

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

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

1500m vrije slag

2011 en eerder  
Resultaten

open open Dames: 27.00; open Heren: 27.00

| Rang                     | Geb.    | Tijd    | insch. tijd     |          |         |        |          |         |        |          |         |
|--------------------------|---------|---------|-----------------|----------|---------|--------|----------|---------|--------|----------|---------|
| veteranen 45, Dames      |         |         |                 |          |         |        |          |         |        |          |         |
| 1. Vandaele Tineke       | 75      | ZIB     | <b>23:22.09</b> | NT       |         |        |          |         |        |          |         |
| 100m:                    | 1:25.46 | 1:25.46 | 500m:           | 7:43.72  | 1:34.20 | 900m:  | 14:01.81 | 1:34.96 | 1300m: | 20:19.25 | 1:34.44 |
| 200m:                    | 2:59.28 | 1:33.82 | 600m:           | 9:18.30  | 1:34.58 | 1000m: | 15:36.19 | 1:34.38 | 1400m: | 21:53.68 | 1:34.43 |
| 300m:                    | 4:34.05 | 1:34.77 | 700m:           | 10:52.85 | 1:34.55 | 1100m: | 17:10.35 | 1:34.16 | 1500m: | 23:22.09 | 1:28.41 |
| 400m:                    | 6:09.52 | 1:35.47 | 800m:           | 12:26.85 | 1:34.00 | 1200m: | 18:44.81 | 1:34.46 |        |          |         |
| veteranen 30, Dames      |         |         |                 |          |         |        |          |         |        |          |         |
| 1. Van den Bergh Quittry | 93      | ZVM     | <b>22:13.33</b> | 24:30.00 |         |        |          |         |        |          |         |
| 100m:                    | 1:21.40 | 1:21.40 | 500m:           | 7:22.28  | 1:31.15 | 900m:  | 13:22.66 | 1:29.35 | 1300m: | 19:21.07 | 1:30.34 |
| 200m:                    | 2:50.06 | 1:28.66 | 600m:           | 8:53.52  | 1:31.24 | 1000m: | 14:51.98 | 1:29.32 | 1400m: | 20:49.86 | 1:28.79 |
| 300m:                    | 4:20.19 | 1:30.13 | 700m:           | 10:24.26 | 1:30.74 | 1100m: | 16:20.99 | 1:29.01 | 1500m: | 22:13.33 | 1:23.47 |
| 400m:                    | 5:51.13 | 1:30.94 | 800m:           | 11:53.31 | 1:29.05 | 1200m: | 17:50.73 | 1:29.74 |        |          |         |
| veteranen 25, Dames      |         |         |                 |          |         |        |          |         |        |          |         |
| 1. De Pue Ine            | 99      | VZSA    | <b>21:10.96</b> | 22:20.75 |         |        |          |         |        |          |         |
| 100m:                    | 1:14.58 | 1:14.58 | 500m:           | 6:53.79  | 1:25.89 | 900m:  | 12:38.08 | 1:26.21 | 1300m: | 18:22.00 | 1:25.95 |
| 200m:                    | 2:37.44 | 1:22.86 | 600m:           | 8:19.83  | 1:26.04 | 1000m: | 14:03.90 | 1:25.82 | 1400m: | 19:47.50 | 1:25.50 |
| 300m:                    | 4:02.22 | 1:24.78 | 700m:           | 9:46.05  | 1:26.22 | 1100m: | 15:29.75 | 1:25.85 | 1500m: | 21:10.96 | 1:23.46 |
| 400m:                    | 5:27.90 | 1:25.68 | 800m:           | 11:11.87 | 1:25.82 | 1200m: | 16:56.05 | 1:26.30 |        |          |         |
| pupillen, Meisjes        |         |         |                 |          |         |        |          |         |        |          |         |
| 1. Demoutiez Elise       | 06      | COK     | <b>25:12.63</b> | 25:30.00 |         |        |          |         |        |          |         |
| 100m:                    | 1:27.12 | 1:27.12 | 500m:           | 8:04.27  | 1:41.02 | 900m:  | 14:53.79 | 1:43.56 | 1300m: | 21:51.66 | 1:45.92 |
| 200m:                    | 3:03.10 | 1:35.98 | 600m:           | 9:46.10  | 1:41.83 | 1000m: | 16:37.40 | 1:43.61 | 1400m: | 23:36.85 | 1:45.19 |
| 300m:                    | 4:42.72 | 1:39.62 | 700m:           | 11:27.87 | 1:41.77 | 1100m: | 18:20.99 | 1:43.59 | 1500m: | 25:12.63 | 1:35.78 |
| 400m:                    | 6:23.25 | 1:40.53 | 800m:           | 13:10.23 | 1:42.36 | 1200m: | 20:05.74 | 1:44.75 |        |          |         |
| kadetten, Meisjes        |         |         |                 |          |         |        |          |         |        |          |         |
| 1. Loncke Noor           | 08      | VZO     | <b>20:15.32</b> | 22:42.98 |         |        |          |         |        |          |         |
| 100m:                    | 1:10.65 | 1:10.65 | 500m:           | 6:29.32  | 1:22.69 | 900m:  | 11:59.06 | 1:22.18 | 1300m: | 17:30.47 | 1:23.69 |
| 200m:                    | 2:27.28 | 1:16.63 | 600m:           | 7:51.44  | 1:22.12 | 1000m: | 13:21.41 | 1:22.35 | 1400m: | 18:53.61 | 1:23.14 |
| 300m:                    | 3:46.32 | 1:19.04 | 700m:           | 9:13.09  | 1:21.65 | 1100m: | 14:43.71 | 1:22.30 | 1500m: | 20:15.32 | 1:21.71 |
| 400m:                    | 5:06.63 | 1:20.31 | 800m:           | 10:36.88 | 1:23.79 | 1200m: | 16:06.78 | 1:23.07 |        |          |         |
| 2. Huygh Marieke         | 09      | VZN     | <b>22:53.30</b> | NT       |         |        |          |         |        |          |         |
| 100m:                    | 1:24.46 | 1:24.46 | 500m:           | 7:36.01  | 1:34.10 | 900m:  | 13:50.23 | 1:33.09 | 1300m: | 19:58.38 | 1:31.23 |
| 200m:                    | 2:55.95 | 1:31.49 | 600m:           | 9:09.09  | 1:33.08 | 1000m: | 15:23.85 | 1:33.62 | 1400m: | 21:29.51 | 1:31.13 |
| 300m:                    | 4:28.25 | 1:32.30 | 700m:           | 10:43.74 | 1:34.65 | 1100m: | 16:55.61 | 1:31.76 | 1500m: | 22:53.30 | 1:23.79 |
| 400m:                    | 6:01.91 | 1:33.66 | 800m:           | 12:17.14 | 1:33.40 | 1200m: | 18:27.15 | 1:31.54 |        |          |         |
| 3. Vermote Noor          | 09      | VZN     | <b>23:28.43</b> | NT       |         |        |          |         |        |          |         |
| 100m:                    | 1:25.03 | 1:25.03 | 500m:           | 7:44.15  | 1:36.84 | 900m:  | 14:10.78 | 1:36.92 | 1300m: | 20:31.81 | 1:34.77 |
| 200m:                    | 2:57.28 | 1:32.25 | 600m:           | 9:20.89  | 1:36.74 | 1000m: | 15:47.53 | 1:36.75 | 1400m: | 22:06.28 | 1:34.47 |
| 300m:                    | 4:32.04 | 1:34.76 | 700m:           | 10:56.93 | 1:36.04 | 1100m: | 17:21.81 | 1:34.28 | 1500m: | 23:28.43 | 1:22.15 |
| 400m:                    | 6:07.31 | 1:35.27 | 800m:           | 12:33.86 | 1:36.93 | 1200m: | 18:57.04 | 1:35.23 |        |          |         |
| 4. Bertier Imany         | 08      | VZN     | <b>24:13.28</b> | NT       |         |        |          |         |        |          |         |
| 100m:                    | 1:30.02 | 1:30.02 | 500m:           | 7:59.67  | 1:38.47 | 900m:  | 14:35.74 | 1:38.84 | 1300m: | 21:06.10 | 1:37.97 |
| 200m:                    | 3:05.76 | 1:35.74 | 600m:           | 9:38.85  | 1:39.18 | 1000m: | 16:13.74 | 1:38.00 | 1400m: | 22:39.33 | 1:33.23 |
| 300m:                    | 4:43.44 | 1:37.68 | 700m:           | 11:18.30 | 1:39.45 | 1100m: | 17:51.10 | 1:37.36 | 1500m: | 24:13.28 | 1:33.95 |
| 400m:                    | 6:21.20 | 1:37.76 | 800m:           | 12:56.90 | 1:38.60 | 1200m: | 19:28.13 | 1:37.03 |        |          |         |

