

lange afstand - longues distances
Oostende, 19/1/2025

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

800m vrije slag

2014 en eerder
Resultaten

open open Dames 25m: 16:00.00; open Heren 25m: 16:00.00

Rang	Geb.	Tijd	insch. tijd									
veteranen 45, Dames												
1.	Vandebroek Evi	78	VZN	14:39.56	14:51.34							
	100m:	1:34.19	1:34.19	300m:	5:15.93	1:53.24	500m:	9:04.78	1:54.67	700m:	12:52.04	1:53.02
	200m:	3:22.69	1:48.50	400m:	7:10.11	1:54.18	600m:	10:59.02	1:54.24	800m:	14:39.56	1:47.52
veteranen 30, Dames												
1.	Van den Bergh Quittry	93	ZVM	11:50.24	11:33.59							
	100m:	1:19.58	1:19.58	300m:	4:16.39	1:29.17	500m:	7:17.88	1:31.15	700m:	10:21.27	1:31.86
	200m:	2:47.22	1:27.64	400m:	5:46.73	1:30.34	600m:	8:49.41	1:31.53	800m:	11:50.24	1:28.97
pupillen, Meisjes												
1.	Claeys Nette	08	VZO	10:38.34	11:07.83							
	100m:	1:15.70	1:15.70	300m:	3:57.01	1:20.69	500m:	6:38.41	1:20.70	700m:	9:19.62	1:20.73
	200m:	2:36.32	1:20.62	400m:	5:17.71	1:20.70	600m:	7:58.89	1:20.48	800m:	10:38.34	1:18.72
2.	Eggert Evelyne	07	VZO	11:40.63	12:09.71							
	100m:	1:22.07	1:22.07	300m:	4:18.08	1:28.29	500m:	7:16.62	1:29.68	700m:	10:14.17	1:28.39
	200m:	2:49.79	1:27.72	400m:	5:46.94	1:28.86	600m:	8:45.78	1:29.16	800m:	11:40.63	1:26.46
3.	De Troyer Flavie	08	VZG	11:44.04	11:53.74							
	100m:	1:21.68	1:21.68	300m:	4:21.16	1:30.77	500m:	7:25.07	1:31.93	700m:	10:24.16	1:28.32
	200m:	2:50.39	1:28.71	400m:	5:53.14	1:31.98	600m:	8:55.84	1:30.77	800m:	11:44.04	1:19.88
4.	Cocquyt Ashley	07	VZG	11:58.62	13:09.31							
	100m:	1:23.99	1:23.99	300m:	4:26.60	1:31.63	500m:	7:30.97	1:32.29	700m:	10:33.70	1:30.20
	200m:	2:54.97	1:30.98	400m:	5:58.68	1:32.08	600m:	9:03.50	1:32.53	800m:	11:58.62	1:24.92
5.	Wandelaere Lisa	08	VZN	13:53.58	14:10.53							
	100m:	1:28.41	1:28.41	300m:	4:53.75	1:44.21	500m:	8:34.18	1:49.12	700m:	12:13.33	1:49.43
	200m:	3:09.54	1:41.13	400m:	6:45.06	1:51.31	600m:	10:23.90	1:49.72	800m:	13:53.58	1:40.25
kadetten, Meisjes												
1.	Proot Lisa-Marie	09	BZV	11:42.46	11:53.14							
	100m:	1:21.28	1:21.28	300m:	4:16.88	1:28.00	500m:	7:17.12	1:30.77	700m:	10:20.70	1:32.46
	200m:	2:48.88	1:27.60	400m:	5:46.35	1:29.47	600m:	8:48.24	1:31.12	800m:	11:42.46	1:21.76
2.	Huygh Marieke	09	VZN	12:26.42	12:30.00							
	100m:	1:22.45	1:22.45	300m:	4:29.05	1:34.80	500m:	7:40.94	1:36.06	700m:	10:54.69	1:36.83
	200m:	2:54.25	1:31.80	400m:	6:04.88	1:35.83	600m:	9:17.86	1:36.92	800m:	12:26.42	1:31.73
3.	Van Hecke Amber	10	VZO	12:53.85	12:40.07							
	100m:	1:21.97	1:21.97	300m:	4:31.24	1:35.57	500m:	7:54.77	1:43.36	700m:	11:19.16	1:42.06
	200m:	2:55.67	1:33.70	400m:	6:11.41	1:40.17	600m:	9:37.10	1:42.33	800m:	12:53.85	1:34.69
4.	Declerck Marie-Lou	10	VZG	13:01.25	13:30.00							
	100m:	1:28.95	1:28.95	300m:	4:46.09	1:39.19	500m:	8:05.87	1:40.60	700m:	11:28.36	1:41.22
	200m:	3:06.90	1:37.95	400m:	6:25.27	1:39.18	600m:	9:47.14	1:41.27	800m:	13:01.25	1:32.89
5.	Van Eecke Astrid	10	VZN	13:39.77	13:34.23							
	100m:	1:34.58	1:34.58	300m:	5:02.57	1:43.59	500m:	8:32.25	1:45.11	700m:	12:01.03	1:44.45
	200m:	3:18.98	1:44.40	400m:	6:47.14	1:44.57	600m:	10:16.58	1:44.33	800m:	13:39.77	1:38.74

