Programmanr. 1 — 400m vrije slag — 9 jaar en ouder
8/11/26 - 13:00 — Resultaten

Rang — Geb. — Tijd — insch. tijd

u65 - veteranen v45, Dames

1. Theuwen Sandy — 80 — ACH — **5:56.64** — 6:10.00

50m:	40.33	40.33	150m:	2:09.62	45.17	250m:	3:40.30	45.59	350m:	5:11.91	45.79
100m:	1:24.45	44.12	200m:	2:54.71	45.09	300m:	4:26.12	45.82	400m:	5:56.64	44.73

u45 - veteranen v25, Dames

1. De Pue Ine — 99 — VZSA — **5:28.94** — 5:24.14

50m:	34.70	34.70	150m:	1:55.84	41.56	250m:	3:20.30	42.29	350m:	4:46.22	42.63
100m:	1:14.28	39.58	200m:	2:38.01	42.17	300m:	4:03.59	43.29	400m:	5:28.94	42.72

2. Van den Bergh Quittry — 93 — ZVM — **5:38.57** — 5:29.32

50m:	36.65	36.65	150m:	2:00.06	42.43	250m:	3:26.61	43.29	350m:	4:54.75	44.28
100m:	1:17.63	40.98	200m:	2:43.32	43.26	300m:	4:10.47	43.86	400m:	5:38.57	43.82

u25 - seniors, Dames

1. Langen Lizzy — 04 — NEP — **5:26.09** — 5:08.24

50m:	35.54	35.54	150m:	1:56.06	41.00	250m:	3:20.72	42.37	350m:	4:45.10	42.31
100m:	1:15.06	39.52	200m:	2:38.35	42.29	300m:	4:02.79	42.07	400m:	5:26.09	40.99

2. Bogaerts Anais — 05 — CNL — **5:29.62** — NT

50m:	36.80	36.80	150m:	1:58.25	41.24	250m:	3:23.37	42.50	350m:	4:49.76	43.34
100m:	1:17.01	40.21	200m:	2:40.87	42.62	300m:	4:06.42	43.05	400m:	5:29.62	39.86

3. Denuit Lore — 07 — CNL — **6:03.49** — NT

50m:	36.44	36.44	150m:	2:03.06	44.40	250m:	3:38.15	47.80	350m:	5:16.38	49.19
100m:	1:18.66	42.22	200m:	2:50.35	47.29	300m:	4:27.19	49.04	400m:	6:03.49	47.11

u19 - pupillen, Meisjes

1. Deckers Elise — 09 — VZSA — **6:45.28** — NT

50m:	43.99	43.99	150m:	2:25.21	51.20	250m:	4:09.83	53.00	350m:	5:55.58	52.90
100m:	1:34.01	50.02	200m:	3:16.83	51.62	300m:	5:02.68	52.85	400m:	6:45.28	49.70

u17 - kadetten, Meisjes

1. De Cuyper Femke — 10 — VZO — **5:00.42** — 4:50.01

50m:	33.53	33.53	150m:	1:49.14	38.47	250m:	3:07.98	39.75	350m:	4:23.52	36.83
100m:	1:10.67	37.14	200m:	2:28.23	39.09	300m:	3:46.69	38.71	400m:	5:00.42	36.90

2. Van Hecke Amber — 10 — VZO — **5:26.40** — 5:21.17

50m:	37.16	37.16	150m:	2:00.48	42.29	250m:	3:24.55	42.33	350m:	4:48.09	41.32
100m:	1:18.19	41.03	200m:	2:42.22	41.74	300m:	4:06.77	42.22	400m:	5:26.40	38.31

u15 - miniemen, Meisjes

1. Bourez Tess — 13 — COK — **6:15.40** — 6:40.00

50m:	39.97	39.97	150m:	2:13.49	47.91	250m:	3:51.49	49.02	350m:	5:29.05	47.51
100m:	1:25.58	45.61	200m:	3:02.47	48.98	300m:	4:41.54	50.05	400m:	6:15.40	46.35

u13 - benjamins, Meisjes

1. Diallo Bintou — 14 — COK — **6:13.16** — 6:40.00

50m:	39.43	39.43	150m:	2:12.45	47.80	250m:	3:49.53	49.21	350m:	5:29.03	49.83
100m:	1:24.65	45.22	200m:	3:00.32	47.87	300m:	4:39.20	49.67	400m:	6:13.16	44.13

Programmanr. 1, Meisjes, 400m vrije slag, u13 - benjamins

Rang		Geb.		Tijd	insch. tijd
2.	Moyaert Niene	15	VZO	**7:02.48**	7:48.78

50m:	43.32	43.32	150m:	2:29.51	54.48	250m:	4:21.54	57.45	350m:	6:13.19	54.31
100m:	1:35.03	51.71	200m:	3:24.09	54.58	300m:	5:18.88	57.34	400m:	7:02.48	49.29

u65 - veteranen v45, Heren

1.	Van Ginderdeuren Philippe	69	CNU	**5:58.74**	5:51.81						
50m:	38.10	38.10	150m:	2:06.35	45.37	250m:	3:39.77	46.40	350m:	5:13.70	47.40
100m:	1:20.98	42.88	200m:	2:53.37	47.02	300m:	4:26.30	46.53	400m:	5:58.74	45.04

