

Rang					Geb.					Tijd		
1.	Chimène Normand				03	CMA				6:59.92		
	50m:	45.22	45.22	150m:	2:30.16	53.36	250m:	4:18.26	53.62	350m:	6:07.59	54.00
	100m:	1:36.80	51.58	200m:	3:24.64	54.48	300m:	5:13.59	55.33	400m:	6:59.92	52.33
2.	Gwenaëlle Giot				04	SCR				7:34.98		
	50m:	46.32	46.32	150m:	2:39.36	57.39	250m:	4:38.98	58.86	350m:	6:38.29	59.21
	100m:	1:41.97	55.65	200m:	3:40.12	1:00.76	300m:	5:39.08	1:00.10	400m:	7:34.98	56.69
3.	Rani Vanhauwaert				03	BZV				7:45.58		
	50m:	48.61	48.61	150m:	2:41.86	57.85	250m:	4:41.62	1:00.37	350m:	6:46.33	1:02.58
	100m:	1:44.01	55.40	200m:	3:41.25	59.39	300m:	5:43.75	1:02.13	400m:	7:45.58	59.25
4.	Nina Maleux				03	DELFF				7:48.05		
	50m:	47.43	47.43	150m:	2:42.24	59.50	250m:	4:44.55	1:01.25	350m:	6:49.52	1:01.94
	100m:	1:42.74	55.31	200m:	3:43.30	1:01.06	300m:	5:47.58	1:03.03	400m:	7:48.05	58.53
5.	Emilie Devrou				04	CMA				8:10.12		
	50m:	53.26	53.26	150m:	2:52.23	59.32	250m:	4:55.23	1:03.15	350m:	7:04.59	1:05.48
	100m:	1:52.91	59.65	200m:	3:52.08	59.85	300m:	5:59.11	1:03.88	400m:	8:10.12	1:05.53
6.	Maria-Elisabeth Bouckaert				03	LZK				8:55.64		
	50m:	44.35	44.35	150m:	2:48.22	1:05.78	250m:	5:11.28	1:14.12	350m:	7:39.64	1:14.88
	100m:	1:42.44	58.09	200m:	3:57.16	1:08.94	300m:	6:24.76	1:13.48	400m:	8:55.64	1:16.00
7.	Alyssia Moenaert				04	LZK				10:05.82		
	50m:	55.80	55.80	150m:	3:25.76	1:15.72	250m:	6:08.73	1:23.06	350m:	8:45.76	1:18.25
	100m:	2:10.04	1:14.24	200m:	4:45.67	1:19.91	300m:	7:27.51	1:18.78	400m:	10:05.82	1:20.06
DIS	Emma Vandenberghe				03	LZK						
	<i>SW10-WE4 - bij keerpunt geen fysisch contact gehad met de muur</i>											

Rang					Geb.					Tijd		
1.	Mehdi Biad				03	CMA				6:44.30		
	50m:	43.78	43.78	150m:	2:29.86	54.16	250m:	4:16.42	53.98	350m:	6:02.11	52.41
	100m:	1:35.70	51.92	200m:	3:22.44	52.58	300m:	5:09.70	53.28	400m:	6:44.30	42.19
2.	Robbe Witvrouwen				03	DELFF				7:10.25		
	50m:	45.11	45.11	150m:	2:33.28	54.34	250m:	4:25.39	55.94	350m:	6:16.12	55.10
	100m:	1:38.94	53.83	200m:	3:29.45	56.17	300m:	5:21.02	55.63	400m:	7:10.25	54.13
3.	Seppe Boone				04	BZV				7:25.05		
	50m:	49.94	49.94	150m:	2:43.62	57.03	250m:	4:39.68	57.75	350m:	6:34.97	58.36
	100m:	1:46.59	56.65	200m:	3:41.93	58.31	300m:	5:36.61	56.93	400m:	7:25.05	50.08
4.	Ewan Moenaert				03	LZK				7:39.63		
	50m:	47.27	47.27	150m:	2:43.37	58.82	250m:	4:41.74	58.60	350m:	6:42.18	1:00.37
	100m:	1:44.55	57.28	200m:	3:43.14	59.77	300m:	5:41.81	1:00.07	400m:	7:39.63	57.45
5.	Raul Vanderputten				04	CSTFN				8:04.06		
	50m:	50.69	50.69	150m:	2:51.41	59.83	250m:	4:57.35	1:03.96	350m:	7:05.33	1:04.61
	100m:	1:51.58	1:00.89	200m:	3:53.39	1:01.98	300m:	6:00.72	1:03.37	400m:	8:04.06	58.73
6.	Benjamin Schotte				03	WDK				8:04.15		
	50m:	50.85	50.85	150m:	2:53.88	1:02.19	250m:	5:01.76	1:03.73	350m:	7:07.97	1:02.41
	100m:	1:51.69	1:00.84	200m:	3:58.03	1:04.15	300m:	6:05.56	1:03.80	400m:	8:04.15	56.18
7.	Robben Thorrez				03	LZK				9:11.16		
	50m:	55.42	55.42	150m:	3:12.60	1:10.34	250m:	5:37.92	1:15.16	350m:	8:03.00	1:13.55
	100m:	2:02.26	1:06.84	200m:	4:22.76	1:10.16	300m:	6:49.45	1:11.53	400m:	9:11.16	1:08.16
8.	Iben Lemahieu				04	LZK				12:01.72		
	50m:	1:09.78	1:09.78	150m:	4:14.48	1:34.65	250m:	7:26.65	1:34.24	350m:	10:31.66	1:36.31
	100m:	2:39.83	1:30.05	200m:	5:52.41	1:37.93	300m:	8:55.35	1:28.70	400m:	12:01.72	1:30.06

Programmanr. 3
27/1/13 - 10:42

Meisjes, 200m vrije slag

eendjes
Resultaten

Rang	Geb.	Tijd	50m	100m	150m	200m
1. Allizeé Neyts	05 BZV	5:36.12	1:09.24	2:42.87	4:08.84	5:36.12

Programmanr. 4
27/1/13 - 10:48

Jongens, 200m vrije slag

eendjes
Resultaten

Rang	Geb.	Tijd	50m	100m	150m	200m
1. Malik Biad	05 CMA	3:41.25	48.40	1:46.24	2:46.15	3:41.25

Programmanr. 5
27/1/13 - 10:52

Meisjes, 800m vrije slag

benjamins
Resultaten

Rang	Geb.	Tijd					
1. Laura Delbeke	02 LZK	13:25.77					
50m: 42.99	42.99	250m: 4:08.84	53.24	450m: 7:38.50	51.92	650m: 11:02.17	49.72
100m: 1:32.33	49.34	300m: 5:01.74	52.90	500m: 8:30.11	51.61	700m: 11:51.86	49.69
150m: 2:23.56	51.23	350m: 5:54.03	52.29	550m: 9:21.52	51.41	750m: 12:40.36	48.50
200m: 3:15.60	52.04	400m: 6:46.58	52.55	600m: 10:12.45	50.93	800m: 13:25.77	45.41
2. Juline Platteau	02 SCR	13:25.86					
50m: 43.36	43.36	250m: 4:05.67	52.07	450m: 7:34.13	51.62	650m: 11:00.92	48.66
100m: 1:32.95	49.59	300m: 4:58.02	52.35	500m: 8:26.60	52.47	700m: 11:52.10	51.18
150m: 2:22.95	50.00	350m: 5:49.73	51.71	550m: 9:19.73	53.13	750m: 12:41.70	49.60
200m: 3:13.60	50.65	400m: 6:42.51	52.78	600m: 10:12.26	52.53	800m: 13:25.86	44.16
3. Julie Vanhauwaert	01 BZV	13:37.89					
50m: 42.86	42.86	250m: 4:06.50	52.70	450m: 7:38.36	53.47	650m: 11:06.70	52.07
100m: 1:31.91	49.05	300m: 4:59.00	52.50	500m: 8:30.03	51.67	700m: 11:57.60	50.90
150m: 2:23.03	51.12	350m: 5:52.00	53.00	550m: 9:22.65	52.62	750m: 12:50.32	52.72
200m: 3:13.80	50.77	400m: 6:44.89	52.89	600m: 10:14.63	51.98	800m: 13:37.89	47.57
4. Mouri Houllier	01 WDK	14:10.09					
50m: 45.31	45.31	250m: 4:17.98	53.16	450m: 7:51.62	53.82	650m: 11:31.29	54.83
100m: 1:37.70	52.39	300m: 5:11.56	53.58	500m: 8:45.99	54.37	700m: 12:26.57	55.28
150m: 2:30.23	52.53	350m: 6:04.55	52.99	550m: 9:40.95	54.96	750m: 13:20.19	53.62
200m: 3:24.82	54.59	400m: 6:57.80	53.25	600m: 10:36.46	55.51	800m: 14:10.09	49.90
5. Xena Claeys	01 VZN	14:15.81					
50m: 45.65	45.65	250m: 4:23.34	53.53	450m: 8:03.24	53.40	650m: 11:39.96	53.56
100m: 1:40.27	54.62	300m: 5:19.37	56.03	500m: 8:58.24	55.00	700m: 12:34.81	54.85
150m: 2:34.40	54.13	350m: 6:14.55	55.18	550m: 9:52.62	54.38	750m: 13:27.65	52.84
200m: 3:29.81	55.41	400m: 7:09.84	55.29	600m: 10:46.40	53.78	800m: 14:15.81	48.16
6. Camille Maresceau	02 SCR	15:01.08					
50m: 50.04	50.04	250m: 4:37.82	58.14	450m: 8:28.41	57.41	650m: 12:18.22	56.33
100m: 1:44.73	54.69	300m: 5:35.62	57.80	500m: 9:24.11	55.70	700m: 13:15.21	56.99
150m: 2:42.42	57.69	350m: 6:34.49	58.87	550m: 10:23.88	59.77	750m: 14:10.23	55.02
200m: 3:39.68	57.26	400m: 7:31.00	56.51	600m: 11:21.89	58.01	800m: 15:01.08	50.85
7. Kelsey Moenaert	01 LZK	16:29.80					
50m: 46.28	46.28	250m: 4:53.47	1:04.49	450m: 9:07.02	1:04.39	650m: 13:19.48	1:02.97
100m: 1:45.08	58.80	300m: 5:57.08	1:03.61	500m: 10:09.77	1:02.75	700m: 14:24.53	1:05.05
150m: 2:47.09	1:02.01	350m: 7:00.16	1:03.08	550m: 11:12.59	1:02.82	750m: 15:28.59	1:04.06
200m: 3:48.98	1:01.89	400m: 8:02.63	1:02.47	600m: 12:16.51	1:03.92	800m: 16:29.80	1:01.21
8. Amy Dubois	02 BZV	16:59.72					
50m: 52.28	52.28	250m: 5:11.94	1:05.91	450m: 9:34.34	1:05.37	650m: 13:59.94	1:08.28
100m: 1:54.88	1:02.60	300m: 6:17.62	1:05.68	500m: 10:39.75	1:05.41	700m: 15:04.91	1:04.97
150m: 3:01.09	1:06.21	350m: 7:21.62	1:04.00	550m: 11:45.41	1:05.66	750m: 16:07.59	1:02.68
200m: 4:06.03	1:04.94	400m: 8:28.97	1:07.35	600m: 12:51.66	1:06.25	800m: 16:59.72	52.13

