

KZK-Laaste kans-2025  
Kortrijk, 26/12/2025

Programmanr. 3  
26/12/2025 - 11:20

Jongens, 400m vrije slag

11 - 14 jaar  
Resultaten

Haai 2025 13: 4:31.41; 14: 4:18.49 / Loodsvijze 2025 11: 6:02.60; 12: 5:39.14; 13: 5:12.94; 14: 4:59.32

Punten: AQUA 2025

| Rang         | Inschr.            |         |       |                 |         |       |         | Tijd           | Pnt   |                     |
|--------------|--------------------|---------|-------|-----------------|---------|-------|---------|----------------|-------|---------------------|
| 11 - 12 jaar |                    |         |       |                 |         |       |         |                |       |                     |
| 1.           | Vandemaele Egon    |         |       | KZK/11153/13    |         |       | 5:04.75 | <b>5:00.44</b> | 393   |                     |
|              | 50m:               | 32.88   | 32.88 | 150m:           | 1:48.56 | 37.92 | 250m:   | 3:05.31        | 38.35 | 350m: 4:22.31 38.27 |
|              | 100m:              | 1:10.64 | 37.76 | 200m:           | 2:26.96 | 38.40 | 300m:   | 3:44.04        | 38.73 | 400m: 5:00.44 38.13 |
| 2.           | De vlieger Eliott  |         |       | RSC/11126/13    |         |       | 5:33.50 | <b>5:12.89</b> | 347   |                     |
|              | 50m:               | 32.38   | 32.38 | 150m:           | 1:50.31 | 39.99 | 250m:   | 3:11.49        | 40.89 | 350m: 4:32.96 40.26 |
|              | 100m:              | 1:10.32 | 37.94 | 200m:           | 2:30.60 | 40.29 | 300m:   | 3:52.70        | 41.21 | 400m: 5:12.89 39.93 |
| 3.           | Goemaere Cyriel    |         |       | KZK/11159/14    |         |       | 5:24.92 | <b>5:13.71</b> | 345   |                     |
|              | 50m:               | 33.92   | 33.92 | 150m:           | 1:52.16 | 40.05 | 250m:   | 3:13.45        | 40.55 | 350m: 4:35.26 40.84 |
|              | 100m:              | 1:12.11 | 38.19 | 200m:           | 2:32.90 | 40.74 | 300m:   | 3:54.42        | 40.97 | 400m: 5:13.71 38.45 |
| 4.           | Bohijn Milo        |         |       | UZKZ/11135/13   |         |       | 5:23.12 | <b>5:21.71</b> | 320   |                     |
|              | 50m:               | 35.77   | 35.77 | 150m:           | 1:59.53 | 42.24 | 250m:   | 3:22.61        | 41.25 | 350m: 4:43.00 40.47 |
|              | 100m:              | 1:17.29 | 41.52 | 200m:           | 2:41.36 | 41.83 | 300m:   | 4:02.53        | 39.92 | 400m: 5:21.71 38.71 |
| 5.           | Vanhee Tibe        |         |       | TiMe/11070/14   |         |       | 5:32.32 | <b>5:29.92</b> | 296   |                     |
