

FROS – CTFN



(Organisatie FROS)

**NATIONAAL KAMPIOENSCHAP LANGE
AFTAND ZWEMMEN 2025
CHAMPIONNAT NATIONAL DE NATATION
LONG DISTANCE 2025**

Uitslagen Resultats

**Oostende
19/01/2025**

WEDSTRIJDLEIDING - DIRECTION DE CONCOURS :

Scheidsrechter / Juge arbitre :	Mattens Hubert (TCF)
Starter - Aankomstrechtters / Démarrreur - Juges à l'arrivée :	Cuyvers Michel (TCF)
Zweminspecteur :	Huygh Jochen (VZN)
Jurysecretaris / Secrétaire du jury :	Marlein Freddy (VZO) Bouilliant Alexandra (VZO) - stage
Keerpuntrechtters / Juges aux virages :	Peel Manly (VZO)
Micro :	Aerckx Bianca (VZO)
Uitslagen / Resultats :	Van Uytsel Luc (TCF) Hamers Vanessa (VZO)
Wedstrijdbode / Huissier de concours :	Marlijn Anni (VZO)

Tijdopnemers / Chronométreurs :

Baan 0	Pollet Frederik (stage)	BZV		
Baan 1	Droissart Joyce	BZV		
Baan 2	Eeckhout wim	VZO		
Baan 3	Bauwens Tom	ZIB		
Baan 4	Vylders Nicoud	VZN		
Baan 4	Van Hyfte Shana (Stage)	BZV		
Baan 5	Daele Dave	VZO		
Baan 5	Schelfaut Tom (Stage)	VZG		
Baan 6	Vergauwe Johan	VZN		
Baan 7	Schepers Carine	VZSA		
Baan 8	El Hanioui Mohammed	ZIB		
Baan 9	Berkmans Arlette	VZN		

Clubafgevaardigden/Délégués:

Blankenbergse Zwemvereniging	BZV	Goegebeur Dirk
Cercle Nageurs Molenbeek les Rainette	CNMR	Deschamps Leo
Club Olympic Kain	COK	Cauceteux Dimitri
Zwemclub Delfino	DELF	Vermeulen Gerry
Vrije zwemmers Gent	VZG	Jamart Peter
Vrije zwemmers Nieuwpoort	VZN	Moerman Isabelle
Vrije zwemmers Oostende	VZO	Loncke Stijn
Vrije zwemmers Sint-Amandsberg	VZSA	Paradis Robbe
Vrije zwemmers Tienen	VZT	Merckx Irena
Zwemclub Interbad Brugge	ZIB	Declodt Mathias
Zwemclub Vrij Merksem	ZVM	Van den Bergh Quittry

Programmanr. 1
19/1/25 - 13:00

Meisjes, 400m vrije slag

dolfijnen
Resultaten

Rang	Geb.		Tijd	ins. tijd	RT					
1. Droissart Nette	15	BZV	6:12.31	6:47.15						
	100m: 1:25.10	1:25.10	200m: 3:03.00	1:37.90	300m: 4:37.47	1:34.47	400m: 6:12.31	1:34.84		
2. Bauwens Elsa	16	BZV	7:07.84	NT						
	100m: 1:34.94	1:34.94	200m: 3:24.57	1:49.63	300m: 5:16.74	1:52.17	400m: 7:07.84	1:51.10		
3. Moyaert Niene	15	VZO	7:57.28	8:27.55						
	100m: 1:52.86	1:52.86	200m: 3:55.86	2:03.00	300m: 6:01.14	2:05.28	400m: 7:57.28	1:56.14		
4. Van Overstraeten Lotte	15	VZG	8:26.44	9:25.81						
	100m: 1:53.30	1:53.30	200m: 4:07.94	2:14.64	300m: 6:19.59	2:11.65	400m: 8:26.44	2:06.85		
5. Brusseel Miley	15	BZV	9:01.05	11:17.80						
	100m: 2:04.10	2:04.10	200m: 4:22.68	2:18.58	300m: 6:42.99	2:20.31	400m: 9:01.05	2:18.06		
6. Hoornaert Lucy	15	VZO	9:23.05	NT						
	100m: 1:58.97	1:58.97	200m: 4:26.05	2:27.08	300m: 6:56.66	2:30.61	400m: 9:23.05	2:26.39		
7. Boucquez Amélie	15	VZO	9:31.61	NT						
	100m: 2:12.06	2:12.06	200m: 4:40.25	2:28.19	300m: 7:13.05	2:32.80	400m: 9:31.61	2:18.56		
8. Eeckhout Jutta	16	VZO	10:09.53	NT						
	100m: 2:40.03	2:40.03	200m: 5:12.25	2:32.22	300m: 7:46.21	2:33.96	400m: 10:09.53	2:23.32		
FF Weldu Kifle Arsema	15	VZO		NT						

Programmanr. 1
19/1/25 - 13:00

Jongens, 400m vrije slag

dolfijnen
Resultaten

Rang	Geb.		Tijd	ins. tijd	RT					
1. Schissler Mathis	15	VZO	7:28.49	NT						
	100m: 1:42.13	1:42.13	200m: 3:39.28	1:57.15	300m: 5:36.62	1:57.34	400m: 7:28.49	1:51.87		
2. De Prêtre Leon	16	VZO	7:49.38	NT						
	100m: 1:43.94	1:43.94	200m: 3:42.44	1:58.50	300m: 5:45.70	2:03.26	400m: 7:49.38	2:03.68		
3. Verbesselt Louis	15	VZN	8:02.78	NT						
	100m: 1:47.91	1:47.91	200m: 3:55.88	2:07.97	300m: 6:03.41	2:07.53	400m: 8:02.78	1:59.37		
4. Claeys Leon	16	VZO	8:03.20	NT						
	100m: 1:49.63	1:49.63	200m: 3:49.35	1:59.72	300m: 5:55.74	2:06.39	400m: 8:03.20	2:07.46		
5. Troispont Louïc	16	VZN	8:41.64	NT						
	100m: 1:56.70	1:56.70	200m: 4:13.42	2:16.72	300m: 6:30.89	2:17.47	400m: 8:41.64	2:10.75		

Programmanr. 2
19/1/25 - 13:24

Meisjes, 200m vrije slag

eendjes
Resultaten

Rang	Geb.		Tijd	ins. tijd	RT					
1. Brusseel Loveley	17	BZV	4:42.76	6:33.82						
	50m: 57.17	57.17	100m: 2:12.65	1:15.48	150m: 3:30.36	1:17.71	200m: 4:42.76	1:12.40		
dis Hoornaert Lize	17	VZO		NT						
<i>SW4-ST2 - niet vertrokken met duiksprong</i>										

Programmanr. 2, 200m vrije slag

Programmanr. 2
19/1/25 - 13:24

Jongens, 200m vrije slag

eendjes
Resultaten

Rang	Geb.	Tijd	ins. tijd	RT
1. Schissler Mauro	17 VZO	4:19.22	NT	
50m: 57.02	57.02	100m: 1:59.46	1:02.44	150m: 3:14.66
				1:15.20
				200m: 4:19.22
				1:04.56

Programmanr. 3
19/1/25 - 13:32

Dames, 800m vrije slag

veteranen 45
Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT
1. Vandebroek Evi	78 VZN	14:39.56	14:51.34	+0,84
50m: 43.35	43.35	250m: 4:18.66	55.97	450m: 8:07.29
100m: 1:34.19	50.84	300m: 5:15.93	57.27	500m: 9:04.78
150m: 2:27.86	53.67	350m: 6:13.51	57.58	550m: 10:01.95
200m: 3:22.69	54.83	400m: 7:10.11	56.60	600m: 10:59.02
				57.18
				650m: 11:55.28
				56.26
				700m: 12:52.04
				56.76
				750m: 13:47.68
				55.64
				800m: 14:39.56
				51.88

Programmanr. 3
19/1/25 - 13:32

Dames, 800m vrije slag

veteranen 30
Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT
1. Van den Bergh Quittry	93 ZVM	11:50.24	11:33.59	+0,87
50m: 37.13	37.13	250m: 3:31.32	44.10	450m: 6:32.56
100m: 1:19.58	42.45	300m: 4:16.39	45.07	500m: 7:17.88
150m: 2:02.95	43.37	350m: 5:01.47	45.08	550m: 8:03.36
200m: 2:47.22	44.27	400m: 5:46.73	45.26	600m: 8:49.41
				46.05
				650m: 9:35.54
				46.13
				700m: 10:21.27
				45.73
				750m: 11:06.59
				45.32
				800m: 11:50.24
				43.65

Programmanr. 3
19/1/25 - 13:32

Meisjes, 800m vrije slag

pupillen
Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT
1. Claeys Nette	08 VZO	10:38.34	11:07.83	+0,82
50m: 36.33	36.33	250m: 3:16.77	40.45	450m: 5:58.24
100m: 1:15.70	39.37	300m: 3:57.01	40.24	500m: 6:38.41
150m: 1:55.94	40.24	350m: 4:37.43	40.42	550m: 7:18.84
200m: 2:36.32	40.38	400m: 5:17.71	40.28	600m: 7:58.89
				40.05
				650m: 8:39.37
				40.48
				700m: 9:19.62
				40.25
				750m: 9:59.83
				40.21
				800m: 10:38.34
				38.51
2. Eggert Evelyne	07 VZO	11:40.63	12:09.71	+0,83
50m: 39.15	39.15	250m: 3:33.86	44.07	450m: 6:31.96
100m: 1:22.07	42.92	300m: 4:18.08	44.22	500m: 7:16.62
150m: 2:05.94	43.87	350m: 5:02.67	44.59	550m: 8:01.02
200m: 2:49.79	43.85	400m: 5:46.94	44.27	600m: 8:45.78
				44.76
				650m: 9:29.66
				43.88
				700m: 10:14.17
				44.51
				750m: 10:57.93
				43.76
				800m: 11:40.63
				42.70
3. De Troyer Flavie	08 VZG	11:44.04	11:53.74	+0,86
50m: 39.10	39.10	250m: 3:35.70	45.31	450m: 6:39.22
100m: 1:21.68	42.58	300m: 4:21.16	45.46	500m: 7:25.07
150m: 2:05.93	44.25	350m: 5:07.10	45.94	550m: 8:11.46
200m: 2:50.39	44.46	400m: 5:53.14	46.04	600m: 8:55.84
				44.38
				650m: 9:41.48
				45.64
				700m: 10:24.16
				42.68
				750m: 11:06.65
				42.49
				800m: 11:44.04
				37.39
4. Cocquyt Ashley	07 VZG	11:58.62	13:09.31	+0,89
50m: 39.39	39.39	250m: 3:40.53	45.56	450m: 6:44.80
100m: 1:23.99	44.60	300m: 4:26.60	46.07	500m: 7:30.97
150m: 2:09.15	45.16	350m: 5:12.58	45.98	550m: 8:17.38
200m: 2:54.97	45.82	400m: 5:58.68	46.10	600m: 9:03.50
				46.12
				650m: 9:48.96
				45.46
				700m: 10:33.70
				44.74
				750m: 11:17.42
				43.72
				800m: 11:58.62
				41.20

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

Rang	Geb.	Tijd	ins. tijd	RT			
5. Wandelaere Lisa	08 VZN	13:53.58	14:10.53	+0,98			
50m: 41.13	41.13	250m: 4:01.84	52.30	450m: 7:40.36	55.30	650m: 11:18.45	54.55
100m: 1:28.41	47.28	300m: 4:53.75	51.91	500m: 8:34.18	53.82	700m: 12:13.33	54.88
150m: 2:18.15	49.74	350m: 5:49.37	55.62	550m: 9:29.29	55.11	750m: 13:05.98	52.65
200m: 3:09.54	51.39	400m: 6:45.06	55.69	600m: 10:23.90	54.61	800m: 13:53.58	47.60

Programmanr. 3
19/1/25 - 13:32

Meisjes, 800m vrije slag

kadetten
Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Proot Lisa-Marie	09 BZV	11:42.46	11:53.14	+0,83			
50m: 38.09	38.09	250m: 3:32.81	43.93	450m: 6:31.23	44.88	650m: 9:34.44	46.20
100m: 1:21.28	43.19	300m: 4:16.88	44.07	500m: 7:17.12	45.89	700m: 10:20.70	46.26
150m: 2:04.46	43.18	350m: 5:01.20	44.32	550m: 8:01.92	44.80	750m: 11:04.46	43.76
200m: 2:48.88	44.42	400m: 5:46.35	45.15	600m: 8:48.24	46.32	800m: 11:42.46	38.00
2. Huygh Marieke	09 VZN	12:26.42	12:30.00	+0,79			
50m: 38.27	38.27	250m: 3:41.97	47.72	450m: 6:52.70	47.82	650m: 10:06.28	48.42
100m: 1:22.45	44.18	300m: 4:29.05	47.08	500m: 7:40.94	48.24	700m: 10:54.69	48.41
150m: 2:08.06	45.61	350m: 5:16.79	47.74	550m: 8:29.72	48.78	750m: 11:42.24	47.55
200m: 2:54.25	46.19	400m: 6:04.88	48.09	600m: 9:17.86	48.14	800m: 12:26.42	44.18
3. Van Hecke Amber	10 VZO	12:53.85	12:40.07	+0,81			
50m: 38.45	38.45	250m: 3:42.81	47.14	450m: 7:02.78	51.37	650m: 10:28.45	51.35
100m: 1:21.97	43.52	300m: 4:31.24	48.43	500m: 7:54.77	51.99	700m: 11:19.16	50.71
150m: 2:08.62	46.65	350m: 5:21.41	50.17	550m: 8:45.76	50.99	750m: 12:07.79	48.63
200m: 2:55.67	47.05	400m: 6:11.41	50.00	600m: 9:37.10	51.34	800m: 12:53.85	46.06
4. Declerck Marie-Lou	10 VZG	13:01.25	13:30.00	+0,96			
50m: 41.55	41.55	250m: 3:56.66	49.76	450m: 7:14.61	49.34	650m: 10:38.65	51.51
100m: 1:28.95	47.40	300m: 4:46.09	49.43	500m: 8:05.87	51.26	700m: 11:28.36	49.71
150m: 2:17.44	48.49	350m: 5:35.44	49.35	550m: 8:56.67	50.80	750m: 12:17.61	49.25
200m: 3:06.90	49.46	400m: 6:25.27	49.83	600m: 9:47.14	50.47	800m: 13:01.25	43.64
5. Van Eecke Astrid	10 VZN	13:39.77	13:34.23	+0,70			
50m: 43.60	43.60	250m: 4:11.18	52.20	450m: 7:39.91	52.77	650m: 11:09.18	52.60
100m: 1:34.58	50.98	300m: 5:02.57	51.39	500m: 8:32.25	52.34	700m: 12:01.03	51.85
150m: 2:26.75	52.17	350m: 5:54.62	52.05	550m: 9:24.52	52.27	750m: 12:51.57	50.54
200m: 3:18.98	52.23	400m: 6:47.14	52.52	600m: 10:16.58	52.06	800m: 13:39.77	48.20

Programmanr. 3
19/1/25 - 13:32

Meisjes, 800m vrije slag

miniemen
Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Van Alsenoy Yara	11 ZIB	12:02.42	13:51.28	+0,84			
50m: 37.83	37.83	250m: 3:38.07	46.78	450m: 6:43.40	46.06	650m: 9:48.52	46.92
100m: 1:21.63	43.80	300m: 4:24.27	46.20	500m: 7:29.75	46.35	700m: 10:35.20	46.68
150m: 2:06.36	44.73	350m: 5:11.36	47.09	550m: 8:15.95	46.20	750m: 11:20.73	45.53
200m: 2:51.29	44.93	400m: 5:57.34	45.98	600m: 9:01.60	45.65	800m: 12:02.42	41.69
2. Proot Annabelle	11 BZV	12:51.74	14:31.12	+0,77			
50m: 42.04	42.04	250m: 3:54.58	48.29	450m: 7:10.82	49.96	650m: 10:27.74	48.69
100m: 1:29.65	47.61	300m: 4:43.42	48.84	500m: 7:59.60	48.78	700m: 11:17.48	49.74
150m: 2:17.16	47.51	350m: 5:31.42	48.00	550m: 8:49.23	49.63	750m: 12:05.55	48.07
200m: 3:06.29	49.13	400m: 6:20.86	49.44	600m: 9:39.05	49.82	800m: 12:51.74	46.19
3. Lagatie Billie	11 VZO	13:02.64	NT	+0,89			
50m: 40.39	40.39	250m: 3:53.98	50.26	450m: 7:17.74	51.50	650m: 10:43.82	50.58
100m: 1:26.70	46.31	300m: 4:44.39	50.41	500m: 8:10.33	52.59	700m: 11:35.15	51.33
150m: 2:14.58	47.88	350m: 5:35.05	50.66	550m: 9:01.47	51.14	750m: 12:22.87	47.72
200m: 3:03.72	49.14	400m: 6:26.24	51.19	600m: 9:53.24	51.77	800m: 13:02.64	39.77

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

Rang	Geb.		Tijd	ins. tijd	RT						
4. Vervaeke Saar	11	VZG	13:07.77	13:50.00	+0,93						
50m:	41.75	41.75	250m:	3:57.38	50.35	450m:	7:18.80	50.08	650m:	10:44.71	51.76
100m:	1:28.37	46.62	300m:	4:47.60	50.22	500m:	8:09.75	50.95	700m:	11:34.26	49.55
150m:	2:17.17	48.80	350m:	5:37.61	50.01	550m:	9:00.46	50.71	750m:	12:23.01	48.75
200m:	3:07.03	49.86	400m:	6:28.72	51.11	600m:	9:52.95	52.49	800m:	13:07.77	44.76
5. Peel Ylana	12	VZO	13:30.25	NT	+0,90						
50m:	42.58	42.58	250m:	4:04.29	51.99	450m:	7:33.61	53.64	650m:	11:06.06	54.00
100m:	1:30.26	47.68	300m:	4:55.84	51.55	500m:	8:26.87	53.26	700m:	11:58.26	52.20
150m:	2:20.80	50.54	350m:	5:48.30	52.46	550m:	9:20.39	53.52	750m:	12:48.28	50.02
200m:	3:12.30	51.50	400m:	6:39.97	51.67	600m:	10:12.06	51.67	800m:	13:30.25	41.97
6. Rommens Nikki	11	VZN	14:00.19	14:27.77	+0,85						
50m:	44.47	44.47	250m:	4:14.33	55.69	450m:	7:52.10	54.56	650m:	11:25.51	52.92
100m:	1:33.70	49.23	300m:	5:08.02	53.69	500m:	8:44.49	52.39	700m:	12:19.34	53.83
150m:	2:26.35	52.65	350m:	6:03.60	55.58	550m:	9:39.01	54.52	750m:	13:11.93	52.59
200m:	3:18.64	52.29	400m:	6:57.54	53.94	600m:	10:32.59	53.58	800m:	14:00.19	48.26
7. Cnockaert Ella	12	VZN	14:39.66	NT	+0,86						
50m:	41.85	41.85	250m:	4:18.29	56.81	450m:	8:05.85	57.58	650m:	11:49.15	55.18
100m:	1:32.28	50.43	300m:	5:14.98	56.69	500m:	9:02.10	56.25	700m:	12:44.68	55.53
150m:	2:26.12	53.84	350m:	6:12.03	57.05	550m:	9:58.17	56.07	750m:	13:37.97	53.29
200m:	3:21.48	55.36	400m:	7:08.27	56.24	600m:	10:53.97	55.80	800m:	14:39.66	1:01.69
8. Loncke Roos	12	VZO	15:39.20	NT	+0,85						
50m:	46.83	46.83	250m:	4:36.17	58.68	450m:	8:33.39	1:01.22	650m:	12:33.80	1:00.30
100m:	1:42.65	55.82	300m:	5:34.41	58.24	500m:	9:30.92	57.53	700m:	13:36.28	1:02.48
150m:	2:39.67	57.02	350m:	6:33.46	59.05	550m:	10:31.30	1:00.38	750m:	14:36.34	1:00.06
200m:	3:37.49	57.82	400m:	7:32.17	58.71	600m:	11:33.50	1:02.20	800m:	15:39.20	1:02.86

