

FROS



(Organisatie FROS)

NATIONAAL KAMPIOENSCHAP ZWEMMEN 2022

LANGE AFSTANDEN

Uitslagen

**Oostende
23/01/2022**

WEDSTRIJDLEIDING :

Scheidsrechter :	Mattens H. (FROS - TCF)
Starter - Aankomstrechtters :	Peel M. (VZO)
Zweminspecteur :	Mattens H. (FROS - TCF) Peel M. (VZO)
Jurysecretaris :	Marlein F. (VZO) Vanpraet R. (VZO)
Micro :	Aerckx B. (VZO)
Uitslagen :	Van Uytsel L. (FROS - TCF)
Wedstrijdbode :	Marlein A. (VZO)
Hoofdtijdopnemer :	Caestecker W. (FROS - TCF)
Keerpuntrechtters :	Eyland R. (VZO) Vanreybroeck C. (ZIB)
Tijdopnemers :	

Baan 3	Schepers C.	VZSA			
Baan 4	Goury V.	ZIB			
Baan 5	Verburgh P.	ZIB		Vanmoortel M.	VZO
Baan 6	Buchmuller D.	VZO			
Baan 7	Bouilliart A.	VZO			
Baan 8	Dale D.	VZO			
Baan 9	Spilsteyns T.	DELFF			

Clubafgevaardigden:

Zwemclub Interbad Brugge	ZIB	D'Hoore M.
Zwemclub Delfino	DELFF	Eeckhout J.
Vrije zwemmers Tienen	VZT	Puissant D.
Vrije zwemmers Sint Amandsberg	VZSA	De Pue I.
Vrije zwemmers Oostende	VZO	De Schepper E.
Vrije zwemmers Nieuwpoort	VZN	Moeremans I.
Blankenbergse zwemvereniging	BZV	Goegebeur D.

Programmanr. 1
23/1/22 - 14:30

Meisjes, 400m vrije slag

dolfijnen - u11
Resultaten

Rang		Geb.		Tijd		ins. tijd				
1.	Moyaert Lotte	12	VZO	7:52.87		NT				
	100m:	1:50.96	1:50.96	200m:	3:51.10	2:00.14	300m:	5:52.78	2:01.68	400m: 7:52.87 2:00.09
2.	Hars Laure	12	VZO	8:04.79		NT				
	100m:	1:48.22	1:48.22	200m:	3:55.03	2:06.81	300m:	6:01.86	2:06.83	400m: 8:04.79 2:02.93
3.	Floryn Juliette	13	BZV	11:45.61		NT				
	100m:	2:45.20	2:45.20	200m:	5:42.85	2:57.65	300m:	8:42.30	2:59.45	400m: 11:45.61 3:03.31

Programmanr. 1
23/1/22 - 14:30

Jongens, 400m vrije slag

dolfijnen - u11
Resultaten

Rang		Geb.		Tijd		ins. tijd				
1.	Tommelein Arthur	12	VZO	7:31.59		NT				
	100m:	1:47.91	1:47.91	200m:	3:46.38	1:58.47	300m:	5:46.70	2:00.32	400m: 7:31.59 1:44.89

Programmanr. 2
23/1/22 - 14:36

Meisjes, 200m vrije slag

eendjes - u9
Resultaten

Rang		Geb.		Tijd		ins. tijd				
1.	Loccufier Fleur	14	ZIB	4:50.80		NT				
	100m:	2:20.08	2:20.08	200m:	4:50.80	2:30.72				
2.	Tetaj Dea	14	VZO	5:12.10		5:52.94				
	100m:	2:12.82	2:12.82	200m:	5:12.10	2:59.28				

Programmanr. 3
23/1/22 - 14:43

Jongens, 800m vrije slag

benjamins - u13
Resultaten

Rang		Geb.		Tijd		ins. tijd				
1.	Tetaj Deivid	11	VZO	13:53.84		NT				
	100m:	1:32.67	1:32.67	300m:	4:57.08	1:43.02	500m:	8:29.60	1:46.64	700m: 12:04.31 1:47.95
	200m:	3:14.06	1:41.39	400m:	6:42.96	1:45.88	600m:	10:16.36	1:46.76	800m: 13:53.84 1:49.53
2.	Dehaemers Lukas	10	VZN	14:56.66		NT				
	100m:	1:38.57	1:38.57	300m:	5:22.46	1:54.46	500m:	9:14.94	1:56.76	700m: 13:07.80 1:55.18
	200m:	3:28.00	1:49.43	400m:	7:18.18	1:55.72	600m:	11:12.62	1:57.68	800m: 14:56.66 1:48.86
3.	Tetaj Daniel	10	VZO	15:16.23		NT				
	100m:	1:45.18	1:45.18	300m:	5:38.37	1:57.64	500m:	9:33.43	1:54.17	700m: 13:28.97 1:55.15
	200m:	3:40.73	1:55.55	400m:	7:39.26	2:00.89	600m:	11:33.82	2:00.39	800m: 15:16.23 1:47.26

dis Timmermans Elias 10 ZIB NT
SW4-ST4 - Starthouding, stilstaand niet onmiddellijk met 1 voet aan de voorzijde van het startblok aangenomen (na het comando "op uw plaatsen" van de starter

Programmanr. 3
23/1/22 - 14:43

Dames, 800m vrije slag

veteranen 25 - u30
Resultaten

Rang		Geb.		Tijd		ins. tijd				
1.	Goegebeur Sarah	96	BZV	12:47.52		NT				
	100m:	1:24.75	1:24.75	300m:	4:35.75	1:36.25	500m:	7:51.65	1:38.18	700m: 11:11.36 1:40.11
	200m:	2:59.50	1:34.75	400m:	6:13.47	1:37.72	600m:	9:31.25	1:39.60	800m: 12:47.52 1:36.16

