

# 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	700m: 12:50.37	1:49.87
600m: 11:00.50	1:52.45	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	700m: 12:59.66	1:47.99
600m: 11:11.67	1:54.97	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	700m: 13:33.48	1:54.99
600m: 11:38.49	1:58.80	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	700m: 13:51.75	1:52.85
600m: 11:58.90	2:05.75	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	700m: 14:05.96	2:02.46
600m: 12:03.50	2:04.54	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	700m: 14:05.33	2:02.52
600m: 12:02.81	1:56.72	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	700m: 14:10.63	2:04.76
600m: 12:05.87	2:05.19	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	700m: 14:41.49	2:08.92
600m: 12:32.57	2:12.41	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	700m: 17:06.91	2:23.78
600m: 14:43.13	2:34.72	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	DELFL <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	700m: 4:49.81	
600m: 10:06.63	1:43.55	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	700m: 12:01.56	1:43.56
600m: 10:18.00	1:44.92	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	700m: 12:13.71	1:48.90
600m: 10:24.81	1:47.52	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	700m: 12:26.70	1:44.87
600m: 10:41.83	1:49.50	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	700m: 12:57.39	1:49.45
600m: 11:07.94	1:51.93	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	700m: 12:52.91	1:47.78
600m: 11:05.13	1:52.16	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	500m: 9:22.64
200m:	2:39.18	400m: 7:29.36	600m: 11:15.64
	54.12	1:55.08	1:53.28
			1:53.00
			700m: 13:05.68
			1:50.04
			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	500m: 9:19.30
200m:	3:29.62	400m: 7:23.97	600m: 11:15.47
	1:53.40	1:58.75	1:55.33
			1:56.17
			700m: 13:12.12
			1:56.65
			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	500m: 9:28.96
200m:	1:55.32	400m: 7:29.37	600m: 11:29.50
	16.14	1:59.03	2:00.54
			1:59.59
			700m: 13:29.53
			2:00.03
			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	500m: 9:38.15
200m:	3:45.94	400m: 7:42.83	600m: 11:33.69
	1:58.72	1:57.33	1:55.32
			1:55.54
			700m: 13:28.94
			1:55.25
			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	500m: 9:35.42
200m:	3:39.69	400m: 7:35.83	600m: 11:34.48
	1:54.62	2:00.18	1:59.59
			1:59.06
			700m: 13:31.72
			1:57.24
			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	500m: 9:31.21
200m:	3:37.31	400m: 7:34.81	600m: 11:28.25
	1:56.75	1:59.03	1:56.40
			1:57.04
			700m: 13:27.06
			1:58.81
			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	500m: 10:16.50
200m:	4:00.18	400m: 8:11.20	600m: 12:23.11
	2:06.50	2:06.82	2:05.30
			2:06.61
			700m: 14:27.33
			2:04.22
			800m: 16:25.54
			1:58.21

2 - lange afstanden - longues distances

20-1-2019 - 14:00

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

Heren, 1500m vrije slag

veteranen 55  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Caestecker Wilfried	61 VZSA	<b>29:23.78</b>	28:36.57
100m:	1:33.46	500m: 9:20.70	900m: 17:23.81
200m:	3:22.14	600m: 11:22.16	1000m: 19:25.51
300m:	5:19.47	700m: 13:23.53	1100m: 21:26.69
400m:	7:19.46	800m: 15:23.74	1200m: 23:29.63
	1:59.99	2:00.21	2:00.07
			2:01.70
			2:01.18
			2:02.94
			1300m: 25:30.33
			2:00.70
			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	900m: 13:24.51
200m:	2:53.24	600m: 8:55.28	1000m: 14:54.16
300m:	4:24.73	700m: 10:25.05	1100m: 16:23.53
400m:	5:55.28	800m: 11:54.84	1200m: 17:52.98
	1:30.55	1:29.79	1:29.45
			1:29.67
			1:29.65
			1:29.37
			1:29.45
			1300m: 19:22.57
			1:29.59
			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	900m: 15:39.52
200m:	3:17.36	600m: 10:20.48	1000m: 17:26.32
300m:	5:02.33	700m: 12:06.78	1100m: 19:13.17
400m:	6:48.37	800m: 13:52.81	1200m: 21:00.52
	1:46.04	1:46.03	1:46.71
			1:46.80
			1:46.85
			1:47.35
			1300m: 22:48.70
			1:48.18
			1400m: 24:36.00
			1:47.30
			1500m: 26:15.98
			1:39.98