lange afstand - longues distances
Oostende, 19/1/2025

Programmanr. 3, 800m vrije slag

miniemen, Meisjes

1. Van Alsenoy Yara	11	ZIB	12:02.42	13:51.28									
100m:	1:21.63	1:21.63	300m:	4:24.27	1:32.98	500m:	7:29.75	1:32.41	700m:	10:35.20	1:33.60		
200m:	2:51.29	1:29.66	400m:	5:57.34	1:33.07	600m:	9:01.60	1:31.85	800m:	12:02.42	1:27.22		
2. Proot Annabelle	11	BZV	12:51.74	14:31.12									
100m:	1:29.65	1:29.65	300m:	4:43.42	1:37.13	500m:	7:59.60	1:38.74	700m:	11:17.48	1:38.43		
200m:	3:06.29	1:36.64	400m:	6:20.86	1:37.44	600m:	9:39.05	1:39.45	800m:	12:51.74	1:34.26		
3. Lagatie Billie	11	VZO	13:02.64	NT									
100m:	1:26.70	1:26.70	300m:	4:44.39	1:40.67	500m:	8:10.33	1:44.09	700m:	11:35.15	1:41.91		
200m:	3:03.72	1:37.02	400m:	6:26.24	1:41.85	600m:	9:53.24	1:42.91	800m:	13:02.64	1:27.49		
4. Vervaeke Saar	11	VZG	13:07.77	13:50.00									
100m:	1:28.37	1:28.37	300m:	4:47.60	1:40.57	500m:	8:09.75	1:41.03	700m:	11:34.26	1:41.31		
200m:	3:07.03	1:38.66	400m:	6:28.72	1:41.12	600m:	9:52.95	1:43.20	800m:	13:07.77	1:33.51		
5. Peel Ylena	12	VZO	13:30.25	NT									
100m:	1:30.26	1:30.26	300m:	4:55.84	1:43.54	500m:	8:26.87	1:46.90	700m:	11:58.26	1:46.20		
200m:	3:12.30	1:42.04	400m:	6:39.97	1:44.13	600m:	10:12.06	1:45.19	800m:	13:30.25	1:31.99		
6. Rommens Nikki	11	VZN	14:00.19	14:27.77									
100m:	1:33.70	1:33.70	300m:	5:08.02	1:49.38	500m:	8:44.49	1:46.95	700m:	12:19.34	1:46.75		
200m:	3:18.64	1:44.94	400m:	6:57.54	1:49.52	600m:	10:32.59	1:48.10	800m:	14:00.19	1:40.85		
7. Cnockaert Ella	12	VZN	14:39.66	NT									
100m:	1:32.28	1:32.28	300m:	5:14.98	1:53.50	500m:	9:02.10	1:53.83	700m:	12:44.68	1:50.71		
200m:	3:21.48	1:49.20	400m:	7:08.27	1:53.29	600m:	10:53.97	1:51.87	800m:	14:39.66	1:54.98		
8. Loncke Roos	12	VZO	15:39.20	NT									
100m:	1:42.65	1:42.65	300m:	5:34.41	1:56.92	500m:	9:30.92	1:58.75	700m:	13:36.28	2:02.78		
200m:	3:37.49	1:54.84	400m:	7:32.17	1:57.76	600m:	11:33.50	2:02.58	800m:	15:39.20	2:02.92		

benjamins, Meisjes

1. Loccufier Fleur	14	ZIB	12:42.87	NT									
100m:	1:28.98	1:28.98	300m:	4:41.03	1:35.47	500m:	7:53.77	1:36.13	700m:	11:08.75	1:37.17		
200m:	3:05.56	1:36.58	400m:	6:17.64	1:36.61	600m:	9:31.58	1:37.81	800m:	12:42.87	1:34.12		
2. Verbesselt Manon	13	VZN	12:54.98	15:41.41									
100m:	1:29.62	1:29.62	300m:	4:48.13	1:40.63	500m:	8:06.84	1:39.06	700m:	11:23.52	1:38.76		
200m:	3:07.50	1:37.88	400m:	6:27.78	1:39.65	600m:	9:44.76	1:37.92	800m:	12:54.98	1:31.46		
3. Floryn Juliette	13	BZV	13:08.30	15:34.60									
100m:	1:25.86	1:25.86	300m:	4:47.77	1:41.45	500m:	8:11.04	1:41.40	700m:	11:27.96	1:36.74		
200m:	3:06.32	1:40.46	400m:	6:29.64	1:41.87	600m:	9:51.22	1:40.18	800m:	13:08.30	1:40.34		
4. Lamaire Julie	14	VZN	13:13.06	NT									
100m:	1:28.09	1:28.09	300m:	4:49.55	1:41.74	500m:	8:15.71	1:42.84	700m:	11:39.45	1:40.69		
200m:	3:07.81	1:39.72	400m:	6:32.87	1:43.32	600m:	9:58.76	1:43.05	800m:	13:13.06	1:33.61		
5. Imandt Clara	13	VZSA	14:06.75	NT									
100m:	1:36.62	1:36.62	300m:	5:14.78	1:50.86	500m:	8:48.38	1:46.91	700m:	12:26.25	1:48.79		
200m:	3:23.92	1:47.30	400m:	7:01.47	1:46.69	600m:	10:37.46	1:49.08	800m:	14:06.75	1:40.50		
6. Colenbier Pia	14	ZIB	14:07.20	NT									
100m:	1:36.99	1:36.99	300m:	5:07.28	1:47.33	500m:	8:46.56	1:49.24	700m:	12:24.68	1:48.28		
200m:	3:19.95	1:42.96	400m:	6:57.32	1:50.04	600m:	10:36.40	1:49.84	800m:	14:07.20	1:42.52		
7. Schelfaut Evy	13	VZG	14:13.33	15:30.00									
100m:	1:39.80	1:39.80	300m:	5:18.78	1:47.76	500m:	9:01.72	1:51.49	700m:	12:40.15	1:45.31		
200m:	3:31.02	1:51.22	400m:	7:10.23	1:51.45	600m:	10:54.84	1:53.12	800m:	14:13.33	1:33.18		
8. Tetaj Dea	14	VZO	15:56.82	NT									
100m:	1:43.37	1:43.37	300m:	5:44.33	2:02.66	500m:	9:51.14	2:04.25	700m:	14:03.87	2:02.83		
200m:	3:41.67	1:58.30	400m:	7:46.89	2:02.56	600m:	12:01.04	2:09.90	800m:	15:56.82	1:52.95		
9. Van Overstraeten Fien	13	VZG	16:02.52	15:58.00									
100m:	1:43.30	1:43.30	300m:	5:45.88	2:02.97	500m:	9:58.61	2:06.27	700m:	14:10.45	2:04.93		
200m:	3:42.91	1:59.61	400m:	7:52.34	2:06.46	600m:	12:05.52	2:06.91	800m:	16:02.52	1:52.07		
10. Vandewiele Pia	13	VZSA	16:58.17	NT									
100m:	1:49.31	1:49.31	300m:	6:05.06	2:10.49	500m:	10:27.77	2:12.22	700m:	14:47.68	2:08.81		
200m:	3:54.57	2:05.26	400m:	8:15.55	2:10.49	600m:	12:38.87	2:11.10	800m:	16:58.17	2:10.49		

