



1 - Sessie 1 / 9-12 jarigen

10/10/2020 - 14:30

Programmanr. 1

400m vrije slag

9 - 10 jaar

10/10/2020 - 14:30

Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
9 jaar, Meisjes								
1.	VAN HEUGTEN Marie	11 HZA	7:15.00	6:37.57	1:32.11	1:44.72	1:45.45	1:35.29
2.	MERTENS Femke	11 SHARK	7:58.60	6:44.83	1:33.90	1:46.27	1:45.01	1:39.65
3.	VAN GINNEKEN Marit	11 AZK	6:50.00	7:00.48	1:41.89	1:49.03	1:48.83	1:40.73
4.	VERDOOD Pip	11 ZVL	7:46.00	7:16.15	1:36.34	1:53.46	1:54.72	1:51.63
5.	CROISIAU Marie-lise	11 BRABO	8:35.00	7:26.10	1:43.57	1:54.39	1:55.93	1:52.21
6.	DURT Reine	11 SHARK	7:51.50	7:26.51	1:40.65	1:55.02	1:56.83	1:54.01
7.	LUYTEN Julie	11 AZK	7:10.00	7:29.79	1:38.68	1:55.91	2:00.21	1:54.99
8.	CORTHOUT Mirte	11 HZA	7:05.00	7:35.35	1:44.22	1:58.93	1:58.67	1:53.53
10 jaar, Meisjes								
1.	HUYBRECHTS Lotta	10 WST	6:02.22	5:58.08	1:24.05	1:32.18	1:34.35	1:27.50
2.	DE MEYER Jolien	10 ZS	6:23.00	6:14.66	1:27.22	1:35.13	1:36.06	1:36.25
3.	VAN STEIRTEGHEM Lies	10 ZS	6:45.00	6:26.53	1:31.21	1:38.21	1:39.98	1:37.13
4.	KELDERMAN Fran	10 BRABO	6:53.86	6:32.31	1:35.05	1:42.33	1:39.80	1:35.13
5.	WILLEMS Lies	10 BRABO	7:18.81	6:38.31	1:29.75	1:42.41	1:42.47	1:43.68
6.	VAN BEYLEN Melina	10 RSCM	6:50.00	6:41.06	1:34.28	1:42.30	1:42.31	1:42.17
7.	MAES Julie	10 ZGEEL	7:30.64	7:00.15	1:38.51	1:47.25	1:49.52	1:44.87
8.	SCHELLEMANS Charlotte	10 ZVL	8:07.00	7:01.11	1:37.31	1:49.13	1:50.05	1:44.62
9.	BOVEN Axelle	10 SHARK	8:06.40	7:03.16	1:42.25	1:49.33	1:50.23	1:41.35
10.	OLIESLAGERS Noémie	10 SHARK	8:05.70	7:13.05	1:41.96	1:50.37	1:52.39	1:48.33
	FF CONTAN Raisa	10 KST	5:59.99					
9 jaar, Jongens								
1.	WELLENS Daan	11 ZGEEL	6:45.00	7:02.00	1:38.10	1:50.04	1:50.08	1:43.78
2.	RAEYMAKERS Vincent	11 BRABO	8:05.00	7:04.98	1:37.26	1:50.45	1:50.26	1:47.01
3.	KERSTENS Bavo	11 BRABO	9:05.00	7:21.00	1:39.20	1:53.08	1:55.22	1:53.50
4.	ESHUIS Nick	11 BRABO	8:55.00	7:22.50	1:46.08	1:53.24	1:54.48	1:48.70
10 jaar, Jongens								
1.	BOGAERS Thomas	10 BRABO	6:39.99	6:13.19	1:30.97	1:35.73	1:36.39	1:30.10
2.	LENAERTS Warre	10 BRABO	6:36.53	6:18.62	1:30.23	1:37.47	1:37.85	1:33.07
3.	LEMMENS Noah	10 AZV	7:52.08	6:53.09	1:40.00	1:46.97	1:45.52	1:40.60
4.	OTTEVAERE Benjamin	10 BRABO	7:14.04	7:00.86	1:39.19	1:49.40	1:49.55	1:42.72
5.	DE LAET Benjamin	10 BRABO	7:17.59	7:02.11	1:39.62	1:48.75	1:49.84	1:43.90
6.	VOLDERS Arne	10 ZVL	8:05.00	7:10.76	1:40.52	1:50.94	1:42.41	1:56.89
7.	VAN EGDOM Sieb	10 HZA	6:50.00	7:28.77	1:39.86	1:58.93	1:55.81	1:54.17