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

Programmanr. 4, 1500m vrije slag

miniemen, Meisjes

|                       |         |         |                 |          |         |        |          |         |        |          |         |
|-----------------------|---------|---------|-----------------|----------|---------|--------|----------|---------|--------|----------|---------|
| OTL Schietse Victoria | 11      | COK     | <b>28:50.79</b> | NT       |         |        |          |         |        |          |         |
| 100m:                 | 1:35.29 | 1:35.29 | 500m:           | 9:03.06  | 1:52.90 | 900m:  | 16:54.04 | 1:59.30 | 1300m: | 24:59.86 | 2:01.60 |
| 200m:                 | 3:26.43 | 1:51.14 | 600m:           | 10:58.28 | 1:55.22 | 1000m: | 18:55.07 | 2:01.03 | 1400m: | 27:00.96 | 2:01.10 |
| 300m:                 | 5:18.41 | 1:51.98 | 700m:           | 12:54.51 | 1:56.23 | 1100m: | 20:56.49 | 2:01.42 | 1500m: | 28:50.79 | 1:49.83 |
| 400m:                 | 7:10.16 | 1:51.75 | 800m:           | 14:54.74 | 2:00.23 | 1200m: | 22:58.26 | 2:01.77 |        |          |         |

algemeen, Dames

|                          |         |         |                 |          |         |        |          |         |        |          |         |
|--------------------------|---------|---------|-----------------|----------|---------|--------|----------|---------|--------|----------|---------|
| 1. Loncke Noor           | 08      | VZO     | <b>20:15.32</b> | 22:42.98 |         |        |          |         |        |          |         |
| 100m:                    | 1:10.65 | 1:10.65 | 500m:           | 6:29.32  | 1:22.69 | 900m:  | 11:59.06 | 1:22.18 | 1300m: | 17:30.47 | 1:23.69 |
| 200m:                    | 2:27.28 | 1:16.63 | 600m:           | 7:51.44  | 1:22.12 | 1000m: | 13:21.41 | 1:22.35 | 1400m: | 18:53.61 | 1:23.14 |
| 300m:                    | 3:46.32 | 1:19.04 | 700m:           | 9:13.09  | 1:21.65 | 1100m: | 14:43.71 | 1:22.30 | 1500m: | 20:15.32 | 1:21.71 |
| 400m:                    | 5:06.63 | 1:20.31 | 800m:           | 10:36.88 | 1:23.79 | 1200m: | 16:06.78 | 1:23.07 |        |          |         |
| 2. De Pue Ine            | 99      | VZSA    | <b>21:10.96</b> | 22:20.75 |         |        |          |         |        |          |         |
| 100m:                    | 1:14.58 | 1:14.58 | 500m:           | 6:53.79  | 1:25.89 | 900m:  | 12:38.08 | 1:26.21 | 1300m: | 18:22.00 | 1:25.95 |
| 200m:                    | 2:37.44 | 1:22.86 | 600m:           | 8:19.83  | 1:26.04 | 1000m: | 14:03.90 | 1:25.82 | 1400m: | 19:47.50 | 1:25.50 |
| 300m:                    | 4:02.22 | 1:24.78 | 700m:           | 9:46.05  | 1:26.22 | 1100m: | 15:29.75 | 1:25.85 | 1500m: | 21:10.96 | 1:23.46 |
| 400m:                    | 5:27.90 | 1:25.68 | 800m:           | 11:11.87 | 1:25.82 | 1200m: | 16:56.05 | 1:26.30 |        |          |         |
| 3. Van den Bergh Quittry | 93      | ZVM     | <b>22:13.33</b> | 24:30.00 |         |        |          |         |        |          |         |
| 100m:                    | 1:21.40 | 1:21.40 | 500m:           | 7:22.28  | 1:31.15 | 900m:  | 13:22.66 | 1:29.35 | 1300m: | 19:21.07 | 1:30.34 |
| 200m:                    | 2:50.06 | 1:28.66 | 600m:           | 8:53.52  | 1:31.24 | 1000m: | 14:51.98 | 1:29.32 | 1400m: | 20:49.86 | 1:28.79 |
| 300m:                    | 4:20.19 | 1:30.13 | 700m:           | 10:24.26 | 1:30.74 | 1100m: | 16:20.99 | 1:29.01 | 1500m: | 22:13.33 | 1:23.47 |
| 400m:                    | 5:51.13 | 1:30.94 | 800m:           | 11:53.31 | 1:29.05 | 1200m: | 17:50.73 | 1:29.74 |        |          |         |
| 4. Huygh Marieke         | 09      | VZN     | <b>22:53.30</b> | NT       |         |        |          |         |        |          |         |
| 100m:                    | 1:24.46 | 1:24.46 | 500m:           | 7:36.01  | 1:34.10 | 900m:  | 13:50.23 | 1:33.09 | 1300m: | 19:58.38 | 1:31.23 |
| 200m:                    | 2:55.95 | 1:31.49 | 600m:           | 9:09.09  | 1:33.08 | 1000m: | 15:23.85 | 1:33.62 | 1400m: | 21:29.51 | 1:31.13 |
| 300m:                    | 4:28.25 | 1:32.30 | 700m:           | 10:43.74 | 1:34.65 | 1100m: | 16:55.61 | 1:31.76 | 1500m: | 22:53.30 | 1:23.79 |
| 400m:                    | 6:01.91 | 1:33.66 | 800m:           | 12:17.14 | 1:33.40 | 1200m: | 18:27.15 | 1:31.54 |        |          |         |
| 5. Vandaele Tineke       | 75      | ZIB     | <b>23:22.09</b> | NT       |         |        |          |         |        |          |         |
| 100m:                    | 1:25.46 | 1:25.46 | 500m:           | 7:43.72  | 1:34.20 | 900m:  | 14:01.81 | 1:34.96 | 1300m: | 20:19.25 | 1:34.44 |
| 200m:                    | 2:59.28 | 1:33.82 | 600m:           | 9:18.30  | 1:34.58 | 1000m: | 15:36.19 | 1:34.38 | 1400m: | 21:53.68 | 1:34.43 |
| 300m:                    | 4:34.05 | 1:34.77 | 700m:           | 10:52.85 | 1:34.55 | 1100m: | 17:10.35 | 1:34.16 | 1500m: | 23:22.09 | 1:28.41 |
| 400m:                    | 6:09.52 | 1:35.47 | 800m:           | 12:26.85 | 1:34.00 | 1200m: | 18:44.81 | 1:34.46 |        |          |         |
| 6. Vermote Noor          | 09      | VZN     | <b>23:28.43</b> | NT       |         |        |          |         |        |          |         |
| 100m:                    | 1:25.03 | 1:25.03 | 500m:           | 7:44.15  | 1:36.84 | 900m:  | 14:10.78 | 1:36.92 | 1300m: | 20:31.81 | 1:34.77 |
| 200m:                    | 2:57.28 | 1:32.25 | 600m:           | 9:20.89  | 1:36.74 | 1000m: | 15:47.53 | 1:36.75 | 1400m: | 22:06.28 | 1:34.47 |
| 300m:                    | 4:32.04 | 1:34.76 | 700m:           | 10:56.93 | 1:36.04 | 1100m: | 17:21.81 | 1:34.28 | 1500m: | 23:28.43 | 1:22.15 |
| 400m:                    | 6:07.31 | 1:35.27 | 800m:           | 12:33.86 | 1:36.93 | 1200m: | 18:57.04 | 1:35.23 |        |          |         |
| 7. Bertier Imany         | 08      | VZN     | <b>24:13.28</b> | NT       |         |        |          |         |        |          |         |
| 100m:                    | 1:30.02 | 1:30.02 | 500m:           | 7:59.67  | 1:38.47 | 900m:  | 14:35.74 | 1:38.84 | 1300m: | 21:06.10 | 1:37.97 |
| 200m:                    | 3:05.76 | 1:35.74 | 600m:           | 9:38.85  | 1:39.18 | 1000m: | 16:13.74 | 1:38.00 | 1400m: | 22:39.33 | 1:33.23 |
| 300m:                    | 4:43.44 | 1:37.68 | 700m:           | 11:18.30 | 1:39.45 | 1100m: | 17:51.10 | 1:37.36 | 1500m: | 24:13.28 | 1:33.95 |
| 400m:                    | 6:21.20 | 1:37.76 | 800m:           | 12:56.90 | 1:38.60 | 1200m: | 19:28.13 | 1:37.03 |        |          |         |
| 8. Demoutiez Elise       | 06      | COK     | <b>25:12.63</b> | 25:30.00 |         |        |          |         |        |          |         |
| 100m:                    | 1:27.12 | 1:27.12 | 500m:           | 8:04.27  | 1:41.02 | 900m:  | 14:53.79 | 1:43.56 | 1300m: | 21:51.66 | 1:45.92 |
| 200m:                    | 3:03.10 | 1:35.98 | 600m:           | 9:46.10  | 1:41.83 | 1000m: | 16:37.40 | 1:43.61 | 1400m: | 23:36.85 | 1:45.19 |
| 300m:                    | 4:42.72 | 1:39.62 | 700m:           | 11:27.87 | 1:41.77 | 1100m: | 18:20.99 | 1:43.59 | 1500m: | 25:12.63 | 1:35.78 |
| 400m:                    | 6:23.25 | 1:40.53 | 800m:           | 13:10.23 | 1:42.36 | 1200m: | 20:05.74 | 1:44.75 |        |          |         |
| OTL Schietse Victoria    | 11      | COK     | <b>28:50.79</b> | NT       |         |        |          |         |        |          |         |
| 100m:                    | 1:35.29 | 1:35.29 | 500m:           | 9:03.06  | 1:52.90 | 900m:  | 16:54.04 | 1:59.30 | 1300m: | 24:59.86 | 2:01.60 |
| 200m:                    | 3:26.43 | 1:51.14 | 600m:           | 10:58.28 | 1:55.22 | 1000m: | 18:55.07 | 2:01.03 | 1400m: | 27:00.96 | 2:01.10 |
| 300m:                    | 5:18.41 | 1:51.98 | 700m:           | 12:54.51 | 1:56.23 | 1100m: | 20:56.49 | 2:01.42 | 1500m: | 28:50.79 | 1:49.83 |
| 400m:                    | 7:10.16 | 1:51.75 | 800m:           | 14:54.74 | 2:00.23 | 1200m: | 22:58.26 | 2:01.77 |        |          |         |