Rang			Geb.		Tijd					
1.	Senne Van der Veken		01	DELFF	12:02.97					
	50m:	38.00 38.00	250m:	3:33.69 50.38	450m:	6:42.97 47.62	650m:	9:51.50 46.95		
	100m:	1:19.40 41.40	300m:	4:19.84 46.15	500m:	7:30.19 47.22	700m:	10:38.69 47.19		
	150m:	2:03.72 44.32	350m:	5:07.06 47.22	550m:	8:17.63 47.44	750m:	11:22.46 43.77		
	200m:	2:43.31 39.59	400m:	5:55.35 48.29	600m:	9:04.55 46.92	800m:	12:02.97 40.51		
2.	Rochney Moeyaert		01	VZVN	12:07.52					
	50m:	40.27 40.27	250m:	3:43.84 46.11	450m:	6:48.30 46.14	650m:	9:55.71 47.25		
	100m:	1:26.06 45.79	300m:	4:30.31 46.47	500m:	7:34.01 45.71	700m:	10:42.44 46.73		
	150m:	2:12.08 46.02	350m:	5:16.25 45.94	550m:	8:21.09 47.08	750m:	11:27.85 45.41		
	200m:	2:57.73 45.65	400m:	6:02.16 45.91	600m:	9:08.46 47.37	800m:	12:07.52 39.67		
3.	Dries Maleux		02	DELFF	13:30.98					
	50m:	41.90 41.90	250m:	4:08.72 53.20	450m:	7:37.75 51.93	650m:	11:06.36 51.57		
	100m:	1:31.55 49.65	300m:	5:00.86 52.14	500m:	8:30.36 52.61	700m:	11:56.59 50.23		
	150m:	2:23.41 51.86	350m:	5:53.76 52.90	550m:	9:22.82 52.46	750m:	12:47.00 50.41		
	200m:	3:15.52 52.11	400m:	6:45.82 52.06	600m:	10:14.79 51.97	800m:	13:30.98 43.98		
4.	Matias Vanderputten		01	CSTFN	13:38.75					
	50m:	40.74 40.74	250m:	4:05.27 52.37	450m:	7:37.55 52.00	650m:	11:07.42 52.42		
	100m:	1:29.84 49.10	300m:	4:57.90 52.63	500m:	8:29.55 52.00	700m:	11:59.16 51.74		
	150m:	2:20.99 51.15	350m:	5:50.40 52.50	550m:	9:23.96 54.41	750m:	12:48.75 49.59		
	200m:	3:12.90 51.91	400m:		600m:	10:15.00 51.04	800m:	13:38.75 50.00		
5.	Arne Haelewyn		01	LZK	14:12.29					
	50m:	45.01 45.01	250m:	4:17.86 53.88	450m:	7:57.50 55.66	650m:	11:35.98 52.41		
	100m:	1:35.98 50.97	300m:	5:13.36 55.50	500m:	8:53.95 56.45	700m:	12:34.42 58.44		
	150m:	2:29.75 53.77	350m:	6:06.67 53.31	550m:	9:47.17 53.22	750m:	13:25.96 51.54		
	200m:	3:23.98 54.23	400m:	7:01.84 55.17	600m:	10:43.57 56.40	800m:	14:12.29 46.33		
6.	Viktor Vandenberghe		02	LZK	14:35.45					
	50m:	42.54 42.54	250m:	4:22.29 57.62	450m:	8:10.92 56.79	650m:	11:52.60 55.47		
	100m:	1:34.26 51.72	300m:	5:19.51 57.22	500m:	9:06.45 55.53	700m:	12:48.64 56.04		
	150m:	2:29.10 54.84	350m:	6:16.64 57.13	550m:	10:00.82 54.37	750m:	13:43.45 54.81		
	200m:	3:24.67 55.57	400m:	7:14.13 57.49	600m:	10:57.13 56.31	800m:	14:35.45 52.00		
7.	Lennert Boone		02	BZV	15:23.81					
	50m:	46.19 46.19	250m:	4:36.67 59.37	450m:	8:38.27 59.74	650m:	12:42.41 1:01.94		
	100m:	1:40.35 54.16	300m:	5:37.07 1:00.40	500m:	9:39.10 1:00.83	700m:	13:40.76 58.35		
	150m:	2:38.60 58.25	350m:	6:37.45 1:00.38	550m:	10:39.69 1:00.59	750m:	14:36.61 55.85		
	200m:	3:37.30 58.70	400m:	7:38.53 1:01.08	600m:	11:40.47 1:00.78	800m:	15:23.81 47.20		
8.	Illiano Van Colen		01	LZK	15:43.68					
	50m:	46.56 46.56	250m:	4:44.56 1:00.50	450m:	8:51.69 1:01.93	650m:	12:57.35 1:00.97		
	100m:	1:44.19 57.63	300m:	5:46.12 1:01.56	500m:	9:49.06 57.37	700m:	13:59.85 1:02.50		
	150m:	2:43.63 59.44	350m:	6:47.16 1:01.04	550m:	10:52.97 1:03.91	750m:	14:59.28 59.43		
	200m:	3:44.06 1:00.43	400m:	7:49.76 1:02.60	600m:	11:56.38 1:03.41	800m:	15:43.68 44.40		

Rang			Geb.		Tijd					
1.	Wilfried Caestecker		61	VZSA	24:24.05					
	50m:	39.08 39.08	450m:	7:04.78 49.79	850m:	13:43.54 49.93	1250m:	20:21.35 49.03		
	100m:	1:23.84 44.76	500m:	7:54.20 49.42	900m:	14:33.58 50.04	1300m:	21:10.05 48.70		
	150m:	2:09.89 46.05	550m:	8:44.46 50.26	950m:	15:23.22 49.64	1350m:	21:58.98 48.93		
	200m:	2:58.04 48.15	600m:	9:34.52 50.06	1000m:	16:13.21 49.99	1400m:	22:48.57 49.59		
	250m:	3:45.95 47.91	650m:	10:33.89 59.37	1050m:	17:03.45 50.24	1450m:	23:37.95 49.38		
	300m:	4:34.82 48.87	700m:	11:13.89 40.00	1100m:	17:53.14 49.69	1500m:	24:24.05 46.10		
	350m:	5:24.63 49.81	750m:	12:03.65 49.76	1150m:	18:42.81 49.67				
	400m:	6:14.99 50.36	800m:	12:53.61 49.96	1200m:	19:32.32 49.51				

Programmanr. 7, Heren, 1500m vrije slag

Programmanr. 7 Heren, 1500m vrije slag veteranen 45
27/1/13 - 12:57 Resultaten

Rang			Geb.		Tijd							
1.	Hugues Herman		66	CMA	19:37.47							
	50m:	34.44	34.44	450m:	5:45.66	39.10	850m:	11:02.35	39.82	1250m:	16:21.76	40.04
	100m:	1:12.19	37.75	500m:	6:24.88	39.22	900m:	11:42.35	40.00	1300m:	17:01.97	40.21
	150m:	1:50.97	38.78	550m:	7:04.44	39.56	950m:	12:22.12	39.77	1350m:	17:41.60	39.63
	200m:	2:30.19	39.22	600m:	7:43.88	39.44	1000m:	13:01.79	39.67	1400m:	18:20.85	39.25
	250m:	3:09.12	38.93	650m:	8:23.91	40.03	1050m:	13:41.38	39.59	1450m:	18:59.82	38.97
	300m:	3:48.25	39.13	700m:	9:03.25	39.34	1100m:	14:21.35	39.97	1500m:	19:37.47	37.65
	350m:	4:27.60	39.35	750m:	9:42.85	39.60	1150m:	15:01.41	40.06			
	400m:	5:06.56	38.96	800m:	10:22.53	39.68	1200m:	15:41.72	40.31			

Programmanr. 7 Heren, 1500m vrije slag veteranen 35
27/1/13 - 12:57 Resultaten

Rang			Geb.		Tijd							
1.	Gerry Vermeulen		78	DELFF	25:05.38							
	50m:	38.53	38.53	450m:	7:12.50	51.15	850m:	14:06.10	53.54	1250m:	21:03.19	52.78
	100m:	1:22.85	44.32	500m:	8:02.53	50.03	900m:	14:59.28	53.18	1300m:	21:53.38	50.19
	150m:	2:10.94	48.09	550m:	8:54.28	51.75	950m:	15:50.91	51.63	1350m:	22:44.76	51.38
	200m:	2:59.76	48.82	600m:	9:46.19	51.91	1000m:	16:42.85	51.94	1400m:	23:35.72	50.96
	250m:	3:49.53	49.77	650m:	10:37.44	51.25	1050m:	17:33.69	50.84	1450m:	24:21.35	45.63
	300m:	4:40.28	50.75	700m:	11:29.28	51.84	1100m:	18:25.32	51.63	1500m:	25:05.38	44.03
	350m:	5:31.66	51.38	750m:	12:20.88	51.60	1150m:	19:18.25	52.93			
	400m:	6:21.35	49.69	800m:	13:12.56	51.68	1200m:	20:10.41	52.16			