Volg onze wedstrijd live via onderstaande QR-code





Programmanr. 2
10/10/2020 - 15:12

Meisjes, 400m vrije slag

11 - 12 jaar
Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m		
11 jaar									
1.	VAN HEUGTEN Hanne	09 HZA	5:24.98	4:56.95	VJK LV H	1:10.21	1:15.31	1:18.31	1:13.12
2.	VAN DEN WYNGAERT Elizabeth	09 BRABO	5:49.72	5:30.41	VJK LV	1:15.34	1:24.02	1:25.75	1:25.30
3.	VINGERHOETS Madelief	09 WST	5:50.93	5:32.93	VJK LV	1:19.90	1:25.99	1:26.04	1:21.00
4.	MERTENS Helena	09 SHARK	5:40.42	5:36.16	VJK LV	1:17.84	1:25.63	1:27.25	1:25.44
5.	WIJCKMANS Lene	09 HZA	6:07.95	5:50.63	VJK LV	1:20.55	1:30.33	1:31.17	1:28.58
6.	VERCAMMEN Fleur	09 ZS	6:03.17	5:58.02	VJK	1:25.41	1:31.72	1:31.68	1:29.21
7.	BROECKAERT Noa	09 BRABO	6:02.31	6:04.79	VJK	1:27.80	1:34.04	1:33.47	1:29.48
8.	WYNANTS Fien	09 ZGEEL	7:04.57	6:12.91	VJK	1:28.25	1:35.09	1:35.36	1:34.21
9.	VANHAESEBROECK Marie-Eline	09 SHARK	7:15.31	6:22.07		1:27.25	1:36.56	1:40.25	1:38.01
10.	VAN WAELDEREN Hanne	09 WST	NT	6:25.02		1:32.51	1:40.40	1:37.98	1:34.13
11.	MICHELSEN Noor	09 KST	7:03.56	6:27.65		1:30.69	1:38.01	1:39.73	1:39.22
12.	VAN ESPEN Lotte	09 HZA	NT	6:34.67		1:31.88	1:44.47	1:44.30	1:34.02
13.	JACOBS Lotte	09 ZVL	7:01.17	6:38.19		1:31.74	1:43.83	1:44.67	1:37.95
14.	GEBRUERS Lenthel	09 ZGEEL	NT	6:38.21		1:36.35	1:39.69	1:44.21	1:37.96
15.	HANNES Amber	09 AZV	NT	6:47.87		1:36.43	1:43.68	1:44.55	1:43.21
16.	SEN Yasmine	09 BRABO	NT	6:52.14		1:34.27	1:46.75	1:48.36	1:42.76
17.	VAN LAETHEM Zoë	09 ZGEEL	NT	6:59.35		1:37.57	1:47.91	1:48.21	1:45.66
18.	BOEYKENS Emma	09 KST	7:40.93	6:59.86		1:38.78	1:48.59	1:50.78	1:41.71
19.	VAN HAVENBERGH Eva	09 AZK	7:02.18	7:02.04		1:40.51	1:46.58	1:51.27	1:43.68
20.	CAMPFORTS Fien	09 SHARK	NT	7:16.23		1:36.46	1:52.56	1:54.74	1:52.47
21.	STEFANOVA Gabriela	09 ZVL	7:30.69	7:19.72		1:42.18	1:53.72	1:53.71	1:50.11
22.	DIERCKX Femke	09 SHARK	NT	7:31.99		1:46.71	1:57.69	1:58.93	1:48.66
dis	BIERINCKX Lienne	09 SHARK	6:02.73						
	<i>SW 4.4 - valse start</i>								
FF	DE RIDDER Niobe	09 BRABO	5:55.06						
12 jaar									
1.	SPRANGERS Kato	08 ZGEEL	5:13.64	4:49.29	VJK LV H	1:08.77	1:12.79	1:14.32	1:13.41
2.	MARIËN Flore	08 SHARK	5:14.22	4:54.51	VJK LV H	1:08.57	1:14.45	1:16.33	1:15.16
3.	NIJZIEL Nova	08 ZGEEL	5:37.71	5:11.65	VJK LV	1:12.64	1:19.48	1:20.23	1:19.30
4.	DILLEN Norah	08 ZGEEL	5:41.50	5:19.38	VJK LV	1:14.72	1:22.00	1:22.66	1:20.00
5.	MICHELSEN Jinthe	08 AZK	5:41.55	5:21.63	VJK LV	1:17.37	1:22.64	1:22.13	1:19.49
6.	CEULEMANS Hanne	08 AZK	5:28.22	5:21.84	VJK LV	1:15.95	1:22.33	1:22.18	1:21.38
7.	VAN ELSSEN Marie	08 BRABO	5:44.63	5:22.75	VJK LV	1:14.86	1:23.26	1:23.95	1:20.68
8.	VAN SWEEVELT Fien	08 WST	6:03.79	5:27.61	VJK LV	1:18.28	1:22.60	1:25.18	1:21.55
9.	VRANKEN Dagmar	08 SHARK	6:02.79	5:32.19	VJK	1:18.74	1:27.10	1:27.31	1:19.04
10.	DE RIDDER Sterre	08 ZS	5:53.77	5:40.71	VJK	1:18.17	1:27.55	1:28.37	1:26.62
11.	DIELS Hanne	08 SHARK	6:10.83	5:44.06	VJK	1:20.24	1:27.40	1:28.82	1:27.60
12.	AERNOOTS Roos	08 AZK	5:48.10	5:47.37	VJK	1:23.55	1:29.76	1:28.42	1:25.64
13.	DELIEN Floor	08 SHARK	6:14.02	5:51.21		1:21.81	1:30.15	1:31.69	1:27.56
14.	VERHOEVEN Noa	08 ZVL	6:32.99	6:00.09		1:21.47	1:30.42	1:33.77	1:34.43
15.	POELS Nomi	08 ZGEEL	NT	6:02.87		1:25.01	1:30.61	1:33.65	1:33.60
16.	LUYTEN Hanne	08 AZK	6:35.17	6:04.04		1:25.05	1:33.36	1:35.58	1:30.05
17.	COESEMANS Amilia	08 ZGEEL	NT	6:10.65		1:28.85	1:34.11	1:34.52	1:33.17
18.	JANSSENS Lime	08 SHARK	6:35.71	6:14.99		1:27.02	1:37.82	1:39.00	1:31.15
19.	ERTVELDT Klaartje	08 SHARK	6:46.89	6:15.79		1:27.35	1:37.28	1:37.97	1:33.19
20.	AMZOUR Lina	08 BRABO	NT	6:23.63		1:23.42	1:40.44	1:42.61	1:37.16
21.	HUBERLAND Lore	08 ZVL	6:44.67	6:24.21		1:31.40	1:39.74	1:39.35	1:33.72
22.	DE BOO Helge	08 ZVL	6:51.54	6:24.64		1:33.44	1:37.83	1:39.45	1:33.92