veteranen 60, Heren

|                        |         |         |                 |          |         |        |          |         |        |          |         |
|------------------------|---------|---------|-----------------|----------|---------|--------|----------|---------|--------|----------|---------|
| 1. Caestecker Wilfried | 61      | VZSA    | <b>28:02.56</b> | NT       |         |        |          |         |        |          |         |
| 100m:                  | 1:33.40 | 1:33.40 | 500m:           | 8:56.59  | 1:54.28 | 900m:  | 16:34.72 | 1:54.16 | 1300m: | 24:11.70 | 1:55.38 |
| 200m:                  | 3:19.39 | 1:45.99 | 600m:           | 10:51.67 | 1:55.08 | 1000m: | 18:28.20 | 1:53.48 | 1400m: | 26:05.79 | 1:54.09 |
| 300m:                  | 5:09.21 | 1:49.82 | 700m:           | 12:46.72 | 1:55.05 | 1100m: | 20:23.30 | 1:55.10 | 1500m: | 28:02.56 | 1:56.77 |
| 400m:                  | 7:02.31 | 1:53.10 | 800m:           | 14:40.56 | 1:53.84 | 1200m: | 22:16.32 | 1:53.02 |        |          |         |

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

Programmanr. 4, 1500m vrije slag

veteranen 55, Heren

|                  |         |         |                 |          |         |        |          |         |        |          |         |
|------------------|---------|---------|-----------------|----------|---------|--------|----------|---------|--------|----------|---------|
| 1. Deschamps Léo | 69      | CNMR    | <b>23:54.21</b> | 23:00.00 |         |        |          |         |        |          |         |
| 100m:            | 1:31.14 | 1:31.14 | 500m:           | 7:57.35  | 1:36.03 | 900m:  | 14:21.19 | 1:36.03 | 1300m: | 20:45.62 | 1:36.13 |
| 200m:            | 3:08.68 | 1:37.54 | 600m:           | 9:33.29  | 1:35.94 | 1000m: | 15:57.43 | 1:36.24 | 1400m: | 22:21.72 | 1:36.10 |
| 300m:            | 4:45.38 | 1:36.70 | 700m:           | 11:09.02 | 1:35.73 | 1100m: | 17:33.48 | 1:36.05 | 1500m: | 23:54.21 | 1:32.49 |
| 400m:            | 6:21.32 | 1:35.94 | 800m:           | 12:45.16 | 1:36.14 | 1200m: | 19:09.49 | 1:36.01 |        |          |         |

veteranen 45, Heren

|                 |         |         |                 |          |         |        |          |         |        |          |         |
|-----------------|---------|---------|-----------------|----------|---------|--------|----------|---------|--------|----------|---------|
| 1. Eeckhout Jef | 79      | DELFF   | <b>21:41.23</b> | 22:44.94 |         |        |          |         |        |          |         |
| 100m:           | 1:21.14 | 1:21.14 | 500m:           | 7:15.70  | 1:28.95 | 900m:  | 13:07.88 | 1:27.56 | 1300m: | 18:53.99 | 1:27.02 |
| 200m:           | 2:49.27 | 1:28.13 | 600m:           | 8:44.15  | 1:28.45 | 1000m: | 14:34.59 | 1:26.71 | 1400m: | 20:19.81 | 1:25.82 |
| 300m:           | 4:18.18 | 1:28.91 | 700m:           | 10:12.25 | 1:28.10 | 1100m: | 16:01.40 | 1:26.81 | 1500m: | 21:41.23 | 1:21.42 |
| 400m:           | 5:46.75 | 1:28.57 | 800m:           | 11:40.32 | 1:28.07 | 1200m: | 17:26.97 | 1:25.57 |        |          |         |

veteranen 25, Heren

|                  |         |         |                 |          |         |        |          |         |        |          |         |
|------------------|---------|---------|-----------------|----------|---------|--------|----------|---------|--------|----------|---------|
| 1. Paredis Robbe | 98      | VZSA    | <b>21:35.52</b> | 22:54.01 |         |        |          |         |        |          |         |
| 100m:            | 1:18.00 | 1:18.00 | 500m:           | 7:03.18  | 1:27.01 | 900m:  | 12:49.29 | 1:26.40 | 1300m: | 18:41.06 | 1:28.94 |
| 200m:            | 2:42.78 | 1:24.78 | 600m:           | 8:29.39  | 1:26.21 | 1000m: | 14:16.54 | 1:27.25 | 1400m: | 20:09.32 | 1:28.26 |
| 300m:            | 4:09.48 | 1:26.70 | 700m:           | 9:56.43  | 1:27.04 | 1100m: | 15:43.62 | 1:27.08 | 1500m: | 21:35.52 | 1:26.20 |
| 400m:            | 5:36.17 | 1:26.69 | 800m:           | 11:22.89 | 1:26.46 | 1200m: | 17:12.12 | 1:28.50 |        |          |         |

senioren, Heren

|                     |         |         |                 |          |         |        |          |         |        |          |         |
|---------------------|---------|---------|-----------------|----------|---------|--------|----------|---------|--------|----------|---------|
| 1. Mortal Alexander | 04      | BZV     | <b>22:23.69</b> | 24:24.87 |         |        |          |         |        |          |         |
| 100m:               | 1:16.11 | 1:16.11 | 500m:           | 7:15.48  | 1:33.03 | 900m:  | 13:25.43 | 1:30.61 | 1300m: | 19:30.77 | 1:32.00 |
| 200m:               | 2:41.42 | 1:25.31 | 600m:           | 8:49.31  | 1:33.83 | 1000m: | 14:56.42 | 1:30.99 | 1400m: | 21:02.61 | 1:31.84 |
| 300m:               | 4:11.06 | 1:29.64 | 700m:           | 10:21.88 | 1:32.57 | 1100m: | 16:26.79 | 1:30.37 | 1500m: | 22:23.69 | 1:21.08 |
| 400m:               | 5:42.45 | 1:31.39 | 800m:           | 11:54.82 | 1:32.94 | 1200m: | 17:58.77 | 1:31.98 |        |          |         |
| 2. Moeyaert Rochney | 01      | VZN     | <b>22:49.94</b> | 22:43.35 |         |        |          |         |        |          |         |
| 100m:               | 1:19.47 | 1:19.47 | 500m:           | 7:26.77  | 1:33.24 | 900m:  | 13:40.41 | 1:33.38 | 1300m: | 19:51.01 | 1:31.84 |
| 200m:               | 2:47.71 | 1:28.24 | 600m:           | 8:59.75  | 1:32.98 | 1000m: | 15:13.07 | 1:32.66 | 1400m: | 21:23.81 | 1:32.80 |
| 300m:               | 4:19.87 | 1:32.16 | 700m:           | 10:33.55 | 1:33.80 | 1100m: | 16:45.25 | 1:32.18 | 1500m: | 22:49.94 | 1:26.13 |
| 400m:               | 5:53.53 | 1:33.66 | 800m:           | 12:07.03 | 1:33.48 | 1200m: | 18:19.17 | 1:33.92 |        |          |         |
| 3. Saelens Janek    | 05      | VZSA    | <b>23:18.77</b> | 25:00.00 |         |        |          |         |        |          |         |
| 100m:               | 1:18.78 | 1:18.78 | 500m:           | 7:32.72  | 1:35.64 | 900m:  | 13:55.75 | 1:36.25 | 1300m: | 20:16.97 | 1:36.94 |
| 200m:               | 2:49.25 | 2:30.47 | 600m:           | 9:07.65  | 1:34.93 | 1000m: | 15:31.15 | 1:35.40 | 1400m: | 21:54.40 | 1:37.43 |
| 300m:               | 4:21.53 | 1:32.28 | 700m:           | 10:43.72 | 1:36.07 | 1100m: | 17:05.58 | 1:34.43 | 1500m: | 23:18.77 | 1:24.37 |
| 400m:               | 5:57.08 | 1:35.55 | 800m:           | 12:19.50 | 1:35.78 | 1200m: | 18:40.03 | 1:34.45 |        |          |         |