Programmanr. 3
19/1/25 - 13:32

Meisjes, 800m vrije slag

benjamins
Resultaten

open open 25m: 16:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Loccufer Fleur	14	ZIB	12:42.87	NT	+0,91						
50m:	42.35	42.35	250m:	3:53.17	47.61	450m:	7:05.89	48.25	650m:	10:19.88	48.30
100m:	1:28.98	46.63	300m:	4:41.03	47.86	500m:	7:53.77	47.88	700m:	11:08.75	48.87
150m:	2:17.57	48.59	350m:	5:29.20	48.17	550m:	8:42.74	48.97	750m:	11:56.68	47.93
200m:	3:05.56	47.99	400m:	6:17.64	48.44	600m:	9:31.58	48.84	800m:	12:42.87	46.19
2. Verbesselt Manon	13	VZN	12:54.98	15:41.41	+0,86						
50m:	41.99	41.99	250m:	3:58.47	50.97	450m:	7:17.67	49.89	650m:	10:34.33	49.57
100m:	1:29.62	47.63	300m:	4:48.13	49.66	500m:	8:06.84	49.17	700m:	11:23.52	49.19
150m:	2:18.70	49.08	350m:	5:37.50	49.37	550m:	8:56.30	49.46	750m:	12:11.90	48.38
200m:	3:07.50	48.80	400m:	6:27.78	50.28	600m:	9:44.76	48.46	800m:	12:54.98	43.08
3. Floryn Juliette	13	BZV	13:08.30	15:34.60	+0,80						
50m:	39.41	39.41	250m:	3:56.59	50.27	450m:	7:20.47	50.83	650m:	10:40.92	49.70
100m:	1:25.86	46.45	300m:	4:47.77	51.18	500m:	8:11.04	50.57	700m:	11:27.96	47.04
150m:	2:15.88	50.02	350m:	5:39.00	51.23	550m:	9:00.88	49.84	750m:	12:19.89	51.93
200m:	3:06.32	50.44	400m:	6:29.64	50.64	600m:	9:51.22	50.34	800m:	13:08.30	48.41
4. Lamaire Julie	14	VZN	13:13.06	NT	+0,67						
50m:	40.70	40.70	250m:	3:58.39	50.58	450m:	7:24.08	51.21	650m:	10:48.64	49.88
100m:	1:28.09	47.39	300m:	4:49.55	51.16	500m:	8:15.71	51.63	700m:	11:39.45	50.81
150m:	2:17.18	49.09	350m:	5:40.88	51.33	550m:	9:07.69	51.98	750m:	12:27.66	48.21
200m:	3:07.81	50.63	400m:	6:32.87	51.99	600m:	9:58.76	51.07	800m:	13:13.06	45.40
5. Imandt Clara	13	VZSA	14:06.75	NT	+0,93						
50m:	45.84	45.84	250m:	4:19.39	55.47	450m:	7:54.28	52.81	650m:	11:32.60	55.14
100m:	1:36.62	50.78	300m:	5:14.78	55.39	500m:	8:48.38	54.10	700m:	12:26.25	53.65
150m:	2:30.03	53.41	350m:	6:08.96	54.18	550m:	9:43.03	54.65	750m:	13:17.18	50.93
200m:	3:23.92	53.89	400m:	7:01.47	52.51	600m:	10:37.46	54.43	800m:	14:06.75	49.57
6. Colenbier Pia	14	ZIB	14:07.20	NT	+0,65						
50m:	44.98	44.98	250m:	4:13.31	53.36	450m:	7:52.06	54.74	650m:	11:30.94	54.54
100m:	1:36.99	52.01	300m:	5:07.28	53.97	500m:	8:46.56	54.50	700m:	12:24.68	53.74
150m:	2:27.97	50.98	350m:	6:02.20	54.92	550m:	9:41.53	54.97	750m:	13:15.80	51.12
200m:	3:19.95	51.98	400m:	6:57.32	55.12	600m:	10:36.40	54.87	800m:	14:07.20	51.40

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

Rang	Geb.		Tijd	ins. tijd	RT						
7. Schelfaut Evy	13	VZG	14:13.33	15:30.00							
50m:	44.32	44.32	250m:	4:24.13	53.11	450m:	8:04.87	54.64	650m:	11:47.24	52.40
100m:	1:39.80	55.48	300m:	5:18.78	54.65	500m:	9:01.72	56.85	700m:	12:40.15	52.91
150m:	2:34.33	54.53	350m:	6:14.59	55.81	550m:	9:57.78	56.06	750m:	13:27.83	47.68
200m:	3:31.02	56.69	400m:	7:10.23	55.64	600m:	10:54.84	57.06	800m:	14:13.33	45.50
8. Tetaj Dea	14	VZO	15:56.82	NT	+0,86						
50m:	47.64	47.64	250m:	4:42.06	1:00.39	450m:	8:48.50	1:01.61	650m:	13:03.21	1:02.17
100m:	1:43.37	55.73	300m:	5:44.33	1:02.27	500m:	9:51.14	1:02.64	700m:	14:03.87	1:00.66
150m:	2:41.77	58.40	350m:	6:47.12	1:02.79	550m:	10:56.03	1:04.89	750m:	15:02.16	58.29
200m:	3:41.67	59.90	400m:	7:46.89	59.77	600m:	12:01.04	1:05.01	800m:	15:56.82	54.66
9. Van Overstraeten Fien	13	VZG	16:02.52	15:58.00	+0,95						
50m:	48.05	48.05	250m:	4:43.64	1:00.73	450m:	8:56.45	1:04.11	650m:	13:07.25	1:01.73
100m:	1:43.30	55.25	300m:	5:45.88	1:02.24	500m:	9:58.61	1:02.16	700m:	14:10.45	1:03.20
150m:	2:42.56	59.26	350m:	6:49.43	1:03.55	550m:	11:02.44	1:03.83	750m:	15:09.81	59.36
200m:	3:42.91	1:00.35	400m:	7:52.34	1:02.91	600m:	12:05.52	1:03.08	800m:	16:02.52	52.71
10. Vandewiele Pia	13	VZSA	16:58.17	NT							
50m:	48.34	48.34	250m:	4:57.74	1:03.17	450m:	9:21.56	1:06.01	650m:	13:44.50	1:05.63
100m:	1:49.31	1:00.97	300m:	6:05.06	1:07.32	500m:	10:27.77	1:06.21	700m:	14:47.68	1:03.18
150m:	2:51.09	1:01.78	350m:	7:10.00	1:04.94	550m:	11:32.97	1:05.20	750m:	15:55.14	1:07.46
200m:	3:54.57	1:03.48	400m:	8:15.55	1:05.55	600m:	12:38.87	1:05.90	800m:	16:58.17	1:03.03
11. Anny's Sofie	13	ZIB	17:29.76	NT	+0,94						
50m:	49.00	49.00	250m:	5:16.34	1:12.92	450m:	9:55.17	1:11.05	650m:	14:20.90	1:04.27
100m:	1:49.94	1:00.94	300m:	6:24.90	1:08.56	500m:	11:04.15	1:08.98	700m:	15:25.78	1:04.88
150m:	2:55.67	1:05.73	350m:	7:35.91	1:11.01	550m:	12:10.06	1:05.91	750m:	16:30.95	1:05.17
200m:	4:03.42	1:07.75	400m:	8:44.12	1:08.21	600m:	13:16.63	1:06.57	800m:	17:29.76	58.81

Programmanr. 3
19/1/25 - 13:32

Dames, 800m vrije slag

algemeen
Resultaten

open open 25m: 16:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Claeys Nette	08	VZO	10:38.34	11:07.83	+0,82						
50m:	36.33	36.33	250m:	3:16.77	40.45	450m:	5:58.24	40.53	650m:	8:39.37	40.48
100m:	1:15.70	39.37	300m:	3:57.01	40.24	500m:	6:38.41	40.17	700m:	9:19.62	40.25
150m:	1:55.94	40.24	350m:	4:37.43	40.42	550m:	7:18.84	40.43	750m:	9:59.83	40.21
200m:	2:36.32	40.38	400m:	5:17.71	40.28	600m:	7:58.89	40.05	800m:	10:38.34	38.51
2. Eggert Evelyne	07	VZO	11:40.63	12:09.71	+0,83						
50m:	39.15	39.15	250m:	3:33.86	44.07	450m:	6:31.96	45.02	650m:	9:29.66	43.88
100m:	1:22.07	42.92	300m:	4:18.08	44.22	500m:	7:16.62	44.66	700m:	10:14.17	44.51
150m:	2:05.94	43.87	350m:	5:02.67	44.59	550m:	8:01.02	44.40	750m:	10:57.93	43.76
200m:	2:49.79	43.85	400m:	5:46.94	44.27	600m:	8:45.78	44.76	800m:	11:40.63	42.70
3. Proot Lisa-Marie	09	BZV	11:42.46	11:53.14	+0,83						
50m:	38.09	38.09	250m:	3:32.81	43.93	450m:	6:31.23	44.88	650m:	9:34.44	46.20
100m:	1:21.28	43.19	300m:	4:16.88	44.07	500m:	7:17.12	45.89	700m:	10:20.70	46.26
150m:	2:04.46	43.18	350m:	5:01.20	44.32	550m:	8:01.92	44.80	750m:	11:04.46	43.76
200m:	2:48.88	44.42	400m:	5:46.35	45.15	600m:	8:48.24	46.32	800m:	11:42.46	38.00
4. De Troyer Flavie	08	VZG	11:44.04	11:53.74	+0,86						
50m:	39.10	39.10	250m:	3:35.70	45.31	450m:	6:39.22	46.08	650m:	9:41.48	45.64
100m:	1:21.68	42.58	300m:	4:21.16	45.46	500m:	7:25.07	45.85	700m:	10:24.16	42.68
150m:	2:05.93	44.25	350m:	5:07.10	45.94	550m:	8:11.46	46.39	750m:	11:06.65	42.49
200m:	2:50.39	44.46	400m:	5:53.14	46.04	600m:	8:55.84	44.38	800m:	11:44.04	37.39
5. Van den Bergh Quittry	93	ZVM	11:50.24	11:33.59	+0,87						
50m:	37.13	37.13	250m:	3:31.32	44.10	450m:	6:32.56	45.83	650m:	9:35.54	46.13
100m:	1:19.58	42.45	300m:	4:16.39	45.07	500m:	7:17.88	45.32	700m:	10:21.27	45.73
150m:	2:02.95	43.37	350m:	5:01.47	45.08	550m:	8:03.36	45.48	750m:	11:06.59	45.32
200m:	2:47.22	44.27	400m:	5:46.73	45.26	600m:	8:49.41	46.05	800m:	11:50.24	43.65
6. Cocquyt Ashley	07	VZG	11:58.62	13:09.31	+0,89						
50m:	39.39	39.39	250m:	3:40.53	45.56	450m:	6:44.80	46.12	650m:	9:48.96	45.46
100m:	1:23.99	44.60	300m:	4:26.60	46.07	500m:	7:30.97	46.17	700m:	10:33.70	44.74
150m:	2:09.15	45.16	350m:	5:12.58	45.98	550m:	8:17.38	46.41	750m:	11:17.42	43.72
200m:	2:54.97	45.82	400m:	5:58.68	46.10	600m:	9:03.50	46.12	800m:	11:58.62	41.20

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

Rang	Geb.	Tijd	ins. tijd	RT						
7.	Van Alsenoy Yara	11	ZIB	12:02.42	13:51.28	+0,84				
	50m: 37.83	37.83	250m: 3:38.07	46.78	450m: 6:43.40	46.06	650m: 9:48.52	46.92		
	100m: 1:21.63	43.80	300m: 4:24.27	46.20	500m: 7:29.75	46.35	700m: 10:35.20	46.68		
	150m: 2:06.36	44.73	350m: 5:11.36	47.09	550m: 8:15.95	46.20	750m: 11:20.73	45.53		
	200m: 2:51.29	44.93	400m: 5:57.34	45.98	600m: 9:01.60	45.65	800m: 12:02.42	41.69		
8.	Huygh Marieke	09	VZN	12:26.42	12:30.00	+0,79				
	50m: 38.27	38.27	250m: 3:41.97	47.72	450m: 6:52.70	47.82	650m: 10:06.28	48.42		
	100m: 1:22.45	44.18	300m: 4:29.05	47.08	500m: 7:40.94	48.24	700m: 10:54.69	48.41		
	150m: 2:08.06	45.61	350m: 5:16.79	47.74	550m: 8:29.72	48.78	750m: 11:42.24	47.55		
	200m: 2:54.25	46.19	400m: 6:04.88	48.09	600m: 9:17.86	48.14	800m: 12:26.42	44.18		
9.	Loccafier Fleur	14	ZIB	12:42.87	NT	+0,91				
	50m: 42.35	42.35	250m: 3:53.17	47.61	450m: 7:05.89	48.25	650m: 10:19.88	48.30		
	100m: 1:28.98	46.63	300m: 4:41.03	47.86	500m: 7:53.77	47.88	700m: 11:08.75	48.87		
	150m: 2:17.57	48.59	350m: 5:29.20	48.17	550m: 8:42.74	48.97	750m: 11:56.68	47.93		
	200m: 3:05.56	47.99	400m: 6:17.64	48.44	600m: 9:31.58	48.84	800m: 12:42.87	46.19		
10.	Proot Annabelle	11	BZV	12:51.74	14:31.12	+0,77				
	50m: 42.04	42.04	250m: 3:54.58	48.29	450m: 7:10.82	49.96	650m: 10:27.74	48.69		
	100m: 1:29.65	47.61	300m: 4:43.42	48.84	500m: 7:59.60	48.78	700m: 11:17.48	49.74		
	150m: 2:17.16	47.51	350m: 5:31.42	48.00	550m: 8:49.23	49.63	750m: 12:05.55	48.07		
	200m: 3:06.29	49.13	400m: 6:20.86	49.44	600m: 9:39.05	49.82	800m: 12:51.74	46.19		
11.	Van Hecke Amber	10	VZO	12:53.85	12:40.07	+0,81				
	50m: 38.45	38.45	250m: 3:42.81	47.14	450m: 7:02.78	51.37	650m: 10:28.45	51.35		
	100m: 1:21.97	43.52	300m: 4:31.24	48.43	500m: 7:54.77	51.99	700m: 11:19.16	50.71		
	150m: 2:08.62	46.65	350m: 5:21.41	50.17	550m: 8:45.76	50.99	750m: 12:07.79	48.63		
	200m: 2:55.67	47.05	400m: 6:11.41	50.00	600m: 9:37.10	51.34	800m: 12:53.85	46.06		
12.	Verbesselt Manon	13	VZN	12:54.98	15:41.41	+0,86				
	50m: 41.99	41.99	250m: 3:58.47	50.97	450m: 7:17.67	49.89	650m: 10:34.33	49.57		
	100m: 1:29.62	47.63	300m: 4:48.13	49.66	500m: 8:06.84	49.17	700m: 11:23.52	49.19		
	150m: 2:18.70	49.08	350m: 5:37.50	49.37	550m: 8:56.30	49.46	750m: 12:11.90	48.38		
	200m: 3:07.50	48.80	400m: 6:27.78	50.28	600m: 9:44.76	48.46	800m: 12:54.98	43.08		
13.	Declerck Marie-Lou	10	VZG	13:01.25	13:30.00	+0,96				
	50m: 41.55	41.55	250m: 3:56.66	49.76	450m: 7:14.61	49.34	650m: 10:38.65	51.51		
	100m: 1:28.95	47.40	300m: 4:46.09	49.43	500m: 8:05.87	51.26	700m: 11:28.36	49.71		
	150m: 2:17.44	48.49	350m: 5:35.44	49.35	550m: 8:56.67	50.80	750m: 12:17.61	49.25		
	200m: 3:06.90	49.46	400m: 6:25.27	49.83	600m: 9:47.14	50.47	800m: 13:01.25	43.64		
14.	Lagatie Billie	11	VZO	13:02.64	NT	+0,89				
	50m: 40.39	40.39	250m: 3:53.98	50.26	450m: 7:17.74	51.50	650m: 10:43.82	50.58		
	100m: 1:26.70	46.31	300m: 4:44.39	50.41	500m: 8:10.33	52.59	700m: 11:35.15	51.33		
	150m: 2:14.58	47.88	350m: 5:35.05	50.66	550m: 9:01.47	51.14	750m: 12:22.87	47.72		
	200m: 3:03.72	49.14	400m: 6:26.24	51.19	600m: 9:53.24	51.77	800m: 13:02.64	39.77		
15.	Vervaeke Saar	11	VZG	13:07.77	13:50.00	+0,93				
	50m: 41.75	41.75	250m: 3:57.38	50.35	450m: 7:18.80	50.08	650m: 10:44.71	51.76		
	100m: 1:28.37	46.62	300m: 4:47.60	50.22	500m: 8:09.75	50.95	700m: 11:34.26	49.55		
	150m: 2:17.17	48.80	350m: 5:37.61	50.01	550m: 9:00.46	50.71	750m: 12:23.01	48.75		
	200m: 3:07.03	49.86	400m: 6:28.72	51.11	600m: 9:52.95	52.49	800m: 13:07.77	44.76		
16.	Floryn Juliette	13	BZV	13:08.30	15:34.60	+0,80				
	50m: 39.41	39.41	250m: 3:56.59	50.27	450m: 7:20.47	50.83	650m: 10:40.92	49.70		
	100m: 1:25.86	46.45	300m: 4:47.77	51.18	500m: 8:11.04	50.57	700m: 11:27.96	47.04		
	150m: 2:15.88	50.02	350m: 5:39.00	51.23	550m: 9:00.88	49.84	750m: 12:19.89	51.93		
	200m: 3:06.32	50.44	400m: 6:29.64	50.64	600m: 9:51.22	50.34	800m: 13:08.30	48.41		
17.	Lamaire Julie	14	VZN	13:13.06	NT	+0,67				
	50m: 40.70	40.70	250m: 3:58.39	50.58	450m: 7:24.08	51.21	650m: 10:48.64	49.88		
	100m: 1:28.09	47.39	300m: 4:49.55	51.16	500m: 8:15.71	51.63	700m: 11:39.45	50.81		
	150m: 2:17.18	49.09	350m: 5:40.88	51.33	550m: 9:07.69	51.98	750m: 12:27.66	48.21		
	200m: 3:07.81	50.63	400m: 6:32.87	51.99	600m: 9:58.76	51.07	800m: 13:13.06	45.40		
18.	Peel Ylana	12	VZO	13:30.25	NT	+0,90				
	50m: 42.58	42.58	250m: 4:04.29	51.99	450m: 7:33.61	53.64	650m: 11:06.06	54.00		
	100m: 1:30.26	47.68	300m: 4:55.84	51.55	500m: 8:26.87	53.26	700m: 11:58.26	52.20		
	150m: 2:20.80	50.54	350m: 5:48.30	52.46	550m: 9:20.39	53.52	750m: 12:48.28	50.02		
	200m: 3:12.30	51.50	400m: 6:39.97	51.67	600m: 10:12.06	51.67	800m: 13:30.25	41.97		
19.	Van Eecke Astrid	10	VZN	13:39.77	13:34.23	+0,70				
	50m: 43.60	43.60	250m: 4:11.18	52.20	450m: 7:39.91	52.77	650m: 11:09.18	52.60		
	100m: 1:34.58	50.98	300m: 5:02.57	51.39	500m: 8:32.25	52.34	700m: 12:01.03	51.85		
	150m: 2:26.75	52.17	350m: 5:54.62	52.05	550m: 9:24.52	52.27	750m: 12:51.57	50.54		
	200m: 3:18.98	52.23	400m: 6:47.14	52.52	600m: 10:16.58	52.06	800m: 13:39.77	48.20		