Programmanr. 7 Heren, 1500m vrije slag senioren
27/1/13 - 12:57 Resultaten

Rang			Geb.		Tijd							
1.	Gilles Velghe		92	VZN	18:09.91							
	50m:	31.67	31.67	450m:	5:13.50	36.64	850m:	10:08.13	36.78	1250m:	15:04.26	36.99
	100m:	1:05.29	33.62	500m:	5:50.03	36.53	900m:	10:45.09	36.96	1300m:	15:41.37	37.11
	150m:	1:39.73	34.44	550m:	6:26.80	36.77	950m:	11:21.68	36.59	1350m:	16:18.64	37.27
	200m:	2:14.76	35.03	600m:	7:03.51	36.71	1000m:	11:58.21	36.53	1400m:	16:55.85	37.21
	250m:	2:49.59	34.83	650m:	7:40.45	36.94	1050m:	12:35.62	37.41	1450m:	17:33.15	37.30
	300m:	3:25.18	35.59	700m:	8:17.43	36.98	1100m:	13:12.99	37.37	1500m:	18:09.91	36.76
	350m:	4:00.98	35.80	750m:	8:54.30	36.87	1150m:	13:49.86	36.87			
	400m:	4:36.86	35.88	800m:	9:31.35	37.05	1200m:	14:27.27	37.41			

Programmanr. 7 Jongens, 1500m vrije slag pupillen
27/1/13 - 12:57 Resultaten

Rang			Geb.		Tijd							
1.	Ruben Haelewyn		96	VZN	18:28.56							
	50m:	32.94	32.94	450m:	5:26.65	37.16	850m:	10:23.68	37.46	1250m:	15:22.82	37.11
	100m:	1:09.08	36.14	500m:	6:03.68	37.03	900m:	11:01.31	37.63	1300m:	16:00.40	37.58
	150m:	1:45.88	36.80	550m:	6:40.95	37.27	950m:	11:38.83	37.52	1350m:	16:38.05	37.65
	200m:	2:22.40	36.52	600m:	7:18.02	37.07	1000m:	12:15.97	37.14	1400m:	17:14.80	36.75
	250m:	2:59.21	36.81	650m:	7:54.65	36.63	1050m:	12:53.33	37.36	1450m:	17:51.93	37.13
	300m:	3:35.87	36.66	700m:	8:31.65	37.00	1100m:	13:30.86	37.53	1500m:	18:28.56	36.63
	350m:	4:12.93	37.06	750m:	9:09.11	37.46	1150m:	14:08.30	37.44			
	400m:	4:49.49	36.56	800m:	9:46.22	37.11	1200m:	14:45.71	37.41			
2.	Matthieu Coppens		95	CNMR	19:20.80							
	50m:	33.02	33.02	450m:	5:41.13	39.33	850m:	10:59.57	39.90	1250m:	16:14.36	38.16
	100m:	1:10.95	37.93	500m:	6:20.42	39.29	900m:	11:38.92	39.35	1300m:	16:52.10	37.74
	150m:	1:49.64	38.69	550m:	7:01.32	40.90	950m:	12:19.80	40.88	1350m:	17:29.80	37.70
	200m:	2:28.20	38.56	600m:	7:40.92	39.60	1000m:	12:59.95	40.15	1400m:	18:08.32	38.52
	250m:	3:06.20	38.00	650m:	8:20.26	39.34	1050m:	13:40.20	40.25	1450m:	18:45.95	37.63
	300m:	3:44.95	38.75	700m:	8:59.67	39.41	1100m:	14:19.60	39.40	1500m:	19:20.80	34.85
	350m:	4:23.13	38.18	750m:	9:39.51	39.84	1150m:	14:58.02	38.42			
	400m:	5:01.80	38.67	800m:	10:19.67	40.16	1200m:	15:36.20	38.18			

Programmanr. 7, Jongens, 1500m vrije slag, pupillen

Rang			Geb.				Tijd					
3.	Etienne Claisse		96		CMA		20:03.24					
	50m:	33.65	33.65	450m:	5:50.74	40.66	850m:	11:17.62	40.88	1250m:	16:44.10	40.82
	100m:	1:10.65	37.00	500m:	6:31.55	40.81	900m:	11:58.15	40.53	1300m:	17:24.62	40.52
	150m:	1:49.74	39.09	550m:	7:12.25	40.70	950m:	12:39.52	41.37	1350m:	18:05.41	40.79
	200m:	2:29.34	39.60	600m:	7:53.49	41.24	1000m:	13:20.30	40.78	1400m:	18:45.55	40.14
	250m:	3:09.24	39.90	650m:	8:34.10	40.61	1050m:	14:01.34	41.04	1450m:	19:25.18	39.63
	300m:	3:49.06	39.82	700m:	9:15.24	41.14	1100m:	14:42.15	40.81	1500m:	20:03.24	38.06
	350m:	4:29.34	40.28	750m:	9:55.91	40.67	1150m:	15:22.55	40.40			
	400m:	5:10.08	40.74	800m:	10:36.74	40.83	1200m:	16:03.28	40.73			
4.	Steven Defoin		96		VZT		20:44.49					
	50m:	33.77	33.77	450m:	6:02.45	42.47	850m:	11:41.23	43.21	1250m:	17:25.99	41.26
	100m:	1:11.79	38.02	500m:	6:44.96	42.51	900m:	12:23.86	42.63	1300m:	18:07.29	41.30
	150m:	1:51.01	39.22	550m:	7:26.97	42.01	950m:	13:07.29	43.43	1350m:	18:49.57	42.28
	200m:	2:31.68	40.67	600m:	8:08.95	41.98	1000m:	13:50.66	43.37	1400m:	19:29.16	39.59
	250m:	3:13.13	41.45	650m:	8:50.71	41.76	1050m:	14:33.13	42.47	1450m:	20:09.11	39.95
	300m:	3:55.14	42.01	700m:	9:32.91	42.20	1100m:	15:16.61	43.48	1500m:	20:44.49	35.38
	350m:	4:37.08	41.94	750m:	10:15.66	42.75	1150m:	16:00.38	43.77			
	400m:	5:19.98	42.90	800m:	10:58.02	42.36	1200m:	16:44.73	44.35			
5.	Thomas Belsack		95		CNMR		21:47.39					
	50m:	34.16	34.16	450m:	6:44.95	45.90	850m:	12:40.50	46.57	1250m:	18:22.82	44.11
	100m:	1:12.40	38.24	500m:	7:29.76	44.81	900m:	13:26.09	45.59	1300m:	19:06.75	43.93
	150m:	1:52.19	39.79	550m:	8:13.59	43.83	950m:	14:10.84	44.75	1350m:	19:48.32	41.57
	200m:	2:30.84	38.65	600m:	8:56.45	42.86	1000m:	14:54.13	43.29	1400m:	20:28.19	39.87
	250m:	3:08.71	37.87	650m:	9:39.43	42.98	1050m:	15:35.59	41.46	1450m:	21:08.72	40.53
	300m:	3:48.93	40.22	700m:	10:22.61	43.18	1100m:	16:13.42	37.83	1500m:	21:47.39	38.67
	350m:	4:31.11	42.18	750m:	11:08.54	45.93	1150m:	16:54.42	41.00			
	400m:	5:59.05	1:27.94	800m:	11:53.93	45.39	1200m:	17:38.71	44.29			
6.	Cedric Vanmuysen		96		VZT		21:51.47					
	50m:	34.89	34.89	450m:	6:13.85	43.41	850m:	12:07.83	44.73	1250m:	18:05.69	43.97
	100m:	1:14.07	39.18	500m:	6:57.48	43.63	900m:	12:52.83	45.00	1300m:	18:50.52	44.83
	150m:	1:56.11	42.04	550m:	7:41.82	44.34	950m:	13:36.90	44.07	1350m:	19:36.54	46.02
	200m:	2:38.42	42.31	600m:	8:26.00	44.18	1000m:	14:21.52	44.62	1400m:	20:23.82	47.28
	250m:	3:20.96	42.54	650m:	9:10.07	44.07	1050m:	15:05.57	44.05	1450m:	21:09.38	45.56
	300m:	4:03.51	42.55	700m:	9:55.11	45.04	1100m:	15:50.46	44.89	1500m:	21:51.47	42.09
	350m:	4:46.96	43.45	750m:	10:38.60	43.49	1150m:	16:35.72	45.26			
	400m:	5:30.44	43.48	800m:	11:23.10	44.50	1200m:	17:21.72	46.00			
7.	Guy Vassart		96		CNMR		22:53.40					
	50m:	34.43	34.43	450m:	6:30.64	46.92	850m:	12:44.73	46.22	1250m:	19:03.66	47.00
	100m:	1:13.51	39.08	500m:	7:18.16	47.52	900m:	13:32.13	47.40	1300m:	19:50.91	47.25
	150m:	1:55.61	42.10	550m:	8:05.57	47.41	950m:	14:19.57	47.44	1350m:	20:39.37	48.46
	200m:	2:40.30	44.69	600m:	8:51.66	46.09	1000m:	15:07.45	47.88	1400m:	21:25.65	46.28
	250m:	3:24.70	44.40	650m:	9:39.99	48.33	1050m:	15:54.38	46.93	1450m:	22:13.12	47.47
	300m:	4:10.31	45.61	700m:	10:25.45	45.46	1100m:	16:41.45	47.07	1500m:	22:53.40	40.28
	350m:	4:57.04	46.73	750m:	11:12.30	46.85	1150m:	17:29.98	48.53			
	400m:	5:43.72	46.68	800m:	11:58.51	46.21	1200m:	18:16.66	46.68			
8.	Matthias Fonteyn		96		VZT		23:23.54					
	50m:	34.28	34.28	450m:	6:26.80	46.95	850m:	12:49.53	49.30	1250m:	19:23.38	50.71
	100m:	1:12.27	37.99	500m:	7:14.22	47.42	900m:	13:37.53	48.00	1300m:	20:13.84	50.46
	150m:	1:53.20	40.93	550m:	8:01.79	47.57	950m:	14:25.53	48.00	1350m:	21:02.37	48.53
	200m:	2:36.77	43.57	600m:	8:48.84	47.05	1000m:	15:14.09	48.56	1400m:	21:51.77	49.40
	250m:	3:21.71	44.94	650m:	9:36.63	47.79	1050m:	16:03.54	49.45	1450m:	22:39.95	48.18
	300m:	4:07.21	45.50	700m:	10:24.79	48.16	1100m:	16:51.92	48.38	1500m:	23:23.54	43.59
	350m:	4:53.31	46.10	750m:	11:12.09	47.30	1150m:	17:42.73	50.81			
	400m:	5:39.85	46.54	800m:	12:00.23	48.14	1200m:	18:32.67	49.94			
9.	Gertjan De Cock		95		VZD		24:14.94					
	50m:	36.93	36.93	450m:	6:56.42	49.88	850m:	13:34.33	49.45	1250m:	20:14.41	48.44
	100m:	1:18.94	42.01	500m:	7:48.20	51.78	900m:	14:24.05	49.72	1300m:	21:05.71	51.30
	150m:	2:03.50	44.56	550m:	8:38.52	50.32	950m:	15:12.73	48.68	1350m:	21:55.60	49.89
	200m:	2:49.41	45.91	600m:	9:27.71	49.19	1000m:	16:03.20	50.47	1400m:	22:43.86	48.26
	250m:	3:36.88	47.47	650m:	10:17.72	50.01	1050m:	16:54.34	51.14	1450m:	23:34.63	50.77
	300m:	4:25.86	48.98	700m:	11:06.37	48.65	1100m:	17:45.88	51.54	1500m:	24:14.94	40.31
	350m:	5:16.35	50.49	750m:	11:55.34	48.97	1150m:	18:35.96	50.08			
	400m:	6:06.54	50.19	800m:	12:44.88	49.54	1200m:	19:25.97	50.01			