pupillen, Jongens

|                   |         |         |                 |          |         |        |          |         |        |          |         |
|-------------------|---------|---------|-----------------|----------|---------|--------|----------|---------|--------|----------|---------|
| 1. De Vos Maarten | 06      | VZG     | <b>18:06.25</b> | 18:56.37 |         |        |          |         |        |          |         |
| 100m:             | 1:06.81 | 1:06.81 | 500m:           | 5:55.02  | 1:13.15 | 900m:  | 10:48.16 | 1:13.35 | 1300m: | 15:41.59 | 1:13.18 |
| 200m:             | 2:17.66 | 1:10.85 | 600m:           | 7:08.31  | 1:13.29 | 1000m: | 12:01.56 | 1:13.40 | 1400m: | 16:55.09 | 1:13.50 |
| 300m:             | 3:29.44 | 1:11.78 | 700m:           | 8:21.63  | 1:13.32 | 1100m: | 13:14.91 | 1:13.35 | 1500m: | 18:06.25 | 1:11.16 |
| 400m:             | 4:41.87 | 1:12.43 | 800m:           | 9:34.81  | 1:13.18 | 1200m: | 14:28.41 | 1:13.50 |        |          |         |
| 2. Dibiani Ahmed  | 07      | CNMR    | <b>24:24.95</b> | 23:30.00 |         |        |          |         |        |          |         |
| 100m:             | 1:24.10 | 1:24.10 | 500m:           | 7:54.27  | 1:38.74 | 900m:  | 14:31.56 | 1:39.31 | 1300m: | 21:13.13 | 1:41.34 |
| 200m:             | 2:59.06 | 1:34.96 | 600m:           | 9:32.98  | 1:38.71 | 1000m: | 16:10.85 | 1:39.29 | 1400m: | 22:52.34 | 1:39.21 |
| 300m:             | 4:37.09 | 1:38.03 | 700m:           | 11:10.32 | 1:37.34 | 1100m: | 17:51.27 | 1:40.42 | 1500m: | 24:24.95 | 1:32.61 |
| 400m:             | 6:15.53 | 1:38.44 | 800m:           | 12:52.25 | 1:41.93 | 1200m: | 19:31.79 | 1:40.52 |        |          |         |

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

Programmanr. 4, 1500m vrije slag

kadetten, Jongens

|                                 |           |             |                 |                 |         |        |          |         |        |          |         |
|---------------------------------|-----------|-------------|-----------------|-----------------|---------|--------|----------|---------|--------|----------|---------|
| <b>1. Dumon Tiebert</b>         | <b>08</b> | <b>ZIB</b>  | <b>18:51.65</b> | <b>20:00.00</b> |         |        |          |         |        |          |         |
| 100m:                           | 1:10.03   | 1:10.03     | 500m:           | 6:13.89         | 1:17.23 | 900m:  | 11:20.69 | 1:15.84 | 1300m: | 16:22.26 | 1:15.48 |
| 200m:                           | 2:25.03   | 1:15.00     | 600m:           | 7:30.82         | 1:16.93 | 1000m: | 12:36.73 | 1:16.04 | 1400m: | 17:39.16 | 1:16.90 |
| 300m:                           | 3:40.56   | 1:15.53     | 700m:           | 8:47.30         | 1:16.48 | 1100m: | 13:51.28 | 1:14.55 | 1500m: | 18:51.65 | 1:12.49 |
| 400m:                           | 4:56.66   | 1:16.10     | 800m:           | 10:04.85        | 1:17.55 | 1200m: | 15:06.78 | 1:15.50 |        |          |         |
| <b>2. Duprez Zane</b>           | <b>08</b> | <b>VZN</b>  | <b>19:44.59</b> | <b>NT</b>       |         |        |          |         |        |          |         |
| 100m:                           | 1:14.66   | 1:14.66     | 500m:           | 6:33.85         | 1:20.22 | 900m:  | 11:54.23 | 1:21.44 | 1300m: | 17:13.04 | 1:19.96 |
| 200m:                           | 2:34.23   | 1:19.57     | 600m:           | 7:53.48         | 1:19.63 | 1000m: | 13:15.28 | 1:21.05 | 1400m: | 18:32.73 | 1:19.69 |
| 300m:                           | 3:53.43   | 1:19.20     | 700m:           | 9:12.73         | 1:19.25 | 1100m: | 14:34.09 | 1:18.81 | 1500m: | 19:44.59 | 1:11.86 |
| 400m:                           | 5:13.63   | 1:20.20     | 800m:           | 10:32.79        | 1:20.06 | 1200m: | 15:53.08 | 1:18.99 |        |          |         |
| <b>3. Van Reybrouck Thore</b>   | <b>08</b> | <b>ZIB</b>  | <b>19:46.99</b> | <b>21:09.93</b> |         |        |          |         |        |          |         |
| 100m:                           | 1:10.26   | 1:10.26     | 500m:           | 6:27.35         | 1:20.59 | 900m:  | 11:54.35 | 1:22.71 | 1300m: | 17:14.63 | 1:17.87 |
| 200m:                           | 2:27.27   | 1:17.01     | 600m:           | 7:48.68         | 1:21.33 | 1000m: | 13:16.21 | 1:21.86 | 1400m: | 18:33.15 | 1:18.52 |
| 300m:                           | 3:46.95   | 1:19.68     | 700m:           | 9:11.06         | 1:22.38 | 1100m: | 14:37.10 | 1:20.89 | 1500m: | 19:46.99 | 1:13.84 |
| 400m:                           | 5:06.76   | 1:19.81     | 800m:           | 10:31.64        | 1:20.58 | 1200m: | 15:56.76 | 1:19.66 |        |          |         |
| <b>4. D'Heere Rémi</b>          | <b>09</b> | <b>VZN</b>  | <b>19:47.07</b> | <b>22:02.19</b> |         |        |          |         |        |          |         |
| 100m:                           | 1:10.69   | 1:10.69     | 500m:           | 6:29.49         | 1:20.53 | 900m:  | 11:57.98 | 1:22.10 | 1300m: | 17:14.89 | 1:18.81 |
| 200m:                           | 2:28.43   | 1:17.74     | 600m:           | 7:52.27         | 1:22.78 | 1000m: | 13:18.88 | 1:20.90 | 1400m: | 18:33.56 | 1:18.67 |
| 300m:                           | 2:48.05   | 19.62       | 700m:           | 9:13.58         | 1:21.31 | 1100m: | 14:36.86 | 1:17.98 | 1500m: | 19:47.07 | 1:13.51 |
| 400m:                           | 5:08.96   | 2:20.91     | 800m:           | 10:35.88        | 1:22.30 | 1200m: | 15:56.08 | 1:19.22 |        |          |         |
| <b>5. Devos Noah</b>            | <b>08</b> | <b>VZT</b>  | <b>19:52.47</b> | <b>22:00.00</b> |         |        |          |         |        |          |         |
| 100m:                           | 1:10.99   | 1:10.99     | 500m:           | 6:28.71         | 1:20.45 | 900m:  | 11:53.51 | 1:21.47 | 1300m: | 17:17.34 | 1:19.52 |
| 200m:                           | 2:28.14   | 1:17.15     | 600m:           | 7:49.60         | 1:20.89 | 1000m: | 13:16.53 | 1:23.02 | 1400m: | 18:36.87 | 1:19.53 |
| 300m:                           | 3:47.60   | 1:19.46     | 700m:           | 9:11.18         | 1:21.58 | 1100m: | 14:38.25 | 1:21.72 | 1500m: | 19:52.47 | 1:15.60 |
| 400m:                           | 5:08.26   | 1:20.66     | 800m:           | 10:32.04        | 1:20.86 | 1200m: | 15:57.82 | 1:19.57 |        |          |         |
| <b>6. Rommens Timo</b>          | <b>08</b> | <b>VZN</b>  | <b>22:08.43</b> | <b>NT</b>       |         |        |          |         |        |          |         |
| 100m:                           | 1:23.17   | 1:23.17     | 500m:           | 7:19.12         | 1:29.61 | 900m:  | 13:19.30 | 1:30.13 | 1300m: | 19:20.30 | 1:30.23 |
| 200m:                           | 2:52.01   | 1:28.84     | 600m:           | 8:50.50         | 1:31.38 | 1000m: | 14:49.94 | 1:30.64 | 1400m: | 20:48.73 | 1:28.43 |
| 300m:                           | 4:20.88   | 1:28.87     | 700m:           | 10:19.84        | 1:29.34 | 1100m: | 16:19.51 | 1:29.57 | 1500m: | 22:08.43 | 1:19.70 |
| 400m:                           | 5:49.51   | 1:28.63     | 800m:           | 11:49.17        | 1:29.33 | 1200m: | 17:50.07 | 1:30.56 |        |          |         |
| <b>7. Organai Cascon Matteo</b> | <b>08</b> | <b>CNMR</b> | <b>22:14.98</b> | <b>21:30.00</b> |         |        |          |         |        |          |         |
| 100m:                           | 1:16.25   | 1:16.25     | 500m:           | 7:16.80         | 1:32.63 | 900m:  | 13:21.34 | 1:28.23 | 1300m: | 19:21.76 | 1:28.94 |
| 200m:                           | 2:43.63   | 1:27.38     | 600m:           | 8:49.84         | 1:33.04 | 1000m: | 14:51.09 | 1:29.75 | 1400m: | 20:50.31 | 1:28.55 |
| 300m:                           | 4:13.96   | 1:30.33     | 700m:           | 10:20.91        | 1:31.07 | 1100m: | 16:22.55 | 1:31.46 | 1500m: | 22:14.98 | 1:24.67 |
| 400m:                           | 5:44.17   | 1:30.21     | 800m:           | 11:53.11        | 1:32.20 | 1200m: | 17:52.82 | 1:30.27 |        |          |         |
| <b>8. Daele Liam</b>            | <b>08</b> | <b>VZO</b>  | <b>22:25.77</b> | <b>24:49.50</b> |         |        |          |         |        |          |         |
| 100m:                           | 1:19.99   | 1:19.99     | 500m:           | 7:21.50         | 1:31.55 | 900m:  | 13:24.68 | 1:29.41 | 1300m: | 19:30.21 | 1:32.83 |
| 200m:                           | 2:48.82   | 1:28.83     | 600m:           | 8:53.58         | 1:32.08 | 1000m: | 14:54.96 | 1:30.28 | 1400m: | 21:01.99 | 1:31.78 |
| 300m:                           | 4:18.51   | 1:29.69     | 700m:           | 10:24.81        | 1:31.23 | 1100m: | 16:25.68 | 1:30.72 | 1500m: | 22:25.77 | 1:23.78 |
| 400m:                           | 5:49.95   | 1:31.44     | 800m:           | 11:55.27        | 1:30.46 | 1200m: | 17:57.38 | 1:31.70 |        |          |         |
| <b>9. Organai Cascon Lucca</b>  | <b>09</b> | <b>CNMR</b> | <b>25:19.09</b> | <b>23:40.00</b> |         |        |          |         |        |          |         |
| 100m:                           | 1:24.81   | 1:24.81     | 500m:           | 8:01.43         | 1:42.52 | 900m:  | 14:56.11 | 1:47.58 | 1300m: | 22:01.65 | 1:38.48 |
| 200m:                           | 2:59.59   | 1:34.78     | 600m:           | 9:41.55         | 1:40.12 | 1000m: | 16:43.53 | 1:47.42 | 1400m: | 23:38.95 | 1:37.30 |
| 300m:                           | 4:36.99   | 1:37.40     | 700m:           | 11:24.49        | 1:42.94 | 1100m: | 18:32.93 | 1:49.40 | 1500m: | 25:19.09 | 1:40.14 |
| 400m:                           | 6:18.91   | 1:41.92     | 800m:           | 13:08.53        | 1:44.04 | 1200m: | 20:23.17 | 1:50.24 |        |          |         |