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

Rang	Geb.	Tijd	ins. tijd	RT					
20. Wandelaere Lisa	08	VZN	13:53.58	14:10.53	+0,98				
50m:	41.13	41.13	250m: 4:01.84	52.30	450m: 7:40.36	55.30	650m: 11:18.45	54.55	
100m:	1:28.41	47.28	300m: 4:53.75	51.91	500m: 8:34.18	53.82	700m: 12:13.33	54.88	
150m:	2:18.15	49.74	350m: 5:49.37	55.62	550m: 9:29.29	55.11	750m: 13:05.98	52.65	
200m:	3:09.54	51.39	400m: 6:45.06	55.69	600m: 10:23.90	54.61	800m: 13:53.58	47.60	
21. Rommens Nikki	11	VZN	14:00.19	14:27.77	+0,85				
50m:	44.47	44.47	250m: 4:14.33	55.69	450m: 7:52.10	54.56	650m: 11:25.51	52.92	
100m:	1:33.70	49.23	300m: 5:08.02	53.69	500m: 8:44.49	52.39	700m: 12:19.34	53.83	
150m:	2:26.35	52.65	350m: 6:03.60	55.58	550m: 9:39.01	54.52	750m: 13:11.93	52.59	
200m:	3:18.64	52.29	400m: 6:57.54	53.94	600m: 10:32.59	53.58	800m: 14:00.19	48.26	
22. Imandt Clara	13	VZSA	14:06.75	NT	+0,93				
50m:	45.84	45.84	250m: 4:19.39	55.47	450m: 7:54.28	52.81	650m: 11:32.60	55.14	
100m:	1:36.62	50.78	300m: 5:14.78	55.39	500m: 8:48.38	54.10	700m: 12:26.25	53.65	
150m:	2:30.03	53.41	350m: 6:08.96	54.18	550m: 9:43.03	54.65	750m: 13:17.18	50.93	
200m:	3:23.92	53.89	400m: 7:01.47	52.51	600m: 10:37.46	54.43	800m: 14:06.75	49.57	
23. Colenbier Pia	14	ZIB	14:07.20	NT	+0,65				
50m:	44.98	44.98	250m: 4:13.31	53.36	450m: 7:52.06	54.74	650m: 11:30.94	54.54	
100m:	1:36.99	52.01	300m: 5:07.28	53.97	500m: 8:46.56	54.50	700m: 12:24.68	53.74	
150m:	2:27.97	50.98	350m: 6:02.20	54.92	550m: 9:41.53	54.97	750m: 13:15.80	51.12	
200m:	3:19.95	51.98	400m: 6:57.32	55.12	600m: 10:36.40	54.87	800m: 14:07.20	51.40	
24. Schelfaut Evy	13	VZG	14:13.33	15:30.00					
50m:	44.32	44.32	250m: 4:24.13	53.11	450m: 8:04.87	54.64	650m: 11:47.24	52.40	
100m:	1:39.80	55.48	300m: 5:18.78	54.65	500m: 9:01.72	56.85	700m: 12:40.15	52.91	
150m:	2:34.33	54.53	350m: 6:14.59	55.81	550m: 9:57.78	56.06	750m: 13:27.83	47.68	
200m:	3:31.02	56.69	400m: 7:10.23	55.64	600m: 10:54.84	57.06	800m: 14:13.33	45.50	
25. Vandebroek Evi	78	VZN	14:39.56	14:51.34	+0,84				
50m:	43.35	43.35	250m: 4:18.66	55.97	450m: 8:07.29	57.18	650m: 11:55.28	56.26	
100m:	1:34.19	50.84	300m: 5:15.93	57.27	500m: 9:04.78	57.49	700m: 12:52.04	56.76	
150m:	2:27.86	53.67	350m: 6:13.51	57.58	550m: 10:01.95	57.17	750m: 13:47.68	55.64	
200m:	3:22.69	54.83	400m: 7:10.11	56.60	600m: 10:59.02	57.07	800m: 14:39.56	51.88	
26. Cnockaert Ella	12	VZN	14:39.66	NT	+0,86				
50m:	41.85	41.85	250m: 4:18.29	56.81	450m: 8:05.85	57.58	650m: 11:49.15	55.18	
100m:	1:32.28	50.43	300m: 5:14.98	56.69	500m: 9:02.10	56.25	700m: 12:44.68	55.53	
150m:	2:26.12	53.84	350m: 6:12.03	57.05	550m: 9:58.17	56.07	750m: 13:37.97	53.29	
200m:	3:21.48	55.36	400m: 7:08.27	56.24	600m: 10:53.97	55.80	800m: 14:39.66	1:01.69	
27. Loncke Roos	12	VZO	15:39.20	NT	+0,85				
50m:	46.83	46.83	250m: 4:36.17	58.68	450m: 8:33.39	1:01.22	650m: 12:33.80	1:00.30	
100m:	1:42.65	55.82	300m: 5:34.41	58.24	500m: 9:30.92	57.53	700m: 13:36.28	1:02.48	
150m:	2:39.67	57.02	350m: 6:33.46	59.05	550m: 10:31.30	1:00.38	750m: 14:36.34	1:00.06	
200m:	3:37.49	57.82	400m: 7:32.17	58.71	600m: 11:33.50	1:02.20	800m: 15:39.20	1:02.86	
28. Tetaj Dea	14	VZO	15:56.82	NT	+0,86				
50m:	47.64	47.64	250m: 4:42.06	1:00.39	450m: 8:48.50	1:01.61	650m: 13:03.21	1:02.17	
100m:	1:43.37	55.73	300m: 5:44.33	1:02.27	500m: 9:51.14	1:02.64	700m: 14:03.87	1:00.66	
150m:	2:41.77	58.40	350m: 6:47.12	1:02.79	550m: 10:56.03	1:04.89	750m: 15:02.16	58.29	
200m:	3:41.67	59.90	400m: 7:46.89	59.77	600m: 12:01.04	1:05.01	800m: 15:56.82	54.66	
29. Van Overstraeten Fien	13	VZG	16:02.52	15:58.00	+0,95				
50m:	48.05	48.05	250m: 4:43.64	1:00.73	450m: 8:56.45	1:04.11	650m: 13:07.25	1:01.73	
100m:	1:43.30	55.25	300m: 5:45.88	1:02.24	500m: 9:58.61	1:02.16	700m: 14:10.45	1:03.20	
150m:	2:42.56	59.26	350m: 6:49.43	1:03.55	550m: 11:02.44	1:03.83	750m: 15:09.81	59.36	
200m:	3:42.91	1:00.35	400m: 7:52.34	1:02.91	600m: 12:05.52	1:03.08	800m: 16:02.52	52.71	
30. Vandewiele Pia	13	VZSA	16:58.17	NT					
50m:	48.34	48.34	250m: 4:57.74	1:03.17	450m: 9:21.56	1:06.01	650m: 13:44.50	1:05.63	
100m:	1:49.31	1:00.97	300m: 6:05.06	1:07.32	500m: 10:27.77	1:06.21	700m: 14:47.68	1:03.18	
150m:	2:51.09	1:01.78	350m: 7:10.00	1:04.94	550m: 11:32.97	1:05.20	750m: 15:55.14	1:07.46	
200m:	3:54.57	1:03.48	400m: 8:15.55	1:05.55	600m: 12:38.87	1:05.90	800m: 16:58.17	1:03.03	
31. Anny's Sofie	13	ZIB	17:29.76	NT	+0,94				
50m:	49.00	49.00	250m: 5:16.34	1:12.92	450m: 9:55.17	1:11.05	650m: 14:20.90	1:04.27	
100m:	1:49.94	1:00.94	300m: 6:24.90	1:08.56	500m: 11:04.15	1:08.98	700m: 15:25.78	1:04.88	
150m:	2:55.67	1:05.73	350m: 7:35.91	1:11.01	550m: 12:10.06	1:05.91	750m: 16:30.95	1:05.17	
200m:	4:03.42	1:07.75	400m: 8:44.12	1:08.21	600m: 13:16.63	1:06.57	800m: 17:29.76	58.81	

Programmanr. 3, 800m vrije slag

Programmanr. 3 Heren, 800m vrije slag veteranen 55
19/1/25 - 13:32 Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT
dis Annys Paul	68 ZIB		NT	

SW10-WE2 - de volledige afstand niet verzwommen

Programmanr. 3 Heren, 800m vrije slag veteranen 45
19/1/25 - 13:32 Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Vermeulen Gerry	78 DELF	12:44.30	12:36.53	+0,95			
50m: 38.25	38.25	250m: 3:50.71	49.40	450m: 7:12.14	50.71	650m: 10:30.98	49.01
100m: 1:24.05	45.80	300m: 4:40.36	49.65	500m: 8:02.42	50.28	700m: 11:19.28	48.30
150m: 2:11.85	47.80	350m: 5:31.43	51.07	550m: 8:52.02	49.60	750m: 12:05.32	46.04
200m: 3:01.31	49.46	400m: 6:21.43	50.00	600m: 9:41.97	49.95	800m: 12:44.30	38.98

Programmanr. 3 Heren, 800m vrije slag veteranen 40
19/1/25 - 13:32 Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT
FF Metais Raphaël	85 CNMR		14:45.99	

Programmanr. 3 Heren, 800m vrije slag senioren
19/1/25 - 13:32 Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Simons Jarno	02 ZVM	10:16.91	9:55.00	+0,78			
50m: 30.56	30.56	250m: 3:00.31	39.55	450m: 5:45.29	40.96	650m: 8:26.25	38.50
100m: 1:05.89	35.33	300m: 3:41.21	40.90	500m: 6:26.42	41.13	700m: 9:04.92	38.67
150m: 1:42.88	36.99	350m: 4:22.45	41.24	550m: 7:07.14	40.72	750m: 9:41.65	36.73
200m: 2:20.76	37.88	400m: 5:04.33	41.88	600m: 7:47.75	40.61	800m: 10:16.91	35.26

Programmanr. 3 Jongens, 800m vrije slag pupillen
19/1/25 - 13:32 Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Winderickx Ruhne	07 ZIB	10:12.92	10:01.47	+0,80			
50m: 31.75	31.75	250m: 2:58.41	37.59	450m: 5:31.96	38.98	650m: 8:16.11	41.78
100m: 1:07.24	35.49	300m: 3:36.51	38.10	500m: 6:11.87	39.91	700m: 8:56.10	39.99
150m: 1:44.05	36.81	350m: 4:14.62	38.11	550m: 6:52.67	40.80	750m: 9:35.37	39.27
200m: 2:20.82	36.77	400m: 4:52.98	38.36	600m: 7:34.33	41.66	800m: 10:12.92	37.55
2. Eeckhout Ward	08 DELF	10:58.48	11:14.61	+0,82			
50m: 34.91	34.91	250m: 3:15.49	41.27	450m: 6:02.63	42.33	650m: 8:52.58	42.21
100m: 1:13.97	39.06	300m: 3:56.93	41.44	500m: 6:44.95	42.32	700m: 9:35.19	42.61
150m: 1:53.31	39.34	350m: 4:38.14	41.21	550m: 7:27.66	42.71	750m: 10:17.33	42.14
200m: 2:34.22	40.91	400m: 5:20.30	42.16	600m: 8:10.37	42.71	800m: 10:58.48	41.15

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

Rang	Geb.	Tijd	ins. tijd	RT					
3. Rommens Timo	08	VZN	11:21.35	11:36.48	+0,85				
50m:	36.93	36.93	250m: 3:26.50	43.81	450m: 6:23.32	44.80	650m: 9:18.60	43.86	
100m:	1:17.90	40.97	300m: 4:10.43	43.93	500m: 7:07.37	44.05	700m: 10:02.00	43.40	
150m:	1:59.92	42.02	350m: 4:54.53	44.10	550m: 7:51.24	43.87	750m: 10:44.00	42.00	
200m:	2:42.69	42.77	400m: 5:38.52	43.99	600m: 8:34.74	43.50	800m: 11:21.35	37.35	
4. Cocquit Lander	07	ZIB	12:43.30	11:55.76	+0,74				
50m:	38.68	38.68	250m: 3:37.36	45.89	450m: 6:59.99	50.72	650m: 10:25.45	51.87	
100m:	1:22.57	43.89	300m: 4:25.35	47.99	500m: 7:52.25	52.26	700m: 11:17.03	51.58	
150m:	2:06.96	44.39	350m: 5:16.31	50.96	550m: 8:43.26	51.01	750m: 12:03.83	46.80	
200m:	2:51.47	44.51	400m: 6:09.27	52.96	600m: 9:33.58	50.32	800m: 12:43.30	39.47	
5. Cocquit Sam	08	ZIB	12:48.46	12:34.26	+0,69				
50m:	37.12	37.12	250m: 3:42.63	49.11	450m: 7:04.66	51.46	650m: 10:25.21	50.13	
100m:	1:20.47	43.35	300m: 4:32.36	49.73	500m: 7:54.98	50.32	700m: 11:14.52	49.31	
150m:	2:06.18	45.71	350m: 5:22.55	50.19	550m: 8:45.04	50.06	750m: 12:03.47	48.95	
200m:	2:53.52	47.34	400m: 6:13.20	50.65	600m: 9:35.08	50.04	800m: 12:48.46	44.99	

Programmanr. 3
19/1/25 - 13:32

Jongens, 800m vrije slag

kadetten
Resultaten

open open 25m: 16:00.00

Rang	Geb.	Tijd	ins. tijd	RT					
1. D'Heere Rémi	09	VZN	9:57.33	9:45.43	+0,75				
50m:	30.02	30.02	250m: 2:55.69	36.66	450m: 5:28.09	37.88	650m: 8:03.72	38.59	
100m:	1:05.45	35.43	300m: 3:33.69	38.00	500m: 6:06.41	38.32	700m: 8:43.06	39.34	
150m:	1:41.93	36.48	350m: 4:11.94	38.25	550m: 6:45.38	38.97	750m: 9:20.84	37.78	
200m:	2:19.03	37.10	400m: 4:50.21	38.27	600m: 7:25.13	39.75	800m: 9:57.33	36.49	
2. Van Hecke Mathis	09	VZO	11:15.47	12:59.09	+0,75				
50m:	36.51	36.51	250m: 3:26.89	43.95	450m: 6:24.80	44.47	650m: 9:18.52	41.38	
100m:	1:17.34	40.83	300m: 4:11.15	44.26	500m: 7:09.52	44.72	700m: 10:00.96	42.44	
150m:	1:59.28	41.94	350m: 4:55.89	44.74	550m: 7:53.97	44.45	750m: 10:40.94	39.98	
200m:	2:42.94	43.66	400m: 5:40.33	44.44	600m: 8:37.14	43.17	800m: 11:15.47	34.53	
3. Praet Kobe	10	VZN	11:22.96	11:15.77	+0,69				
50m:	36.06	36.06	250m: 3:26.32	43.67	450m: 6:24.37	44.70	650m: 9:20.29	43.94	
100m:	1:17.02	40.96	300m: 4:10.75	44.43	500m: 7:08.65	44.28	700m: 10:03.53	43.24	
150m:	1:59.58	42.56	350m: 4:54.81	44.06	550m: 7:52.60	43.95	750m: 10:45.53	42.00	
200m:	2:42.65	43.07	400m: 5:39.67	44.86	600m: 8:36.35	43.75	800m: 11:22.96	37.43	
4. Tetaj Daniel	10	VZO	11:25.93	12:52.07	+0,88				
50m:	36.72	36.72	250m: 3:27.63	43.45	450m: 6:24.95	44.34	650m: 9:19.36	42.15	
100m:	1:18.24	41.52	300m: 4:11.88	44.25	500m: 7:10.29	45.34	700m: 10:02.24	42.88	
150m:	2:00.35	42.11	350m: 4:56.45	44.57	550m: 7:53.68	43.39	750m: 10:43.83	41.59	
200m:	2:44.18	43.83	400m: 5:40.61	44.16	600m: 8:37.21	43.53	800m: 11:25.93	42.10	
5. Denecker Viktor	10	VZG	11:32.86	10:58.00	+0,91				
50m:	36.51	36.51	250m: 3:31.19	45.30	450m: 6:30.25	43.60	650m: 9:30.93	44.89	
100m:	1:18.45	41.94	300m: 4:16.11	44.92	500m: 7:15.50	45.25	700m: 10:14.74	43.81	
150m:	2:01.40	42.95	350m: 5:01.48	45.37	550m: 8:00.87	45.37	750m: 10:56.35	41.61	
200m:	2:45.89	44.49	400m: 5:46.65	45.17	600m: 8:46.04	45.17	800m: 11:32.86	36.51	
6. Maes Leon	10	VZN	11:52.89	12:36.49	+0,80				
50m:	38.61	38.61	250m: 3:37.85	45.84	450m: 6:40.88	45.94	650m: 9:43.98	46.17	
100m:	1:21.92	43.31	300m: 4:23.31	45.46	500m: 7:26.60	45.72	700m: 10:29.35	45.37	
150m:	2:07.24	45.32	350m: 5:09.42	46.11	550m: 8:12.28	45.68	750m: 11:12.88	43.53	
200m:	2:52.01	44.77	400m: 5:54.94	45.52	600m: 8:57.81	45.53	800m: 11:52.89	40.01	
7. Vyliders Bram	10	VZN	12:25.51	14:02.28	+0,84				
50m:	37.87	37.87	250m: 3:44.01	48.24	450m: 7:00.74	49.12	650m: 10:13.26	47.36	
100m:	1:21.99	44.12	300m: 4:33.66	49.65	500m: 7:47.87	47.13	700m: 10:57.93	44.67	
150m:	2:08.45	46.46	350m: 5:22.27	48.61	550m: 8:37.07	49.20	750m: 11:42.11	44.18	
200m:	2:55.77	47.32	400m: 6:11.62	49.35	600m: 9:25.90	48.83	800m: 12:25.51	43.40	
8. Boone Daan	09	BZV	13:24.04	NT	+0,83				
50m:	41.83	41.83	250m: 4:13.56	54.44	450m: 7:46.38	53.01	650m: 11:04.89	48.41	
100m:	1:32.68	50.85	300m: 5:07.24	53.68	500m: 8:38.93	52.55	700m: 11:52.20	47.31	
150m:	2:26.61	53.93	350m: 6:01.51	54.27	550m: 9:27.50	48.57	750m: 12:38.94	46.74	
200m:	3:19.12	52.51	400m: 6:53.37	51.86	600m: 10:16.48	48.98	800m: 13:24.04	45.10	

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

Rang	Geb.		Tijd	ins. tijd	RT						
9. Anny Bram	10	ZIB	13:24.47	15:20.97	+0,81						
50m:	42.47	42.47	250m:	4:05.53	52.46	450m:	7:36.36	53.25	650m:	11:02.40	51.63
100m:	1:31.59	49.12	300m:	4:57.81	52.28	500m:	8:28.69	52.33	700m:	11:52.08	49.68
150m:	2:21.23	49.64	350m:	5:50.41	52.60	550m:	9:21.14	52.45	750m:	12:38.50	46.42
200m:	3:13.07	51.84	400m:	6:43.11	52.70	600m:	10:10.77	49.63	800m:	13:24.47	45.97
10. El Hanioui Ilias	09	ZIB	13:42.52	NT	+0,86						
50m:	39.83	39.83	250m:	4:04.43	52.92	450m:	7:40.02	54.06	650m:	11:14.71	54.45
100m:	1:28.69	48.86	300m:	4:57.77	53.34	500m:	8:33.98	53.96	700m:	12:07.17	52.46
150m:	2:20.23	51.54	350m:	5:52.44	54.67	550m:	9:27.79	53.81	750m:	12:57.81	50.64
200m:	3:11.51	51.28	400m:	6:45.96	53.52	600m:	10:20.26	52.47	800m:	13:42.52	44.71

Programmanr. 3 19/1/25 - 13:32

Jongens, 800m vrije slag

miniemen Resultaten

open open 25m: 16:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Verbruggen Liam	11	ZVM	12:41.22	13:39.33	+0,79						
50m:	41.55	41.55	250m:	3:51.27	47.98	450m:	7:05.95	49.95	650m:	10:22.66	49.25
100m:	1:27.66	46.11	300m:	4:39.70	48.43	500m:	7:54.67	48.72	700m:	11:12.44	49.78
150m:	2:16.07	48.41	350m:	5:26.88	47.18	550m:	8:44.11	49.44	750m:	11:57.97	45.53
200m:	3:03.29	47.22	400m:	6:16.00	49.12	600m:	9:33.41	49.30	800m:	12:41.22	43.25
2. Degreef Lex	11	BZV	12:41.85	14:21.59	+0,87						
50m:	40.86	40.86	250m:	3:52.74	48.33	450m:	7:07.33	49.09	650m:	10:24.15	48.52
100m:	1:27.81	46.95	300m:	4:40.91	48.17	500m:	7:56.95	49.62	700m:	11:13.64	49.49
150m:	2:15.16	47.35	350m:	5:29.32	48.41	550m:	8:45.77	48.82	750m:	12:00.06	46.42
200m:	3:04.41	49.25	400m:	6:18.24	48.92	600m:	9:35.63	49.86	800m:	12:41.85	41.79
3. Tessier Guillaume	11	BZV	14:40.59	NT	+0,61						
50m:	43.64	43.64	250m:	4:22.08	57.08	450m:	8:11.22	57.35	650m:	11:59.81	56.73
100m:	1:34.69	51.05	300m:	5:19.06	56.98	500m:	9:08.44	57.22	700m:	12:55.09	55.28
150m:	2:29.69	55.00	350m:	6:16.74	57.68	550m:	10:05.68	57.24	750m:	13:49.03	53.94
200m:	3:25.00	55.31	400m:	7:13.87	57.13	600m:	11:03.08	57.40	800m:	14:40.59	51.56
4. Cattoor Thibault	11	BZV	14:42.54	NT							
50m:	44.72	44.72	250m:	4:24.99	58.57	450m:	8:16.02	1:00.01	650m:	12:04.75	56.92
100m:	1:37.02	52.30	300m:	5:20.60	55.61	500m:	9:10.94	54.92	700m:	13:00.88	56.13
150m:	2:30.78	53.76	350m:	6:21.02	1:00.42	550m:	10:11.01	1:00.07	750m:	13:51.91	51.03
200m:	3:26.42	55.64	400m:	7:16.01	54.99	600m:	11:07.83	56.82	800m:	14:42.54	50.63