Volg onze wedstrijd live via onderstaande QR-code





Programmanr. 2, Meisjes, 400m vrije slag, 12 jaar

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
23.	WOUTERS Syka	08 HZA	NT	6:34.31	1:29.82	1:41.98	1:43.05	1:39.46
24.	SCHEPERS Kyra	08 BRABO	6:30.00	6:37.08	1:36.20	1:43.65	1:41.23	1:36.00
25.	DE BONDY Kim	08 ZVL	NT	6:54.15	1:37.21	1:48.09	1:48.83	1:40.02
26.	VAN GELDER Iza	08 KST	NT	7:03.53	1:37.86	1:50.05	1:51.12	1:44.50
27.	VANDER STAPPEN Lotte	08 KST	NT	7:46.64	1:41.01	2:01.10	2:05.21	1:59.32
	FF KUIPERS Ella	08 RSCM	NT					

Programmanr. 3
10/10/2020 - 16:18

Jongens, 400m vrije slag

11 - 12 jaar
Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m		
11 jaar									
1.	VAN TILBURG Matthias	09 ZGEEL	5:27.27	5:15.41	VJK LV H	1:15.29	1:22.27	1:21.09	1:16.76
2.	BERTELS Quillan	09 SHARK	5:54.71	5:24.20	VJK LV	1:16.08	1:23.28	1:23.45	1:21.39
3.	MICHOEL Quinten	09 ZGEEL	5:44.98	5:26.45	VJK LV	1:17.84	1:24.62	1:25.08	1:18.91
4.	HEYLEN Daan	09 ZGEEL	5:51.96	5:34.59	VJK LV	1:19.61	1:26.04	1:25.87	1:23.07
5.	GORIS Ruben	09 BRABO	5:45.29	5:37.43	VJK LV	1:19.40	1:28.49	1:27.86	1:21.68
6.	VAN BRUSSEL Dylano	09 BRABO	5:49.21	5:37.97	VJK LV	1:18.82	1:26.07	1:26.76	1:26.32
7.	EL BOUAZZAOUY Younes	09 BRABO	5:42.47	5:39.00	VJK LV	1:17.55	1:26.73	1:28.83	1:25.89
8.	LAEREMANS Sebastiaan	09 SHARK	6:12.39	5:39.77	VJK LV	1:22.41	1:28.00	1:27.68	1:21.68
9.	D'ESPALLIER Daan	09 BRABO	6:04.82	5:42.17	VJK LV	1:20.43	1:26.80	1:28.19	1:26.75
10.	NOLLET Seppe	09 BRABO	5:44.13	5:45.60	VJK	1:18.78	1:28.35	1:29.74	1:28.73
11.	ESHUIS Thom	09 BRABO	6:03.99	5:48.18	VJK	1:21.64	1:29.59	1:29.82	1:27.13
12.	LAEREMANS Simon	09 SHARK	6:04.62	5:48.30	VJK	1:20.41	1:28.67	1:29.35	1:29.87
13.	GEENS Warre	09 AZK	6:29.88	5:56.43	VJK	1:24.01	1:32.22	1:33.24	1:26.96
14.	VAN ESBROECK Mats	09 AZK	6:47.41	6:00.82	VJK	1:28.25	1:33.38	1:32.61	1:26.58
15.	KEKEÇ Samir	09 ZVL	6:28.22	6:06.60	VJK	1:23.87	1:35.17	1:35.59	1:31.97
16.	DIRICKX Pepijn	09 SHARK	6:53.47	6:08.85	VJK	1:25.59	1:33.70	1:37.00	1:32.56
17.	OPDENBERGH Merlijn	09 BRABO	6:19.57	6:09.69	VJK	1:24.01	1:34.82	1:35.62	1:35.24
18.	MEEUS Dida	09 ZGEEL	NT	6:14.33		1:27.05	1:35.93	1:37.89	1:33.46
19.	IBRAHIMI Yoran	09 RSCM	NT	6:17.10		1:25.82	1:36.05	1:37.79	1:37.44
20.	DE POOTER Jules	09 SHARK	NT	6:22.76		1:27.95	1:39.18	1:40.50	1:35.13
21.	DILLEN Lars	09 ZVL	6:37.66	6:24.25		1:28.77	1:39.12	1:37.60	1:38.76
22.	VERWAEST Wout	09 ZVL	NT	6:26.45		1:28.15	1:39.14	1:43.46	1:35.70
23.	VAN HISSENHOVEN Wies	09 RSCM	NT	6:30.57		1:30.08	1:41.98	1:41.68	1:36.83
24.	VAN GINNEKEN Kamil	09 AZK	7:01.84	6:31.90		1:33.54	1:41.80	1:42.11	1:34.45
25.	SCHEIPERS Siebe	09 AZK	NT	6:38.76		1:27.85	1:40.38	1:44.76	1:45.77
26.	SAZONOV Fedor	09 KST	NT	6:39.30		1:31.34	1:42.82	1:45.53	1:39.61
27.	ARIJS Kyan	09 HZA	NT	6:42.21		1:30.85	1:47.27	1:47.34	1:36.75
28.	VAN EIJDHOVEN Ilyan	09 AZK	7:07.06	6:49.97		1:38.78	1:45.13	1:43.21	1:42.85
29.	NAGHIU Patrick	09 BRABO	7:40.89	6:55.92		1:37.60	1:46.86	1:47.48	1:43.98
	FF MOHAJER Masih	09 ZGEEL	NT						
	FF AMAZIAN Mohammed	09 BRABO	9:21.42						

12 jaar

1.	VAN DEN BOSCH Frederic	08 RSCM	5:03.95	4:49.54	VJK LV H	1:07.00	1:14.85	1:15.96	1:11.73
2.	VAN BALLAER Viktor	08 ZGEEL	5:22.33	4:58.50	VJK LV H	1:10.37	1:16.15	1:17.58	1:14.40
3.	VAN EGDOM Wout	08 HZA	5:17.96	5:01.63	VJK LV	1:09.86	1:18.41	1:19.26	1:14.10
4.	LAUREYSSENS Lukas	08 ZS	5:13.24	5:02.53	VJK LV	1:10.52	1:18.61	1:16.75	1:16.65
5.	SNEYERS Liam	08 SHARK	5:28.70	5:09.70	VJK LV	1:12.17	1:18.63	1:20.58	1:18.32