lange afstand - longues distances
Oostende, 19/1/2025

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

Rang	Geb.			Tijd		insch. tijd					
11. Anys Sofie	13	ZIB	17:29.76	NT							
100m:	1:49.94	1:49.94	300m:	6:24.90	2:21.48	500m:	11:04.15	2:20.03	700m:	15:25.78	2:09.15
200m:	4:03.42	2:13.48	400m:	8:44.12	2:19.22	600m:	13:16.63	2:12.48	800m:	17:29.76	2:03.98
algemeen, Dames											
1. Claeys Nette	08	VZO	10:38.34	11:07.83							
100m:	1:15.70	1:15.70	300m:	3:57.01	1:20.69	500m:	6:38.41	1:20.70	700m:	9:19.62	1:20.73
200m:	2:36.32	1:20.62	400m:	5:17.71	1:20.70	600m:	7:58.89	1:20.48	800m:	10:38.34	1:18.72
2. Eggert Evelyne	07	VZO	11:40.63	12:09.71							
100m:	1:22.07	1:22.07	300m:	4:18.08	1:28.29	500m:	7:16.62	1:29.68	700m:	10:14.17	1:28.39
200m:	2:49.79	1:27.72	400m:	5:46.94	1:28.86	600m:	8:45.78	1:29.16	800m:	11:40.63	1:26.46
3. Proot Lisa-Marie	09	BZV	11:42.46	11:53.14							
100m:	1:21.28	1:21.28	300m:	4:16.88	1:28.00	500m:	7:17.12	1:30.77	700m:	10:20.70	1:32.46
200m:	2:48.88	1:27.60	400m:	5:46.35	1:29.47	600m:	8:48.24	1:31.12	800m:	11:42.46	1:21.76
4. De Troyer Flavie	08	VZG	11:44.04	11:53.74							
100m:	1:21.68	1:21.68	300m:	4:21.16	1:30.77	500m:	7:25.07	1:31.93	700m:	10:24.16	1:28.32
200m:	2:50.39	1:28.71	400m:	5:53.14	1:31.98	600m:	8:55.84	1:30.77	800m:	11:44.04	1:19.88
5. Van den Bergh Quittry	93	ZVM	11:50.24	11:33.59							
100m:	1:19.58	1:19.58	300m:	4:16.39	1:29.17	500m:	7:17.88	1:31.15	700m:	10:21.27	1:31.86
200m:	2:47.22	1:27.64	400m:	5:46.73	1:30.34	600m:	8:49.41	1:31.53	800m:	11:50.24	1:28.97
6. Cocquyt Ashley	07	VZG	11:58.62	13:09.31							
100m:	1:23.99	1:23.99	300m:	4:26.60	1:31.63	500m:	7:30.97	1:32.29	700m:	10:33.70	1:30.20
200m:	2:54.97	1:30.98	400m:	5:58.68	1:32.08	600m:	9:03.50	1:32.53	800m:	11:58.62	1:24.92
7. Van Alsenoy Yara	11	ZIB	12:02.42	13:51.28							
100m:	1:21.63	1:21.63	300m:	4:24.27	1:32.98	500m:	7:29.75	1:32.41	700m:	10:35.20	1:33.60
200m:	2:51.29	1:29.66	400m:	5:57.34	1:33.07	600m:	9:01.60	1:31.85	800m:	12:02.42	1:27.22
8. Huygh Marieke	09	VZN	12:26.42	12:30.00							
100m:	1:22.45	1:22.45	300m:	4:29.05	1:34.80	500m:	7:40.94	1:36.06	700m:	10:54.69	1:36.83
200m:	2:54.25	1:31.80	400m:	6:04.88	1:35.83	600m:	9:17.86	1:36.92	800m:	12:26.42	1:31.73
9. Locqufier Fleur	14	ZIB	12:42.87	NT							
100m:	1:28.98	1:28.98	300m:	4:41.03	1:35.47	500m:	7:53.77	1:36.13	700m:	11:08.75	1:37.17
200m:	3:05.56	1:36.58	400m:	6:17.64	1:36.61	600m:	9:31.58	1:37.81	800m:	12:42.87	1:34.12
10. Proot Annabelle	11	BZV	12:51.74	14:31.12							
100m:	1:29.65	1:29.65	300m:	4:43.42	1:37.13	500m:	7:59.60	1:38.74	700m:	11:17.48	1:38.43
200m:	3:06.29	1:36.64	400m:	6:20.86	1:37.44	600m:	9:39.05	1:39.45	800m:	12:51.74	1:34.26
11. Van Hecke Amber	10	VZO	12:53.85	12:40.07							
100m:	1:21.97	1:21.97	300m:	4:31.24	1:35.57	500m:	7:54.77	1:43.36	700m:	11:19.16	1:42.06
200m:	2:55.67	1:33.70	400m:	6:11.41	1:40.17	600m:	9:37.10	1:42.33	800m:	12:53.85	1:34.69
12. Verbesselt Manon	13	VZN	12:54.98	15:41.41							
100m:	1:29.62	1:29.62	300m:	4:48.13	1:40.63	500m:	8:06.84	1:39.06	700m:	11:23.52	1:38.76
200m:	3:07.50	1:37.88	400m:	6:27.78	1:39.65	600m:	9:44.76	1:37.92	800m:	12:54.98	1:31.46
13. Declerck Marie-Lou	10	VZG	13:01.25	13:30.00							
100m:	1:28.95	1:28.95	300m:	4:46.09	1:39.19	500m:	8:05.87	1:40.60	700m:	11:28.36	1:41.22
200m:	3:06.90	1:37.95	400m:	6:25.27	1:39.18	600m:	9:47.14	1:41.27	800m:	13:01.25	1:32.89
14. Lagatie Billie	11	VZO	13:02.64	NT							
100m:	1:26.70	1:26.70	300m:	4:44.39	1:40.67	500m:	8:10.33	1:44.09	700m:	11:35.15	1:41.91
200m:	3:03.72	1:37.02	400m:	6:26.24	1:41.85	600m:	9:53.24	1:42.91	800m:	13:02.64	1:27.49
15. Vervaeke Saar	11	VZG	13:07.77	13:50.00							
100m:	1:28.37	1:28.37	300m:	4:47.60	1:40.57	500m:	8:09.75	1:41.03	700m:	11:34.26	1:41.31
200m:	3:07.03	1:38.66	400m:	6:28.72	1:41.12	600m:	9:52.95	1:43.20	800m:	13:07.77	1:33.51
16. Floryn Juliette	13	BZV	13:08.30	15:34.60							
100m:	1:25.86	1:25.86	300m:	4:47.77	1:41.45	500m:	8:11.04	1:41.40	700m:	11:27.96	1:36.74
200m:	3:06.32	1:40.46	400m:	6:29.64	1:41.87	600m:	9:51.22	1:40.18	800m:	13:08.30	1:40.34
17. Lamaire Julie	14	VZN	13:13.06	NT							
100m:	1:28.09	1:28.09	300m:	4:49.55	1:41.74	500m:	8:15.71	1:42.84	700m:	11:39.45	1:40.69
200m:	3:07.81	1:39.72	400m:	6:32.87	1:43.32	600m:	9:58.76	1:43.05	800m:	13:13.06	1:33.61