miniemen, Jongens

|                      |           |            |                 |           |         |        |          |         |        |          |         |
|----------------------|-----------|------------|-----------------|-----------|---------|--------|----------|---------|--------|----------|---------|
| <b>1. Maes Leon</b>  | <b>10</b> | <b>VZN</b> | <b>24:17.58</b> | <b>NT</b> |         |        |          |         |        |          |         |
| 100m:                | 1:25.93   | 1:25.93    | 500m:           | 7:59.76   | 1:39.50 | 900m:  | 14:40.22 | 1:40.27 | 1300m: | 21:15.05 | 1:37.44 |
| 200m:                | 3:02.57   | 1:36.64    | 600m:           | 9:40.63   | 1:40.87 | 1000m: | 16:20.82 | 1:40.60 | 1400m: | 22:51.49 | 1:36.44 |
| 300m:                | 4:40.58   | 1:38.01    | 700m:           | 11:20.27  | 1:39.64 | 1100m: | 17:59.42 | 1:38.60 | 1500m: | 24:17.58 | 1:26.09 |
| 400m:                | 6:20.26   | 1:39.68    | 800m:           | 12:59.95  | 1:39.68 | 1200m: | 19:37.61 | 1:38.19 |        |          |         |
| <b>2. Praet Kobe</b> | <b>10</b> | <b>VZN</b> | <b>24:18.29</b> | <b>NT</b> |         |        |          |         |        |          |         |
| 100m:                | 1:26.76   | 1:26.76    | 500m:           | 7:56.08   | 1:37.53 | 900m:  | 14:39.91 | 1:40.76 | 1300m: | 21:20.43 | 1:37.46 |
| 200m:                | 3:01.46   | 1:34.70    | 600m:           | 9:36.46   | 1:40.38 | 1000m: | 16:22.34 | 1:42.43 | 1400m: | 22:56.06 | 1:35.63 |
| 300m:                | 4:39.89   | 1:38.43    | 700m:           | 11:16.93  | 1:40.47 | 1100m: | 18:03.16 | 1:40.82 | 1500m: | 24:18.29 | 1:22.23 |
| 400m:                | 6:18.55   | 1:38.66    | 800m:           | 12:59.15  | 1:42.22 | 1200m: | 19:42.97 | 1:39.81 |        |          |         |