Programmanr. 3, 800m vrije slag

Programmanr. 3
23/1/22 - 14:43

Dames, 800m vrije slag

senioren - u25
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. De Pue Ine	99	VZSA 11:56.76	11:30.00
	100m: 1:19.41	1:19.41	300m: 4:17.34 1:30.11
	200m: 2:47.23	1:27.82	400m: 5:48.34 1:31.00
			500m: 7:20.66 1:32.32
			600m: 8:53.76 1:33.10
			700m: 10:26.16 1:32.40
			800m: 11:56.76 1:30.60
2. Dereepere Indra	02	ZIB 12:09.16	10:59.56
	100m: 1:22.23	1:22.23	300m: 4:24.31 1:31.47
	200m: 2:52.84	1:30.61	400m: 5:56.66 1:32.35
			500m: 7:29.81 1:33.15
			600m: 9:04.56 1:34.75
			700m: 10:38.98 1:34.42
			800m: 12:09.16 1:30.18

Programmanr. 3
23/1/22 - 14:43

Dames, 800m vrije slag

pupillen - u19
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Verburgh Mona	05	ZIB 11:02.22	11:15.90
	100m: 1:14.23	1:14.23	300m: 4:00.77 1:23.78
	200m: 2:36.99	1:22.76	400m: 5:25.84 1:25.07
			500m: 6:52.02 1:26.18
			600m: 8:17.78 1:25.76
			700m: 9:42.12 1:24.34
			800m: 11:02.22 1:20.10
2. Laporte Fleur	05	BZV 15:30.13	NT
	100m: 1:43.34	1:43.34	300m: 5:35.74 1:59.04
	200m: 3:36.70	1:53.36	400m: 7:35.63 1:59.89
			500m: 9:36.13 2:00.50
			600m: 11:37.36 2:01.23
			700m: 13:38.40 2:01.04
			800m: 15:30.13 1:51.73

Programmanr. 3
23/1/22 - 14:43

Meisjes, 800m vrije slag

kadetten - u17
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Minnebo Lotte	06	ZIB 9:52.98	10:12.37
			<i>nieuw fros record</i>
	100m: 1:07.77	1:07.77	300m: 3:38.78 1:16.18
	200m: 2:22.60	1:14.83	400m: 4:53.80 1:15.02
			500m: 6:10.00 1:16.20
			600m: 7:26.26 1:16.26
			700m: 8:41.86 1:15.60
			800m: 9:52.98 1:11.12
2. Eggert Evelyne	07	VZO 12:09.71	13:12.69
	100m: 1:27.46	1:27.46	300m: 4:34.06 1:33.91
	200m: 3:00.15	1:32.69	400m: 6:07.55 1:33.49
			500m: 7:41.30 1:33.75
			600m: 9:14.89 1:33.59
			700m: 10:47.06 1:32.17
			800m: 12:09.71 1:22.65
3. Dardenne Eline	07	ZIB 12:14.81	NT
	100m: 1:21.93	1:21.93	300m: 4:31.55 1:36.41
	200m: 2:55.14	1:33.21	400m: 6:07.80 1:36.25
			500m: 7:44.74 1:36.94
			600m: 9:21.18 1:36.44
			700m: 10:53.41 1:32.23
			800m: 12:14.81 1:21.40
4. D'hoore Emma	07	ZIB 12:48.38	13:40.00
	100m: 1:27.00	1:27.00	300m: 4:41.01 1:38.09
	200m: 3:02.92	1:35.92	400m: 6:19.46 1:38.45
			500m: 7:57.31 1:37.85
			600m: 9:37.02 1:39.71
			700m: 11:15.23 1:38.21
			800m: 12:48.38 1:33.15
5. Grietens Julie	07	VZT 12:53.67	NT
	100m: 1:25.20	1:25.20	300m: 4:40.10 1:38.50
	200m: 3:01.60	1:36.40	400m: 6:19.10 1:39.00
			500m: 7:59.03 1:39.93
			600m: 9:38.52 1:39.49
			700m: 11:18.45 1:39.93
			800m: 12:53.67 1:35.22
6. Cuyle Zoey	06	BZV 15:52.84	NT
	100m: 1:46.56	1:46.56	300m: 5:48.98 2:04.92
	200m: 3:44.06	1:57.50	400m: 7:55.63 2:06.65
			500m: 10:01.53 2:05.90
			600m: 12:03.73 2:02.20
			700m: 14:02.41 1:58.68
			800m: 15:52.84 1:50.43

Programmanr. 3
23/1/22 - 14:43

Meisjes, 800m vrije slag

miniemen - u15
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Van Alsenoy Nanou	08	ZIB 12:22.53	13:37.97
	100m: 1:22.03	1:22.03	300m: 4:29.00 1:34.68
	200m: 2:54.32	1:32.29	400m: 6:04.93 1:35.93
			500m: 7:40.79 1:35.86
			600m: 9:17.86 1:37.07
			700m: 10:51.89 1:34.03
			800m: 12:22.53 1:30.64
2. Claeys Nette	08	VZN 14:25.59	16:00.58
	100m: 1:35.17	1:35.17	300m: 5:17.59 1:52.34
	200m: 3:25.25	1:50.08	400m: 7:11.14 1:53.55
			500m: 9:00.55 1:49.41
			600m: 10:54.78 1:54.23
			700m: 12:43.58 1:48.80
			800m: 14:25.59 1:42.01
3. dubois Jienke	09	BZV 15:11.73	NT
	100m: 1:43.58	1:43.58	300m: 5:33.86 1:57.95
	200m: 3:35.91	1:52.33	400m: 7:31.29 1:57.43
			500m: 9:33.32 2:02.03
			600m: 11:37.24 2:03.92
			700m: 13:38.14 2:00.90
			800m: 15:11.73 1:33.59