Programmanr. 7, Jongens, 1500m vrije slag, pupillen

Rang			Geb.		Tijd					
10.	Benjamin Flamme		96	CMA	25:46.63					
	50m:	38.25 38.25	450m:	7:16.77 52.47	850m:	14:20.04 53.93	1250m:	21:34.52 55.00		
	100m:	1:22.40 44.15	500m:	8:08.21 51.44	900m:	15:13.80 53.76	1300m:	22:28.36 53.84		
	150m:	2:10.76 48.36	550m:	8:59.76 51.55	950m:	16:06.72 52.92	1350m:	23:22.67 54.31		
	200m:	2:59.78 49.02	600m:	9:52.39 52.63	1000m:	17:02.67 55.95	1400m:	24:15.21 52.54		
	250m:	3:49.86 50.08	650m:	10:45.97 53.58	1050m:	17:56.47 53.80	1450m:	25:04.46 49.25		
	300m:	4:41.51 51.65	700m:	11:39.52 53.55	1100m:	18:50.98 54.51	1500m:	25:46.63 42.17		
	350m:	5:32.51 51.00	750m:	12:33.11 53.59	1150m:	19:45.34 54.36				
	400m:	6:24.30 51.79	800m:	13:26.11 53.00	1200m:	20:39.52 54.18				

Programmanr. 7
27/1/13 - 12:57

Jongens, 1500m vrije slag

kadetten
Resultaten

Rang			Geb.		Tijd					
1.	Matthias Loones		97	VZD	17:03.34					
	<i>nieuw bondrecord</i>									
	50m:	30.10 30.10	450m:	5:01.82 34.06	850m:	9:36.04 34.30	1250m:	14:12.13 34.46		
	100m:	1:03.59 33.49	500m:	5:36.22 34.40	900m:	10:10.29 34.25	1300m:	14:46.71 34.58		
	150m:	1:37.14 33.55	550m:	6:10.20 33.98	950m:	10:44.35 34.06	1350m:	15:21.51 34.80		
	200m:	2:11.48 34.34	600m:	6:44.63 34.43	1000m:	11:18.90 34.55	1400m:	15:56.38 34.87		
	250m:	2:45.62 34.14	650m:	7:19.45 34.82	1050m:	11:53.49 34.59	1450m:	16:30.70 34.32		
	300m:	3:19.60 33.98	700m:	7:53.98 34.53	1100m:	12:28.41 34.92	1500m:	17:03.34 32.64		
	350m:	3:53.79 34.19	750m:	8:28.01 34.03	1150m:	13:02.82 34.41				
	400m:	4:27.76 33.97	800m:	9:01.74 33.73	1200m:	13:37.67 34.85				
2.	Jonas De Keyzer		97	WDK	19:13.21					
	50m:	33.21 33.21	450m:	5:32.74 38.47	850m:	10:45.87 39.09	1250m:	16:01.18 39.50		
	100m:	1:08.52 35.31	500m:	6:11.08 38.34	900m:	11:24.58 38.71	1300m:	16:40.27 39.09		
	150m:	1:45.21 36.69	550m:	6:50.40 39.32	950m:	12:04.49 39.91	1350m:	17:19.14 38.87		
	200m:	2:22.24 37.03	600m:	7:29.49 39.09	1000m:	12:44.24 39.75	1400m:	17:58.65 39.51		
	250m:	2:59.96 37.72	650m:	8:08.52 39.03	1050m:	13:23.58 39.34	1450m:	18:36.62 37.97		
	300m:	3:38.02 38.06	700m:	8:48.02 39.50	1100m:	14:02.96 39.38	1500m:	19:13.21 36.59		
	350m:	4:16.24 38.22	750m:	9:27.43 39.41	1150m:	14:42.46 39.50				
	400m:	4:54.27 38.03	800m:	10:06.78 39.35	1200m:	15:21.68 39.22				
3.	Dennis Debree		98	WDK	19:20.44					
	50m:	31.39 31.39	450m:	5:38.28 39.40	850m:	10:52.61 39.48	1250m:	16:08.14 38.80		
	100m:	1:07.23 35.84	500m:	6:16.72 38.44	900m:	11:32.14 39.53	1300m:	16:48.03 39.89		
	150m:	1:45.06 37.83	550m:	6:55.94 39.22	950m:	12:12.29 40.15	1350m:	17:26.72 38.69		
	200m:	2:22.89 37.83	600m:	7:35.34 39.40	1000m:	12:51.56 39.27	1400m:	18:05.59 38.87		
	250m:	3:00.88 37.99	650m:	8:14.53 39.19	1050m:	13:30.34 38.78	1450m:	18:44.00 38.41		
	300m:	3:39.73 38.85	700m:	8:53.16 38.63	1100m:	14:10.39 40.05	1500m:	19:20.44 36.44		
	350m:	4:18.90 39.17	750m:	8:33.36 39.41	1150m:	14:49.66 39.27				
	400m:	4:58.88 39.98	800m:	10:13.13 1:39.77	1200m:	15:29.34 39.68				
4.	Sam Dos Santos		98	CNMR	20:48.88					
	50m:	32.85 32.85	450m:	6:02.50 42.56	850m:	11:45.63 42.66	1250m:	17:20.38 42.53		
	100m:	1:10.91 38.06	500m:	6:44.88 42.38	900m:	12:26.69 41.06	1300m:	18:03.44 43.06		
	150m:	1:50.85 39.94	550m:	7:27.19 42.31	950m:	13:07.28 40.59	1350m:	18:46.28 42.84		
	200m:	2:31.38 40.53	600m:	8:10.10 42.91	1000m:	13:49.25 41.97	1400m:	19:28.88 42.60		
	250m:	3:12.72 41.34	650m:	8:53.32 43.22	1050m:	14:30.91 41.66	1450m:	20:11.47 42.59		
	300m:	3:54.56 41.84	700m:	9:36.91 43.59	1100m:	15:13.19 42.28	1500m:	20:48.88 37.41		
	350m:	4:37.79 43.23	750m:	10:19.85 42.94	1150m:	15:56.10 42.91				
	400m:	5:19.94 42.15	800m:	11:02.97 43.12	1200m:	16:37.85 41.75				
5.	Chesney Moeyaert		98	VZN	20:49.72					
	50m:	35.09 35.09	450m:	6:06.56 41.47	850m:	11:52.00 42.53	1250m:	17:23.25 41.91		
	100m:	1:14.41 39.32	500m:	6:49.12 42.56	900m:	12:32.97 40.97	1300m:	18:04.53 41.28		
	150m:	1:55.62 41.21	550m:	7:32.22 43.10	950m:	13:16.91 43.94	1350m:	18:47.25 42.72		
	200m:	2:36.69 41.07	600m:	8:15.25 43.03	1000m:	13:58.78 41.87	1400m:	19:29.59 42.34		
	250m:	3:17.69 41.00	650m:	8:58.84 43.59	1050m:	14:39.66 40.88	1450m:	20:12.50 42.91		
	300m:	3:59.22 41.53	700m:	9:42.15 43.31	1100m:	15:21.75 42.09	1500m:	20:49.72 37.22		
	350m:	4:41.84 42.62	750m:	10:26.94 44.79	1150m:	16:02.56 40.81				
	400m:	5:25.09 43.25	800m:	11:09.47 42.53	1200m:	16:41.34 38.78				