lange afstand - longues distances
Oostende, 19/1/2025

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

Rang	Geb.		Tijd		insch. tijd					
18. Peel Ylena	12	VZO	13:30.25		NT					
	100m: 1:30.26	1:30.26	300m: 4:55.84	1:43.54	500m: 8:26.87	1:46.90	700m: 11:58.26	1:46.20		
	200m: 3:12.30	1:42.04	400m: 6:39.97	1:44.13	600m: 10:12.06	1:45.19	800m: 13:30.25	1:31.99		
19. Van Eecke Astrid	10	VZN	13:39.77		13:34.23					
	100m: 1:34.58	1:34.58	300m: 5:02.57	1:43.59	500m: 8:32.25	1:45.11	700m: 12:01.03	1:44.45		
	200m: 3:18.98	1:44.40	400m: 6:47.14	1:44.57	600m: 10:16.58	1:44.33	800m: 13:39.77	1:38.74		
20. Wandelaere Lisa	08	VZN	13:53.58		14:10.53					
	100m: 1:28.41	1:28.41	300m: 4:53.75	1:44.21	500m: 8:34.18	1:49.12	700m: 12:13.33	1:49.43		
	200m: 3:09.54	1:41.13	400m: 6:45.06	1:51.31	600m: 10:23.90	1:49.72	800m: 13:53.58	1:40.25		
21. Rommens Nikki	11	VZN	14:00.19		14:27.77					
	100m: 1:33.70	1:33.70	300m: 5:08.02	1:49.38	500m: 8:44.49	1:46.95	700m: 12:19.34	1:46.75		
	200m: 3:18.64	1:44.94	400m: 6:57.54	1:49.52	600m: 10:32.59	1:48.10	800m: 14:00.19	1:40.85		
22. Imandt Clara	13	VZSA	14:06.75		NT					
	100m: 1:36.62	1:36.62	300m: 5:14.78	1:50.86	500m: 8:48.38	1:46.91	700m: 12:26.25	1:48.79		
	200m: 3:23.92	1:47.30	400m: 7:01.47	1:46.69	600m: 10:37.46	1:49.08	800m: 14:06.75	1:40.50		
23. Colenbier Pia	14	ZIB	14:07.20		NT					
	100m: 1:36.99	1:36.99	300m: 5:07.28	1:47.33	500m: 8:46.56	1:49.24	700m: 12:24.68	1:48.28		
	200m: 3:19.95	1:42.96	400m: 6:57.32	1:50.04	600m: 10:36.40	1:49.84	800m: 14:07.20	1:42.52		
24. Schelfaut Evy	13	VZG	14:13.33		15:30.00					
	100m: 1:39.80	1:39.80	300m: 5:18.78	1:47.76	500m: 9:01.72	1:51.49	700m: 12:40.15	1:45.31		
	200m: 3:31.02	1:51.22	400m: 7:10.23	1:51.45	600m: 10:54.84	1:53.12	800m: 14:13.33	1:33.18		
25. Vandebroek Evi	78	VZN	14:39.56		14:51.34					
	100m: 1:34.19	1:34.19	300m: 5:15.93	1:53.24	500m: 9:04.78	1:54.67	700m: 12:52.04	1:53.02		
	200m: 3:22.69	1:48.50	400m: 7:10.11	1:54.18	600m: 10:59.02	1:54.24	800m: 14:39.56	1:47.52		
26. Cnockaert Ella	12	VZN	14:39.66		NT					
	100m: 1:32.28	1:32.28	300m: 5:14.98	1:53.50	500m: 9:02.10	1:53.83	700m: 12:44.68	1:50.71		
	200m: 3:21.48	1:49.20	400m: 7:08.27	1:53.29	600m: 10:53.97	1:51.87	800m: 14:39.66	1:54.98		
27. Loncke Roos	12	VZO	15:39.20		NT					
	100m: 1:42.65	1:42.65	300m: 5:34.41	1:56.92	500m: 9:30.92	1:58.75	700m: 13:36.28	2:02.78		
	200m: 3:37.49	1:54.84	400m: 7:32.17	1:57.76	600m: 11:33.50	2:02.58	800m: 15:39.20	2:02.92		
28. Tetaj Dea	14	VZO	15:56.82		NT					
	100m: 1:43.37	1:43.37	300m: 5:44.33	2:02.66	500m: 9:51.14	2:04.25	700m: 14:03.87	2:02.83		
	200m: 3:41.67	1:58.30	400m: 7:46.89	2:02.56	600m: 12:01.04	2:09.90	800m: 15:56.82	1:52.95		
29. Van Overstraeten Fien	13	VZG	16:02.52		15:58.00					
	100m: 1:43.30	1:43.30	300m: 5:45.88	2:02.97	500m: 9:58.61	2:06.27	700m: 14:10.45	2:04.93		
	200m: 3:42.91	1:59.61	400m: 7:52.34	2:06.46	600m: 12:05.52	2:06.91	800m: 16:02.52	1:52.07		
30. Vandewiele Pia	13	VZSA	16:58.17		NT					
	100m: 1:49.31	1:49.31	300m: 6:05.06	2:10.49	500m: 10:27.77	2:12.22	700m: 14:47.68	2:08.81		
	200m: 3:54.57	2:05.26	400m: 8:15.55	2:10.49	600m: 12:38.87	2:11.10	800m: 16:58.17	2:10.49		
31. Anny's Sofie	13	ZIB	17:29.76		NT					
	100m: 1:49.94	1:49.94	300m: 6:24.90	2:21.48	500m: 11:04.15	2:20.03	700m: 15:25.78	2:09.15		
	200m: 4:03.42	2:13.48	400m: 8:44.12	2:19.22	600m: 13:16.63	2:12.48	800m: 17:29.76	2:03.98		

