

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 1 400m vrije slag dolfijntjes
18/1/26 Resultaten

Rang	Geb.			Tijd		insch. tijd					
dolfijnen, Meisjes											
1. Brusseel Loveley	17	BZV	8:36.62		NT						
50m:	53.96	53.96	150m:	3:08.24	1:08.80	250m:	5:24.28	1:08.48	350m:	7:38.49	1:06.17
100m:	1:59.44	1:05.48	200m:	4:15.80	1:07.56	300m:	6:32.32	1:08.04	400m:	8:36.62	58.13
dolfijnen, Jongens											
1. De Soete Tibo	16	BZV	6:52.23		NT						
50m:	41.84	41.84	150m:	2:26.82	54.41	250m:	4:15.06	54.01	350m:	6:02.18	53.20
100m:	1:32.41	50.57	200m:	3:21.05	54.23	300m:	5:08.98	53.92	400m:	6:52.23	50.05
2. Claeys Leon	16	VZO	7:06.19		8:03.20						
50m:	44.41	44.41	150m:	2:29.81	53.70	250m:	4:21.05	57.20	350m:	6:11.19	55.30
100m:	1:36.11	51.70	200m:	3:23.85	54.04	300m:	5:15.89	54.84	400m:	7:06.19	55.00
3. De Prêtre Leon	16	VZO	7:13.16		7:49.38						
50m:	47.61	47.61	150m:	2:34.46	53.40	250m:	4:27.82	58.24	350m:	6:19.70	55.49
100m:	1:41.06	53.45	200m:	3:29.58	55.12	300m:	5:24.21	56.39	400m:	7:13.16	53.46
4. Troispont Louïc	16	VZN	7:43.92		8:41.64						
50m:	48.13	48.13	150m:	2:45.32	59.01	250m:	4:46.68	1:02.24	350m:	6:47.73	59.77
100m:	1:46.31	58.18	200m:	3:44.44	59.12	300m:	5:47.96	1:01.28	400m:	7:43.92	56.19
5. Schissler Mauro	17	VZO	8:18.93		NT						
50m:	54.30	54.30	150m:	2:58.35	1:02.93	250m:	5:05.50	1:03.91	350m:	7:17.41	1:04.95
100m:	1:55.42	1:01.12	200m:	4:01.59	1:03.24	300m:	6:12.46	1:06.96	400m:	8:18.93	1:01.52
6. Laureys Sky	17	VZN	9:01.68		NT						
50m:	47.49	47.49	150m:	3:10.62	1:23.17	250m:	5:41.96	1:07.54	350m:	7:56.16	1:08.11
100m:	1:47.45	59.96	200m:	4:34.42	1:23.80	300m:	6:48.05	1:06.09	400m:	9:01.68	1:05.52

Programmanr. 2 200m vrije slag eendjes
18/1/26 Resultaten

Rang				Geb.				Tijd	insch. tijd					
Eendjes, Meisjes														
1.	Gestels Lenthe			18	BZV		5:34.47		NT					
	50m:	1:13.74	1:13.74		100m:	2:39.85	1:26.11		150m:	4:10.25	1:30.40	200m:	5:34.47	1:24.22
Eendjes, Jongens														
1.	Van den Bergh Jace			18	ZVM		3:35.30		NT					
	50m:	46.16	46.16		100m:	1:40.81	54.65		150m:	2:40.11	59.30	200m:	3:35.30	55.19
2.	Troispont Yorick			18	VZN		3:52.78		NT					
	50m:	49.79	49.79		100m:	1:54.13	1:04.34		150m:	2:55.62	1:01.49	200m:	3:52.78	57.16
3.	Bauwens Joren			18	BZV		4:17.90		NT					
	50m:	53.36	53.36		100m:	2:01.68	1:08.32		150m:	3:10.76	1:09.08	200m:	4:17.90	1:07.14