Programmanr. 7, Jongens, 1500m vrije slag, kadetten

Rang			Geb.				Tijd			
6.	Thibau Haerinck		97 BZV				21:26.72			
	50m:	33.72 33.72	450m:	6:09.67 42.59	850m:	11:54.12 43.51	1250m:	17:52.44 45.82		
	100m:	1:13.15 39.43	500m:	6:53.17 43.50	900m:	12:38.05 43.93	1300m:	18:38.80 46.36		
	150m:	1:54.77 41.62	550m:	7:35.61 42.44	950m:	13:21.48 43.43	1350m:	19:23.40 44.60		
	200m:	2:36.83 42.06	600m:	8:18.12 42.51	1000m:	14:05.75 44.27	1400m:	20:07.64 44.24		
	250m:	3:18.88 42.05	650m:	9:01.08 42.96	1050m:	14:50.61 44.86	1450m:	20:50.06 42.42		
	300m:	4:01.68 42.80	700m:	9:44.68 43.60	1100m:	15:35.89 45.28	1500m:	21:26.72 36.66		
	350m:	4:44.55 42.87	750m:	10:27.77 43.09	1150m:	16:20.95 45.06				
	400m:	5:27.08 42.53	800m:	11:10.61 42.84	1200m:	17:06.62 45.67				
7.	Arthur Notredame		98 CMA				22:39.46			
	50m:	36.40 36.40	450m:	6:38.81 46.24	850m:	12:42.74 44.81	1250m:	18:49.84 47.04		
	100m:	1:19.23 42.83	500m:	7:24.18 45.37	900m:	13:28.24 45.50	1300m:	19:36.78 46.94		
	150m:	2:03.02 43.79	550m:	8:10.12 45.94	950m:	14:12.95 44.71	1350m:	20:23.05 46.27		
	200m:	2:53.17 50.15	600m:	8:55.92 45.80	1000m:	14:57.92 44.97	1400m:	21:09.18 46.13		
	250m:	3:34.36 41.19	650m:	9:42.02 46.10	1050m:	15:43.20 45.28	1450m:	21:56.02 46.84		
	300m:	4:20.48 46.12	700m:	10:28.40 46.38	1100m:	16:29.23 46.03	1500m:	22:39.46 43.44		
	350m:	5:06.83 46.35	750m:	11:13.57 45.17	1150m:	17:15.80 46.57				
	400m:	5:52.57 45.74	800m:	11:57.93 44.36	1200m:	18:02.80 47.00				
8.	Robbe Paredis		98 VZSA				22:54.52			
	50m:	39.10 39.10	450m:	6:43.53 46.91	850m:	12:54.57 46.42	1250m:	19:10.26 46.89		
	100m:	1:22.08 42.98	500m:	7:30.53 47.00	900m:	13:41.92 47.35	1300m:	19:56.54 46.28		
	150m:	2:07.12 45.04	550m:	8:17.21 46.68	950m:	14:28.65 46.73	1350m:	20:42.80 46.26		
	200m:	2:51.87 44.75	600m:	9:03.62 46.41	1000m:	15:16.44 47.79	1400m:	21:29.23 46.43		
	250m:	3:37.66 45.79	650m:	9:50.04 46.42	1050m:	16:03.26 46.82	1450m:	22:14.16 44.93		
	300m:	4:23.80 46.14	700m:	10:36.90 46.86	1100m:	16:50.05 46.79	1500m:	22:54.52 40.36		
	350m:	5:09.97 46.17	750m:	11:22.58 45.68	1150m:	17:36.56 46.51				
	400m:	5:56.62 46.65	800m:	12:08.15 45.57	1200m:	18:23.37 46.81				
9.	Niels Van Nevel		98 LZK				22:59.14			
	50m:	34.74 34.74	450m:	6:30.66 47.04	850m:	12:47.40 47.31	1250m:	19:08.41 48.54		
	100m:	1:14.25 39.51	500m:	7:16.03 45.37	900m:	13:34.03 46.63	1300m:	19:56.78 48.37		
	150m:	1:56.45 42.20	550m:	8:03.28 47.25	950m:	14:20.95 46.92	1350m:	20:43.22 46.44		
	200m:	2:40.13 43.68	600m:	8:50.70 47.42	1000m:	15:08.72 47.77	1400m:	21:30.50 47.28		
	250m:	3:25.09 44.96	650m:	9:38.70 48.00	1050m:	15:56.58 47.86	1450m:	22:17.53 47.03		
	300m:	4:11.11 46.02	700m:	10:25.82 47.12	1100m:	16:44.11 47.53	1500m:	22:59.14 41.61		
	350m:	4:57.18 46.07	750m:	11:12.33 46.51	1150m:	17:31.93 47.82				
	400m:	5:43.62 46.44	800m:	12:00.09 47.76	1200m:	18:19.87 47.94				
10.	Jimme Decaluwe		98 LZK				23:32.40			
	50m:	38.16 38.16	450m:	6:45.15 46.87	850m:	13:12.74 46.98	1250m:	19:35.31 47.56		
	100m:	1:21.54 43.38	500m:	7:33.00 47.85	900m:	14:01.09 48.35	1300m:	20:23.22 47.91		
	150m:	2:05.91 44.37	550m:	8:22.65 49.65	950m:	14:49.25 48.16	1350m:	21:12.87 49.65		
	200m:	2:51.80 45.89	600m:	9:10.23 47.58	1000m:	15:35.59 48.16	1400m:	22:01.72 48.85		
	250m:	3:37.84 46.04	650m:	9:58.93 48.70	1050m:	16:23.50 2:47.91	1450m:	22:49.69 47.97		
	300m:	4:24.38 46.54	700m:	10:47.84 48.91	1100m:	17:10.53 47.03	1500m:	23:32.40 42.71		
	350m:	5:10.92 46.54	750m:	11:35.78 47.94	1150m:	17:59.40 48.87				
	400m:	5:58.28 47.36	800m:	12:25.76 49.98	1200m:	18:47.75 48.35				
11.	Jonathan Claus		97 VZSA				24:16.67			
	50m:	38.07 38.07	450m:	6:54.92 49.92	850m:	13:34.00 49.61	1250m:	20:14.76 48.87		
	100m:	1:21.45 43.38	500m:	7:44.36 49.44	900m:	14:22.89 48.89	1300m:	21:05.07 50.31		
	150m:	2:07.04 45.59	550m:	8:34.64 50.28	950m:	15:13.36 50.47	1350m:	21:53.82 48.75		
	200m:	2:52.86 45.82	600m:	9:24.29 49.65	1000m:	16:03.82 50.46	1400m:	22:42.86 49.04		
	250m:	3:39.45 46.59	650m:	10:15.29 51.00	1050m:	16:53.82 50.00	1450m:	23:33.70 50.84		
	300m:	4:27.70 48.25	700m:	11:04.80 49.51	1100m:	17:44.64 50.82	1500m:	24:16.67 42.97		
	350m:	5:16.60 48.90	750m:	11:53.95 49.15	1150m:	18:35.29 50.65				
	400m:	6:05.00 48.40	800m:	12:44.39 50.44	1200m:	19:25.89 50.60				
12.	Noah Haelters		98 SCR				24:58.55			
	50m:	41.99 41.99	450m:	7:09.90 50.04	850m:	13:54.66 51.35	1250m:	20:45.78 51.97		
	100m:	1:27.75 45.76	500m:	8:00.07 50.17	900m:	14:46.20 51.54	1300m:	21:36.74 50.96		
	150m:	2:15.51 47.76	550m:	8:50.56 50.49	950m:	15:36.75 50.55	1350m:	22:27.66 50.92		
	200m:	3:03.65 48.14	600m:	9:41.06 50.50	1000m:	16:27.10 50.35	1400m:	23:19.55 51.89		
	250m:	3:52.57 48.92	650m:	10:32.44 51.38	1050m:	17:18.12 51.02	1450m:	24:10.10 50.55		
	300m:	4:41.46 48.89	700m:	11:22.92 50.48	1100m:	18:09.96 51.84	1500m:	24:58.55 48.45		
	350m:	5:30.56 49.10	750m:	12:13.11 50.19	1150m:	19:01.16 51.20				
	400m:	6:19.86 49.30	800m:	13:03.31 50.20	1200m:	19:53.81 52.65				

Programmanr. 7, Jongens, 1500m vrije slag, kadetten

Rang			Geb.				Tijd	
13.	Robbe Depoorter		98		LZK		24:59.65	
	50m:	36.61 36.61	450m:	7:10.46 51.51	850m:	13:57.79 51.51	1250m:	20:54.56 48.96
	100m:	1:21.17 44.56	500m:	8:00.20 49.74	900m:	14:50.55 52.76	1300m:	21:47.26 52.70
	150m:	2:08.13 46.96	550m:	8:51.82 51.62	950m:	15:43.73 53.18	1350m:	22:38.59 51.33
	200m:	2:57.20 49.07	600m:	9:43.78 51.96	1000m:	16:36.25 52.52	1400m:	23:27.51 48.92
	250m:	3:47.53 50.33	650m:	10:33.33 49.55	1050m:	17:24.74 48.49	1450m:	24:17.01 49.50
	300m:	4:36.98 49.45	700m:	11:25.15 51.82	1100m:	18:19.15 54.41	1500m:	24:59.65 42.64
	350m:	5:27.39 50.41	750m:	12:15.83 50.68	1150m:	19:11.24 52.09		
	400m:	6:18.95 51.56	800m:	13:06.28 50.45	1200m:	20:05.60 54.36		
14.	Simon Vanparys		98		LZK		26:17.54	
	50m:	41.44 41.44	450m:	7:25.91 51.99	850m:	14:31.48 53.04	1250m:	21:48.86 54.54
	100m:	1:27.91 46.47	500m:	8:18.88 52.97	900m:	15:26.07 54.59	1300m:	22:43.17 54.31
	150m:	2:15.71 47.80	550m:	9:11.46 52.58	950m:	16:20.26 54.19	1350m:	23:38.36 55.19
	200m:	3:05.73 50.02	600m:	10:04.94 53.48	1000m:	17:14.70 54.44	1400m:	24:32.42 54.06
	250m:	3:57.00 51.27	650m:	10:59.02 54.08	1050m:	18:09.22 54.52	1450m:	25:25.86 53.44
	300m:	4:48.48 51.48	700m:	11:52.17 53.15	1100m:	19:04.50 55.28	1500m:	26:17.54 51.68
	350m:	5:40.33 51.85	750m:	12:44.87 52.70	1150m:	19:59.12 54.62		
	400m:	6:33.92 53.59	800m:	13:38.44 53.57	1200m:	20:54.32 55.20		