Programmanr. 3 19/1/25 - 13:32

Jongens, 800m vrije slag

benjamins Resultaten

open open 25m: 16:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Lamaire Lucas	13	VZN	12:28.35	14:12.21	+0,76						
50m:	38.80	38.80	250m:	3:45.95	48.13	450m:	7:01.48	48.79	650m:	10:15.09	47.22
100m:	1:23.43	44.63	300m:	4:34.83	48.88	500m:	7:50.01	48.53	700m:	10:58.84	43.75
150m:	2:09.81	46.38	350m:	5:23.98	49.15	550m:	8:39.02	49.01	750m:	11:44.51	45.67
200m:	2:57.82	48.01	400m:	6:12.69	48.71	600m:	9:27.87	48.85	800m:	12:28.35	43.84
2. Strybos Kobe	13	VZG	13:03.96	13:40.25	+0,97						
50m:	44.55	44.55	250m:	4:03.59	49.77	450m:	7:25.01	50.79	650m:	10:44.20	47.16
100m:	1:33.45	48.90	300m:	4:53.33	49.74	500m:	8:15.77	50.76	700m:	11:34.82	50.62
150m:	2:23.39	49.94	350m:	5:43.48	50.15	550m:	9:06.81	51.04	750m:	12:22.26	47.44
200m:	3:13.82	50.43	400m:	6:34.22	50.74	600m:	9:57.04	50.23	800m:	13:03.96	41.70
3. Vanmaeckelberghe Bas	14	VZO	13:47.77	NT	+0,63						
50m:	46.01	46.01	250m:	4:10.20	52.60	450m:	7:43.15	51.75	650m:	11:15.77	53.56
100m:	1:35.21	49.20	300m:	5:03.08	52.88	500m:	8:37.48	54.33	700m:	12:08.47	52.70
150m:	2:25.52	50.31	350m:	5:57.19	54.11	550m:	9:29.33	51.85	750m:	12:59.56	51.09
200m:	3:17.60	52.08	400m:	6:51.40	54.21	600m:	10:22.21	52.88	800m:	13:47.77	48.21

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

Rang	Geb.		Tijd	ins. tijd	RT						
4. Pollet Wannes	14	BZV	14:36.27	NT							
50m:	47.67	47.67	250m:	4:33.98	56.76	450m:	8:22.61	55.61	650m:	12:03.47	56.23
100m:	1:41.68	54.01	300m:	5:32.76	58.78	500m:	9:17.64	55.03	700m:	12:58.35	54.88
150m:	2:38.60	56.92	350m:	6:30.92	58.16	550m:	10:12.22	54.58	750m:	13:48.45	50.10
200m:	3:37.22	58.62	400m:	7:27.00	56.08	600m:	11:07.24	55.02	800m:	14:36.27	47.82
5. Proot Jerome	14	BZV	15:00.22	NT	+0,55						
50m:	47.08	47.08	250m:	4:31.02	58.19	450m:	8:24.53	59.93	650m:	12:16.03	57.58
100m:	1:41.17	54.09	300m:	5:28.53	57.51	500m:	9:22.69	58.16	700m:	13:12.20	56.17
150m:	2:37.00	55.83	350m:	6:26.15	57.62	550m:	10:19.64	56.95	750m:	14:06.83	54.63
200m:	3:32.83	55.83	400m:	7:24.60	58.45	600m:	11:18.45	58.81	800m:	15:00.22	53.39
6. Vervaecke Mathis	13	VZO	16:26.19	NT	+0,88						
50m:	48.73	48.73	250m:	4:55.35	1:03.54	450m:	9:09.51	1:03.52	650m:	13:20.40	1:04.03
100m:	1:47.13	58.40	300m:	5:59.33	1:03.98	500m:	10:11.28	1:01.77	700m:	14:22.02	1:01.62
150m:	2:48.69	1:01.56	350m:	7:03.56	1:04.23	550m:	11:14.77	1:03.49	750m:	15:24.54	1:02.52
200m:	3:51.81	1:03.12	400m:	8:05.99	1:02.43	600m:	12:16.37	1:01.60	800m:	16:26.19	1:01.65
7. Van Overstraeten Bram	14	VZG	18:08.14	14:35.00	+0,80						
50m:	1:00.00	1:00.00	250m:	5:29.06	1:10.34	450m:	10:11.32	1:11.02	650m:	14:48.19	1:09.69
100m:	1:57.37	57.37	300m:	6:38.39	1:09.33	500m:	11:19.85	1:08.53	700m:	15:59.17	1:10.98
150m:	3:07.30	1:09.93	350m:	7:49.27	1:10.88	550m:	12:29.88	1:10.03	750m:	17:04.29	1:05.12
200m:	4:18.72	1:11.42	400m:	9:00.30	1:11.03	600m:	13:38.50	1:08.62	800m:	18:08.14	1:03.85

Programmanr. 3 19/1/25 - 13:32

Heren, 800m vrije slag

algemeen Resultaten

open open 25m: 16:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. D'Heere Rémi	09	VZN	9:57.33	9:45.43	+0,75						
50m:	30.02	30.02	250m:	2:55.69	36.66	450m:	5:28.09	37.88	650m:	8:03.72	38.59
100m:	1:05.45	35.43	300m:	3:33.69	38.00	500m:	6:06.41	38.32	700m:	8:43.06	39.34
150m:	1:41.93	36.48	350m:	4:11.94	38.25	550m:	6:45.38	38.97	750m:	9:20.84	37.78
200m:	2:19.03	37.10	400m:	4:50.21	38.27	600m:	7:25.13	39.75	800m:	9:57.33	36.49
2. Winderickx Ruhne	07	ZIB	10:12.92	10:01.47	+0,80						
50m:	31.75	31.75	250m:	2:58.41	37.59	450m:	5:31.96	38.98	650m:	8:16.11	41.78
100m:	1:07.24	35.49	300m:	3:36.51	38.10	500m:	6:11.87	39.91	700m:	8:56.10	39.99
150m:	1:44.05	36.81	350m:	4:14.62	38.11	550m:	6:52.67	40.80	750m:	9:35.37	39.27
200m:	2:20.82	36.77	400m:	4:52.98	38.36	600m:	7:34.33	41.66	800m:	10:12.92	37.55
3. Simons Jarno	02	ZVM	10:16.91	9:55.00	+0,78						
50m:	30.56	30.56	250m:	3:00.31	39.55	450m:	5:45.29	40.96	650m:	8:26.25	38.50
100m:	1:05.89	35.33	300m:	3:41.21	40.90	500m:	6:26.42	41.13	700m:	9:04.92	38.67
150m:	1:42.88	36.99	350m:	4:22.45	41.24	550m:	7:07.14	40.72	750m:	9:41.65	36.73
200m:	2:20.76	37.88	400m:	5:04.33	41.88	600m:	7:47.75	40.61	800m:	10:16.91	35.26
4. Eeckhout Ward	08	DELFF	10:58.48	11:14.61	+0,82						
50m:	34.91	34.91	250m:	3:15.49	41.27	450m:	6:02.63	42.33	650m:	8:52.58	42.21
100m:	1:13.97	39.06	300m:	3:56.93	41.44	500m:	6:44.95	42.32	700m:	9:35.19	42.61
150m:	1:53.31	39.34	350m:	4:38.14	41.21	550m:	7:27.66	42.71	750m:	10:17.33	42.14
200m:	2:34.22	40.91	400m:	5:20.30	42.16	600m:	8:10.37	42.71	800m:	10:58.48	41.15
5. Van Hecke Mathis	09	VZO	11:15.47	12:59.09	+0,75						
50m:	36.51	36.51	250m:	3:26.89	43.95	450m:	6:24.80	44.47	650m:	9:18.52	41.38
100m:	1:17.34	40.83	300m:	4:11.15	44.26	500m:	7:09.52	44.72	700m:	10:00.96	42.44
150m:	1:59.28	41.94	350m:	4:55.89	44.74	550m:	7:53.97	44.45	750m:	10:40.94	39.98
200m:	2:42.94	43.66	400m:	5:40.33	44.44	600m:	8:37.14	43.17	800m:	11:15.47	34.53
6. Rommens Timo	08	VZN	11:21.35	11:36.48	+0,85						
50m:	36.93	36.93	250m:	3:26.50	43.81	450m:	6:23.32	44.80	650m:	9:18.60	43.86
100m:	1:17.90	40.97	300m:	4:10.43	43.93	500m:	7:07.37	44.05	700m:	10:02.00	43.40
150m:	1:59.92	42.02	350m:	4:54.53	44.10	550m:	7:51.24	43.87	750m:	10:44.00	42.00
200m:	2:42.69	42.77	400m:	5:38.52	43.99	600m:	8:34.74	43.50	800m:	11:21.35	37.35
7. Praet Kobe	10	VZN	11:22.96	11:15.77	+0,69						
50m:	36.06	36.06	250m:	3:26.32	43.67	450m:	6:24.37	44.70	650m:	9:20.29	43.94
100m:	1:17.02	40.96	300m:	4:10.75	44.43	500m:	7:08.65	44.28	700m:	10:03.53	43.24
150m:	1:59.58	42.56	350m:	4:54.81	44.06	550m:	7:52.60	43.95	750m:	10:45.53	42.00
200m:	2:42.65	43.07	400m:	5:39.67	44.86	600m:	8:36.35	43.75	800m:	11:22.96	37.43

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

Rang	Geb.		Tijd		ins. tijd	RT					
8. Tetaj Daniel	10	VZO	11:25.93	12:52.07	+0,88						
50m:	36.72	36.72	250m:	3:27.63	43.45	450m:	6:24.95	44.34	650m:	9:19.36	42.15
100m:	1:18.24	41.52	300m:	4:11.88	44.25	500m:	7:10.29	45.34	700m:	10:02.24	42.88
150m:	2:00.35	42.11	350m:	4:56.45	44.57	550m:	7:53.68	43.39	750m:	10:43.83	41.59
200m:	2:44.18	43.83	400m:	5:40.61	44.16	600m:	8:37.21	43.53	800m:	11:25.93	42.10
9. Denecker Viktor	10	VZG	11:32.86	10:58.00	+0,91						
50m:	36.51	36.51	250m:	3:31.19	45.30	450m:	6:30.25	43.60	650m:	9:30.93	44.89
100m:	1:18.45	41.94	300m:	4:16.11	44.92	500m:	7:15.50	45.25	700m:	10:14.74	43.81
150m:	2:01.40	42.95	350m:	5:01.48	45.37	550m:	8:00.87	45.37	750m:	10:56.35	41.61
200m:	2:45.89	44.49	400m:	5:46.65	45.17	600m:	8:46.04	45.17	800m:	11:32.86	36.51
10. Maes Leon	10	VZN	11:52.89	12:36.49	+0,80						
50m:	38.61	38.61	250m:	3:37.85	45.84	450m:	6:40.88	45.94	650m:	9:43.98	46.17
100m:	1:21.92	43.31	300m:	4:23.31	45.46	500m:	7:26.60	45.72	700m:	10:29.35	45.37
150m:	2:07.24	45.32	350m:	5:09.42	46.11	550m:	8:12.28	45.68	750m:	11:12.88	43.53
200m:	2:52.01	44.77	400m:	5:54.94	45.52	600m:	8:57.81	45.53	800m:	11:52.89	40.01
11. Vyliders Bram	10	VZN	12:25.51	14:02.28	+0,84						
50m:	37.87	37.87	250m:	3:44.01	48.24	450m:	7:00.74	49.12	650m:	10:13.26	47.36
100m:	1:21.99	44.12	300m:	4:33.66	49.65	500m:	7:47.87	47.13	700m:	10:57.93	44.67
150m:	2:08.45	46.46	350m:	5:22.27	48.61	550m:	8:37.07	49.20	750m:	11:42.11	44.18
200m:	2:55.77	47.32	400m:	6:11.62	49.35	600m:	9:25.90	48.83	800m:	12:25.51	43.40
12. Lamaire Lucas	13	VZN	12:28.35	14:12.21	+0,76						
50m:	38.80	38.80	250m:	3:45.95	48.13	450m:	7:01.48	48.79	650m:	10:15.09	47.22
100m:	1:23.43	44.63	300m:	4:34.83	48.88	500m:	7:50.01	48.53	700m:	10:58.84	43.75
150m:	2:09.81	46.38	350m:	5:23.98	49.15	550m:	8:39.02	49.01	750m:	11:44.51	45.67
200m:	2:57.82	48.01	400m:	6:12.69	48.71	600m:	9:27.87	48.85	800m:	12:28.35	43.84
13. Verbruggen Liam	11	ZVM	12:41.22	13:39.33	+0,79						
50m:	41.55	41.55	250m:	3:51.27	47.98	450m:	7:05.95	49.95	650m:	10:22.66	49.25
100m:	1:27.66	46.11	300m:	4:39.70	48.43	500m:	7:54.67	48.72	700m:	11:12.44	49.78
150m:	2:16.07	48.41	350m:	5:26.88	47.18	550m:	8:44.11	49.44	750m:	11:57.97	45.53
200m:	3:03.29	47.22	400m:	6:16.00	49.12	600m:	9:33.41	49.30	800m:	12:41.22	43.25
14. Degreef Lex	11	BZV	12:41.85	14:21.59	+0,87						
50m:	40.86	40.86	250m:	3:52.74	48.33	450m:	7:07.33	49.09	650m:	10:24.15	48.52
100m:	1:27.81	46.95	300m:	4:40.91	48.17	500m:	7:56.95	49.62	700m:	11:13.64	49.49
150m:	2:15.16	47.35	350m:	5:29.32	48.41	550m:	8:45.77	48.82	750m:	12:00.06	46.42
200m:	3:04.41	49.25	400m:	6:18.24	48.92	600m:	9:35.63	49.86	800m:	12:41.85	41.79
15. Cocquit Lander	07	ZIB	12:43.30	11:55.76	+0,74						
50m:	38.68	38.68	250m:	3:37.36	45.89	450m:	6:59.99	50.72	650m:	10:25.45	51.87
100m:	1:22.57	43.89	300m:	4:25.35	47.99	500m:	7:52.25	52.26	700m:	11:17.03	51.58
150m:	2:06.96	44.39	350m:	5:16.31	50.96	550m:	8:43.26	51.01	750m:	12:03.83	46.80
200m:	2:51.47	44.51	400m:	6:09.27	52.96	600m:	9:33.58	50.32	800m:	12:43.30	39.47
16. Vermeulen Gerry	78	DELFI	12:44.30	12:36.53	+0,95						
50m:	38.25	38.25	250m:	3:50.71	49.40	450m:	7:12.14	50.71	650m:	10:30.98	49.01
100m:	1:24.05	45.80	300m:	4:40.36	49.65	500m:	8:02.42	50.28	700m:	11:19.28	48.30
150m:	2:11.85	47.80	350m:	5:31.43	51.07	550m:	8:52.02	49.60	750m:	12:05.32	46.04
200m:	3:01.31	49.46	400m:	6:21.43	50.00	600m:	9:41.97	49.95	800m:	12:44.30	38.98
17. Cocquit Sam	08	ZIB	12:48.46	12:34.26	+0,69						
50m:	37.12	37.12	250m:	3:42.63	49.11	450m:	7:04.66	51.46	650m:	10:25.21	50.13
100m:	1:20.47	43.35	300m:	4:32.36	49.73	500m:	7:54.98	50.32	700m:	11:14.52	49.31
150m:	2:06.18	45.71	350m:	5:22.55	50.19	550m:	8:45.04	50.06	750m:	12:03.47	48.95
200m:	2:53.52	47.34	400m:	6:13.20	50.65	600m:	9:35.08	50.04	800m:	12:48.46	44.99
18. Strybos Kobe	13	VZG	13:03.96	13:40.25	+0,97						
50m:	44.55	44.55	250m:	4:03.59	49.77	450m:	7:25.01	50.79	650m:	10:44.20	47.16
100m:	1:33.45	48.90	300m:	4:53.33	49.74	500m:	8:15.77	50.76	700m:	11:34.82	50.62
150m:	2:23.39	49.94	350m:	5:43.48	50.15	550m:	9:06.81	51.04	750m:	12:22.26	47.44
200m:	3:13.82	50.43	400m:	6:34.22	50.74	600m:	9:57.04	50.23	800m:	13:03.96	41.70
19. Boone Daan	09	BZV	13:24.04	NT	+0,83						
50m:	41.83	41.83	250m:	4:13.56	54.44	450m:	7:46.38	53.01	650m:	11:04.89	48.41
100m:	1:32.68	50.85	300m:	5:07.24	53.68	500m:	8:38.93	52.55	700m:	11:52.20	47.31
150m:	2:26.61	53.93	350m:	6:01.51	54.27	550m:	9:27.50	48.57	750m:	12:38.94	46.74
200m:	3:19.12	52.51	400m:	6:53.37	51.86	600m:	10:16.48	48.98	800m:	13:24.04	45.10
20. Anny Bram	10	ZIB	13:24.47	15:20.97	+0,81						
50m:	42.47	42.47	250m:	4:05.53	52.46	450m:	7:36.36	53.25	650m:	11:02.40	51.63
100m:	1:31.59	49.12	300m:	4:57.81	52.28	500m:	8:28.69	52.33	700m:	11:52.08	49.68
150m:	2:21.23	49.64	350m:	5:50.41	52.60	550m:	9:21.14	52.45	750m:	12:38.50	46.42
200m:	3:13.07	51.84	400m:	6:43.11	52.70	600m:	10:10.77	49.63	800m:	13:24.47	45.97

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

Rang	Geb.	Tijd	ins. tijd	RT			
21. El Hanioui Ilias	09 ZIB	13:42.52	NT	+0,86			
50m: 39.83	39.83	250m: 4:04.43	52.92	450m: 7:40.02	54.06	650m: 11:14.71	54.45
100m: 1:28.69	48.86	300m: 4:57.77	53.34	500m: 8:33.98	53.96	700m: 12:07.17	52.46
150m: 2:20.23	51.54	350m: 5:52.44	54.67	550m: 9:27.79	53.81	750m: 12:57.81	50.64
200m: 3:11.51	51.28	400m: 6:45.96	53.52	600m: 10:20.26	52.47	800m: 13:42.52	44.71
22. Vanmaeckelberghe Bas	14 VZO	13:47.77	NT	+0,63			
50m: 46.01	46.01	250m: 4:10.20	52.60	450m: 7:43.15	51.75	650m: 11:15.77	53.56
100m: 1:35.21	49.20	300m: 5:03.08	52.88	500m: 8:37.48	54.33	700m: 12:08.47	52.70
150m: 2:25.52	50.31	350m: 5:57.19	54.11	550m: 9:29.33	51.85	750m: 12:59.56	51.09
200m: 3:17.60	52.08	400m: 6:51.40	54.21	600m: 10:22.21	52.88	800m: 13:47.77	48.21
23. Pollet Wannas	14 BZV	14:36.27	NT				
50m: 47.67	47.67	250m: 4:33.98	56.76	450m: 8:22.61	55.61	650m: 12:03.47	56.23
100m: 1:41.68	54.01	300m: 5:32.76	58.78	500m: 9:17.64	55.03	700m: 12:58.35	54.88
150m: 2:38.60	56.92	350m: 6:30.92	58.16	550m: 10:12.22	54.58	750m: 13:48.45	50.10
200m: 3:37.22	58.62	400m: 7:27.00	56.08	600m: 11:07.24	55.02	800m: 14:36.27	47.82
24. Tessier Guillaume	11 BZV	14:40.59	NT	+0,61			
50m: 43.64	43.64	250m: 4:22.08	57.08	450m: 8:11.22	57.35	650m: 11:59.81	56.73
100m: 1:34.69	51.05	300m: 5:19.06	56.98	500m: 9:08.44	57.22	700m: 12:55.09	55.28
150m: 2:29.69	55.00	350m: 6:16.74	57.68	550m: 10:05.68	57.24	750m: 13:49.03	53.94
200m: 3:25.00	55.31	400m: 7:13.87	57.13	600m: 11:03.08	57.40	800m: 14:40.59	51.56
25. Cattoor Thibault	11 BZV	14:42.54	NT				
50m: 44.72	44.72	250m: 4:24.99	58.57	450m: 8:16.02	1:00.01	650m: 12:04.75	56.92
100m: 1:37.02	52.30	300m: 5:20.60	55.61	500m: 9:10.94	54.92	700m: 13:00.88	56.13
150m: 2:30.78	53.76	350m: 6:21.02	1:00.42	550m: 10:11.01	1:00.07	750m: 13:51.91	51.03
200m: 3:26.42	55.64	400m: 7:16.01	54.99	600m: 11:07.83	56.82	800m: 14:42.54	50.63
26. Proot Jerome	14 BZV	15:00.22	NT	+0,55			
50m: 47.08	47.08	250m: 4:31.02	58.19	450m: 8:24.53	59.93	650m: 12:16.03	57.58
100m: 1:41.17	54.09	300m: 5:28.53	57.51	500m: 9:22.69	58.16	700m: 13:12.20	56.17
150m: 2:37.00	55.83	350m: 6:26.15	57.62	550m: 10:19.64	56.95	750m: 14:06.83	54.63
200m: 3:32.83	55.83	400m: 7:24.60	58.45	600m: 11:18.45	58.81	800m: 15:00.22	53.39
27. Vervaecke Mathis	13 VZO	16:26.19	NT	+0,88			
50m: 48.73	48.73	250m: 4:55.35	1:03.54	450m: 9:09.51	1:03.52	650m: 13:20.40	1:04.03
100m: 1:47.13	58.40	300m: 5:59.33	1:03.98	500m: 10:11.28	1:01.77	700m: 14:22.02	1:01.62
150m: 2:48.69	1:01.56	350m: 7:03.56	1:04.23	550m: 11:14.77	1:03.49	750m: 15:24.54	1:02.52
200m: 3:51.81	1:03.12	400m: 8:05.99	1:02.43	600m: 12:16.37	1:01.60	800m: 16:26.19	1:01.65
28. Van Overstraeten Bram	14 VZG	18:08.14	14:35.00	+0,80			
50m: 1:00.00	1:00.00	250m: 5:29.06	1:10.34	450m: 10:11.32	1:11.02	650m: 14:48.19	1:09.69
100m: 1:57.37	57.37	300m: 6:38.39	1:09.33	500m: 11:19.85	1:08.53	700m: 15:59.17	1:10.98
150m: 3:07.30	1:09.93	350m: 7:49.27	1:10.88	550m: 12:29.88	1:10.03	750m: 17:04.29	1:05.12
200m: 4:18.72	1:11.42	400m: 9:00.30	1:11.03	600m: 13:38.50	1:08.62	800m: 18:08.14	1:03.85
dis Anny Paul	68 ZIB			NT			
<i>SW10-WE2 - de volledige afstand niet verzwommen</i>							
FF Metais Raphaël	85 CNMR		14:45.99				