veteranen 55, Heren

dis Anny's Paul	68	ZIB			NT					
<i>SW10-WE2 - de volledige afstand niet verzwommen</i>										
	100m: 1:30.75	1:30.75	300m: 5:18.66	1:58.79	500m:		700m:			
	200m: 3:19.87	1:49.12	400m: 7:51.68	2:33.02	600m:		800m:			

veteranen 45, Heren

1. Vermeulen Gerry	78	DELFF	12:44.30		12:36.53					
	100m: 1:24.05	1:24.05	300m: 4:40.36	1:39.05	500m: 8:02.42	1:40.99	700m: 11:19.28	1:37.31		
	200m: 3:01.31	1:37.26	400m: 6:21.43	1:41.07	600m: 9:41.97	1:39.55	800m: 12:44.30	1:25.02		

lange afstand - longues distances
Oostende, 19/1/2025

Programmanr. 3, 800m vrije slag

senioren, Heren

1. Simons Jarno	02	ZVM	10:16.91	9:55.00							
100m:	1:05.89	1:05.89	300m:	3:41.21	1:20.45	500m:	6:26.42	1:22.09	700m:	9:04.92	1:17.17
200m:	2:20.76	1:14.87	400m:	5:04.33	1:23.12	600m:	7:47.75	1:21.33	800m:	10:16.91	1:11.99

pupillen, Jongens

1. Winderickx Ruhne	07	ZIB	10:12.92	10:01.47							
100m:	1:07.24	1:07.24	300m:	3:36.51	1:15.69	500m:	6:11.87	1:18.89	700m:	8:56.10	1:21.77
200m:	2:20.82	1:13.58	400m:	4:52.98	1:16.47	600m:	7:34.33	1:22.46	800m:	10:12.92	1:16.82
2. Eeckhout Ward	08	DELFI	10:58.48	11:14.61							
100m:	1:13.97	1:13.97	300m:	3:56.93	1:22.71	500m:	6:44.95	1:24.65	700m:	9:35.19	1:24.82
200m:	2:34.22	1:20.25	400m:	5:20.30	1:23.37	600m:	8:10.37	1:25.42	800m:	10:58.48	1:23.29
3. Rommens Timo	08	VZN	11:21.35	11:36.48							
100m:	1:17.90	1:17.90	300m:	4:10.43	1:27.74	500m:	7:07.37	1:28.85	700m:	10:02.00	1:27.26
200m:	2:42.69	1:24.79	400m:	5:38.52	1:28.09	600m:	8:34.74	1:27.37	800m:	11:21.35	1:19.35
4. Cocquit Lander	07	ZIB	12:43.30	11:55.76							
100m:	1:22.57	1:22.57	300m:	4:25.35	1:33.88	500m:	7:52.25	1:42.98	700m:	11:17.03	1:43.45
200m:	2:51.47	1:28.90	400m:	6:09.27	1:43.92	600m:	9:33.58	1:41.33	800m:	12:43.30	1:26.27
5. Cocquit Sam	08	ZIB	12:48.46	12:34.26							
100m:	1:20.47	1:20.47	300m:	4:32.36	1:38.84	500m:	7:54.98	1:41.78	700m:	11:14.52	1:39.44
200m:	2:53.52	1:33.05	400m:	6:13.20	1:40.84	600m:	9:35.08	1:40.10	800m:	12:48.46	1:33.94