Programmanr. 7
27/1/13 - 12:57

Jongens, 1500m vrije slag

miniemen
Resultaten

Rang			Geb.				Tijd	
1.	Karim Biad		99		CMA		20:37.36	
	50m:	35.10 35.10	450m:	6:08.80 41.57	850m:	11:43.73 41.71	1250m:	17:14.39 41.10
	100m:	1:14.76 39.66	500m:	6:51.70 42.90	900m:	12:25.36 41.63	1300m:	17:55.48 41.09
	150m:	1:56.45 41.69	550m:	7:33.76 42.06	950m:	13:07.04 41.68	1350m:	18:36.16 40.68
	200m:	2:38.64 42.19	600m:	8:15.26 41.50	1000m:	13:48.57 41.53	1400m:	19:17.67 41.51
	250m:	3:21.16 42.52	650m:	8:57.60 42.34	1050m:	14:30.20 41.63	1450m:	19:59.20 41.53
	300m:	4:02.86 41.70	700m:	9:38.73 41.13	1100m:	15:11.20 41.00	1500m:	20:37.36 38.16
	350m:	4:44.95 42.09	750m:	10:20.26 41.53	1150m:	15:52.42 41.22		
	400m:	5:27.23 42.28	800m:	11:02.02 41.76	1200m:	16:33.29 40.87		
2.	Tom Van Leynseele		99		SCR		21:09.48	
	50m:	35.95 35.95	450m:	6:14.82 42.59	850m:	11:58.70 43.25	1250m:	17:44.02 42.45
	100m:	1:15.64 39.69	500m:	6:57.82 43.00	900m:	12:41.80 43.10	1300m:	16:26.60 41.09
	150m:	1:57.89 42.25	550m:	7:40.23 42.41	950m:	13:25.02 43.22	1350m:	19:09.10 2:42.50
	200m:	2:40.36 42.47	600m:	8:23.13 42.90	1000m:	14:08.39 43.37	1400m:	19:51.32 42.22
	250m:	3:23.04 42.68	650m:	9:05.64 42.51	1050m:	14:51.16 42.77	1450m:	20:32.36 41.04
	300m:	4:06.16 43.12	700m:	9:49.04 43.40	1100m:	15:33.10 41.94	1500m:	21:09.48 37.12
	350m:	4:49.42 43.26	750m:	10:32.36 43.32	1150m:	16:17.23 44.13		
	400m:	5:32.23 42.81	800m:	11:15.45 43.09	1200m:	17:01.57 44.34		
3.	Jorre Decaluwe		00		LZK		21:10.14	
	50m:	32.94 32.94	450m:	6:15.00 43.58	850m:	11:58.35 43.37	1250m:	17:44.44 42.32
	100m:	1:12.23 39.29	500m:	6:57.79 42.79	900m:	12:42.12 43.77	1300m:	18:26.72 42.28
	150m:	1:54.60 42.37	550m:	7:40.72 42.93	950m:	13:24.97 42.85	1350m:	19:10.07 43.35
	200m:	2:38.19 43.59	600m:	8:23.29 42.57	1000m:	14:08.38 43.41	1400m:	19:52.98 42.91
	250m:	3:20.15 41.96	650m:	9:05.36 42.07	1050m:	14:51.66 43.28	1450m:	20:35.48 42.50
	300m:	4:04.22 44.07	700m:	9:49.06 43.70	1100m:	15:33.61 41.95	1500m:	21:10.14 34.66
	350m:	4:48.91 44.69	750m:	10:32.14 43.08	1150m:	16:17.32 43.71		
	400m:	5:31.42 42.51	800m:	11:14.98 42.84	1200m:	17:02.12 44.80		
4.	Robbe Hellyn		99		VZN		22:25.47	
	50m:	36.93 36.93	450m:	6:27.43 44.88	850m:	12:34.71 46.34	1250m:	18:43.30 45.96
	100m:	1:18.37 41.44	500m:	7:12.43 45.00	900m:	13:21.52 46.81	1300m:	19:30.34 47.04
	150m:	2:01.62 43.25	550m:	7:58.24 45.81	950m:	14:08.96 47.44	1350m:	20:13.87 43.53
	200m:	2:45.46 43.84	600m:	8:43.52 45.28	1000m:	14:55.52 46.56	1400m:	20:59.14 45.27
	250m:	3:29.08 43.62	650m:	9:29.52 46.00	1050m:	15:41.05 45.53	1450m:	21:42.93 43.79
	300m:	4:13.14 44.06	700m:	10:15.78 46.26	1100m:	16:25.02 43.97	1500m:	22:25.47 42.54
	350m:	4:57.93 44.79	750m:	11:02.55 46.77	1150m:	17:11.11 46.09		
	400m:	5:42.55 44.62	800m:	11:48.37 45.82	1200m:	17:57.34 46.23		

Programmanr. 7, Jongens, 1500m vrije slag, miniemen

Rang			Geb.				Tijd	
5.	Dyan Gombert		00	VZN			24:37.96	
	50m:	40.81 40.81	450m:	7:19.74 48.34	850m:	13:47.65 50.81	1250m:	20:29.93 48.66
	100m:	1:27.55 46.74	500m:	8:07.96 48.22	900m:	14:38.49 50.84	1300m:	21:19.52 49.59
	150m:	2:16.14 48.59	550m:	8:54.11 46.15	950m:	15:28.27 49.78	1350m:	22:11.93 52.41
	200m:	3:04.74 48.60	600m:	9:39.34 45.23	1000m:	16:18.68 50.41	1400m:	23:04.74 52.81
	250m:	3:54.87 50.13	650m:	10:27.01 47.67	1050m:	17:09.43 50.75	1450m:	23:53.93 49.19
	300m:	4:48.02 53.15	700m:	11:17.11 50.10	1100m:	18:00.90 51.47	1500m:	24:37.96 44.03
	350m:	5:39.71 51.69	750m:	12:06.74 49.63	1150m:	18:49.81 48.91		
	400m:	6:31.40 51.69	800m:	12:56.84 50.10	1200m:	19:41.27 51.46		
6.	Glenn De Roose		00	SCR			25:39.20	
	50m:	42.54 42.54	450m:	7:29.80 51.73	850m:	14:19.42 51.69	1250m:	21:22.29 52.29
	100m:	1:29.92 47.38	500m:	8:18.95 49.15	900m:	15:11.76 52.34	1300m:	22:15.07 52.78
	150m:	2:19.67 49.75	550m:	9:09.76 50.81	950m:	16:03.16 51.40	1350m:	23:08.54 53.47
	200m:	3:10.57 50.90	600m:	10:00.23 50.47	1000m:	16:56.02 52.86	1400m:	24:01.60 53.06
	250m:	4:02.92 52.35	650m:	10:52.60 52.37	1050m:	17:50.02 54.00	1450m:	24:51.92 50.32
	300m:	4:55.64 52.72	700m:	11:43.76 51.16	1100m:	18:43.86 53.84	1500m:	25:39.20 47.28
	350m:	5:46.00 50.36	750m:	12:35.64 51.88	1150m:	19:37.51 53.65		
	400m:	6:38.07 52.07	800m:	13:27.73 52.09	1200m:	20:30.00 52.49		
7.	Arthur Luttun		99	LZK			26:16.00	
	50m:	44.14 44.14	450m:	7:30.93 52.97	850m:	14:35.37 52.44	1250m:	21:51.02 54.72
	100m:	1:31.05 46.91	500m:	8:23.84 52.91	900m:	15:28.65 53.28	1300m:	22:46.74 55.72
	150m:	2:20.58 49.53	550m:	9:15.90 52.06	950m:	16:22.62 53.97	1350m:	23:40.40 53.66
	200m:	3:11.68 51.10	600m:	10:08.78 52.88	1000m:	17:17.52 54.90	1400m:	24:33.93 53.53
	250m:	4:02.52 50.84	650m:	11:01.96 53.18	1050m:	18:12.43 54.91	1450m:	25:23.62 49.69
	300m:	4:53.81 51.29	700m:	11:56.65 54.69	1100m:	19:07.14 54.71	1500m:	26:16.00 52.38
	350m:	5:45.08 51.27	750m:	12:49.21 52.56	1150m:	20:01.30 54.16		
	400m:	6:37.96 52.88	800m:	13:42.93 53.72	1200m:	20:56.30 55.00		

Programmanr. 8 Dames, 800m vrije slag veteranen 60 Resultaten

Rang			Geb.				Tijd	
1.	Dominique Hubinont		52	APN			14:32.26	
	50m:	47.51 47.51	250m:	4:25.92 54.85	450m:	8:07.39 55.19	650m:	11:48.42 55.35
	100m:	1:41.39 53.88	300m:	5:22.13 56.21	500m:	9:01.67 54.28	700m:	12:43.86 55.44
	150m:	2:35.13 53.74	350m:	6:17.42 55.29	550m:	9:57.39 55.72	750m:	13:37.89 54.03
	200m:	3:31.07 55.94	400m:	7:12.20 54.78	600m:	10:53.07 55.68	800m:	14:32.26 54.37

Programmanr. 8 Dames, 800m vrije slag veteranen 35 Resultaten

Rang			Geb.				Tijd	
1.	Marjan Van Mellaerts		74	DELFF			16:39.61	
	50m:	52.84 52.84	250m:	5:01.39 1:04.13	450m:	9:16.67 1:04.04	650m:	13:33.74 1:04.75
	100m:	1:51.64 58.80	300m:	6:05.45 1:04.06	500m:	10:20.38 1:03.71	700m:	14:37.36 1:03.62
	150m:	2:53.81 1:02.17	350m:	7:09.14 1:03.69	550m:	11:24.67 1:04.29	750m:	15:39.84 1:02.48
	200m:	3:57.26 1:03.45	400m:	8:12.63 1:03.49	600m:	12:28.99 1:04.32	800m:	16:39.61 59.77

Programmanr. 8 Dames, 800m vrije slag veteranen 30 Resultaten

Rang			Geb.				Tijd	
1.	Els Van de Kerckhof		79	DELFF			12:42.08	
	50m:	40.30 40.30	250m:	3:50.12 49.14	450m:	7:06.24 49.10	650m:	10:19.50 48.41
	100m:	1:25.60 45.30	300m:	4:39.20 49.08	500m:	7:54.14 47.90	700m:	11:07.91 48.41
	150m:	2:12.77 47.17	350m:	5:27.81 48.61	550m:	8:42.35 48.21	750m:	11:57.02 49.11
	200m:	3:00.98 48.21	400m:	6:17.14 49.33	600m:	9:31.09 48.74	800m:	12:42.08 45.06

