

FROS – CTFN



(Organisatie FROS)

**NATIONAAL KAMPIOENSCHAP LANGE
AFTAND ZWEMMEN 2024
CHAMPIONNAT NATIONAL DE NATATION
LONG DISTANCE 2024**

Uitslagen Resultats

**Nieuwpoort
21/01/2024**

WEDSTRIJDLEIDING - DIRECTION DE CONCOURS :

Scheidsrechter / Juge arbitre :	Mattens Hubert (TCF)
Starter - Aankomstrechtters /	Cleys Gino (TCF)
Démarreur - Juges à l'arrivée :	
Zweminspecteur	Mattens Hubert (TCF) Claeys Gino (TCF) Cuyvers Michel (TCF)
Jurysecretaris / Secrétaire du jury :	Decuyper Cindy (VZN)
Keerpuntrechtters / Juges aux virages :	Vergauwe Johan (VZN) (Voormiddag)
Micro :	Dewulf Eveline (VZN)
Uitslagen / Resultats :	Van Uytsel Luc (TCF)
Wedstrijdbode / Huissier de concours :	Degroote Axelle , Bartorelli Noemie, Catteeuw Julie

Tijdopnemers / Chronométreurs :

Baan 1	Van Poucke Karen (vm)	ZIB		Casteleyn Evelyn	VZN stage
Baan 1	Vergauwe Johan (nm)	VZB			
Baan 2	De Jongh Karen	VZG		Dheunick Robbe	VZN
Baan 3	De Vos Frank	VZG		Vanwijnsberge Veerle	VZN
Baan 4	Bauwens Tom	ZIB		Huygh Jochem	VZN
Baan 5	Vanluchene Lindy	VZN		Berkmans Arlette	VZN stage
Baan 6	Recoquillion Jean Claude	COK		Vylders Nicoud	VZN

Clubafgevaardigden/Délégués:

Blankenbergse Zwemvereniging	BZV	Goegebeur Dirk
Cercle Nageurs Molenbeek les Rainette	CNMR	Deschamps Leo
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	Caestecker Wilfried
Vrije zwemmers Tienen	VZT	Merckx Irena
Zwemclub Interbad Brugge	ZIB	Dekeyser Emanuelle
Zwemclub Vrij Merksem	ZVM	Van den Bergh Quittry

Programmanr. 1
21/1/24 - 10:00

Meisjes, 400m vrije slag

dolfijnen
Resultaten

Rang	Geb.		Tijd	ins. tijd	RT					
1. Loccufier Fleur	14	ZIB	6:46.61	7:37.11						
	50m: 46.97	46.97	150m: 2:32.21	52.88	250m: 4:18.04	52.78	350m: 5:59.56	49.87		
	100m: 1:39.33	52.36	200m: 3:25.26	53.05	300m: 5:09.69	51.65	400m: 6:46.61	47.05		
2. Lamaire Julie	14	VZN	7:30.42	NT						
	50m: 45.59	45.59	150m: 2:37.23	56.60	250m: 4:34.56	59.57	350m: 6:33.73	58.17		
	100m: 1:40.63	55.04	200m: 3:34.99	57.76	300m: 5:35.56	1:01.00	400m: 7:30.42	56.69		
3. Droissart Nette	15	BZV	7:33.73	NT						
	50m: 52.12	52.12	150m: 2:43.05	56.34	250m: 4:39.46	58.35	350m: 6:38.36	58.97		
	100m: 1:46.71	54.59	200m: 3:41.11	58.06	300m: 5:39.39	59.93	400m: 7:33.73	55.37		
4. Tetaj Dea	14	VZO	7:40.02	8:23.47						
	50m: 48.79	48.79	150m: 2:46.56	59.62	250m: 4:45.48	58.88	350m: 6:47.56	59.25		
	100m: 1:46.94	58.15	200m: 3:46.60	1:00.04	300m: 5:48.31	1:02.83	400m: 7:40.02	52.46		
5. Vervaecke Noa	14	VZO	8:16.25	NT						
	50m: 50.82	50.82	150m: 2:54.74	1:03.11	250m: 5:02.49	1:06.09	350m: 7:11.48	1:05.49		
	100m: 1:51.63	1:00.81	200m: 3:56.40	1:01.66	300m: 6:05.99	1:03.50	400m: 8:16.25	1:04.77		
6. Moyaert Niene	15	VZO	8:27.55	NT						
	50m: 57.24	57.24	150m: 3:05.40	1:05.46	250m: 5:16.99	1:06.24	350m: 7:28.17	1:06.31		
	100m: 1:59.94	1:02.70	200m: 4:10.75	1:05.35	300m: 6:21.86	1:04.87	400m: 8:27.55	59.38		
7. Diallo Bintou	14	COK	8:59.98	NT						
	50m: 55.08	55.08	150m: 3:06.56	1:07.24	250m: 5:29.19	1:11.56	350m: 7:52.73	1:11.47		
	100m: 1:59.32	1:04.24	200m: 4:17.63	1:11.07	300m: 6:41.26	1:12.07	400m: 8:59.98	1:07.25		
8. Belhadj Amel	15	COK	9:06.47	NT						
	50m: 54.68	54.68	150m: 3:16.34	1:10.65	250m: 5:40.40	1:14.06	350m: 8:00.59	1:06.80		
	100m: 2:05.69	1:11.01	200m: 4:26.34	1:10.00	300m: 6:53.79	1:13.39	400m: 9:06.47	1:05.88		
9. Van Overstraeten Lotte	15	VZG	9:25.81	NT						
	50m: 59.53	59.53	150m: 3:24.86	1:13.95	250m: 5:51.30	1:12.72	350m: 8:19.41	1:16.28		
	100m: 2:10.91	1:11.38	200m: 4:38.58	1:13.72	300m: 7:03.13	1:11.83	400m: 9:25.81	1:06.40		
10. Truant Naomy	14	COK	9:58.80	NT						
	50m: 1:00.81	1:00.81	150m: 3:34.46	1:16.80	250m: 6:14.28	1:20.96	350m: 8:47.38	1:14.88		
	100m: 2:17.66	1:16.85	200m: 4:53.32	1:18.86	300m: 7:32.50	1:18.22	400m: 9:58.80	1:11.42		
11. Brusseel Miley	15	BZV	11:17.80	NT						
	50m: 1:11.80	1:11.80	150m: 4:03.67	1:27.21	250m: 7:00.49	1:27.05	350m: 9:54.18	1:26.37		
	100m: 2:36.46	1:24.66	200m: 5:33.44	1:29.77	300m: 8:27.81	1:27.32	400m: 11:17.80	1:23.62		

Programmanr. 1
21/1/24 - 10:00

Jongens, 400m vrije slag

dolfijnen
Resultaten

Rang	Geb.		Tijd	ins. tijd	RT					
1. Gestels Merlijn	15	BZV	8:11.85	NT						
	50m: 53.12	53.12	150m: 2:57.92	1:03.57	250m: 5:06.03	1:03.96	350m: 7:11.67	1:02.73		
	100m: 1:54.35	1:01.23	200m: 4:02.07	1:04.15	300m: 6:08.94	1:02.91	400m: 8:11.85	1:00.18		
2. Proot Jerome	14	BZV	8:17.84	NT						
	50m: 56.35	56.35	150m: 3:01.03	1:02.52	250m: 5:10.82	1:05.09	350m: 7:19.88	1:04.62		
	100m: 1:58.51	1:02.16	200m: 4:05.73	1:04.70	300m: 6:15.26	1:04.44	400m: 8:17.84	57.96		
3. Van Overstraeten Bram	14	VZG	9:46.03	NT						
	50m: 58.26	58.26	150m: 3:26.13	1:16.41	250m: 6:01.21	1:18.46	350m: 8:37.24	1:17.53		
	100m: 2:09.72	1:11.46	200m: 4:42.75	1:16.62	300m: 7:19.71	1:18.50	400m: 9:46.03	1:08.79		

Programmanr. 2
21/1/24 - 10:27

Meisjes, 200m vrije slag

eendjes
Resultaten

Rang	Geb.		Tijd	ins. tijd	RT				
1. Brusseel Loveley	17	BZV	6:33.82	NT					
	50m: 1:26.80	1:26.80	100m: 3:06.93	1:40.13	150m: 4:52.59	1:45.66	200m: 6:33.82	1:41.23	

Programmanr. 2
21/1/24 - 10:27

Jongens, 200m vrije slag

eendjes
Resultaten

Rang	Geb.		Tijd	ins. tijd	RT				
1. Claeys Leon	16	VZO	4:32.08	NT					
	50m: 52.88	52.88	100m: 2:03.59	1:10.71	150m: 3:16.27	1:12.68	200m: 4:32.08	1:15.81	

Programmanr. 3
21/1/24 - 10:30

Dames, 800m vrije slag

veteranen 45
Resultaten

open open: 16.00

Rang	Geb.		Tijd	ins. tijd	RT				
1. Vandebroek Evi	78	VZN	14:51.34	NT					
	50m: 45.42	45.42	250m: 4:25.81	58.34	450m: 8:16.36	56.69	650m: 12:07.90	58.01	
	100m: 1:36.94	51.52	300m: 5:24.41	58.60	500m: 9:13.28	56.92	700m: 13:04.58	56.68	
	150m: 2:31.83	54.89	350m: 6:22.51	58.10	550m: 10:12.33	59.05	750m: 14:01.72	57.14	
	200m: 3:27.47	55.64	400m: 7:19.67	57.16	600m: 11:09.89	57.56	800m: 14:51.34	49.62	

Programmanr. 3
21/1/24 - 10:30

Dames, 800m vrije slag

veteranen 25
Resultaten

open open: 16.00

Rang	Geb.		Tijd	ins. tijd	RT				
1. Goegebeur Sarah	96	BZV	12:41.94	12:42.63					
	50m: 39.61	39.61	250m: 3:43.79	47.65	450m: 6:57.84	48.61	650m: 10:16.30	49.98	
	100m: 1:23.54	43.93	300m: 4:32.00	48.21	500m: 7:47.19	49.35	700m: 11:06.29	49.99	
	150m: 2:09.41	45.87	350m: 5:20.13	48.13	550m: 8:36.84	49.65	750m: 11:55.17	48.88	
	200m: 2:56.14	46.73	400m: 6:09.23	49.10	600m: 9:26.32	49.48	800m: 12:41.94	46.77	

Programmanr. 3
21/1/24 - 10:30

Meisjes, 800m vrije slag

pupillen
Resultaten

open open: 16.00

Rang	Geb.		Tijd	ins. tijd	RT					
1. Minnebo Lotte	06	ZIB	9:35.41	10:00.00						
	<i>fros record</i>									
	50m: 31.72	31.72	250m: 2:56.09	36.91	450m: 5:23.66	36.98	650m: 7:49.67	36.38		
	100m: 1:06.53	34.81	300m: 3:32.30	36.21	500m: 6:00.33	36.67	700m: 8:26.09	36.42		
	150m: 1:42.54	36.01	350m: 4:09.44	37.14	550m: 6:37.26	36.93	750m: 9:02.45	36.36		
	200m: 2:19.18	36.64	400m: 4:46.68	37.24	600m: 7:13.29	36.03	800m: 9:35.41	32.96		
2. Eggert Evelyne	07	VZO	10:49.23	12:09.71						
	50m: 35.93	35.93	250m: 3:19.70	41.18	450m: 6:06.45	42.03	650m: 8:51.59	39.93		
	100m: 1:15.89	39.96	300m: 4:01.27	41.57	500m: 6:48.16	41.71	700m: 9:31.75	40.16		
	150m: 1:56.87	40.98	350m: 4:42.59	41.32	550m: 7:29.93	41.77	750m: 10:11.37	39.62		
	200m: 2:38.52	41.65	400m: 5:24.42	41.83	600m: 8:11.66	41.73	800m: 10:49.23	37.86		

Programmanr. 3, Meisjes, 800m vrije slag, pupillen

Rang	Geb.	Tijd	ins. tijd	RT
3. Dardenne Eline	07 ZIB	11:15.98	11:15.55	
50m: 33.87	33.87	250m: 3:16.48	42.42	450m: 6:08.25
100m: 1:12.67	38.80	300m: 3:59.18	42.70	500m: 6:51.14
150m: 1:52.90	40.23	350m: 4:42.13	42.95	550m: 7:34.94
200m: 2:34.06	41.16	400m: 5:25.03	42.90	600m: 8:19.41
650m: 9:04.29				44.88
700m: 9:50.04				45.75
750m: 10:35.40				45.36
800m: 11:15.98				40.58
4. Cocquyt Ashley	07 VZG	13:09.31	12:34.52	
50m: 34.79	34.79	250m: 3:25.13	44.46	450m: 6:38.96
100m: 1:15.18	40.39	300m: 4:09.89	44.76	500m: 7:38.74
150m: 1:57.19	42.01	350m: 4:54.01	44.12	550m: 8:38.16
200m: 2:40.67	43.48	400m: 5:35.62	41.61	600m: 9:35.14
650m: 10:29.65				54.51
700m: 11:29.90				1:00.25
750m: 12:20.25				50.35
800m: 13:09.31				49.06
dis Weise Tess	07 VZN			NT
<i>SW10-WE2 - de volledige afstand niet verzwommen</i>				

Programmanr. 3
21/1/24 - 10:30

Meisjes, 800m vrije slag

kadetten
Resultaten

open open: 16.00

Rang	Geb.	Tijd	ins. tijd	RT
1. Claeys Nette	08 VZO	10:21.96	11:07.83	
50m: 34.44	34.44	250m: 3:07.41	39.10	450m: 5:43.79
100m: 1:11.85	37.41	300m: 3:46.38	38.97	500m: 6:23.64
150m: 1:50.03	38.18	350m: 4:25.47	39.09	550m: 7:03.76
200m: 2:28.31	38.28	400m: 5:04.32	38.85	600m: 7:43.71
650m: 8:23.64				39.93
700m: 9:03.81				40.17
750m: 9:44.00				40.19
800m: 10:21.96				37.96
2. Van Alsenoy Nanou	08 ZIB	10:55.38	12:22.53	
50m: 35.02	35.02	250m: 3:16.83	41.26	450m: 6:04.72
100m: 1:14.36	39.34	300m: 3:58.72	41.89	500m: 6:46.77
150m: 1:54.95	40.59	350m: 4:40.93	42.21	550m: 7:29.19
200m: 2:35.57	40.62	400m: 5:23.04	42.11	600m: 8:11.02
650m: 8:53.35				42.33
700m: 9:34.92				41.57
750m: 10:16.84				41.92
800m: 10:55.38				38.54
3. De Vos Kaat	08 VZG	11:00.41	12:08.11	
50m: 36.48	36.48	250m: 3:19.88	41.67	450m: 6:08.44
100m: 1:16.54	40.06	300m: 4:01.63	41.75	500m: 6:51.19
150m: 1:57.35	40.81	350m: 4:43.93	42.30	550m: 7:33.09
200m: 2:38.21	40.86	400m: 5:26.08	42.15	600m: 8:15.38
650m: 8:57.64				42.26
700m: 9:39.47				41.83
750m: 10:21.39				41.92
800m: 11:00.41				39.02
4. Öztürk Berra	09 VZG	11:36.75	12:58.15	
50m: 35.56	35.56	250m: 3:31.35	45.23	450m: 6:31.16
100m: 1:17.87	42.31	300m: 4:16.27	44.92	500m: 7:15.49
150m: 2:01.92	44.05	350m: 5:01.85	45.58	550m: 7:59.38
200m: 2:46.12	44.20	400m: 5:46.52	44.67	600m: 8:41.94
650m: 9:25.80				43.86
700m: 10:11.17				45.37
750m: 10:57.02				45.85
800m: 11:36.75				39.73
5. Proot Lisa-Marie	09 BZV	11:53.14	NT	
50m: 36.96	36.96	250m: 3:33.08	46.18	450m: 6:38.91
100m: 1:19.10	42.14	300m: 4:18.14	45.06	500m: 7:24.78
150m: 2:02.07	42.97	350m: 5:05.82	47.68	550m: 8:11.59
200m: 2:46.90	44.83	400m: 5:51.90	46.08	600m: 8:57.69
650m: 9:41.89				44.20
700m: 10:26.76				44.87
750m: 11:09.01				42.25
800m: 11:53.14				44.13
6. De Troyer Flavie	08 VZG	11:53.74	15:58.00	
50m: 35.95	35.95	250m: 3:21.86	42.43	450m: 6:17.02
100m: 1:15.92	39.97	300m: 4:04.10	42.24	500m: 7:05.56
150m: 1:57.54	41.62	350m: 4:46.49	42.39	550m: 7:55.03
200m: 2:39.43	41.89	400m: 5:28.82	42.33	600m: 8:44.35
650m: 9:32.73				48.38
700m: 10:21.25				48.52
750m: 11:08.50				47.25
800m: 11:53.74				45.24
7. Vergauwe Yanaika	09 VZN	12:52.28	14:19.82	
50m: 40.59	40.59	250m: 3:53.96	49.32	450m: 7:11.02
100m: 1:27.16	46.57	300m: 4:41.09	47.13	500m: 8:01.85
150m: 2:15.73	48.57	350m: 5:31.06	49.97	550m: 8:51.31
200m: 3:04.64	48.91	400m: 6:20.04	48.98	600m: 9:40.22
650m: 10:29.63				49.41
700m: 11:20.06				50.43
750m: 12:10.25				50.19
800m: 12:52.28				42.03
8. Franssens Gaelle	09 VZN	13:49.07	NT	
50m: 42.50	42.50	250m: 4:07.02	52.70	450m: 7:39.43
100m: 1:30.55	48.05	300m: 4:59.57	52.55	500m: 8:32.83
150m: 2:22.09	51.54	350m: 5:52.49	52.92	550m: 9:27.21
200m: 3:14.32	52.23	400m: 6:45.49	53.00	600m: 10:20.30
650m: 11:13.84				53.94
700m: 12:07.09				53.40
750m: 13:00.03				54.38
800m: 13:49.07				53.09

Programmanr. 3, Meisjes, 800m vrije slag, kadetten

Rang	Geb.	Tijd	ins. tijd	RT
9. Wandelaere Lisa	08 VZN	14:10.53	NT	
50m: 42.42	42.42	250m: 4:12.99	53.29	450m: 7:54.61
100m: 1:32.31	49.89	300m: 5:07.47	54.48	500m: 8:50.31
150m: 2:25.40	53.09	350m: 6:02.68	55.21	550m: 9:54.34
200m: 3:19.70	54.30	400m: 6:59.35	56.67	600m: 10:41.04
				650m: 11:35.65
				700m: 12:29.92
				750m: 13:23.39
				800m: 14:10.53

dis dubois Jienke 09 BZV 15:11.73
SW4-ST3 - te vroeg vertrokken bij de start (na het commando "op uw plaatsen" en voor het startsignaal van de starter)

