

lange afstand - longues distances
Nieuwpoort, 21/1/2024

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

800m vrije slag

2013 en eerder
Resultaten

open open Dames: 16.00; open Heren: 16.00

Rang	Geb.	Tijd	insch. tijd									
veteranen 45, Dames												
1.	Vandebroek Evi	78	VZN	14:51.34	NT							
	100m:	1:36.94	1:36.94	300m:	5:24.41	1:56.94	500m:	9:13.28	1:53.61	700m:	13:04.58	1:54.69
	200m:	3:27.47	1:50.53	400m:	7:19.67	1:55.26	600m:	11:09.89	1:56.61	800m:	14:51.34	1:46.76
veteranen 25, Dames												
1.	Goegebeur Sarah	96	BZV	12:41.94	12:42.63							
	100m:	1:23.54	1:23.54	300m:	4:32.00	1:35.86	500m:	7:47.19	1:37.96	700m:	11:06.29	1:39.97
	200m:	2:56.14	1:32.60	400m:	6:09.23	1:37.23	600m:	9:26.32	1:39.13	800m:	12:41.94	1:35.65
pupillen, Meisjes												
1.	Minnebo Lotte	06	ZIB	9:35.41	10:00.00							
	<i>fros record</i>											
	100m:	1:06.53	1:06.53	300m:	3:32.30	1:13.12	500m:	6:00.33	1:13.65	700m:	8:26.09	1:12.80
	200m:	2:19.18	1:12.65	400m:	4:46.68	1:14.38	600m:	7:13.29	1:12.96	800m:	9:35.41	1:09.32
2.	Eggert Evelyne	07	VZO	10:49.23	12:09.71							
	100m:	1:15.89	1:15.89	300m:	4:01.27	1:22.75	500m:	6:48.16	1:23.74	700m:	9:31.75	1:20.09
	200m:	2:38.52	1:22.63	400m:	5:24.42	1:23.15	600m:	8:11.66	1:23.50	800m:	10:49.23	1:17.48
3.	Dardenne Eline	07	ZIB	11:15.98	11:15.55							
	100m:	1:12.67	1:12.67	300m:	3:59.18	1:25.12	500m:	6:51.14	1:26.11	700m:	9:50.04	1:30.63
	200m:	2:34.06	1:21.39	400m:	5:25.03	1:25.85	600m:	8:19.41	1:28.27	800m:	11:15.98	1:25.94
4.	Cocquyt Ashley	07	VZG	13:09.31	12:34.52							
	100m:	1:15.18	1:15.18	300m:	4:09.89	1:29.22	500m:	7:38.74	2:03.12	700m:	11:29.90	1:54.76
	200m:	2:40.67	1:25.49	400m:	5:35.62	1:25.73	600m:	9:35.14	1:56.40	800m:	13:09.31	1:39.41
dis	Weise Tess	07	VZN		NT							
	<i>SW10-WE2 - de volledige afstand niet verzwommen</i>											
	100m:	1:34.35	1:34.35	300m:	5:21.30	1:55.73	500m:	9:14.50	1:56.50	700m:	12:56.79	1:44.90
	200m:	3:25.57	1:51.22	400m:	7:18.00	1:56.70	600m:	11:11.89	1:57.39	800m:		
kadetten, Meisjes												
1.	Claeys Nette	08	VZO	10:21.96	11:07.83							
	100m:	1:11.85	1:11.85	300m:	3:46.38	1:18.07	500m:	6:23.64	1:19.32	700m:	9:03.81	1:20.10
	200m:	2:28.31	1:16.46	400m:	5:04.32	1:17.94	600m:	7:43.71	1:20.07	800m:	10:21.96	1:18.15
2.	Van Alsenoy Nanou	08	ZIB	10:55.38	12:22.53							
	100m:	1:14.36	1:14.36	300m:	3:58.72	1:23.15	500m:	6:46.77	1:23.73	700m:	9:34.92	1:23.90
	200m:	2:35.57	1:21.21	400m:	5:23.04	1:24.32	600m:	8:11.02	1:24.25	800m:	10:55.38	1:20.46
3.	De Vos Kaat	08	VZG	11:00.41	12:08.11							
	100m:	1:16.54	1:16.54	300m:	4:01.63	1:23.42	500m:	6:51.19	1:25.11	700m:	9:39.47	1:24.09
	200m:	2:38.21	1:21.67	400m:	5:26.08	1:24.45	600m:	8:15.38	1:24.19	800m:	11:00.41	1:20.94
4.	Öztürk Berra	09	VZG	11:36.75	12:58.15							
	100m:	1:17.87	1:17.87	300m:	4:16.27	1:30.15	500m:	7:15.49	1:28.97	700m:	10:11.17	1:29.23
	200m:	2:46.12	1:28.25	400m:	5:46.52	1:30.25	600m:	8:41.94	1:26.45	800m:	11:36.75	1:25.58
5.	Proot Lisa-Marie	09	BZV	11:53.14	NT							
	100m:	1:19.10	1:19.10	300m:	4:18.14	1:31.24	500m:	7:24.78	1:32.88	700m:	10:26.76	1:29.07
	200m:	2:46.90	1:27.80	400m:	5:51.90	1:33.76	600m:	8:57.69	1:32.91	800m:	11:53.14	1:26.38
6.	De Troyer Flavie	08	VZG	11:53.74	15:58.00							
	100m:	1:15.92	1:15.92	300m:	4:04.10	1:24.67	500m:	7:05.56	1:36.74	700m:	10:21.25	1:36.90
	200m:	2:39.43	1:23.51	400m:	5:28.82	1:24.72	600m:	8:44.35	1:38.79	800m:	11:53.74	1:32.49