Programmanr. 8, Dames, 800m vrije slag

Programmanr. 8
27/1/13 - 15:00

Dames, 800m vrije slag

veteranen 25
Resultaten

Rang			Geb.		Tijd					
1.	Jessica Peeters		86 VZSH		12:40.39					
	50m:	40.74 40.74	250m:	3:45.08 47.56	450m:	6:59.78 48.44	650m:	10:17.96 50.31		
	100m:	1:24.55 43.81	300m:	4:33.58 48.50	500m:	7:48.74 48.96	700m:	11:06.96 49.00		
	150m:	2:10.24 45.69	350m:	5:22.11 48.53	550m:	7:37.96	750m:	11:55.11 48.15		
	200m:	2:57.52 47.28	400m:	6:11.34 49.23	600m:	9:27.65 1:49.69	800m:	12:40.39 45.28		

Programmanr. 8
27/1/13 - 15:00

Dames, 800m vrije slag

senioren
Resultaten

Rang			Geb.		Tijd					
1.	Nele Allard		94 VZT		12:03.72					
	50m:	37.41 37.41	250m:	3:32.69 45.57	450m:	6:39.56 46.31	650m:	9:48.69 47.16		
	100m:	1:19.69 42.28	300m:	49.44 42.31	500m:	7:27.06 47.50	700m:	10:35.19 46.50		
	150m:	2:03.10 43.41	350m:	5:06.22 4:16.78	550m:	8:14.32 47.26	750m:	11:21.76 46.57		
	200m:	2:47.12 44.02	400m:	5:53.25 47.03	600m:	9:01.53 47.21	800m:	12:03.72 41.96		

OPG Stien Van den Eynde 93 DELF

Programmanr. 8
27/1/13 - 15:00

Dames, 800m vrije slag

pupillen
Resultaten

Rang			Geb.		Tijd					
1.	Joanna T'Jaeckx		96 VZN		11:02.50					
	50m:	35.58 35.58	250m:	3:16.68 41.69	450m:	6:07.02 42.97	650m:	8:58.81 42.38		
	100m:	1:14.02 38.44	300m:	3:58.99 42.31	500m:	6:50.43 43.41	700m:	9:41.65 42.84		
	150m:	1:53.90 39.88	350m:	4:41.96 42.97	550m:	7:33.71 43.28	750m:	10:22.78 41.13		
	200m:	2:34.99 41.09	400m:	5:24.05 42.09	600m:	8:16.43 42.72	800m:	11:02.50 39.72		
2.	Deborah Catelin		96 CNMR		12:15.07					
	50m:	38.54 38.54	250m:	3:37.39 46.26	450m:	6:46.80 47.78	650m:	9:58.89 47.97		
	100m:	1:21.51 42.97	300m:	4:24.13 46.74	500m:	7:34.45 47.65	700m:	10:47.42 48.53		
	150m:	2:05.80 44.29	350m:	5:11.76 47.63	550m:	8:22.70 48.25	750m:	11:33.10 45.68		
	200m:	2:51.13 45.33	400m:	5:59.02 47.26	600m:	9:10.92 48.22	800m:	12:15.07 41.97		
3.	Sarah Goegebeur		96 BZV		12:57.27					
	50m:	40.86 40.86	250m:	3:50.88 49.24	450m:	7:10.70 50.36	650m:	10:33.05 50.33		
	100m:	1:25.89 45.03	300m:	4:39.95 49.07	500m:	8:01.10 50.40	700m:	11:23.05 50.00		
	150m:	2:13.39 47.50	350m:	5:29.82 49.87	550m:	8:51.83 50.73	750m:	12:12.52 49.47		
	200m:	3:01.64 48.25	400m:	6:20.34 50.52	600m:	9:42.72 50.89	800m:	12:57.27 44.75		
4.	Sarah De Roose		96 SCR		13:19.69					
	50m:	41.09 41.09	250m:	3:57.51 50.94	450m:	7:23.74 51.52	650m:	10:50.82 51.81		
	100m:	1:27.71 46.62	300m:	4:49.41 51.90	500m:	8:15.97 52.23	700m:	11:42.81 51.99		
	150m:	3:17.12 1:49.41	350m:	5:40.14 50.73	550m:	9:08.33 52.36	750m:	12:33.50 50.69		
	200m:	3:06.57	400m:	6:32.22 52.08	600m:	9:59.01 50.68	800m:	13:19.69 46.19		
5.	Litse Decaluwe		96 LZK		13:29.94					
	50m:	41.47 41.47	250m:	3:59.38 51.94	450m:	7:26.56 52.46	650m:	10:55.91 52.53		
	100m:	1:27.82 46.35	300m:	4:51.53 52.15	500m:	8:18.38 51.82	700m:	11:47.69 51.78		
	150m:	2:17.06 49.24	350m:	5:42.35 50.82	550m:	9:10.85 52.47	750m:	12:40.47 52.78		
	200m:	3:07.44 50.38	400m:	6:34.10 51.75	600m:	10:03.38 52.53	800m:	13:29.94 49.47		

Programmanr. 8, Dames, 800m vrije slag

Programmanr. 8
27/1/13 - 15:00

Meisjes, 800m vrije slag

kadetten
Resultaten

Rang			Geb.				Tijd			
1.	Morgane Maroquin		97	CMA			10:21.59			
	50m:	33.67 33.67	250m:	3:00.88 37.37	450m:	5:35.95 39.25	650m:	8:20.97 41.37		
	100m:	1:09.61 35.94	300m:	3:38.92 38.04	500m:	6:16.16 40.21	700m:	9:02.48 41.51		
	150m:	1:46.59 36.98	350m:	4:17.48 38.56	550m:	6:58.05 41.89	750m:	9:44.56 42.08		
	200m:	2:23.51 36.92	400m:	4:56.70 39.22	600m:	7:39.60 41.55	800m:	10:21.59 37.03		
2.	Naomi De Noble		98	VZD			10:32.83			
	50m:	34.37 34.37	250m:	3:09.69 39.42	450m:	5:49.99 40.16	650m:	8:30.82 40.06		
	100m:	1:12.51 38.14	300m:	3:49.76 40.07	500m:	6:30.35 40.36	700m:	9:10.97 40.15		
	150m:	1:51.04 38.53	350m:	4:30.16 40.40	550m:	7:10.19 39.84	750m:	9:50.56 39.59		
	200m:	2:30.27 39.23	400m:	5:09.83 39.67	600m:	7:50.76 40.57	800m:	10:32.83 42.27		
3.	Camille Wangermez		98	CMA			10:39.05			
	50m:	35.30 35.30	250m:	3:15.44 40.90	450m:	5:59.82 41.25	650m:	8:41.29 40.31		
	100m:	1:14.12 38.82	300m:	3:55.48 40.04	500m:	6:40.10 40.28	700m:	9:21.66 40.37		
	150m:	1:54.24 40.12	350m:	4:37.10 41.62	550m:	7:20.25 40.15	750m:	10:01.32 39.66		
	200m:	2:34.54 40.30	400m:	5:18.57 41.47	600m:	8:00.98 40.73	800m:	10:39.05 37.73		
4.	Jana Dejonckheere		98	WDK			11:16.03			
	50m:	35.93 35.93	250m:	3:21.38 51.00	450m:	6:15.74 43.02	650m:	9:11.01 43.61		
	100m:	1:15.50 39.57	300m:	4:04.73 43.35	500m:	7:00.07 44.33	700m:	9:55.81 44.80		
	150m:	1:56.53 41.03	350m:	4:48.02 43.29	550m:	7:43.63 43.56	750m:	10:38.39 42.58		
	200m:	2:30.38 33.85	400m:	5:32.72 44.70	600m:	8:27.40 43.77	800m:	11:16.03 37.64		
5.	Caitlin Pollez		98	SCR			12:03.39			
	50m:	39.31 39.31	250m:	3:39.31 45.88	450m:	6:45.01 46.01	650m:	9:51.80 46.40		
	100m:	1:22.88 43.57	300m:	4:24.96 45.65	500m:	7:31.61 46.60	700m:	10:38.07 46.27		
	150m:	2:08.24 45.36	350m:	5:11.88 46.92	550m:	8:18.54 46.93	750m:	11:21.90 43.83		
	200m:	2:53.43 45.19	400m:	5:59.00 47.12	600m:	9:05.40 46.86	800m:	12:03.39 41.49		
6.	Aïcha Bostoën		98	LZK			12:24.28			
	50m:	40.63 40.63	250m:	3:42.84 46.70	450m:	6:53.77 47.49	650m:	10:07.04 48.68		
	100m:	1:23.45 42.82	300m:	4:30.69 47.85	500m:	7:41.37 47.60	700m:	10:56.15 49.11		
	150m:	2:09.01 45.56	350m:	5:18.59 47.90	550m:	8:29.79 48.42	750m:	11:44.20 48.05		
	200m:	2:56.14 47.13	400m:	6:06.28 47.69	600m:	9:18.36 48.57	800m:	12:24.28 40.08		
7.	Auréline Belsack		97	CSTFN			13:31.89			
	50m:	41.95 41.95	250m:	4:04.95 50.76	450m:	7:33.52 51.70	650m:	11:01.35 52.95		
	100m:	1:31.11 49.16	300m:	4:56.76 51.81	500m:	8:24.86 51.34	700m:	11:53.51 52.16		
	150m:	2:22.19 51.08	350m:	5:49.89 53.13	550m:	9:16.74 51.88	750m:	12:45.21 51.70		
	200m:	3:14.19 52.00	400m:	6:41.82 51.93	600m:	10:08.40 51.66	800m:	13:31.89 46.68		
8.	Jana Van Isacker		98	LZK			13:56.73			
	50m:	41.38 41.38	250m:	4:03.14 51.98	450m:	7:39.14 54.11	650m:	11:17.82 54.41		
	100m:	1:28.98 47.60	300m:	4:56.36 53.22	500m:	8:33.43 54.29	700m:	12:12.80 54.98		
	150m:	2:19.43 50.45	350m:	5:50.71 54.35	550m:	9:28.35 54.92	750m:	13:05.71 52.91		
	200m:	3:11.16 51.73	400m:	6:45.03 54.32	600m:	10:23.41 55.06	800m:	13:56.73 51.02		

