

**FROS – CTFN**



(Organisatie FROS)

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

# **Uitslagen Resultats**

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

WEDSTRIJDLEIDING - DIRECTION DE CONCOURS :

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

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

Clubafgevaardigden/Délégués:

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

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

Meisjes, 400m vrije slag

u11 - dolfijnen  
Resultaten

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

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

Jongens, 400m vrije slag

u11 - dolfijnen  
Resultaten

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

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

Meisjes, 200m vrije slag

u9 - eendjes  
Resultaten

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

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

Jongens, 200m vrije slag

u9 - eendjes  
Resultaten

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

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

Dames, 800m vrije slag

u50 - veteranen 45  
Resultaten

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

Programmanr. 3, 800m vrije slag

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

Dames, 800m vrije slag

u35 - veteranen 30  
Resultaten

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

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

Dames, 800m vrije slag

u19 - pupillen  
Resultaten

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

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

Meisjes, 800m vrije slag

u17 - kadetten  
Resultaten

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

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

Meisjes, 800m vrije slag

u15 - miniemen  
Resultaten

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

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

Rang	Geb.	Tijd	ins. tijd
4. Sonnenberg Ann-Sofie	10 ZVM	<b>14:15.82</b>	NT
100m:	1:32.56 1:32.56	300m:	5:08.22 1:50.55
200m:	3:17.67 1:45.11	400m:	6:59.03 1:50.81
500m:	8:52.02 1:52.99	700m:	12:34.84 1:48.75
600m:	10:46.09 1:54.07	800m:	14:15.82 1:40.98
5. Vergauwe Yanaika	09 VZN	<b>14:19.32</b>	15:22.25
100m:	1:31.64 1:31.64	300m:	5:10.98 1:50.39
200m:	3:20.59 1:48.95	400m:	7:02.58 1:51.60
500m:	8:54.99 1:52.41	700m:	12:38.11 1:51.76
600m:	10:46.35 1:51.36	800m:	14:19.32 1:41.21
6. Delaere Nina	09 VZO	<b>17:11.17</b>	NT
100m:	1:49.22 1:49.22	300m:	6:09.70 2:14.55
200m:	3:55.15 2:05.93	400m:	8:27.96 2:18.26
500m:	10:39.54 2:11.58	700m:	15:05.93 2:10.42
600m:	12:55.51 2:15.97	800m:	17:11.17 2:05.24
7. Risselin Claire	10 COK	<b>17:22.16</b>	NT
100m:	1:49.98 1:49.98	300m:	6:16.92 2:17.05
200m:	3:59.87 2:09.89	400m:	8:32.92 2:16.00
500m:	10:49.70 2:16.78	700m:	15:18.85 2:15.23
600m:	13:03.62 2:13.92	800m:	17:22.16 2:03.31

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

Meisjes, 800m vrije slag

u13 - benjamins  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Pannecoucke Oona	11 VZG	<b>15:27.16</b>	16:00.00
100m:	1:42.17 1:42.17	300m:	5:40.26 2:00.29
200m:	3:39.97 1:57.80	400m:	7:41.29 2:01.03
500m:	9:41.93 2:00.64	700m:	13:41.05 1:58.64
600m:	11:42.41 2:00.48	800m:	15:27.16 1:46.11
2. Van Leuven Mariana	11 VZO	<b>15:37.25</b>	NT
100m:	1:40.55 1:40.55	300m:	5:38.23 1:59.62
200m:	3:38.61 1:58.06	400m:	7:37.56 1:59.33
500m:	9:37.81 2:00.25	700m:	13:35.20 1:57.91
600m:	11:37.29 1:59.48	800m:	15:37.25 2:02.05
3. Van Nuffel Luka	11 VZO	<b>16:24.29</b>	NT
100m:	1:43.51 1:43.51	300m:	5:56.25 2:06.03
200m:	3:50.22 2:06.71	400m:	8:00.62 2:04.37
500m:	10:06.45 2:05.83	700m:	14:15.82 2:04.04
600m:	12:11.78 2:05.33	800m:	16:24.29 2:08.47