lange afstand - longues distances
Nieuwpoort, 21/1/2024

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

Rang	Geb.	VZN	Tijd	insch. tijd						
7.	Vergauwe Yanaika	09	VZN	12:52.28	14:19.82					
	100m: 1:27.16	1:27.16	300m: 4:41.09	1:36.45	500m: 8:01.85	1:41.81	700m: 11:20.06	1:39.84		
	200m: 3:04.64	1:37.48	400m: 6:20.04	1:38.95	600m: 9:40.22	1:38.37	800m: 12:52.28	1:32.22		
8.	Franssens Gaelle	09	VZN	13:49.07	NT					
	100m: 1:30.55	1:30.55	300m: 4:59.57	1:45.25	500m: 8:32.83	1:47.34	700m: 12:07.09	1:46.79		
	200m: 3:14.32	1:43.77	400m: 6:45.49	1:45.92	600m: 10:20.30	1:47.47	800m: 13:49.07	1:41.98		
9.	Wandelaere Lisa	08	VZN	14:10.53	NT					
	100m: 1:32.31	1:32.31	300m: 5:07.47	1:47.77	500m: 8:50.31	1:50.96	700m: 12:29.92	1:48.88		
	200m: 3:19.70	1:47.39	400m: 6:59.35	1:51.88	600m: 10:41.04	1:50.73	800m: 14:10.53	1:40.61		
	dis dubois Jienke	09	BZV		15:11.73					
	<i>SW4-ST3 - te vroeg vertrokken bij de start (na het commando "op uw plaatsen" en voor het startsignaal van de starter)</i>									

miniemen, Meisjes

1.	De Cuyper Femke	10	VZO	10:36.67	10:34.50					
	100m: 1:16.50	1:16.50	300m: 3:58.01	1:21.19	500m: 6:41.86	1:21.64	700m: 9:22.96	1:20.10		
	200m: 2:36.82	1:20.32	400m: 5:20.22	1:22.21	600m: 8:02.86	1:21.00	800m: 10:36.67	1:13.71		
2.	Van Hecke Amber	10	VZO	12:40.07	NT					
	100m: 1:20.67	1:20.67	300m: 4:30.86	1:35.95	500m: 7:49.48	1:40.50	700m: 11:08.87	1:39.44		
	200m: 2:54.91	1:34.24	400m: 6:08.98	1:38.12	600m: 9:29.43	1:39.95	800m: 12:40.07	1:31.20		
3.	Sonnenberg Ann-Sofie	10	ZVM	13:21.04	14:15.82					
	100m: 1:24.81	1:24.81	300m: 4:42.27	1:40.30	500m: 8:06.91	1:41.46	700m: 11:34.56	1:42.46		
	200m: 3:01.97	1:37.16	400m: 6:25.45	1:43.18	600m: 9:52.10	1:45.19	800m: 13:21.04	1:46.48		
4.	Van Eecke Astrid	10	VZN	13:34.23	NT					
	100m: 1:32.96	1:32.96	300m: 5:00.30	1:43.93	500m: 8:28.80	1:44.39	700m: 11:57.48	1:43.70		
	200m: 3:16.37	1:43.41	400m: 6:44.41	1:44.11	600m: 10:13.78	1:44.98	800m: 13:34.23	1:36.75		
5.	Van Alsenoy Yara	11	ZIB	13:51.28	NT					
	100m: 1:34.48	1:34.48	300m: 5:04.59	1:46.12	500m: 8:38.69	1:46.85	700m: 12:14.56	1:49.29		
	200m: 3:18.47	1:43.99	400m: 6:51.84	1:47.25	600m: 10:25.27	1:46.58	800m: 13:51.28	1:36.72		
6.	Rommens Nikki	11	VZN	14:27.77	NT					
	100m: 1:36.76	1:36.76	300m: 5:16.29	1:52.33	500m: 9:01.70	1:52.82	700m: 12:47.28	1:52.73		
	200m: 3:23.96	1:47.20	400m: 7:08.88	1:52.59	600m: 10:54.55	1:52.85	800m: 14:27.77	1:40.49		
7.	Proot Annabelle	11	BZV	14:31.12	NT					
	100m: 1:38.87	1:38.87	300m: 5:18.63	1:49.76	500m: 9:03.47	1:53.28	700m: 12:48.74	1:52.59		
	200m: 3:28.87	1:50.00	400m: 7:10.19	1:51.56	600m: 10:56.15	1:52.68	800m: 14:31.12	1:42.38		
8.	Risselin Claire	10	COK	15:20.38	NT					
	100m: 1:41.12	1:41.12	300m: 5:34.41	1:58.65	500m: 9:34.73	1:59.81	700m: 13:32.90	1:57.38		
	200m: 3:35.76	1:54.64	400m: 7:34.92	2:00.51	600m: 11:35.52	2:00.79	800m: 15:20.38	1:47.48		
9.	Cocquit Eline	10	ZIB	15:40.73	NT					
	100m: 1:42.76	1:42.76	300m: 5:41.89	1:58.57	500m: 9:42.83	1:59.18	700m: 13:50.49	2:04.51		
	200m: 3:43.32	2:00.56	400m: 7:43.65	2:01.76	600m: 11:45.98	2:03.15	800m: 15:40.73	1:50.24		