|              | 50m:               | 35.52   | 35.52 | 150m:           | 1:58.94 | 42.44 | 250m:   | 3:25.32        | 43.38 | 350m: 4:51.06 43.41 |
|              | 100m:              | 1:16.50 | 40.98 | 200m:           | 2:41.94 | 43.00 | 300m:   | 4:07.65        | 42.33 | 400m: 5:29.92 38.86 |
| 6.           | Sinnesael Casper   |         |       | IKZ/11162/13    |         |       | 5:41.51 | <b>5:38.64</b> | 274   |                     |
|              | 50m:               | 38.04   | 38.04 | 150m:           | 2:02.56 | 42.47 | 250m:   | 3:29.64        | 43.34 | 350m: 4:57.91 43.66 |
|              | 100m:              | 1:20.09 | 42.05 | 200m:           | 2:46.30 | 43.74 | 300m:   | 4:14.25        | 44.61 | 400m: 5:38.64 40.73 |
| 7.           | Maes Jasper        |         |       | TiMe/11073/13   |         |       | 6:07.19 | <b>5:39.25</b> | 272   |                     |
|              | 50m:               | 37.94   | 37.94 | 150m:           | 2:03.95 | 43.13 | 250m:   | 3:32.18        | 43.91 | 350m: 4:57.84 42.25 |
|              | 100m:              | 1:20.82 | 42.88 | 200m:           | 2:48.27 | 44.32 | 300m:   | 4:15.59        | 43.41 | 400m: 5:39.25 41.41 |
| 8.           | Vandeputte Jorbe   |         |       | IKZ/31153/14    |         |       | 5:28.18 | <b>5:43.06</b> | 263   |                     |
|              | 50m:               | 37.61   | 37.61 | 150m:           | 2:03.04 | 43.36 | 250m:   | 3:31.87        | 43.91 | 350m: 5:00.54 43.60 |
|              | 100m:              | 1:19.68 | 42.07 | 200m:           | 2:47.96 | 44.92 | 300m:   | 4:16.94        | 45.07 | 400m: 5:43.06 42.52 |
| 9.           | Willems Korben     |         |       | TiMe/11078/13   |         |       | 5:44.57 | <b>5:45.89</b> | 257   |                     |
|              | 50m:               | 37.68   | 37.68 | 150m:           | 2:04.76 | 44.35 | 250m:   | 3:35.02        | 45.16 | 350m: 5:04.72 43.93 |
|              | 100m:              | 1:20.41 | 42.73 | 200m:           | 2:49.86 | 45.10 | 300m:   | 4:20.79        | 45.77 | 400m: 5:45.89 41.17 |
| 10.          | De Baere Arnaud    |         |       | UZKZ/11136/13   |         |       | 5:46.08 | <b>5:46.41</b> | 256   |                     |
|              | 50m:               | 38.32   | 38.32 | 150m:           | 2:07.80 | 44.74 | 250m:   | 3:38.81        | 45.62 | 350m: 5:08.26 44.62 |
|              | 100m:              | 1:23.06 | 44.74 | 200m:           | 2:53.19 | 45.39 | 300m:   | 4:23.64        | 44.83 | 400m: 5:46.41 38.15 |