Volg onze wedstrijd live via onderstaande QR-code





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

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
6.	VAN STEIRTEGHEM Wannas	08 ZS	5:29.35	5:14.21 VJK LV	1:13.79	1:20.68	1:20.85	1:18.89
7.	DE MEYER Xander	08 ZS	5:37.39	5:22.65 VJK LV	1:14.17	1:21.60	1:22.81	1:24.07
8.	VERMEYLEN Emiel	08 HZA	NT	5:34.92 VJK	1:15.08	1:26.72	1:28.55	1:24.57
9.	IMBERT Ries	08 BRABO	5:47.69	5:36.71 VJK	1:20.27	1:27.62	1:27.34	1:21.48
10.	RAVELINGIEN Tibe	08 BRABO	5:38.39	5:38.00 VJK	1:19.89	1:29.86	1:26.74	1:21.51
11.	DE MAERTELAERE Vincent	08 ZGEEL	5:46.70	5:38.34 VJK	1:19.53	1:25.90	1:27.37	1:25.54
12.	BEERSMANS Thibeau	08 BRABO	6:09.97	5:38.38 VJK	1:19.80	1:26.69	1:28.17	1:23.72
13.	VAN DAMME Elias	08 BRABO	6:23.37	5:39.52 VJK	1:19.94	1:25.85	1:29.48	1:24.25
14.	DECLERCQ Mick	08 BRABO	6:27.65	6:00.59	1:24.53	1:32.95	1:33.55	1:29.56
15.	VAN DEN EYNDE Cas	08 BRABO	5:52.72	6:02.41	1:23.44	1:35.31	1:31.84	1:31.82
16.	HAESSENDONCKX Jarne	08 ZGEEL	NT	6:12.46	1:28.80	1:36.26	1:37.10	1:30.30
FF	OTTEVAERE Alexander	08 BRABO	5:39.59					

2 - Sessie 2 / 13+ jarigen

10/10/2020 - 19:00

Programmanr. 4
10/10/2020 - 19:00

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
13 - 14 jaar								
1.	VERDONCK Fleur	06 ZGEEL	4:35.57	4:25.51 LV H	1:03.44	1:07.83	1:06.93	1:07.31
2.	VAN DOOREN Ante	06 SHARK	4:47.61	4:31.47 LV H	1:05.03	1:09.41	1:09.49	1:07.54
3.	DIELS Lotte	06 SHARK	4:42.67	4:46.99 LV	1:09.64	1:13.89	1:13.13	1:10.33
4.	RYMENANTS Sterre	06 BRABO	5:12.16	4:49.84 LV	1:08.63	1:11.89	1:14.17	1:15.15
5.	CORNELISSEN Anais	07 BRABO	5:11.68	4:51.24 VJK LV	1:09.03	1:14.34	1:14.59	1:13.28
6.	BROECKAERT Noor	07 BRABO	5:04.85	4:52.26 VJK LV	1:07.95	1:14.97	1:16.29	1:13.05
7.	WOUTERS Lieze	07 SHARK	5:13.91	4:55.28 VJK LV	1:08.75	1:13.22	1:16.89	1:16.42
8.	WOUTERS Briana	06 HZA	4:52.97	4:55.51 LV	1:09.11	1:15.04	1:16.59	1:14.77
9.	NIJZIEL Maxine	06 ZGEEL	5:15.30	5:01.15	1:09.15	1:17.58	1:18.11	1:16.31
10.	BOYKO Valeria	07 BRABO	5:13.09	5:02.76 VJK LV	1:09.76	1:18.92	1:18.20	1:15.88
11.	VERBIST Flore	06 SHARK	5:12.80	5:03.78	1:10.76	1:17.75	1:18.70	1:16.57
12.	DAMS Sienna	06 ZS	5:01.27	5:04.83	1:09.93	1:18.24	1:20.29	1:16.37
13.	MAES Lili	07 BRABO	5:05.47	5:05.89 VJK LV	1:10.49	1:17.69	1:19.48	1:18.23
14.	VAN HAVENBERGH Lies	07 AZK	5:24.23	5:07.40 VJK LV	1:13.75	1:18.62	1:18.95	1:16.08
15.	VAN LOOY Anke	06 HZA	5:10.85	5:08.42	1:10.89	1:19.40	1:19.70	1:18.43
16.	PUT Amélie	07 WST	5:28.83	5:09.66 VJK LV	1:12.88	1:19.02	1:19.71	1:18.05
17.	HAGE Birgit	06 KST	5:24.95	5:10.86	1:14.29	1:19.42	1:20.22	1:16.93
18.	MEERTS Xsandy	07 SHARK	5:35.08	5:13.46 VJK	1:11.45	1:20.12	1:22.36	1:19.53
19.	WYNANTS Floor	06 ZGEEL	5:31.95	5:16.21	1:12.91	1:20.03	1:22.37	1:20.90
20.	DE BECKER Loren	07 ZS	5:28.06	5:18.28 VJK	1:16.31	1:20.80	1:20.72	1:20.45
21.	PARMENTIER Camille	07 BRABO	5:28.64	5:20.04 VJK	1:13.83	1:22.13	1:22.50	1:21.58
22.	LEYTEN Lieselot	07 ZGEEL	5:31.56	5:21.23 VJK	1:16.29	1:21.62	1:22.78	1:20.54
23.	GEENS Wenke	07 AZK	5:50.21	5:22.10 VJK	1:16.62	1:22.47	1:22.85	1:20.16
24.	VERSTREPEN Renée	06 SHARK	5:26.27	5:23.21	1:14.90	1:23.07	1:22.89	1:22.35
25.	VAN DE VEN Naobi	06 SHARK	5:51.26	5:24.46	1:17.72	1:23.77	1:24.43	1:18.54
26.	MEERTS Kira	07 WST	5:47.01	5:25.59 VJK	1:16.71	1:22.30	1:23.43	1:23.15
27.	SAIDI Yasmina	07 BRABO	5:26.16	5:29.17	1:16.17	1:24.02	1:25.25	1:23.73
28.	CAENEN Marie	07 AZK	6:09.19	5:31.01	1:20.37	1:24.79	1:23.94	1:21.91
29.	JANSENS Blue	07 SHARK	5:41.34	5:32.46	1:16.53	1:25.43	1:27.40	1:23.10
30.	TOUCHARD Mila	06 BRABO	5:48.50	5:36.36	1:19.54	1:25.97	1:26.56	1:24.29