Programmanr. 4

Dames, 1500m vrije slag

veteranen 50

19/1/25 - 15:45

Resultaten

open open 25m: 27:00.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Vandaele Tineke	75 ZIB	25:15.56	23:22.09	+0,93			
50m: 42.80	42.80	450m: 7:29.21	51.20	850m: 14:17.41	50.37	1250m: 21:03.75	51.38
100m: 1:31.09	48.29	500m: 8:20.74	51.53	900m: 15:07.73	50.32	1300m: 21:55.12	51.37
150m: 2:21.03	49.94	550m: 9:12.25	51.51	950m: 15:58.27	50.54	1350m: 22:46.41	51.29
200m: 3:12.41	51.38	600m: 10:03.74	51.49	1000m: 16:48.78	50.51	1400m: 23:37.53	51.12
250m: 4:03.43	51.02	650m: 10:54.69	50.95	1050m: 17:39.65	50.87	1450m: 24:27.64	50.11
300m: 4:55.06	51.63	700m: 11:46.21	51.52	1100m: 18:30.55	50.90	1500m: 25:15.56	47.92
350m: 5:46.57	51.51	750m: 12:36.49	50.28	1150m: 19:21.48	50.93		
400m: 6:38.01	51.44	800m: 13:27.04	50.55	1200m: 20:12.37	50.89		

Programmanr. 4, 1500m vrije slag

Programmanr. 4
19/1/25 - 15:45

Dames, 1500m vrije slag

veteranen 25
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. De Pue Ine	99	VZSA	22:27.75	22:20.75	+0,89						
50m:	35.57	35.57	450m:	6:30.59	46.28	850m:	12:34.91	45.34	1250m:	18:41.35	45.70
100m:	1:16.48	40.91	500m:	7:16.44	45.85	900m:	13:20.11	45.20	1300m:	19:27.36	46.01
150m:	1:59.75	43.27	550m:	8:02.18	45.74	950m:	14:06.18	46.07	1350m:	20:12.66	45.30
200m:	2:43.83	44.08	600m:	8:47.76	45.58	1000m:	14:51.94	45.76	1400m:	20:58.14	45.48
250m:	3:28.43	44.60	650m:	9:33.59	45.83	1050m:	15:37.74	45.80	1450m:	21:43.94	45.80
300m:	4:13.09	44.66	700m:	10:19.20	45.61	1100m:	16:23.79	46.05	1500m:	22:27.75	43.81
350m:	4:58.64	45.55	750m:	11:04.31	45.11	1150m:	17:09.74	45.95			
400m:	5:44.31	45.67	800m:	11:49.57	45.26	1200m:	17:55.65	45.91			
2. Miroir Héloïse	99	VZO	23:10.48	22:57.77	+0,82						
50m:	40.00	40.00	450m:	6:49.44	47.41	850m:	13:06.37	47.71	1250m:	19:23.89	47.41
100m:	1:22.88	42.88	500m:	7:35.66	46.22	900m:	13:53.60	47.23	1300m:	20:10.28	46.39
150m:	2:07.99	45.11	550m:	8:22.90	47.24	950m:	14:40.72	47.12	1350m:	20:56.66	46.38
200m:	2:54.63	46.64	600m:	9:10.39	47.49	1000m:	15:27.09	46.37	1400m:	21:42.30	45.64
250m:	3:41.45	46.82	650m:	9:57.89	47.50	1050m:	16:14.62	47.53	1450m:	22:28.07	45.77
300m:	4:27.99	46.54	700m:	10:44.60	46.71	1100m:	17:01.70	47.08	1500m:	23:10.48	42.41
350m:	5:14.68	46.69	750m:	11:32.16	47.56	1150m:	17:49.19	47.49			
400m:	6:02.03	47.35	800m:	12:18.66	46.50	1200m:	18:36.48	47.29			

Programmanr. 4
19/1/25 - 15:45

Dames, 1500m vrije slag

senioren
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Demoutiez Elise	06	COK	24:17.92	25:12.63	+0,88						
50m:	40.13	40.13	450m:	7:04.19	48.68	850m:	13:39.70	51.42	1250m:	20:20.38	51.21
100m:	1:26.32	46.19	500m:	7:52.94	48.75	900m:	14:28.91	49.21	1300m:	21:09.93	49.55
150m:	2:13.79	47.47	550m:	8:42.11	49.17	950m:	15:19.25	50.34	1350m:	22:00.95	51.02
200m:	3:02.16	48.37	600m:	9:30.35	48.24	1000m:	16:09.29	50.04	1400m:	22:51.81	50.86
250m:	3:50.56	48.40	650m:	10:20.08	49.73	1050m:	16:59.24	49.95	1450m:	23:37.52	45.71
300m:	4:38.72	48.16	700m:	11:08.95	48.87	1100m:	17:49.11	49.87	1500m:	24:17.92	40.40
350m:	5:26.98	48.26	750m:	11:58.96	50.01	1150m:	18:39.02	49.91			
400m:	6:15.51	48.53	800m:	12:48.28	49.32	1200m:	19:29.17	50.15			

Programmanr. 4
19/1/25 - 15:45

Meisjes, 1500m vrije slag

pupillen
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Loncke Noor	08	VZO	21:41.42	22:42.98	+0,92						
50m:	35.96	35.96	450m:	6:12.42	44.25	850m:	12:01.97	44.30	1250m:	17:57.37	45.03
100m:	1:16.34	40.38	500m:	6:55.29	42.87	900m:	12:45.54	43.57	1300m:	18:42.84	45.47
150m:	1:57.61	41.27	550m:	7:39.54	44.25	950m:	13:30.29	44.75	1350m:	19:27.43	44.59
200m:	2:38.86	41.25	600m:	8:22.91	43.37	1000m:	14:15.10	44.81	1400m:	20:12.86	45.43
250m:	3:20.48	41.62	650m:	9:06.50	43.59	1050m:	14:58.93	43.83	1450m:	20:58.27	45.41
300m:	4:02.15	41.67	700m:	9:50.18	43.68	1100m:	15:42.91	43.98	1500m:	21:41.42	43.15
350m:	4:44.61	42.46	750m:	10:34.18	44.00	1150m:	16:27.89	44.98			
400m:	5:28.17	43.56	800m:	11:17.67	43.49	1200m:	17:12.34	44.45			
2. De Vos Kaat	08	VZG	21:48.51	22:03.00	+0,83						
50m:	37.26	37.26	450m:	6:22.94	43.48	850m:	12:16.62	43.98	1250m:	18:11.25	43.77
100m:	1:18.98	41.72	500m:	7:06.81	43.87	900m:	13:01.09	44.47	1300m:	18:55.88	44.63
150m:	2:01.44	42.46	550m:	7:50.56	43.75	950m:	13:45.29	44.20	1350m:	19:39.55	43.67
200m:	2:44.49	43.05	600m:	8:35.04	44.48	1000m:	14:30.19	44.90	1400m:	20:23.51	43.96
250m:	3:27.95	43.46	650m:	9:19.20	44.16	1050m:	15:14.18	43.99	1450m:	21:06.90	43.39
300m:	4:11.74	43.79	700m:	10:03.85	44.65	1100m:	15:58.63	44.45	1500m:	21:48.51	41.61
350m:	4:55.35	43.61	750m:	10:47.93	44.08	1150m:	16:42.90	44.27			
400m:	5:39.46	44.11	800m:	11:32.64	44.71	1200m:	17:27.48	44.58			

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

Rang	Geb.		Tijd	ins. tijd	RT						
3. Van Alsenoy Nanou	08	ZIB	21:55.93	NT	+0,88						
50m:	36.50	36.50	450m:	6:17.80	43.55	850m:	12:12.84	44.55	1250m:	18:13.11	44.86
100m:	1:17.17	40.67	500m:	7:01.62	43.82	900m:	12:57.66	44.82	1300m:	18:58.67	45.56
150m:	1:58.94	41.77	550m:	7:45.95	44.33	950m:	13:42.54	44.88	1350m:	19:43.92	45.25
200m:	2:41.05	42.11	600m:	8:29.95	44.00	1000m:	14:27.34	44.80	1400m:	20:29.26	45.34
250m:	3:23.69	42.64	650m:	9:14.49	44.54	1050m:	15:12.14	44.80	1450m:	21:12.40	43.14
300m:	4:07.50	43.81	700m:	9:58.89	44.40	1100m:	15:57.57	45.43	1500m:	21:55.93	43.53
350m:	4:50.73	43.23	750m:	10:43.10	44.21	1150m:	16:42.28	44.71			
400m:	5:34.25	43.52	800m:	11:28.29	45.19	1200m:	17:28.25	45.97			
4. Bertier Imany	08	VZN	26:00.06	24:13.28	+0,82						
50m:	44.20	44.20	450m:	7:36.22	51.99	850m:	14:38.55	53.64	1250m:	21:42.44	52.15
100m:	1:33.99	49.79	500m:	8:27.60	51.38	900m:	15:32.61	54.06	1300m:	22:35.31	52.87
150m:	2:25.95	51.96	550m:	9:18.96	51.36	950m:	16:25.99	53.38	1350m:	23:26.43	51.12
200m:	3:17.61	51.66	600m:	10:11.68	52.72	1000m:	17:19.65	53.66	1400m:	24:19.39	52.96
250m:	4:09.53	51.92	650m:	11:04.83	53.15	1050m:	18:12.45	52.80	1450m:	25:10.30	50.91
300m:	5:01.88	52.35	700m:	11:58.65	53.82	1100m:	19:04.11	51.66	1500m:	26:00.06	49.76
350m:	5:53.57	51.69	750m:	12:51.90	53.25	1150m:	19:56.72	52.61			
400m:	6:44.23	50.66	800m:	13:44.91	53.01	1200m:	20:50.29	53.57			
FF Hemelsoet Imani	07	VZSA			24:00.00						

Programmanr. 4
19/1/25 - 15:45

Meisjes, 1500m vrije slag

kadetten
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. De Cuyper Femke	10	VZO	20:05.70	21:05.55	+0,81						
50m:	36.78	36.78	450m:	6:02.30	41.25	850m:	11:30.79	40.51	1250m:	16:55.23	40.21
100m:	1:17.12	40.34	500m:	6:43.46	41.16	900m:	12:12.00	41.21	1300m:	17:35.21	39.98
150m:	1:58.15	41.03	550m:	7:24.74	41.28	950m:	12:52.96	40.96	1350m:	18:14.93	39.72
200m:	2:39.06	40.91	600m:	8:05.92	41.18	1000m:	13:34.04	41.08	1400m:	18:54.62	39.69
250m:	3:19.92	40.86	650m:	8:47.34	41.42	1050m:	14:14.20	40.16	1450m:	19:31.66	37.04
300m:	4:00.39	40.47	700m:	9:28.08	40.74	1100m:	14:54.12	39.92	1500m:	20:05.70	34.04
350m:	4:40.59	40.20	750m:	10:09.33	41.25	1150m:	15:34.14	40.02			
400m:	5:21.05	40.46	800m:	10:50.28	40.95	1200m:	16:15.02	40.88			
2. Vermote Noor	09	VZN	24:32.56	23:28.43	+0,80						
50m:	41.66	41.66	450m:	7:15.20	49.78	850m:	13:54.60	50.31	1250m:	20:37.97	50.21
100m:	1:28.43	46.77	500m:	8:05.37	50.17	900m:	14:44.78	50.18	1300m:	21:29.19	51.22
150m:	2:16.35	47.92	550m:	8:54.81	49.44	950m:	15:35.71	50.93	1350m:	22:19.69	50.50
200m:	3:05.53	49.18	600m:	9:44.20	49.39	1000m:	16:25.19	49.48	1400m:	23:09.25	49.56
250m:	3:54.74	49.21	650m:	10:34.09	49.89	1050m:	17:16.01	50.82	1450m:	23:52.86	43.61
300m:	4:44.95	50.21	700m:	11:24.48	50.39	1100m:	18:07.15	51.14	1500m:	24:32.56	39.70
350m:	5:35.35	50.40	750m:	12:14.54	50.06	1150m:	18:57.19	50.04			
400m:	6:25.42	50.07	800m:	13:04.29	49.75	1200m:	19:47.76	50.57			

Programmanr. 4
19/1/25 - 15:45

Meisjes, 1500m vrije slag

miniemen
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Decloedt Hannah	11	ZIB	22:43.25	NT	+0,77						
50m:	40.96	40.96	450m:	6:45.04	46.18	850m:	12:56.79	46.20	1250m:	19:09.58	45.69
100m:	1:25.92	44.96	500m:	7:32.18	47.14	900m:	13:43.85	47.06	1300m:	19:55.65	46.07
150m:	2:11.45	45.53	550m:	8:18.70	46.52	950m:	14:30.37	46.52	1350m:	20:39.54	43.89
200m:	2:56.28	44.83	600m:	9:05.39	46.69	1000m:	15:17.88	47.51	1400m:	21:23.97	44.43
250m:	3:41.46	45.18	650m:	9:51.47	46.08	1050m:	16:04.31	46.43	1450m:	22:06.81	42.84
300m:	4:26.80	45.34	700m:	10:38.21	46.74	1100m:	16:51.08	46.77	1500m:	22:43.25	36.44
350m:	5:13.02	46.22	750m:	11:24.23	46.02	1150m:	17:37.45	46.37			
400m:	5:58.86	45.84	800m:	12:10.59	46.36	1200m:	18:23.89	46.44			

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

Rang	Geb.	Tijd	ins. tijd	RT				
2. Moyaert Lotte	12	VZO 23:12.18	NT	+0,89				
50m:	37.85	37.85	450m: 6:35.48	46.24	850m: 12:51.21	47.88	1250m: 19:19.49	49.14
100m:	1:19.47	41.62	500m: 7:22.32	46.84	900m: 13:38.77	47.56	1300m: 20:07.44	47.95
150m:	2:03.26	43.79	550m: 8:09.15	46.83	950m: 14:26.76	47.99	1350m: 20:54.21	46.77
200m:	2:47.73	44.47	600m: 8:54.93	45.78	1000m: 15:14.97	48.21	1400m: 21:41.27	47.06
250m:	3:32.90	45.17	650m: 9:41.15	46.22	1050m: 16:03.61	48.64	1450m: 22:26.68	45.41
300m:	4:18.04	45.14	700m: 10:28.30	47.15	1100m: 16:52.02	48.41	1500m: 23:12.18	45.50
350m:	5:03.64	45.60	750m: 11:15.62	47.32	1150m: 17:41.61	49.59		
400m:	5:49.24	45.60	800m: 12:03.33	47.71	1200m: 18:30.35	48.74		

Programmanr. 4
19/1/25 - 15:45

Dames, 1500m vrije slag

algemeen
Resultaten

open open 25m: 27:00.00

Rang	Geb.	Tijd	ins. tijd	RT				
1. De Cuyper Femke	10	VZO 20:05.70	21:05.55	+0,81				
50m:	36.78	36.78	450m: 6:02.30	41.25	850m: 11:30.79	40.51	1250m: 16:55.23	40.21
100m:	1:17.12	40.34	500m: 6:43.46	41.16	900m: 12:12.00	41.21	1300m: 17:35.21	39.98
150m:	1:58.15	41.03	550m: 7:24.74	41.28	950m: 12:52.96	40.96	1350m: 18:14.93	39.72
200m:	2:39.06	40.91	600m: 8:05.92	41.18	1000m: 13:34.04	41.08	1400m: 18:54.62	39.69
250m:	3:19.92	40.86	650m: 8:47.34	41.42	1050m: 14:14.20	40.16	1450m: 19:31.66	37.04
300m:	4:00.39	40.47	700m: 9:28.08	40.74	1100m: 14:54.12	39.92	1500m: 20:05.70	34.04
350m:	4:40.59	40.20	750m: 10:09.33	41.25	1150m: 15:34.14	40.02		
400m:	5:21.05	40.46	800m: 10:50.28	40.95	1200m: 16:15.02	40.88		
2. Loncke Noor	08	VZO 21:41.42	22:42.98	+0,92				
50m:	35.96	35.96	450m: 6:12.42	44.25	850m: 12:01.97	44.30	1250m: 17:57.37	45.03
100m:	1:16.34	40.38	500m: 6:55.29	42.87	900m: 12:45.54	43.57	1300m: 18:42.84	45.47
150m:	1:57.61	41.27	550m: 7:39.54	44.25	950m: 13:30.29	44.75	1350m: 19:27.43	44.59
200m:	2:38.86	41.25	600m: 8:22.91	43.37	1000m: 14:15.10	44.81	1400m: 20:12.86	45.43
250m:	3:20.48	41.62	650m: 9:06.50	43.59	1050m: 14:58.93	43.83	1450m: 20:58.27	45.41
300m:	4:02.15	41.67	700m: 9:50.18	43.68	1100m: 15:42.91	43.98	1500m: 21:41.42	43.15
350m:	4:44.61	42.46	750m: 10:34.18	44.00	1150m: 16:27.89	44.98		
400m:	5:28.17	43.56	800m: 11:17.67	43.49	1200m: 17:12.34	44.45		
3. De Vos Kaat	08	VZG 21:48.51	22:03.00	+0,83				
50m:	37.26	37.26	450m: 6:22.94	43.48	850m: 12:16.62	43.98	1250m: 18:11.25	43.77
100m:	1:18.98	41.72	500m: 7:06.81	43.87	900m: 13:01.09	44.47	1300m: 18:55.88	44.63
150m:	2:01.44	42.46	550m: 7:50.56	43.75	950m: 13:45.29	44.20	1350m: 19:39.55	43.67
200m:	2:44.49	43.05	600m: 8:35.04	44.48	1000m: 14:30.19	44.90	1400m: 20:23.51	43.96
250m:	3:27.95	43.46	650m: 9:19.20	44.16	1050m: 15:14.18	43.99	1450m: 21:06.90	43.39
300m:	4:11.74	43.79	700m: 10:03.85	44.65	1100m: 15:58.63	44.45	1500m: 21:48.51	41.61
350m:	4:55.35	43.61	750m: 10:47.93	44.08	1150m: 16:42.90	44.27		
400m:	5:39.46	44.11	800m: 11:32.64	44.71	1200m: 17:27.48	44.58		
4. Van Alsenoy Nanou	08	ZIB 21:55.93	NT	+0,88				
50m:	36.50	36.50	450m: 6:17.80	43.55	850m: 12:12.84	44.55	1250m: 18:13.11	44.86
100m:	1:17.17	40.67	500m: 7:01.62	43.82	900m: 12:57.66	44.82	1300m: 18:58.67	45.56
150m:	1:58.94	41.77	550m: 7:45.95	44.33	950m: 13:42.54	44.88	1350m: 19:43.92	45.25
200m:	2:41.05	42.11	600m: 8:29.95	44.00	1000m: 14:27.34	44.80	1400m: 20:29.26	45.34
250m:	3:23.69	42.64	650m: 9:14.49	44.54	1050m: 15:12.14	44.80	1450m: 21:12.40	43.14
300m:	4:07.50	43.81	700m: 9:58.89	44.40	1100m: 15:57.57	45.43	1500m: 21:55.93	43.53
350m:	4:50.73	43.23	750m: 10:43.10	44.21	1150m: 16:42.28	44.71		
400m:	5:34.25	43.52	800m: 11:28.29	45.19	1200m: 17:28.25	45.97		
5. De Pue Ine	99	VZSA 22:27.75	22:20.75	+0,89				
50m:	35.57	35.57	450m: 6:30.59	46.28	850m: 12:34.91	45.34	1250m: 18:41.35	45.70
100m:	1:16.48	40.91	500m: 7:16.44	45.85	900m: 13:20.11	45.20	1300m: 19:27.36	46.01
150m:	1:59.75	43.27	550m: 8:02.18	45.74	950m: 14:06.18	46.07	1350m: 20:12.66	45.30
200m:	2:43.83	44.08	600m: 8:47.76	45.58	1000m: 14:51.94	45.76	1400m: 20:58.14	45.48
250m:	3:28.43	44.60	650m: 9:33.59	45.83	1050m: 15:37.74	45.80	1450m: 21:43.94	45.80
300m:	4:13.09	44.66	700m: 10:19.20	45.61	1100m: 16:23.79	46.05	1500m: 22:27.75	43.81
350m:	4:58.64	45.55	750m: 11:04.31	45.11	1150m: 17:09.74	45.95		
400m:	5:44.31	45.67	800m: 11:49.57	45.26	1200m: 17:55.65	45.91		