benjamins, Meisjes

1.	Cattoor Pauline	12	BZV	12:00.41	NT					
	100m: 1:17.15	1:17.15	300m: 4:18.26	1:31.86	500m: 7:24.99	1:32.59	700m: 10:32.54	1:34.06		
	200m: 2:46.40	1:29.25	400m: 5:52.40	1:34.14	600m: 8:58.48	1:33.49	800m: 12:00.41	1:27.87		
2.	Moyaert Lotte	12	VZO	12:52.29	NT					
	100m: 1:32.05	1:32.05	300m: 4:48.59	1:38.38	500m: 8:06.13	1:38.44	700m: 11:22.97	1:38.64		
	200m: 3:10.21	1:38.16	400m: 6:27.69	1:39.10	600m: 9:44.33	1:38.20	800m: 12:52.29	1:29.32		
3.	Floryn Juliette	13	BZV	15:34.60	NT					
	100m: 1:39.01	1:39.01	300m: 5:34.95	1:58.48	500m: 9:35.39	1:59.02	700m: 13:39.49	2:02.80		
	200m: 3:36.47	1:57.46	400m: 7:36.37	2:01.42	600m: 11:36.69	2:01.30	800m: 15:34.60	1:55.11		
4.	Verbesselt Manon	13	VZN	15:41.41	NT					
	100m: 1:41.26	1:41.26	300m: 5:43.45	2:02.52	500m: 9:47.68	2:01.47	700m: 13:50.29	2:01.84		
	200m: 3:40.93	1:59.67	400m: 7:46.21	2:02.76	600m: 11:48.45	2:00.77	800m: 15:41.41	1:51.12		

lange afstand - longues distances
Nieuwpoort, 21/1/2024

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

Rang	Geb.		Tijd		insch. tijd					
5. Bourez Tess	13	COK	16:40.59			NT				
	100m: 1:42.65	1:42.65	300m: 6:01.48	2:13.19	500m: 10:27.52	2:11.73	700m: 14:45.01	2:04.70		
	200m: 3:48.29	2:05.64	400m: 8:15.79	2:14.31	600m: 12:40.31	2:12.79	800m: 16:40.59	1:55.58		
6. Van Overstraeten Fien	13	VZG	16:41.52			15:59.00				
	100m: 1:51.85	1:51.85	300m: 6:10.53	2:11.96	500m: 10:30.56	2:09.39	700m: 14:46.46	2:04.37		
	200m: 3:58.57	2:06.72	400m: 8:21.17	2:10.64	600m: 12:42.09	2:11.53	800m: 16:41.52	1:55.06		
algemeen, Dames										
1. Minnebo Lotte	06	ZIB	9:35.41			10:00.00				
	100m: 1:06.53	1:06.53	300m: 3:32.30	1:13.12	500m: 6:00.33	1:13.65	700m: 8:26.09	1:12.80		
	200m: 2:19.18	1:12.65	400m: 4:46.68	1:14.38	600m: 7:13.29	1:12.96	800m: 9:35.41	1:09.32		
2. Claeys Nette	08	VZO	10:21.96			11:07.83				
	100m: 1:11.85	1:11.85	300m: 3:46.38	1:18.07	500m: 6:23.64	1:19.32	700m: 9:03.81	1:20.10		
	200m: 2:28.31	1:16.46	400m: 5:04.32	1:17.94	600m: 7:43.71	1:20.07	800m: 10:21.96	1:18.15		
3. De Cuyper Femke	10	VZO	10:36.67			10:34.50				
	100m: 1:16.50	1:16.50	300m: 3:58.01	1:21.19	500m: 6:41.86	1:21.64	700m: 9:22.96	1:20.10		
	200m: 2:36.82	1:20.32	400m: 5:20.22	1:22.21	600m: 8:02.86	1:21.00	800m: 10:36.67	1:13.71		
4. Eggert Evelyne	07	VZO	10:49.23			12:09.71				
	100m: 1:15.89	1:15.89	300m: 4:01.27	1:22.75	500m: 6:48.16	1:23.74	700m: 9:31.75	1:20.09		
	200m: 2:38.52	1:22.63	400m: 5:24.42	1:23.15	600m: 8:11.66	1:23.50	800m: 10:49.23	1:17.48		
5. Van Alsenoy Nanou	08	ZIB	10:55.38			12:22.53				