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

Rang	Geb.	Tijd	ins. tijd
4. Vergauwe Yanaika	09	VZN	15:22.25 NT
100m:	1:41.85	1:41.85	300m: 5:40.35 2:00.74
200m:	3:39.61	1:57.76	400m: 7:39.74 1:59.39
			500m: 9:37.10 1:57.36
			600m: 11:38.06 2:00.96
			700m: 13:33.74 1:55.68
			800m: 15:22.25 1:48.51

Programmanr. 3
23/1/22 - 14:43

Meisjes, 800m vrije slag

benjamins - u13
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. De Cuyper Femke	10	VZO	11:46.16 12:23.35
100m:	1:25.75	1:25.75	300m: 4:27.18 1:30.47
200m:	2:56.71	1:30.96	400m: 5:57.57 1:30.39
			500m: 7:27.74 1:30.17
			600m: 8:58.30 1:30.56
			700m: 10:25.03 1:26.73
			800m: 11:46.16 1:21.13
2. Claeys Ditte	10	VZN	11:52.88 14:30.00
100m:	1:22.55	1:22.55	300m: 4:25.59 1:31.37
200m:	2:54.22	1:31.67	400m: 5:57.91 1:32.32
			500m: 7:28.94 1:31.03
			600m: 9:00.02 1:31.08
			700m: 10:31.26 1:31.24
			800m: 11:52.88 1:21.62
3. Meersch Phara	10	VZN	15:52.65 NT
100m:	1:55.00	1:55.00	300m: 6:00.47 2:04.63
200m:	3:55.84	2:00.84	400m: 8:01.98 2:01.51
			500m: 10:03.91 2:01.93
			600m: 12:04.38 2:00.47
			700m: 13:53.81 1:49.43
			800m: 15:52.65 1:58.84

Programmanr. 3
23/1/22 - 14:43

Dames, 800m vrije slag

algemeen
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Minnebo Lotte	06	ZIB	9:52.98 10:12.37
<i>nieuw fros record</i>			
100m:	1:07.77	1:07.77	300m: 3:38.78 1:16.18
200m:	2:22.60	1:14.83	400m: 4:53.80 1:15.02
			500m: 6:10.00 1:16.20
			600m: 7:26.26 1:16.26
			700m: 8:41.86 1:15.60
			800m: 9:52.98 1:11.12
2. Verburgh Mona	05	ZIB	11:02.22 11:15.90
100m:	1:14.23	1:14.23	300m: 4:00.77 1:23.78
200m:	2:36.99	1:22.76	400m: 5:25.84 1:25.07
			500m: 6:52.02 1:26.18
			600m: 8:17.78 1:25.76
			700m: 9:42.12 1:24.34
			800m: 11:02.22 1:20.10
3. De Cuyper Femke	10	VZO	11:46.16 12:23.35
100m:	1:25.75	1:25.75	300m: 4:27.18 1:30.47
200m:	2:56.71	1:30.96	400m: 5:57.57 1:30.39
			500m: 7:27.74 1:30.17
			600m: 8:58.30 1:30.56
			700m: 10:25.03 1:26.73
			800m: 11:46.16 1:21.13
4. Claeys Ditte	10	VZN	11:52.88 14:30.00
100m:	1:22.55	1:22.55	300m: 4:25.59 1:31.37
200m:	2:54.22	1:31.67	400m: 5:57.91 1:32.32
			500m: 7:28.94 1:31.03
			600m: 9:00.02 1:31.08
			700m: 10:31.26 1:31.24
			800m: 11:52.88 1:21.62
5. De Pue Ine	99	VZSA	11:56.76 11:30.00
100m:	1:19.41	1:19.41	300m: 4:17.34 1:30.11
200m:	2:47.23	1:27.82	400m: 5:48.34 1:31.00
			500m: 7:20.66 1:32.32
			600m: 8:53.76 1:33.10
			700m: 10:26.16 1:32.40
			800m: 11:56.76 1:30.60
6. Dereepere Indra	02	ZIB	12:09.16 10:59.56
100m:	1:22.23	1:22.23	300m: 4:24.31 1:31.47
200m:	2:52.84	1:30.61	400m: 5:56.66 1:32.35
			500m: 7:29.81 1:33.15
			600m: 9:04.56 1:34.75
			700m: 10:38.98 1:34.42
			800m: 12:09.16 1:30.18
7. Eggert Evelyne	07	VZO	12:09.71 13:12.69
100m:	1:27.46	1:27.46	300m: 4:34.06 1:33.91
200m:	3:00.15	1:32.69	400m: 6:07.55 1:33.49
			500m: 7:41.30 1:33.75
			600m: 9:14.89 1:33.59
			700m: 10:47.06 1:32.17
			800m: 12:09.71 1:22.65
8. Dardenne Eline	07	ZIB	12:14.81 NT
100m:	1:21.93	1:21.93	300m: 4:31.55 1:36.41
200m:	2:55.14	1:33.21	400m: 6:07.80 1:36.25
			500m: 7:44.74 1:36.94
			600m: 9:21.18 1:36.44
			700m: 10:53.41 1:32.23
			800m: 12:14.81 1:21.40
9. Van Alsenoy Nanou	08	ZIB	12:22.53 13:37.97
100m:	1:22.03	1:22.03	300m: 4:29.00 1:34.68
200m:	2:54.32	1:32.29	400m: 6:04.93 1:35.93
			500m: 7:40.79 1:35.86
			600m: 9:17.86 1:37.07
			700m: 10:51.89 1:34.03
			800m: 12:22.53 1:30.64
10. Goegebeur Sarah	96	BZV	12:47.52 NT
100m:	1:24.75	1:24.75	300m: 4:35.75 1:36.25
200m:	2:59.50	1:34.75	400m: 6:13.47 1:37.72
			500m: 7:51.65 1:38.18
			600m: 9:31.25 1:39.60
			700m: 11:11.36 1:40.11
			800m: 12:47.52 1:36.16
11. D'hoore Emma	07	ZIB	12:48.38 13:40.00
100m:	1:27.00	1:27.00	300m: 4:41.01 1:38.09
200m:	3:02.92	1:35.92	400m: 6:19.46 1:38.45
			500m: 7:57.31 1:37.85
			600m: 9:37.02 1:39.71
			700m: 11:15.23 1:38.21
			800m: 12:48.38 1:33.15