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 3
18/1/26

800m vrije slag

2015 en eerder
Resultaten

open open Dames: 16:00.00; open Heren: 16:00.00

Rang		Geb.		Tijd	insch. tijd						
veteranen 30, Dames											
1.	Goegebeur Sarah	96	BZV	12:59.86	12:53.52						
	50m: 41.15	41.15	250m: 3:51.90	49.34	450m: 7:11.73	50.31	650m: 10:32.32	50.38			
	100m: 1:26.85	45.70	300m: 4:41.66	49.76	500m: 8:01.79	50.06	700m: 11:21.89	49.57			
	150m: 2:14.40	47.55	350m: 5:31.31	49.65	550m: 8:51.97	50.18	750m: 12:11.69	49.80			
	200m: 3:02.56	48.16	400m: 6:21.42	50.11	600m: 9:41.94	49.97	800m: 12:59.86	48.17			
senioren, Dames											
1.	Cocquyt Ashley	07	VZG	11:49.66	11:58.62						
	50m: 37.86	37.86	250m: 3:30.40	43.57	450m: 6:30.53	45.85	650m: 9:34.88	46.39			
	100m: 1:19.58	41.72	300m: 4:14.93	44.53	500m: 7:16.43	45.90	700m: 10:22.23	47.35			
	150m: 2:02.60	43.02	350m: 4:59.88	44.95	550m: 8:01.78	45.35	750m: 11:07.82	45.59			
	200m: 2:46.83	44.23	400m: 5:44.68	44.80	600m: 8:48.49	46.71	800m: 11:49.66	41.84			
pupillen, Meisjes											
1.	Thijs Diede	08	DELF	10:46.50	11:30.00						
	50m: 35.77	35.77	250m: 3:17.77	40.68	450m: 6:02.81	41.35	650m: 8:47.93	41.12			
	100m: 1:15.34	39.57	300m: 3:59.06	41.29	500m: 6:44.15	41.34	700m: 9:28.90	40.97			
	150m: 1:56.15	40.81	350m: 4:40.12	41.06	550m: 7:25.74	41.59	750m: 10:09.18	40.28			
	200m: 2:37.09	40.94	400m: 5:21.46	41.34	600m: 8:06.81	41.07	800m: 10:46.50	37.32			
2.	Vermote Noor	09	VZN	12:43.48	NT						
	50m: 41.72	41.72	250m: 3:53.98	49.55	450m: 7:09.32	49.00	650m: 10:24.83	48.55			
	100m: 1:28.36	46.64	300m: 4:42.50	48.52	500m: 7:58.53	49.21	700m: 11:14.03	49.20			
	150m: 2:16.32	47.96	350m: 5:31.90	49.40	550m: 8:47.38	48.85	750m: 12:02.44	48.41			
	200m: 3:04.43	48.11	400m: 6:20.32	48.42	600m: 9:36.28	48.90	800m: 12:43.48	41.04			
3.	Vergauwe Yanaika	09	VZN	13:11.51	14:19.32						
	50m: 41.05	41.05	250m: 3:54.53	50.79	450m: 7:20.16	51.64	650m: 10:45.06	51.18			
	100m: 1:27.07	46.02	300m: 4:46.33	51.80	500m: 8:10.41	50.25	700m: 11:37.98	52.92			
	150m: 2:14.05	46.98	350m: 5:37.23	50.90	550m: 9:02.48	52.07	750m: 12:26.14	48.16			
	200m: 3:03.74	49.69	400m: 6:28.52	51.29	600m: 9:53.88	51.40	800m: 13:11.51	45.37			
kadetten, Meisjes											
1.	Van Hecke Amber	10	VZO	11:01.36	12:40.07						
	50m: 35.60	35.60	250m: 3:17.14	40.62	450m: 6:03.56	43.50	650m: 8:55.48	43.68			
	100m: 1:14.69	39.09	300m: 3:58.36	41.22	500m: 6:45.59	42.03	700m: 9:39.04	43.56			
	150m: 1:55.13	40.44	350m: 4:40.06	41.70	550m: 7:29.04	43.45	750m: 10:21.73	42.69			
	200m: 2:36.52	41.39	400m: 5:20.06	40.00	600m: 8:11.80	42.76	800m: 11:01.36	39.63			
2.	Proot Annabelle	11	BZV	11:45.92	12:51.74						
	50m: 37.98	37.98	250m: 3:35.15	44.64	450m: 6:38.73	46.24	650m: 9:40.34	44.59			
	100m: 1:21.25	43.27	300m: 4:20.53	45.38	500m: 7:24.70	45.97	700m: 10:24.25	43.91			
	150m: 2:05.56	44.31	350m: 5:07.00	46.47	550m: 8:10.41	45.71	750m: 11:07.52	43.27			
	200m: 2:50.51	44.95	400m: 5:52.49	45.49	600m: 8:55.75	45.34	800m: 11:45.92	38.40			
3.	Vangheluwe Mare	11	BZV	12:15.41	NT						
	50m: 39.43	39.43	250m: 3:47.27	48.57	450m: 6:57.27	46.24	650m: 10:02.51	45.37			
	100m: 1:24.18	44.75	300m: 4:36.10	48.83	500m: 7:43.43	46.16	700m: 10:47.84	45.33			
	150m: 2:11.15	46.97	350m: 5:24.05	47.95	550m: 8:30.14	46.71	750m: 11:32.61	44.77			
	200m: 2:58.70	47.55	400m: 6:11.03	46.98	600m: 9:17.14	47.00	800m: 12:15.41	42.80			