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

Dames, 800m vrije slag

algemeen  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. De Cuyper Femke	10 VZO	<b>10:57.14</b>	11:46.16
100m:	1:19.63 1:19.63	300m:	4:08.82 1:24.20
200m:	2:44.62 1:24.99	400m:	5:32.87 1:24.05
500m:	6:56.46 1:23.59	700m:	9:42.01 1:22.11
600m:	8:19.90 1:23.44	800m:	10:57.14 1:15.13
2. Claeys Nette	08 VZO	<b>11:07.83</b>	14:25.59
100m:	1:15.91 1:15.91	300m:	4:07.82 1:26.19
200m:	2:41.63 1:25.72	400m:	5:33.73 1:25.91
500m:	6:58.33 1:24.60	700m:	9:47.29 1:24.50
600m:	8:22.79 1:24.46	800m:	11:07.83 1:20.54
3. Dardenne Eline	07 ZIB	<b>11:15.55</b>	12:14.81
100m:	1:17.49 1:17.49	300m:	4:09.82 1:26.95
200m:	2:42.87 1:25.38	400m:	5:37.01 1:27.19
500m:	7:04.82 1:27.81	700m:	9:57.01 1:25.97
600m:	8:31.04 1:26.22	800m:	11:15.55 1:18.54
4. Van den Bergh Quittry	93 ZVM	<b>11:43.26</b>	11:21.54
100m:	1:17.13 1:17.13	300m:	4:12.42 1:29.12
200m:	2:43.30 1:26.17	400m:	5:43.21 1:30.79
500m:	7:13.51 1:30.30	700m:	10:14.93 1:30.75
600m:	8:44.18 1:30.67	800m:	11:43.26 1:28.33
5. Cloet Emma	05 VZO	<b>11:43.90</b>	11:45.59
100m:	1:19.57 1:19.57	300m:	4:15.34 1:29.04
200m:	2:46.30 1:26.73	400m:	5:46.08 1:30.74
500m:	7:16.53 1:30.45	700m:	10:20.06 1:32.00
600m:	8:48.06 1:31.53	800m:	11:43.90 1:23.84
6. De Vos Kaat	08 VZG	<b>12:08.11</b>	13:41.31
100m:	1:23.08 1:23.08	300m:	4:24.03 1:31.04
200m:	2:52.99 1:29.91	400m:	5:56.76 1:32.73
500m:	7:30.36 1:33.60	700m:	10:39.66 1:34.48
600m:	9:05.18 1:34.82	800m:	12:08.11 1:28.45
7. Cocquyt Ashley	07 VZG	<b>12:34.52</b>	14:00.00
100m:	1:25.35 1:25.35	300m:	4:36.78 1:37.07
200m:	2:59.71 1:34.36	400m:	6:15.88 1:39.10
500m:	7:54.39 1:38.51	700m:	11:07.25 1:35.78
600m:	9:31.47 1:37.08	800m:	12:34.52 1:27.27
8. Öztürk Berra	09 VZG	<b>12:58.15</b>	15:00.00
100m:	1:27.98 1:27.98	300m:	4:48.56 1:41.05
200m:	3:07.51 1:39.53	400m:	6:29.66 1:41.10
500m:	8:10.64 1:40.98	700m:	11:29.69 1:38.23
600m:	9:51.46 1:40.82	800m:	12:58.15 1:28.46