Programmanr. 3
 21/1/24 - 10:30

Meisjes, 800m vrije slag

miniemen
 Resultaten

open open: 16.00

Rang	Geb.	Tijd	ins. tijd	RT
1. De Cuyper Femke	10 VZO	10:36.67	10:34.50	
50m: 36.90	36.90	250m: 3:17.33	40.51	450m: 6:01.23
100m: 1:16.50	39.60	300m: 3:58.01	40.68	500m: 6:41.86
150m: 1:56.23	39.73	350m: 4:38.82	40.81	550m: 8:22.24
200m: 2:36.82	40.59	400m: 5:20.22	41.40	600m: 8:02.86
				650m: 8:43.03
				700m: 9:22.96
				750m: 10:01.80
				800m: 10:36.67
2. Van Hecke Amber	10 VZO	12:40.07	NT	
50m: 37.25	37.25	250m: 3:42.11	47.20	450m: 6:57.98
100m: 1:20.67	43.42	300m: 4:30.86	48.75	500m: 7:49.48
150m: 2:07.21	46.54	350m: 5:20.59	49.73	550m: 8:39.26
200m: 2:54.91	47.70	400m: 6:08.98	48.39	600m: 9:29.43
				650m: 10:18.28
				700m: 11:08.87
				750m: 11:58.95
				800m: 12:40.07
3. Sonnenberg Ann-Sofie	10 ZVM	13:21.04	14:15.82	
50m: 38.92	38.92	250m: 3:52.07	50.10	450m: 7:16.64
100m: 1:24.81	45.89	300m: 4:42.27	50.20	500m: 8:06.91
150m: 2:12.77	47.96	350m: 5:34.17	51.90	550m: 8:59.05
200m: 3:01.97	49.20	400m: 6:25.45	51.28	600m: 9:52.10
				650m: 10:43.16
				700m: 11:34.56
				750m: 12:33.82
				800m: 13:21.04
4. Van Eecke Astrid	10 VZN	13:34.23	NT	
50m: 42.57	42.57	250m: 4:08.13	51.76	450m: 7:36.39
100m: 1:32.96	50.39	300m: 5:00.30	52.17	500m: 8:28.80
150m: 2:24.65	51.69	350m: 5:52.25	51.95	550m: 9:20.61
200m: 3:16.37	51.72	400m: 6:44.41	52.16	600m: 10:13.78
				650m: 11:05.91
				700m: 11:57.48
				750m: 12:48.40
				800m: 13:34.23
5. Van Alsenoy Yara	11 ZIB	13:51.28	NT	
50m: 44.04	44.04	250m: 4:11.60	53.13	450m: 7:44.97
100m: 1:34.48	50.44	300m: 5:04.59	52.99	500m: 8:38.69
150m: 2:25.80	51.32	350m: 5:57.93	53.34	550m: 9:31.16
200m: 3:18.47	52.67	400m: 6:51.84	53.91	600m: 10:25.27
				650m: 11:19.84
				700m: 12:14.56
				750m: 13:02.52
				800m: 13:51.28
6. Rommens Nikki	11 VZN	14:27.77	NT	
50m: 45.55	45.55	250m: 4:19.36	55.40	450m: 8:05.06
100m: 1:36.76	51.21	300m: 5:16.29	56.93	500m: 9:01.70
150m: 2:29.50	52.74	350m: 6:12.19	55.90	550m: 9:58.26
200m: 3:23.96	54.46	400m: 7:08.88	56.69	600m: 10:54.55
				650m: 11:50.88
				700m: 12:47.28
				750m: 13:40.97
				800m: 14:27.77
7. Proot Annabelle	11 BZV	14:31.12	NT	
50m: 46.95	46.95	250m: 4:23.96	55.09	450m: 8:06.35
100m: 1:38.87	51.92	300m: 5:18.63	54.67	500m: 9:03.47
150m: 2:33.39	54.52	350m: 6:13.87	55.24	550m: 9:59.33
200m: 3:28.87	55.48	400m: 7:10.19	56.32	600m: 10:56.15
				650m: 11:53.50
				700m: 12:48.74
				750m: 13:43.72
				800m: 14:31.12
8. Risselin Claire	10 COK	15:20.38	NT	
50m: 45.73	45.73	250m: 4:35.05	59.29	450m: 8:35.48
100m: 1:41.12	55.39	300m: 5:34.41	59.36	500m: 9:34.73
150m: 2:37.93	56.81	350m: 6:35.55	1:01.14	550m: 10:36.02
200m: 3:35.76	57.83	400m: 7:34.92	59.37	600m: 11:35.52
				650m: 12:34.98
				700m: 13:32.90
				750m: 14:29.86
				800m: 15:20.38
9. Cocquit Eline	10 ZIB	15:40.73	NT	
50m: 47.69	47.69	250m: 4:41.31	57.99	450m: 8:43.33
100m: 1:42.76	55.07	300m: 5:41.89	1:00.58	500m: 9:42.83
150m: 2:41.97	59.21	350m: 6:42.61	1:00.72	550m: 10:44.63
200m: 3:43.32	1:01.35	400m: 7:43.65	1:01.04	600m: 11:45.98
				650m: 12:47.89
				700m: 13:50.49
				750m: 14:51.62
				800m: 15:40.73

Programmanr. 3, 800m vrije slag

Programmanr. 3
21/1/24 - 10:30

Meisjes, 800m vrije slag

benjamins
Resultaten

open open: 16.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Cattoor Pauline	12	BZV	12:00.41	NT							
50m:	35.95	35.95	250m:	3:31.97	45.57	450m:	6:38.50	46.10	650m:	9:45.73	47.25
100m:	1:17.15	41.20	300m:	4:18.26	46.29	500m:	7:24.99	46.49	700m:	10:32.54	46.81
150m:	2:00.81	43.66	350m:	5:05.77	47.51	550m:	8:11.04	46.05	750m:	11:19.81	47.27
200m:	2:46.40	45.59	400m:	5:52.40	46.63	600m:	8:58.48	47.44	800m:	12:00.41	40.60
2. Moyaert Lotte	12	VZO	12:52.29	NT							
50m:	44.98	44.98	250m:	3:59.08	48.87	450m:	7:17.22	49.53	650m:	10:33.78	49.45
100m:	1:32.05	47.07	300m:	4:48.59	49.51	500m:	8:06.13	48.91	700m:	11:22.97	49.19
150m:	2:20.18	48.13	350m:	5:38.08	49.49	550m:	8:55.22	49.09	750m:	12:12.36	49.39
200m:	3:10.21	50.03	400m:	6:27.69	49.61	600m:	9:44.33	49.11	800m:	12:52.29	39.93
3. Floryn Juliette	13	BZV	15:34.60	NT							
50m:	44.16	44.16	250m:	4:35.25	58.78	450m:	8:36.90	1:00.53	650m:	12:36.97	1:00.28
100m:	1:39.01	54.85	300m:	5:34.95	59.70	500m:	9:35.39	58.49	700m:	13:39.49	1:02.52
150m:	2:36.64	57.63	350m:	6:35.15	1:00.20	550m:	10:34.71	59.32	750m:	14:39.70	1:00.21
200m:	3:36.47	59.83	400m:	7:36.37	1:01.22	600m:	11:36.69	1:01.98	800m:	15:34.60	54.90
4. Verbesselt Manon	13	VZN	15:41.41	NT							
50m:	46.44	46.44	250m:	4:42.80	1:01.87	450m:	8:46.38	1:00.17	650m:	12:49.55	1:01.10
100m:	1:41.26	54.82	300m:	5:43.45	1:00.65	500m:	9:47.68	1:01.30	700m:	13:50.29	1:00.74
150m:	2:40.19	58.93	350m:	6:44.07	1:00.62	550m:	10:48.03	1:00.35	750m:	14:46.60	56.31
200m:	3:40.93	1:00.74	400m:	7:46.21	1:02.14	600m:	11:48.45	1:00.42	800m:	15:41.41	54.81
5. Bourez Tess	13	COK	16:40.59	NT							
50m:	45.79	45.79	250m:	4:55.46	1:07.17	450m:	9:23.08	1:07.29	650m:	13:42.79	1:02.48
100m:	1:42.65	56.86	300m:	6:01.48	1:06.02	500m:	10:27.52	1:04.44	700m:	14:45.01	1:02.22
150m:	2:45.77	1:03.12	350m:	7:10.46	1:08.98	550m:	11:33.50	1:05.98	750m:	15:47.39	1:02.38
200m:	3:48.29	1:02.52	400m:	8:15.79	1:05.33	600m:	12:40.31	1:06.81	800m:	16:40.59	53.20
6. Van Overstraeten Fien	13	VZG	16:41.52	15:59.00							
50m:	50.98	50.98	250m:	5:04.73	1:06.16	450m:	9:27.47	1:06.30	650m:	13:44.06	1:01.97
100m:	1:51.85	1:00.87	300m:	6:10.53	1:05.80	500m:	10:30.56	1:03.09	700m:	14:46.46	1:02.40
150m:	2:54.84	1:02.99	350m:	7:15.28	1:04.75	550m:	11:35.82	1:05.26	750m:	15:48.03	1:01.57
200m:	3:58.57	1:03.73	400m:	8:21.17	1:05.89	600m:	12:42.09	1:06.27	800m:	16:41.52	53.49

Programmanr. 3
21/1/24 - 10:30

Dames, 800m vrije slag

algemeen
Resultaten

open open: 16.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Minnebo Lotte	06	ZIB	9:35.41	10:00.00							
<i>fros record</i>											
50m:	31.72	31.72	250m:	2:56.09	36.91	450m:	5:23.66	36.98	650m:	7:49.67	36.38
100m:	1:06.53	34.81	300m:	3:32.30	36.21	500m:	6:00.33	36.67	700m:	8:26.09	36.42
150m:	1:42.54	36.01	350m:	4:09.44	37.14	550m:	6:37.26	36.93	750m:	9:02.45	36.36
200m:	2:19.18	36.64	400m:	4:46.68	37.24	600m:	7:13.29	36.03	800m:	9:35.41	32.96
2. Claeys Nette	08	VZO	10:21.96	11:07.83							
50m:	34.44	34.44	250m:	3:07.41	39.10	450m:	5:43.79	39.47	650m:	8:23.64	39.93
100m:	1:11.85	37.41	300m:	3:46.38	38.97	500m:	6:23.64	39.85	700m:	9:03.81	40.17
150m:	1:50.03	38.18	350m:	4:25.47	39.09	550m:	7:03.76	40.12	750m:	9:44.00	40.19
200m:	2:28.31	38.28	400m:	5:04.32	38.85	600m:	7:43.71	39.95	800m:	10:21.96	37.96
3. De Cuyper Femke	10	VZO	10:36.67	10:34.50							
50m:	36.90	36.90	250m:	3:17.33	40.51	450m:	6:01.23	41.01	650m:	8:43.03	40.17
100m:	1:16.50	39.60	300m:	3:58.01	40.68	500m:	6:41.86	40.63	700m:	9:22.96	39.93
150m:	1:56.23	39.73	350m:	4:38.82	40.81	550m:	7:22.24	1:40.38	750m:	10:01.80	38.84
200m:	2:36.82	40.59	400m:	5:20.22	41.40	600m:	8:02.86		800m:	10:36.67	34.87
4. Eggert Evelyne	07	VZO	10:49.23	12:09.71							
50m:	35.93	35.93	250m:	3:19.70	41.18	450m:	6:06.45	42.03	650m:	8:51.59	39.93
100m:	1:15.89	39.96	300m:	4:01.27	41.57	500m:	6:48.16	41.71	700m:	9:31.75	40.16
150m:	1:56.87	40.98	350m:	4:42.59	41.32	550m:	7:29.93	41.77	750m:	10:11.37	39.62
200m:	2:38.52	41.65	400m:	5:24.42	41.83	600m:	8:11.66	41.73	800m:	10:49.23	37.86

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

Rang	Geb.	Tijd	ins. tijd	RT			
5. Van Alsenoy Nanou	08 ZIB	10:55.38	12:22.53				
50m: 35.02	35.02	250m: 3:16.83	41.26	450m: 6:04.72	41.68	650m: 8:53.35	42.33
100m: 1:14.36	39.34	300m: 3:58.72	41.89	500m: 6:46.77	42.05	700m: 9:34.92	41.57
150m: 1:54.95	40.59	350m: 4:40.93	42.21	550m: 7:29.19	42.42	750m: 10:16.84	41.92
200m: 2:35.57	40.62	400m: 5:23.04	42.11	600m: 8:11.02	41.83	800m: 10:55.38	38.54
6. De Vos Kaat	08 VZG	11:00.41	12:08.11				
50m: 36.48	36.48	250m: 3:19.88	41.67	450m: 6:08.44	42.36	650m: 8:57.64	42.26
100m: 1:16.54	40.06	300m: 4:01.63	41.75	500m: 6:51.19	42.75	700m: 9:39.47	41.83
150m: 1:57.35	40.81	350m: 4:43.93	42.30	550m: 7:33.09	41.90	750m: 10:21.39	41.92
200m: 2:38.21	40.86	400m: 5:26.08	42.15	600m: 8:15.38	42.29	800m: 11:00.41	39.02
7. Dardenne Eline	07 ZIB	11:15.98	11:15.55				
50m: 33.87	33.87	250m: 3:16.48	42.42	450m: 6:08.25	43.22	650m: 9:04.29	44.88
100m: 1:12.67	38.80	300m: 3:59.18	42.70	500m: 6:51.14	42.89	700m: 9:50.04	45.75
150m: 1:52.90	40.23	350m: 4:42.13	42.95	550m: 7:34.94	43.80	750m: 10:35.40	45.36
200m: 2:34.06	41.16	400m: 5:25.03	42.90	600m: 8:19.41	44.47	800m: 11:15.98	40.58
8. Öztürk Berra	09 VZG	11:36.75	12:58.15				
50m: 35.56	35.56	250m: 3:31.35	45.23	450m: 6:31.16	44.64	650m: 9:25.80	43.86
100m: 1:17.87	42.31	300m: 4:16.27	44.92	500m: 7:15.49	44.33	700m: 10:11.17	45.37
150m: 2:01.92	44.05	350m: 5:01.85	45.58	550m: 7:59.38	43.89	750m: 10:57.02	45.85
200m: 2:46.12	44.20	400m: 5:46.52	44.67	600m: 8:41.94	42.56	800m: 11:36.75	39.73
9. Proot Lisa-Marie	09 BZV	11:53.14	NT				
50m: 36.96	36.96	250m: 3:33.08	46.18	450m: 6:38.91	47.01	650m: 9:41.89	44.20
100m: 1:19.10	42.14	300m: 4:18.14	45.06	500m: 7:24.78	45.87	700m: 10:26.76	44.87
150m: 2:02.07	42.97	350m: 5:05.82	47.68	550m: 8:11.59	46.81	750m: 11:09.01	42.25
200m: 2:46.90	44.83	400m: 5:51.90	46.08	600m: 8:57.69	46.10	800m: 11:53.14	44.13
10. De Troyer Flavie	08 VZG	11:53.74	15:58.00				
50m: 35.95	35.95	250m: 3:21.86	42.43	450m: 6:17.02	48.20	650m: 9:32.73	48.38
100m: 1:15.92	39.97	300m: 4:04.10	42.24	500m: 7:05.56	48.54	700m: 10:21.25	48.52
150m: 1:57.54	41.62	350m: 4:46.49	42.39	550m: 7:55.03	49.47	750m: 11:08.50	47.25
200m: 2:39.43	41.89	400m: 5:28.82	42.33	600m: 8:44.35	49.32	800m: 11:53.74	45.24
11. Cattoor Pauline	12 BZV	12:00.41	NT				
50m: 35.95	35.95	250m: 3:31.97	45.57	450m: 6:38.50	46.10	650m: 9:45.73	47.25
100m: 1:17.15	41.20	300m: 4:18.26	46.29	500m: 7:24.99	46.49	700m: 10:32.54	46.81
150m: 2:00.81	43.66	350m: 5:05.77	47.51	550m: 8:11.04	46.05	750m: 11:19.81	47.27
200m: 2:46.40	45.59	400m: 5:52.40	46.63	600m: 8:58.48	47.44	800m: 12:00.41	40.60
12. Van Hecke Amber	10 VZO	12:40.07	NT				
50m: 37.25	37.25	250m: 3:42.11	47.20	450m: 6:57.98	49.00	650m: 10:18.28	48.85
100m: 1:20.67	43.42	300m: 4:30.86	48.75	500m: 7:49.48	51.50	700m: 11:08.87	50.59
150m: 2:07.21	46.54	350m: 5:20.59	49.73	550m: 8:39.26	49.78	750m: 11:58.95	50.08
200m: 2:54.91	47.70	400m: 6:08.98	48.39	600m: 9:29.43	50.17	800m: 12:40.07	41.12
13. Goegebeur Sarah	96 BZV	12:41.94	12:42.63				
50m: 39.61	39.61	250m: 3:43.79	47.65	450m: 6:57.84	48.61	650m: 10:16.30	49.98
100m: 1:23.54	43.93	300m: 4:32.00	48.21	500m: 7:47.19	49.35	700m: 11:06.29	49.99
150m: 2:09.41	45.87	350m: 5:20.13	48.13	550m: 8:36.84	49.65	750m: 11:55.17	48.88
200m: 2:56.14	46.73	400m: 6:09.23	49.10	600m: 9:26.32	49.48	800m: 12:41.94	46.77
14. Vergauwe Yanaika	09 VZN	12:52.28	14:19.82				
50m: 40.59	40.59	250m: 3:53.96	49.32	450m: 7:11.02	50.98	650m: 10:29.63	49.41
100m: 1:27.16	46.57	300m: 4:41.09	47.13	500m: 8:01.85	50.83	700m: 11:20.06	50.43
150m: 2:15.73	48.57	350m: 5:31.06	49.97	550m: 8:51.31	49.46	750m: 12:10.25	50.19
200m: 3:04.64	48.91	400m: 6:20.04	48.98	600m: 9:40.22	48.91	800m: 12:52.28	42.03
15. Moyaert Lotte	12 VZO	12:52.29	NT				
50m: 44.98	44.98	250m: 3:59.08	48.87	450m: 7:17.22	49.53	650m: 10:33.78	49.45
100m: 1:32.05	47.07	300m: 4:48.59	49.51	500m: 8:06.13	48.91	700m: 11:22.97	49.19
150m: 2:20.18	48.13	350m: 5:38.08	49.49	550m: 8:55.22	49.09	750m: 12:12.36	49.39
200m: 3:10.21	50.03	400m: 6:27.69	49.61	600m: 9:44.33	49.11	800m: 12:52.29	39.93
16. Cocquyt Ashley	07 VZG	13:09.31	12:34.52				
50m: 34.79	34.79	250m: 3:25.13	44.46	450m: 6:38.96	1:03.34	650m: 10:29.65	54.51
100m: 1:15.18	40.39	300m: 4:09.89	44.76	500m: 7:38.74	59.78	700m: 11:29.90	1:00.25
150m: 1:57.19	42.01	350m: 4:54.01	44.12	550m: 8:38.16	59.42	750m: 12:20.25	50.35
200m: 2:40.67	43.48	400m: 5:35.62	41.61	600m: 9:35.14	56.98	800m: 13:09.31	49.06
17. Sonnenberg Ann-Sofie	10 ZVM	13:21.04	14:15.82				
50m: 38.92	38.92	250m: 3:52.07	50.10	450m: 7:16.64	51.19	650m: 10:43.16	51.06
100m: 1:24.81	45.89	300m: 4:42.27	50.20	500m: 8:06.91	50.27	700m: 11:34.56	51.40
150m: 2:12.77	47.96	350m: 5:34.17	51.90	550m: 8:59.05	52.14	750m: 12:33.82	59.26
200m: 3:01.97	49.20	400m: 6:25.45	51.28	600m: 9:52.10	53.05	800m: 13:21.04	47.22