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

Rang	Geb.		Tijd		ins. tijd	RT					
6. Decloedt Hannah	11	ZIB	22:43.25		NT	+0,77					
50m:	40.96	40.96	450m:	6:45.04	46.18	850m:	12:56.79	46.20	1250m:	19:09.58	45.69
100m:	1:25.92	44.96	500m:	7:32.18	47.14	900m:	13:43.85	47.06	1300m:	19:55.65	46.07
150m:	2:11.45	45.53	550m:	8:18.70	46.52	950m:	14:30.37	46.52	1350m:	20:39.54	43.89
200m:	2:56.28	44.83	600m:	9:05.39	46.69	1000m:	15:17.88	47.51	1400m:	21:23.97	44.43
250m:	3:41.46	45.18	650m:	9:51.47	46.08	1050m:	16:04.31	46.43	1450m:	22:06.81	42.84
300m:	4:26.80	45.34	700m:	10:38.21	46.74	1100m:	16:51.08	46.77	1500m:	22:43.25	36.44
350m:	5:13.02	46.22	750m:	11:24.23	46.02	1150m:	17:37.45	46.37			
400m:	5:58.86	45.84	800m:	12:10.59	46.36	1200m:	18:23.89	46.44			
7. Miroir Héloïse	99	VZO	23:10.48		22:57.77	+0,82					
50m:	40.00	40.00	450m:	6:49.44	47.41	850m:	13:06.37	47.71	1250m:	19:23.89	47.41
100m:	1:22.88	42.88	500m:	7:35.66	46.22	900m:	13:53.60	47.23	1300m:	20:10.28	46.39
150m:	2:07.99	45.11	550m:	8:22.90	47.24	950m:	14:40.72	47.12	1350m:	20:56.66	46.38
200m:	2:54.63	46.64	600m:	9:10.39	47.49	1000m:	15:27.09	46.37	1400m:	21:42.30	45.64
250m:	3:41.45	46.82	650m:	9:57.89	47.50	1050m:	16:14.62	47.53	1450m:	22:28.07	45.77
300m:	4:27.99	46.54	700m:	10:44.60	46.71	1100m:	17:01.70	47.08	1500m:	23:10.48	42.41
350m:	5:14.68	46.69	750m:	11:32.16	47.56	1150m:	17:49.19	47.49			
400m:	6:02.03	47.35	800m:	12:18.66	46.50	1200m:	18:36.48	47.29			
8. Moyaert Lotte	12	VZO	23:12.18		NT	+0,89					
50m:	37.85	37.85	450m:	6:35.48	46.24	850m:	12:51.21	47.88	1250m:	19:19.49	49.14
100m:	1:19.47	41.62	500m:	7:22.32	46.84	900m:	13:38.77	47.56	1300m:	20:07.44	47.95
150m:	2:03.26	43.79	550m:	8:09.15	46.83	950m:	14:26.76	47.99	1350m:	20:54.21	46.77
200m:	2:47.73	44.47	600m:	8:54.93	45.78	1000m:	15:14.97	48.21	1400m:	21:41.27	47.06
250m:	3:32.90	45.17	650m:	9:41.15	46.22	1050m:	16:03.61	48.64	1450m:	22:26.68	45.41
300m:	4:18.04	45.14	700m:	10:28.30	47.15	1100m:	16:52.02	48.41	1500m:	23:12.18	45.50
350m:	5:03.64	45.60	750m:	11:15.62	47.32	1150m:	17:41.61	49.59			
400m:	5:49.24	45.60	800m:	12:03.33	47.71	1200m:	18:30.35	48.74			
9. Demoutiez Elise	06	COK	24:17.92		25:12.63	+0,88					
50m:	40.13	40.13	450m:	7:04.19	48.68	850m:	13:39.70	51.42	1250m:	20:20.38	51.21
100m:	1:26.32	46.19	500m:	7:52.94	48.75	900m:	14:28.91	49.21	1300m:	21:09.93	49.55
150m:	2:13.79	47.47	550m:	8:42.11	49.17	950m:	15:19.25	50.34	1350m:	22:00.95	51.02
200m:	3:02.16	48.37	600m:	9:30.35	48.24	1000m:	16:09.29	50.04	1400m:	22:51.81	50.86
250m:	3:50.56	48.40	650m:	10:20.08	49.73	1050m:	16:59.24	49.95	1450m:	23:37.52	45.71
300m:	4:38.72	48.16	700m:	11:08.95	48.87	1100m:	17:49.11	49.87	1500m:	24:17.92	40.40
350m:	5:26.98	48.26	750m:	11:58.96	50.01	1150m:	18:39.02	49.91			
400m:	6:15.51	48.53	800m:	12:48.28	49.32	1200m:	19:29.17	50.15			
10. Vermote Noor	09	VZN	24:32.56		23:28.43	+0,80					
50m:	41.66	41.66	450m:	7:15.20	49.78	850m:	13:54.60	50.31	1250m:	20:37.97	50.21
100m:	1:28.43	46.77	500m:	8:05.37	50.17	900m:	14:44.78	50.18	1300m:	21:29.19	51.22
150m:	2:16.35	47.92	550m:	8:54.81	49.44	950m:	15:35.71	50.93	1350m:	22:19.69	50.50
200m:	3:05.53	49.18	600m:	9:44.20	49.39	1000m:	16:25.19	49.48	1400m:	23:09.25	49.56
250m:	3:54.74	49.21	650m:	10:34.09	49.89	1050m:	17:16.01	50.82	1450m:	23:52.86	43.61
300m:	4:44.95	50.21	700m:	11:24.48	50.39	1100m:	18:07.15	51.14	1500m:	24:32.56	39.70
350m:	5:35.35	50.40	750m:	12:14.54	50.06	1150m:	18:57.19	50.04			
400m:	6:25.42	50.07	800m:	13:04.29	49.75	1200m:	19:47.76	50.57			
11. Vandaele Tineke	75	ZIB	25:15.56		23:22.09	+0,93					
50m:	42.80	42.80	450m:	7:29.21	51.20	850m:	14:17.41	50.37	1250m:	21:03.75	51.38
100m:	1:31.09	48.29	500m:	8:20.74	51.53	900m:	15:07.73	50.32	1300m:	21:55.12	51.37
150m:	2:21.03	49.94	550m:	9:12.25	51.51	950m:	15:58.27	50.54	1350m:	22:46.41	51.29
200m:	3:12.41	51.38	600m:	10:03.74	51.49	1000m:	16:48.78	50.51	1400m:	23:37.53	51.12
250m:	4:03.43	51.02	650m:	10:54.69	50.95	1050m:	17:39.65	50.87	1450m:	24:27.64	50.11
300m:	4:55.06	51.63	700m:	11:46.21	51.52	1100m:	18:30.55	50.90	1500m:	25:15.56	47.92
350m:	5:46.57	51.51	750m:	12:36.49	50.28	1150m:	19:21.48	50.93			
400m:	6:38.01	51.44	800m:	13:27.04	50.55	1200m:	20:12.37	50.89			
12. Bertier Imany	08	VZN	26:00.06		24:13.28	+0,82					
50m:	44.20	44.20	450m:	7:36.22	51.99	850m:	14:38.55	53.64	1250m:	21:42.44	52.15
100m:	1:33.99	49.79	500m:	8:27.60	51.38	900m:	15:32.61	54.06	1300m:	22:35.31	52.87
150m:	2:25.95	51.96	550m:	9:18.96	51.36	950m:	16:25.99	53.38	1350m:	23:26.43	51.12
200m:	3:17.61	51.66	600m:	10:11.68	52.72	1000m:	17:19.65	53.66	1400m:	24:19.39	52.96
250m:	4:09.53	51.92	650m:	11:04.83	53.15	1050m:	18:12.45	52.80	1450m:	25:10.30	50.91
300m:	5:01.88	52.35	700m:	11:58.65	53.82	1100m:	19:04.11	51.66	1500m:	26:00.06	49.76
350m:	5:53.57	51.69	750m:	12:51.90	53.25	1150m:	19:56.72	52.61			
400m:	6:44.23	50.66	800m:	13:44.91	53.01	1200m:	20:50.29	53.57			
FF Hemelsoet Imani	07	VZSA			24:00.00						

Programmanr. 4, 1500m vrije slag

Programmanr. 4
19/1/25 - 15:45

Heren, 1500m vrije slag

veteranen 60
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Caestecker Wilfried	61	VZSA	28:36.19	NT	+0,90						
50m:	46.83	46.83	450m:	8:26.43	58.19	850m:	16:11.29	57.98	1250m:	23:58.56	58.48
100m:	1:39.70	52.87	500m:	9:24.46	58.03	900m:	17:08.86	57.57	1300m:	24:56.23	57.67
150m:	2:35.95	56.25	550m:	10:22.71	58.25	950m:	18:06.18	57.32	1350m:	25:53.56	57.33
200m:	3:33.56	57.61	600m:	11:21.28	58.57	1000m:	19:05.18	59.00	1400m:	26:51.75	58.19
250m:	4:31.74	58.18	650m:	12:19.52	58.24	1050m:	20:03.60	58.42	1450m:	27:46.50	54.75
300m:	5:30.87	59.13	700m:	13:17.97	58.45	1100m:	21:02.15	58.55	1500m:	28:36.19	49.69
350m:	6:30.00	59.13	750m:	14:15.61	57.64	1150m:	22:00.21	58.06			
400m:	7:28.24	58.24	800m:	15:13.31	57.70	1200m:	23:00.08	59.87			

Programmanr. 4
19/1/25 - 15:45

Heren, 1500m vrije slag

veteranen 55
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Deschamps Léo	69	CNMR	24:57.25	23:54.21							
50m:	47.77	47.77	450m:	7:34.42	50.69	850m:	14:16.77	49.92	1250m:	20:54.82	49.47
100m:	1:41.08	53.31	500m:	8:24.67	50.25	900m:	15:06.97	50.20	1300m:	21:44.55	49.73
150m:	2:32.64	51.56	550m:	9:15.31	50.64	950m:	15:55.88	48.91	1350m:	22:33.82	49.27
200m:	3:22.59	49.95	600m:	10:05.36	50.05	1000m:	16:45.97	50.09	1400m:	23:23.55	49.73
250m:	4:13.19	50.60	650m:	10:55.30	49.94	1050m:	17:36.06	50.09	1450m:	24:11.59	48.04
300m:	5:02.98	49.79	700m:	11:46.26	50.96	1100m:	18:25.89	49.83	1500m:	24:57.25	45.66
350m:	5:53.29	50.31	750m:	12:36.63	50.37	1150m:	19:15.53	49.64			
400m:	6:43.73	50.44	800m:	13:26.85	50.22	1200m:	20:05.35	49.82			

Programmanr. 4
19/1/25 - 15:45

Heren, 1500m vrije slag

veteranen 45
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Eeckhout Jef	79	DELFF	22:37.01	21:41.23							
50m:	38.92	38.92	450m:	6:42.76	46.33	850m:	12:50.71	45.66	1250m:	18:55.42	45.35
100m:	1:22.39	43.47	500m:	7:29.00	46.24	900m:	13:36.09	45.38	1300m:	19:40.13	44.71
150m:	2:06.59	44.20	550m:	8:15.28	46.28	950m:	14:21.84	45.75	1350m:	20:25.30	45.17
200m:	2:51.99	45.40	600m:	9:01.25	45.97	1000m:	15:07.60	45.76	1400m:	21:10.56	45.26
250m:	3:37.88	45.89	650m:	9:47.43	46.18	1050m:	15:53.09	45.49	1450m:	21:55.02	44.46
300m:	4:24.05	46.17	700m:	10:33.21	45.78	1100m:	16:38.89	45.80	1500m:	22:37.01	41.99
350m:	5:10.31	46.26	750m:	11:19.12	45.91	1150m:	17:24.39	45.50			
400m:	5:56.43	46.12	800m:	12:05.05	45.93	1200m:	18:10.07	45.68			

Programmanr. 4
19/1/25 - 15:45

Heren, 1500m vrije slag

veteranen 25
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Paredis Robbe	98	VZSA	22:07.58	22:00.00							
50m:	37.61	37.61	450m:	6:33.25	45.48	850m:	12:32.31	44.73	1250m:	18:28.11	44.51
100m:	1:19.34	41.73	500m:	7:18.03	44.78	900m:	13:17.13	44.82	1300m:	19:12.29	44.18
150m:	2:03.27	43.93	550m:	8:03.06	45.03	950m:	14:01.81	44.68	1350m:	19:56.87	44.58
200m:	2:47.69	44.42	600m:	8:48.26	45.20	1000m:	14:45.60	43.79	1400m:	20:41.11	44.24
250m:	3:32.44	44.75	650m:	9:33.45	45.19	1050m:	15:29.76	44.16	1450m:	21:25.12	44.01
300m:	4:17.68	45.24	700m:	10:18.40	44.95	1100m:	16:14.59	44.83	1500m:	22:07.58	42.46
350m:	5:02.69	45.01	750m:	11:03.43	45.03	1150m:	16:59.42	44.83			
400m:	5:47.77	45.08	800m:	11:47.58	44.15	1200m:	17:43.60	44.18			

Programmanr. 4, Heren, 1500m vrije slag, veteranen 25

Rang	Geb.		Tijd	ins. tijd	RT						
2. Guillaume Levi	98		VZO	22:26.72	23:09.24	+0,74					
50m:	37.34	37.34	450m:	6:33.06	45.85	850m:	12:40.47	46.55	1250m:	18:45.19	45.53
100m:	1:18.77	41.43	500m:	7:19.03	45.97	900m:	13:25.76	45.29	1300m:	19:31.27	46.08
150m:	2:02.53	43.76	550m:	8:04.65	45.62	950m:	14:11.27	45.51	1350m:	20:16.32	45.05
200m:	2:46.68	44.15	600m:	8:50.64	45.99	1000m:	14:57.01	45.74	1400m:	21:00.44	44.12
250m:	3:31.45	44.77	650m:	9:35.93	45.29	1050m:	15:42.65	45.64	1450m:	21:43.98	43.54
300m:	4:16.80	45.35	700m:	10:22.24	46.31	1100m:	16:28.26	45.61	1500m:	22:26.72	42.74
350m:	5:01.81	45.01	750m:	11:08.35	46.11	1150m:	17:14.19	45.93			
400m:	5:47.21	45.40	800m:	11:53.92	45.57	1200m:	17:59.66	45.47			

Programmanr. 4
19/1/25 - 15:45

Jongens, 1500m vrije slag

pupillen
Resultaten

open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT						
1. Dumon Tiebert	08		ZIB	19:21.12	18:51.65	+0,73					
50m:	33.64	33.64	450m:	5:46.27	39.43	850m:	11:02.84	38.50	1250m:	16:15.37	38.58
100m:	1:11.54	37.90	500m:	6:26.75	40.48	900m:	11:42.14	39.30	1300m:	16:54.27	38.90
150m:	1:50.60	39.06	550m:	7:05.96	39.21	950m:	12:21.22	39.08	1350m:	17:32.95	38.68
200m:	2:29.81	39.21	600m:	7:46.04	40.08	1000m:	13:01.12	39.90	1400m:	18:11.84	38.89
250m:	3:08.82	39.01	650m:	8:25.30	39.26	1050m:	13:40.19	39.07	1450m:	18:48.77	36.93
300m:	3:48.14	39.32	700m:	9:05.12	39.82	1100m:	14:19.69	39.50	1500m:	19:21.12	32.35
350m:	4:26.98	38.84	750m:	9:44.61	39.49	1150m:	14:58.32	38.63			
400m:	5:06.84	39.86	800m:	10:24.34	39.73	1200m:	15:36.79	38.47			
2. Duprez Zane	08		VZN	19:21.45	19:44.59	+0,80					
50m:	32.58	32.58	450m:	5:45.33	39.48	850m:	11:02.65	39.10	1250m:	16:14.23	39.01
100m:	1:10.12	37.54	500m:	6:25.22	39.89	900m:	11:41.46	38.81	1300m:	16:52.47	38.24
150m:	1:48.48	38.36	550m:	7:04.65	39.43	950m:	12:20.76	39.30	1350m:	17:31.07	38.60
200m:	2:27.38	38.90	600m:	7:44.57	39.92	1000m:	13:00.47	39.71	1400m:	18:09.05	37.98
250m:	3:06.99	39.61	650m:	8:24.07	39.50	1050m:	13:39.73	39.26	1450m:	18:46.32	37.27
300m:	3:46.76	39.77	700m:	9:03.66	39.59	1100m:	14:19.21	39.48	1500m:	19:21.45	35.13
350m:	4:26.04	39.28	750m:	9:43.44	39.78	1150m:	14:57.04	37.83			
400m:	5:05.85	39.81	800m:	10:23.55	40.11	1200m:	15:35.22	38.18			
3. Van Pottelberge Vic	08		VZSA	21:00.89	20:30.00	+0,79					
50m:	34.67	34.67	450m:	6:08.84	42.80	850m:	11:54.68	43.15	1250m:	17:36.61	42.15
100m:	1:14.37	39.70	500m:	6:52.06	43.22	900m:	12:37.29	42.61	1300m:	18:18.92	42.31
150m:	1:54.97	40.60	550m:	7:35.16	43.10	950m:	13:20.41	43.12	1350m:	19:00.45	41.53
200m:	2:36.51	41.54	600m:	8:18.17	43.01	1000m:	14:03.60	43.19	1400m:	19:42.30	41.85
250m:	3:18.51	42.00	650m:	9:01.51	43.34	1050m:	14:46.82	43.22	1450m:	20:22.62	40.32
300m:	4:00.72	42.21	700m:	9:44.90	43.39	1100m:	15:29.13	42.31	1500m:	21:00.89	38.27
350m:	4:43.42	42.70	750m:	10:28.32	43.42	1150m:	16:12.02	42.89			
400m:	5:26.04	42.62	800m:	11:11.53	43.21	1200m:	16:54.46	42.44			
4. Minten Zoran	08		ZIB	21:07.19	NT	+0,74					
50m:	36.20	36.20	450m:	6:17.02	43.86	850m:	12:01.90	42.85	1250m:	17:43.57	42.73
100m:	1:16.85	40.65	500m:	7:00.02	43.00	900m:	12:44.67	42.77	1300m:	18:25.94	42.37
150m:	1:58.82	41.97	550m:	7:43.30	43.28	950m:	13:27.79	43.12	1350m:	19:08.25	42.31
200m:	2:41.10	42.28	600m:	8:26.16	42.86	1000m:	14:10.71	42.92	1400m:	19:50.18	41.93
250m:	3:23.48	42.38	650m:	9:09.63	43.47	1050m:	14:53.38	42.67	1450m:	20:30.16	39.98
300m:	4:06.84	43.36	700m:	9:52.68	43.05	1100m:	15:35.01	41.63	1500m:	21:07.19	37.03
350m:	4:50.03	43.19	750m:	10:36.09	43.41	1150m:	16:17.92	42.91			
400m:	5:33.16	43.13	800m:	11:19.05	42.96	1200m:	17:00.84	42.92			
5. Devos Noah	08		VZT	21:19.25	19:52.47	+0,77					
50m:	33.75	33.75	450m:	6:08.71	43.99	850m:	11:57.06	43.85	1250m:	17:47.04	43.88
100m:	1:11.61	37.86	500m:	6:52.24	43.53	900m:	12:40.37	43.31	1300m:	18:30.56	43.52
150m:	1:52.40	40.79	550m:	7:36.27	44.03	950m:	13:24.77	44.40	1350m:	19:14.45	43.89
200m:	2:33.84	41.44	600m:	8:19.34	43.07	1000m:	14:08.39	43.62	1400m:	19:57.77	43.32
250m:	3:16.22	42.38	650m:	9:03.20	43.86	1050m:	14:51.89	43.50	1450m:	20:39.13	41.36
300m:	3:59.54	43.32	700m:	9:45.61	42.41	1100m:	15:36.02	44.13	1500m:	21:19.25	40.12
350m:	4:41.84	42.30	750m:	10:30.42	44.81	1150m:	16:19.49	43.47			
400m:	5:24.72	42.88	800m:	11:13.21	42.79	1200m:	17:03.16	43.67			