	100m: 1:14.36	1:14.36	300m: 3:58.72	1:23.15	500m: 6:46.77	1:23.73	700m: 9:34.92	1:23.90		
	200m: 2:35.57	1:21.21	400m: 5:23.04	1:24.32	600m: 8:11.02	1:24.25	800m: 10:55.38	1:20.46		
6. De Vos Kaat	08	VZG	11:00.41			12:08.11				
	100m: 1:16.54	1:16.54	300m: 4:01.63	1:23.42	500m: 6:51.19	1:25.11	700m: 9:39.47	1:24.09		
	200m: 2:38.21	1:21.67	400m: 5:26.08	1:24.45	600m: 8:15.38	1:24.19	800m: 11:00.41	1:20.94		
7. Dardenne Eline	07	ZIB	11:15.98			11:15.55				
	100m: 1:12.67	1:12.67	300m: 3:59.18	1:25.12	500m: 6:51.14	1:26.11	700m: 9:50.04	1:30.63		
	200m: 2:34.06	1:21.39	400m: 5:25.03	1:25.85	600m: 8:19.41	1:28.27	800m: 11:15.98	1:25.94		
8. Öztürk Berra	09	VZG	11:36.75			12:58.15				
	100m: 1:17.87	1:17.87	300m: 4:16.27	1:30.15	500m: 7:15.49	1:28.97	700m: 10:11.17	1:29.23		
	200m: 2:46.12	1:28.25	400m: 5:46.52	1:30.25	600m: 8:41.94	1:26.45	800m: 11:36.75	1:25.58		
9. Proot Lisa-Marie	09	BZV	11:53.14			NT				
	100m: 1:19.10	1:19.10	300m: 4:18.14	1:31.24	500m: 7:24.78	1:32.88	700m: 10:26.76	1:29.07		
	200m: 2:46.90	1:27.80	400m: 5:51.90	1:33.76	600m: 8:57.69	1:32.91	800m: 11:53.14	1:26.38		
10. De Troyer Flavie	08	VZG	11:53.74			15:58.00				
	100m: 1:15.92	1:15.92	300m: 4:04.10	1:24.67	500m: 7:05.56	1:36.74	700m: 10:21.25	1:36.90		
	200m: 2:39.43	1:23.51	400m: 5:28.82	1:24.72	600m: 8:44.35	1:38.79	800m: 11:53.74	1:32.49		
11. Cattoor Pauline	12	BZV	12:00.41			NT				
	100m: 1:17.15	1:17.15	300m: 4:18.26	1:31.86	500m: 7:24.99	1:32.59	700m: 10:32.54	1:34.06		
	200m: 2:46.40	1:29.25	400m: 5:52.40	1:34.14	600m: 8:58.48	1:33.49	800m: 12:00.41	1:27.87		
12. Van Hecke Amber	10	VZO	12:40.07			NT				
	100m: 1:20.67	1:20.67	300m: 4:30.86	1:35.95	500m: 7:49.48	1:40.50	700m: 11:08.87	1:39.44		
	200m: 2:54.91	1:34.24	400m: 6:08.98	1:38.12	600m: 9:29.43	1:39.95	800m: 12:40.07	1:31.20		
13. Goegebeur Sarah	96	BZV	12:41.94			12:42.63				
	100m: 1:23.54	1:23.54	300m: 4:32.00	1:35.86	500m: 7:47.19	1:37.96	700m: 11:06.29	1:39.97		
	200m: 2:56.14	1:32.60	400m: 6:09.23	1:37.23	600m: 9:26.32	1:39.13	800m: 12:41.94	1:35.65		
14. Vergauwe Yanaika	09	VZN	12:52.28			14:19.82				
	100m: 1:27.16	1:27.16	300m: 4:41.09	1:36.45	500m: 8:01.85	1:41.81	700m: 11:20.06	1:39.84		
	200m: 3:04.64	1:37.48	400m: 6:20.04	1:38.95	600m: 9:40.22	1:38.37	800m: 12:52.28	1:32.22		
15. Moyaert Lotte	12	VZO	12:52.29			NT				
	100m: 1:32.05	1:32.05	300m: 4:48.59	1:38.38	500m: 8:06.13	1:38.44	700m: 11:22.97	1:38.64		
	200m: 3:10.21	1:38.16	400m: 6:27.69	1:39.10	600m: 9:44.33	1:38.20	800m: 12:52.29	1:29.32		