| 11.          | Verbelen Finn      |         |       | TiMe/11069/14   |         |       | 6:18.88 | <b>5:50.73</b> | 247   |                     |
|              | 50m:               | 39.25   | 39.25 | 150m:           | 2:08.75 | 45.23 | 250m:   | 3:39.24        | 44.97 | 350m: 5:08.31 44.83 |
|              | 100m:              | 1:23.52 | 44.27 | 200m:           | 2:54.27 | 45.52 | 300m:   | 4:23.48        | 44.24 | 400m: 5:50.73 42.42 |
| 12.          | Steen Remi         |         |       | IKZ/11160/14    |         |       | 5:42.77 | <b>5:51.16</b> | 246   |                     |
|              | 50m:               | 37.45   | 37.45 | 150m:           | 2:07.97 | 46.16 | 250m:   | 3:40.64        | 46.56 | 350m: 5:10.25 42.93 |
|              | 100m:              | 1:21.81 | 44.36 | 200m:           | 2:54.08 | 46.11 | 300m:   | 4:27.32        | 46.68 | 400m: 5:51.16 40.91 |
| 13.          | Rojers Remi        |         |       | UZKZ/11166/14   |         |       | 5:59.14 | <b>5:52.69</b> | 242   |                     |
|              | 50m:               | 38.79   | 38.79 | 150m:           | 2:08.79 | 44.55 | 250m:   | 3:39.49        | 45.75 | 350m: 5:12.41 46.69 |
|              | 100m:              | 1:24.24 | 45.45 | 200m:           | 2:53.74 | 44.95 | 300m:   | 4:25.72        | 46.23 | 400m: 5:52.69 40.28 |
| 14.          | Decock Cerial      |         |       | KZK/11191/14    |         |       | 6:18.27 | <b>6:01.05</b> | 226   |                     |
|              | 50m:               | 41.32   | 41.32 | 150m:           | 2:13.17 | 45.87 | 250m:   | 3:47.97        | 47.69 | 350m: 5:21.21 46.70 |
|              | 100m:              | 1:27.30 | 45.98 | 200m:           | 3:00.28 | 47.11 | 300m:   | 4:34.51        | 46.54 | 400m: 6:01.05 39.84 |
| 15.          | Victor Milo        |         |       | KZK/11166/14    |         |       | 6:12.26 | <b>6:02.38</b> | 223   |                     |
|              | 50m:               | 40.36   | 40.36 | 150m:           | 2:13.17 | 46.64 | 250m:   | 3:47.76        | 47.39 | 350m: 5:21.26 46.49 |
|              | 100m:              | 1:26.53 | 46.17 | 200m:           | 3:00.37 | 47.20 | 300m:   | 4:34.77        | 47.01 | 400m: 6:02.38 41.12 |
| 16.          | Van Braeckel Seppe |         |       | OZEKA/11139/135 |         |       | 40.56   | <b>6:02.63</b> | 223   |                     |
|              | 50m:               | 35.66   | 35.66 | 150m:           | 2:06.26 | 47.60 | 250m:   | 3:42.91        | 48.42 | 350m: 5:18.20 47.18 |
|              | 100m:              | 1:18.66 | 43.00 | 200m:           | 2:54.49 | 48.23 | 300m:   | 4:31.02        | 48.11 | 400m: 6:02.63 44.43 |