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

Rang	Geb.	Tijd	ins. tijd	RT			
18. Van Eecke Astrid	10	VZN	13:34.23	NT			
50m: 42.57	42.57	250m: 4:08.13	51.76	450m: 7:36.39	51.98	650m: 11:05.91	52.13
100m: 1:32.96	50.39	300m: 5:00.30	52.17	500m: 8:28.80	52.41	700m: 11:57.48	51.57
150m: 2:24.65	51.69	350m: 5:52.25	51.95	550m: 9:20.61	51.81	750m: 12:48.40	50.92
200m: 3:16.37	51.72	400m: 6:44.41	52.16	600m: 10:13.78	53.17	800m: 13:34.23	45.83
19. Franssens Gaelle	09	VZN	13:49.07	NT			
50m: 42.50	42.50	250m: 4:07.02	52.70	450m: 7:39.43	53.94	650m: 11:13.84	53.54
100m: 1:30.55	48.05	300m: 4:59.57	52.55	500m: 8:32.83	53.40	700m: 12:07.09	53.25
150m: 2:22.09	51.54	350m: 5:52.49	52.92	550m: 9:27.21	54.38	750m: 13:00.03	52.94
200m: 3:14.32	52.23	400m: 6:45.49	53.00	600m: 10:20.30	53.09	800m: 13:49.07	49.04
20. Van Alsenoy Yara	11	ZIB	13:51.28	NT			
50m: 44.04	44.04	250m: 4:11.60	53.13	450m: 7:44.97	53.13	650m: 11:19.84	54.57
100m: 1:34.48	50.44	300m: 5:04.59	52.99	500m: 8:38.69	53.72	700m: 12:14.56	54.72
150m: 2:25.80	51.32	350m: 5:57.93	53.34	550m: 9:31.16	52.47	750m: 13:02.52	47.96
200m: 3:18.47	52.67	400m: 6:51.84	53.91	600m: 10:25.27	54.11	800m: 13:51.28	48.76
21. Wandelaere Lisa	08	VZN	14:10.53	NT			
50m: 42.42	42.42	250m: 4:12.99	53.29	450m: 7:54.61	55.26	650m: 11:35.65	54.61
100m: 1:32.31	49.89	300m: 5:07.47	54.48	500m: 8:50.31	55.70	700m: 12:29.92	54.27
150m: 2:25.40	53.09	350m: 6:02.68	55.21	550m: 9:54.34	1:04.03	750m: 13:23.39	53.47
200m: 3:19.70	54.30	400m: 6:59.35	56.67	600m: 10:41.04	46.70	800m: 14:10.53	47.14
22. Rommens Nikki	11	VZN	14:27.77	NT			
50m: 45.55	45.55	250m: 4:19.36	55.40	450m: 8:05.06	56.18	650m: 11:50.88	56.33
100m: 1:36.76	51.21	300m: 5:16.29	56.93	500m: 9:01.70	56.64	700m: 12:47.28	56.40
150m: 2:29.50	52.74	350m: 6:12.19	55.90	550m: 9:58.26	56.56	750m: 13:40.97	53.69
200m: 3:23.96	54.46	400m: 7:08.88	56.69	600m: 10:54.55	56.29	800m: 14:27.77	46.80
23. Proot Annabelle	11	BZV	14:31.12	NT			
50m: 46.95	46.95	250m: 4:23.96	55.09	450m: 8:06.35	56.16	650m: 11:53.50	57.35
100m: 1:38.87	51.92	300m: 5:18.63	54.67	500m: 9:03.47	57.12	700m: 12:48.74	55.24
150m: 2:33.39	54.52	350m: 6:13.87	55.24	550m: 9:59.33	55.86	750m: 13:43.72	54.98
200m: 3:28.87	55.48	400m: 7:10.19	56.32	600m: 10:56.15	56.82	800m: 14:31.12	47.40
24. Vandebroek Evi	78	VZN	14:51.34	NT			
50m: 45.42	45.42	250m: 4:25.81	58.34	450m: 8:16.36	56.69	650m: 12:07.90	58.01
100m: 1:36.94	51.52	300m: 5:24.41	58.60	500m: 9:13.28	56.92	700m: 13:04.58	56.68
150m: 2:31.83	54.89	350m: 6:22.51	58.10	550m: 10:12.33	59.05	750m: 14:01.72	57.14
200m: 3:27.47	55.64	400m: 7:19.67	57.16	600m: 11:09.89	57.56	800m: 14:51.34	49.62
25. Risselin Claire	10	COK	15:20.38	NT			
50m: 45.73	45.73	250m: 4:35.05	59.29	450m: 8:35.48	1:00.56	650m: 12:34.98	59.46
100m: 1:41.12	55.39	300m: 5:34.41	59.36	500m: 9:34.73	59.25	700m: 13:32.90	57.92
150m: 2:37.93	56.81	350m: 6:35.55	1:01.14	550m: 10:36.02	1:01.29	750m: 14:29.86	56.96
200m: 3:35.76	57.83	400m: 7:34.92	59.37	600m: 11:35.52	59.50	800m: 15:20.38	50.52
26. Floryn Juliette	13	BZV	15:34.60	NT			
50m: 44.16	44.16	250m: 4:35.25	58.78	450m: 8:36.90	1:00.53	650m: 12:36.97	1:00.28
100m: 1:39.01	54.85	300m: 5:34.95	59.70	500m: 9:35.39	58.49	700m: 13:39.49	1:02.52
150m: 2:36.64	57.63	350m: 6:35.15	1:00.20	550m: 10:34.71	59.32	750m: 14:39.70	1:00.21
200m: 3:36.47	59.83	400m: 7:36.37	1:01.22	600m: 11:36.69	1:01.98	800m: 15:34.60	54.90
27. Cocquit Eline	10	ZIB	15:40.73	NT			
50m: 47.69	47.69	250m: 4:41.31	57.99	450m: 8:43.33	59.68	650m: 12:47.89	1:01.91
100m: 1:42.76	55.07	300m: 5:41.89	1:00.58	500m: 9:42.83	59.50	700m: 13:50.49	1:02.60
150m: 2:41.97	59.21	350m: 6:42.61	1:00.72	550m: 10:44.63	1:01.80	750m: 14:51.62	1:01.13
200m: 3:43.32	1:01.35	400m: 7:43.65	1:01.04	600m: 11:45.98	1:01.35	800m: 15:40.73	49.11
28. Verbesselt Manon	13	VZN	15:41.41	NT			
50m: 46.44	46.44	250m: 4:42.80	1:01.87	450m: 8:46.38	1:00.17	650m: 12:49.55	1:01.10
100m: 1:41.26	54.82	300m: 5:43.45	1:00.65	500m: 9:47.68	1:01.30	700m: 13:50.29	1:00.74
150m: 2:40.19	58.93	350m: 6:44.07	1:00.62	550m: 10:48.03	1:00.35	750m: 14:46.60	56.31
200m: 3:40.93	1:00.74	400m: 7:46.21	1:02.14	600m: 11:48.45	1:00.42	800m: 15:41.41	54.81
29. Bourez Tess	13	COK	16:40.59	NT			
50m: 45.79	45.79	250m: 4:55.46	1:07.17	450m: 9:23.08	1:07.29	650m: 13:42.79	1:02.48
100m: 1:42.65	56.86	300m: 6:01.48	1:06.02	500m: 10:27.52	1:04.44	700m: 14:45.01	1:02.22
150m: 2:45.77	1:03.12	350m: 7:10.46	1:08.98	550m: 11:33.50	1:05.98	750m: 15:47.39	1:02.38
200m: 3:48.29	1:02.52	400m: 8:15.79	1:05.33	600m: 12:40.31	1:06.81	800m: 16:40.59	53.20
30. Van Overstraeten Fien	13	VZG	16:41.52	15:59.00			
50m: 50.98	50.98	250m: 5:04.73	1:06.16	450m: 9:27.47	1:06.30	650m: 13:44.06	1:01.97
100m: 1:51.85	1:00.87	300m: 6:10.53	1:05.80	500m: 10:30.56	1:03.09	700m: 14:46.46	1:02.40
150m: 2:54.84	1:02.99	350m: 7:15.28	1:04.75	550m: 11:35.82	1:05.26	750m: 15:48.03	1:01.57
200m: 3:58.57	1:03.73	400m: 8:21.17	1:05.89	600m: 12:42.09	1:06.27	800m: 16:41.52	53.49

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

Rang	Geb.	Tijd	ins. tijd	RT
dis dubois Jienke	09 BZV		15:11.73	
<i>SW4-ST3 - te vroeg vertrokken bij de start (na het commando "op uw plaatsen" en voor het startsignaal van de starter)</i>				
dis Weise Tess	07 VZN		NT	
<i>SW10-WE2 - de volledige afstand niet verzwommen</i>				

Programmanr. 3 Heren, 800m vrije slag veteranen 45 Resultaten

21/1/24 - 10:30

open open: 16.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Vermeulen Gerry	78 DELF	12:36.53	12:57.37				
50m: 37.16	37.16	250m: 3:48.66	49.69	450m: 7:06.54	49.16	650m: 10:23.51	50.17
100m: 1:21.33	44.17	300m: 4:37.36	48.70	500m: 7:55.40	48.86	700m: 11:12.00	48.49
150m: 2:09.26	47.93	350m: 5:27.57	50.21	550m: 8:45.24	49.84	750m: 11:57.39	45.39
200m: 2:58.97	49.71	400m: 6:17.38	49.81	600m: 9:33.34	48.10	800m: 12:36.53	39.14

Programmanr. 3 Heren, 800m vrije slag senioren Resultaten

21/1/24 - 10:30

open open: 16.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Simons Jarno	02 ZVM	9:50.09	9:54.81				
50m: 30.55	30.55	250m: 2:52.16	37.23	450m: 5:24.93	38.23	650m: 8:02.15	39.43
100m: 1:04.21	33.66	300m: 3:29.87	37.71	500m: 6:04.16	39.23	700m: 8:41.21	39.06
150m: 1:42.50	34.64	350m: 4:08.42	38.55	550m: 6:43.36	39.20	750m: 9:17.20	35.99
200m: 2:14.93	36.08	400m: 4:46.70	38.28	600m: 7:22.72	39.36	800m: 9:50.09	32.89

Programmanr. 3 Jongens, 800m vrije slag pupillen Resultaten

21/1/24 - 10:30

open open: 16.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Winderickx Ruhne	07 ZIB	10:02.68	10:32.05				
50m: 31.99	31.99	250m: 2:56.91	37.23	450m: 5:31.58	39.14	650m: 8:09.61	39.74
100m: 1:06.67	34.68	300m: 3:34.81	37.90	500m: 6:10.80	39.22	700m: 8:49.45	39.84
150m: 1:42.50	35.83	350m: 4:14.36	39.55	550m: 6:50.39	39.59	750m: 9:27.05	37.60
200m: 2:19.68	37.18	400m: 4:52.44	38.08	600m: 7:29.87	39.48	800m: 10:02.68	35.63
2. De Lathouwer Mathis	06 VZG	10:37.60	11:19.51				
50m: 31.85	31.85	250m: 3:08.44	41.39	450m: 5:55.69	42.05	650m: 8:41.55	41.24
100m: 1:08.28	36.43	300m: 3:49.72	41.28	500m: 6:37.35	41.66	700m: 9:22.66	41.11
150m: 1:46.71	38.43	350m: 4:31.73	42.01	550m: 7:18.82	41.47	750m: 10:02.41	39.75
200m: 2:27.05	40.34	400m: 5:13.64	41.91	600m: 8:00.31	41.49	800m: 10:37.60	35.19
3. Van Lersberghe Rune	06 ZIB	10:54.40	11:16.66				
50m: 34.63	34.63	250m: 3:16.16	42.75	450m: 6:04.92	42.24	650m: 8:52.38	42.10
100m: 1:12.57	37.94	300m: 3:58.88	42.72	500m: 6:46.93	42.01	700m: 9:33.71	41.33
150m: 1:52.41	39.84	350m: 4:41.38	42.50	550m: 7:28.85	41.92	750m: 10:15.30	41.59
200m: 2:33.41	41.00	400m: 5:22.68	41.30	600m: 8:10.28	41.43	800m: 10:54.40	39.10
4. Cocquit Lander	07 ZIB	11:55.76	12:14.20				
50m: 34.57	34.57	250m: 3:26.13	45.02	450m: 6:32.28	47.63	650m: 9:42.64	47.24
100m: 1:15.11	40.54	300m: 4:11.40	45.27	500m: 7:20.09	47.81	700m: 10:31.67	49.03
150m: 1:57.44	42.33	350m: 4:57.13	45.73	550m: 8:07.95	47.86	750m: 11:18.13	46.46
200m: 2:41.11	43.67	400m: 5:44.65	47.52	600m: 8:55.40	47.45	800m: 11:55.76	37.63

Programmanr. 3, 800m vrije slag

Programmanr. 3
21/1/24 - 10:30

Jongens, 800m vrije slag

kadetten
Resultaten

open open: 16.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Goossens Oberon	08	BZV	11:21.83	NT							
50m:	35.21	35.21	250m:	3:22.17	42.62	450m:	6:15.20	42.51	650m:	9:14.41	47.23
100m:	1:14.35	39.14	300m:	4:04.23	42.06	500m:	6:59.21	44.01	700m:	10:00.68	46.27
150m:	1:55.94	41.59	350m:	4:48.21	43.98	550m:	7:43.00	43.79	750m:	10:45.79	45.11
200m:	2:39.55	43.61	400m:	5:32.69	44.48	600m:	8:27.18	44.18	800m:	11:21.83	36.04
2. Brilleman Diaz	08	BZV	11:36.75	12:56.90							
50m:	35.20	35.20	250m:	3:30.27	44.91	450m:	6:31.22	44.83	650m:	9:32.47	45.92
100m:	1:17.35	42.15	300m:	4:15.88	45.61	500m:	7:15.73	44.51	700m:	10:18.83	46.36
150m:	2:01.36	44.01	350m:	5:01.41	45.53	550m:	8:01.61	45.88	750m:	11:02.98	44.15
200m:	2:45.36	44.00	400m:	5:46.39	44.98	600m:	8:46.55	44.94	800m:	11:36.75	33.77
3. Bultinck Tibbe	08	BZV	11:38.81	NT							
50m:	32.44	32.44	250m:	3:24.68	44.12	450m:	6:22.73	44.75	650m:	9:27.82	46.73
100m:	1:13.47	41.03	300m:	4:08.75	44.07	500m:	7:09.15	46.42	700m:	10:14.71	46.89
150m:	1:56.57	43.10	350m:	4:52.66	43.91	550m:	7:54.91	45.76	750m:	10:58.98	44.27
200m:	2:40.56	43.99	400m:	5:37.98	45.32	600m:	8:41.09	46.18	800m:	11:38.81	39.83
4. Bauwens Maxime	09	ZIB	11:43.14	12:55.40							
50m:	37.41	37.41	250m:	3:34.34	44.77	450m:	6:32.59	44.83	650m:	9:31.56	45.67
100m:	1:20.41	43.00	300m:	4:18.99	44.65	500m:	7:16.85	44.26	700m:	10:17.12	45.56
150m:	2:04.82	44.41	350m:	5:03.39	44.40	550m:	8:01.12	44.27	750m:	11:02.20	45.08
200m:	2:49.57	44.75	400m:	5:47.76	44.37	600m:	8:45.89	44.77	800m:	11:43.14	40.94
5. Cocquit Sam	08	ZIB	12:34.26	13:55.20							
50m:	36.39	36.39	250m:	3:34.87	47.22	450m:	6:51.37	49.56	650m:	10:08.53	49.49
100m:	1:18.86	42.47	300m:	4:23.46	48.59	500m:	7:40.01	48.64	700m:	11:00.21	51.68
150m:	2:02.55	43.69	350m:	5:12.71	49.25	550m:	8:28.82	48.81	750m:	11:48.74	48.53
200m:	2:47.65	45.10	400m:	6:01.81	49.10	600m:	9:19.04	50.22	800m:	12:34.26	45.52

Programmanr. 3
21/1/24 - 10:30

Jongens, 800m vrije slag

miniemen
Resultaten

open open: 16.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Tetaj Daniel	10	VZO	11:34.76	12:39.63							
50m:	36.68	36.68	250m:	3:32.66	44.62	450m:	6:31.33	44.67	650m:	9:30.11	45.12
100m:	1:19.02	42.34	300m:	4:17.28	44.62	500m:	7:16.20	44.87	700m:	10:13.92	43.81
150m:	2:02.89	43.87	350m:	5:01.86	44.58	550m:	8:00.60	44.40	750m:	10:57.27	43.35
200m:	2:48.04	45.15	400m:	5:46.66	44.80	600m:	8:44.99	44.39	800m:	11:34.76	37.49
2. Tetaj Deivid	11	VZO	12:40.60	13:31.61							
50m:	40.93	40.93	250m:	3:46.08	47.33	450m:	6:58.74	48.00	650m:	10:16.10	49.50
100m:	1:25.56	44.63	300m:	4:34.78	48.70	500m:	7:47.04	48.30	700m:	11:06.51	50.41
150m:	2:11.46	45.90	350m:	5:22.50	47.72	550m:	8:37.13	50.09	750m:	11:55.36	48.85
200m:	2:58.75	47.29	400m:	6:10.74	48.24	600m:	9:26.60	49.47	800m:	12:40.60	45.24
3. Öztürk Mehmet Onat	11	VZG	12:43.89	15:12.42							
50m:	41.38	41.38	250m:	3:56.73	49.86	450m:	7:15.92	49.38	650m:	10:28.43	48.15
100m:	1:28.18	46.80	300m:	4:46.77	50.04	500m:	8:05.35	49.43	700m:	11:16.02	47.59
150m:	2:17.06	48.88	350m:	5:36.53	49.76	550m:	8:53.03	47.68	750m:	12:02.00	45.98
200m:	3:06.87	49.81	400m:	6:26.54	50.01	600m:	9:40.28	47.25	800m:	12:43.89	41.89
4. Vyliders Bram	10	VZN	14:02.28	NT							
50m:	42.73	42.73	250m:	4:12.78	54.32	450m:	7:54.20	55.04	650m:	11:27.72	53.57
100m:	1:32.88	50.15	300m:	5:08.18	55.40	500m:	8:48.87	54.67	700m:	12:21.38	53.66
150m:	2:25.38	52.50	350m:	6:03.64	55.46	550m:	9:41.65	52.78	750m:	13:14.40	53.02
200m:	3:18.46	53.08	400m:	6:59.16	55.52	600m:	10:34.15	52.50	800m:	14:02.28	47.88
5. Verbruggen Liam	11	ZVM	14:03.34	NT							
50m:	49.38	49.38	250m:	4:28.95	53.80	450m:	8:00.40	51.67	650m:	11:32.68	53.05
100m:	1:47.29	57.91	300m:	5:22.20	53.25	500m:	8:55.08	54.68	700m:	12:24.07	51.39
150m:	2:40.71	53.42	350m:	6:15.73	53.53	550m:	9:45.80	50.72	750m:	13:15.63	51.56
200m:	3:35.15	54.44	400m:	7:08.73	53.00	600m:	10:39.63	53.83	800m:	14:03.34	47.71