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

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

| Rang            | Geb.                  |         | Tijd    |       | insch. tijd     |          |        |          |         |        |          |         |
|-----------------|-----------------------|---------|---------|-------|-----------------|----------|--------|----------|---------|--------|----------|---------|
| 3.              | Beltra Nunez Giampier |         | 10      | CNMR  | <b>25:15.94</b> | 23:10.00 |        |          |         |        |          |         |
|                 | 100m:                 | 1:22.72 | 1:22.72 | 500m: | 7:55.94         | 1:46.18  | 900m:  | 15:00.34 | 1:47.15 | 1300m: | 22:05.69 | 1:42.28 |
|                 | 200m:                 | 2:56.22 | 1:33.50 | 600m: | 9:45.41         | 1:49.47  | 1000m: | 16:48.09 | 1:47.75 | 1400m: | 23:44.26 | 1:38.57 |
|                 | 300m:                 | 4:29.69 | 1:33.47 | 700m: | 11:29.51        | 1:44.10  | 1100m: | 18:34.76 | 1:46.67 | 1500m: | 25:15.94 | 1:31.68 |
|                 | 400m:                 | 6:09.76 | 1:40.07 | 800m: | 13:13.19        | 1:43.68  | 1200m: | 20:23.41 | 1:48.65 |        |          |         |
| 4.              | Caucheteux Robin      |         | 11      | COK   | <b>25:42.63</b> | 25:00.00 |        |          |         |        |          |         |
|                 | 100m:                 | 1:26.24 | 1:26.24 | 500m: | 8:14.01         | 1:43.99  | 900m:  | 15:12.74 | 1:46.40 | 1300m: | 22:16.48 | 1:42.20 |
|                 | 200m:                 | 3:05.49 | 1:39.25 | 600m: | 9:57.55         | 1:43.54  | 1000m: | 17:00.08 | 1:47.34 | 1400m: | 24:01.40 | 1:44.92 |
|                 | 300m:                 | 4:47.02 | 1:41.53 | 700m: | 11:40.81        | 1:43.26  | 1100m: | 18:46.84 | 1:46.76 | 1500m: | 25:42.63 | 1:41.23 |
|                 | 400m:                 | 6:30.02 | 1:43.00 | 800m: | 13:26.34        | 1:45.53  | 1200m: | 20:34.28 | 1:47.44 |        |          |         |
| 5.              | Organai Cascon Marko  |         | 11      | CNMR  | <b>27:41.27</b> | 26:15.00 |        |          |         |        |          |         |
|                 | 100m:                 | 1:32.34 | 1:32.34 | 500m: | 8:59.26         | 1:55.46  | 900m:  | 16:37.29 | 1:57.66 | 1300m: | 24:15.70 | 1:53.03 |
|                 | 200m:                 | 3:18.34 | 1:46.00 | 600m: | 10:53.12        | 1:53.86  | 1000m: | 18:31.90 | 1:54.61 | 1400m: | 26:04.23 | 1:48.53 |
|                 | 300m:                 | 5:10.22 | 1:51.88 | 700m: | 12:47.34        | 1:54.22  | 1100m: | 20:27.76 | 1:55.86 | 1500m: | 27:41.27 | 1:37.04 |
|                 | 400m:                 | 7:03.80 | 1:53.58 | 800m: | 14:39.63        | 1:52.29  | 1200m: | 22:22.67 | 1:54.91 |        |          |         |
| OTL             | Vienne Marius         |         | 10      | COK   | <b>28:41.28</b> | NT       |        |          |         |        |          |         |
|                 | 100m:                 | 1:35.27 | 1:35.27 | 500m: | 9:12.70         | 1:57.06  | 900m:  | 17:10.23 | 1:59.82 | 1300m: | 25:01.35 | 1:54.08 |
|                 | 200m:                 | 3:23.56 | 1:48.29 | 600m: | 11:09.93        | 1:57.23  | 1000m: | 19:11.69 | 2:01.46 | 1400m: | 26:55.97 | 1:54.62 |
|                 | 300m:                 | 5:17.82 | 1:54.26 | 700m: | 13:12.51        | 2:02.58  | 1100m: | 21:09.96 | 1:58.27 | 1500m: | 28:41.28 | 1:45.31 |
|                 | 400m:                 | 7:15.64 | 1:57.82 | 800m: | 15:10.41        | 1:57.90  | 1200m: | 23:07.27 | 1:57.31 |        |          |         |
| algemeen, Heren |                       |         |         |       |                 |          |        |          |         |        |          |         |
| 1.              | De Vos Maarten        |         | 06      | VZG   | <b>18:06.25</b> | 18:56.37 |        |          |         |        |          |         |
|                 | 100m:                 | 1:06.81 | 1:06.81 | 500m: | 5:55.02         | 1:13.15  | 900m:  | 10:48.16 | 1:13.35 | 1300m: | 15:41.59 | 1:13.18 |
|                 | 200m:                 | 2:17.66 | 1:10.85 | 600m: | 7:08.31         | 1:13.29  | 1000m: | 12:01.56 | 1:13.40 | 1400m: | 16:55.09 | 1:13.50 |
|                 | 300m:                 | 3:29.44 | 1:11.78 | 700m: | 8:21.63         | 1:13.32  | 1100m: | 13:14.91 | 1:13.35 | 1500m: | 18:06.25 | 1:11.16 |
|                 | 400m:                 | 4:41.87 | 1:12.43 | 800m: | 9:34.81         | 1:13.18  | 1200m: | 14:28.41 | 1:13.50 |        |          |         |
| 2.              | Dumon Tiebert         |         | 08      | ZIB   | <b>18:51.65</b> | 20:00.00 |        |          |         |        |          |         |
|                 | 100m:                 | 1:10.03 | 1:10.03 | 500m: | 6:13.89         | 1:17.23  | 900m:  | 11:20.69 | 1:15.84 | 1300m: | 16:22.26 | 1:15.48 |
|                 | 200m:                 | 2:25.03 | 1:15.00 | 600m: | 7:30.82         | 1:16.93  | 1000m: | 12:36.73 | 1:16.04 | 1400m: | 17:39.16 | 1:16.90 |
|                 | 300m:                 | 3:40.56 | 1:15.53 | 700m: | 8:47.30         | 1:16.48  | 1100m: | 13:51.28 | 1:14.55 | 1500m: | 18:51.65 | 1:12.49 |
|                 | 400m:                 | 4:56.66 | 1:16.10 | 800m: | 10:04.85        | 1:17.55  | 1200m: | 15:06.78 | 1:15.50 |        |          |         |
| 3.              | Duprez Zane           |         | 08      | VZN   | <b>19:44.59</b> | NT       |        |          |         |        |          |         |
|                 | 100m:                 | 1:14.66 | 1:14.66 | 500m: | 6:33.85         | 1:20.22  | 900m:  | 11:54.23 | 1:21.44 | 1300m: | 17:13.04 | 1:19.96 |
|                 | 200m:                 | 2:34.23 | 1:19.57 | 600m: | 7:53.48         | 1:19.63  | 1000m: | 13:15.28 | 1:21.05 | 1400m: | 18:32.73 | 1:19.69 |
|                 | 300m:                 | 3:53.43 | 1:19.20 | 700m: | 9:12.73         | 1:19.25  | 1100m: | 14:34.09 | 1:18.81 | 1500m: | 19:44.59 | 1:11.86 |
|                 | 400m:                 | 5:13.63 | 1:20.20 | 800m: | 10:32.79        | 1:20.06  | 1200m: | 15:53.08 | 1:18.99 |        |          |         |
| 4.              | Van Reybrouck Thore   |         | 08      | ZIB   | <b>19:46.99</b> | 21:09.93 |        |          |         |        |          |         |
|                 | 100m:                 | 1:10.26 | 1:10.26 | 500m: | 6:27.35         | 1:20.59  | 900m:  | 11:54.35 | 1:22.71 | 1300m: | 17:14.63 | 1:17.87 |
|                 | 200m:                 | 2:27.27 | 1:17.01 | 600m: | 7:48.68         | 1:21.33  | 1000m: | 13:16.21 | 1:21.86 | 1400m: | 18:33.15 | 1:18.52 |
|                 | 300m:                 | 3:46.95 | 1:19.68 | 700m: | 9:11.06         | 1:22.38  | 1100m: | 14:37.10 | 1:20.89 | 1500m: | 19:46.99 | 1:13.84 |
|                 | 400m:                 | 5:06.76 | 1:19.81 | 800m: | 10:31.64        | 1:20.58  | 1200m: | 15:56.76 | 1:19.66 |        |          |         |
| 5.              | D'Heere Rémi          |         | 09      | VZN   | <b>19:47.07</b> | 22:02.19 |        |          |         |        |          |         |
|                 | 100m:                 | 1:10.69 | 1:10.69 | 500m: | 6:29.49         | 1:20.53  | 900m:  | 11:57.98 | 1:22.10 | 1300m: | 17:14.89 | 1:18.81 |
|                 | 200m:                 | 2:28.43 | 1:17.74 | 600m: | 7:52.27         | 1:22.78  | 1000m: | 13:18.88 | 1:20.90 | 1400m: | 18:33.56 | 1:18.67 |
|                 | 300m:                 | 2:48.05 | 19.62   | 700m: | 9:13.58         | 1:21.31  | 1100m: | 14:36.86 | 1:17.98 | 1500m: | 19:47.07 | 1:13.51 |
|                 | 400m:                 | 5:08.96 | 2:20.91 | 800m: | 10:35.88        | 1:22.30  | 1200m: | 15:56.08 | 1:19.22 |        |          |         |
| 6.              | Devos Noah            |         | 08      | VZT   | <b>19:52.47</b> | 22:00.00 |        |          |         |        |          |         |
|                 | 100m:                 | 1:10.99 | 1:10.99 | 500m: | 6:28.71         | 1:20.45  | 900m:  | 11:53.51 | 1:21.47 | 1300m: | 17:17.34 | 1:19.52 |
|                 | 200m:                 | 2:28.14 | 1:17.15 | 600m: | 7:49.60         | 1:20.89  | 1000m: | 13:16.53 | 1:23.02 | 1400m: | 18:36.87 | 1:19.53 |
|                 | 300m:                 | 3:47.60 | 1:19.46 | 700m: | 9:11.18         | 1:21.58  | 1100m: | 14:38.25 | 1:21.72 | 1500m: | 19:52.47 | 1:15.60 |
|                 | 400m:                 | 5:08.26 | 1:20.66 | 800m: | 10:32.04        | 1:20.86  | 1200m: | 15:57.82 | 1:19.57 |        |          |         |
| 7.              | Paredis Robbe         |         | 98      | VZSA  | <b>21:35.52</b> | 22:54.01 |        |          |         |        |          |         |
|                 | 100m:                 | 1:18.00 | 1:18.00 | 500m: | 7:03.18         | 1:27.01  | 900m:  | 12:49.29 | 1:26.40 | 1300m: | 18:41.06 | 1:28.94 |
|                 | 200m:                 | 2:42.78 | 1:24.78 | 600m: | 8:29.39         | 1:26.21  | 1000m: | 14:16.54 | 1:27.25 | 1400m: | 20:09.32 | 1:28.26 |
|                 | 300m:                 | 4:09.48 | 1:26.70 | 700m: | 9:56.43         | 1:27.04  | 1100m: | 15:43.62 | 1:27.08 | 1500m: | 21:35.52 | 1:26.20 |
|                 | 400m:                 | 5:36.17 | 1:26.69 | 800m: | 11:22.89        | 1:26.46  | 1200m: | 17:12.12 | 1:28.50 |        |          |         |