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

Rang	Geb.	Tijd	ins. tijd
12. Grietens Julie	07	VZT 12:53.67	NT
100m:	1:25.20	1:25.20	300m: 4:40.10 1:38.50
200m:	3:01.60	1:36.40	400m: 6:19.10 1:39.00
500m:			500m: 7:59.03 1:39.93
600m:			600m: 9:38.52 1:39.49
700m:			700m: 11:18.45 1:39.93
800m:			800m: 12:53.67 1:35.22
13. Claeys Nette	08	VZN 14:25.59	16:00.58
100m:	1:35.17	1:35.17	300m: 5:17.59 1:52.34
200m:	3:25.25	1:50.08	400m: 7:11.14 1:53.55
500m:			500m: 9:00.55 1:49.41
600m:			600m: 10:54.78 1:54.23
700m:			700m: 12:43.58 1:48.80
800m:			800m: 14:25.59 1:42.01
14. dubois Jienke	09	BZV 15:11.73	NT
100m:	1:43.58	1:43.58	300m: 5:33.86 1:57.95
200m:	3:35.91	1:52.33	400m: 7:31.29 1:57.43
500m:			500m: 9:33.32 2:02.03
600m:			600m: 11:37.24 2:03.92
700m:			700m: 13:38.14 2:00.90
800m:			800m: 15:11.73 1:33.59
15. Vergauwe Yanaika	09	VZN 15:22.25	NT
100m:	1:41.85	1:41.85	300m: 5:40.35 2:00.74
200m:	3:39.61	1:57.76	400m: 7:39.74 1:59.39
500m:			500m: 9:37.10 1:57.36
600m:			600m: 11:38.06 2:00.96
700m:			700m: 13:33.74 1:55.68
800m:			800m: 15:22.25 1:48.51
16. Laporte Fleur	05	BZV 15:30.13	NT
100m:	1:43.34	1:43.34	300m: 5:35.74 1:59.04
200m:	3:36.70	1:53.36	400m: 7:35.63 1:59.89
500m:			500m: 9:36.13 2:00.50
600m:			600m: 11:37.36 2:01.23
700m:			700m: 13:38.40 2:01.04
800m:			800m: 15:30.13 1:51.73
17. Meersch Phara	10	VZN 15:52.65	NT
100m:	1:55.00	1:55.00	300m: 6:00.47 2:04.63
200m:	3:55.84	2:00.84	400m: 8:01.98 2:01.51
500m:			500m: 10:03.91 2:01.93
600m:			600m: 12:04.38 2:00.47
700m:			700m: 13:53.81 1:49.43
800m:			800m: 15:52.65 1:58.84
18. Cuyle Zoey	06	BZV 15:52.84	NT
100m:	1:46.56	1:46.56	300m: 5:48.98 2:04.92
200m:	3:44.06	1:57.50	400m: 7:55.63 2:06.65
500m:			500m: 10:01.53 2:05.90
600m:			600m: 12:03.73 2:02.20
700m:			700m: 14:02.41 1:58.68
800m:			800m: 15:52.84 1:50.43

Programmanr. 4
23/1/22 - 16:02

Heren, 1500m vrije slag

veteranen 60 - u65
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Caestecker Wilfried	61	VZSA 27:56.31	NT
100m:	1:33.90	1:33.90	500m: 9:01.78 1:53.51
200m:	3:21.97	1:48.07	600m: 10:55.08 1:53.30
300m:	5:13.76	1:51.79	700m: 12:48.51 1:53.43
400m:	7:08.27	1:54.51	800m: 14:42.31 1:53.80
900m:			900m: 16:34.90 1:52.59
1000m:			1000m: 18:29.30 1:54.40
1100m:			1100m: 20:23.96 1:54.66
1200m:			1200m: 22:17.20 1:53.24
1300m:			1300m: 24:12.23 1:55.03
1400m:			1400m: 26:08.50 1:56.27
1500m:			1500m: 27:56.31 1:47.81

Programmanr. 4
23/1/22 - 16:02

Heren, 1500m vrije slag

veteranen 45 - u50
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Timmermans David	77	ZIB 23:54.94	24:00.00
100m:	1:23.60	1:23.60	500m: 7:58.46 1:37.92
200m:	3:03.78	1:40.18	600m: 9:35.31 1:36.85
300m:	4:43.45	1:39.67	700m: 11:10.94 1:35.63
400m:	6:20.54	1:37.09	800m: 12:46.25 1:35.31
900m:			900m: 14:21.63 1:35.38
1000m:			1000m: 15:56.77 1:35.14
1100m:			1100m: 17:32.65 1:35.88
1200m:			1200m: 19:08.62 1:35.97
1300m:			1300m: 20:43.88 1:35.26
1400m:			1400m: 22:19.10 1:35.22
1500m:			1500m: 23:54.94 1:35.84

Programmanr. 4
23/1/22 - 16:02

Heren, 1500m vrije slag

veteranen 40 - u45
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Eeckhout Jef	79	DELFF 22:55.31	23:10.00
100m:	1:22.34	1:22.34	500m: 7:30.34 1:33.22
200m:	2:52.31	1:29.97	600m: 9:04.14 1:33.80
300m:	4:24.23	1:31.92	700m: 10:37.65 1:33.51
400m:	5:57.12	1:32.89	800m: 12:11.37 1:33.72
900m:			900m: 13:45.34 1:33.97
1000m:			1000m: 15:19.52 1:34.18
1100m:			1100m: 16:51.90 1:32.38
1200m:			1200m: 18:24.20 1:32.30
1300m:			1300m: 19:56.64 1:32.44
1400m:			1400m: 21:29.04 1:32.40
1500m:			1500m: 22:55.31 1:26.27