Programmanr. 3, Jongens, 800m vrije slag, miniemen

Rang	Geb.		Tijd	ins. tijd	RT						
6. Risselin Benoit	11	COK	15:36.63	NT							
50m:	47.81	47.81	250m:	4:48.08	1:01.43	450m:	8:50.20	58.49	650m:	12:49.56	59.39
100m:	1:45.85	58.04	300m:	5:50.53	1:02.45	500m:	9:50.16	59.96	700m:	13:46.74	57.18
150m:	2:45.68	59.83	350m:	6:50.51	59.98	550m:	10:49.25	59.09	750m:	14:44.50	57.76
200m:	3:46.65	1:00.97	400m:	7:51.71	1:01.20	600m:	11:50.17	1:00.92	800m:	15:36.63	52.13

Programmanr. 3
21/1/24 - 10:30
open open: 16.00

Jongens, 800m vrije slag

benjamins Resultaten

Rang	Geb.		Tijd	ins. tijd	RT						
1. Öztürk Ensar	12	VZG	11:56.03	11:54.45							
50m:	37.16	37.16	250m:	3:37.64	45.62	450m:	6:41.73	47.44	650m:	9:44.78	42.85
100m:	1:21.05	43.89	300m:	4:23.43	45.79	500m:	7:27.66	45.93	700m:	10:32.05	47.27
150m:	2:06.23	45.18	350m:	5:09.41	45.98	550m:	8:14.56	46.90	750m:	11:17.85	45.80
200m:	2:52.02	45.79	400m:	5:54.29	44.88	600m:	9:01.93	47.37	800m:	11:56.03	38.18
2. Tommelein Arthur	12	VZO	12:12.20	13:06.74							
50m:	38.16	38.16	250m:	3:33.69	46.14	450m:	6:39.03	46.30	650m:	9:51.11	48.62
100m:	1:19.39	41.23	300m:	4:19.17	45.48	500m:	7:26.13	47.10	700m:	10:39.91	48.80
150m:	2:01.87	42.48	350m:	5:05.52	46.35	550m:	8:14.04	47.91	750m:	11:27.29	47.38
200m:	2:47.55	45.68	400m:	5:52.73	47.21	600m:	9:02.49	48.45	800m:	12:12.20	44.91
3. Strybos Kobe	13	VZG	13:40.25	15:59.00							
50m:	44.41	44.41	250m:	4:13.98	52.33	450m:	7:41.47	51.39	650m:	11:13.22	53.32
100m:	1:35.64	51.23	300m:	5:06.07	52.09	500m:	8:34.44	52.97	700m:	12:06.01	52.79
150m:	2:29.02	53.38	350m:	5:58.25	52.18	550m:	9:26.62	52.18	750m:	12:57.56	51.55
200m:	3:21.65	52.63	400m:	6:50.08	51.83	600m:	10:19.90	53.28	800m:	13:40.25	42.69
4. Lamaire Lucas	13	VZN	14:12.21	NT							
50m:	42.45	42.45	250m:	4:17.22	54.04	450m:	7:59.26	54.36	650m:	11:32.18	53.28
100m:	1:34.15	51.70	300m:	5:13.17	55.95	500m:	8:54.40	55.14	700m:	12:22.88	50.70
150m:	2:28.48	54.33	350m:	6:10.90	57.73	550m:	9:43.69	49.29	750m:	13:16.89	54.01
200m:	3:23.18	54.70	400m:	7:04.90	54.00	600m:	10:38.90	55.21	800m:	14:12.21	55.32
OTL Van Haver Noah	13	BZV		NT							

Programmanr. 3
21/1/24 - 10:30
open open: 16.00

Herren, 800m vrije slag

algemeen Resultaten

Rang	Geb.		Tijd	ins. tijd	RT						
1. Simons Jarno	02	ZVM	9:50.09	9:54.81							
50m:	30.55	30.55	250m:	2:52.16	37.23	450m:	5:24.93	38.23	650m:	8:02.15	39.43
100m:	1:04.21	33.66	300m:	3:29.87	37.71	500m:	6:04.16	39.23	700m:	8:41.21	39.06
150m:	1:38.85	34.64	350m:	4:08.42	38.55	550m:	6:43.36	39.20	750m:	9:17.20	35.99
200m:	2:14.93	36.08	400m:	4:46.70	38.28	600m:	7:22.72	39.36	800m:	9:50.09	32.89
2. Winderickx Ruhne	07	ZIB	10:02.68	10:32.05							
50m:	31.99	31.99	250m:	2:56.91	37.23	450m:	5:31.58	39.14	650m:	8:09.61	39.74
100m:	1:06.67	34.68	300m:	3:34.81	37.90	500m:	6:10.80	39.22	700m:	8:49.45	39.84
150m:	1:42.50	35.83	350m:	4:14.36	39.55	550m:	6:50.39	39.59	750m:	9:27.05	37.60
200m:	2:19.68	37.18	400m:	4:52.44	38.08	600m:	7:29.87	39.48	800m:	10:02.68	35.63
3. De Lathouwer Mathis	06	VZG	10:37.60	11:19.51							
50m:	31.85	31.85	250m:	3:08.44	41.39	450m:	5:55.69	42.05	650m:	8:41.55	41.24
100m:	1:08.28	36.43	300m:	3:49.72	41.28	500m:	6:37.35	41.66	700m:	9:22.66	41.11
150m:	1:46.71	38.43	350m:	4:31.73	42.01	550m:	7:18.82	41.47	750m:	10:02.41	39.75
200m:	2:27.05	40.34	400m:	5:13.64	41.91	600m:	8:00.31	41.49	800m:	10:37.60	35.19
4. Van Lersberghe Rune	06	ZIB	10:54.40	11:16.66							
50m:	34.63	34.63	250m:	3:16.16	42.75	450m:	6:04.92	42.24	650m:	8:52.38	42.10
100m:	1:12.57	37.94	300m:	3:58.88	42.72	500m:	6:46.93	42.01	700m:	9:33.71	41.33
150m:	1:52.41	39.84	350m:	4:41.38	42.50	550m:	7:28.85	41.92	750m:	10:15.30	41.59
200m:	2:33.41	41.00	400m:	5:22.68	41.30	600m:	8:10.28	41.43	800m:	10:54.40	39.10

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

Rang	Geb.		Tijd		ins. tijd	RT					
5. Goossens Oberon	08	BZV	11:21.83		NT						
50m:	35.21	35.21	250m:	3:22.17	42.62	450m:	6:15.20	42.51	650m:	9:14.41	47.23
100m:	1:14.35	39.14	300m:	4:04.23	42.06	500m:	6:59.21	44.01	700m:	10:00.68	46.27
150m:	1:55.94	41.59	350m:	4:48.21	43.98	550m:	7:43.00	43.79	750m:	10:45.79	45.11
200m:	2:39.55	43.61	400m:	5:32.69	44.48	600m:	8:27.18	44.18	800m:	11:21.83	36.04
6. Tetaj Daniel	10	VZO	11:34.76		12:39.63						
50m:	36.68	36.68	250m:	3:32.66	44.62	450m:	6:31.33	44.67	650m:	9:30.11	45.12
100m:	1:19.02	42.34	300m:	4:17.28	44.62	500m:	7:16.20	44.87	700m:	10:13.92	43.81
150m:	2:02.89	43.87	350m:	5:01.86	44.58	550m:	8:00.60	44.40	750m:	10:57.27	43.35
200m:	2:48.04	45.15	400m:	5:46.66	44.80	600m:	8:44.99	44.39	800m:	11:34.76	37.49
7. Brilleman Diaz	08	BZV	11:36.75		12:56.90						
50m:	35.20	35.20	250m:	3:30.27	44.91	450m:	6:31.22	44.83	650m:	9:32.47	45.92
100m:	1:17.35	42.15	300m:	4:15.88	45.61	500m:	7:15.73	44.51	700m:	10:18.83	46.36
150m:	2:01.36	44.01	350m:	5:01.41	45.53	550m:	8:01.61	45.88	750m:	11:02.98	44.15
200m:	2:45.36	44.00	400m:	5:46.39	44.98	600m:	8:46.55	44.94	800m:	11:36.75	33.77
8. Bultinck Tibbe	08	BZV	11:38.81		NT						
50m:	32.44	32.44	250m:	3:24.68	44.12	450m:	6:22.73	44.75	650m:	9:27.82	46.73
100m:	1:13.47	41.03	300m:	4:08.75	44.07	500m:	7:09.15	46.42	700m:	10:14.71	46.89
150m:	1:56.57	43.10	350m:	4:52.66	43.91	550m:	7:54.91	45.76	750m:	10:58.98	44.27
200m:	2:40.56	43.99	400m:	5:37.98	45.32	600m:	8:41.09	46.18	800m:	11:38.81	39.83
9. Bauwens Maxime	09	ZIB	11:43.14		12:55.40						
50m:	37.41	37.41	250m:	3:34.34	44.77	450m:	6:32.59	44.83	650m:	9:31.56	45.67
100m:	1:20.41	43.00	300m:	4:18.99	44.65	500m:	7:16.85	44.26	700m:	10:17.12	45.56
150m:	2:04.82	44.41	350m:	5:03.39	44.40	550m:	8:01.12	44.27	750m:	11:02.20	45.08
200m:	2:49.57	44.75	400m:	5:47.76	44.37	600m:	8:45.89	44.77	800m:	11:43.14	40.94
10. Cocquit Lander	07	ZIB	11:55.76		12:14.20						
50m:	34.57	34.57	250m:	3:26.13	45.02	450m:	6:32.28	47.63	650m:	9:42.64	47.24
100m:	1:15.11	40.54	300m:	4:11.40	45.27	500m:	7:20.09	47.81	700m:	10:31.67	49.03
150m:	1:57.44	42.33	350m:	4:57.13	45.73	550m:	8:07.95	47.86	750m:	11:18.13	46.46
200m:	2:41.11	43.67	400m:	5:44.65	47.52	600m:	8:55.40	47.45	800m:	11:55.76	37.63
11. Öztürk Ensar	12	VZG	11:56.03		11:54.45						
50m:	37.16	37.16	250m:	3:37.64	45.62	450m:	6:41.73	47.44	650m:	9:44.78	42.85
100m:	1:21.05	43.89	300m:	4:23.43	45.79	500m:	7:27.66	45.93	700m:	10:32.05	47.27
150m:	2:06.23	45.18	350m:	5:09.41	45.98	550m:	8:14.56	46.90	750m:	11:17.85	45.80
200m:	2:52.02	45.79	400m:	5:54.29	44.88	600m:	9:01.93	47.37	800m:	11:56.03	38.18
12. Tommelein Arthur	12	VZO	12:12.20		13:06.74						
50m:	38.16	38.16	250m:	3:33.69	46.14	450m:	6:39.03	46.30	650m:	9:51.11	48.62
100m:	1:19.39	41.23	300m:	4:19.17	45.48	500m:	7:26.13	47.10	700m:	10:39.91	48.80
150m:	2:01.87	42.48	350m:	5:05.52	46.35	550m:	8:14.04	47.91	750m:	11:27.29	47.38
200m:	2:47.55	45.68	400m:	5:52.73	47.21	600m:	9:02.49	48.45	800m:	12:12.20	44.91
13. Cocquit Sam	08	ZIB	12:34.26		13:55.20						
50m:	36.39	36.39	250m:	3:34.87	47.22	450m:	6:51.37	49.56	650m:	10:08.53	49.49
100m:	1:18.86	42.47	300m:	4:23.46	48.59	500m:	7:40.01	48.64	700m:	11:00.21	51.68
150m:	2:02.55	43.69	350m:	5:12.71	49.25	550m:	8:28.82	48.81	750m:	11:48.74	48.53
200m:	2:47.65	45.10	400m:	6:01.81	49.10	600m:	9:19.04	50.22	800m:	12:34.26	45.52
14. Vermeulen Gerry	78	DELFI	12:36.53		12:57.37						
50m:	37.16	37.16	250m:	3:48.66	49.69	450m:	7:06.54	49.16	650m:	10:23.51	50.17
100m:	1:21.33	44.17	300m:	4:37.36	48.70	500m:	7:55.40	48.86	700m:	11:12.00	48.49
150m:	2:09.26	47.93	350m:	5:27.57	50.21	550m:	8:45.24	49.84	750m:	11:57.39	45.39
200m:	2:58.97	49.71	400m:	6:17.38	49.81	600m:	9:33.34	48.10	800m:	12:36.53	39.14
15. Tetaj Deivid	11	VZO	12:40.60		13:31.61						
50m:	40.93	40.93	250m:	3:46.08	47.33	450m:	6:58.74	48.00	650m:	10:16.10	49.50
100m:	1:25.56	44.63	300m:	4:34.78	48.70	500m:	7:47.04	48.30	700m:	11:06.51	50.41
150m:	2:11.46	45.90	350m:	5:22.50	47.72	550m:	8:37.13	50.09	750m:	11:55.36	48.85
200m:	2:58.75	47.29	400m:	6:10.74	48.24	600m:	9:26.60	49.47	800m:	12:40.60	45.24
16. Öztürk Mehmet Onat	11	VZG	12:43.89		15:12.42						
50m:	41.38	41.38	250m:	3:56.73	49.86	450m:	7:15.92	49.38	650m:	10:28.43	48.15
100m:	1:28.18	46.80	300m:	4:46.77	50.04	500m:	8:05.35	49.43	700m:	11:16.02	47.59
150m:	2:17.06	48.88	350m:	5:36.53	49.76	550m:	8:53.03	47.68	750m:	12:02.00	45.98
200m:	3:06.87	49.81	400m:	6:26.54	50.01	600m:	9:40.28	47.25	800m:	12:43.89	41.89
17. Strybos Kobe	13	VZG	13:40.25		15:59.00						
50m:	44.41	44.41	250m:	4:13.98	52.33	450m:	7:41.47	51.39	650m:	11:13.22	53.32
100m:	1:35.64	51.23	300m:	5:06.07	52.09	500m:	8:34.44	52.97	700m:	12:06.01	52.79
150m:	2:29.02	53.38	350m:	5:58.25	52.18	550m:	9:26.62	52.18	750m:	12:57.56	51.55
200m:	3:21.65	52.63	400m:	6:50.08	51.83	600m:	10:19.90	53.28	800m:	13:40.25	42.69

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

Rang	Geb.		Tijd	ins. tijd	RT						
18. Vylders Bram	10	VZN	14:02.28	NT							
50m:	42.73	42.73	250m:	4:12.78	54.32	450m:	7:54.20	55.04	650m:	11:27.72	53.57
100m:	1:32.88	50.15	300m:	5:08.18	55.40	500m:	8:48.87	54.67	700m:	12:21.38	53.66
150m:	2:25.38	52.50	350m:	6:03.64	55.46	550m:	9:41.65	52.78	750m:	13:14.40	53.02
200m:	3:18.46	53.08	400m:	6:59.16	55.52	600m:	10:34.15	52.50	800m:	14:02.28	47.88
19. Verbruggen Liam	11	ZVM	14:03.34	NT							
50m:	49.38	49.38	250m:	4:28.95	53.80	450m:	8:00.40	51.67	650m:	11:32.68	53.05
100m:	1:47.29	57.91	300m:	5:22.20	53.25	500m:	8:55.08	54.68	700m:	12:24.07	51.39
150m:	2:40.71	53.42	350m:	6:15.73	53.53	550m:	9:45.80	50.72	750m:	13:15.63	51.56
200m:	3:35.15	54.44	400m:	7:08.73	53.00	600m:	10:39.63	53.83	800m:	14:03.34	47.71
20. Lamaire Lucas	13	VZN	14:12.21	NT							
50m:	42.45	42.45	250m:	4:17.22	54.04	450m:	7:59.26	54.36	650m:	11:32.18	53.28
100m:	1:34.15	51.70	300m:	5:13.17	55.95	500m:	8:54.40	55.14	700m:	12:22.88	50.70
150m:	2:28.48	54.33	350m:	6:10.90	57.73	550m:	9:43.69	49.29	750m:	13:16.89	54.01
200m:	3:23.18	54.70	400m:	7:04.90	54.00	600m:	10:38.90	55.21	800m:	14:12.21	55.32
21. Risselin Benoit	11	COK	15:36.63	NT							
50m:	47.81	47.81	250m:	4:48.08	1:01.43	450m:	8:50.20	58.49	650m:	12:49.56	59.39
100m:	1:45.85	58.04	300m:	5:50.53	1:02.45	500m:	9:50.16	59.96	700m:	13:46.74	57.18
150m:	2:45.68	59.83	350m:	6:50.51	59.98	550m:	10:49.25	59.09	750m:	14:44.50	57.76
200m:	3:46.65	1:00.97	400m:	7:51.71	1:01.20	600m:	11:50.17	1:00.92	800m:	15:36.63	52.13
OTL Van Haver Noah	13	BZV		NT							

Programmanr. 4 21/1/24 - 13:45

Dames, 1500m vrije slag

veteranen 45
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Vandaele Tineke	75	ZIB	23:22.09	NT							
50m:	40.21	40.21	450m:	6:56.65	47.13	850m:	13:14.10	47.25	1250m:	19:31.75	46.94
100m:	1:25.46	45.25	500m:	7:43.72	47.07	900m:	14:01.81	47.71	1300m:	20:19.25	47.50
150m:	2:12.25	46.79	550m:	8:31.13	47.41	950m:	14:49.39	47.58	1350m:	21:06.02	46.77
200m:	2:59.28	47.03	600m:	9:18.30	47.17	1000m:	15:36.19	46.80	1400m:	21:53.68	47.66
250m:	3:46.54	47.26	650m:	10:05.59	47.29	1050m:	16:23.10	46.91	1450m:	22:39.74	46.06
300m:	4:34.05	47.51	700m:	10:52.85	47.26	1100m:	17:10.35	47.25	1500m:	23:22.09	42.35
350m:	5:22.01	47.96	750m:	11:39.82	46.97	1150m:	17:57.70	47.35			
400m:	6:09.52	47.51	800m:	12:26.85	47.03	1200m:	18:44.81	47.11			