Volg onze wedstrijd live via onderstaande QR-code





Programmanr. 4, Meisjes, 400m vrije slag, 13 - 14 jaar

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
31.	BELLINKX Janne	06 BRABO	5:50.25	5:37.95	1:18.92	1:26.93	1:25.05	1:27.05
32.	BLUEKENS Silke	06 SHARK	6:04.37	5:38.64	1:18.30	1:26.13	1:28.09	1:26.12
33.	SMETS Hanne	07 AZK	6:08.01	5:38.69	1:20.60	1:27.07	1:27.16	1:23.86
34.	OOMS Sari	07 ZGEEL	5:46.86	5:43.03	1:18.02	1:28.33	1:29.71	1:26.97
35.	JONCKHEERE Nelle	06 ZVL	5:40.15	5:46.25	1:17.46	1:27.33	1:32.15	1:29.31
36.	VAN REETH Jana	06 WST	6:15.74	5:52.31	1:21.33	1:30.67	1:31.37	1:28.94
37.	IWENS Lotte	07 BRABO	6:40.31	5:52.81	1:21.08	1:29.00	1:31.11	1:31.62
38.	D'HOOGHE Katia	07 BRABO	6:33.04	6:02.62	1:24.16	1:32.12	1:33.46	1:32.88
39.	VAN DEN BERGH Emily	06 ZVL	6:38.36	6:08.68	1:23.18	1:35.95	1:36.15	1:33.40
40.	AGARWAL Aleina	07 ZOLA	6:05.93	6:20.92	1:25.15	1:37.72	1:38.83	1:39.22
41.	MICHIELS Lauke	06 WST	7:20.17	6:21.67	1:26.87	1:36.02	1:39.94	1:38.84
42.	STEFANOVA Silvia	07 ZVL	6:59.34	7:05.63	1:38.88	1:51.91	1:52.89	1:41.95
FF	TALLA Amina	07 ZOLA	6:31.07					
FF	VAN DEN BOSCH Maxine	06 RSCM	4:57.49					

15 - 16 jaar

1.	MAERVOET Marie	04 SHARK	4:33.95	4:31.07	LV H	1:05.25	1:08.74	1:08.99	1:08.09
2.	TROP Yana	04 SHARK	4:35.54	4:31.84	LV H	1:05.05	1:09.91	1:09.42	1:07.46
3.	CORNELISSEN Dali	04 BRABO	4:40.93	4:34.82	LV	1:06.45	1:09.53	1:09.27	1:09.57
4.	AUGUSTIJNS Jill	05 SHARK	5:00.56	4:41.60	LV	1:08.19	1:11.07	1:11.72	1:10.62
5.	CORNELISSEN Zita	05 BRABO	4:46.33	4:45.49	LV	1:09.70	1:12.94	1:12.93	1:09.92
6.	VAN DEN WYNGAERT Annabel	04 BRABO	5:15.50	4:52.30		1:06.95	1:14.01	1:16.94	1:14.40
7.	GABRIËLS Sarah	04 BRABO	4:54.89	4:54.35		1:07.90	1:15.50	1:16.15	1:14.80
8.	COEKAERTS Jolien	05 RSCM	5:02.15	4:54.60		1:09.32	1:15.62	1:15.63	1:14.03
9.	BERTEN Martha	05 RSCM	4:58.81	4:55.33		1:08.40	1:16.43	1:16.94	1:13.56
10.	VAN OSTA Nomi	05 ZS	5:15.13	4:58.15		1:10.43	1:16.60	1:15.55	1:15.57
11.	BEERSMANS Yentl	05 BRABO	5:15.55	5:00.78		1:11.20	1:16.39	1:17.45	1:15.74
12.	ANTHONI Amelie	05 BRABO	5:11.11	5:01.72		1:10.30	1:15.68	1:17.70	1:18.04
13.	LEYTEN Hannelore	04 ZGEEL	5:07.64	5:02.62		1:09.18	1:16.91	1:18.70	1:17.83
14.	TOTTÉ Jolien	04 ZS	5:12.56	5:03.45		1:10.52	1:18.10	1:17.81	1:17.02
15.	VAN DYCK Line	05 HZA	5:29.88	5:04.76		1:09.52	1:18.79	1:19.25	1:17.20
16.	GROSSEN Maila	05 ZS	5:07.59	5:09.67		1:11.23	1:18.81	1:20.64	1:18.99
17.	JACOB Mei-Jun	05 ZVL	5:11.94	5:11.53		1:11.81	1:18.77	1:22.05	1:18.90
18.	GIJSELS Noortje	05 SHARK	5:27.26	5:11.70		1:13.03	1:20.98	1:21.68	1:16.01
19.	VIAENE Sarah	04 BRABO	5:39.94	5:16.52		1:14.79	1:20.94	1:20.92	1:19.87
20.	AERNOUTS Maartje	05 AZK	5:23.26	5:16.83		1:14.80	1:21.58	1:20.90	1:19.55
21.	VAN DER WEYDEN Lies	04 SHARK	5:31.48	5:20.04		1:15.48	1:22.36	1:21.30	1:20.90
22.	SUTHERLAND Sara	04 KST	5:21.70	5:20.80		1:14.48	1:22.76	1:23.46	1:20.10
23.	MOLKENS Darline	05 SHARK	5:12.20	5:23.14		1:15.36	1:22.35	1:23.87	1:21.56
24.	LIEKENS Lindsay	05 HZA	5:49.40	5:27.69		1:15.05	1:24.28	1:25.08	1:23.28
25.	MOLKENS Audrie	05 SHARK	5:34.98	5:43.13		1:18.84	1:27.37	1:28.95	1:27.97
26.	LAUWAERT Nika	05 KST	6:12.44	5:47.28		1:20.14	1:29.29	1:31.13	1:26.72
27.	DE RIDDER Berit	05 ZOLA	5:41.74	5:50.83		1:23.47	1:29.90	1:29.75	1:27.71
dis	VERVOORT Julie	05 ZOLA	6:03.00						
	<i>SW 4.4 - valse start</i>								
FF	ALIBALIC Una	04 ZOLA	5:42.68						
FF	ARIJS Yana	04 HZA	5:41.40						