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Programmanr. 3, 800m vrije slag

miniemen. Meisies

1. Cattoor Pauline	12	BZV	11:08.41	12:00.41								
50m:	33.77	33.77	250m:	3:16.45	42.29	450m:	6:08.77	43.67	650m:	9:03.76	43.16	
100m:	1:11.74	37.97	300m:	3:58.68	42.23	500m:	6:52.91	44.14	700m:	9:46.80	43.04	
150m:	1:52.13	40.39	350m:	4:42.02	43.34	550m:	7:36.56	43.65	750m:	10:28.84	42.04	
200m:	2:34.16	42.03	400m:	5:25.10	43.08	600m:	8:20.60	44.04	800m:	11:08.41	39.57	
2. Schelfaut Evy	13	VZG	12:18.27	14:13.33								
50m:	40.76	40.76	250m:	3:46.77	46.90	450m:	6:59.71	48.53	650m:	10:13.98	48.01	
100m:	1:26.09	45.33	300m:	4:34.58	47.81	500m:	7:49.31	49.60	700m:	11:01.44	47.46	
150m:	2:13.49	47.40	350m:	5:23.04	48.46	550m:	8:37.34	48.03	750m:	11:42.79	41.35	
200m:	2:59.87	46.38	400m:	6:11.18	48.14	600m:	9:25.97	48.63	800m:	12:18.27	35.48	
3. Bultinck Inte	13	BZV	12:57.54	NT								
50m:	39.32	39.32	250m:	3:52.72	49.65	450m:	7:11.86	50.67	650m:	10:32.76	50.67	
100m:	1:24.95	45.63	300m:	4:41.71	48.99	500m:	8:00.13	48.27	700m:	11:22.13	49.37	
150m:	2:13.16	48.21	350m:	5:30.98	49.27	550m:	8:50.78	50.65	750m:	12:11.55	49.42	
200m:	3:03.07	49.91	400m:	6:21.19	50.21	600m:	9:42.09	51.31	800m:	12:57.54	45.99	
4. Cnockaert Ella	12	VZN	12:59.00	14:39.66								
50m:	38.40	38.40	250m:	3:50.10	50.01	450m:	7:14.33	52.03	650m:	10:39.86	50.59	
100m:	1:22.37	43.97	300m:	4:41.05	50.95	500m:	8:05.02	50.69	700m:	11:31.52	51.66	
150m:	2:10.09	47.72	350m:	5:31.63	50.58	550m:	8:57.32	52.30	750m:	12:16.98	45.46	
200m:	3:00.09	50.00	400m:	6:22.30	50.67	600m:	9:49.27	51.95	800m:	12:59.00	42.02	
5. Demeester Decordier Liesel	13	VZN	14:13.93	NT								
50m:	44.60	44.60	250m:	4:18.34	54.50	450m:	7:59.45	54.08	650m:	11:37.23	53.30	
100m:	1:36.85	52.25	300m:	5:12.96	54.62	500m:	8:54.52	55.07	700m:	12:29.52	52.29	
150m:	2:30.24	53.39	350m:	6:08.07	55.11	550m:	9:49.39	54.87	750m:	13:22.93	53.41	
200m:	3:23.84	53.60	400m:	7:05.37	57.30	600m:	10:43.93	54.54	800m:	14:13.93	51.00	
6. Bourez Tess	13	COK	14:23.74	14:22.54								
50m:	40.67	40.67	250m:	4:15.40	56.97	450m:	8:07.82	56.60	650m:	11:53.84	55.79	
100m:	1:30.71	50.04	300m:	5:12.89	57.49	500m:	9:03.42	55.60	700m:	12:47.69	53.85	