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Programmanr. 3, Jongens, 400m vrije slag, 11 - 12 jaar

| Rang |                  |         |         |       | Inshr.                | Tijd           | Pnt     |         |                       |
|------|------------------|---------|---------|-------|-----------------------|----------------|---------|---------|-----------------------|
| 17.  | Sandra Tuur      |         |         |       | UZKZ/11167/14 6:01.22 | <b>6:03.55</b> | 221     |         |                       |
|      | 50m:             | 39.56   | 39.56   | 150m: | 2:14.12 47.71         | 250m:          | 3:48.53 | 47.10   | 350m: 5:20.71 47.05   |
|      | 100m:            | 1:26.41 | 46.85   | 200m: | 3:01.43 47.31         | 300m:          | 4:33.66 | 45.13   | 400m: 6:03.55 42.84   |
| 18.  | Vanbrabant Esben |         |         |       | IKZ/11157/13 7:06.51  | <b>6:04.07</b> | 220     |         |                       |
|      | 50m:             | 41.85   | 41.85   | 150m: | 2:15.52 47.98         | 250m:          | 3:49.74 | 47.62   | 350m: 5:22.04 45.17   |
|      | 100m:            | 1:27.54 | 45.69   | 200m: | 3:02.12 46.60         | 300m:          | 4:36.87 | 47.13   | 400m: 6:04.07 42.03   |
| 19.  | Hoeymans Cedric  |         |         |       | OZEKA/11137/135:48.54 | <b>6:06.68</b> | 216     |         |                       |
|      | 50m:             | 36.37   | 36.37   | 150m: | 2:06.01 45.91         | 250m:          | 3:41.83 | 48.00   | 350m: 5:18.96 48.08   |
|      | 100m:            | 1:20.10 | 43.73   | 200m: | 2:53.83 47.82         | 300m:          | 4:30.88 | 49.05   | 400m: 6:06.68 47.72   |
| 20.  | Van Lierde Daan  |         |         |       | OZEKA/11141/146:35.15 | <b>6:26.71</b> | 184     |         |                       |
|      | 50m:             | 42.15   | 42.15   | 150m: | 2:23.72 51.07         | 250m:          | 4:03.48 | 49.77   | 350m: 5:41.45 47.38   |
|      | 100m:            | 1:32.65 | 50.50   | 200m: | 3:13.71 49.99         | 300m:          | 4:54.07 | 50.59   | 400m: 6:26.71 45.26   |
| 21.  | Deconinck Luca   |         |         |       | KZK/11192/14 6:42.71  | <b>6:51.72</b> | 152     |         |                       |
|      | 50m:             | 42.88   | 42.88   | 150m: | 2:24.84 52.99         | 250m:          | 4:13.31 | 53.39   | 350m: 6:03.65 55.66   |
|      | 100m:            | 1:31.85 | 48.97   | 200m: | 3:19.92 55.08         | 300m:          | 5:07.99 | 54.68   | 400m: 6:51.72 48.07   |
| 22.  | Neghli Nacim     |         |         |       | RSC/11113/13 8:05.71  | <b>6:59.90</b> | 143     |         |                       |
|      | 50m:             | 39.70   | 39.70   | 150m: | 2:21.55 52.75         | 250m:          | 4:09.86 | 55.35   | 350m: 6:03.80 56.35   |
|      | 100m:            | 1:28.80 | 49.10   | 200m: | 3:14.51 52.96         | 300m:          | 5:07.45 | 57.59   | 400m: 6:59.90 56.10   |
| 23.  | Degezelle Leon   |         |         |       | IKZ/11189/13 NT       | <b>7:35.15</b> | 113     |         |                       |
|      | 50m:             | 47.35   | 47.35   | 150m: | 2:40.51 57.89         | 250m:          | 4:43.21 | 1:02.07 | 350m: 6:42.13 58.42   |
|      | 100m:            | 1:42.62 | 55.27   | 200m: | 3:41.14 1:00.63       | 300m:          | 5:43.71 | 1:00.50 | 400m: 7:35.15 53.02   |
| 24.  | Cardinael Milan  |         |         |       | IKZ/11190/14 NT       | <b>8:19.92</b> | 85      |         |                       |
|      | 50m:             | 51.51   | 51.51   | 150m: | 2:58.12 1:03.08       | 250m:          | 5:09.75 | 1:05.47 | 350m: 7:18.50 1:03.60 |
|      | 100m:            | 1:55.04 | 1:03.53 | 200m: | 4:04.28 1:06.16       | 300m:          | 6:14.90 | 1:05.15 | 400m: 8:19.92 1:01.42 |