lange afstand - longues distances
Nieuwpoort, 21/1/2024

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

Rang	Geb.		Tijd		insch. tijd					
16. Cocquyt Ashley	07	VZG	13:09.31	12:34.52						
	100m: 1:15.18	1:15.18	300m: 4:09.89	1:29.22	500m: 7:38.74	2:03.12	700m: 11:29.90	1:54.76		
	200m: 2:40.67	1:25.49	400m: 5:35.62	1:25.73	600m: 9:35.14	1:56.40	800m: 13:09.31	1:39.41		
17. Sonnenberg Ann-Sofie	10	ZVM	13:21.04	14:15.82						
	100m: 1:24.81	1:24.81	300m: 4:42.27	1:40.30	500m: 8:06.91	1:41.46	700m: 11:34.56	1:42.46		
	200m: 3:01.97	1:37.16	400m: 6:25.45	1:43.18	600m: 9:52.10	1:45.19	800m: 13:21.04	1:46.48		
18. Van Eecke Astrid	10	VZN	13:34.23	NT						
	100m: 1:32.96	1:32.96	300m: 5:00.30	1:43.93	500m: 8:28.80	1:44.39	700m: 11:57.48	1:43.70		
	200m: 3:16.37	1:43.41	400m: 6:44.41	1:44.11	600m: 10:13.78	1:44.98	800m: 13:34.23	1:36.75		
19. Franssens Gaelle	09	VZN	13:49.07	NT						
	100m: 1:30.55	1:30.55	300m: 4:59.57	1:45.25	500m: 8:32.83	1:47.34	700m: 12:07.09	1:46.79		
	200m: 3:14.32	1:43.77	400m: 6:45.49	1:45.92	600m: 10:20.30	1:47.47	800m: 13:49.07	1:41.98		
20. Van Alsenoy Yara	11	ZIB	13:51.28	NT						
	100m: 1:34.48	1:34.48	300m: 5:04.59	1:46.12	500m: 8:38.69	1:46.85	700m: 12:14.56	1:49.29		
	200m: 3:18.47	1:43.99	400m: 6:51.84	1:47.25	600m: 10:25.27	1:46.58	800m: 13:51.28	1:36.72		
21. Wandelaere Lisa	08	VZN	14:10.53	NT						
	100m: 1:32.31	1:32.31	300m: 5:07.47	1:47.77	500m: 8:50.31	1:50.96	700m: 12:29.92	1:48.88		
	200m: 3:19.70	1:47.39	400m: 6:59.35	1:51.88	600m: 10:41.04	1:50.73	800m: 14:10.53	1:40.61		
22. Rommens Nikki	11	VZN	14:27.77	NT						
	100m: 1:36.76	1:36.76	300m: 5:16.29	1:52.33	500m: 9:01.70	1:52.82	700m: 12:47.28	1:52.73		
	200m: 3:23.96	1:47.20	400m: 7:08.88	1:52.59	600m: 10:54.55	1:52.85	800m: 14:27.77	1:40.49		
23. Proot Annabelle	11	BZV	14:31.12	NT						
	100m: 1:38.87	1:38.87	300m: 5:18.63	1:49.76	500m: 9:03.47	1:53.28	700m: 12:48.74	1:52.59		
	200m: 3:28.87	1:50.00	400m: 7:10.19	1:51.56	600m: 10:56.15	1:52.68	800m: 14:31.12	1:42.38		
24. Vandebroek Evi	78	VZN	14:51.34	NT						
	100m: 1:36.94	1:36.94	300m: 5:24.41	1:56.94	500m: 9:13.28	1:53.61	700m: 13:04.58	1:54.69		
	200m: 3:27.47	1:50.53	400m: 7:19.67	1:55.26	600m: 11:09.89	1:56.61	800m: 14:51.34	1:46.76		
25. Risselin Claire	10	COK	15:20.38	NT						
	100m: 1:41.12	1:41.12	300m: 5:34.41	1:58.65	500m: 9:34.73	1:59.81	700m: 13:32.90	1:57.38		
	200m: 3:35.76	1:54.64	400m: 7:34.92	2:00.51	600m: 11:35.52	2:00.79	800m: 15:20.38	1:47.48		
26. Floryn Juliette	13	BZV	15:34.60	NT						
	100m: 1:39.01	1:39.01	300m: 5:34.95	1:58.48	500m: 9:35.39	1:59.02	700m: 13:39.49	2:02.80		
	200m: 3:36.47	1:57.46	400m: 7:36.37	2:01.42	600m: 11:36.69	2:01.30	800m: 15:34.60	1:55.11		
27. Cocquyt Eline	10	ZIB	15:40.73	NT						
	100m: 1:42.76	1:42.76	300m: 5:41.89	1:58.57	500m: 9:42.83	1:59.18	700m: 13:50.49	2:04.51		
	200m: 3:43.32	2:00.56	400m: 7:43.65	2:01.76	600m: 11:45.98	2:03.15	800m: 15:40.73	1:50.24		
28. Verbesselt Manon	13	VZN	15:41.41	NT						
	100m: 1:41.26	1:41.26	300m: 5:43.45	2:02.52	500m: 9:47.68	2:01.47	700m: 13:50.29	2:01.84		
	200m: 3:40.93	1:59.67	400m: 7:46.21	2:02.76	600m: 11:48.45	2:00.77	800m: 15:41.41	1:51.12		
29. Bourez Tess	13	COK	16:40.59	NT						
	100m: 1:42.65	1:42.65	300m: 6:01.48	2:13.19	500m: 10:27.52	2:11.73	700m: 14:45.01	2:04.70		
	200m: 3:48.29	2:05.64	400m: 8:15.79	2:14.31	600m: 12:40.31	2:12.79	800m: 16:40.59	1:55.58		
30. Van Overstraeten Fien	13	VZG	16:41.52	15:59.00						
	100m: 1:51.85	1:51.85	300m: 6:10.53	2:11.96	500m: 10:30.56	2:09.39	700m: 14:46.46	2:04.37		
	200m: 3:58.57	2:06.72	400m: 8:21.17	2:10.64	600m: 12:42.09	2:11.53	800m: 16:41.52	1:55.06		
dis dubois Jienke	09	BZV		15:11.73						
<i>SW4-ST3 - te vroeg vertrokken bij de start (na het commando "op uw plaatsen" en voor het startsignaal van de starter)</i>										
dis Weise Tess	07	VZN		NT						
<i>SW10-WE2 - de volledige afstand niet verzwommen</i>										
	100m: 1:34.35	1:34.35	300m: 5:21.30	1:55.73	500m: 9:14.50	1:56.50	700m: 12:56.79	1:44.90		
	200m: 3:25.57	1:51.22	400m: 7:18.00	1:56.70	600m: 11:11.89	1:57.39	800m:			

lange afstand - longues distances
Nieuwpoort, 21/1/2024

Programmanr. 3, 800m vrije slag

veteranen 45, Heren

1. Vermeulen Gerry	78	DELF	12:36.53	12:57.37							
100m:	1:21.33	1:21.33	300m:	4:37.36	1:38.39	500m:	7:55.40	1:38.02	700m:	11:12.00	1:38.66
200m:	2:58.97	1:37.64	400m:	6:17.38	1:40.02	600m:	9:33.34	1:37.94	800m:	12:36.53	1:24.53

senioren, Heren

1. Simons Jarno	02	ZVM	9:50.09	9:54.81							
100m:	1:04.21	1:04.21	300m:	3:29.87	1:14.94	500m:	6:04.16	1:17.46	700m:	8:41.21	1:18.49
200m:	2:14.93	1:10.72	400m:	4:46.70	1:16.83	600m:	7:22.72	1:18.56	800m:	9:50.09	1:08.88