150m:	2:24.01	53.30	350m:	6:11.15	58.26	550m:	10:01.77	58.35	750m:	13:34.00	46.31	
200m:	3:18.43	54.42	400m:	7:11.22	1:00.07	600m:	10:58.05	56.28	800m:	14:23.74	49.74	
7. Van Haerenborgh Marieke	13	ZVM	14:25.46	NT								
50m:	44.67	44.67	250m:	4:23.07	57.51	450m:	7:58.38	54.69	650m:	11:40.74	55.87	
100m:	1:36.49	51.82	300m:	5:16.62	53.55	500m:	8:54.19	55.81	700m:	12:37.50	56.76	
150m:	2:30.00	53.51	350m:	6:10.44	53.82	550m:	9:48.81	54.62	750m:	13:35.25	57.75	
200m:	3:25.56	55.56	400m:	7:03.69	53.25	600m:	10:44.87	56.06	800m:	14:25.46	50.21	
8. Callebout Naevia	13	VZO	14:38.34	NT								
50m:	45.94	45.94	250m:	4:26.01	56.49	450m:	8:11.71	57.00	650m:	12:00.06	56.18	
100m:	1:38.16	52.22	300m:	5:22.02	56.01	500m:	9:09.92	58.21	700m:	12:53.94	53.88	
150m:	2:33.27	55.11	350m:	6:18.42	56.40	550m:	10:06.78	56.86	750m:	13:48.69	54.75	
200m:	3:29.52	56.25	400m:	7:14.71	56.29	600m:	11:03.88	57.10	800m:	14:38.34	49.65	
9. Van Overstraeten Fien	13	VZG	14:46.12	16:02.52								
50m:	48.52	48.52	250m:	4:32.71	57.54	450m:	8:22.92	58.18	650m:	12:10.39	53.87	
100m:	1:43.05	54.53	300m:	5:29.17	56.46	500m:	9:20.67	57.75	700m:	13:06.02	55.63	
150m:	2:38.11	55.06	350m:	6:26.77	57.60	550m:	10:19.11	58.44	750m:	14:00.24	54.22	
200m:	3:35.17	57.06	400m:	7:24.74	57.97	600m:	11:16.52	57.41	800m:	14:46.12	45.88	
10. Loncke Roos	12	VZO	15:27.19	15:39.20								
50m:	47.77	47.77	250m:	4:36.66	58.60	450m:	8:35.20	1:00.04	650m:	12:33.55	1:00.00	
100m:	1:42.47	54.70	300m:	5:35.27	58.61	500m:	9:35.39	1:00.19	700m:	13:33.05	59.50	
150m:	2:39.70	57.23	350m:	6:35.06	59.79	550m:	10:34.78	59.39	750m:	14:33.32	1:00.27	
200m:	3:38.06	58.36	400m:	7:35.16	1:00.10	600m:	11:33.55	58.77	800m:	15:27.19	53.87	

benjamins, Meisjes

1. Droissart Nette		15	BZV	11:57.15	NT						
50m:	39.61	39.61	250m:	3:44.30	47.09	450m:	6:48.86	45.31	650m:	9:51.05	44.59
100m:	1:24.42	44.81	300m:	4:30.36	46.06	500m:	7:34.99	46.13	700m:	10:35.67	44.62
150m:	2:10.39	45.97	350m:	5:17.42	47.06	550m:	8:20.52	45.53	750m:	11:18.77	43.10
200m:	2:57.21	46.82	400m:	6:03.55	46.13	600m:	9:06.46	45.94	800m:	11:57.15	38.38

lange afstand - longues distances
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Programmanr. 3, Meisjes, 800m vrije slag, benjamins