kadetten, Jongens

1. D'Heere Rémi	09	VZN	9:57.33	9:45.43							
100m:	1:05.45	1:05.45	300m:	3:33.69	1:14.66	500m:	6:06.41	1:16.20	700m:	8:43.06	1:17.93
200m:	2:19.03	1:13.58	400m:	4:50.21	1:16.52	600m:	7:25.13	1:18.72	800m:	9:57.33	1:14.27
2. Van Hecke Mathis	09	VZO	11:15.47	12:59.09							
100m:	1:17.34	1:17.34	300m:	4:11.15	1:28.21	500m:	7:09.52	1:29.19	700m:	10:00.96	1:23.82
200m:	2:42.94	1:25.60	400m:	5:40.33	1:29.18	600m:	8:37.14	1:27.62	800m:	11:15.47	1:14.51
3. Praet Kobe	10	VZN	11:22.96	11:15.77							
100m:	1:17.02	1:17.02	300m:	4:10.75	1:28.10	500m:	7:08.65	1:28.98	700m:	10:03.53	1:27.18
200m:	2:42.65	1:25.63	400m:	5:39.67	1:28.92	600m:	8:36.35	1:27.70	800m:	11:22.96	1:19.43
4. Tetaj Daniel	10	VZO	11:25.93	12:52.07							
100m:	1:18.24	1:18.24	300m:	4:11.88	1:27.70	500m:	7:10.29	1:29.68	700m:	10:02.24	1:25.03
200m:	2:44.18	1:25.94	400m:	5:40.61	1:28.73	600m:	8:37.21	1:26.92	800m:	11:25.93	1:23.69
5. Denecker Viktor	10	VZG	11:32.86	10:58.00							
100m:	1:18.45	1:18.45	300m:	4:16.11	1:30.22	500m:	7:15.50	1:28.85	700m:	10:14.74	1:28.70
200m:	2:45.89	1:27.44	400m:	5:46.65	1:30.54	600m:	8:46.04	1:30.54	800m:	11:32.86	1:18.12
6. Maes Leon	10	VZN	11:52.89	12:36.49							
100m:	1:21.92	1:21.92	300m:	4:23.31	1:31.30	500m:	7:26.60	1:31.66	700m:	10:29.35	1:31.54
200m:	2:52.01	1:30.09	400m:	5:54.94	1:31.63	600m:	8:57.81	1:31.21	800m:	11:52.89	1:23.54
7. Vylders Bram	10	VZN	12:25.51	14:02.28							
100m:	1:21.99	1:21.99	300m:	4:33.66	1:37.89	500m:	7:47.87	1:36.25	700m:	10:57.93	1:32.03
200m:	2:55.77	1:33.78	400m:	6:11.62	1:37.96	600m:	9:25.90	1:38.03	800m:	12:25.51	1:27.58
8. Boone Daan	09	BZV	13:24.04	NT							
100m:	1:32.68	1:32.68	300m:	5:07.24	1:48.12	500m:	8:38.93	1:45.56	700m:	11:52.20	1:35.72
200m:	3:19.12	1:46.44	400m:	6:53.37	1:46.13	600m:	10:16.48	1:37.55	800m:	13:24.04	1:31.84
9. Annys Bram	10	ZIB	13:24.47	15:20.97							
100m:	1:31.59	1:31.59	300m:	4:57.81	1:44.74	500m:	8:28.69	1:45.58	700m:	11:52.08	1:41.31
200m:	3:13.07	1:41.48	400m:	6:43.11	1:45.30	600m:	10:10.77	1:42.08	800m:	13:24.47	1:32.39
10. El Hanioui Ilias	09	ZIB	13:42.52	NT							
100m:	1:28.69	1:28.69	300m:	4:57.77	1:46.26	500m:	8:33.98	1:48.02	700m:	12:07.17	1:46.91
200m:	3:11.51	1:42.82	400m:	6:45.96	1:48.19	600m:	10:20.26	1:46.28	800m:	13:42.52	1:35.35

lange afstand - longues distances
Oostende, 19/1/2025

Programmanr. 3, 800m vrije slag

miniemen, Jongens

1. Verbruggen Liam	11	ZVM	12:41.22	13:39.33							
100m:	1:27.66	1:27.66	300m:	4:39.70	1:36.41	500m:	7:54.67	1:38.67	700m:	11:12.44	1:39.03
200m:	3:03.29	1:35.63	400m:	6:16.00	1:36.30	600m:	9:33.41	1:38.74	800m:	12:41.22	1:28.78
2. Degreef Lex	11	BZV	12:41.85	14:21.59							
100m:	1:27.81	1:27.81	300m:	4:40.91	1:36.50	500m:	7:56.95	1:38.71	700m:	11:13.64	1:38.01
200m:	3:04.41	1:36.60	400m:	6:18.24	1:37.33	600m:	9:35.63	1:38.68	800m:	12:41.85	1:28.21
3. Tessier Guillaume	11	BZV	14:40.59	NT							
100m:	1:34.69	1:34.69	300m:	5:19.06	1:54.06	500m:	9:08.44	1:54.57	700m:	12:55.09	1:52.01
200m:	3:25.00	1:50.31	400m:	7:13.87	1:54.81	600m:	11:03.08	1:54.64	800m:	14:40.59	1:45.50
4. Cattoor Thibault	11	BZV	14:42.54	NT							
100m:	1:37.02	1:37.02	300m:	5:20.60	1:54.18	500m:	9:10.94	1:54.93	700m:	13:00.88	1:53.05
200m:	3:26.42	1:49.40	400m:	7:16.01	1:55.41	600m:	11:07.83	1:56.89	800m:	14:42.54	1:41.66

benjamins, Jongens

1. Lamaire Lucas	13	VZN	12:28.35	14:12.21							
100m:	1:23.43	1:23.43	300m:	4:34.83	1:37.01	500m:	7:50.01	1:37.32	700m:	10:58.84	1:30.97
200m:	2:57.82	1:34.39	400m:	6:12.69	1:37.86	600m:	9:27.87	1:37.86	800m:	12:28.35	1:29.51
2. Strybos Kobe	13	VZG	13:03.96	13:40.25							
100m:	1:33.45	1:33.45	300m:	4:53.33	1:39.51	500m:	8:15.77	1:41.55	700m:	11:34.82	1:37.78
200m:	3:13.82	1:40.37	400m:	6:34.22	1:40.89	600m:	9:57.04	1:41.27	800m:	13:03.96	1:29.14
3. Vanmaeckelberghe Bas	14	VZO	13:47.77	NT							
100m:	1:35.21	1:35.21	300m:	5:03.08	1:45.48	500m:	8:37.48	1:46.08	700m:	12:08.47	1:46.26
200m:	3:17.60	1:42.39	400m:	6:51.40	1:48.32	600m:	10:22.21	1:44.73	800m:	13:47.77	1:39.30
4. Pollet Wannes	14	BZV	14:36.27	NT							
100m:	1:41.68	1:41.68	300m:	5:32.76	1:55.54	500m:	9:17.64	1:50.64	700m:	12:58.35	1:51.11
200m:	3:37.22	1:55.54	400m:	7:27.00	1:54.24	600m:	11:07.24	1:49.60	800m:	14:36.27	1:37.92
5. Proot Jerome	14	BZV	15:00.22	NT							
100m:	1:41.17	1:41.17	300m:	5:28.53	1:55.70	500m:	9:22.69	1:58.09	700m:	13:12.20	1:53.75
200m:	3:32.83	1:51.66	400m:	7:24.60	1:56.07	600m:	11:18.45	1:55.76	800m:	15:00.22	1:48.02
6. Vervaecke Mathis	13	VZO	16:26.19	NT							
100m:	1:47.13	1:47.13	300m:	5:59.33	2:07.52	500m:	10:11.28	2:05.29	700m:	14:22.02	2:05.65
200m:	3:51.81	2:04.68	400m:	8:05.99	2:06.66	600m:	12:16.37	2:05.09	800m:	16:26.19	2:04.17
7. Van Overstraeten Bram	14	VZG	18:08.14	14:35.00							
100m:	1:57.37	1:57.37	300m:	6:38.39	2:19.67	500m:	11:19.85	2:19.55	700m:	15:59.17	2:20.67
200m:	4:18.72	2:21.35	400m:	9:00.30	2:21.91	600m:	13:38.50	2:18.65	800m:	18:08.14	2:08.97