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
1300m:	17:20.91		1:24.28
1400m:	18:44.48		1:23.57
1500m:	20:06.02		1:21.54
2. Paredis Robbe	98	VZSA	<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
		1300m:	16:41.66 1:17.79
		1400m:	17:59.58 1:17.92
		1500m:	19:15.68 1:16.10
2. Verbeke Jasper	02	ZIB	<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
		1300m:	18:58.04 1:20.88
		1400m:	20:19.53 1:21.49
		1500m:	20:19.53
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
		1300m:	17:41.62 1:22.24
		1400m:	19:04.15 1:22.53
		1500m:	20:21.04 1:16.89
4. Denolf Ward	02	ZIB	<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.	Dugauquier 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
200m:	3:04.69	1:35.85	600m: 9:31.35
300m:	4:42.53	1:37.84	700m: 11:07.44
400m:	6:19.50	1:36.97	800m: 12:41.63
900m:			900m: 14:16.53
1000m:			1000m: 15:52.35
1100m:			1100m: 17:29.19
1200m:			1200m: 19:06.38
1300m:			1300m: 20:42.41
1400m:			1400m: 22:16.30
1500m:			1500m: 23:42.53
7. Durnez Viktor	04	VZN <b>24:28.46</b>	NT
100m:	1:25.14	1:25.14	500m: 7:50.00
200m:	3:00.63	1:35.49	600m: 9:29.09
300m:	4:37.37	1:36.74	700m: 11:09.22
400m:	6:13.31	1:35.94	800m: 12:47.93
900m:			900m: 14:27.80
1000m:			1000m: 16:09.08
1100m:			1100m: 17:50.18
1200m:			1200m: 19:32.13
1300m:			1300m: 21:14.99
1400m:			1400m: 22:52.84
1500m:			1500m: 24:28.46
8. Devoldere Thomas	03	VZN <b>25:32.91</b>	NT
100m:	1:26.13	1:26.13	500m: 8:06.07
200m:	3:01.35	1:35.22	600m: 9:50.03
300m:	4:41.13	1:39.78	700m: 11:33.66
400m:	6:23.25	1:42.12	800m: 13:18.63
900m:			900m: 15:04.03
1000m:			1000m: 16:52.66
1100m:			1100m: 18:39.50
1200m:			1200m: 20:28.38
1300m:			1300m: 22:12.41
1400m:			1400m: 23:55.97
1500m:			1500m: 25:32.91
9. Mariage Hubert	04	PRT <b>25:42.22</b>	24:00.00
100m:	1:20.03	1:20.03	500m: 8:06.84
200m:	2:56.66	1:36.63	600m: 9:53.16
300m:	4:37.22	1:40.56	700m: 11:40.31
400m:	6:21.69	1:44.47	800m: 13:24.59
900m:			900m: 15:13.00
1000m:			1000m: 17:02.81
1100m:			1100m: 18:49.88
1200m:			1200m: 20:37.09
1300m:			1300m: 22:23.41
1400m:			1400m: 24:09.50
1500m:			1500m: 25:42.22
10. Bonnenge Viktor	03	PRT <b>28:15.25</b>	26:28.00
100m:	1:30.31	1:30.31	500m: 8:51.57
200m:	3:18.09	1:47.78	600m: 10:44.21
300m:	5:08.17	1:50.08	700m: 12:39.31
400m:	6:59.81	1:51.64	800m: 14:32.67
900m:			900m: 16:29.67
1000m:			1000m: 18:24.74
1100m:			1100m: 20:20.56
1200m:			1200m: 22:19.49
1300m:			1300m: 24:18.78
1400m:			1400m: 26:18.07
1500m:			1500m: 28:15.25
AFGEM Alzomorli Audai	04	VZO	NT