Rang		Geb.		Tijd	insch. tijd						
2.	Colenbier Pia	14	ZIB	12:19.64	14:07.20						
	50m: 38.67	38.67	250m: 3:39.34	46.10	450m: 6:51.56	48.32	650m: 10:05.21	47.18			
	100m: 1:22.74	44.07	300m: 4:26.96	47.62	500m: 7:40.81	49.25	700m: 10:52.71	47.50			
	150m: 2:07.84	45.10	350m: 5:14.59	47.63	550m: 8:29.31	48.50	750m: 11:38.64	45.93			
	200m: 2:53.24	45.40	400m: 6:03.24	48.65	600m: 9:18.03	48.72	800m: 12:19.64	41.00			
3.	Lamaire Julie	14	VZN	12:28.79	13:13.06						
	50m: 40.43	40.43	250m: 3:47.72	47.79	450m: 7:01.59	48.81	650m: 10:14.48	48.01			
	100m: 1:26.01	45.58	300m: 4:35.97	48.25	500m: 7:49.00	47.41	700m: 11:02.77	48.29			
	150m: 2:12.81	46.80	350m: 5:24.04	48.07	550m: 8:37.79	48.79	750m: 11:46.35	43.58			
	200m: 2:59.93	47.12	400m: 6:12.78	48.74	600m: 9:26.47	48.68	800m: 12:28.79	42.44			
4.	Govaerts Kaylee	15	BZV	13:01.05	NT						
	50m: 41.16	41.16	250m: 3:55.60	49.87	450m: 7:15.68	50.08	650m: 10:38.63	51.23			
	100m: 1:28.73	47.57	300m: 4:45.05	49.45	500m: 8:06.03	50.35	700m: 11:28.77	50.14			
	150m: 2:17.68	48.95	350m: 5:34.67	49.62	550m: 8:56.31	50.28	750m: 12:18.32	49.55			
	200m: 3:05.73	48.05	400m: 6:25.60	50.93	600m: 9:47.40	51.09	800m: 13:01.05	42.73			
5.	Diallo Bintou	14	COK	13:26.39	14:09.58						
	50m: 41.23	41.23	250m: 4:00.05	51.90	450m: 7:25.50	52.95	650m: 10:59.03	53.95			
	100m: 1:28.77	47.54	300m: 4:48.07	48.02	500m: 8:18.19	52.69	700m: 11:50.56	51.53			
	150m: 2:17.69	48.92	350m: 5:39.96	51.89	550m: 9:12.57	54.38	750m: 12:41.98	51.42			
	200m: 3:08.15	50.46	400m: 6:32.55	52.59	600m: 10:05.08	52.51	800m: 13:26.39	44.41			
6.	Van den Bergh Saige	15	ZVM	15:38.02	NT						
	50m: 48.93	48.93	250m: 4:46.90	1:03.02	450m: 8:48.96	1:00.07	650m: 12:48.93	58.15			
	100m: 1:46.03	57.10	300m: 5:47.08	1:00.18	500m: 9:49.27	1:00.31	700m: 13:47.63	58.70			
	150m: 2:44.54	58.51	350m: 6:47.63	1:00.55	550m: 10:49.67	1:00.40	750m: 14:44.89	57.26			
	200m: 3:43.88	59.34	400m: 7:48.89	1:01.26	600m: 11:50.78	1:01.11	800m: 15:38.02	53.13			
7.	Moyaert Niene	15	VZO	15:46.81	NT						
	50m: 48.02	48.02	250m: 4:38.05	58.02	450m: 8:39.19	59.64	650m: 12:48.60	1:02.15			
	100m: 1:42.26	54.24	300m: 5:37.54	59.49	500m: 9:43.28	1:04.09	700m: 13:54.71	1:06.11			
	150m: 2:42.68	1:00.42	350m: 6:38.08	1:00.54	550m: 10:47.62	1:04.34	750m: 14:56.93	1:02.22			
	200m: 3:40.03	57.35	400m: 7:39.55	1:01.47	600m: 11:46.45	58.83	800m: 15:46.81	49.88			
8.	Van Overstraeten Lotte	15	VZG	15:46.97	NT						
	50m: 51.07	51.07	250m: 4:48.09	58.46	450m: 8:49.73	59.57	650m: 12:53.02	59.25			
	100m: 1:50.20	59.13	300m: 5:48.09	1:00.00	500m: 9:52.23	1:02.50	700m: 13:54.14	1:01.12			
	150m: 2:50.86	1:00.66	350m: 6:48.74	1:00.65	550m: 10:53.41	1:01.18	750m: 14:57.27	1:03.13			
	200m: 3:49.63	58.77	400m: 7:50.16	1:01.42	600m: 11:53.77	1:00.36	800m: 15:46.97	49.70			
9.	Verhoeven Mira	15	ZVM	17:23.84	NT						
	50m: 56.28	56.28	250m: 5:23.15	1:06.70	450m: 9:55.01	1:05.51	650m: 14:21.40	1:03.72			
	100m: 2:01.92	1:05.64	300m: 6:30.29	1:07.14	500m: 11:01.96	1:06.95	700m: 15:25.53	1:04.13			
	150m: 3:08.07	1:06.15	350m: 7:36.45	1:06.16	550m: 12:10.66	1:08.70	750m: 16:30.53	1:05.00			
	200m: 4:16.45	1:08.38	400m: 8:49.50	1:13.05	600m: 13:17.68	1:07.02	800m: 17:23.84	53.31			