Volg onze wedstrijd live via onderstaande QR-code





Programmanr. 4, Dames, 400m vrije slag

17 jaar en ouder

1. FEYEN Charlotte	03 BRABO	4:48.50	4:26.95	LV H	1:03.39	1:08.21	1:09.20	1:06.15
2. VAN DEUREN Charlotte	01 BRABO	4:32.64	4:40.15	LV	1:06.67	1:11.21	1:11.53	1:10.74
3. RAVELINGIEN Kato	03 BRABO	4:34.73	4:42.74	LV	1:06.43	1:10.89	1:12.32	1:13.10
4. VERSTREPEN Axelle	02 SHARK	4:50.93	4:54.22		1:10.06	1:14.41	1:15.36	1:14.39
5. VAN DYCK Lise	03 KST	4:55.69	4:57.62		1:07.81	1:16.09	1:17.44	1:16.28
6. SEGERS Nathalie	97 AZK	5:15.28	4:59.26		1:11.52	1:15.19	1:16.54	1:16.01
7. VERSTAPPEN Emma	03 WST	5:50.90	5:14.96		1:15.14	1:20.99	1:21.06	1:17.77
8. DIELS Jolien	01 SHARK		5:18.11	NT	1:14.93	1:20.80	1:21.73	1:20.65
9. JACOB Yu	03 ZVL		5:26.90	NT	1:16.41	1:24.59	1:24.55	1:21.35
FF PEETERS Marte	01 BRABO	4:54.17						

Programmanr. 5
10/10/2020 - 20:26

Heren, 400m vrije slag

13 jaar en ouder
Resultaten

Rang	Geb.	Inschr.	Tijd		100m	200m	300m	400m
13 - 14 jaar								
1. RAES Senne	06 BRABO	4:31.11	4:25.34	VJK LV H	1:02.38	1:08.82	1:08.55	1:05.59
2. WOUTERS Cas	06 BRABO	4:59.88	4:38.51	VJK LV	1:04.15	1:09.90	1:10.57	1:13.89
3. BAUWENS Aron	06 ZOLA	4:55.07	4:41.67	VJK LV	1:06.11	1:12.96	1:14.27	1:08.33
4. DE WINTER Yarno	06 BRABO	4:53.66	4:42.87	VJK LV	1:07.61	1:13.67	1:12.64	1:08.95
5. VERCAUTEREN Jasper	06 BRABO	4:57.74	4:44.23	VJK LV	1:06.31	1:12.18	1:13.72	1:12.02
6. NELIS Michiel	06 SHARK	4:54.27	4:46.54	VJK LV	1:06.10	1:13.41	1:14.67	1:12.36
7. VAN HOOYDONCK Vincent	07 BRABO	4:51.47	4:48.28	VJK LV	1:07.84	1:14.29	1:14.08	1:12.07
8. LAEREMANS Pieter	07 SHARK	5:09.92	4:49.81	VJK LV	1:07.13	1:13.70	1:14.66	1:14.32
9. VAN DEN BOSSCHE Stan	07 BRABO	5:17.41	4:53.73	VJK LV	1:08.83	1:16.61	1:16.22	1:12.07
10. FRANCKEN Tiebe	06 AZK	5:14.27	4:54.44	VJK	1:11.61	1:16.54	1:14.53	1:11.76
11. MATHEYSEN Vinz	06 BRABO	5:00.49	4:55.45	VJK	1:08.65	1:15.44	1:16.17	1:15.19
12. VAN HISSENHOVEN Korneel	06 RSCM		4:56.25	VJK	1:08.99	1:15.25	1:16.56	1:15.45
13. LAMPO Olivier	06 BRABO	5:04.43	4:58.62	VJK	1:09.91	1:17.21	1:17.24	1:14.26
14. VERBIEST Kas	06 WST	5:05.53	4:58.82	VJK	1:10.21	1:15.53	1:17.38	1:15.70
15. HAESSEN Adriaan	07 RSCM	5:04.71	5:00.18	VJK	1:10.95	1:17.01	1:17.57	1:14.65
16. MAJEAN Wout	07 BRABO	5:05.21	5:00.23	VJK	1:09.89	1:16.84	1:17.33	1:16.17
17. WIJCKMANS Sebbe	07 HZA	5:07.06	5:01.19	VJK	1:09.97	1:17.05	1:18.16	1:16.01
18. VANTHOURNOUT Xander	06 ZGEEL	5:12.67	5:01.74	VJK	1:10.23	1:17.74	1:17.89	1:15.88
19. VAN GORP Lowie	06 RSCM	5:13.35	5:02.52	VJK	1:09.99	1:17.86	1:17.45	1:17.22
20. VAN GINNEKEN Warre	07 AZK	5:11.30	5:04.17	VJK	1:13.60	1:17.88	1:17.48	1:15.21
21. DURT Arthur	06 SHARK	5:22.14	5:05.71		1:09.39	1:18.73	1:19.89	1:17.70
22. EL BOUAZZAOUI Ilyas	07 BRABO	5:51.28	5:05.92	VJK	1:11.97	1:18.90	1:18.92	1:16.13
23. DE KONINCK Pieter-Jan	06 ZOLA	5:27.16	5:07.92		1:12.33	1:19.00	1:20.72	1:15.87
24. NOLLET Robbe	06 BRABO	5:11.38	5:09.84		1:10.54	1:17.68	1:20.03	1:21.59
25. GHIJSEN Mateo	06 WST	5:27.44	5:10.07		1:13.28	1:19.29	1:20.30	1:17.20
26. NIJSKENS Karel	07 BRABO	5:38.00	5:12.62	VJK	1:13.87	1:20.39	1:19.49	1:18.87
27. HAXELMANS Luca	07 SHARK	5:15.39	5:13.77	VJK	1:14.05	1:19.88	1:21.20	1:18.64
28. DE POOTER Toon	06 SHARK	5:28.62	5:14.54		1:14.69	1:19.99	1:22.13	1:17.73
29. AUGUSTIJNS Sam	07 SHARK	5:26.77	5:20.39		1:12.68	1:21.75	1:23.25	1:22.71
30. HUFKENS Iben	07 ZGEEL	5:41.11	5:23.98		1:16.40	1:22.07	1:23.54	1:21.97
31. MATHIEU Jack	07 ZS	5:27.47	5:25.72		1:16.67	1:22.82	1:22.60	1:23.63
32. BROUWERS Lucas	07 SHARK	5:46.15	5:29.52		1:16.83	1:24.04	1:25.79	1:22.86
33. DRYAEV Alan	07 ZVL	6:08.02	5:31.97		1:11.84	1:23.35	1:28.08	1:28.70
34. CLOSSET Casimir	06 BRABO	6:03.45	5:50.22		1:22.09	1:30.46	1:31.25	1:26.42
35. BOEYKENS Stijn	07 KST	6:31.37	5:59.28		1:23.93	1:31.02	1:33.62	1:30.71