Programmanr. 4, Heren, 1500m vrije slag

Programmanr. 4
23/1/22 - 16:02

Heren, 1500m vrije slag

veteranen 30 - u35
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Buchmuller Dieter	88	VZO	23:20.12 NT
100m:	1:22.78	1:22.78	500m: 7:35.20 1:33.39
200m:	2:55.55	1:32.77	600m: 9:09.23 1:34.03
300m:	4:28.91	1:33.36	700m: 10:42.88 1:33.65
400m:	6:01.81	1:32.90	800m: 12:19.62 1:36.74
			900m: 13:50.84 1:31.22
			1000m: 15:25.91 1:35.07
			1100m: 17:00.84 1:34.93
			1200m: 18:35.95 1:35.11
			1300m: 20:11.12 1:35.17
			1400m: 21:47.59 1:36.47
			1500m: 23:20.12 1:32.53

Programmanr. 4
23/1/22 - 16:02

Heren, 1500m vrije slag

senioren - u25
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Denolf Ward	02	ZIB	20:54.66 21:00.69
100m:	1:11.41	1:11.41	500m: 6:45.24 1:25.09
200m:	2:31.63	1:20.22	600m: 8:09.96 1:24.72
300m:	3:54.93	1:23.30	700m: 9:35.52 1:25.56
400m:	5:20.15	1:25.22	800m: 11:01.40 1:25.88
			900m: 12:27.02 1:25.62
			1000m: 13:52.46 1:25.44
			1100m: 15:16.93 1:24.47
			1200m: 16:41.78 1:24.85
			1300m: 18:06.49 1:24.71
			1400m: 19:30.84 1:24.35
			1500m: 20:54.66 1:23.82

Programmanr. 4
23/1/22 - 16:02

Jongens, 1500m vrije slag

pupillen - u19
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Puissant Denis	05	VZT	21:25.28 22:55.97
100m:	1:07.97	1:07.97	500m: 6:53.05 1:30.43
200m:	2:30.83	1:22.86	600m: 8:23.72 1:30.67
300m:	3:56.44	1:25.61	700m: 9:53.00 1:29.28
400m:	5:22.62	1:26.18	800m: 11:21.55 1:28.55
			900m: 12:48.22 1:26.67
			1000m: 14:17.97 1:29.75
			1100m: 15:45.47 1:27.50
			1200m: 17:14.08 1:28.61
			1300m: 18:39.75 1:25.67
			1400m: 20:04.25 1:24.50
			1500m: 21:25.28 1:21.03
2. Hemelsoet Alexander	04	VZSA	29:18.50 26:00.00
100m:	1:27.42	1:27.42	500m: 9:02.94 1:56.05
200m:	3:18.31	1:50.89	600m: 11:00.11 1:57.17
300m:	5:12.06	1:53.75	700m: 12:59.22 1:59.11
400m:	7:06.89	1:54.83	800m: 14:58.61 1:59.39
			900m: 17:02.60 2:03.99
			1000m: 19:07.25 2:04.65
			1100m: 21:13.44 2:06.19
			1200m: 23:19.31 2:05.87
			1300m: 25:21.98 2:02.67
			1400m: 27:24.67 2:02.69
			1500m: 29:18.50 1:53.83

Programmanr. 4
23/1/22 - 16:02

Jongens, 1500m vrije slag

kadetten - u17
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Masyn Jasper	06	ZIB	18:28.97 22:08.10
<i>nieuw fros bondsrecord</i>			
100m:	1:08.06	1:08.06	500m: 6:04.42 1:14.50
200m:	2:20.87	1:12.81	600m: 7:19.59 1:15.17
300m:	3:35.59	1:14.72	700m: 8:34.34 1:14.75
400m:	4:49.92	1:14.33	800m: 9:49.08 1:14.74
			900m: 11:04.17 1:15.09
			1000m: 12:18.74 1:14.57
			1100m: 13:33.49 1:14.75
			1200m: 14:47.87 1:14.38
			1300m: 16:02.17 1:14.30
			1400m: 17:17.24 1:15.07
			1500m: 18:28.97 1:11.73
2. Adriaensen Thomas	06	VZO	21:25.74 23:12.33
100m:	1:14.72	1:14.72	500m: 7:00.96 1:27.53
200m:	2:39.69	1:24.97	600m: 8:29.57 1:28.61
300m:	4:05.88	1:26.19	700m: 9:57.44 1:27.87
400m:	5:33.43	1:27.55	800m: 11:25.09 1:27.65
			900m: 12:52.70 1:27.61
			1000m: 14:20.33 1:27.63
			1100m: 15:48.14 1:27.81
			1200m: 17:15.71 1:27.57
			1300m: 18:41.26 1:25.55
			1400m: 20:04.09 1:22.83
			1500m: 21:25.74 1:21.65
3. Kinnaer Lennert	06	VZT	24:12.18 24:36.67
100m:	1:16.56	1:16.56	500m: 7:38.06 1:38.56
200m:	2:47.25	1:30.69	600m: 9:17.86 1:39.80
300m:	4:22.43	1:35.18	700m: 10:57.18 1:39.32
400m:	5:59.50	1:37.07	800m: 12:36.88 1:39.70
			900m: 14:17.06 1:40.18
			1000m: 15:57.39 1:40.33
			1100m: 17:37.31 1:39.92
			1200m: 19:17.78 1:40.47
			1300m: 20:57.81 1:40.03
			1400m: 22:37.53 1:39.72
			1500m: 24:12.18 1:34.65