algemeen, Dames

1.	Thijs Diede	08	DELF	10:46.50	11:30.00						
	50m: 35.77	35.77	250m: 3:17.77	40.68	450m: 6:02.81	41.35	650m: 8:47.93	41.12			
	100m: 1:15.34	39.57	300m: 3:59.06	41.29	500m: 6:44.15	41.34	700m: 9:28.90	40.97			
	150m: 1:56.15	40.81	350m: 4:40.12	41.06	550m: 7:25.74	41.59	750m: 10:09.18	40.28			
	200m: 2:37.09	40.94	400m: 5:21.46	41.34	600m: 8:06.81	41.07	800m: 10:46.50	37.32			
2.	Van Hecke Amber	10	VZO	11:01.36	12:40.07						
	50m: 35.60	35.60	250m: 3:17.14	40.62	450m: 6:03.56	43.50	650m: 8:55.48	43.68			
	100m: 1:14.69	39.09	300m: 3:58.36	41.22	500m: 6:45.59	42.03	700m: 9:39.04	43.56			
	150m: 1:55.13	40.44	350m: 4:40.06	41.70	550m: 7:29.04	43.45	750m: 10:21.73	42.69			
	200m: 2:36.52	41.39	400m: 5:20.06	40.00	600m: 8:11.80	42.76	800m: 11:01.36	39.63			
3.	Cattoor Pauline	12	BZV	11:08.41	12:00.41						
	50m: 33.77	33.77	250m: 3:16.45	42.29	450m: 6:08.77	43.67	650m: 9:03.76	43.16			
	100m: 1:11.74	37.97	300m: 3:58.68	42.23	500m: 6:52.91	44.14	700m: 9:46.80	43.04			
	150m: 1:52.13	40.39	350m: 4:42.02	43.34	550m: 7:36.56	43.65	750m: 10:28.84	42.04			
	200m: 2:34.16	42.03	400m: 5:25.10	43.08	600m: 8:20.60	44.04	800m: 11:08.41	39.57			