Volg onze wedstrijd live via onderstaande QR-code





Programmanr. 5, Jongens, 400m vrije slag, 13 - 14 jaar

Rang		Geb.	Inschr.	Tijd	100m	200m	300m	400m	
36.	VIDYARTHI Aryan	07	ZGEEL	7:27.93	6:24.44	1:27.20	1:38.71	1:41.51	1:37.02
	FF NAEGELS Eli	07	ZOLA	6:39.54					
	FF ECKHOUT Wannas	06	HZA	6:08.66					

15 - 16 jaar

1.	VERBEEK Sem	04	SHARK	4:25.54	4:14.90	LV H	59.20	1:04.39	1:05.29	1:06.02
2.	KALOGEROPOULOS Zeno	04	BRABO	4:24.94	4:15.35	LV H	1:00.23	1:04.79	1:06.09	1:04.24
3.	TANGHE Kasper	04	BRABO	4:17.50	4:15.60	LV H	1:01.02	1:04.57	1:05.33	1:04.68
4.	GEBRUERS Alex	05	ZVL	4:51.49	4:24.59	LV	1:00.44	1:07.91	1:08.72	1:07.52
5.	WOUTERS Jordi	05	SHARK	4:43.40	4:27.08	LV	1:01.60	1:08.17	1:08.92	1:08.39
6.	OOMS Jonah	04	ZGEEL	4:47.43	4:30.73	LV	1:04.08	1:08.97	1:09.26	1:08.42
7.	VERREET Milan	05	SHARK	4:41.71	4:31.17	LV	1:04.19	1:09.00	1:10.39	1:07.59
8.	D'HONDT Connor	05	SHARK	4:39.28	4:31.37	LV	1:04.63	1:09.00	1:09.97	1:07.77
9.	LAEREMANS Michiel	05	SHARK	4:44.16	4:31.86	LV	1:03.57	1:09.73	1:10.08	1:08.48
10.	DE GRAVE Thibault	05	KST	4:44.36	4:34.63	LV	1:02.94	1:09.93	1:11.32	1:10.44
11.	FLORUS Berne	05	SHARK	4:49.95	4:36.05	LV	1:04.73	1:09.95	1:11.17	1:10.20
12.	DE JONGE Dries	05	SHARK	4:50.38	4:38.27	LV	1:02.72	1:11.50	1:12.45	1:11.60
13.	PEETERS Tijs	04	BRABO	5:07.17	4:43.86		1:06.75	1:12.07	1:12.94	1:12.10
14.	KNAEPKENS Simon	05	SHARK	5:21.74	4:48.54		1:06.97	1:13.73	1:14.53	1:13.31
15.	VERMEIREN Milan	04	ZGEEL	5:13.61	4:49.85		1:06.59	1:14.35	1:15.01	1:13.90
16.	JOOSSENS Raf	04	BRABO	5:02.96	4:55.83		1:07.18	1:15.32	1:17.28	1:16.05
17.	VAN DER AUWERA Rens	05	HZA	5:07.81	4:57.64		1:08.53	1:16.62	1:17.50	1:14.99
18.	SCHRICKX Jasper	05	ZS	4:54.51	4:54.80		1:07.52	1:15.21	1:21.15	1:20.92
19.	VAN DEN EYNDE Wout	05	WST	5:42.04	5:05.64		1:12.50	1:19.26	1:19.13	1:14.75
20.	THEUNIS Stan	04	BRABO	5:02.53	5:08.84		1:07.45	1:18.55	1:21.60	1:21.24
21.	VAN WAELDEREN Thomas	05	WST	NT	5:12.44		1:11.51	1:20.70	1:22.88	1:17.35
22.	DE MAERTELAERE Lennert	05	ZGEEL	5:41.00	5:15.32		1:12.65	1:21.63	1:21.54	1:19.50
23.	BARRY Aliou	05	ZOLA	5:37.75	5:33.12		1:15.66	1:24.56	1:27.63	1:25.27
24.	GHAELI Nima	05	ZVL	6:21.75	5:33.43		1:16.39	1:26.30	1:28.08	1:22.66
	FF HOLLANDERS Jarne	05	SHARK	5:07.10						
	FF SCHWERIN Alexander	05	SHARK	4:48.74						
	FF IANNO Giuseppe	05	ZGEEL	5:39.53						