Programmanr. 4 21/1/24 - 13:45

Dames, 1500m vrije slag

veteranen 30
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Van den Bergh Quittry	93	ZVM	22:13.33	24:30.00							
50m:	38.74	38.74	450m:	6:36.96	45.83	850m:	12:38.31	45.00	1250m:	18:35.69	44.96
100m:	1:21.40	42.66	500m:	7:22.28	45.32	900m:	13:22.66	44.35	1300m:	19:21.07	45.38
150m:	2:05.73	44.33	550m:	8:08.35	46.07	950m:	14:07.67	45.01	1350m:	20:05.85	44.78
200m:	2:50.06	44.33	600m:	8:53.52	45.17	1000m:	14:51.98	44.31	1400m:	20:49.86	44.01
250m:	3:34.77	44.71	650m:	9:38.84	45.32	1050m:	15:36.07	44.09	1450m:	21:33.15	43.29
300m:	4:20.19	45.42	700m:	10:24.26	45.42	1100m:	16:20.99	44.92	1500m:	22:13.33	40.18
350m:	5:05.39	45.20	750m:	11:08.82	44.56	1150m:	17:06.26	45.27			
400m:	5:51.13	45.74	800m:	11:53.31	44.49	1200m:	17:50.73	44.47			

Programmanr. 4, 1500m vrije slag

Programmanr. 4
21/1/24 - 13:45

Dames, 1500m vrije slag

veteranen 25
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. De Pue Ine	99		VZSA	21:10.96	22:20.75						
50m:	34.75	34.75	450m:	6:10.97	43.07	850m:	11:54.97	43.10	1250m:	17:38.94	42.89
100m:	1:14.58	39.83	500m:	6:53.79	42.82	900m:	12:38.08	43.11	1300m:	18:22.00	43.06
150m:	1:55.65	41.07	550m:	7:36.75	42.96	950m:	13:21.33	43.25	1350m:	19:04.65	42.65
200m:	2:37.44	41.79	600m:	8:19.83	43.08	1000m:	14:03.90	42.57	1400m:	19:47.50	42.85
250m:	3:19.40	41.96	650m:	9:03.05	43.22	1050m:	14:46.90	43.00	1450m:	20:30.33	42.83
300m:	4:02.22	42.82	700m:	9:46.05	43.00	1100m:	15:29.75	42.85	1500m:	21:10.96	40.63
350m:	4:44.87	42.65	750m:	10:28.87	42.82	1150m:	16:12.75	43.00			
400m:	5:27.90	43.03	800m:	11:11.87	43.00	1200m:	16:56.05	43.30			

Programmanr. 4
21/1/24 - 13:45

Meisjes, 1500m vrije slag

pupillen
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Demoutiez Elise	06		COK	25:12.63	25:30.00						
50m:	40.98	40.98	450m:	7:13.76	50.51	850m:	14:01.99	51.76	1250m:	20:58.36	52.62
100m:	1:27.12	46.14	500m:	8:04.27	50.51	900m:	14:53.79	51.80	1300m:	21:51.66	53.30
150m:	2:14.48	47.36	550m:	8:55.31	51.04	950m:	15:45.54	51.75	1350m:	22:44.44	52.78
200m:	3:03.10	48.62	600m:	9:46.10	50.79	1000m:	16:37.40	51.86	1400m:	23:36.85	52.41
250m:	3:52.47	49.37	650m:	10:36.84	50.74	1050m:	17:28.82	51.42	1450m:	24:29.58	52.73
300m:	4:42.72	50.25	700m:	11:27.87	51.03	1100m:	18:20.99	52.17	1500m:	25:12.63	43.05
350m:	5:32.43	49.71	750m:	12:18.72	50.85	1150m:	19:13.93	52.94			
400m:	6:23.25	50.82	800m:	13:10.23	51.51	1200m:	20:05.74	51.81			

Programmanr. 4
21/1/24 - 13:45

Meisjes, 1500m vrije slag

kadetten
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Loncke Noor	08		VZO	20:15.32	22:42.98						
50m:	34.21	34.21	450m:	5:47.73	41.10	850m:	11:17.81	40.93	1250m:	16:48.16	41.38
100m:	1:10.65	36.44	500m:	6:29.32	41.59	900m:	11:59.06	41.25	1300m:	17:30.47	42.31
150m:	1:48.40	37.75	550m:	7:10.57	41.25	950m:	12:40.65	41.59	1350m:	18:12.16	41.69
200m:	2:27.28	38.88	600m:	7:51.44	40.87	1000m:	13:21.41	40.76	1400m:	18:53.61	41.45
250m:	3:06.51	39.23	650m:	8:32.18	40.74	1050m:	14:02.45	41.04	1450m:	19:34.51	40.90
300m:	3:46.32	39.81	700m:	9:13.09	40.91	1100m:	14:43.71	41.26	1500m:	20:15.32	40.81
350m:	4:26.29	39.97	750m:	9:55.22	42.13	1150m:	15:23.84	40.13			
400m:	5:06.63	40.34	800m:	10:36.88	41.66	1200m:	16:06.78	42.94			
2. Huygh Marieke	09		VZN	22:53.30	NT						
50m:	39.33	39.33	450m:	6:48.97	47.06	850m:	13:03.43	46.29	1250m:	19:12.38	45.23
100m:	1:24.46	45.13	500m:	7:36.01	47.04	900m:	13:50.23	46.80	1300m:	19:58.38	46.00
150m:	2:09.80	45.34	550m:	8:22.21	46.20	950m:	14:37.37	47.14	1350m:	20:43.47	45.09
200m:	2:55.95	46.15	600m:	9:09.09	46.88	1000m:	15:23.85	46.48	1400m:	21:29.51	46.04
250m:	3:41.99	46.04	650m:	9:56.52	47.43	1050m:	16:09.24	45.39	1450m:	22:14.18	44.67
300m:	4:28.25	46.26	700m:	10:43.74	47.22	1100m:	16:55.61	46.37	1500m:	22:53.30	39.12
350m:	5:15.13	46.88	750m:	11:30.45	46.71	1150m:	17:41.38	45.77			
400m:	6:01.91	46.78	800m:	12:17.14	46.69	1200m:	18:27.15	45.77			
3. Vermote Noor	09		VZN	23:28.43	NT						
50m:	40.50	40.50	450m:	6:55.31	48.00	850m:	13:21.78	47.92	1250m:	19:44.81	47.77
100m:	1:25.03	44.53	500m:	7:44.15	48.84	900m:	14:10.78	49.00	1300m:	20:31.81	47.00
150m:	2:10.53	45.50	550m:	8:32.53	48.38	950m:	14:59.04	48.26	1350m:	21:18.28	46.47
200m:	2:57.28	46.75	600m:	9:20.89	48.36	1000m:	15:47.53	48.49	1400m:	22:06.28	48.00
250m:	3:44.86	47.58	650m:	10:08.53	47.64	1050m:	16:34.28	46.75	1450m:	22:49.81	43.53
300m:	4:32.04	47.18	700m:	10:56.93	48.40	1100m:	17:21.81	47.53	1500m:	23:28.43	38.62
350m:	5:19.53	47.49	750m:	11:45.53	48.60	1150m:	18:08.78	46.97			
400m:	6:07.31	47.78	800m:	12:33.86	48.33	1200m:	18:57.04	48.26			

Programmanr. 4, Meisjes, 1500m vrije slag, kadetten

Rang	Geb.		Tijd	ins. tijd	RT			
4. Bertier Many	08	VZN	24:13.28	NT				
50m:	43.58	43.58	450m: 7:09.86	48.66	850m: 13:45.84	48.94	1250m: 20:17.65	49.52
100m:	1:30.02	46.44	500m: 7:59.67	49.81	900m: 14:35.74	49.90	1300m: 21:06.10	48.45
150m:	2:17.71	47.69	550m: 8:49.07	49.40	950m: 15:25.22	49.48	1350m: 21:53.78	47.68
200m:	3:05.76	48.05	600m: 9:38.85	49.78	1000m: 16:13.74	48.52	1400m: 22:39.33	45.55
250m:	3:54.61	48.85	650m: 10:28.79	49.94	1050m: 17:01.70	47.96	1450m: 23:24.06	44.73
300m:	4:43.44	48.83	700m: 11:18.30	49.51	1100m: 17:51.10	49.40	1500m: 24:13.28	49.22
350m:	5:32.46	49.02	750m: 12:06.91	48.61	1150m: 18:40.67	49.57		
400m:	6:21.20	48.74	800m: 12:56.90	49.99	1200m: 19:28.13	47.46		

Programmanr. 4 Meisjes, 1500m vrije slag miniemen Resultaten

21/1/24 - 13:45

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT
OTL Schietse Victoria	11	COK		NT	

Programmanr. 4 Dames, 1500m vrije slag algemeen Resultaten

21/1/24 - 13:45

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT			
1. Loncke Noor	08	VZO	20:15.32	22:42.98				
50m:	34.21	34.21	450m: 5:47.73	41.10	850m: 11:17.81	40.93	1250m: 16:48.16	41.38
100m:	1:10.65	36.44	500m: 6:29.32	41.59	900m: 11:59.06	41.25	1300m: 17:30.47	42.31
150m:	1:48.40	37.75	550m: 7:10.57	41.25	950m: 12:40.65	41.59	1350m: 18:12.16	41.69
200m:	2:27.28	38.88	600m: 7:51.44	40.87	1000m: 13:21.41	40.76	1400m: 18:53.61	41.45
250m:	3:06.51	39.23	650m: 8:32.18	40.74	1050m: 14:02.45	41.04	1450m: 19:34.51	40.90
300m:	3:46.32	39.81	700m: 9:13.09	40.91	1100m: 14:43.71	41.26	1500m: 20:15.32	40.81
350m:	4:26.29	39.97	750m: 9:55.22	42.13	1150m: 15:23.84	40.13		
400m:	5:06.63	40.34	800m: 10:36.88	41.66	1200m: 16:06.78	42.94		
2. De Pue Ine	99	VZSA	21:10.96	22:20.75				
50m:	34.75	34.75	450m: 6:10.97	43.07	850m: 11:54.97	43.10	1250m: 17:38.94	42.89
100m:	1:14.58	39.83	500m: 6:53.79	42.82	900m: 12:38.08	43.11	1300m: 18:22.00	43.06
150m:	1:55.65	41.07	550m: 7:36.75	42.96	950m: 13:21.33	43.25	1350m: 19:04.65	42.65
200m:	2:37.44	41.79	600m: 8:19.83	43.08	1000m: 14:03.90	42.57	1400m: 19:47.50	42.85
250m:	3:19.40	41.96	650m: 9:03.05	43.22	1050m: 14:46.90	43.00	1450m: 20:30.33	42.83
300m:	4:02.22	42.82	700m: 9:46.05	43.00	1100m: 15:29.75	42.85	1500m: 21:10.96	40.63
350m:	4:44.87	42.65	750m: 10:28.87	42.82	1150m: 16:12.75	43.00		
400m:	5:27.90	43.03	800m: 11:11.87	43.00	1200m: 16:56.05	43.30		
3. Van den Bergh Quittry	93	ZVM	22:13.33	24:30.00				
50m:	38.74	38.74	450m: 6:36.96	45.83	850m: 12:38.31	45.00	1250m: 18:35.69	44.96
100m:	1:21.40	42.66	500m: 7:22.28	45.32	900m: 13:22.66	44.35	1300m: 19:21.07	45.38
150m:	2:05.73	44.33	550m: 8:08.35	46.07	950m: 14:07.67	45.01	1350m: 20:05.85	44.78
200m:	2:50.06	44.33	600m: 8:53.52	45.17	1000m: 14:51.98	44.31	1400m: 20:49.86	44.01
250m:	3:34.77	44.71	650m: 9:38.84	45.32	1050m: 15:36.07	44.09	1450m: 21:33.15	43.29
300m:	4:20.19	45.42	700m: 10:24.26	45.42	1100m: 16:20.99	44.92	1500m: 22:13.33	40.18
350m:	5:05.39	45.20	750m: 11:08.82	44.56	1150m: 17:06.26	45.27		
400m:	5:51.13	45.74	800m: 11:53.31	44.49	1200m: 17:50.73	44.47		
4. Huygh Marieke	09	VZN	22:53.30	NT				
50m:	39.33	39.33	450m: 6:48.97	47.06	850m: 13:03.43	46.29	1250m: 19:12.38	45.23
100m:	1:24.46	45.13	500m: 7:36.01	47.04	900m: 13:50.23	46.80	1300m: 19:58.38	46.00
150m:	2:09.80	45.34	550m: 8:22.21	46.20	950m: 14:37.37	47.14	1350m: 20:43.47	45.09
200m:	2:55.95	46.15	600m: 9:09.09	46.88	1000m: 15:23.85	46.48	1400m: 21:29.51	46.04
250m:	3:41.99	46.04	650m: 9:56.52	47.43	1050m: 16:09.24	45.39	1450m: 22:14.18	44.67
300m:	4:28.25	46.26	700m: 10:43.74	47.22	1100m: 16:55.61	46.37	1500m: 22:53.30	39.12
350m:	5:15.13	46.88	750m: 11:30.45	46.71	1150m: 17:41.38	45.77		
400m:	6:01.91	46.78	800m: 12:17.14	46.69	1200m: 18:27.15	45.77		

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

Rang	Geb.		Tijd	ins. tijd	RT			
5. Vandaele Tineke	75	ZIB	23:22.09	NT				
50m:	40.21	40.21	450m: 6:56.65	47.13	850m: 13:14.10	47.25	1250m: 19:31.75	46.94
100m:	1:25.46	45.25	500m: 7:43.72	47.07	900m: 14:01.81	47.71	1300m: 20:19.25	47.50
150m:	2:12.25	46.79	550m: 8:31.13	47.41	950m: 14:49.39	47.58	1350m: 21:06.02	46.77
200m:	2:59.28	47.03	600m: 9:18.30	47.17	1000m: 15:36.19	46.80	1400m: 21:53.68	47.66
250m:	3:46.54	47.26	650m: 10:05.59	47.29	1050m: 16:23.10	46.91	1450m: 22:39.74	46.06
300m:	4:34.05	47.51	700m: 10:52.85	47.26	1100m: 17:10.35	47.25	1500m: 23:22.09	42.35
350m:	5:22.01	47.96	750m: 11:39.82	46.97	1150m: 17:57.70	47.35		
400m:	6:09.52	47.51	800m: 12:26.85	47.03	1200m: 18:44.81	47.11		
6. Vermote Noor	09	VZN	23:28.43	NT				
50m:	40.50	40.50	450m: 6:55.31	48.00	850m: 13:21.78	47.92	1250m: 19:44.81	47.77
100m:	1:25.03	44.53	500m: 7:44.15	48.84	900m: 14:10.78	49.00	1300m: 20:31.81	47.00
150m:	2:10.53	45.50	550m: 8:32.53	48.38	950m: 14:59.04	48.26	1350m: 21:18.28	46.47
200m:	2:57.28	46.75	600m: 9:20.89	48.36	1000m: 15:47.53	48.49	1400m: 22:06.28	48.00
250m:	3:44.86	47.58	650m: 10:08.53	47.64	1050m: 16:34.28	46.75	1450m: 22:49.81	43.53
300m:	4:32.04	47.18	700m: 10:56.93	48.40	1100m: 17:21.81	47.53	1500m: 23:28.43	38.62
350m:	5:19.53	47.49	750m: 11:45.53	48.60	1150m: 18:08.78	46.97		
400m:	6:07.31	47.78	800m: 12:33.86	48.33	1200m: 18:57.04	48.26		
7. Bertier Imany	08	VZN	24:13.28	NT				
50m:	43.58	43.58	450m: 7:09.86	48.66	850m: 13:45.84	48.94	1250m: 20:17.65	49.52
100m:	1:30.02	46.44	500m: 7:59.67	49.81	900m: 14:35.74	49.90	1300m: 21:06.10	48.45
150m:	2:17.71	47.69	550m: 8:49.07	49.40	950m: 15:25.22	49.48	1350m: 21:53.78	47.68
200m:	3:05.76	48.05	600m: 9:38.85	49.78	1000m: 16:13.74	48.52	1400m: 22:39.33	45.55
250m:	3:54.61	48.85	650m: 10:28.79	49.94	1050m: 17:01.70	47.96	1450m: 23:24.06	44.73
300m:	4:43.44	48.83	700m: 11:18.30	49.51	1100m: 17:51.10	49.40	1500m: 24:13.28	49.22
350m:	5:32.46	49.02	750m: 12:06.91	48.61	1150m: 18:40.67	49.57		
400m:	6:21.20	48.74	800m: 12:56.90	49.99	1200m: 19:28.13	47.46		
8. Demoutiez Elise	06	COK	25:12.63	25:30.00				
50m:	40.98	40.98	450m: 7:13.76	50.51	850m: 14:01.99	51.76	1250m: 20:58.36	52.62
100m:	1:27.12	46.14	500m: 8:04.27	50.51	900m: 14:53.79	51.80	1300m: 21:51.66	53.30
150m:	2:14.48	47.36	550m: 8:55.31	51.04	950m: 15:45.54	51.75	1350m: 22:44.44	52.78
200m:	3:03.10	48.62	600m: 9:46.10	50.79	1000m: 16:37.40	51.86	1400m: 23:36.85	52.41
250m:	3:52.47	49.37	650m: 10:36.84	50.74	1050m: 17:28.82	51.42	1450m: 24:29.58	52.73
300m:	4:42.72	50.25	700m: 11:27.87	51.03	1100m: 18:20.99	52.17	1500m: 25:12.63	43.05
350m:	5:32.43	49.71	750m: 12:18.72	50.85	1150m: 19:13.93	52.94		
400m:	6:23.25	50.82	800m: 13:10.23	51.51	1200m: 20:05.74	51.81		
OTL Schietse Victoria	11	COK			NT			

Programmanr. 4
21/1/24 - 13:45

Heren, 1500m vrije slag

veteranen 60
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT			
1. Caestecker Wilfried	61	VZSA	28:02.56	NT				
50m:	44.24	44.24	450m: 7:59.24	56.93	850m: 15:37.66	57.10	1250m: 23:14.89	58.57
100m:	1:33.40	49.16	500m: 8:56.59	57.35	900m: 16:34.72	57.06	1300m: 24:11.70	56.81
150m:	2:25.65	52.25	550m: 9:53.27	56.68	950m: 17:31.51	56.79	1350m: 25:07.12	55.42
200m:	3:19.39	53.74	600m: 10:51.67	58.40	1000m: 18:28.20	56.69	1400m: 26:05.79	58.67
250m:	4:13.75	54.36	650m: 11:48.29	56.62	1050m: 19:25.52	57.32	1450m: 27:03.12	57.33
300m:	5:09.21	55.46	700m: 12:46.72	58.43	1100m: 20:23.30	57.78	1500m: 28:02.56	59.44
350m:	6:05.60	56.39	750m: 13:43.27	56.55	1150m: 21:19.88	56.58		
400m:	7:02.31	56.71	800m: 14:40.56	57.29	1200m: 22:16.32	56.44		

