:36.66	800m:	12:34.63	1:41.35	1200m:	19:22.25	1:42.72			
11.	Daele Liam		08	VZO	24:49.50	26:27.02						
	100m:	1:28.31	1:28.31	500m:	8:12.65	1:41.28	900m:	14:58.65	1:43.09	1300m:	21:42.43	1:40.07
	200m:	3:08.92	1:40.61	600m:	9:54.41	1:41.76	1000m:	16:40.30	1:41.65	1400m:	23:20.10	1:37.67
	300m:	4:49.79	1:40.87	700m:	11:34.50	1:40.09	1100m:	18:22.65	1:42.35	1500m:	24:49.50	1:29.40
	400m:	6:31.37	1:41.58	800m:	13:15.56	1:41.06	1200m:	20:02.36	1:39.71			

Programmanr. 4, Heren, 1500m vrije slag, algemeen

Rang	Geb.	Tijd	ins. tijd
12. Vermeulen Gerry	78 DELF	25:11.12	27:00.00
100m:	1:24.68	1:24.68	500m: 8:14.44
200m:	3:06.16	1:41.48	600m: 9:57.40
300m:	4:49.38	1:43.22	700m: 11:39.26
400m:	6:32.66	1:43.28	800m: 13:20.42
			900m: 15:04.56
			1000m: 16:49.21
			1100m: 18:31.72
			1200m: 20:15.05
			1300m: 21:56.13
			1400m: 23:36.13
			1500m: 25:11.12
			1:41.08
			1:40.00
			1:34.99
			1:43.33

Programmanr. 5
22/1/23 - 16:11

Dames, 4 x 200m vrije slag

seniors
Resultaten

Rang	Tijd	ins. tijd
1. ZIB 1	ZIB 10:27.49	9:43.79
Dardenne Eline	07 1:11.76	2:32.04
Vandaele Tineke	75 1:25.66	3:00.87
		Verburgh Mona
		05 1:17.05
		2:40.55
		Minnebo Lotte
		06 1:04.68
		2:14.03
2. Vzo 1	VZO 10:32.93	10:21.24
Claeys Nette	08 1:15.30	2:41.06
Loncke Noor	08 1:17.74	2:42.57
		De Cuyper Femke
		10 1:14.42
		2:30.76
		Cloet Emma
		05 1:16.31
		2:38.54
3. VZG 1	VZG 11:38.02	10:50.60
Cocquyt Ashley	07 1:18.63	2:50.87
Pannecoucke Maïthé	10 1:29.67	3:08.38
		Öztürk Berra
		09 1:24.20
		2:53.67
		De Vos Kaat
		08 1:21.53
		2:45.10

Programmanr. 5
22/1/23 - 16:11

Heren, 4 x 200m vrije slag

seniors
Resultaten

Rang	Tijd	ins. tijd
1. ZIB 1	ZIB 9:45.55	9:54.57
Overmeire Axl	07 1:12.14	2:33.48
Van Reybrouck Thore	08 1:13.19	2:31.76
		Dumon Tiebert
		08 1:07.35
		2:20.88
		Winderickx Ruhne
		07 1:07.58
		2:19.43
2. VZG 1	VZG 10:26.74	11:50.79
Heuvelmans Artho	06 1:09.94	2:27.04
Öztürk Ensar	12 1:20.51	2:53.22
		De Lathouwer Mathis
		06 1:16.92
		2:45.81
		De Vos Maarten
		06 1:07.25
		2:20.67