Programmanr. 4, Heren, 1500m vrije slag

Programmanr. 4
23/1/22 - 16:02

Jongens, 1500m vrije slag

miniemen - u15
Resultaten

Rang	Geb.	Tijd	ins. tijd										
1. Stappaerts Jari	08	DEL	21:33.52	24:00.00									
		100m:	1:15.23	1:15.23	500m:	7:03.87	1:28.01	900m:	12:54.90	1:27.30	1300m:	18:44.91	1:27.83
		200m:	2:39.34	1:24.11	600m:	8:32.56	1:28.69	1000m:	14:22.32	1:27.42	1400m:	20:11.12	1:26.21
		300m:	4:06.31	1:26.97	700m:	10:00.32	1:27.76	1100m:	15:49.76	1:27.44	1500m:	21:33.52	1:22.40
		400m:	5:35.86	1:29.55	800m:	11:27.60	1:27.28	1200m:	17:17.08	1:27.32			
2. Eeckhout Ward	08	DEL	23:21.74	24:00.00									
		100m:	1:16.99	1:16.99	500m:	7:26.67	1:33.32	900m:	13:49.10	1:35.65	1300m:	20:16.35	1:35.75
		200m:	2:45.77	1:28.78	600m:	9:01.52	1:34.85	1000m:	15:26.10	1:37.00	1400m:	21:52.99	1:36.64
		300m:	4:18.68	1:32.91	700m:	10:37.67	1:36.15	1100m:	17:02.85	1:36.75	1500m:	23:21.74	1:28.75
		400m:	5:53.35	1:34.67	800m:	12:13.45	1:35.78	1200m:	18:40.60	1:37.75			
3. Timmermans Matteo	09	ZIB	23:41.39	NT									
		100m:	1:22.50	1:22.50	500m:	7:42.86	1:36.65	900m:	14:04.50	1:37.04	1300m:	20:34.64	1:39.11
		200m:	2:55.21	1:32.71	600m:	9:16.56	1:33.70	1000m:	15:40.46	1:35.96	1400m:	22:14.46	1:39.82
		300m:	4:30.36	1:35.15	700m:	10:51.78	1:35.22	1100m:	17:17.64	1:37.18	1500m:	23:41.39	1:26.93
		400m:	6:06.21	1:35.85	800m:	12:27.46	1:35.68	1200m:	18:55.53	1:37.89			
4. D'Heere Rémi	09	VZN	24:26.90	NT									
		100m:	1:34.12	1:34.12	500m:	8:23.04	1:40.21	900m:	15:02.08	1:37.64	1300m:	21:24.50	1:32.81
		200m:	3:16.30	1:42.18	600m:	10:04.90	1:41.86	1000m:	16:39.72	1:37.64	1400m:	22:57.83	1:33.33
		300m:	5:00.22	1:43.92	700m:	11:46.22	1:41.32	1100m:	18:16.15	1:36.43	1500m:	24:26.90	1:29.07
		400m:	6:42.83	1:42.61	800m:	13:24.44	1:38.22	1200m:	19:51.69	1:35.54			
5. Van Reybrouck Thore	08	ZIB	24:28.62	NT									
		100m:	1:24.02	1:24.02	500m:	7:58.85	1:41.15	900m:	14:39.02		1300m:	21:18.56	1:42.06
		200m:	2:59.17	1:35.15	600m:	9:38.42	1:39.57	1000m:	16:18.50	1:39.48	1400m:	22:56.75	1:38.19
		300m:	4:37.78	1:38.61	700m:	11:18.10	1:39.68	1100m:	17:56.92	1:38.42	1500m:	24:28.62	1:31.87
		400m:	6:17.70	1:39.92	800m:	15:58.60	4:40.50	1200m:	19:36.50	1:39.58			
6. Daele Liam	08	VZO	26:27.02	NT									
		100m:	1:32.76	1:32.76	500m:	8:37.18	1:47.53	900m:	15:48.68	1:48.60	1300m:	23:06.76	1:47.08
		200m:	3:17.18	1:44.42	600m:	10:22.65	1:45.47	1000m:	17:40.96	1:52.28	1400m:	24:50.12	1:43.36
		300m:	5:03.93	1:46.75	700m:	12:11.87	1:49.22	1100m:	19:29.18	1:48.22	1500m:	26:27.02	1:36.90
		400m:	6:49.65	1:45.72	800m:	14:00.08	1:48.21	1200m:	21:19.68	1:50.50			