Programmanr. 4, 1500m vrije slag

Programmanr. 4
21/1/24 - 13:45

Heren, 1500m vrije slag

veteranen 55
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Deschamps Léo	69	CNMR	23:54.21	23:00.00							
50m:	43.29	43.29	450m:	7:09.22	47.90	850m:	13:33.13	47.97	1250m:	19:57.51	48.02
100m:	1:31.14	47.85	500m:	7:57.35	48.13	900m:	14:21.19	48.06	1300m:	20:45.62	48.11
150m:	2:20.09	48.95	550m:	8:45.27	47.92	950m:	15:09.37	48.18	1350m:	21:33.67	48.05
200m:	3:08.68	48.59	600m:	9:33.29	48.02	1000m:	15:57.43	48.06	1400m:	22:21.72	48.05
250m:	3:57.27	48.59	650m:	10:21.41	48.12	1050m:	16:45.33	47.90	1450m:	23:09.61	47.89
300m:	4:45.38	48.11	700m:	11:09.02	47.61	1100m:	17:33.48	48.15	1500m:	23:54.21	44.60
350m:	5:33.48	48.10	750m:	11:57.25	48.23	1150m:	18:21.47	47.99			
400m:	6:21.32	47.84	800m:	12:45.16	47.91	1200m:	19:09.49	48.02			

Programmanr. 4
21/1/24 - 13:45

Heren, 1500m vrije slag

veteranen 45
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Eeckhout Jef	79	DELFF	21:41.23	22:44.94							
50m:	37.99	37.99	450m:	6:31.42	44.67	850m:	12:24.12	43.80	1250m:	18:10.61	43.64
100m:	1:21.14	43.15	500m:	7:15.70	44.28	900m:	13:07.88	43.76	1300m:	18:53.99	43.38
150m:	2:05.29	44.15	550m:	7:59.96	44.26	950m:	13:51.20	43.32	1350m:	19:37.12	43.13
200m:	2:49.27	43.98	600m:	8:44.15	44.19	1000m:	14:34.59	43.39	1400m:	20:19.81	42.69
250m:	3:33.66	44.39	650m:	9:28.05	43.90	1050m:	15:17.90	43.31	1450m:	21:01.61	41.80
300m:	4:18.18	44.52	700m:	10:12.25	44.20	1100m:	16:01.40	43.50	1500m:	21:41.23	39.62
350m:	5:02.44	44.26	750m:	10:56.47	44.22	1150m:	16:44.20	42.80			
400m:	5:46.75	44.31	800m:	11:40.32	43.85	1200m:	17:26.97	42.77			

Programmanr. 4
21/1/24 - 13:45

Heren, 1500m vrije slag

veteranen 25
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Paredis Robbe	98	VZSA	21:35.52	22:54.01							
50m:	37.10	37.10	450m:	6:19.96	43.79	850m:	12:06.52	43.63	1250m:	17:57.42	45.30
100m:	1:18.00	40.90	500m:	7:03.18	43.22	900m:	12:49.29	42.77	1300m:	18:41.06	43.64
150m:	1:59.92	41.92	550m:	7:46.25	43.07	950m:	13:32.24	42.95	1350m:	19:25.49	44.43
200m:	2:42.78	42.86	600m:	8:29.39	43.14	1000m:	14:16.54	44.30	1400m:	20:09.32	43.83
250m:	3:25.95	43.17	650m:	9:12.98	43.59	1050m:	15:00.17	43.63	1450m:	20:53.43	44.11
300m:	4:09.48	43.53	700m:	9:56.43	43.45	1100m:	15:43.62	43.45	1500m:	21:35.52	42.09
350m:	4:53.12	43.64	750m:	10:39.73	43.30	1150m:	16:28.23	44.61			
400m:	5:36.17	43.05	800m:	11:22.89	43.16	1200m:	17:12.12	43.89			

Programmanr. 4
21/1/24 - 13:45

Heren, 1500m vrije slag

senioren
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Mortal Alexander	04	BZV	22:23.69	24:24.87							
50m:	35.59	35.59	450m:	6:29.00	46.55	850m:	12:39.89	45.07	1250m:	18:44.14	45.37
100m:	1:16.11	40.52	500m:	7:15.48	46.48	900m:	13:25.43	45.54	1300m:	19:30.77	46.63
150m:	1:58.15	42.04	550m:	8:02.27	46.79	950m:	14:10.69	45.26	1350m:	20:16.83	46.06
200m:	2:41.42	43.27	600m:	8:49.31	47.04	1000m:	14:56.42	45.73	1400m:	21:02.61	45.78
250m:	3:25.55	44.13	650m:	9:36.52	47.21	1050m:	15:41.53	45.11	1450m:	21:47.26	44.65
300m:	4:11.06	45.51	700m:	10:21.88	45.36	1100m:	16:26.79	45.26	1500m:	22:23.69	36.43
350m:	4:56.43	45.37	750m:	11:09.17	47.29	1150m:	17:12.24	45.45			
400m:	5:42.45	46.02	800m:	11:54.82	45.65	1200m:	17:58.77	46.53			

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

Rang	Geb.		Tijd	ins. tijd	RT				
2. Moeyaert Rochney	01	VZN	22:49.94	22:43.35					
50m:	37.16	37.16	450m: 6:40.30	46.77	850m: 12:53.32	46.29	1250m: 19:04.70	45.53	
100m:	1:19.47	42.31	500m: 7:26.77	46.47	900m: 13:40.41	47.09	1300m: 19:51.01	46.31	
150m:	2:02.98	43.51	550m: 8:13.34	46.57	950m: 14:26.70	46.29	1350m: 20:37.97	46.96	
200m:	2:47.71	44.73	600m: 8:59.75	46.41	1000m: 15:13.07	46.37	1400m: 21:23.81	45.84	
250m:	3:33.34	45.63	650m: 9:46.48	46.73	1050m: 15:59.87	46.80	1450m: 22:09.98	46.17	
300m:	4:19.87	46.53	700m: 10:33.55	47.07	1100m: 16:45.25	45.38	1500m: 22:49.94	39.96	
350m:	5:06.70	46.83	750m: 11:19.84	46.29	1150m: 17:32.62	47.37			
400m:	5:53.53	46.83	800m: 12:07.03	47.19	1200m: 18:19.17	46.55			
3. Saelens Janek	05	VZSA	23:18.77	25:00.00					
50m:	36.15	36.15	450m: 6:45.00	47.92	850m: 13:06.93	47.43	1250m: 19:29.50	49.47	
100m:	18.78		500m: 7:32.72	47.72	900m: 13:55.75	48.82	1300m: 20:16.97	47.47	
150m:	2:03.78	1:45.00	550m: 8:20.50	47.78	950m: 14:43.75	48.00	1350m: 21:05.75	48.78	
200m:	2:49.25	45.47	600m: 9:07.65	47.15	1000m: 15:31.15	47.40	1400m: 21:54.40	48.65	
250m:	3:34.40	45.15	650m: 9:55.61	47.96	1050m: 16:18.36	47.21	1450m: 22:42.53	48.13	
300m:	4:21.53	47.13	700m: 10:43.72	48.11	1100m: 17:05.58	47.22	1500m: 23:18.77	36.24	
350m:	5:09.50	47.97	750m: 11:31.78	48.06	1150m: 17:52.08	46.50			
400m:	5:57.08	47.58	800m: 12:19.50	47.72	1200m: 18:40.03	47.95			

Programmanr. 4
21/1/24 - 13:45

Jongens, 1500m vrije slag

pupillen
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT				
1. De Vos Maarten	06	VZG	18:06.25	18:56.37					
50m:	32.31	32.31	450m: 5:18.44	36.57	850m: 10:11.59	36.78	1250m: 15:05.19	36.78	
100m:	1:06.81	34.50	500m: 5:55.02	36.58	900m: 10:48.16	36.57	1300m: 15:41.59	36.40	
150m:	1:42.19	35.38	550m: 6:31.63	36.61	950m: 11:24.84	36.68	1350m: 16:18.16	36.57	
200m:	2:17.66	35.47	600m: 7:08.31	36.68	1000m: 12:01.56	36.72	1400m: 16:55.09	36.93	
250m:	2:53.66	36.00	650m: 7:44.84	36.53	1050m: 12:38.26	36.70	1450m: 17:31.66	36.57	
300m:	3:29.44	35.78	700m: 8:21.63	36.79	1100m: 13:14.91	36.65	1500m: 18:06.25	34.59	
350m:	4:05.66	36.22	750m: 8:58.41	36.78	1150m: 13:51.69	36.78			
400m:	4:41.87	36.21	800m: 9:34.81	36.40	1200m: 14:28.41	36.72			
2. Dibiani Ahmed	07	CNMR	24:24.95	23:30.00					
50m:	38.67	38.67	450m: 7:04.14	48.61	850m: 13:41.25	49.00	1250m: 20:21.50	49.71	
100m:	1:24.10	45.43	500m: 7:54.27	50.13	900m: 14:31.56	50.31	1300m: 21:13.13	51.63	
150m:	2:10.76	46.66	550m: 8:43.74	49.47	950m: 15:21.52	49.96	1350m: 22:04.59	51.46	
200m:	2:59.06	48.30	600m: 9:32.98	49.24	1000m: 16:10.85	49.33	1400m: 22:52.34	47.75	
250m:	3:47.39	48.33	650m: 10:21.27	48.29	1050m: 17:01.80	50.95	1450m: 23:42.40	50.06	
300m:	4:37.09	49.70	700m: 11:10.32	49.05	1100m: 17:51.27	49.47	1500m: 24:24.95	42.55	
350m:	5:25.91	48.82	750m: 12:01.56	51.24	1150m: 18:40.98	49.71			
400m:	6:15.53	49.62	800m: 12:52.25	50.69	1200m: 19:31.79	50.81			

Programmanr. 4
21/1/24 - 13:45

Jongens, 1500m vrije slag

kadetten
Resultaten

open open: 27.00

Rang	Geb.		Tijd	ins. tijd	RT				
1. Dumon Tiebert	08	ZIB	18:51.65	20:00.00					
50m:	33.42	33.42	450m: 5:35.11	38.45	850m: 10:42.23	37.38	1250m: 15:45.13	38.35	
100m:	1:10.03	36.61	500m: 6:13.89	38.78	900m: 11:20.69	38.46	1300m: 16:22.26	37.13	
150m:	1:47.28	37.25	550m: 6:52.26	38.37	950m: 11:58.07	37.38	1350m: 17:00.64	38.38	
200m:	2:25.03	37.75	600m: 7:30.82	38.56	1000m: 12:36.73	38.66	1400m: 17:39.16	38.52	
250m:	3:02.51	37.48	650m: 8:09.61	38.79	1050m: 13:14.35	37.62	1450m: 18:16.20	37.04	
300m:	3:40.56	38.05	700m: 8:47.30	37.69	1100m: 13:51.28	36.93	1500m: 18:51.65	35.45	
350m:	4:18.54	37.98	750m: 9:26.08	38.78	1150m: 14:28.31	37.03			
400m:	4:56.66	38.12	800m: 10:04.85	38.77	1200m: 15:06.78	38.47			

Programmanr. 4, Jongens, 1500m vrije slag, kadetten

Rang	Geb.	Tijd	ins. tijd	RT				
2. Duprez Zane	08	VZN	19:44.59	NT				
50m:	35.29	35.29	450m: 5:54.45	40.82	850m: 11:13.41	40.62	1250m: 16:32.58	39.50
100m:	1:14.66	39.37	500m: 6:33.85	39.40	900m: 11:54.23	40.82	1300m: 17:13.04	40.46
150m:	1:54.85	40.19	550m: 7:13.84	39.99	950m: 12:34.86	40.63	1350m: 17:52.67	39.63
200m:	2:34.23	39.38	600m: 7:53.48	39.64	1000m: 13:15.28	40.42	1400m: 18:32.73	40.06
250m:	3:13.34	39.11	650m: 8:33.02	39.54	1050m: 13:54.34	39.06	1450m: 19:12.42	39.69
300m:	3:53.43	40.09	700m: 9:12.73	39.71	1100m: 14:34.09	39.75	1500m: 19:44.59	32.17
350m:	4:33.91	40.48	750m: 9:52.98	40.25	1150m: 15:13.13	39.04		
400m:	5:13.63	39.72	800m: 10:32.79	39.81	1200m: 15:53.08	39.95		
3. Van Reybrouck Thore	08	ZIB	19:46.99	21:09.93				
50m:	33.44	33.44	450m: 5:46.45	39.69	850m: 11:13.24	41.60	1250m: 16:36.06	39.30
100m:	1:10.26	36.82	500m: 6:27.35	40.90	900m: 11:54.35	41.11	1300m: 17:14.63	38.57
150m:	1:48.49	38.23	550m: 7:08.26	40.91	950m: 12:35.08	40.73	1350m: 17:54.76	40.13
200m:	2:27.27	38.78	600m: 7:48.68	40.42	1000m: 13:16.21	41.13	1400m: 18:33.15	38.39
250m:	3:07.13	39.86	650m: 8:30.47	41.79	1050m: 13:57.23	41.02	1450m: 19:12.34	39.19
300m:	3:46.95	39.82	700m: 9:11.06	40.59	1100m: 14:37.10	39.87	1500m: 19:46.99	34.65
350m:	4:26.93	39.98	750m: 9:50.87	39.81	1150m: 15:17.38	40.28		
400m:	5:06.76	39.83	800m: 10:31.64	40.77	1200m: 15:56.76	39.38		
4. D'Heere Rémi	09	VZN	19:47.07	22:02.19				
50m:	33.14	33.14	450m: 5:49.00	40.04	850m: 11:16.29	40.41	1250m: 16:35.85	39.77
100m:	1:10.69	37.55	500m: 6:29.49	40.49	900m: 11:57.98	41.69	1300m: 17:14.89	39.04
150m:	1:49.83	39.14	550m: 7:11.58	42.09	950m: 12:37.46	39.48	1350m: 17:53.66	38.77
200m:	2:28.43	38.60	600m: 7:52.27	40.69	1000m: 13:18.88	41.42	1400m: 18:33.56	39.90
250m:	3:08.21	39.78	650m: 8:32.76	40.49	1050m: 13:57.73	38.85	1450m: 19:11.88	38.32
300m:	3:48.05	39.82	700m: 9:13.58	40.82	1100m: 14:36.86	39.13	1500m: 19:47.07	35.19
350m:	4:28.69	1:40.64	750m: 9:55.26	41.68	1150m: 15:16.39	39.53		
400m:	5:08.96	40.27	800m: 10:35.88	40.62	1200m: 15:56.08	39.69		
5. Devos Noah	08	VZT	19:52.47	22:00.00				
50m:	33.85	33.85	450m: 5:47.54	39.28	850m: 11:12.62	40.58	1250m: 16:38.12	40.30
100m:	1:10.99	37.14	500m: 6:28.71	41.17	900m: 11:53.51	40.89	1300m: 17:17.34	39.22
150m:	1:49.03	38.04	550m: 7:09.17	40.46	950m: 12:34.85	41.34	1350m: 17:57.29	39.95
200m:	2:28.14	39.11	600m: 7:49.60	40.43	1000m: 13:16.53	41.68	1400m: 18:36.87	39.58
250m:	3:07.72	39.58	650m: 8:30.65	41.05	1050m: 16:56.65	3:40.12	1450m: 19:15.91	39.04
300m:	3:47.60	39.88	700m: 9:11.18	40.53	1100m: 14:38.25		1500m: 19:52.47	36.56
350m:	4:27.58	39.98	750m: 9:50.45	39.27	1150m: 15:18.21	39.96		
400m:	5:08.26	40.68	800m: 10:32.04	41.59	1200m: 15:57.82	39.61		
6. Rommens Timo	08	VZN	22:08.43	NT				
50m:	39.37	39.37	450m: 6:33.99	44.48	850m: 12:23.21	34.04	1250m: 18:35.23	45.16
100m:	1:23.17	43.80	500m: 7:19.12	45.13	900m: 13:19.30	56.09	1300m: 19:20.30	45.07
150m:	2:07.48	44.31	550m: 8:04.89	45.77	950m: 14:04.52	45.22	1350m: 20:04.54	44.24
200m:	2:52.01	44.53	600m: 8:50.50	45.61	1000m: 14:49.94	45.42	1400m: 20:48.73	44.19
250m:	3:36.38	44.37	650m: 9:35.07	44.57	1050m: 15:35.03	45.09	1450m: 21:31.26	42.53
300m:	4:20.88	44.50	700m: 10:19.84	44.77	1100m: 16:19.51	44.48	1500m: 22:08.43	37.17
350m:	5:05.26	44.38	750m: 11:04.75	44.91	1150m: 17:05.08	45.57		
400m:	5:49.51	44.25	800m: 11:49.17	44.42	1200m: 17:50.07	44.99		
7. Organai Cascon Matteo	08	CNMR	22:14.98	21:30.00				
50m:	35.70	35.70	450m: 6:29.59	45.42	850m: 12:37.91	44.80	1250m: 18:37.55	44.73
100m:	1:16.25	40.55	500m: 7:16.80	47.21	900m: 13:21.34	43.43	1300m: 19:21.76	44.21
150m:	1:59.04	42.79	550m: 8:02.58	45.78	950m: 14:06.55	45.21	1350m: 20:06.05	44.29
200m:	2:43.63	44.59	600m: 8:49.84	47.26	1000m: 14:51.09	44.54	1400m: 20:50.31	44.26
250m:	3:29.02	45.39	650m: 9:35.20	45.36	1050m: 15:37.54	46.45	1450m: 21:34.79	44.48
300m:	4:13.96	44.94	700m: 10:20.91	45.71	1100m: 16:22.55	45.01	1500m: 22:14.98	40.19
350m:	4:58.65	44.69	750m: 11:07.16	46.25	1150m: 17:07.73	45.18		
400m:	5:44.17	45.52	800m: 11:53.11	45.95	1200m: 17:52.82	45.09		
8. Daele Liam	08	VZO	22:25.77	24:49.50				
50m:	37.35	37.35	450m: 6:35.67	45.72	850m: 12:39.69	44.42	1250m: 18:43.69	46.31
100m:	1:19.99	42.64	500m: 7:21.50	45.83	900m: 13:24.68	44.99	1300m: 19:30.21	46.52
150m:	2:04.20	44.21	550m: 8:07.53	46.03	950m: 14:09.72	45.04	1350m: 20:15.22	45.01
200m:	2:48.82	44.62	600m: 8:53.58	46.05	1000m: 14:54.96	45.24	1400m: 21:01.99	46.77
250m:	3:33.53	44.71	650m: 9:38.26	44.68	1050m: 15:39.27	44.31	1450m: 21:47.62	45.63
300m:	4:18.51	44.98	700m: 10:24.81	46.55	1100m: 16:25.68	46.41	1500m: 22:25.77	38.15
350m:	5:03.57	45.06	750m: 11:10.69	45.88	1150m: 17:11.17	45.49		
400m:	5:49.95	46.38	800m: 11:55.27	44.58	1200m: 17:57.38	46.21		