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

Rang	Geb.	Tijd	ins. tijd	RT			
6. Organai Cascon Matteo	08 CNMR	21:35.19	22:14.98	+0,95			
50m: 35.85	35.85	450m: 6:23.49	43.47	850m: 12:16.36	43.96	1250m: 18:11.02	44.86
100m: 1:17.22	41.37	500m: 7:07.91	44.42	900m: 12:57.36	41.00	1300m: 18:54.39	43.37
150m: 2:00.59	43.37	550m: 7:52.76	44.85	950m: 13:40.18	42.82	1350m: 19:37.27	42.88
200m: 2:43.73	43.14	600m: 8:36.60	43.84	1000m: 14:24.06	43.88	1400m: 20:20.56	43.29
250m: 3:27.91	44.18	650m: 9:20.01	43.41	1050m: 15:09.36	45.30	1450m: 21:01.83	41.27
300m: 4:12.78	44.87	700m: 10:04.32	44.31	1100m: 15:54.09	44.73	1500m: 21:35.19	33.36
350m: 4:56.25	43.47	750m: 10:47.78	43.46	1150m: 16:40.50	46.41		
400m: 5:40.02	43.77	800m: 11:32.40	44.62	1200m: 17:26.16	45.66		
7. Daele Liam	08 VZO	21:38.89	24:49.50	+0,81			
50m: 38.79	38.79	450m: 6:31.74	44.60	850m: 12:21.95	43.83	1250m: 18:13.73	43.60
100m: 1:21.05	42.26	500m: 7:15.89	44.15	900m: 13:06.43	44.48	1300m: 18:56.62	42.89
150m: 2:04.84	43.79	550m: 7:59.35	43.46	950m: 13:51.33	44.90	1350m: 19:39.84	43.22
200m: 2:50.34	45.50	600m: 8:42.75	43.40	1000m: 14:35.99	44.66	1400m: 20:21.29	41.45
250m: 3:34.57	44.23	650m: 9:27.06	44.31	1050m: 15:20.01	44.02	1450m: 21:02.92	41.63
300m: 4:18.47	43.90	700m: 10:11.00	43.94	1100m: 16:03.47	43.46	1500m: 21:38.89	35.97
350m: 5:03.26	44.79	750m: 10:54.22	43.22	1150m: 16:47.06	43.59		
400m: 5:47.14	43.88	800m: 11:38.12	43.90	1200m: 17:30.13	43.07		
8. Ilsbroux Thijs	08 VZT	22:29.06	22:00.00	+0,72			
50m: 36.78	36.78	450m: 6:29.73	45.75	850m: 12:39.93	46.48	1250m: 18:49.88	46.34
100m: 1:19.03	42.25	500m: 7:15.76	46.03	900m: 13:27.30	47.37	1300m: 19:36.62	46.74
150m: 2:01.84	42.81	550m: 8:01.64	45.88	950m: 14:13.17	45.87	1350m: 20:21.46	44.84
200m: 2:45.18	43.34	600m: 8:47.99	46.35	1000m: 15:00.85	47.68	1400m: 21:07.18	45.72
250m: 3:28.59	43.41	650m: 9:34.60	46.61	1050m: 15:45.66	44.81	1450m: 21:47.64	40.46
300m: 4:13.58	44.99	700m: 10:21.16	46.56	1100m: 16:31.88	46.22	1500m: 22:29.06	41.42
350m: 4:58.47	44.89	750m: 11:07.45	46.29	1150m: 17:17.65	45.77		
400m: 5:43.98	45.51	800m: 11:53.45	46.00	1200m: 18:03.54	45.89		
9. Dibiani Ahmed	07 CNMR	23:41.86	22:17.99	+0,94			
50m: 38.28	38.28	450m: 6:55.56	49.55	850m: 13:23.59	49.93	1250m: 19:48.50	48.71
100m: 1:22.40	44.12	500m: 7:43.69	48.13	900m: 14:11.18	47.59	1300m: 20:35.75	47.25
150m: 2:09.55	47.15	550m: 8:33.41	49.72	950m: 15:00.82	49.64	1350m: 21:24.43	48.68
200m: 2:56.64	47.09	600m: 9:20.30	46.89	1000m: 15:48.26	47.44	1400m: 22:12.74	48.31
250m: 3:44.24	47.60	650m: 10:09.26	48.96	1050m: 16:37.05	48.79	1450m: 22:59.51	46.77
300m: 4:31.73	47.49	700m: 10:56.41	47.15	1100m: 17:23.61	46.56	1500m: 23:41.86	42.35
350m: 5:19.95	48.22	750m: 11:45.61	49.20	1150m: 18:12.25	48.64		
400m: 6:06.01	46.06	800m: 12:33.66	48.05	1200m: 18:59.79	47.54		

Programmanr. 4
19/1/25 - 15:45

Jongens, 1500m vrije slag

kadetten
Resultaten

open open 25m: 27:00.00

Rang	Geb.	Tijd	ins. tijd	RT			
1. Bauwens Maxime	09 ZIB	22:43.62	NT	+0,86			
50m: 40.06	40.06	450m: 6:43.76	46.29	850m: 12:55.49	46.39	1250m: 19:00.86	45.85
100m: 1:24.38	44.32	500m: 7:29.81	46.05	900m: 13:41.57	46.08	1300m: 19:47.18	46.32
150m: 2:09.47	45.09	550m: 8:16.67	46.86	950m: 14:26.72	45.15	1350m: 20:33.01	45.83
200m: 2:55.02	45.55	600m: 9:04.16	47.49	1000m: 15:12.51	45.79	1400m: 21:19.00	45.99
250m: 3:40.02	45.00	650m: 9:50.30	46.14	1050m: 15:58.34	45.83	1450m: 22:01.57	42.57
300m: 4:25.84	45.82	700m: 10:36.28	45.98	1100m: 16:44.06	45.72	1500m: 22:43.62	42.05
350m: 5:11.23	45.39	750m: 11:22.01	45.73	1150m: 17:29.36	45.30		
400m: 5:57.47	46.24	800m: 12:09.10	47.09	1200m: 18:15.01	45.65		
2. Organai Cascon Lucca	09 CNMR	23:09.74	22:30.99				
50m: 37.80	37.80	450m: 6:49.54	48.22	850m: 13:06.72	47.12	1250m: 19:25.48	48.06
100m: 1:20.64	42.84	500m: 7:35.85	46.31	900m: 13:53.92	47.20	1300m: 20:12.03	46.55
150m: 2:06.71	46.07	550m: 8:23.84	47.99	950m: 14:40.94	47.02	1350m: 20:57.72	45.69
200m: 2:52.29	45.58	600m: 9:10.84	47.00	1000m: 15:28.23	47.29	1400m: 21:43.59	45.87
250m: 3:40.18	47.89	650m: 9:58.29	47.45	1050m: 16:15.88	47.65	1450m: 22:27.40	43.81
300m: 4:26.48	46.30	700m: 10:44.61	46.32	1100m: 17:03.50	47.62	1500m: 23:09.74	42.34
350m: 5:14.17	47.69	750m: 11:32.33	47.72	1150m: 17:50.48	46.98		
400m: 6:01.32	47.15	800m: 12:19.60	47.27	1200m: 18:37.42	46.94		

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

Rang	Geb.		Tijd	ins. tijd	RT							
3.	Bustelo Leandro		10	CNMR	23:35.69	22:20.99	+0,95					
	50m:	37.99	37.99	450m:	6:51.66	47.98	850m:	13:13.10	48.13	1250m:	19:45.00	48.44
	100m:	1:22.27	44.28	500m:	7:38.89	47.23	900m:	14:02.23	49.13	1300m:	20:33.92	48.92
	150m:	2:09.71	47.44	550m:	8:25.78	46.89	950m:	14:51.71	49.48	1350m:	21:21.88	47.96
	200m:	2:56.57	46.86	600m:	9:12.78	47.00	1000m:	15:40.49	48.78	1400m:	22:08.96	47.08
	250m:	3:42.80	46.23	650m:	10:01.17	48.39	1050m:	16:29.65	49.16	1450m:	22:55.95	46.99
	300m:	4:29.98	47.18	700m:	10:48.48	47.31	1100m:	17:18.78	49.13	1500m:	23:35.69	39.74
	350m:	5:16.87	46.89	750m:	11:36.81	48.33	1150m:	18:08.64	49.86			
	400m:	6:03.68	46.81	800m:	12:24.97	48.16	1200m:	18:56.56	47.92			

Programmanr. 4 Jongens, 1500m vrije slag miniemen Resultaten

19/1/25 - 15:45
open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT							
1.	Tetaj Deivid		11	VZO	22:57.66	NT	+0,83					
	50m:	38.61	38.61	450m:	6:37.02	45.94	850m:	12:46.13	46.41	1250m:	19:09.05	48.55
	100m:	1:20.70	42.09	500m:	7:23.69	46.67	900m:	13:33.24	47.11	1300m:	19:56.69	47.64
	150m:	2:04.64	43.94	550m:	8:10.07	46.38	950m:	14:20.69	47.45	1350m:	20:43.80	47.11
	200m:	2:49.06	44.42	600m:	8:55.33	45.26	1000m:	15:08.49	47.80	1400m:	21:31.02	47.22
	250m:	3:34.24	45.18	650m:	9:41.65	46.32	1050m:	15:56.12	47.63	1450m:	22:16.42	45.40
	300m:	4:19.36	45.12	700m:	10:27.57	45.92	1100m:	16:44.02	47.90	1500m:	22:57.66	41.24
	350m:	5:05.20	45.84	750m:	11:13.42	45.85	1150m:	17:32.24	48.22			
	400m:	5:51.08	45.88	800m:	11:59.72	46.30	1200m:	18:20.50	48.26			
2.	Caucheteux Robin		11	COK	24:53.99	25:42.63	+0,83					
	50m:	43.34	43.34	450m:	7:19.85	51.15	850m:	14:08.03	50.07	1250m:	20:54.01	50.04
	100m:	1:31.37	48.03	500m:	8:11.11	51.26	900m:	14:58.77	50.74	1300m:	21:44.09	50.88
	150m:	2:20.13	48.76	550m:	9:02.51	51.40	950m:	15:50.76	51.99	1350m:	22:33.89	49.80
	200m:	3:09.39	49.26	600m:	9:53.95	51.44	1000m:	16:41.86	51.10	1400m:	23:22.14	48.25
	250m:	3:58.55	49.16	650m:	10:44.93	50.98	1050m:	17:32.37	50.51	1450m:	24:09.07	46.93
	300m:	4:48.02	49.47	700m:	11:35.83	50.90	1100m:	18:22.53	50.16	1500m:	24:53.99	44.92
	350m:	5:37.99	49.97	750m:	12:26.67	50.84	1150m:	19:13.18	50.65			
	400m:	6:28.70	50.71	800m:	13:17.96	51.29	1200m:	20:03.97	50.79			
3.	Organai Cascon Marko		11	CNMR	25:00.87	26:30.99	+0,96					
	50m:	40.88	40.88	450m:	7:22.36	51.15	850m:	14:17.59	51.22	1250m:	21:02.83	48.94
	100m:	1:27.63	46.75	500m:	8:13.14	50.78	900m:	15:08.21	50.62	1300m:	21:52.86	50.03
	150m:	2:17.04	49.41	550m:	9:05.76	52.62	950m:	15:59.21	51.00	1350m:	22:40.98	48.12
	200m:	3:06.36	49.32	600m:	9:57.60	51.84	1000m:	16:50.30	51.09	1400m:	23:30.34	49.36
	250m:	3:56.19	49.83	650m:	10:49.63	52.03	1050m:	17:41.64	51.34	1450m:	24:16.56	46.22
	300m:	4:46.83	50.64	700m:	11:41.49	51.86	1100m:	18:33.54	51.90	1500m:	25:00.87	44.31
	350m:	5:39.22	52.39	750m:	12:34.04	52.55	1150m:	19:23.14	49.60			
	400m:	6:31.21	51.99	800m:	13:26.37	52.33	1200m:	20:13.89	50.75			

Programmanr. 4 Heren, 1500m vrije slag algemeen Resultaten

19/1/25 - 15:45
open open 25m: 27:00.00

Rang	Geb.		Tijd	ins. tijd	RT							
1.	Dumon Tiebert		08	ZIB	19:21.12	18:51.65	+0,73					
	50m:	33.64	33.64	450m:	5:46.27	39.43	850m:	11:02.84	38.50	1250m:	16:15.37	38.58
	100m:	1:11.54	37.90	500m:	6:26.75	40.48	900m:	11:42.14	39.30	1300m:	16:54.27	38.90
	150m:	1:50.60	39.06	550m:	7:05.96	39.21	950m:	12:21.22	39.08	1350m:	17:32.95	38.68
	200m:	2:29.81	39.21	600m:	7:46.04	40.08	1000m:	13:01.12	39.90	1400m:	18:11.84	38.89
	250m:	3:08.82	39.01	650m:	8:25.30	39.26	1050m:	13:40.19	39.07	1450m:	18:48.77	36.93
	300m:	3:48.14	39.32	700m:	9:05.12	39.82	1100m:	14:19.69	39.50	1500m:	19:21.12	32.35
	350m:	4:26.98	38.84	750m:	9:44.61	39.49	1150m:	14:58.32	38.63			
	400m:	5:06.84	39.86	800m:	10:24.34	39.73	1200m:	15:36.79	38.47			

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

Rang	Geb.		Tijd		ins. tijd	RT					
2. Duprez Zane	08 VZN		19:21.45		19:44.59	+0,80					
50m:	32.58	32.58	450m:	5:45.33	39.48	850m:	11:02.65	39.10	1250m:	16:14.23	39.01
100m:	1:10.12	37.54	500m:	6:25.22	39.89	900m:	11:41.46	38.81	1300m:	16:52.47	38.24
150m:	1:48.48	38.36	550m:	7:04.65	39.43	950m:	12:20.76	39.30	1350m:	17:31.07	38.60
200m:	2:27.38	38.90	600m:	7:44.57	39.92	1000m:	13:00.47	39.71	1400m:	18:09.05	37.98
250m:	3:06.99	39.61	650m:	8:24.07	39.50	1050m:	13:39.73	39.26	1450m:	18:46.32	37.27
300m:	3:46.76	39.77	700m:	9:03.66	39.59	1100m:	14:19.21	39.48	1500m:	19:21.45	35.13
350m:	4:26.04	39.28	750m:	9:43.44	39.78	1150m:	14:57.04	37.83			
400m:	5:05.85	39.81	800m:	10:23.55	40.11	1200m:	15:35.22	38.18			
3. Van Pottelberge Vic	08 VZSA		21:00.89		20:30.00	+0,79					
50m:	34.67	34.67	450m:	6:08.84	42.80	850m:	11:54.68	43.15	1250m:	17:36.61	42.15
100m:	1:14.37	39.70	500m:	6:52.06	43.22	900m:	12:37.29	42.61	1300m:	18:18.92	42.31
150m:	1:54.97	40.60	550m:	7:35.16	43.10	950m:	13:20.41	43.12	1350m:	19:00.45	41.53
200m:	2:36.51	41.54	600m:	8:18.17	43.01	1000m:	14:03.60	43.19	1400m:	19:42.30	41.85
250m:	3:18.51	42.00	650m:	9:01.51	43.34	1050m:	14:46.82	43.22	1450m:	20:22.62	40.32
300m:	4:00.72	42.21	700m:	9:44.90	43.39	1100m:	15:29.13	42.31	1500m:	21:00.89	38.27
350m:	4:43.42	42.70	750m:	10:28.32	43.42	1150m:	16:12.02	42.89			
400m:	5:26.04	42.62	800m:	11:11.53	43.21	1200m:	16:54.46	42.44			
4. Minten Zoran	08 ZIB		21:07.19		NT	+0,74					
50m:	36.20	36.20	450m:	6:17.02	43.86	850m:	12:01.90	42.85	1250m:	17:43.57	42.73
100m:	1:16.85	40.65	500m:	7:00.02	43.00	900m:	12:44.67	42.77	1300m:	18:25.94	42.37
150m:	1:58.82	41.97	550m:	7:43.30	43.28	950m:	13:27.79	43.12	1350m:	19:08.25	42.31
200m:	2:41.10	42.28	600m:	8:26.16	42.86	1000m:	14:10.71	42.92	1400m:	19:50.18	41.93
250m:	3:23.48	42.38	650m:	9:09.63	43.47	1050m:	14:53.38	42.67	1450m:	20:30.16	39.98
300m:	4:06.84	43.36	700m:	9:52.68	43.05	1100m:	15:35.01	41.63	1500m:	21:07.19	37.03
350m:	4:50.03	43.19	750m:	10:36.09	43.41	1150m:	16:17.92	42.91			
400m:	5:33.16	43.13	800m:	11:19.05	42.96	1200m:	17:00.84	42.92			
5. Devos Noah	08 VZT		21:19.25		19:52.47	+0,77					
50m:	33.75	33.75	450m:	6:08.71	43.99	850m:	11:57.06	43.85	1250m:	17:47.04	43.88
100m:	1:11.61	37.86	500m:	6:52.24	43.53	900m:	12:40.37	43.31	1300m:	18:30.56	43.52
150m:	1:52.40	40.79	550m:	7:36.27	44.03	950m:	13:24.77	44.40	1350m:	19:14.45	43.89
200m:	2:33.84	41.44	600m:	8:19.34	43.07	1000m:	14:08.39	43.62	1400m:	19:57.77	43.32
250m:	3:16.22	42.38	650m:	9:03.20	43.86	1050m:	14:51.89	43.50	1450m:	20:39.13	41.36
300m:	3:59.54	43.32	700m:	9:45.61	42.41	1100m:	15:36.02	44.13	1500m:	21:19.25	40.12
350m:	4:41.84	42.30	750m:	10:30.42	44.81	1150m:	16:19.49	43.47			
400m:	5:24.72	42.88	800m:	11:13.21	42.79	1200m:	17:03.16	43.67			
6. Organai Cascon Matteo	08 CNMR		21:35.19		22:14.98	+0,95					
50m:	35.85	35.85	450m:	6:23.49	43.47	850m:	12:16.36	43.96	1250m:	18:11.02	44.86
100m:	1:17.22	41.37	500m:	7:07.91	44.42	900m:	12:57.36	41.00	1300m:	18:54.39	43.37
150m:	2:00.59	43.37	550m:	7:52.76	44.85	950m:	13:40.18	42.82	1350m:	19:37.27	42.88
200m:	2:43.73	43.14	600m:	8:36.60	43.84	1000m:	14:24.06	43.88	1400m:	20:20.56	43.29
250m:	3:27.91	44.18	650m:	9:20.01	43.41	1050m:	15:09.36	45.30	1450m:	21:01.83	41.27
300m:	4:12.78	44.87	700m:	10:04.32	44.31	1100m:	15:54.09	44.73	1500m:	21:35.19	33.36
350m:	4:56.25	43.47	750m:	10:47.78	43.46	1150m:	16:40.50	46.41			
400m:	5:40.02	43.77	800m:	11:32.40	44.62	1200m:	17:26.16	45.66			
7. Daele Liam	08 VZO		21:38.89		24:49.50	+0,81					
50m:	38.79	38.79	450m:	6:31.74	44.60	850m:	12:21.95	43.83	1250m:	18:13.73	43.60
100m:	1:21.05	42.26	500m:	7:15.89	44.15	900m:	13:06.43	44.48	1300m:	18:56.62	42.89
150m:	2:04.84	43.79	550m:	7:59.35	43.46	950m:	13:51.33	44.90	1350m:	19:39.84	43.22
200m:	2:50.34	45.50	600m:	8:42.75	43.40	1000m:	14:35.99	44.66	1400m:	20:21.29	41.45
250m:	3:34.57	44.23	650m:	9:27.06	44.31	1050m:	15:20.01	44.02	1450m:	21:02.92	41.63
300m:	4:18.47	43.90	700m:	10:11.00	43.94	1100m:	16:03.47	43.46	1500m:	21:38.89	35.97
350m:	5:03.26	44.79	750m:	10:54.22	43.22	1150m:	16:47.06	43.59			
400m:	5:47.14	43.88	800m:	11:38.12	43.90	1200m:	17:30.13	43.07			
8. Paredis Robbe	98 VZSA		22:07.58		22:00.00						
50m:	37.61	37.61	450m:	6:33.25	45.48	850m:	12:32.31	44.73	1250m:	18:28.11	44.51
100m:	1:19.34	41.73	500m:	7:18.03	44.78	900m:	13:17.13	44.82	1300m:	19:12.29	44.18
150m:	2:03.27	43.93	550m:	8:03.06	45.03	950m:	14:01.81	44.68	1350m:	19:56.87	44.58
200m:	2:47.69	44.42	600m:	8:48.26	45.20	1000m:	14:45.60	43.79	1400m:	20:41.11	44.24
250m:	3:32.44	44.75	650m:	9:33.45	45.19	1050m:	15:29.76	44.16	1450m:	21:25.12	44.01
300m:	4:17.68	45.24	700m:	10:18.40	44.95	1100m:	16:14.59	44.83	1500m:	22:07.58	42.46
350m:	5:02.69	45.01	750m:	11:03.43	45.03	1150m:	16:59.42	44.83			
400m:	5:47.77	45.08	800m:	11:47.58	44.15	1200m:	17:43.60	44.18			