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

Rang	Geb.	Tijd	ins. tijd
9. Vandaele Tineke	75 ZIB	<b>13:01.95</b>	NT
100m:	1:28.58	300m:	4:50.55
200m:	3:08.93	400m:	6:32.10
500m:	8:11.97	600m:	9:51.60
700m:	11:30.20	800m:	13:01.95
1000m:	1:38.60		1:31.75
10. Bertier Imany	08 VZN	<b>13:41.06</b>	16:00.00
100m:	1:28.88	300m:	4:58.26
200m:	3:12.12	400m:	6:43.53
500m:	8:31.64	600m:	10:17.41
700m:	12:03.56	800m:	13:41.06
1000m:	1:46.15		1:37.50
11. Pannecoucke Maïthé	10 VZG	<b>13:55.51</b>	16:00.00
100m:	1:32.60	300m:	5:06.71
200m:	3:19.02	400m:	6:55.37
500m:	8:44.42	600m:	10:33.56
700m:	12:20.94	800m:	13:55.51
1000m:	1:47.38		1:34.57
12. Sonnenberg Ann-Sofie	10 ZVM	<b>14:15.82</b>	NT
100m:	1:32.56	300m:	5:08.22
200m:	3:17.67	400m:	6:59.03
500m:	8:52.02	600m:	10:46.09
700m:	12:34.84	800m:	14:15.82
1000m:	1:48.75		1:40.98
13. Vergauwe Yanaïka	09 VZN	<b>14:19.32</b>	15:22.25
100m:	1:31.64	300m:	5:10.98
200m:	3:20.59	400m:	7:02.58
500m:	8:54.99	600m:	10:46.35
700m:	12:38.11	800m:	14:19.32
1000m:	1:51.76		1:41.21
14. Hemelsoet Imani	07 VZSA	<b>14:21.67</b>	14:00.00
100m:	1:32.65	300m:	5:10.79
200m:	3:20.93	400m:	7:02.48
500m:	8:54.99	600m:	10:46.91
700m:	12:37.02	800m:	14:21.67
1000m:	1:50.11		1:44.65
15. Demoutiez Elise	06 COK	<b>14:31.37</b>	14:00.00
100m:	1:31.47	300m:	5:13.02
200m:	3:21.26	400m:	7:06.63
500m:	9:02.72	600m:	10:58.29
700m:	12:49.05	800m:	14:31.37
1000m:	1:50.76		1:42.32
16. Pannecoucke Oona	11 VZG	<b>15:27.16</b>	16:00.00
100m:	1:42.17	300m:	5:40.26
200m:	3:39.97	400m:	7:41.29
500m:	9:41.93	600m:	11:42.41
700m:	13:41.05	800m:	15:27.16
1000m:	1:58.64		1:46.11
17. Van Leuven Mariana	11 VZO	<b>15:37.25</b>	NT
100m:	1:40.55	300m:	5:38.23
200m:	3:38.61	400m:	7:37.56
500m:	9:37.81	600m:	11:37.29
700m:	13:35.20	800m:	15:37.25
1000m:	1:57.91		2:02.05
18. Van Nuffel Luka	11 VZO	<b>16:24.29</b>	NT
100m:	1:43.51	300m:	5:56.25
200m:	3:50.22	400m:	8:00.62
500m:	10:06.45	600m:	12:11.78
700m:	14:15.82	800m:	16:24.29
1000m:	2:04.04		2:08.47
19. Delaere Nina	09 VZO	<b>17:11.17</b>	NT
100m:	1:49.22	300m:	6:09.70
200m:	3:55.15	400m:	8:27.96
500m:	10:39.54	600m:	12:55.51
700m:	15:05.93	800m:	17:11.17
1000m:	2:10.42		2:05.24
20. Risselin Claire	10 COK	<b>17:22.16</b>	NT
100m:	1:49.98	300m:	6:16.92
200m:	3:59.87	400m:	8:32.92
500m:	10:49.70	600m:	13:03.62
700m:	15:18.85	800m:	17:22.16
1000m:	2:15.23		2:03.31