Programmanr. 4, Jongens, 1500m vrije slag, kadetten

Rang	Geb.	Tijd	ins. tijd	RT
9. Organai Cascon Lucca	09	CNMR	25:19.09	23:40.00
50m:	39.52	450m:	7:09.48	50.57
100m:	1:24.81	500m:	8:01.43	51.95
150m:	2:11.78	550m:	8:50.56	49.13
200m:	2:59.59	600m:	9:41.55	50.99
250m:	3:48.96	650m:	10:33.08	51.53
300m:	4:36.99	700m:	11:24.49	51.41
350m:	5:28.32	750m:	12:15.40	50.91
400m:	6:18.91	800m:	13:08.53	53.13
		850m:	14:02.96	54.43
		900m:	14:56.11	53.15
		950m:	15:51.50	55.39
		1000m:	16:43.53	52.03
		1050m:	17:39.12	55.59
		1100m:	18:32.93	53.81
		1150m:	19:25.70	52.77
		1200m:	20:23.17	57.47
		1250m:	21:15.44	52.27
		1300m:	22:01.65	46.21
		1350m:	22:50.96	49.31
		1400m:	23:38.95	47.99
		1450m:	24:28.58	49.63
		1500m:	25:19.09	50.51

Programmanr. 4
21/1/24 - 13:45

Jongens, 1500m vrije slag

miniemen
Resultaten

open open: 27.00

Rang	Geb.	Tijd	ins. tijd	RT
1. Maes Leon	10	VZN	24:17.58	NT
50m:	40.22	450m:	7:09.47	49.21
100m:	1:25.93	500m:	7:59.76	50.29
150m:	2:13.38	550m:	8:50.64	50.88
200m:	3:02.57	600m:	9:40.63	49.99
250m:	3:51.40	650m:	10:30.56	49.93
300m:	4:40.58	700m:	11:20.27	49.71
350m:	5:30.96	750m:	12:10.15	49.88
400m:	6:20.26	800m:	12:59.95	49.80
		850m:	13:50.41	50.46
		900m:	14:40.22	49.81
		950m:	15:30.76	50.54
		1000m:	16:20.82	50.06
		1050m:	17:09.81	48.99
		1100m:	17:59.42	49.61
		1150m:	18:48.50	49.08
		1200m:	19:37.61	49.11
		1250m:	20:26.71	49.10
		1300m:	21:15.05	48.34
		1350m:	22:04.08	49.03
		1400m:	22:51.49	47.41
		1450m:	23:36.34	44.85
		1500m:	24:17.58	41.24
2. Praet Kobe	10	VZN	24:18.29	NT
50m:	41.23	450m:	7:07.42	48.87
100m:	1:26.76	500m:	7:56.08	48.66
150m:	2:14.22	550m:	8:45.82	49.74
200m:	3:01.46	600m:	9:36.46	50.64
250m:	3:50.21	650m:	10:26.89	50.43
300m:	4:39.89	700m:	11:16.93	50.04
350m:	5:28.99	750m:	12:07.80	50.87
400m:	6:18.55	800m:	12:59.15	51.35
		850m:	13:49.43	50.28
		900m:	14:39.91	50.48
		950m:	15:31.68	51.77
		1000m:	16:22.34	50.66
		1050m:	17:12.93	50.59
		1100m:	18:03.16	50.23
		1150m:	18:52.48	49.32
		1200m:	19:42.97	50.49
		1250m:	20:30.87	47.90
		1300m:	21:20.43	49.56
		1350m:	22:07.51	47.08
		1400m:	22:56.06	48.55
		1450m:	23:42.49	46.43
		1500m:	24:18.29	35.80
3. Beltra Nunez Giampier	10	CNMR	25:15.94	23:10.00
50m:	38.69	450m:	6:59.62	49.86
100m:	1:22.72	500m:	7:55.94	56.32
150m:	2:08.76	550m:	8:50.51	54.57
200m:	2:56.22	600m:	9:45.41	54.90
250m:	3:43.72	650m:	10:35.79	50.38
300m:	4:29.69	700m:	11:29.51	53.72
350m:	5:20.44	750m:	12:17.05	47.54
400m:	6:09.76	800m:	13:13.19	56.14
		850m:	14:07.47	54.28
		900m:	15:00.34	52.87
		950m:	15:55.02	54.68
		1000m:	16:48.09	53.07
		1050m:	17:40.47	52.38
		1100m:	18:34.76	54.29
		1150m:	19:27.66	52.90
		1200m:	20:23.41	55.75
		1250m:	21:27.87	1:04.46
		1300m:	22:05.69	37.82
		1350m:	22:55.66	49.97
		1400m:	23:44.26	48.60
		1450m:	24:27.94	43.68
		1500m:	25:15.94	48.00
4. Caucheteux Robin	11	COK	25:42.63	25:00.00
50m:	40.14	450m:	7:21.79	51.77
100m:	1:26.24	500m:	8:14.01	52.22
150m:	2:15.39	550m:	9:05.88	51.87
200m:	3:05.49	600m:	9:57.55	51.67
250m:	3:56.59	650m:	10:48.97	51.42
300m:	4:47.02	700m:	11:40.81	51.84
350m:	5:37.91	750m:	12:33.50	52.69
400m:	6:30.02	800m:	13:26.34	52.84
		850m:	14:19.49	53.15
		900m:	15:12.74	53.25
		950m:	16:05.95	53.21
		1000m:	17:00.08	54.13
		1050m:	17:53.43	53.35
		1100m:	18:46.84	53.41
		1150m:	19:41.31	54.47
		1200m:	20:34.28	52.97
		1250m:	21:25.81	51.53
		1300m:	22:16.48	50.67
		1350m:	23:08.61	52.13
		1400m:	24:01.40	52.79
		1450m:	24:54.06	52.66
		1500m:	25:42.63	48.57
5. Organai Cascon Marko	11	CNMR	27:41.27	26:15.00
50m:	43.17	450m:	8:01.05	57.25
100m:	1:32.34	500m:	8:59.26	58.21
150m:	2:24.84	550m:	9:57.61	58.35
200m:	3:18.34	600m:	10:53.12	55.51
250m:	4:14.22	650m:	11:49.92	56.80
300m:	5:10.22	700m:	12:47.34	57.42
350m:	6:06.67	750m:	13:44.00	56.66
400m:	7:03.80	800m:	14:39.63	55.63
		850m:	15:39.37	59.74
		900m:	16:37.29	57.92
		950m:	17:33.10	55.81
		1000m:	18:31.90	58.80
		1050m:	19:29.02	57.12
		1100m:	20:27.76	58.74
		1150m:	21:27.25	59.49
		1200m:	22:22.67	55.42
		1250m:	23:20.67	58.00
		1300m:	24:15.70	55.03
		1350m:	25:12.76	57.06
		1400m:	26:04.23	51.47
		1450m:	26:54.87	50.64
		1500m:	27:41.27	46.40

Programmanr. 4, Jongens, 1500m vrije slag, miniemen

Rang	Geb.	Tijd	ins. tijd	RT
OTL Vienne Marius	10 COK		NT	

Programmanr. 4
21/1/24 - 13:45

Heren, 1500m vrije slag

algemeen
Resultaten

open open: 27.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. De Vos Maarten	06 VZG	18:06.25	18:56.37				
50m: 32.31	32.31	450m: 5:18.44	36.57	850m: 10:11.59	36.78	1250m: 15:05.19	36.78
100m: 1:06.81	34.50	500m: 5:55.02	36.58	900m: 10:48.16	36.57	1300m: 15:41.59	36.40
150m: 1:42.19	35.38	550m: 6:31.63	36.61	950m: 11:24.84	36.68	1350m: 16:18.16	36.57
200m: 2:17.66	35.47	600m: 7:08.31	36.68	1000m: 12:01.56	36.72	1400m: 16:55.09	36.93
250m: 2:53.66	36.00	650m: 7:44.84	36.53	1050m: 12:38.26	36.70	1450m: 17:31.66	36.57
300m: 3:29.44	35.78	700m: 8:21.63	36.79	1100m: 13:14.91	36.65	1500m: 18:06.25	34.59
350m: 4:05.66	36.22	750m: 8:58.41	36.78	1150m: 13:51.69	36.78		
400m: 4:41.87	36.21	800m: 9:34.81	36.40	1200m: 14:28.41	36.72		
2. Dumon Tiebert	08 ZIB	18:51.65	20:00.00				
50m: 33.42	33.42	450m: 5:35.11	38.45	850m: 10:42.23	37.38	1250m: 15:45.13	38.35
100m: 1:10.03	36.61	500m: 6:13.89	38.78	900m: 11:20.69	38.46	1300m: 16:22.26	37.13
150m: 1:47.28	37.25	550m: 6:52.26	38.37	950m: 11:58.07	37.38	1350m: 17:00.64	38.38
200m: 2:25.03	37.75	600m: 7:30.82	38.56	1000m: 12:36.73	38.66	1400m: 17:39.16	38.52
250m: 3:02.51	37.48	650m: 8:09.61	38.79	1050m: 13:14.35	37.62	1450m: 18:16.20	37.04
300m: 3:40.56	38.05	700m: 8:47.30	37.69	1100m: 13:51.28	36.93	1500m: 18:51.65	35.45
350m: 4:18.54	37.98	750m: 9:26.08	38.78	1150m: 14:28.31	37.03		
400m: 4:56.66	38.12	800m: 10:04.85	38.77	1200m: 15:06.78	38.47		
3. Duprez Zane	08 VZN	19:44.59	NT				
50m: 35.29	35.29	450m: 5:54.45	40.82	850m: 11:13.41	40.62	1250m: 16:32.58	39.50
100m: 1:14.66	39.37	500m: 6:33.85	39.40	900m: 11:54.23	40.82	1300m: 17:13.04	40.46
150m: 1:54.85	40.19	550m: 7:13.84	39.99	950m: 12:34.86	40.63	1350m: 17:52.67	39.63
200m: 2:34.23	39.38	600m: 7:53.48	39.64	1000m: 13:15.28	40.42	1400m: 18:32.73	40.06
250m: 3:13.34	39.11	650m: 8:33.02	39.54	1050m: 13:54.34	39.06	1450m: 19:12.42	39.69
300m: 3:53.43	40.09	700m: 9:12.73	39.71	1100m: 14:34.09	39.75	1500m: 19:44.59	32.17
350m: 4:33.91	40.48	750m: 9:52.98	40.25	1150m: 15:13.13	39.04		
400m: 5:13.63	39.72	800m: 10:32.79	39.81	1200m: 15:53.08	39.95		
4. Van Reybrouck Thore	08 ZIB	19:46.99	21:09.93				
50m: 33.44	33.44	450m: 5:46.45	39.69	850m: 11:13.24	41.60	1250m: 16:36.06	39.30
100m: 1:10.26	36.82	500m: 6:27.35	40.90	900m: 11:54.35	41.11	1300m: 17:14.63	38.57
150m: 1:48.49	38.23	550m: 7:08.26	40.91	950m: 12:35.08	40.73	1350m: 17:54.76	40.13
200m: 2:27.27	38.78	600m: 7:48.68	40.42	1000m: 13:16.21	41.13	1400m: 18:33.15	38.39
250m: 3:07.13	39.86	650m: 8:30.47	41.79	1050m: 13:57.23	41.02	1450m: 19:12.34	39.19
300m: 3:46.95	39.82	700m: 9:11.06	40.59	1100m: 14:37.10	39.87	1500m: 19:46.99	34.65
350m: 4:26.93	39.98	750m: 9:50.87	39.81	1150m: 15:17.38	40.28		
400m: 5:06.76	39.83	800m: 10:31.64	40.77	1200m: 15:56.76	39.38		
5. D'Heere Rémi	09 VZN	19:47.07	22:02.19				
50m: 33.14	33.14	450m: 5:49.00	40.04	850m: 11:16.29	40.41	1250m: 16:35.85	39.77
100m: 1:10.69	37.55	500m: 6:29.49	40.49	900m: 11:57.98	41.69	1300m: 17:14.89	39.04
150m: 1:49.83	39.14	550m: 7:11.58	42.09	950m: 12:37.46	39.48	1350m: 17:53.66	38.77
200m: 2:28.43	38.60	600m: 7:52.27	40.69	1000m: 13:18.88	41.42	1400m: 18:33.56	39.90
250m: 3:08.21	39.78	650m: 8:32.76	40.49	1050m: 13:57.73	38.85	1450m: 19:11.88	38.32
300m: 2:48.05		700m: 9:13.58	40.82	1100m: 14:36.86	39.13	1500m: 19:47.07	35.19
350m: 4:28.69	1:40.64	750m: 9:55.26	41.68	1150m: 15:16.39	39.53		
400m: 5:08.96	40.27	800m: 10:35.88	40.62	1200m: 15:56.08	39.69		
6. Devos Noah	08 VZT	19:52.47	22:00.00				
50m: 33.85	33.85	450m: 5:47.54	39.28	850m: 11:12.62	40.58	1250m: 16:38.12	40.30
100m: 1:10.99	37.14	500m: 6:28.71	41.17	900m: 11:53.51	40.89	1300m: 17:17.34	39.22
150m: 1:49.03	38.04	550m: 7:09.17	40.46	950m: 12:34.85	41.34	1350m: 17:57.29	39.95
200m: 2:28.14	39.11	600m: 7:49.60	40.43	1000m: 13:16.53	41.68	1400m: 18:36.87	39.58
250m: 3:07.72	39.58	650m: 8:30.65	41.05	1050m: 16:56.65	3:40.12	1450m: 19:15.91	39.04
300m: 3:47.60	39.88	700m: 9:11.18	40.53	1100m: 14:38.25		1500m: 19:52.47	36.56
350m: 4:27.58	39.98	750m: 9:50.45	39.27	1150m: 15:18.21	39.96		
400m: 5:08.26	40.68	800m: 10:32.04	41.59	1200m: 15:57.82	39.61		

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

Rang	Geb.	Tijd	ins. tijd	RT				
7. Paredis Robbe	98	VZSA	21:35.52	22:54.01				
50m:	37.10	37.10	450m: 6:19.96	43.79	850m: 12:06.52	43.63	1250m: 17:57.42	45.30
100m:	1:18.00	40.90	500m: 7:03.18	43.22	900m: 12:49.29	42.77	1300m: 18:41.06	43.64
150m:	1:59.92	41.92	550m: 7:46.25	43.07	950m: 13:32.24	42.95	1350m: 19:25.49	44.43
200m:	2:42.78	42.86	600m: 8:29.39	43.14	1000m: 14:16.54	44.30	1400m: 20:09.32	43.83
250m:	3:25.95	43.17	650m: 9:12.98	43.59	1050m: 15:00.17	43.63	1450m: 20:53.43	44.11
300m:	4:09.48	43.53	700m: 9:56.43	43.45	1100m: 15:43.62	43.45	1500m: 21:35.52	42.09
350m:	4:53.12	43.64	750m: 10:39.73	43.30	1150m: 16:28.23	44.61		
400m:	5:36.17	43.05	800m: 11:22.89	43.16	1200m: 17:12.12	43.89		
8. Eeckhout Jef	79	DELFF	21:41.23	22:44.94				
50m:	37.99	37.99	450m: 6:31.42	44.67	850m: 12:24.12	43.80	1250m: 18:10.61	43.64
100m:	1:21.14	43.15	500m: 7:15.70	44.28	900m: 13:07.88	43.76	1300m: 18:53.99	43.38
150m:	2:05.29	44.15	550m: 7:59.96	44.26	950m: 13:51.20	43.32	1350m: 19:37.12	43.13
200m:	2:49.27	43.98	600m: 8:44.15	44.19	1000m: 14:34.59	43.39	1400m: 20:19.81	42.69
250m:	3:33.66	44.39	650m: 9:28.05	43.90	1050m: 15:17.90	43.31	1450m: 21:01.61	41.80
300m:	4:18.18	44.52	700m: 10:12.25	44.20	1100m: 16:01.40	43.50	1500m: 21:41.23	39.62
350m:	5:02.44	44.26	750m: 10:56.47	44.22	1150m: 16:44.20	42.80		
400m:	5:46.75	44.31	800m: 11:40.32	43.85	1200m: 17:26.97	42.77		
9. Rommens Timo	08	VZN	22:08.43	NT				
50m:	39.37	39.37	450m: 6:33.99	44.48	850m: 12:23.21	34.04	1250m: 18:35.23	45.16
100m:	1:23.17	43.80	500m: 7:19.12	45.13	900m: 13:19.30	56.09	1300m: 19:20.30	45.07
150m:	2:07.48	44.31	550m: 8:04.89	45.77	950m: 14:04.52	45.22	1350m: 20:04.54	44.24
200m:	2:52.01	44.53	600m: 8:50.50	45.61	1000m: 14:49.94	45.42	1400m: 20:48.73	44.19
250m:	3:36.38	44.37	650m: 9:35.07	44.57	1050m: 15:35.03	45.09	1450m: 21:31.26	42.53
300m:	4:20.88	44.50	700m: 10:19.84	44.77	1100m: 16:19.51	44.48	1500m: 22:08.43	37.17
350m:	5:05.26	44.38	750m: 11:04.75	44.91	1150m: 17:05.08	45.57		
400m:	5:49.51	44.25	800m: 11:49.17	44.42	1200m: 17:50.07	44.99		
10. Organai Cascon Matteo	08	CNMR	22:14.98	21:30.00				
50m:	35.70	35.70	450m: 6:29.59	45.42	850m: 12:37.91	44.80	1250m: 18:37.55	44.73
100m:	1:16.25	40.55	500m: 7:16.80	47.21	900m: 13:21.34	43.43	1300m: 19:21.76	44.21
150m:	1:59.04	42.79	550m: 8:02.58	45.78	950m: 14:06.55	45.21	1350m: 20:06.05	44.29
200m:	2:43.63	44.59	600m: 8:49.84	47.26	1000m: 14:51.09	44.54	1400m: 20:50.31	44.26
250m:	3:29.02	45.39	650m: 9:35.20	45.36	1050m: 15:37.54	46.45	1450m: 21:34.79	44.48
300m:	4:13.96	44.94	700m: 10:20.91	45.71	1100m: 16:22.55	45.01	1500m: 22:14.98	40.19
350m:	4:58.65	44.69	750m: 11:07.16	46.25	1150m: 17:07.73	45.18		
400m:	5:44.17	45.52	800m: 11:53.11	45.95	1200m: 17:52.82	45.09		
11. Mortal Alexander	04	BZV	22:23.69	24:24.87				
50m:	35.59	35.59	450m: 6:29.00	46.55	850m: 12:39.89	45.07	1250m: 18:44.14	45.37
100m:	1:16.11	40.52	500m: 7:15.48	46.48	900m: 13:25.43	45.54	1300m: 19:30.77	46.63
150m:	1:58.15	42.04	550m: 8:02.27	46.79	950m: 14:10.69	45.26	1350m: 20:16.83	46.06
200m:	2:41.42	43.27	600m: 8:49.31	47.04	1000m: 14:56.42	45.73	1400m: 21:02.61	45.78
250m:	3:25.55	44.13	650m: 9:36.52	47.21	1050m: 15:41.53	45.11	1450m: 21:47.26	44.65
300m:	4:11.06	45.51	700m: 10:21.88	45.36	1100m: 16:26.79	45.26	1500m: 22:23.69	36.43
350m:	4:56.43	45.37	750m: 11:09.17	47.29	1150m: 17:12.24	45.45		
400m:	5:42.45	46.02	800m: 11:54.82	45.65	1200m: 17:58.77	46.53		
12. Daele Liam	08	VZO	22:25.77	24:49.50				
50m:	37.35	37.35	450m: 6:35.67	45.72	850m: 12:39.69	44.42	1250m: 18:43.69	46.31
100m:	1:19.99	42.64	500m: 7:21.50	45.83	900m: 13:24.68	44.99	1300m: 19:30.21	46.52
150m:	2:04.20	44.21	550m: 8:07.53	46.03	950m: 14:09.72	45.04	1350m: 20:15.22	45.01
200m:	2:48.82	44.62	600m: 8:53.58	46.05	1000m: 14:54.96	45.24	1400m: 21:01.99	46.77
250m:	3:33.53	44.71	650m: 9:38.26	44.68	1050m: 15:39.27	44.31	1450m: 21:47.62	45.63
300m:	4:18.51	44.98	700m: 10:24.81	46.55	1100m: 16:25.68	46.41	1500m: 22:25.77	38.15
350m:	5:03.57	45.06	750m: 11:10.69	45.88	1150m: 17:11.17	45.49		
400m:	5:49.95	46.38	800m: 11:55.27	44.58	1200m: 17:57.38	46.21		
13. Moeyaert Rochney	01	VZN	22:49.94	22:43.35				
50m:	37.16	37.16	450m: 6:40.30	46.77	850m: 12:53.32	46.29	1250m: 19:04.70	45.53
100m:	1:19.47	42.31	500m: 7:26.77	46.47	900m: 13:40.41	47.09	1300m: 19:51.01	46.31
150m:	2:02.98	43.51	550m: 8:13.34	46.57	950m: 14:26.70	46.29	1350m: 20:37.97	46.96
200m:	2:47.71	44.73	600m: 8:59.75	46.41	1000m: 15:13.07	46.37	1400m: 21:23.81	45.84
250m:	3:33.34	45.63	650m: 9:46.48	46.73	1050m: 15:59.87	46.80	1450m: 22:09.98	46.17
300m:	4:19.87	46.53	700m: 10:33.55	47.07	1100m: 16:45.25	45.38	1500m: 22:49.94	39.96
350m:	5:06.70	46.83	750m: 11:19.84	46.29	1150m: 17:32.62	47.37		
400m:	5:53.53	46.83	800m: 12:07.03	47.19	1200m: 18:19.17	46.55		