13 - 14 jaar

|    |                   |         |       |       |                       |                |         |       |                     |
|----|-------------------|---------|-------|-------|-----------------------|----------------|---------|-------|---------------------|
| 1. | Vanvyaene Matthys |         |       |       | TiMe/11059/11 4:34.91 | <b>4:35.94</b> | 507     |       |                     |
|    | 50m:              | 29.74   | 29.74 | 150m: | 1:39.85 35.71         | 250m:          | 2:51.84 | 36.28 | 350m: 4:04.01 35.95 |
|    | 100m:             | 1:04.14 | 34.40 | 200m: | 2:15.56 35.71         | 300m:          | 3:28.06 | 36.22 | 400m: 4:35.94 31.93 |
| 2. | Baert Miel        |         |       |       | TiMe/11030/11 4:33.88 | <b>4:36.75</b> | 502     |       |                     |
|    | 50m:              | 30.33   | 30.33 | 150m: | 1:39.92 35.43         | 250m:          | 2:52.24 | 36.30 | 350m: 4:04.19 36.02 |
|    | 100m:             | 1:04.49 | 34.16 | 200m: | 2:15.94 36.02         | 300m:          | 3:28.17 | 35.93 | 400m: 4:36.75 32.56 |
| 3. | Baeyens Warre     |         |       |       | TiMe/11051/11 4:38.64 | <b>4:41.25</b> | 479     |       |                     |
|    | 50m:              | 30.24   | 30.24 | 150m: | 1:40.38 35.81         | 250m:          | 2:52.94 | 36.50 | 350m: 4:06.08 36.83 |
|    | 100m:             | 1:04.57 | 34.33 | 200m: | 2:16.44 36.06         | 300m:          | 3:29.25 | 36.31 | 400m: 4:41.25 35.17 |
| 4. | Thuylic Vic       |         |       |       | KZK/11156/11 5:01.23  | <b>4:49.25</b> | 440     |       |                     |
|    | 50m:              | 32.47   | 32.47 | 150m: | 1:44.92 36.82         | 250m:          | 3:00.03 | 37.81 | 350m: 4:14.44 37.39 |
|    | 100m:             | 1:08.10 | 35.63 | 200m: | 2:22.22 37.30         | 300m:          | 3:37.05 | 37.02 | 400m: 4:49.25 34.81 |
| 5. | Vanneste Daan     |         |       |       | KZK/11135/12 4:54.09  | <b>4:49.36</b> | 439     |       |                     |
|    | 50m:              | 32.79   | 32.79 | 150m: | 1:46.69 37.01         | 250m:          | 3:00.44 | 36.86 | 350m: 4:14.37 36.58 |
|    | 100m:             | 1:09.68 | 36.89 | 200m: | 2:23.58 36.89         | 300m:          | 3:37.79 | 37.35 | 400m: 4:49.36 34.99 |
| 6. | Olszewski Maxime  |         |       |       | KZK/11172/12 5:35.57  | <b>5:04.03</b> | 379     |       |                     |
|    | 50m:              | 33.24   | 33.24 | 150m: | 1:50.02 39.76         | 250m:          | 3:09.52 | 40.20 | 350m: 4:27.84 38.99 |
|    | 100m:             | 1:10.26 | 37.02 | 200m: | 2:29.32 39.30         | 300m:          | 3:48.85 | 39.33 | 400m: 5:04.03 36.19 |
| 7. | Demasure Yordi    |         |       |       | TiMe/11072/12 5:14.63 | <b>5:10.28</b> | 356     |       |                     |
|    | 50m:              | 34.25   | 34.25 | 150m: | 1:52.10 39.39         | 250m:          | 3:12.62 | 40.84 | 350m: 4:32.60 39.43 |
|    | 100m:             | 1:12.71 | 38.46 | 200m: | 2:31.78 39.68         | 300m:          | 3:53.17 | 40.55 | 400m: 5:10.28 37.68 |
| 8. | Van Daele Nand    |         |       |       | RSC/11106/12 5:39.13  | <b>5:22.26</b> | 318     |       |                     |
|    | 50m:              | 33.51   | 33.51 | 150m: | 1:53.35 40.82         | 250m:          | 3:17.09 | 41.92 | 350m: 4:40.98 41.73 |
|    | 100m:             | 1:12.53 | 39.02 | 200m: | 2:35.17 41.82         | 300m:          | 3:59.25 | 42.16 | 400m: 5:22.26 41.28 |
| 9. | Provoost Warre    |         |       |       | KZK/11186/12 5:25.17  | <b>5:27.59</b> | 303     |       |                     |
|    | 50m:              | 36.04   | 36.04 | 150m: | 1:58.76 41.81         | 250m:          | 3:22.92 | 42.57 | 350m: 4:47.88 42.62 |
|    | 100m:             | 1:16.95 | 40.91 | 200m: | 2:40.35 41.59         | 300m:          | 4:05.26 | 42.34 | 400m: 5:27.59 39.71 |