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

Jongens, 1500m vrije slag

miniemen  
Resultaten

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

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



Rang	Geb.	Tijd	ins. tijd
7.	Vansteenkiste Ade 05	ZTB <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
	200m: 2:52.92 1:31.53	600m: 9:14.34 1:36.53	1000m: 15:44.84 1:37.38
	300m: 4:21.34 1:28.42	700m: 10:51.57 1:37.23	1100m: 17:22.88 1:38.04
	400m: 6:01.42 1:40.08	800m: 12:28.81 1:37.24	1200m: 19:02.42 1:39.54
8.	Vanlerberghe Lennert 05	BZV <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
	200m: 2:57.98 1:34.91	600m: 9:36.27 1:40.33	1000m: 16:20.96 1:42.33
	300m: 4:36.34 1:38.36	700m: 11:15.83 1:39.56	1100m: 18:02.27 1:41.31
	400m: 6:15.48 1:39.14	800m: 12:56.45 1:40.62	1200m: 19:43.35 1:41.08
9.	Kinnaer Lennert 06	VZT <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
	200m: 2:53.75 1:32.60	600m: 9:28.22 1:40.75	1000m: 16:12.18 1:41.00
	300m: 4:29.61 1:35.86	700m: 11:08.15 1:39.93	1100m: 17:55.53 1:43.35
	400m: 6:07.58 1:37.97	800m: 12:48.65 1:40.50	1200m: 19:39.15 1:43.62
10.	Vervisch Lowiek 06	ZIB <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
	200m: 3:04.31 1:37.72	600m: 9:42.37 1:39.75	1000m: 16:30.44 1:43.60
	300m: 4:43.00 1:38.69	700m: 11:23.37 1:41.00	1100m: 18:13.12 1:42.68
	400m: 6:22.53 1:39.53	800m: 13:04.81 1:41.44	1200m: 19:56.37 1:43.25
11.	Vanbeveren Noah 06	VZN <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
	200m: 3:03.41 1:36.87	600m: 9:46.71 1:41.65	1000m: 16:39.51 1:43.33
	300m: 4:42.38 1:38.97	700m: 11:29.18 1:42.47	1100m: 18:24.72 1:45.21
	400m: 6:23.37 1:40.99	800m: 13:11.97 1:42.79	1200m: 20:10.61 1:45.89
12.	Van Lersberghe Rune 06	ZIB <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
	200m: 3:07.58 1:40.14	600m: 10:06.35 1:46.02	1000m: 17:08.55 1:46.06
	300m: 4:50.75 1:43.17	700m: 11:51.73 1:45.38	1100m: 18:53.06 1:44.51
	400m: 6:34.96 1:44.21	800m: 13:36.02 1:44.29	1200m: 20:38.25 1:45.19
13.	Heuvelmans Artho 06	VZG <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
	200m: 3:18.04 1:44.92	600m: 10:30.82 1:49.36	1000m: 17:42.21 1:46.27
	300m: 5:04.51 1:46.47	700m: 12:19.54 1:48.72	1100m: 19:30.39 1:48.18
	400m: 6:53.36 1:48.85	800m: 14:07.06 1:47.52	1200m: 21:18.32 1:47.93
AFGEM	Zua Yvan 05	KZV	NT