u45 - veteranen v25, Heren

1.	Scarpi Nico	94	VZSA	**5:09.54**	5:03.24						
50m:	35.32	35.32	150m:	1:53.40	39.49	250m:	3:13.33	40.19	350m:	4:32.43	39.14
100m:	1:13.91	38.59	200m:	2:33.14	39.74	300m:	3:53.29	39.96	400m:	5:09.54	37.11
2.	Heylen Nick	85	DELF	**5:17.13**	5:12.00						
50m:	34.29	34.29	150m:	1:52.14	39.78	250m:	3:14.05	41.21	350m:	4:36.78	41.36
100m:	1:12.36	38.07	200m:	2:32.84	40.70	300m:	3:55.42	41.37	400m:	5:17.13	40.35
3.	Corten David	85	ZVM	**5:17.83**	4:48.22						
50m:	34.14	34.14	150m:	1:54.42	40.82	250m:	3:17.21	41.34	350m:	4:39.39	40.87
100m:	1:13.60	39.46	200m:	2:35.87	41.45	300m:	3:58.52	41.31	400m:	5:17.83	38.44
4.	Shestov Sergey	82	CNU	**5:23.24**	5:29.63						
50m:	36.21	36.21	150m:	1:55.32	39.87	250m:	3:18.51	41.77	350m:	4:42.42	42.18
100m:	1:15.45	39.24	200m:	2:36.74	41.42	300m:	4:00.24	41.73	400m:	5:23.24	40.82
5.	Marcelis Lars	00	ZVM	**5:25.66**	5:14.66						
50m:	29.58	29.58	150m:	1:40.79	37.23	250m:	3:07.89	46.83	350m:	4:43.06	48.32
100m:	1:03.56	33.98	200m:	2:21.06	40.27	300m:	3:54.74	46.85	400m:	5:25.66	42.60
6.	Mazzeo Luciano	82	CNL	**6:19.00**	NT						
50m:	38.23	38.23	150m:	2:09.36	47.79	250m:	3:49.18	51.18	350m:	5:29.93	50.77
100m:	1:21.57	43.34	200m:	2:58.00	48.64	300m:	4:39.16	49.98	400m:	6:19.00	49.07

u25 - seniors, Heren

1.	Vandaele Hannes	02	VZO	**4:48.47**	4:48.19						
50m:	32.31	32.31	150m:	1:44.42	36.42	250m:	2:58.19	36.45	350m:	4:12.64	37.11
100m:	1:08.00	35.69	200m:	2:21.74	37.32	300m:	3:35.53	37.34	400m:	4:48.47	35.83
2.	Maassen Yorn	05	NEP	**5:01.92**	5:07.02						
50m:	33.45	33.45	150m:	1:49.42	38.44	250m:	3:06.88	39.13	350m:	4:24.93	38.63
100m:	1:10.98	37.53	200m:	2:27.75	38.33	300m:	3:46.30	39.42	400m:	5:01.92	36.99

u19 - pupillen, Jongens

1.	Lheureux Lucas	08	CNL	**5:01.10**	5:26.95						
50m:	32.22	32.22	150m:	1:46.55	37.55	250m:	3:04.28	38.99	350m:	4:21.98	38.36
100m:	1:09.00	36.78	200m:	2:25.29	38.74	300m:	3:43.62	39.34	400m:	5:01.10	39.12
2.	Ilsbroux Thijs	08	VZT	**5:21.74**	5:19.87						
50m:	34.67	34.67	150m:	1:54.44	40.83	250m:	3:17.73	41.69	350m:	4:42.64	42.13
100m:	1:13.61	38.94	200m:	2:36.04	41.60	300m:	4:00.51	42.78	400m:	5:21.74	39.10

u17 - kadetten, Jongens

1.	Verbruggen Liam	11	ZVM	**5:28.96**	5:49.16						
50m:	34.16	34.16	150m:	1:55.17	41.14	250m:	3:20.12	43.05	350m:	4:46.29	43.24
100m:	1:14.03	39.87	200m:	2:37.07	41.90	300m:	4:03.05	42.93	400m:	5:28.96	42.67
2.	Rugers Morris	10	NEP	**5:53.78**	5:55.70						
50m:	36.37	36.37	150m:	2:00.97	43.14	250m:	3:31.94	46.07	350m:	5:06.77	47.47
100m:	1:17.83	41.46	200m:	2:45.87	44.90	300m:	4:19.30	47.36	400m:	5:53.78	47.01

Programmanr. 1, 400m vrije slag

u15 - miniemen, Jongens

1. Vereycken Bruce			13	ACH	**6:26.85**	6:48.00						
50m:	40.20	40.20	150m:	2:15.26	48.49	250m:	3:55.99	50.83	350m:	5:38.04	51.67
100m:	1:26.77	46.57	200m:	3:05.16	49.90	300m:	4:46.37	50.38	400m:	6:26.85	48.81

u13 - benjamins, Jongens

1. Dhainaut Tristan			15	COK	**6:18.92**	NT						
50m:	43.53	43.53	150m:	2:19.38	48.37	250m:	3:56.28	47.64	350m:	5:32.88	48.09
100m:	1:31.01	47.48	200m:	3:08.64	49.26	300m:	4:44.79	48.51	400m:	6:18.92	46.04