KZK-Laaste kans-2025  
Kortrijk, 26/12/2025

Programmanr. 3, Jongens, 400m vrije slag, 13 - 14 jaar

| Rang |                        |         |       |       | Inscr.                | Tijd           | Pnt           |       |               |
|------|------------------------|---------|-------|-------|-----------------------|----------------|---------------|-------|---------------|
| 10.  | Casier Jarne           |         |       |       | RSC/11133/11 5:41.93  | <b>5:28.11</b> | 301           |       |               |
|      | 50m:                   | 35.05   | 35.05 | 150m: | 1:57.49 43.03         | 250m:          | 3:22.64 43.26 | 350m: | 4:48.51 43.12 |
|      | 100m:                  | 1:14.46 | 39.41 | 200m: | 2:39.38 41.89         | 300m:          | 4:05.39 42.75 | 400m: | 5:28.11 39.60 |
| 11.  | Victor Sam             |         |       |       | KZK/11146/12 5:44.68  | <b>5:37.45</b> | 277           |       |               |
|      | 50m:                   | 36.67   | 36.67 | 150m: | 1:59.05 41.35         | 250m:          | 3:26.23 43.68 | 350m: | 4:54.75 44.10 |
|      | 100m:                  | 1:17.70 | 41.03 | 200m: | 2:42.55 43.50         | 300m:          | 4:10.65 44.42 | 400m: | 5:37.45 42.70 |
| 12.  | Landuyt Marcel         |         |       |       | TiMe/11077/12 5:57.43 | <b>5:45.68</b> | 258           |       |               |
|      | 50m:                   | 38.32   | 38.32 | 150m: | 2:08.20 45.06         | 250m:          | 3:37.83 44.75 | 350m: | 5:06.64 44.45 |
|      | 100m:                  | 1:23.14 | 44.82 | 200m: | 2:53.08 44.88         | 300m:          | 4:22.19 44.36 | 400m: | 5:45.68 39.04 |
| 13.  | Van Nieuwenhuyze Lukas |         |       |       | OZEKA/11134/126:05.25 | <b>5:47.35</b> | 254           |       |               |
|      | 50m:                   | 37.76   | 37.76 | 150m: | 2:06.62 44.48         | 250m:          | 3:37.10 45.46 | 350m: | 5:06.76 44.52 |
|      | 100m:                  | 1:22.14 | 44.38 | 200m: | 2:51.64 45.02         | 300m:          | 4:22.24 45.14 | 400m: | 5:47.35 40.59 |
| 14.  | D'Hont Theodore        |         |       |       | BZK/11444/12 NT       | <b>6:00.70</b> | 227           |       |               |
|      | 50m:                   | 39.75   | 39.75 | 150m: | 2:10.77 46.42         | 250m:          | 3:45.26 47.87 | 350m: | 5:18.93 46.33 |
|      | 100m:                  | 1:24.35 | 44.60 | 200m: | 2:57.39 46.62         | 300m:          | 4:32.60 47.34 | 400m: | 6:00.70 41.77 |
| 15.  | Vancraeynest Jules     |         |       |       | KZK/11193/12 6:04.02  | <b>6:00.79</b> | 226           |       |               |
|      | 50m:                   | 39.05   | 39.05 | 150m: | 2:08.75 45.62         | 250m:          | 3:42.93 46.79 | 350m: | 5:16.26 45.84 |
|      | 100m:                  | 1:23.13 | 44.08 | 200m: | 2:56.14 47.39         | 300m:          | 4:30.42 47.49 | 400m: | 6:00.79 44.53 |
| 16.  | Crosse Noah            |         |       |       | RSC/11120/12 6:48.75  | <b>6:25.44</b> | 186           |       |               |
|      | 50m:                   | 38.77   | 38.77 | 150m: | 2:16.47 49.63         | 250m:          | 3:59.92 50.67 | 350m: | 5:42.37 49.56 |
|      | 100m:                  | 1:26.84 | 48.07 | 200m: | 3:09.25 52.78         | 300m:          | 4:52.81 52.89 | 400m: | 6:25.44 43.07 |