pupillen, Jongens

1. Winderickx Ruhne	07	ZIB	10:02.68	10:32.05							
100m:	1:06.67	1:06.67	300m:	3:34.81	1:15.13	500m:	6:10.80	1:18.36	700m:	8:49.45	1:19.58
200m:	2:19.68	1:13.01	400m:	4:52.44	1:17.63	600m:	7:29.87	1:19.07	800m:	10:02.68	1:13.23
2. De Lathouwer Mathis	06	VZG	10:37.60	11:19.51							
100m:	1:08.28	1:08.28	300m:	3:49.72	1:22.67	500m:	6:37.35	1:23.71	700m:	9:22.66	1:22.35
200m:	2:27.05	1:18.77	400m:	5:13.64	1:23.92	600m:	8:00.31	1:22.96	800m:	10:37.60	1:14.94
3. Van Lersberghe Rune	06	ZIB	10:54.40	11:16.66							
100m:	1:12.57	1:12.57	300m:	3:58.88	1:25.47	500m:	6:46.93	1:24.25	700m:	9:33.71	1:23.43
200m:	2:33.41	1:20.84	400m:	5:22.68	1:23.80	600m:	8:10.28	1:23.35	800m:	10:54.40	1:20.69
4. Cocquit Lander	07	ZIB	11:55.76	12:14.20							
100m:	1:15.11	1:15.11	300m:	4:11.40	1:30.29	500m:	7:20.09	1:35.44	700m:	10:31.67	1:36.27
200m:	2:41.11	1:26.00	400m:	5:44.65	1:33.25	600m:	8:55.40	1:35.31	800m:	11:55.76	1:24.09

kadetten, Jongens

1. Goossens Oberon	08	BZV	11:21.83	NT							
100m:	1:14.35	1:14.35	300m:	4:04.23	1:24.68	500m:	6:59.21	1:26.52	700m:	10:00.68	1:33.50
200m:	2:39.55	1:25.20	400m:	5:32.69	1:28.46	600m:	8:27.18	1:27.97	800m:	11:21.83	1:21.15
2. Brilleman Diaz	08	BZV	11:36.75	12:56.90							
100m:	1:17.35	1:17.35	300m:	4:15.88	1:30.52	500m:	7:15.73	1:29.34	700m:	10:18.83	1:32.28
200m:	2:45.36	1:28.01	400m:	5:46.39	1:30.51	600m:	8:46.55	1:30.82	800m:	11:36.75	1:17.92
3. Bultinck Tibbe	08	BZV	11:38.81	NT							
100m:	1:13.47	1:13.47	300m:	4:08.75	1:28.19	500m:	7:09.15	1:31.17	700m:	10:14.71	1:33.62
200m:	2:40.56	1:27.09	400m:	5:37.98	1:29.23	600m:	8:41.09	1:31.94	800m:	11:38.81	1:24.10
4. Bauwens Maxime	09	ZIB	11:43.14	12:55.40							
100m:	1:20.41	1:20.41	300m:	4:18.99	1:29.42	500m:	7:16.85	1:29.09	700m:	10:17.12	1:31.23
200m:	2:49.57	1:29.16	400m:	5:47.76	1:28.77	600m:	8:45.89	1:29.04	800m:	11:43.14	1:26.02
5. Cocquit Sam	08	ZIB	12:34.26	13:55.20							
100m:	1:18.86	1:18.86	300m:	4:23.46	1:35.81	500m:	7:40.01	1:38.20	700m:	11:00.21	1:41.17
200m:	2:47.65	1:28.79	400m:	6:01.81	1:38.35	600m:	9:19.04	1:39.03	800m:	12:34.26	1:34.05

miniemen, Jongens

1. Tetaj Daniel	10	VZO	11:34.76	12:39.63							
100m:	1:19.02	1:19.02	300m:	4:17.28	1:29.24	500m:	7:16.20	1:29.54	700m:	10:13.92	1:28.93
200m:	2:48.04	1:29.02	400m:	5:46.66	1:29.38	600m:	8:44.99	1:28.79	800m:	11:34.76	1:20.84
2. Tetaj Deivid	11	VZO	12:40.60	13:31.61							
100m:	1:25.56	1:25.56	300m:	4:34.78	1:36.03	500m:	7:47.04	1:36.30	700m:	11:06.51	1:39.91
200m:	2:58.75	1:33.19	400m:	6:10.74	1:35.96	600m:	9:26.60	1:39.56	800m:	12:40.60	1:34.09
3. Öztürk Mehmet Onat	11	VZG	12:43.89	15:12.42							
100m:	1:28.18	1:28.18	300m:	4:46.77	1:39.90	500m:	8:05.35	1:38.81	700m:	11:16.02	1:35.74
200m:	3:06.87	1:38.69	400m:	6:26.54	1:39.77	600m:	9:40.28	1:34.93	800m:	12:43.89	1:27.87
4. Vyliders Bram	10	VZN	14:02.28	NT							
100m:	1:32.88	1:32.88	300m:	5:08.18	1:49.72	500m:	8:48.87	1:49.71	700m:	12:21.38	1:47.23
200m:	3:18.46	1:45.58	400m:	6:59.16	1:50.98	600m:	10:34.15	1:45.28	800m:	14:02.28	1:40.90

lange afstand - longues distances
Nieuwpoort, 21/1/2024

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

Rang	Geb.		Tijd		insch. tijd						
5. Verbruggen Liam	11	ZVM	14:03.34	NT							
100m:	1:47.29	1:47.29	300m:	5:22.20	1:47.05	500m:	8:55.08	1:46.35	700m:	12:24.07	1:44.44
200m:	3:35.15	1:47.86	400m:	7:08.73	1:46.53	600m:	10:39.63	1:44.55	800m:	14:03.34	1:39.27
6. Risselin Benoit	11	COK	15:36.63	NT							
100m:	1:45.85	1:45.85	300m:	5:50.53	2:03.88	500m:	9:50.16	1:58.45	700m:	13:46.74	1:56.57
200m:	3:46.65	2:00.80	400m:	7:51.71	2:01.18	600m:	11:50.17	2:00.01	800m:	15:36.63	1:49.89