algemeen, Heren

1. D'Heere Rémi	09	VZN	9:57.33	9:45.43							
100m:	1:05.45	1:05.45	300m:	3:33.69	1:14.66	500m:	6:06.41	1:16.20	700m:	8:43.06	1:17.93
200m:	2:19.03	1:13.58	400m:	4:50.21	1:16.52	600m:	7:25.13	1:18.72	800m:	9:57.33	1:14.27
2. Winderickx Ruhne	07	ZIB	10:12.92	10:01.47							
100m:	1:07.24	1:07.24	300m:	3:36.51	1:15.69	500m:	6:11.87	1:18.89	700m:	8:56.10	1:21.77
200m:	2:20.82	1:13.58	400m:	4:52.98	1:16.47	600m:	7:34.33	1:22.46	800m:	10:12.92	1:16.82
3. Simons Jarno	02	ZVM	10:16.91	9:55.00							
100m:	1:05.89	1:05.89	300m:	3:41.21	1:20.45	500m:	6:26.42	1:22.09	700m:	9:04.92	1:17.17
200m:	2:20.76	1:14.87	400m:	5:04.33	1:23.12	600m:	7:47.75	1:21.33	800m:	10:16.91	1:11.99
4. Eeckhout Ward	08	DELFF	10:58.48	11:14.61							
100m:	1:13.97	1:13.97	300m:	3:56.93	1:22.71	500m:	6:44.95	1:24.65	700m:	9:35.19	1:24.82
200m:	2:34.22	1:20.25	400m:	5:20.30	1:23.37	600m:	8:10.37	1:25.42	800m:	10:58.48	1:23.29
5. Van Hecke Mathis	09	VZO	11:15.47	12:59.09							
100m:	1:17.34	1:17.34	300m:	4:11.15	1:28.21	500m:	7:09.52	1:29.19	700m:	10:00.96	1:23.82
200m:	2:42.94	1:25.60	400m:	5:40.33	1:29.18	600m:	8:37.14	1:27.62	800m:	11:15.47	1:14.51
6. Rommens Timo	08	VZN	11:21.35	11:36.48							
100m:	1:17.90	1:17.90	300m:	4:10.43	1:27.74	500m:	7:07.37	1:28.85	700m:	10:02.00	1:27.26
200m:	2:42.69	1:24.79	400m:	5:38.52	1:28.09	600m:	8:34.74	1:27.37	800m:	11:21.35	1:19.35