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

Rang	Geb.		Tijd	ins. tijd	RT					
9. Guillaume Levi	98	VZO	22:26.72	23:09.24	+0,74					
50m:	37.34	37.34	450m: 6:33.06	45.85	850m: 12:40.47	46.55	1250m: 18:45.19	45.53		
100m:	1:18.77	41.43	500m: 7:19.03	45.97	900m: 13:25.76	45.29	1300m: 19:31.27	46.08		
150m:	2:02.53	43.76	550m: 8:04.65	45.62	950m: 14:11.27	45.51	1350m: 20:16.32	45.05		
200m:	2:46.68	44.15	600m: 8:50.64	45.99	1000m: 14:57.01	45.74	1400m: 21:00.44	44.12		
250m:	3:31.45	44.77	650m: 9:35.93	45.29	1050m: 15:42.65	45.64	1450m: 21:43.98	43.54		
300m:	4:16.80	45.35	700m: 10:22.24	46.31	1100m: 16:28.26	45.61	1500m: 22:26.72	42.74		
350m:	5:01.81	45.01	750m: 11:08.35	46.11	1150m: 17:14.19	45.93				
400m:	5:47.21	45.40	800m: 11:53.92	45.57	1200m: 17:59.66	45.47				
10. Ilsbroux Thijs	08	VZT	22:29.06	22:00.00	+0,72					
50m:	36.78	36.78	450m: 6:29.73	45.75	850m: 12:39.93	46.48	1250m: 18:49.88	46.34		
100m:	1:19.03	42.25	500m: 7:15.76	46.03	900m: 13:27.30	47.37	1300m: 19:36.62	46.74		
150m:	2:01.84	42.81	550m: 8:01.64	45.88	950m: 14:13.17	45.87	1350m: 20:21.46	44.84		
200m:	2:45.18	43.34	600m: 8:47.99	46.35	1000m: 15:00.85	47.68	1400m: 21:07.18	45.72		
250m:	3:28.59	43.41	650m: 9:34.60	46.61	1050m: 15:45.66	44.81	1450m: 21:47.64	40.46		
300m:	4:13.58	44.99	700m: 10:21.16	46.56	1100m: 16:31.88	46.22	1500m: 22:29.06	41.42		
350m:	4:58.47	44.89	750m: 11:07.45	46.29	1150m: 17:17.65	45.77				
400m:	5:43.98	45.51	800m: 11:53.45	46.00	1200m: 18:03.54	45.89				
11. Eeckhout Jef	79	DELFI	22:37.01	21:41.23						
50m:	38.92	38.92	450m: 6:42.76	46.33	850m: 12:50.71	45.66	1250m: 18:55.42	45.35		
100m:	1:22.39	43.47	500m: 7:29.00	46.24	900m: 13:36.09	45.38	1300m: 19:40.13	44.71		
150m:	2:06.59	44.20	550m: 8:15.28	46.28	950m: 14:21.84	45.75	1350m: 20:25.30	45.17		
200m:	2:51.99	45.40	600m: 9:01.25	45.97	1000m: 15:07.60	45.76	1400m: 21:10.56	45.26		
250m:	3:37.88	45.89	650m: 9:47.43	46.18	1050m: 15:53.09	45.49	1450m: 21:55.02	44.46		
300m:	4:24.05	46.17	700m: 10:33.21	45.78	1100m: 16:38.89	45.80	1500m: 22:37.01	41.99		
350m:	5:10.31	46.26	750m: 11:19.12	45.91	1150m: 17:24.39	45.50				
400m:	5:56.43	46.12	800m: 12:05.05	45.93	1200m: 18:10.07	45.68				
12. Bauwens Maxime	09	ZIB	22:43.62	NT	+0,86					
50m:	40.06	40.06	450m: 6:43.76	46.29	850m: 12:55.49	46.39	1250m: 19:00.86	45.85		
100m:	1:24.38	44.32	500m: 7:29.81	46.05	900m: 13:41.57	46.08	1300m: 19:47.18	46.32		
150m:	2:09.47	45.09	550m: 8:16.67	46.86	950m: 14:26.72	45.15	1350m: 20:33.01	45.83		
200m:	2:55.02	45.55	600m: 9:04.16	47.49	1000m: 15:12.51	45.79	1400m: 21:19.00	45.99		
250m:	3:40.02	45.00	650m: 9:50.30	46.14	1050m: 15:58.34	45.83	1450m: 22:01.57	42.57		
300m:	4:25.84	45.82	700m: 10:36.28	45.98	1100m: 16:44.06	45.72	1500m: 22:43.62	42.05		
350m:	5:11.23	45.39	750m: 11:22.01	45.73	1150m: 17:29.36	45.30				
400m:	5:57.47	46.24	800m: 12:09.10	47.09	1200m: 18:15.01	45.65				
13. Tetaj Deivid	11	VZO	22:57.66	NT	+0,83					
50m:	38.61	38.61	450m: 6:37.02	45.94	850m: 12:46.13	46.41	1250m: 19:09.05	48.55		
100m:	1:20.70	42.09	500m: 7:23.69	46.67	900m: 13:33.24	47.11	1300m: 19:56.69	47.64		
150m:	2:04.64	43.94	550m: 8:10.07	46.38	950m: 14:20.69	47.45	1350m: 20:43.80	47.11		
200m:	2:49.06	44.42	600m: 8:55.33	45.26	1000m: 15:08.49	47.80	1400m: 21:31.02	47.22		
250m:	3:34.24	45.18	650m: 9:41.65	46.32	1050m: 15:56.12	47.63	1450m: 22:16.42	45.40		
300m:	4:19.36	45.12	700m: 10:27.57	45.92	1100m: 16:44.02	47.90	1500m: 22:57.66	41.24		
350m:	5:05.20	45.84	750m: 11:13.42	45.85	1150m: 17:32.24	48.22				
400m:	5:51.08	45.88	800m: 11:59.72	46.30	1200m: 18:20.50	48.26				
14. Organai Cascon Lucca	09	CNMR	23:09.74	22:30.99						
50m:	37.80	37.80	450m: 6:49.54	48.22	850m: 13:06.72	47.12	1250m: 19:25.48	48.06		
100m:	1:20.64	42.84	500m: 7:35.85	46.31	900m: 13:53.92	47.20	1300m: 20:12.03	46.55		
150m:	2:06.71	46.07	550m: 8:23.84	47.99	950m: 14:40.94	47.02	1350m: 20:57.72	45.69		
200m:	2:52.29	45.58	600m: 9:10.84	47.00	1000m: 15:28.23	47.29	1400m: 21:43.59	45.87		
250m:	3:40.18	47.89	650m: 9:58.29	47.45	1050m: 16:15.88	47.65	1450m: 22:27.40	43.81		
300m:	4:26.48	46.30	700m: 10:44.61	46.32	1100m: 17:03.50	47.62	1500m: 23:09.74	42.34		
350m:	5:14.17	47.69	750m: 11:32.33	47.72	1150m: 17:50.48	46.98				
400m:	6:01.32	47.15	800m: 12:19.60	47.27	1200m: 18:37.42	46.94				
15. Bustelo Leandro	10	CNMR	23:35.69	22:20.99	+0,95					
50m:	37.99	37.99	450m: 6:51.66	47.98	850m: 13:13.10	48.13	1250m: 19:45.00	48.44		
100m:	1:22.27	44.28	500m: 7:38.89	47.23	900m: 14:02.23	49.13	1300m: 20:33.92	48.92		
150m:	2:09.71	47.44	550m: 8:25.78	46.89	950m: 14:51.71	49.48	1350m: 21:21.88	47.96		
200m:	2:56.57	46.86	600m: 9:12.78	47.00	1000m: 15:40.49	48.78	1400m: 22:08.96	47.08		
250m:	3:42.80	46.23	650m: 10:01.17	48.39	1050m: 16:29.65	49.16	1450m: 22:55.95	46.99		
300m:	4:29.98	47.18	700m: 10:48.48	47.31	1100m: 17:18.78	49.13	1500m: 23:35.69	39.74		
350m:	5:16.87	46.89	750m: 11:36.81	48.33	1150m: 18:08.64	49.86				
400m:	6:03.68	46.81	800m: 12:24.97	48.16	1200m: 18:56.56	47.92				

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

Rang	Geb.		Tijd	ins. tijd	RT						
16. Dibiani Ahmed	07	CNMR	23:41.86	22:17.99	+0,94						
50m:	38.28	38.28	450m:	6:55.56	49.55	850m:	13:23.59	49.93	1250m:	19:48.50	48.71
100m:	1:22.40	44.12	500m:	7:43.69	48.13	900m:	14:11.18	47.59	1300m:	20:35.75	47.25
150m:	2:09.55	47.15	550m:	8:33.41	49.72	950m:	15:00.82	49.64	1350m:	21:24.43	48.68
200m:	2:56.64	47.09	600m:	9:20.30	46.89	1000m:	15:48.26	47.44	1400m:	22:12.74	48.31
250m:	3:44.24	47.60	650m:	10:09.26	48.96	1050m:	16:37.05	48.79	1450m:	22:59.51	46.77
300m:	4:31.73	47.49	700m:	10:56.41	47.15	1100m:	17:23.61	46.56	1500m:	23:41.86	42.35
350m:	5:19.95	48.22	750m:	11:45.61	49.20	1150m:	18:12.25	48.64			
400m:	6:06.01	46.06	800m:	12:33.66	48.05	1200m:	18:59.79	47.54			
17. Caucheteux Robin	11	COK	24:53.99	25:42.63	+0,83						
50m:	43.34	43.34	450m:	7:19.85	51.15	850m:	14:08.03	50.07	1250m:	20:54.01	50.04
100m:	1:31.37	48.03	500m:	8:11.11	51.26	900m:	14:58.77	50.74	1300m:	21:44.09	50.08
150m:	2:20.13	48.76	550m:	9:02.51	51.40	950m:	15:50.76	51.99	1350m:	22:33.89	49.80
200m:	3:09.39	49.26	600m:	9:53.95	51.44	1000m:	16:41.86	51.10	1400m:	23:22.14	48.25
250m:	3:58.55	49.16	650m:	10:44.93	50.98	1050m:	17:32.37	50.51	1450m:	24:09.07	46.93
300m:	4:48.02	49.47	700m:	11:35.83	50.90	1100m:	18:22.53	50.16	1500m:	24:53.99	44.92
350m:	5:37.99	49.97	750m:	12:26.67	50.84	1150m:	19:13.18	50.65			
400m:	6:28.70	50.71	800m:	13:17.96	51.29	1200m:	20:03.97	50.79			
18. Deschamps Léo	69	CNMR	24:57.25	23:54.21							
50m:	47.77	47.77	450m:	7:34.42	50.69	850m:	14:16.77	49.92	1250m:	20:54.82	49.47
100m:	1:41.08	53.31	500m:	8:24.67	50.25	900m:	15:06.97	50.20	1300m:	21:44.55	49.73
150m:	2:32.64	51.56	550m:	9:15.31	50.64	950m:	15:55.88	48.91	1350m:	22:33.82	49.27
200m:	3:22.59	49.95	600m:	10:05.36	50.05	1000m:	16:45.97	50.09	1400m:	23:23.55	49.73
250m:	4:13.19	50.60	650m:	10:55.30	49.94	1050m:	17:36.06	50.09	1450m:	24:11.59	48.04
300m:	5:02.98	49.79	700m:	11:46.26	50.96	1100m:	18:25.89	49.83	1500m:	24:57.25	45.66
350m:	5:53.29	50.31	750m:	12:36.63	50.37	1150m:	19:15.53	49.64			
400m:	6:43.73	50.44	800m:	13:26.85	50.22	1200m:	20:05.35	49.82			
19. Organai Cascon Marko	11	CNMR	25:00.87	26:30.99	+0,96						
50m:	40.88	40.88	450m:	7:22.36	51.15	850m:	14:17.59	51.22	1250m:	21:02.83	48.94
100m:	1:27.63	46.75	500m:	8:13.14	50.78	900m:	15:08.21	50.62	1300m:	21:52.86	50.03
150m:	2:17.04	49.41	550m:	9:05.76	52.62	950m:	15:59.21	51.00	1350m:	22:40.98	48.12
200m:	3:06.36	49.32	600m:	9:57.60	51.84	1000m:	16:50.30	51.09	1400m:	23:30.34	49.36
250m:	3:56.19	49.83	650m:	10:49.63	52.03	1050m:	17:41.64	51.34	1450m:	24:16.56	46.22
300m:	4:46.83	50.64	700m:	11:41.49	51.86	1100m:	18:33.54	51.90	1500m:	25:00.87	44.31
350m:	5:39.22	52.39	750m:	12:34.04	52.55	1150m:	19:23.14	49.60			
400m:	6:31.21	51.99	800m:	13:26.37	52.33	1200m:	20:13.89	50.75			
20. Caestecker Wilfried	61	VZSA	28:36.19	NT	+0,90						
50m:	46.83	46.83	450m:	8:26.43	58.19	850m:	16:11.29	57.98	1250m:	23:58.56	58.48
100m:	1:39.70	52.87	500m:	9:24.46	58.03	900m:	17:08.86	57.57	1300m:	24:56.23	57.67
150m:	2:35.95	56.25	550m:	10:22.71	58.25	950m:	18:06.18	57.32	1350m:	25:53.56	57.33
200m:	3:33.56	57.61	600m:	11:21.28	58.57	1000m:	19:05.18	59.00	1400m:	26:51.75	58.19
250m:	4:31.74	58.18	650m:	12:19.52	58.24	1050m:	20:03.60	58.42	1450m:	27:46.50	54.75
300m:	5:30.87	59.13	700m:	13:17.97	58.45	1100m:	21:02.15	58.55	1500m:	28:36.19	49.69
350m:	6:30.00	59.13	750m:	14:15.61	57.64	1150m:	22:00.21	58.06			
400m:	7:28.24	58.24	800m:	15:13.31	57.70	1200m:	23:00.08	59.87			
BM Mirroir Mathis	01	VZO	21:49.48	NT	+0,73						
50m:	33.63	33.63	450m:	6:19.77	45.04	850m:	12:17.67	44.57	1250m:	18:13.49	44.81
100m:	1:13.73	40.10	500m:	7:04.46	44.69	900m:	13:02.23	44.56	1300m:	18:57.62	44.13
150m:	1:55.85	42.12	550m:	7:49.44	44.98	950m:	13:46.31	44.08	1350m:	19:41.81	44.19
200m:	2:38.45	42.60	600m:	8:34.32	44.88	1000m:	14:31.01	44.70	1400m:	20:25.53	43.72
250m:	3:21.57	43.12	650m:	9:19.47	45.15	1050m:	15:15.09	44.08	1450m:	21:08.23	42.70
300m:	4:06.19	44.62	700m:	10:04.46	44.99	1100m:	15:59.74	44.65	1500m:	21:49.48	41.25
350m:	4:49.95	43.76	750m:	10:49.29	44.83	1150m:	16:44.12	44.38			
400m:	5:34.73	44.78	800m:	11:33.10	43.81	1200m:	17:28.68	44.56			

Programmanr. 5
19/1/25 - 17:40

Dames, 4 x 200m vrije slag

seniors
Resultaten

Rang		Tijd	ins. tijd	RT			
1. Vzo 1	VZO	10:09.74	9:44.14	+0,98			
	Loncke Noor	08	+0,98	35.87	1:15.49	1:57.21	2:36.92
	Eggert Evelyne	07	+0,46	36.93	1:17.71	1:58.66	2:38.87
	Claeys Nette	08	+0,48	33.76	1:11.88	1:50.33	2:28.12
	De Cuyper Femke	10	+0,53	34.58	1:12.80	1:50.55	2:25.83
2. Brugge 1	ZIB	11:00.19	10:07.43	+0,71			
	Vandaele Tineke	75	+0,71	39.48	1:26.59	2:14.98	3:01.38
	Van Alsenoy Yara	11	+0,63	35.93	1:16.40	1:58.70	2:38.15
	Decloedt Hannah	11	+0,33	36.47	1:18.30	2:00.95	2:39.94
	Van Alsenoy Nanou	08	+0,63	34.57	1:15.55	1:58.06	2:40.72
3. Gent 1	VZG	11:02.55	10:41.54	+0,84			
	De Troyer Flavie	08	+0,84	36.06	1:16.66	1:58.97	2:40.57
	Cocquyt Ashley	07	+0,55	36.62	1:17.87	2:00.86	2:43.57
	Declerck Marie-Lou	10	+0,46	39.74	1:25.73	2:13.15	2:55.06
	De Vos Kaat	08	+0,25	37.53	1:19.14	2:01.99	2:43.35
4. Vzo 2	VZO	11:25.00	11:43.59	+0,79			
	Van Hecke Amber	10	+0,79	38.15	1:23.18	2:10.89	2:56.26
	Lagatie Billie	11	+0,61	37.52	1:20.08	2:04.81	2:45.32
	Moyaert Lotte	12	+0,58	35.34	1:16.74	2:00.77	2:45.32
	Peel Ylana	12	+0,47	40.91	1:27.36	2:16.06	2:58.10
5. Vzn 1	VZN	12:00.21	11:10.96	+0,83			
	Bertier Imany	08	+0,83	41.75	1:30.21	2:22.06	3:10.66
	Van Eecke Astrid	10	+0,18	40.78	1:29.75	2:20.55	3:07.90
	Huygh Marieke	09	+0,10	36.34	1:19.74	2:05.02	2:48.30
	Vermote Noor	09	+0,02	37.00	1:22.04	2:09.06	2:53.35
6. Vzn 2	VZN	12:20.67	12:12.57	+0,82			
	Rommens Nikki	11	+0,82	41.45	1:30.44	2:20.94	3:07.77
	Lamaire Julie	14	+0,14	39.67	1:28.30	2:18.43	3:06.72
	Verbesselt Manon	13	+0,22	40.94	1:28.61	2:18.93	3:04.01
	Wandelaere Lisa	08	+0,06	37.72	1:24.68	2:14.61	3:02.17

Programmanr. 6
19/1/25 - 17:55

Heren, 4 x 200m vrije slag

seniors
Resultaten

Rang		Tijd	ins. tijd	RT			
1. Brugge 1	ZIB	9:25.62	8:53.99	+0,80			
	Bauwens Maxime	09	+0,80	31.92	1:09.19	1:47.97	2:25.22
	Minten Zoran	08	+0,25	31.20	1:07.20	1:45.83	2:22.41
	Winderickx Ruhne	07	+0,37	30.25	1:04.35	1:39.46	2:15.72
	Dumon Tiebert	08	+0,52	34.69	1:11.10	1:46.30	2:22.27
2. Vzn 1	VZN	9:40.91	9:20.86	+0,75			
	D'Heere Rémi	09	+0,75	28.33	1:02.17	1:37.78	2:12.33
	Maes Leon	10	+0,99	35.04	1:14.92	1:56.78	2:36.86
	Rommens Timo	08	+0,58	33.56	1:10.93	1:49.48	2:26.94
	Duprez Zane	08	+0,62	31.70	1:08.42	1:46.83	2:24.78
3. Vzo 1	VZO	10:08.56	10:02.18	+0,85			
	Tetaj Daniel	10	+0,85	31.62	1:08.56	1:48.14	2:27.64
	Tetaj Deivid	11	+0,68	37.08	1:18.09	2:01.63	2:43.72
	Van Hecke Mathis	09	+0,23	33.54	1:11.22	1:49.30	2:26.40
	Daele Liam	08	+0,54	35.25	1:13.65	1:53.55	2:30.80
4. Molenbeek	CNMR	10:46.97	11:00.99	+0,98			
	Organai Cascon Lucca	09	+0,98	35.92	1:20.08	2:07.02	2:50.10
	Organai Cascon Matteo	08	+0,59	31.28	1:07.65	1:46.70	2:24.30
	Bustelo Leandro	10	+0,49	35.87	1:18.28	2:03.17	2:43.67
	Dibiani Ahmed	07	+0,28	36.98	1:19.89	2:05.65	2:48.90
5. Brugge 2	ZIB	11:27.19	11:05.67	+0,90			
	El Hanioui Ilias	09	+0,90	36.40	1:19.09	2:08.30	2:53.15
	Anny Bram	10	+0,41	41.39	1:31.50	2:22.81	3:11.22
	Cocquit Sam	08		35.66	1:15.72	2:01.04	2:44.41
	Cocquit Lander	07		32.29	1:12.42	1:56.22	2:38.41



Programmanr. 6, Heren, 4 x 200m vrije slag, seniors

Rang			Tijd	ins. tijd	RT		
6. Vzn 2	VZN	12:14.09	11:59.90	+0,64			
	Verbesselt Louis	15	+0,64	54.47	1:56.82	3:03.94	3:59.86
	Lamaire Lucas	13	+0,15	37.00	1:21.64	2:08.34	2:55.01
	Vylders Bram	10	+0,55	35.82	1:19.61	2:06.28	2:50.90
	Praet Kobe	10	+0,21	32.86	1:10.52	1:48.85	2:28.32