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

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

| Rang | Geb.                  |         | Tijd    |       | insch. tijd     |                 |        |          |         |        |          |         |
|------|-----------------------|---------|---------|-------|-----------------|-----------------|--------|----------|---------|--------|----------|---------|
| 8.   | Eeckhout Jef          |         | 79      | DELF  | <b>21:41.23</b> | <b>22:44.94</b> |        |          |         |        |          |         |
|      | 100m:                 | 1:21.14 | 1:21.14 | 500m: | 7:15.70         | 1:28.95         | 900m:  | 13:07.88 | 1:27.56 | 1300m: | 18:53.99 | 1:27.02 |
|      | 200m:                 | 2:49.27 | 1:28.13 | 600m: | 8:44.15         | 1:28.45         | 1000m: | 14:34.59 | 1:26.71 | 1400m: | 20:19.81 | 1:25.82 |
|      | 300m:                 | 4:18.18 | 1:28.91 | 700m: | 10:12.25        | 1:28.10         | 1100m: | 16:01.40 | 1:26.81 | 1500m: | 21:41.23 | 1:21.42 |
|      | 400m:                 | 5:46.75 | 1:28.57 | 800m: | 11:40.32        | 1:28.07         | 1200m: | 17:26.97 | 1:25.57 |        |          |         |
| 9.   | Rommens Timo          |         | 08      | VZN   | <b>22:08.43</b> | NT              |        |          |         |        |          |         |
|      | 100m:                 | 1:23.17 | 1:23.17 | 500m: | 7:19.12         | 1:29.61         | 900m:  | 13:19.30 | 1:30.13 | 1300m: | 19:20.30 | 1:30.23 |
|      | 200m:                 | 2:52.01 | 1:28.84 | 600m: | 8:50.50         | 1:31.38         | 1000m: | 14:49.94 | 1:30.64 | 1400m: | 20:48.73 | 1:28.43 |
|      | 300m:                 | 4:20.88 | 1:28.87 | 700m: | 10:19.84        | 1:29.34         | 1100m: | 16:19.51 | 1:29.57 | 1500m: | 22:08.43 | 1:19.70 |
|      | 400m:                 | 5:49.51 | 1:28.63 | 800m: | 11:49.17        | 1:29.33         | 1200m: | 17:50.07 | 1:30.56 |        |          |         |
| 10.  | Organai Cascon Matteo |         | 08      | CNMR  | <b>22:14.98</b> | 21:30.00        |        |          |         |        |          |         |
|      | 100m:                 | 1:16.25 | 1:16.25 | 500m: | 7:16.80         | 1:32.63         | 900m:  | 13:21.34 | 1:28.23 | 1300m: | 19:21.76 | 1:28.94 |
|      | 200m:                 | 2:43.63 | 1:27.38 | 600m: | 8:49.84         | 1:33.04         | 1000m: | 14:51.09 | 1:29.75 | 1400m: | 20:50.31 | 1:28.55 |
|      | 300m:                 | 4:13.96 | 1:30.33 | 700m: | 10:20.91        | 1:31.07         | 1100m: | 16:22.55 | 1:31.46 | 1500m: | 22:14.98 | 1:24.67 |
|      | 400m:                 | 5:44.17 | 1:30.21 | 800m: | 11:53.11        | 1:32.20         | 1200m: | 17:52.82 | 1:30.27 |        |          |         |
| 11.  | Mortal Alexander      |         | 04      | BZV   | <b>22:23.69</b> | 24:24.87        |        |          |         |        |          |         |
|      | 100m:                 | 1:16.11 | 1:16.11 | 500m: | 7:15.48         | 1:33.03         | 900m:  | 13:25.43 | 1:30.61 | 1300m: | 19:30.77 | 1:32.00 |
|      | 200m:                 | 2:41.42 | 1:25.31 | 600m: | 8:49.31         | 1:33.83         | 1000m: | 14:56.42 | 1:30.99 | 1400m: | 21:02.61 | 1:31.84 |
|      | 300m:                 | 4:11.06 | 1:29.64 | 700m: | 10:21.88        | 1:32.57         | 1100m: | 16:26.79 | 1:30.37 | 1500m: | 22:23.69 | 1:21.08 |
|      | 400m:                 | 5:42.45 | 1:31.39 | 800m: | 11:54.82        | 1:32.94         | 1200m: | 17:58.77 | 1:31.98 |        |          |         |
| 12.  | Daele Liam            |         | 08      | VZO   | <b>22:25.77</b> | 24:49.50        |        |          |         |        |          |         |
|      | 100m:                 | 1:19.99 | 1:19.99 | 500m: | 7:21.50         | 1:31.55         | 900m:  | 13:24.68 | 1:29.41 | 1300m: | 19:30.21 | 1:32.83 |
|      | 200m:                 | 2:48.82 | 1:28.83 | 600m: | 8:53.58         | 1:32.08         | 1000m: | 14:54.96 | 1:30.28 | 1400m: | 21:01.99 | 1:31.78 |
|      | 300m:                 | 4:18.51 | 1:29.69 | 700m: | 10:24.81        | 1:31.23         | 1100m: | 16:25.68 | 1:30.72 | 1500m: | 22:25.77 | 1:23.78 |
|      | 400m:                 | 5:49.95 | 1:31.44 | 800m: | 11:55.27        | 1:30.46         | 1200m: | 17:57.38 | 1:31.70 |        |          |         |
| 13.  | Moeyaert Rochney      |         | 01      | VZN   | <b>22:49.94</b> | 22:43.35        |        |          |         |        |          |         |
|      | 100m:                 | 1:19.47 | 1:19.47 | 500m: | 7:26.77         | 1:33.24         | 900m:  | 13:40.41 | 1:33.38 | 1300m: | 19:51.01 | 1:31.84 |
|      | 200m:                 | 2:47.71 | 1:28.24 | 600m: | 8:59.75         | 1:32.98         | 1000m: | 15:13.07 | 1:32.66 | 1400m: | 21:23.81 | 1:32.80 |
|      | 300m:                 | 4:19.87 | 1:32.16 | 700m: | 10:33.55        | 1:33.80         | 1100m: | 16:45.25 | 1:32.18 | 1500m: | 22:49.94 | 1:26.13 |
|      | 400m:                 | 5:53.53 | 1:33.66 | 800m: | 12:07.03        | 1:33.48         | 1200m: | 18:19.17 | 1:33.92 |        |          |         |
| 14.  | Saelens Janek         |         | 05      | VZSA  | <b>23:18.77</b> | 25:00.00        |        |          |         |        |          |         |
|      | 100m:                 | 18.78   | 18.78   | 500m: | 7:32.72         | 1:35.64         | 900m:  | 13:55.75 | 1:36.25 | 1300m: | 20:16.97 | 1:36.94 |
|      | 200m:                 | 2:49.25 | 2:30.47 | 600m: | 9:07.65         | 1:34.93         | 1000m: | 15:31.15 | 1:35.40 | 1400m: | 21:54.40 | 1:37.43 |
|      | 300m:                 | 4:21.53 | 1:32.28 | 700m: | 10:43.72        | 1:36.07         | 1100m: | 17:05.58 | 1:34.43 | 1500m: | 23:18.77 | 1:24.37 |
|      | 400m:                 | 5:57.08 | 1:35.55 | 800m: | 12:19.50        | 1:35.78         | 1200m: | 18:40.03 | 1:34.45 |        |          |         |
| 15.  | Deschamps Léo         |         | 69      | CNMR  | <b>23:54.21</b> | 23:00.00        |        |          |         |        |          |         |
|      | 100m:                 | 1:31.14 | 1:31.14 | 500m: | 7:57.35         | 1:36.03         | 900m:  | 14:21.19 | 1:36.03 | 1300m: | 20:45.62 | 1:36.13 |
|      | 200m:                 | 3:08.68 | 1:37.54 | 600m: | 9:33.29         | 1:35.94         | 1000m: | 15:57.43 | 1:36.24 | 1400m: | 22:21.72 | 1:36.10 |
|      | 300m:                 | 4:45.38 | 1:36.70 | 700m: | 11:09.02        | 1:35.73         | 1100m: | 17:33.48 | 1:36.05 | 1500m: | 23:54.21 | 1:32.49 |
|      | 400m:                 | 6:21.32 | 1:35.94 | 800m: | 12:45.16        | 1:36.14         | 1200m: | 19:09.49 | 1:36.01 |        |          |         |
| 16.  | Maes Leon             |         | 10      | VZN   | <b>24:17.58</b> | NT              |        |          |         |        |          |         |
|      | 100m:                 | 1:25.93 | 1:25.93 | 500m: | 7:59.76         | 1:39.50         | 900m:  | 14:40.22 | 1:40.27 | 1300m: | 21:15.05 | 1:37.44 |
|      | 200m:                 | 3:02.57 | 1:36.64 | 600m: | 9:40.63         | 1:40.87         | 1000m: | 16:20.82 | 1:40.60 | 1400m: | 22:51.49 | 1:36.44 |
|      | 300m:                 | 4:40.58 | 1:38.01 | 700m: | 11:20.27        | 1:39.64         | 1100m: | 17:59.42 | 1:38.60 | 1500m: | 24:17.58 | 1:26.09 |
|      | 400m:                 | 6:20.26 | 1:39.68 | 800m: | 12:59.95        | 1:39.68         | 1200m: | 19:37.61 | 1:38.19 |        |          |         |
| 17.  | Praet Kobe            |         | 10      | VZN   | <b>24:18.29</b> | NT              |        |          |         |        |          |         |
|      | 100m:                 | 1:26.76 | 1:26.76 | 500m: | 7:56.08         | 1:37.53         | 900m:  | 14:39.91 | 1:40.76 | 1300m: | 21:20.43 | 1:37.46 |
|      | 200m:                 | 3:01.46 | 1:34.70 | 600m: | 9:36.46         | 1:40.38         | 1000m: | 16:22.34 | 1:42.43 | 1400m: | 22:56.06 | 1:35.63 |
|      | 300m:                 | 4:39.89 | 1:38.43 | 700m: | 11:16.93        | 1:40.47         | 1100m: | 18:03.16 | 1:40.82 | 1500m: | 24:18.29 | 1:22.23 |
|      | 400m:                 | 6:18.55 | 1:38.66 | 800m: | 12:59.15        | 1:42.22         | 1200m: | 19:42.97 | 1:39.81 |        |          |         |
| 18.  | Dibiani Ahmed         |         | 07      | CNMR  | <b>24:24.95</b> | 23:30.00        |        |          |         |        |          |         |
|      | 100m:                 | 1:24.10 | 1:24.10 | 500m: | 7:54.27         | 1:38.74         | 900m:  | 14:31.56 | 1:39.31 | 1300m: | 21:13.13 | 1:41.34 |
|      | 200m:                 | 2:59.06 | 1:34.96 | 600m: | 9:32.98         | 1:38.71         | 1000m: | 16:10.85 | 1:39.29 | 1400m: | 22:52.34 | 1:39.21 |
|      | 300m:                 | 4:37.09 | 1:38.03 | 700m: | 11:10.32        | 1:37.34         | 1100m: | 17:51.27 | 1:40.42 | 1500m: | 24:24.95 | 1:32.61 |
|      | 400m:                 | 6:15.53 | 1:38.44 | 800m: | 12:52.25        | 1:41.93         | 1200m: | 19:31.79 | 1:40.52 |        |          |         |
| 19.  | Beltra Nunez Giampier |         | 10      | CNMR  | <b>25:15.94</b> | 23:10.00        |        |          |         |        |          |         |
|      | 100m:                 | 1:22.72 | 1:22.72 | 500m: | 7:55.94         | 1:46.18         | 900m:  | 15:00.34 | 1:47.15 | 1300m: | 22:05.69 | 1:42.88 |
|      | 200m:                 | 2:56.22 | 1:33.50 | 600m: | 9:45.41         | 1:49.47         | 1000m: | 16:48.09 | 1:47.75 | 1400m: | 23:44.26 | 1:38.57 |
|      | 300m:                 | 4:29.69 | 1:33.47 | 700m: | 11:29.51        | 1:44.10         | 1100m: | 18:34.76 | 1:46.67 | 1500m: | 25:15.94 | 1:31.68 |
|      | 400m:                 | 6:09.76 | 1:40.07 | 800m: | 13:13.19        | 1:43.68         | 1200m: | 20:23.41 | 1:48.65 |        |          |         |