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

Rang	Geb.		Tijd	ins. tijd	RT						
14. Saelens Janek	05		VZSA	23:18.77	25:00.00						
50m:	36.15	36.15	450m:	6:45.00	47.92	850m:	13:06.93	47.43	1250m:	19:29.50	49.47
100m:	18.78		500m:	7:32.72	47.72	900m:	13:55.75	48.82	1300m:	20:16.97	47.47
150m:	2:03.78	1:45.00	550m:	8:20.50	47.78	950m:	14:43.75	48.00	1350m:	21:05.75	48.78
200m:	2:49.25	45.47	600m:	9:07.65	47.15	1000m:	15:31.15	47.40	1400m:	21:54.40	48.65
250m:	3:34.40	45.15	650m:	9:55.61	47.96	1050m:	16:18.36	47.21	1450m:	22:42.53	48.13
300m:	4:21.53	47.13	700m:	10:43.72	48.11	1100m:	17:05.58	47.22	1500m:	23:18.77	36.24
350m:	5:09.50	47.97	750m:	11:31.78	48.06	1150m:	17:52.08	46.50			
400m:	5:57.08	47.58	800m:	12:19.50	47.72	1200m:	18:40.03	47.95			
15. Deschamps Léo	69		CNMR	23:54.21	23:00.00						
50m:	43.29	43.29	450m:	7:09.22	47.90	850m:	13:33.13	47.97	1250m:	19:57.51	48.02
100m:	1:31.14	47.85	500m:	7:57.35	48.13	900m:	14:21.19	48.06	1300m:	20:45.62	48.11
150m:	2:20.09	48.95	550m:	8:45.27	47.92	950m:	15:09.37	48.18	1350m:	21:33.67	48.05
200m:	3:08.68	48.59	600m:	9:33.29	48.02	1000m:	15:57.43	48.06	1400m:	22:21.72	48.05
250m:	3:57.27	48.59	650m:	10:21.41	48.12	1050m:	16:45.33	47.90	1450m:	23:09.61	47.89
300m:	4:45.38	48.11	700m:	11:09.02	47.61	1100m:	17:33.48	48.15	1500m:	23:54.21	44.60
350m:	5:33.48	48.10	750m:	11:57.25	48.23	1150m:	18:21.47	47.99			
400m:	6:21.32	47.84	800m:	12:45.16	47.91	1200m:	19:09.49	48.02			
16. Maes Leon	10		VZN	24:17.58	NT						
50m:	40.22	40.22	450m:	7:09.47	49.21	850m:	13:50.41	50.46	1250m:	20:26.71	49.10
100m:	1:25.93	45.71	500m:	7:59.76	50.29	900m:	14:40.22	49.81	1300m:	21:15.05	48.34
150m:	2:13.38	47.45	550m:	8:50.64	50.88	950m:	15:30.76	50.54	1350m:	22:04.08	49.03
200m:	3:02.57	49.19	600m:	9:40.63	49.99	1000m:	16:20.82	50.06	1400m:	22:51.49	47.41
250m:	3:51.40	48.83	650m:	10:30.56	49.93	1050m:	17:09.81	48.99	1450m:	23:36.34	44.85
300m:	4:40.58	49.18	700m:	11:20.27	49.71	1100m:	17:59.42	49.61	1500m:	24:17.58	41.24
350m:	5:30.96	50.38	750m:	12:10.15	49.88	1150m:	18:48.50	49.08			
400m:	6:20.26	49.30	800m:	12:59.95	49.80	1200m:	19:37.61	49.11			
17. Praet Kobe	10		VZN	24:18.29	NT						
50m:	41.23	41.23	450m:	7:07.42	48.87	850m:	13:49.43	50.28	1250m:	20:30.87	47.90
100m:	1:26.76	45.53	500m:	7:56.08	48.66	900m:	14:39.91	50.48	1300m:	21:20.43	49.56
150m:	2:14.22	47.46	550m:	8:45.82	49.74	950m:	15:31.68	51.77	1350m:	22:07.51	47.08
200m:	3:01.46	47.24	600m:	9:36.46	50.64	1000m:	16:22.34	50.66	1400m:	22:56.06	48.55
250m:	3:50.21	48.75	650m:	10:26.89	50.43	1050m:	17:12.93	50.59	1450m:	23:42.49	46.43
300m:	4:39.89	49.68	700m:	11:16.93	50.04	1100m:	18:03.16	50.23	1500m:	24:18.29	35.80
350m:	5:28.99	49.10	750m:	12:07.80	50.87	1150m:	18:52.48	49.32			
400m:	6:18.55	49.56	800m:	12:59.15	51.35	1200m:	19:42.97	50.49			
18. Dibiani Ahmed	07		CNMR	24:24.95	23:30.00						
50m:	38.67	38.67	450m:	7:04.14	48.61	850m:	13:41.25	49.00	1250m:	20:21.50	49.71
100m:	1:24.10	45.43	500m:	7:54.27	50.13	900m:	14:31.56	50.31	1300m:	21:13.13	51.63
150m:	2:10.76	46.66	550m:	8:43.74	49.47	950m:	15:21.52	49.96	1350m:	22:04.59	51.46
200m:	2:59.06	48.30	600m:	9:32.98	49.24	1000m:	16:10.85	49.33	1400m:	22:52.34	47.75
250m:	3:47.39	48.33	650m:	10:21.27	48.29	1050m:	17:01.80	50.95	1450m:	23:42.40	50.06
300m:	4:37.09	49.70	700m:	11:10.32	49.05	1100m:	17:51.27	49.47	1500m:	24:24.95	42.55
350m:	5:25.91	48.82	750m:	12:01.56	51.24	1150m:	18:40.98	49.71			
400m:	6:15.53	49.62	800m:	12:52.25	50.69	1200m:	19:31.79	50.81			
19. Beltra Nunez Giampier	10		CNMR	25:15.94	23:10.00						
50m:	38.69	38.69	450m:	6:59.62	49.86	850m:	14:07.47	54.28	1250m:	21:27.87	1:04.46
100m:	1:22.72	44.03	500m:	7:55.94	56.32	900m:	15:00.34	52.87	1300m:	22:05.69	37.82
150m:	2:08.76	46.04	550m:	8:50.51	54.57	950m:	15:55.02	54.68	1350m:	22:55.66	49.97
200m:	2:56.22	47.46	600m:	9:45.41	54.90	1000m:	16:48.09	53.07	1400m:	23:44.26	48.60
250m:	3:43.72	47.50	650m:	10:35.79	50.38	1050m:	17:40.47	52.38	1450m:	24:27.94	43.68
300m:	4:29.69	45.97	700m:	11:29.51	53.72	1100m:	18:34.76	54.29	1500m:	25:15.94	48.00
350m:	5:20.44	50.75	750m:	12:17.05	47.54	1150m:	19:27.66	52.90			
400m:	6:09.76	49.32	800m:	13:13.19	56.14	1200m:	20:23.41	55.75			
20. Organai Cascon Lucca	09		CNMR	25:19.09	23:40.00						
50m:	39.52	39.52	450m:	7:09.48	50.57	850m:	14:02.96	54.43	1250m:	21:15.44	52.27
100m:	1:24.81	45.29	500m:	8:01.43	51.95	900m:	14:56.11	53.15	1300m:	22:01.65	46.21
150m:	2:11.78	46.97	550m:	8:50.56	49.13	950m:	15:51.50	55.39	1350m:	22:50.96	49.31
200m:	2:59.59	47.81	600m:	9:41.55	50.99	1000m:	16:43.53	52.03	1400m:	23:38.95	47.99
250m:	3:48.96	49.37	650m:	10:33.08	51.53	1050m:	17:39.12	55.59	1450m:	24:28.58	49.63
300m:	4:36.99	48.03	700m:	11:24.49	51.41	1100m:	18:32.93	53.81	1500m:	25:19.09	50.51
350m:	5:28.32	51.33	750m:	12:15.40	50.91	1150m:	19:25.70	52.77			
400m:	6:18.91	50.59	800m:	13:08.53	53.13	1200m:	20:23.17	57.47			

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

Rang	Geb.	Tijd	ins. tijd	RT			
21. Caucheteux Robin	11 COK	25:42.63	25:00.00				
50m: 40.14	40.14	450m: 7:21.79	51.77	850m: 14:19.49	53.15	1250m: 21:25.81	51.53
100m: 1:26.24	46.10	500m: 8:14.01	52.22	900m: 15:12.74	53.25	1300m: 22:16.48	50.67
150m: 2:15.39	49.15	550m: 9:05.88	51.87	950m: 16:05.95	53.21	1350m: 23:08.61	52.13
200m: 3:05.49	50.10	600m: 9:57.55	51.67	1000m: 17:00.08	54.13	1400m: 24:01.40	52.79
250m: 3:56.59	51.10	650m: 10:48.97	51.42	1050m: 17:53.43	53.35	1450m: 24:54.06	52.66
300m: 4:47.02	50.43	700m: 11:40.81	51.84	1100m: 18:46.84	53.41	1500m: 25:42.63	48.57
350m: 5:37.91	50.89	750m: 12:33.50	52.69	1150m: 19:41.31	54.47		
400m: 6:30.02	52.11	800m: 13:26.34	52.84	1200m: 20:34.28	52.97		
22. Organai Cascon Marko	11 CNMR	27:41.27	26:15.00				
50m: 43.17	43.17	450m: 8:01.05	57.25	850m: 15:39.37	59.74	1250m: 23:20.67	58.00
100m: 1:32.34	49.17	500m: 8:59.26	58.21	900m: 16:37.29	57.92	1300m: 24:15.70	55.03
150m: 2:24.84	52.50	550m: 9:57.61	58.35	950m: 17:33.10	55.81	1350m: 25:12.76	57.06
200m: 3:18.34	53.50	600m: 10:53.12	55.51	1000m: 18:31.90	58.80	1400m: 26:04.23	51.47
250m: 4:14.22	55.88	650m: 11:49.92	56.80	1050m: 19:29.02	57.12	1450m: 26:54.87	50.64
300m: 5:10.22	56.00	700m: 12:47.34	57.42	1100m: 20:27.76	58.74	1500m: 27:41.27	46.40
350m: 6:06.67	56.45	750m: 13:44.00	56.66	1150m: 21:27.25	59.49		
400m: 7:03.80	57.13	800m: 14:39.63	55.63	1200m: 22:22.67	55.42		
23. Caestecker Wilfried	61 VZSA	28:02.56	NT				
50m: 44.24	44.24	450m: 7:59.24	56.93	850m: 15:37.66	57.10	1250m: 23:14.89	58.57
100m: 1:33.40	49.16	500m: 8:56.59	57.35	900m: 16:34.72	57.06	1300m: 24:11.70	56.81
150m: 2:25.65	52.25	550m: 9:53.27	56.68	950m: 17:31.51	56.79	1350m: 25:07.12	55.42
200m: 3:19.39	53.74	600m: 10:51.67	58.40	1000m: 18:28.20	56.69	1400m: 26:05.79	58.67
250m: 4:13.75	54.36	650m: 11:48.29	56.62	1050m: 19:25.52	57.32	1450m: 27:03.12	57.33
300m: 5:09.21	55.46	700m: 12:46.72	58.43	1100m: 20:23.30	57.78	1500m: 28:02.56	59.44
350m: 6:05.60	56.39	750m: 13:43.27	56.55	1150m: 21:19.88	56.58		
400m: 7:02.31	56.71	800m: 14:40.56	57.29	1200m: 22:16.32	56.44		
OTL Vienne Marius	10 COK			NT			

Programmanr. 5
21/1/24 - 16:32

Dames, 4 x 200m vrije slag

seniors
Resultaten

Rang	Tijd	ins. tijd	RT			
1. Vzo 1	VZO	9:41.20	9:37.16			
Loncke Noor	08	32.98	1:10.41	1:48.31	2:25.98	2:25.98
Claeys Nette	08	33.00	1:09.61	1:46.30	2:23.18	2:23.18
Eggert Evelyne	07	32.79	1:10.47	1:49.82	2:28.57	2:28.57
De Cuyper Femke	10	33.80	1:10.18	1:48.11	2:23.47	2:23.47
2. Zwemclub Interbad Brugge 1	ZIB	9:57.41	9:56.41			
Vandaele Tineke	75	37.92	1:21.21	2:06.21	2:48.90	2:48.90
Van Alsenoy Nanou	08	33.48	1:11.89	1:51.39	2:28.93	2:28.93
Dardenne Eline	07	32.70	1:11.05	1:49.99	2:26.53	2:26.53
Minnebo Lotte	06	30.02	1:03.24	1:37.98	2:13.05	2:13.05
3. Vrije Zwemmers Gent 1	VZG	10:22.74	10:28.04			
Cocquyt Ashley	07	34.82	1:15.08	1:58.22	2:40.57	2:40.57
De Troyer Flavie	08	35.11	1:15.99	1:57.95	2:38.67	2:38.67
Öztürk Berra	09	33.37	1:11.78	1:52.85	2:31.90	2:31.90
De Vos Kaat	08	34.61	1:13.16	1:52.73	2:31.60	2:31.60
4. Bzv 1	BZV	10:45.25	11:00.90			
Goegebeur Sarah	96	37.63	1:19.88	2:04.87	2:49.23	2:49.23
Cattoor Pauline	12	32.76	1:11.25	1:52.64	2:34.96	2:34.96
dubois Jienke	09	35.86	1:16.79	2:01.64	2:40.76	2:40.76
Proot Lisa-Marie	09	34.87	1:16.07	1:58.22	2:40.30	2:40.30
5. Vzn 1	VZN	11:23.28	11:20.84			
Bertier Imany	08	39.89	1:25.99	2:13.47	2:58.23	2:58.23
Vergauwe Yanaika	09	40.64	1:28.43	2:18.24	3:00.55	3:00.55
Vermote Noor	09	37.20	1:20.31	2:02.43	2:44.74	2:44.74
Huygh Marieke	09	35.36	1:17.01	1:59.41	2:39.76	2:39.76

Programmanr. 6
21/1/24 - 16:44

Heren, 4 x 200m vrije slag

seniors
Resultaten

Rang		Tijd	ins. tijd	RT			
1.	Zwemclub Interbad Brugge 1	ZIB	9:14.04	8:59.16			
	Winderickx Ruhne	07	30.77	1:04.99	1:39.60	2:14.03	2:14.03
	Bauwens Maxime	09	34.22	1:13.24	1:53.03	2:30.32	2:30.32
	Van Reybrouck Thore	08	31.42	1:06.68	1:43.42	2:18.50	2:18.50
	Dumon Tiebert	08	29.14	1:03.25	1:38.46	2:11.19	2:11.19
2.	Bzv 1	BZV	9:41.12	9:52.29			
	Goossens Oberon	08	32.73	1:10.80	1:52.23	2:29.81	2:29.81
	Brilleman Diaz	08	34.06	1:13.60	1:52.67	2:28.05	2:28.05
	Bultinck Tibbe	08	29.55	1:05.54	1:44.77	2:23.99	2:23.99
	Mortal Alexander	04	29.01	1:03.13	1:41.48	2:19.27	2:19.27
3.	Vrije Zwemmers Gent 1	VZG	9:50.54	10:13.23			
	Öztürk Ensar	12	36.34	1:19.43	2:03.60	2:42.76	2:42.76
			36.31	1:17.68	2:01.58	2:40.96	2:40.96
	De Lathouwer Mathis	06	30.25	1:06.81	1:43.44	2:18.49	2:18.49
	De Vos Maarten	06	29.47	1:02.43	1:36.59	2:08.33	2:08.33
4.	Vzn 1	VZN	9:54.65	9:42.51			
	Rommens Timo	08	35.56	1:15.32	1:57.40	2:36.76	2:36.76
	Praet Kobe	10	37.44	1:20.13	2:03.42	2:44.92	2:44.92
	Duprez Zane	08	32.58	1:08.48	1:44.17	2:19.48	2:19.48
	D'Heere Rémi	09	29.18	1:02.18	1:36.95	2:13.49	2:13.49
5.	Vzo 1	VZO	11:08.91	11:22.60			
	Tommelein Arthur	12	36.48	1:20.06	2:07.63	2:55.30	2:55.30
	Tetaj Deivid	11	37.40	1:21.88	2:09.28	2:54.44	2:54.44
	Tetaj Daniel	10	35.03	1:16.75	1:56.30	2:37.96	2:37.96
	Daele Liam	08	36.87	1:18.27	2:00.73	2:41.21	2:41.21