lange afstand - longues distances
Oostende, 19/1/2025

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

Rang	Geb.			Tijd		insch. tijd					
7. Praet Kobe	10	VZN	11:22.96	11:15.77							
100m:	1:17.02	1:17.02	300m:	4:10.75	1:28.10	500m:	7:08.65	1:28.98	700m:	10:03.53	1:27.18
200m:	2:42.65	1:25.63	400m:	5:39.67	1:28.92	600m:	8:36.35	1:27.70	800m:	11:22.96	1:19.43
8. Tetaj Daniel	10	VZO	11:25.93	12:52.07							
100m:	1:18.24	1:18.24	300m:	4:11.88	1:27.70	500m:	7:10.29	1:29.68	700m:	10:02.24	1:25.03
200m:	2:44.18	1:25.94	400m:	5:40.61	1:28.73	600m:	8:37.21	1:26.92	800m:	11:25.93	1:23.69
9. Denecker Viktor	10	VZG	11:32.86	10:58.00							
100m:	1:18.45	1:18.45	300m:	4:16.11	1:30.22	500m:	7:15.50	1:28.85	700m:	10:14.74	1:28.70
200m:	2:45.89	1:27.44	400m:	5:46.65	1:30.54	600m:	8:46.04	1:30.54	800m:	11:32.86	1:18.12
10. Maes Leon	10	VZN	11:52.89	12:36.49							
100m:	1:21.92	1:21.92	300m:	4:23.31	1:31.30	500m:	7:26.60	1:31.66	700m:	10:29.35	1:31.54
200m:	2:52.01	1:30.09	400m:	5:54.94	1:31.63	600m:	8:57.81	1:31.21	800m:	11:52.89	1:23.54
11. Vyliders Bram	10	VZN	12:25.51	14:02.28							
100m:	1:21.99	1:21.99	300m:	4:33.66	1:37.89	500m:	7:47.87	1:36.25	700m:	10:57.93	1:32.03
200m:	2:55.77	1:33.78	400m:	6:11.62	1:37.96	600m:	9:25.90	1:38.03	800m:	12:25.51	1:27.58
12. Lamaire Lucas	13	VZN	12:28.35	14:12.21							
100m:	1:23.43	1:23.43	300m:	4:34.83	1:37.01	500m:	7:50.01	1:37.32	700m:	10:58.84	1:30.97
200m:	2:57.82	1:34.39	400m:	6:12.69	1:37.86	600m:	9:27.87	1:37.86	800m:	12:28.35	1:29.51
13. Verbruggen Liam	11	ZVM	12:41.22	13:39.33							
100m:	1:27.66	1:27.66	300m:	4:39.70	1:36.41	500m:	7:54.67	1:38.67	700m:	11:12.44	1:39.03
200m:	3:03.29	1:35.63	400m:	6:16.00	1:36.30	600m:	9:33.41	1:38.74	800m:	12:41.22	1:28.78
14. Degreef Lex	11	BZV	12:41.85	14:21.59							
100m:	1:27.81	1:27.81	300m:	4:40.91	1:36.50	500m:	7:56.95	1:38.71	700m:	11:13.64	1:38.01
200m:	3:04.41	1:36.60	400m:	6:18.24	1:37.33	600m:	9:35.63	1:38.68	800m:	12:41.85	1:28.21
15. Cocquit Lander	07	ZIB	12:43.30	11:55.76							
100m:	1:22.57	1:22.57	300m:	4:25.35	1:33.88	500m:	7:52.25	1:42.98	700m:	11:17.03	1:43.45
200m:	2:51.47	1:28.90	400m:	6:09.27	1:43.92	600m:	9:33.58	1:41.33	800m:	12:43.30	1:26.27
16. Vermeulen Gerry	78	DELFL	12:44.30	12:36.53							
100m:	1:24.05	1:24.05	300m:	4:40.36	1:39.05	500m:	8:02.42	1:40.99	700m:	11:19.28	1:37.31
200m:	3:01.31	1:37.26	400m:	6:21.43	1:41.07	600m:	9:41.97	1:39.55	800m:	12:44.30	1:25.02
17. Cocquit Sam	08	ZIB	12:48.46	12:34.26							
100m:	1:20.47	1:20.47	300m:	4:32.36	1:38.84	500m:	7:54.98	1:41.78	700m:	11:14.52	1:39.44
200m:	2:53.52	1:33.05	400m:	6:13.20	1:40.84	600m:	9:35.08	1:40.10	800m:	12:48.46	1:33.94
18. Strybos Kobe	13	VZG	13:03.96	13:40.25							
100m:	1:33.45	1:33.45	300m:	4:53.33	1:39.51	500m:	8:15.77	1:41.55	700m:	11:34.82	1:37.78
200m:	3:13.82	1:40.37	400m:	6:34.22	1:40.89	600m:	9:57.04	1:41.27	800m:	13:03.96	1:29.14
19. Boone Daan	09	BZV	13:24.04	NT							
100m:	1:32.68	1:32.68	300m:	5:07.24	1:48.12	500m:	8:38.93	1:45.56	700m:	11:52.20	1:35.72
200m:	3:19.12	1:46.44	400m:	6:53.37	1:46.13	600m:	10:16.48	1:37.55	800m:	13:24.04	1:31.84
20. Anny's Bram	10	ZIB	13:24.47	15:20.97							
100m:	1:31.59	1:31.59	300m:	4:57.81	1:44.74	500m:	8:28.69	1:45.58	700m:	11:52.08	1:41.31
200m:	3:13.07	1:41.48	400m:	6:43.11	1:45.30	600m:	10:10.77	1:42.08	800m:	13:24.47	1:32.39
21. El Hanioui Ilias	09	ZIB	13:42.52	NT							
100m:	1:28.69	1:28.69	300m:	4:57.77	1:46.26	500m:	8:33.98	1:48.02	700m:	12:07.17	1:46.91
200m:	3:11.51	1:42.82	400m:	6:45.96	1:48.19	600m:	10:20.26	1:46.28	800m:	13:42.52	1:35.35
22. Vanmaeckelberghe Bas	14	VZO	13:47.77	NT							
100m:	1:35.21	1:35.21	300m:	5:03.08	1:45.48	500m:	8:37.48	1:46.08	700m:	12:08.47	1:46.26
200m:	3:17.60	1:42.39	400m:	6:51.40	1:48.32	600m:	10:22.21	1:44.73	800m:	13:47.77	1:39.30
23. Pollet Wannes	14	BZV	14:36.27	NT							
100m:	1:41.68	1:41.68	300m:	5:32.76	1:55.54	500m:	9:17.64	1:50.64	700m:	12:58.35	1:51.11
200m:	3:37.22	1:55.54	400m:	7:27.00	1:54.24	600m:	11:07.24	1:49.60	800m:	14:36.27	1:37.92
24. Tessier Guillaume	11	BZV	14:40.59	NT							
100m:	1:34.69	1:34.69	300m:	5:19.06	1:54.06	500m:	9:08.44	1:54.57	700m:	12:55.09	1:52.01
200m:	3:25.00	1:50.31	400m:	7:13.87	1:54.81	600m:	11:03.08	1:54.64	800m:	14:40.59	1:45.50
25. Cattoor Thibault	11	BZV	14:42.54	NT							
100m:	1:37.02	1:37.02	300m:	5:20.60	1:54.18	500m:	9:10.94	1:54.93	700m:	13:00.88	1:53.05
200m:	3:26.42	1:49.40	400m:	7:16.01	1:55.41	600m:	11:07.83	1:56.89	800m:	14:42.54	1:41.66

lange afstand - longues distances
Oostende, 19/1/2025

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

Rang	Geb.		Tijd		insch. tijd							
26.	Proot Jerome		14	BZV	15:00.22	NT						
	100m:	1:41.17	1:41.17	300m:	5:28.53	1:55.70	500m:	9:22.69	1:58.09	700m:	13:12.20	1:53.75
	200m:	3:32.83	1:51.66	400m:	7:24.60	1:56.07	600m:	11:18.45	1:55.76	800m:	15:00.22	1:48.02
27.	Vervaecke Mathis		13	VZO	16:26.19	NT						
	100m:	1:47.13	1:47.13	300m:	5:59.33	2:07.52	500m:	10:11.28	2:05.29	700m:	14:22.02	2:05.65
	200m:	3:51.81	2:04.68	400m:	8:05.99	2:06.66	600m:	12:16.37	2:05.09	800m:	16:26.19	2:04.17
28.	Van Overstraeten Bram		14	VZG	18:08.14	14:35.00						
	100m:	1:57.37	1:57.37	300m:	6:38.39	2:19.67	500m:	11:19.85	2:19.55	700m:	15:59.17	2:20.67
	200m:	4:18.72	2:21.35	400m:	9:00.30	2:21.91	600m:	13:38.50	2:18.65	800m:	18:08.14	2:08.97
dis	Annys Paul		68	ZIB		NT						
	<i>SW10-WE2 - de volledige afstand niet verzwommen</i>											
	100m:	1:30.75	1:30.75	300m:	5:18.66	1:58.79	500m:			700m:		
	200m:	3:19.87	1:49.12	400m:	7:51.68	2:33.02	600m:			800m:		