Programmanr. 8
27/1/13 - 15:00

Meisjes, 800m vrije slag

miniemen
Resultaten

Rang			Geb.				Tijd			
1.	Thuline Loones		00	VZD			11:02.91			
	50m:	35.72 35.72	250m:	3:22.85 41.16	450m:	6:11.76 42.41	650m:	9:01.85 42.50		
	100m:	1:17.22 41.50	300m:	4:04.79 41.94	500m:	6:55.38 43.62	700m:	9:43.88 42.03		
	150m:	1:59.79 42.57	350m:	4:47.47 42.68	550m:	7:37.79 42.41	750m:	10:25.53 41.65		
	200m:	2:41.69 41.90	400m:	5:29.35 41.88	600m:	8:19.35 41.56	800m:	11:02.91 37.38		
2.	Lien Van Meensel		99	DELFF			11:39.49			
	50m:	37.46 37.46	250m:	3:30.26 44.60	450m:	6:30.29 44.45	650m:	9:30.42 43.95		
	100m:	1:19.53 42.07	300m:	4:15.01 44.75	500m:	7:15.49 45.20	700m:	10:14.43 44.01		
	150m:	2:02.27 42.74	350m:	5:00.39 45.38	550m:	8:01.02 45.53	750m:	10:59.50 45.07		
	200m:	2:45.66 43.39	400m:	5:45.84 45.45	600m:	8:46.47 45.45	800m:	11:39.49 39.99		

Programmanr. 8, Meisjes, 800m vrije slag, miniemen

Rang			Geb.		Tijd							
3.	Astrid Mouton		99	ZIB	11:46.67							
	50m:	36.16	36.16	250m:	3:28.48	44.94	450m:	6:26.92	45.56	650m:	9:30.45	45.35
	100m:	1:16.67	40.51	300m:	4:13.13	44.65	500m:	7:12.54	45.62	700m:	10:16.89	46.44
	150m:	2:00.16	43.49	350m:	4:57.51	44.38	550m:	7:59.64	47.10	750m:	11:03.64	46.75
	200m:	2:43.54	43.38	400m:	5:41.36	43.85	600m:	8:45.10	45.46	800m:	11:46.67	43.03
4.	Annelies Fonteyn		99	VZT	12:14.95							
	50m:	38.85	38.85	250m:	3:44.26	47.14	450m:	6:52.64		650m:	10:03.48	47.52
	100m:	1:24.01	45.16	300m:	4:31.07	46.81	500m:	7:40.25	47.61	700m:	10:50.71	47.23
	150m:	2:10.33	46.32	350m:	5:17.62	46.55	550m:	8:28.02	47.77	750m:	11:36.03	45.32
	200m:	2:57.12	46.79	400m:			600m:	9:15.96	47.94	800m:	12:14.95	38.92
5.	Emilie Godefroidt		99	SCR	12:31.10							
	50m:	40.37	40.37	250m:	3:50.08	48.74	450m:	7:03.11	49.00	650m:	10:16.40	48.03
	100m:	1:25.02	44.65	300m:	4:37.93	47.85	500m:	7:51.14	48.03	700m:	11:03.40	47.00
	150m:	2:12.37	47.35	350m:	5:26.21	48.28	550m:	8:39.93	48.79	750m:	11:50.24	46.84
	200m:	3:01.34	48.97	400m:	6:14.11	47.90	600m:	9:28.37	48.44	800m:	12:31.10	40.86
6.	Florine Delaire		00	SCR	12:36.68							
	50m:	41.55	41.55	250m:	3:51.11	47.96	450m:	7:06.76	49.44	650m:	10:18.99	46.55
	100m:	1:27.63	46.08	300m:	4:40.46	49.35	500m:	7:55.91	49.15	700m:	11:05.99	47.00
	150m:	2:14.99	47.36	350m:	5:28.66	48.20	550m:	8:44.27	48.36	750m:	11:52.91	46.92
	200m:	3:03.15	48.16	400m:	6:17.32	48.66	600m:	9:32.44	48.17	800m:	12:36.68	43.77
7.	Amber Pollez		00	SCR	12:46.42							
	50m:	42.18	42.18	250m:	3:54.68	49.15	450m:	7:10.40	47.85	650m:	10:23.61	49.75
	100m:	1:29.23	47.05	300m:	4:43.98	49.30	500m:	7:57.93	47.53	700m:	11:12.45	48.84
	150m:	2:17.05	47.82	350m:	5:33.32	49.34	550m:	8:45.73	47.80	750m:	11:59.93	47.48
	200m:	3:05.53	48.48	400m:	6:22.55	49.23	600m:	9:33.86	48.13	800m:	12:46.42	46.49
8.	Isaura Ackx		00	ZIB	12:51.75							
	50m:	43.20	43.20	250m:	3:13.03	50.12	450m:	6:38.77	52.25	650m:	10:10.70	51.85
	100m:	1:16.96	33.76	300m:	4:03.60	50.57	500m:	7:32.37	53.60	700m:	11:05.05	54.35
	150m:	1:34.00	17.04	350m:	4:54.72	51.12	550m:	8:24.03	51.66	750m:	11:58.70	53.65
	200m:	2:22.91	48.91	400m:	5:46.52	51.80	600m:	9:18.85	54.82	800m:	12:51.75	53.05
9.	Chelsea Normand		00	CMA	13:33.56							
	50m:	41.14	41.14	250m:	4:01.71	51.31	450m:	7:30.87	51.66	650m:	11:03.27	52.46
	100m:	1:29.30	48.16	300m:	4:54.14	52.43	500m:	8:23.99	53.12	700m:	11:56.43	53.16
	150m:	2:19.30	50.00	350m:	5:46.27	52.13	550m:	9:17.11	53.12	750m:	12:49.30	52.87
	200m:	3:10.40	51.10	400m:	6:39.21	52.94	600m:	10:10.81	53.70	800m:	13:33.56	44.26
NG.ZA	Liansi Vermeulen		99	VZSH								

Programmanr. 9
27/1/13 - 16:14

Heren, 4 x 200m vrije slag

seniors
Resultaten

Rang					Tijd						
1.	"Cercle de Natation Molenbeek			CNMR	9:20.00						
	Matthieu Coppens	95	29.88	1:04.08	1:38.91	2:14.02	2:14.02				
	Guy Vassart	96	32.30	1:09.62	1:51.95	2:33.30	2:33.30				
	Sam Dos Santos	98	29.50	1:05.03	1:42.31	2:19.43	2:19.43				
	Thomas Belsack	95	29.36	1:03.34	1:39.37	2:13.25	2:13.25				
2.	Club Marsouins Ath			CMA	9:27.25						
	Etienne Claisse	96	33.27	1:12.50	1:52.59	2:31.18	2:31.18				
	Arthur Notredame	98	32.66	1:09.91	1:47.79	2:23.03	2:23.03				
	Karim Biad	99	32.69	1:08.48	1:44.63	2:19.89	2:19.89				
	Hugues Herman	66	30.22	1:04.19	1:38.77	2:13.15	2:13.15				
3.	Vrije zwemmers Nieuwpoort 1			VZN	9:33.23						
	Chesney Moeyaert	98	33.46	1:11.48	1:52.40	2:30.92	2:30.92				
	Robbe Hellyn	99	35.61	1:16.46	1:59.74	2:42.16	2:42.16				
	Ruben Haelewyn	96	29.98	1:03.33	1:37.60	2:11.06	2:11.06				
	Gilles Velghe	92	28.66	1:01.27	1:34.91	2:09.09	2:09.09				

Programmanr. 9, Heren, 4 x 200m vrije slag, seniors

Rang			Tijd				
4.	Vrije Zwemmers Tienen	VZT	10:06.93				
	Tim Spilsteyns	84	35.40	1:15.84	2:01.68	2:49.90	2:49.90
	Matthias Fonteyn	96	32.94	1:10.94	1:50.78	2:31.53	2:31.53
	Cedric Vanmuysen	96	33.28	1:11.87	1:53.03	2:31.12	2:31.12
	Steven Defoin	96	30.23	1:04.38	1:40.85	2:14.38	2:14.38
5.	Lichterveldse Zwemclub	LZK	10:52.20				
	Jimme Decaluwe	98	35.29	1:16.86	2:01.16	2:45.76	2:45.76
	Robbe Depoorter	98	36.81	1:20.84	2:07.60	2:50.72	2:50.72
	Niels Van Nevel	98	33.72	1:13.44	1:55.81	2:39.54	2:39.54
	Jorre Decaluwe	00	33.40	1:13.14	1:53.98	2:36.18	2:36.18

Programmanr. 10
27/1/13 - 16:27

Dames, 4 x 200m vrije slag

seniors
Resultaten

Rang			Tijd				
1.	Swimming Club Ronse	SCR	11:32.10				
	Florine Delaire	00	38.51	1:23.51	2:12.47	2:59.44	2:59.44
	Sarah De Roose	96	39.22	1:23.44	2:08.79	2:53.08	2:53.08
	Caitlin Pollez	98	38.25	1:20.96	2:04.47	2:46.03	2:46.03
	Emilie Godefroidt	99	40.00	1:24.82	2:11.36	2:53.55	2:53.55
2.	Lichterveldse Zwemclub	LZK	12:05.71				
	Joyce Ornelis	98	38.50	1:24.08	2:13.91	3:02.92	3:02.92
	Jana Van Isacker	98	39.72	1:26.84	2:17.13	3:06.88	3:06.88
	Litse Decaluwe	96	40.89	1:31.06	2:20.92	3:08.25	3:08.25
	Aïcha Bostoën	98	35.83	1:17.60	2:03.15	2:47.66	2:47.66