Programmanr. 4
23/1/22 - 16:02

Heren, 1500m vrije slag

algemeen
Resultaten

Rang	Geb.	Tijd	ins. tijd										
1. Masyn Jasper	06	ZIB	18:28.97	22:08.10									
		<i>nieuw fros bondsrecord</i>											
		100m:	1:08.06	1:08.06	500m:	6:04.42	1:14.50	900m:	11:04.17	1:15.09	1300m:	16:02.17	1:14.30
		200m:	2:20.87	1:12.81	600m:	7:19.59	1:15.17	1000m:	12:18.74	1:14.57	1400m:	17:17.24	1:15.07
		300m:	3:35.59	1:14.72	700m:	8:34.34	1:14.75	1100m:	13:33.49	1:14.75	1500m:	18:28.97	1:11.73
		400m:	4:49.92	1:14.33	800m:	9:49.08	1:14.74	1200m:	14:47.87	1:14.38			
2. Denolf Ward	02	ZIB	20:54.66	21:00.69									
		100m:	1:11.41	1:11.41	500m:	6:45.24	1:25.09	900m:	12:27.02	1:25.62	1300m:	18:06.49	1:24.71
		200m:	2:31.63	1:20.22	600m:	8:09.96	1:24.72	1000m:	13:52.46	1:25.44	1400m:	19:30.84	1:24.35
		300m:	3:54.93	1:23.30	700m:	9:35.52	1:25.56	1100m:	15:16.93	1:24.47	1500m:	20:54.66	1:23.82
		400m:	5:20.15	1:25.22	800m:	11:01.40	1:25.88	1200m:	16:41.78	1:24.85			
3. Puissant Denis	05	VZT	21:25.28	22:55.97									
		100m:	1:07.97	1:07.97	500m:	6:53.05	1:30.43	900m:	12:48.22	1:26.67	1300m:	18:39.75	1:25.67
		200m:	2:30.83	1:22.86	600m:	8:23.72	1:30.67	1000m:	14:17.97	1:29.75	1400m:	20:04.25	1:24.50
		300m:	3:56.44	1:25.61	700m:	9:53.00	1:29.28	1100m:	15:45.47	1:27.50	1500m:	21:25.28	1:21.03
		400m:	5:22.62	1:26.18	800m:	11:21.55	1:28.55	1200m:	17:14.08	1:28.61			
4. Adriaensen Thomas	06	VZO	21:25.74	23:12.33									
		100m:	1:14.72	1:14.72	500m:	7:00.96	1:27.53	900m:	12:52.70	1:27.61	1300m:	18:41.26	1:25.55
		200m:	2:39.69	1:24.97	600m:	8:29.57	1:28.61	1000m:	14:20.33	1:27.63	1400m:	20:04.09	1:22.83
		300m:	4:05.88	1:26.19	700m:	9:57.44	1:27.87	1100m:	15:48.14	1:27.81	1500m:	21:25.74	1:21.65
		400m:	5:33.43	1:27.55	800m:	11:25.09	1:27.65	1200m:	17:15.71	1:27.57			
5. Stappaerts Jari	08	DEL	21:33.52	24:00.00									
		100m:	1:15.23	1:15.23	500m:	7:03.87	1:28.01	900m:	12:54.90	1:27.30	1300m:	18:44.91	1:27.83
		200m:	2:39.34	1:24.11	600m:	8:32.56	1:28.69	1000m:	14:22.32	1:27.42	1400m:	20:11.12	1:26.21
		300m:	4:06.31	1:26.97	700m:	10:00.32	1:27.76	1100m:	15:49.76	1:27.44	1500m:	21:33.52	1:22.40
		400m:	5:35.86	1:29.55	800m:	11:27.60	1:27.28	1200m:	17:17.08	1:27.32			