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

Heren, 1500m vrije slag

algemeen  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1.	Schotte Alexander 01	WDK <b>19:15.68</b>	18:30.00
	100m: 1:05.02 1:05.02	500m: 6:14.60 1:18.71	900m: 11:28.30 1:18.76
	200m: 2:20.04 1:15.02	600m: 7:32.70 1:18.10	1000m: 12:47.02 1:18.72
	300m: 3:37.55 1:17.51	700m: 8:51.23 1:18.53	1100m: 14:05.20 1:18.18
	400m: 4:55.89 1:18.34	800m: 10:09.54 1:18.31	1200m: 15:23.87 1:18.67
2.	Vanpoucke Jordi 96	WDK <b>20:06.02</b>	18:40.00
	100m: 1:05.13 1:05.13	500m: 6:15.73 1:19.45	900m: 11:43.09 1:23.46
	200m: 2:20.16 1:15.03	600m: 7:35.06 1:19.33	1000m: 13:06.88 1:23.79
	300m: 3:37.73 1:17.57	700m: 8:56.84 1:21.78	1100m: 14:31.13 1:24.25
	400m: 4:56.28 1:18.55	800m: 10:19.63 1:22.79	1200m: 15:56.63 1:25.50
3.	Verbeke Jasper 02	ZIB <b>20:19.53</b>	20:33.22
	100m: 1:10.77 1:10.77	500m: 6:36.66 1:21.80	900m: 13:28.55 1:22.72
	200m: 2:29.50 1:18.73	600m: 8:00.25 1:23.59	1000m: 14:50.93 1:22.38
	300m: 3:50.92 1:21.42	700m: 10:43.70 2:43.45	1100m: 16:14.18 1:23.25
	400m: 5:14.86 1:23.94	800m: 12:05.83 1:22.13	1200m: 17:37.16 1:22.98
4.	Ares Elias 04	WDK <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



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

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



Rang	Geb.	Tijd	ins. tijd						
29.	Durnez Viktor	04	VZN	<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	500m: 8:07.75 1:45.07
	200m: 2:48.21 1:23.95	400m: 6:22.68 1:44.29	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	500m: 8:16.06 1:43.13
	200m: 3:07.18 1:39.47	400m: 6:32.93 1:41.79	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	500m: 6:54.78 1:25.92
	200m: 2:39.28 1:23.03	400m: 5:28.86 1:25.15	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	500m: 6:55.22 1:26.53
	200m: 2:37.58 1:23.96	400m: 5:28.69 1:25.38	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	500m: 6:56.06 1:26.46
	200m: 2:37.92 1:22.89	400m: 5:29.60 1:26.08	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	500m: 6:58.61 1:27.79
	200m: 2:38.96 1:22.96	400m: 5:30.82 1:26.35	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	500m: 7:19.84 1:30.95
	200m: 2:47.85 1:28.83	400m: 5:48.89 1:30.81	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	500m: 7:22.56 1:32.64
	200m: 2:45.35 1:27.50	400m: 5:49.92 1:33.22	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	500m: 7:36.70 1:34.00
	200m: 2:53.88 1:31.14	400m: 6:02.70 1:35.04	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	500m: 7:44.16 1:34.48
	200m: 2:59.78 1:35.57	400m: 6:09.68 1:35.02	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	500m: 7:43.28 1:38.75
	200m: 2:55.21 1:34.93	400m: 6:04.53 1:36.75	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	500m: 7:50.69 1:37.47
	200m: 2:59.65 1:34.68	400m: 6:13.22 1:37.35	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	500m: 7:51.02 1:36.11
	200m: 3:00.66 1:34.66	400m: 6:14.91 1:37.43	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	500m: 8:48.66 1:49.45
	200m: 3:21.45 1:45.97	400m: 6:59.21 1:49.42	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	500m: 8:49.77 1:51.98
	200m: 3:16.74 1:46.28	400m: 6:57.79 1:50.87	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 BZV	<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	300m: 5:33.00	1:54.20
200m:	3:38.80	400m: 7:26.88	1:53.88
500m:	9:20.45	600m: 11:13.88	1:53.43
700m:	13:07.88	800m:	14:55.70
1:54.00			1:47.82
39. Deretz Louise	06 PRT	<b>17:10.15</b>	14:52.58
100m:	1:46.53	300m: 6:16.15	2:16.21
200m:	3:59.94	400m: 8:34.62	2:18.47
500m:	10:53.47	600m: 13:08.90	2:15.43
700m:	15:20.12	800m:	17:10.15
2:11.22			1:50.03
DIS Deretz Lucie	06 PRT		16.00
<i>SW10-WE2 - de volledige afstand niet verzwommen</i>			
AFGEM D'Heere Elise-Cato	06 VZN		NT
AFGEM Versluys Dawn	05 VZO		11:42.66

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

Heren, 4 x 200m vrije slag

seniors  
Resultaten

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

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

Dames, 4 x 200m vrije slag

seniors  
Resultaten

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

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



Rang		Tijd	ins. tijd		
3.	BBV	<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		