17 jaar en ouder

1.	WYNS Seppe	02	SHARK	3:57.02	3:54.69	LV H	55.83	59.76	1:00.09	59.01
2.	MAES Yarn	03	BRABO	4:11.25	4:04.91	LV H	58.24	1:02.72	1:02.52	1:01.43
3.	DE MEYER Niels	02	BRABO	4:12.93	4:06.10	LV H	57.96	1:03.02	1:04.01	1:01.11
4.	VAN ROMPAEY Senne	03	BRABO	4:14.64	4:06.68	LV H	58.68	1:02.60	1:03.34	1:02.06
5.	VAN SON Lander	99	BRABO	4:04.11	4:11.43	LV	57.86	1:03.38	1:04.41	1:05.78
6.	HOREMANS Ruben	01	SHARK	4:08.35	4:13.63	LV	58.00	1:04.45	1:07.11	1:04.07
7.	LAUWERS Sander	01	BRABO	4:35.03	4:15.10	LV	1:00.49	1:04.03	1:05.22	1:05.36
8.	VAN DYCK Nick	03	KST	4:19.09	4:29.45		1:02.44	1:08.14	1:10.14	1:08.73
9.	BELLENS Jens	01	SHARK	4:33.27	4:29.57		1:01.06	1:07.60	1:10.10	1:10.81
10.	VAN DYCK Bram	02	KST	4:28.20	4:29.68		1:02.01	1:07.22	1:09.33	1:11.12
11.	LIECKENS Nolan	03	SHARK	4:24.86	4:30.15		1:01.41	1:09.02	1:11.05	1:08.67
12.	WOUTERS Maxim	02	SHARK	4:25.50	4:32.10		1:02.29	1:09.11	1:10.82	1:09.88
13.	COSTERMANS Gilles	03	AZK	4:46.14	4:32.45		1:04.63	1:10.32	1:10.16	1:07.34
14.	BOONEN Fabian	01	BRABO	4:46.53	4:36.92		1:04.39	1:10.45	1:11.12	1:10.96
15.	WEVERS Daan	03	RSCM	4:38.27	4:37.32		1:04.07	1:08.82	1:11.21	1:13.22
16.	KENIS Lander	01	ZGEEL	4:31.38	4:39.45		1:01.69	1:09.88	1:13.69	1:14.19
17.	LAUWAERT Arne	02	KST	4:57.29	4:48.24		1:05.72	1:14.02	1:14.81	1:13.69
18.	KENIS Brent	03	KST	4:59.71	4:54.05		1:07.24	1:16.35	1:15.61	1:14.85

Volg onze wedstrijd live via onderstaande QR-code





Programmanr. 5, Heren, 400m vrije slag, 17 jaar en ouder

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m
FF HOLLANDERS Ian	03 SHARK	4:19.59					

Programmanr. 6 Dames, 400m wisselslag 13 jaar en ouder
10/10/2020 - 21:46 Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m
1. SMITS Jade	01 BRABO	4:52.91	4:53.61 LV H	1:06.20	1:13.37	1:26.29	1:07.75
2. DOM Yne	95 SHARK	5:00.29	5:04.61 LV H	1:09.35	1:16.63	1:29.10	1:09.53
3. PEETERS Eva	05 SHARK	5:20.34	5:12.42 LV H	1:12.58	1:20.91	1:28.28	1:10.65
4. LAMOTTE Eva	03 BRABO	NT	5:20.99 LV	1:10.70	1:19.92	1:34.69	1:15.68
5. PIETERS Jana	02 HZA	5:23.50	5:28.26	1:15.91	1:22.34	1:35.65	1:14.36
dis SCHOETERS Maari	03 ZGEEL	NT					

SW 8.3.a - beweging van de benen/voeten niet gelijktijdig uitgevoerd

Programmanr. 7 Heren, 400m wisselslag 13 jaar en ouder
10/10/2020 - 21:53 Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m
1. VANDERSYPEN Vincent	99 BRABO	4:44.02	4:45.03 LV	1:03.17	1:19.46	1:18.21	1:04.19
2. STESMANS Jelle	03 BRABO	4:45.74	4:50.84 LV	1:04.34	1:12.14	1:27.82	1:06.54
3. VERSCHUEREN Siebe	04 BRABO	5:05.23	4:58.21 LV	1:09.62	1:11.05	1:31.25	1:06.29
4. VANHOVE Maxime	05 ZGEEL	NT	5:00.86 LV	1:09.61	1:17.27	1:25.23	1:08.75
5. KENIS Joren	04 ZGEEL	5:10.07	5:01.81 LV	1:07.64	1:18.30	1:26.26	1:09.61
6. DE CUYPER Lens	03 HZA	NT	5:13.46	1:09.98	1:20.45	1:31.31	1:11.72

Volg onze wedstrijd live via onderstaande QR-code