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

Rang	Geb.		Tijd		ins. tijd							
6.	Eeckhout Jef	79	DELFF	22:55.31	23:10.00							
	100m:	1:22.34	1:22.34	500m:	7:30.34	1:33.22	900m:	13:45.34	1:33.97	1300m:	19:56.64	1:32.44
	200m:	2:52.31	1:29.97	600m:	9:04.14	1:33.80	1000m:	15:19.52	1:34.18	1400m:	21:29.04	1:32.40
	300m:	4:24.23	1:31.92	700m:	10:37.65	1:33.51	1100m:	16:51.90	1:32.38	1500m:	22:55.31	1:26.27
	400m:	5:57.12	1:32.89	800m:	12:11.37	1:33.72	1200m:	18:24.20	1:32.30			
7.	Buchmuller Dieter	88	VZO	23:20.12	NT							
	100m:	1:22.78	1:22.78	500m:	7:35.20	1:33.39	900m:	13:50.84	1:31.22	1300m:	20:11.12	1:35.17
	200m:	2:55.55	1:32.77	600m:	9:09.23	1:34.03	1000m:	15:25.91	1:35.07	1400m:	21:47.59	1:36.47
	300m:	4:28.91	1:33.36	700m:	10:42.88	1:33.65	1100m:	17:00.84	1:34.93	1500m:	23:20.12	1:32.53
	400m:	6:01.81	1:32.90	800m:	12:19.62	1:36.74	1200m:	18:35.95	1:35.11			
8.	Eeckhout Ward	08	DELFF	23:21.74	24:00.00							
	100m:	1:16.99	1:16.99	500m:	7:26.67	1:33.32	900m:	13:49.10	1:35.65	1300m:	20:16.35	1:35.75
	200m:	2:45.77	1:28.78	600m:	9:01.52	1:34.85	1000m:	15:26.10	1:37.00	1400m:	21:52.99	1:36.64
	300m:	4:18.68	1:32.91	700m:	10:37.67	1:36.15	1100m:	17:02.85	1:36.75	1500m:	23:21.74	1:28.75
	400m:	5:53.35	1:34.67	800m:	12:13.45	1:35.78	1200m:	18:40.60	1:37.75			
9.	Timmermans Matteo	09	ZIB	23:41.39	NT							
	100m:	1:22.50	1:22.50	500m:	7:42.86	1:36.65	900m:	14:04.50	1:37.04	1300m:	20:34.64	1:39.11
	200m:	2:55.21	1:32.71	600m:	9:16.56	1:33.70	1000m:	15:40.46	1:35.96	1400m:	22:14.46	1:39.82
	300m:	4:30.36	1:35.15	700m:	10:51.78	1:35.22	1100m:	17:17.64	1:37.18	1500m:	23:41.39	1:26.93
	400m:	6:06.21	1:35.85	800m:	12:27.46	1:35.68	1200m:	18:55.53	1:37.89			
10.	Timmermans David	77	ZIB	23:54.94	24:00.00							
	100m:	1:23.60	1:23.60	500m:	7:58.46	1:37.92	900m:	14:21.63	1:35.38	1300m:	20:43.88	1:35.26
	200m:	3:03.78	1:40.18	600m:	9:35.31	1:36.85	1000m:	15:56.77	1:35.14	1400m:	22:19.10	1:35.22
	300m:	4:43.45	1:39.67	700m:	11:10.94	1:35.63	1100m:	17:32.65	1:35.88	1500m:	23:54.94	1:35.84
	400m:	6:20.54	1:37.09	800m:	12:46.25	1:35.31	1200m:	19:08.62	1:35.97			
11.	Kinnaer Lennert	06	VZT	24:12.18	24:36.67							
	100m:	1:16.56	1:16.56	500m:	7:38.06	1:38.56	900m:	14:17.06	1:40.18	1300m:	20:57.81	1:40.03
	200m:	2:47.25	1:30.69	600m:	9:17.86	1:39.80	1000m:	15:57.39	1:40.33	1400m:	22:37.53	1:39.72
	300m:	4:22.43	1:35.18	700m:	10:57.18	1:39.32	1100m:	17:37.31	1:39.92	1500m:	24:12.18	1:34.65
	400m:	5:59.50	1:37.07	800m:	12:36.88	1:39.70	1200m:	19:17.78	1:40.47			
12.	D'Heere Rémi	09	VZN	24:26.90	NT							
	100m:	1:34.12	1:34.12	500m:	8:23.04	1:40.21	900m:	15:02.08	1:37.64	1300m:	21:24.50	1:32.81
	200m:	3:16.30	1:42.18	600m:	10:04.90	1:41.86	1000m:	16:39.72	1:37.64	1400m:	22:57.83	1:33.33
	300m:	5:00.22	1:43.92	700m:	11:46.22	1:41.32	1100m:	18:16.15	1:36.43	1500m:	24:26.90	1:29.07
	400m:	6:42.83	1:42.61	800m:	13:24.44	1:38.22	1200m:	19:51.69	1:35.54			
13.	Van Reybrouck Thore	08	ZIB	24:28.62	NT							
	100m:	1:24.02	1:24.02	500m:	7:58.85	1:41.15	900m:	14:39.02		1300m:	21:18.56	1:42.06
	200m:	2:59.17	1:35.15	600m:	9:38.42	1:39.57	1000m:	16:18.50	1:39.48	1400m:	22:56.75	1:38.19
	300m:	4:37.78	1:38.61	700m:	11:18.10	1:39.68	1100m:	17:56.92	1:38.42	1500m:	24:28.62	1:31.87
	400m:	6:17.70	1:39.92	800m:	15:58.60	4:40.50	1200m:	19:36.50	1:39.58			
14.	Daele Liam	08	VZO	26:27.02	NT							
	100m:	1:32.76	1:32.76	500m:	8:37.18	1:47.53	900m:	15:48.68	1:48.60	1300m:	23:06.76	1:47.08
	200m:	3:17.18	1:44.42	600m:	10:22.65	1:45.47	1000m:	17:40.96	1:52.28	1400m:	24:50.12	1:43.36
	300m:	5:03.93	1:46.75	700m:	12:11.87	1:49.22	1100m:	19:29.18	1:48.22	1500m:	26:27.02	1:36.90
	400m:	6:49.65	1:45.72	800m:	14:00.08	1:48.21	1200m:	21:19.68	1:50.50			
15.	Caestecker Wilfried	61	VZSA	27:56.31	NT							
	100m:	1:33.90	1:33.90	500m:	9:01.78	1:53.51	900m:	16:34.90	1:52.59	1300m:	24:12.23	1:55.03
	200m:	3:21.97	1:48.07	600m:	10:55.08	1:53.30	1000m:	18:29.30	1:54.40	1400m:	26:08.50	1:56.27
	300m:	5:13.76	1:51.79	700m:	12:48.51	1:53.43	1100m:	20:23.96	1:54.66	1500m:	27:56.31	1:47.81
	400m:	7:08.27	1:54.51	800m:	14:42.31	1:53.80	1200m:	22:17.20	1:53.24			
16.	Hemelsoet Alexander	04	VZSA	29:18.50	26:00.00							
	100m:	1:27.42	1:27.42	500m:	9:02.94	1:56.05	900m:	17:02.60	2:03.99	1300m:	25:21.98	2:02.67
	200m:	3:18.31	1:50.89	600m:	11:00.11	1:57.17	1000m:	19:07.25	2:04.65	1400m:	27:24.67	2:02.69
	300m:	5:12.06	1:53.75	700m:	12:59.22	1:59.11	1100m:	21:13.44	2:06.19	1500m:	29:18.50	1:53.83
	400m:	7:06.89	1:54.83	800m:	14:58.61	1:59.39	1200m:	23:19.31	2:05.87			

Rang			Tijd	ins. tijd		
1.	Zwemclub Interbad Brugge 1	ZIB	10:08.34	9:58.74		
	Verburgh Mona		05	1:12.02	2:31.37	2:31.37
	Van Alsenoy Nanou		08	1:16.07	2:43.25	2:43.25
	Dardenne Eline		07	1:14.22	2:37.82	2:37.82
	Minnebo Lotte		06	1:05.50	2:15.90	2:15.90
2.	Vzn 1	VZN	13:07.84	11:51.87		
	Vergauwe Yanaika		09	1:41.07	3:36.57	3:36.57
	Meersch Phara		10	1:44.46	3:31.85	3:31.85
	Claeys Nette		08	1:33.82	3:15.92	3:15.92
	Claeys Ditte		10	1:20.30	2:43.50	2:43.50

Rang			Tijd	ins. tijd		
1.	Vzo 1	VZO	10:07.89	9:44.22		
	Bultynck Florian		06	1:12.20	2:34.30	2:34.30
	Buchmuller Dieter		88	1:18.34	2:43.78	2:43.78
	Adriaensen Thomas		06	1:13.25	2:33.09	2:33.09
	mirroir Matisse		01	1:04.19	2:16.72	2:16.72
2.	Zwemclub Interbad Brugge 1	ZIB	11:15.93	10:07.28		
	Timmermans Elias		10	1:25.15	2:59.25	2:59.25
	Van Reybrouck Thore		08	1:24.26	2:57.43	2:57.43
	Timmermans Matteo		09	1:20.64	2:50.02	2:50.02
	Masyn Jasper		06	1:12.31	2:29.23	2:29.23