benjamins, Jongens

1. Öztürk Ensar	12	VZG	11:56.03	11:54.45							
100m:	1:21.05	1:21.05	300m:	4:23.43	1:31.41	500m:	7:27.66	1:33.37	700m:	10:32.05	1:30.12
200m:	2:52.02	1:30.97	400m:	5:54.29	1:30.86	600m:	9:01.93	1:34.27	800m:	11:56.03	1:23.98
2. Tommelein Arthur	12	VZO	12:12.20	13:06.74							
100m:	1:19.39	1:19.39	300m:	4:19.17	1:31.62	500m:	7:26.13	1:33.40	700m:	10:39.91	1:37.42
200m:	2:47.55	1:28.16	400m:	5:52.73	1:33.56	600m:	9:02.49	1:36.36	800m:	12:12.20	1:32.29
3. Strybos Kobe	13	VZG	13:40.25	15:59.00							
100m:	1:35.64	1:35.64	300m:	5:06.07	1:44.42	500m:	8:34.44	1:44.36	700m:	12:06.01	1:46.11
200m:	3:21.65	1:46.01	400m:	6:50.08	1:44.01	600m:	10:19.90	1:45.46	800m:	13:40.25	1:34.24
4. Lamaire Lucas	13	VZN	14:12.21	NT							
100m:	1:34.15	1:34.15	300m:	5:13.17	1:49.99	500m:	8:54.40	1:49.50	700m:	12:22.88	1:43.98
200m:	3:23.18	1:49.03	400m:	7:04.90	1:51.73	600m:	10:38.90	1:44.50	800m:	14:12.21	1:49.33
OTL Van Haver Noah	13	BZV	NT	NT							
100m:	2:16.87	2:16.87	300m:	7:14.78	2:28.77	500m:	12:38.34	2:43.44	700m:	16:27.98	1:12.78
200m:	4:46.01	2:29.14	400m:	9:54.90	2:40.12	600m:	15:15.20	2:36.86	800m:		

algemeen, Heren

1. Simons Jarno	02	ZVM	9:50.09	9:54.81							
100m:	1:04.21	1:04.21	300m:	3:29.87	1:14.94	500m:	6:04.16	1:17.46	700m:	8:41.21	1:18.49
200m:	2:14.93	1:10.72	400m:	4:46.70	1:16.83	600m:	7:22.72	1:18.56	800m:	9:50.09	1:08.88
2. Winderickx Ruhne	07	ZIB	10:02.68	10:32.05							
100m:	1:06.67	1:06.67	300m:	3:34.81	1:15.13	500m:	6:10.80	1:18.36	700m:	8:49.45	1:19.58
200m:	2:19.68	1:13.01	400m:	4:52.44	1:17.63	600m:	7:29.87	1:19.07	800m:	10:02.68	1:13.23
3. De Lathouwer Mathis	06	VZG	10:37.60	11:19.51							
100m:	1:08.28	1:08.28	300m:	3:49.72	1:22.67	500m:	6:37.35	1:23.71	700m:	9:22.66	1:22.35
200m:	2:27.05	1:18.77	400m:	5:13.64	1:23.92	600m:	8:00.31	1:22.96	800m:	10:37.60	1:14.94
4. Van Lersberghe Rune	06	ZIB	10:54.40	11:16.66							
100m:	1:12.57	1:12.57	300m:	3:58.88	1:25.47	500m:	6:46.93	1:24.25	700m:	9:33.71	1:23.43
200m:	2:33.41	1:20.84	400m:	5:22.68	1:23.80	600m:	8:10.28	1:23.35	800m:	10:54.40	1:20.69
5. Goossens Oberon	08	BZV	11:21.83	NT							
100m:	1:14.35	1:14.35	300m:	4:04.23	1:24.68	500m:	6:59.21	1:26.52	700m:	10:00.68	1:33.50
200m:	2:39.55	1:25.20	400m:	5:32.69	1:28.46	600m:	8:27.18	1:27.97	800m:	11:21.83	1:21.15
6. Tetaj Daniel	10	VZO	11:34.76	12:39.63							
100m:	1:19.02	1:19.02	300m:	4:17.28	1:29.24	500m:	7:16.20	1:29.54	700m:	10:13.92	1:28.93
200m:	2:48.04	1:29.02	400m:	5:46.66	1:29.38	600m:	8:44.99	1:28.79	800m:	11:34.76	1:20.84
7. Brilleman Diaz	08	BZV	11:36.75	12:56.90							
100m:	1:17.35	1:17.35	300m:	4:15.88	1:30.52	500m:	7:15.73	1:29.34	700m:	10:18.83	1:32.28
200m:	2:45.36	1:28.01	400m:	5:46.39	1:30.51	600m:	8:46.55	1:30.82	800m:	11:36.75	1:17.92
8. Bultinck Tibbe	08	BZV	11:38.81	NT							
100m:	1:13.47	1:13.47	300m:	4:08.75	1:28.19	500m:	7:09.15	1:31.17	700m:	10:14.71	1:33.62
200m:	2:40.56	1:27.09	400m:	5:37.98	1:29.23	600m:	8:41.09	1:31.94	800m:	11:38.81	1:24.10
9. Bauwens Maxime	09	ZIB	11:43.14	12:55.40							
100m:	1:20.41	1:20.41	300m:	4:18.99	1:29.42	500m:	7:16.85	1:29.09	700m:	10:17.12	1:31.23
200m:	2:49.57	1:29.16	400m:	5:47.76	1:28.77	600m:	8:45.89	1:29.04	800m:	11:43.14	1:26.02
10. Cocquit Lander	07	ZIB	11:55.76	12:14.20							
100m:	1:15.11	1:15.11	300m:	4:11.40	1:30.29	500m:	7:20.09	1:35.44	700m:	10:31.67	1:36.27
200m:	2:41.11	1:26.00	400m:	5:44.65	1:33.25	600m:	8:55.40	1:35.31	800m:	11:55.76	1:24.09