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

Heren, 800m vrije slag

u25 - senioren  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Simons Jarno	02 ZVM	<b>10:30.30</b>	10:12.97
100m:	1:07.88	300m:	3:47.63
200m:	2:25.50	400m:	5:10.71
500m:	6:33.96	600m:	7:57.17
700m:	9:19.04	800m:	10:30.30
1000m:	1:21.87		1:11.26
2. Wielemans Marcos	01 ZVM	<b>11:00.06</b>	10:48.09
100m:	1:11.14	300m:	4:00.59
200m:	2:34.62	400m:	5:26.50
500m:	6:51.87	600m:	8:17.08
700m:	9:40.00	800m:	11:00.06
1000m:	1:22.92		1:20.06

Programmanr. 3, 800m vrije slag

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

Jongens, 800m vrije slag

u19 - pupillen  
Resultaten

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

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

Jongens, 800m vrije slag

u17 - kadetten  
Resultaten

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

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

Jongens, 800m vrije slag

u15 - miniemen  
Resultaten

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

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

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



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

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

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

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

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

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

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

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

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

Heren, 1500m vrije slag

u50 - veteranen 45  
Resultaten

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

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

Heren, 1500m vrije slag

u45 - veteranen 40  
Resultaten

Rang	Geb.		Tijd		ins. tijd							
1.	79 DELF		<b>22:44.94</b>		22:55.31							
	100m:	1:19.88	1:19.88	500m:	7:24.04	1:32.33	900m:	13:34.31	1:32.20	1300m:	19:43.86	1:32.79
	200m:	2:48.65	1:28.77	600m:	8:56.34	1:32.30	1000m:	15:06.59	1:32.28	1400m:	21:16.67	1:32.81
	300m:	4:19.23	1:30.58	700m:	10:29.09	1:32.75	1100m:	16:38.71	1:32.12	1500m:	22:44.94	1:28.27
	400m:	5:51.71	1:32.48	800m:	12:02.11	1:33.02	1200m:	18:11.07	1:32.36			

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

Heren, 1500m vrije slag

u30 - veteranen 25  
Resultaten

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

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

Heren, 1500m vrije slag

u25 - senioren  
Resultaten

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

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

Jongens, 1500m vrije slag

 u19 - pupillen  
 Resultaten

Rang	Geb.		Tijd		ins. tijd							
1.	De Vos Maarten		06	VZG	<b>18:56.37</b>	<b>20:35.94</b>						
	100m:	1:07.65	1:07.65	500m:	6:09.49	1:17.03	900m:	11:16.41	1:16.50	1300m:	16:24.78	1:17.07
	200m:	2:21.17	1:13.52	600m:	7:26.82	1:17.33	1000m:	12:33.08	1:16.67	1400m:	17:42.13	1:17.35
	300m:	3:36.09	1:14.92	700m:	8:43.42	1:16.60	1100m:	13:50.20	1:17.12	1500m:	18:56.37	1:14.24
	400m:	4:52.46	1:16.37	800m:	9:59.91	1:16.49	1200m:	15:07.71	1:17.51			
2.	Adriaensen Thomas		06	VZO	<b>21:14.28</b>	<b>21:25.74</b>						
	100m:	1:15.99	1:15.99	500m:	6:53.58	1:25.24	900m:	12:37.03	1:25.94	1300m:	18:23.36	1:27.18
	200m:	2:39.70	1:23.71	600m:	8:19.68	1:26.10	1000m:	14:03.53	1:26.50	1400m:	19:50.25	1:26.89
	300m:	4:03.60	1:23.90	700m:	9:45.96	1:26.28	1100m:	15:29.24	1:25.71	1500m:	21:14.28	1:24.03
	400m:	5:28.34	1:24.74	800m:	11:11.09	1:25.13	1200m:	16:56.18	1:26.94			
3.	Heuvelmans Artho		06	VZG	<b>21:26.44</b>	<b>25:15.96</b>						
	100m:	1:19.07	1:19.07	500m:	7:10.55	1:28.62	900m:	12:58.49	1:26.63	1300m:	18:40.73	1:26.16
	200m:	2:45.49	1:26.42	600m:	8:37.31	1:26.76	1000m:	14:24.19	1:25.70	1400m:	20:06.50	1:25.77
	300m:	4:14.04	1:28.55	700m:	10:04.13	1:26.82	1100m:	15:50.11	1:25.92	1500m:	21:26.44	1:19.94
	400m:	5:41.93	1:27.89	800m:	11:31.86	1:27.73	1200m:	17:14.57	1:24.46			
4.	Hemelsoet Lukas		05	VZSA	<b>23:12.59</b>	<b>24:00.00</b>						
	100m:	1:15.31	1:15.31	500m:	7:18.79	1:33.01	900m:	13:39.88	1:36.40	1300m:	20:09.82	1:36.59
	200m:	2:42.42	1:27.11	600m:	8:53.06	1:34.27	1000m:	15:16.51	1:36.63	1400m:	21:45.24	1:35.42
	300m:	4:13.87	1:31.45	700m:	10:28.12	1:35.06	1100m:	16:54.02	1:37.51	1500m:	23:12.59	1:27.35
	400m:	5:45.78	1:31.91	800m:	12:03.48	1:35.36	1200m:	18:33.23	1:39.21			