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

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

| Rang | Geb.                 |         | Tijd    |                 | insch. tijd     |         |        |          |         |        |          |         |
|------|----------------------|---------|---------|-----------------|-----------------|---------|--------|----------|---------|--------|----------|---------|
| 20.  | Organai Cascon Lucca | 09      | CNMR    | <b>25:19.09</b> | <b>23:40.00</b> |         |        |          |         |        |          |         |
|      | 100m:                | 1:24.81 | 1:24.81 | 500m:           | 8:01.43         | 1:42.52 | 900m:  | 14:56.11 | 1:47.58 | 1300m: | 22:01.65 | 1:38.48 |
|      | 200m:                | 2:59.59 | 1:34.78 | 600m:           | 9:41.55         | 1:40.12 | 1000m: | 16:43.53 | 1:47.42 | 1400m: | 23:38.95 | 1:37.30 |
|      | 300m:                | 4:36.99 | 1:37.40 | 700m:           | 11:24.49        | 1:42.94 | 1100m: | 18:32.93 | 1:49.40 | 1500m: | 25:19.09 | 1:40.14 |
|      | 400m:                | 6:18.91 | 1:41.92 | 800m:           | 13:08.53        | 1:44.04 | 1200m: | 20:23.17 | 1:50.24 |        |          |         |
| 21.  | Caucheteux Robin     | 11      | COK     | <b>25:42.63</b> | <b>25:00.00</b> |         |        |          |         |        |          |         |
|      | 100m:                | 1:26.24 | 1:26.24 | 500m:           | 8:14.01         | 1:43.99 | 900m:  | 15:12.74 | 1:46.40 | 1300m: | 22:16.48 | 1:42.20 |
|      | 200m:                | 3:05.49 | 1:39.25 | 600m:           | 9:57.55         | 1:43.54 | 1000m: | 17:00.08 | 1:47.34 | 1400m: | 24:01.40 | 1:44.92 |
|      | 300m:                | 4:47.02 | 1:41.53 | 700m:           | 11:40.81        | 1:43.26 | 1100m: | 18:46.84 | 1:46.76 | 1500m: | 25:42.63 | 1:41.23 |
|      | 400m:                | 6:30.02 | 1:43.00 | 800m:           | 13:26.34        | 1:45.53 | 1200m: | 20:34.28 | 1:47.44 |        |          |         |
| 22.  | Organai Cascon Marko | 11      | CNMR    | <b>27:41.27</b> | <b>26:15.00</b> |         |        |          |         |        |          |         |
|      | 100m:                | 1:32.34 | 1:32.34 | 500m:           | 8:59.26         | 1:55.46 | 900m:  | 16:37.29 | 1:57.66 | 1300m: | 24:15.70 | 1:53.03 |
|      | 200m:                | 3:18.34 | 1:46.00 | 600m:           | 10:53.12        | 1:53.86 | 1000m: | 18:31.90 | 1:54.61 | 1400m: | 26:04.23 | 1:48.53 |
|      | 300m:                | 5:10.22 | 1:51.88 | 700m:           | 12:47.34        | 1:54.22 | 1100m: | 20:27.76 | 1:55.86 | 1500m: | 27:41.27 | 1:37.04 |
|      | 400m:                | 7:03.80 | 1:53.58 | 800m:           | 14:39.63        | 1:52.29 | 1200m: | 22:22.67 | 1:54.91 |        |          |         |
| 23.  | Caestecker Wilfried  | 61      | VZSA    | <b>28:02.56</b> | NT              |         |        |          |         |        |          |         |
|      | 100m:                | 1:33.40 | 1:33.40 | 500m:           | 8:56.59         | 1:54.28 | 900m:  | 16:34.72 | 1:54.16 | 1300m: | 24:11.70 | 1:55.38 |
|      | 200m:                | 3:19.39 | 1:45.99 | 600m:           | 10:51.67        | 1:55.08 | 1000m: | 18:28.20 | 1:53.48 | 1400m: | 26:05.79 | 1:54.09 |
|      | 300m:                | 5:09.21 | 1:49.82 | 700m:           | 12:46.72        | 1:55.05 | 1100m: | 20:23.30 | 1:55.10 | 1500m: | 28:02.56 | 1:56.77 |
|      | 400m:                | 7:02.31 | 1:53.10 | 800m:           | 14:40.56        | 1:53.84 | 1200m: | 22:16.32 | 1:53.02 |        |          |         |
| OTL  | Vienne Marius        | 10      | COK     | <b>28:41.28</b> | NT              |         |        |          |         |        |          |         |
|      | 100m:                | 1:35.27 | 1:35.27 | 500m:           | 9:12.70         | 1:57.06 | 900m:  | 17:10.23 | 1:59.82 | 1300m: | 25:01.35 | 1:54.08 |
|      | 200m:                | 3:23.56 | 1:48.29 | 600m:           | 11:09.93        | 1:57.23 | 1000m: | 19:11.69 | 2:01.46 | 1400m: | 26:55.97 | 1:54.62 |
|      | 300m:                | 5:17.82 | 1:54.26 | 700m:           | 13:12.51        | 2:02.58 | 1100m: | 21:09.96 | 1:58.27 | 1500m: | 28:41.28 | 1:45.31 |
|      | 400m:                | 7:15.64 | 1:57.82 | 800m:           | 15:10.41        | 1:57.90 | 1200m: | 23:07.27 | 1:57.31 |        |          |         |