lange afstand - longues distances
Nieuwpoort, 21/1/2024

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

Rang	Geb.		Tijd		insch. tijd						
11. Öztürk Ensar	12	VZG	11:56.03		11:54.45						
100m:	1:21.05	1:21.05	300m:	4:23.43	1:31.41	500m:	7:27.66	1:33.37	700m:	10:32.05	1:30.12
200m:	2:52.02	1:30.97	400m:	5:54.29	1:30.86	600m:	9:01.93	1:34.27	800m:	11:56.03	1:23.98
12. Tommelein Arthur	12	VZO	12:12.20		13:06.74						
100m:	1:19.39	1:19.39	300m:	4:19.17	1:31.62	500m:	7:26.13	1:33.40	700m:	10:39.91	1:37.42
200m:	2:47.55	1:28.16	400m:	5:52.73	1:33.56	600m:	9:02.49	1:36.36	800m:	12:12.20	1:32.29
13. Cocquit Sam	08	ZIB	12:34.26		13:55.20						
100m:	1:18.86	1:18.86	300m:	4:23.46	1:35.81	500m:	7:40.01	1:38.20	700m:	11:00.21	1:41.17
200m:	2:47.65	1:28.79	400m:	6:01.81	1:38.35	600m:	9:19.04	1:39.03	800m:	12:34.26	1:34.05
14. Vermeulen Gerry	78	DELFI	12:36.53		12:57.37						
100m:	1:21.33	1:21.33	300m:	4:37.36	1:38.39	500m:	7:55.40	1:38.02	700m:	11:12.00	1:38.66
200m:	2:58.97	1:37.64	400m:	6:17.38	1:40.02	600m:	9:33.34	1:37.94	800m:	12:36.53	1:24.53
15. Tetaj Deivid	11	VZO	12:40.60		13:31.61						
100m:	1:25.56	1:25.56	300m:	4:34.78	1:36.03	500m:	7:47.04	1:36.30	700m:	11:06.51	1:39.91
200m:	2:58.75	1:33.19	400m:	6:10.74	1:35.96	600m:	9:26.60	1:39.56	800m:	12:40.60	1:34.09
16. Öztürk Mehmet Onat	11	VZG	12:43.89		15:12.42						
100m:	1:28.18	1:28.18	300m:	4:46.77	1:39.90	500m:	8:05.35	1:38.81	700m:	11:16.02	1:35.74
200m:	3:06.87	1:38.69	400m:	6:26.54	1:39.77	600m:	9:40.28	1:34.93	800m:	12:43.89	1:27.87
17. Strybos Kobe	13	VZG	13:40.25		15:59.00						
100m:	1:35.64	1:35.64	300m:	5:06.07	1:44.42	500m:	8:34.44	1:44.36	700m:	12:06.01	1:46.11
200m:	3:21.65	1:46.01	400m:	6:50.08	1:44.01	600m:	10:19.90	1:45.46	800m:	13:40.25	1:34.24
18. Vyliders Bram	10	VZN	14:02.28		NT						
100m:	1:32.88	1:32.88	300m:	5:08.18	1:49.72	500m:	8:48.87	1:49.71	700m:	12:21.38	1:47.23
200m:	3:18.46	1:45.58	400m:	6:59.16	1:50.98	600m:	10:34.15	1:45.28	800m:	14:02.28	1:40.90
19. Verbruggen Liam	11	ZVM	14:03.34		NT						
100m:	1:47.29	1:47.29	300m:	5:22.20	1:47.05	500m:	8:55.08	1:46.35	700m:	12:24.07	1:44.44
200m:	3:35.15	1:47.86	400m:	7:08.73	1:46.53	600m:	10:39.63	1:44.55	800m:	14:03.34	1:39.27
20. Lamaire Lucas	13	VZN	14:12.21		NT						
100m:	1:34.15	1:34.15	300m:	5:13.17	1:49.99	500m:	8:54.40	1:49.50	700m:	12:22.88	1:43.98
200m:	3:23.18	1:49.03	400m:	7:04.90	1:51.73	600m:	10:38.90	1:44.50	800m:	14:12.21	1:49.33
21. Risselin Benoit	11	COK	15:36.63		NT						
100m:	1:45.85	1:45.85	300m:	5:50.53	2:03.88	500m:	9:50.16	1:58.45	700m:	13:46.74	1:56.57
200m:	3:46.65	2:00.80	400m:	7:51.71	2:01.18	600m:	11:50.17	2:00.01	800m:	15:36.63	1:49.89
OTL Van Haver Noah	13	BZV	NT		NT						
100m:	2:16.87	2:16.87	300m:	7:14.78	2:28.77	500m:	12:38.34	2:43.44	700m:	16:27.98	1:12.78
200m:	4:46.01	2:29.14	400m:	9:54.90	2:40.12	600m:	15:15.20	2:36.86	800m:		