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

Jongens, 1500m vrije slag

 u17 - kadetten  
 Resultaten

Rang	Geb.		Tijd		ins. tijd							
1.	Stappaerts Jari		08	DELFF	<b>20:05.72</b>	<b>21:33.52</b>						
	100m:	1:11.26	1:11.26	500m:	6:36.04	1:22.22	900m:	12:05.13	1:22.12	1300m:	17:29.06	1:20.50
	200m:	2:30.51	1:19.25	600m:	7:58.25	1:22.21	1000m:	13:26.00	1:20.87	1400m:	18:48.81	1:19.75
	300m:	3:51.84	1:21.33	700m:	9:20.53	1:22.28	1100m:	14:47.24	1:21.24	1500m:	20:05.72	1:16.91
	400m:	5:13.82	1:21.98	800m:	10:43.01	1:22.48	1200m:	16:08.56	1:21.32			
2.	Van Reybrouck Thore		08	ZIB	<b>21:09.93</b>	<b>24:28.62</b>						
	100m:	1:16.13	1:16.13	500m:	6:58.08	1:27.42	900m:	12:45.30	1:26.27	1300m:	18:26.51	1:25.02
	200m:	2:39.59	1:23.46	600m:	8:24.78	1:26.70	1000m:	14:11.19	1:25.89	1400m:	19:51.56	1:25.05
	300m:	4:04.58	1:24.99	700m:	9:52.17	1:27.39	1100m:	15:36.68	1:25.49	1500m:	21:09.93	1:18.37
	400m:	5:30.66	1:26.08	800m:	11:19.03	1:26.86	1200m:	17:01.49	1:24.81			
3.	Daele Liam		08	VZO	<b>24:49.50</b>	<b>26:27.02</b>						
	100m:	1:28.31	1:28.31	500m:	8:12.65	1:41.28	900m:	14:58.65	1:43.09	1300m:	21:42.43	1:40.07
	200m:	3:08.92	1:40.61	600m:	9:54.41	1:41.76	1000m:	16:40.30	1:41.65	1400m:	23:20.10	1:37.67
	300m:	4:49.79	1:40.87	700m:	11:34.50	1:40.09	1100m:	18:22.65	1:42.35	1500m:	24:49.50	1:29.40
	400m:	6:31.37	1:41.58	800m:	13:15.56	1:41.06	1200m:	20:02.36	1:39.71			

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

Jongens, 1500m vrije slag

 u15 - miniemen  
 Resultaten

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

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

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

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

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

Dames, 4 x 200m vrije slag

seniors  
Resultaten

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

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

Heren, 4 x 200m vrije slag

seniors  
Resultaten

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