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang		Geb.		Tijd	insch. tijd						
4.	Proot Annabelle	11	BZV	11:45.92	12:51.74						
	50m: 37.98	37.98	250m: 3:35.15	44.64	450m: 6:38.73	46.24	650m: 9:40.34	44.59			
	100m: 1:21.25	43.27	300m: 4:20.53	45.38	500m: 7:24.70	45.97	700m: 10:24.25	43.91			
	150m: 2:05.56	44.31	350m: 5:07.00	46.47	550m: 8:10.41	45.71	750m: 11:07.52	43.27			
	200m: 2:50.51	44.95	400m: 5:52.49	45.49	600m: 8:55.75	45.34	800m: 11:45.92	38.40			
5.	Cocquyt Ashley	07	VZG	11:49.66	11:58.62						
	50m: 37.86	37.86	250m: 3:30.40	43.57	450m: 6:30.53	45.85	650m: 9:34.88	46.39			
	100m: 1:19.58	41.72	300m: 4:14.93	44.53	500m: 7:16.43	45.90	700m: 10:22.23	47.35			
	150m: 2:02.60	43.02	350m: 4:59.88	44.95	550m: 8:01.78	45.35	750m: 11:18.77	45.59			
	200m: 2:46.83	44.23	400m: 5:44.68	44.80	600m: 8:48.49	46.71	800m: 11:49.66	41.84			
6.	Droissart Nette	15	BZV	11:57.15	NT						
	50m: 39.61	39.61	250m: 3:44.30	47.09	450m: 6:48.86	45.31	650m: 9:51.05	44.59			
	100m: 1:24.42	44.81	300m: 4:30.36	46.06	500m: 7:34.99	46.13	700m: 10:35.67	44.62			
	150m: 2:10.39	45.97	350m: 5:17.42	47.06	550m: 8:20.52	45.53	750m: 11:18.77	43.10			
	200m: 2:57.21	46.82	400m: 6:03.55	46.13	600m: 9:06.46	45.94	800m: 11:57.15	38.38			
7.	Vangheluwe Mare	11	BZV	12:15.41	NT						
	50m: 39.43	39.43	250m: 3:47.27	48.57	450m: 6:57.27	46.24	650m: 10:02.51	45.37			
	100m: 1:24.18	44.75	300m: 4:36.10	48.83	500m: 7:43.43	46.16	700m: 10:47.84	45.33			
	150m: 2:11.15	46.97	350m: 5:24.05	47.95	550m: 8:30.14	46.71	750m: 11:32.61	44.77			
	200m: 2:58.70	47.55	400m: 6:11.03	46.98	600m: 9:17.14	47.00	800m: 12:15.41	42.80			
8.	Schelfaut Evy	13	VZG	12:18.27	14:13.33						
	50m: 40.76	40.76	250m: 3:46.77	46.90	450m: 6:59.71	48.53	650m: 10:13.98	48.01			
	100m: 1:26.09	45.33	300m: 4:34.58	47.81	500m: 7:49.31	49.60	700m: 11:01.44	47.46			
	150m: 2:13.49	47.40	350m: 5:23.04	48.46	550m: 8:37.34	48.03	750m: 11:42.79	41.35			
	200m: 2:59.87	46.38	400m: 6:11.18	48.14	600m: 9:25.97	48.63	800m: 12:18.27	35.48			
9.	Colenbier Pia	14	ZIB	12:19.64	14:07.20						
	50m: 38.67	38.67	250m: 3:39.34	46.10	450m: 6:51.56	48.32	650m: 10:05.21	47.18			
	100m: 1:22.74	44.07	300m: 4:26.96	47.62	500m: 7:40.81	49.25	700m: 10:52.71	47.50			
	150m: 2:07.84	45.10	350m: 5:14.59	47.63	550m: 8:29.31	48.50	750m: 11:38.64	45.93			
	200m: 2:53.24	45.40	400m: 6:03.24	48.65	600m: 9:18.03	48.72	800m: 12:19.64	41.00			
10.	Lamaire Julie	14	VZN	12:28.79	13:13.06						
	50m: 40.43	40.43	250m: 3:47.72	47.79	450m: 7:01.59	48.81	650m: 10:14.48	48.01			
	100m: 1:26.01	45.58	300m: 4:35.97	48.25	500m: 7:49.00	47.41	700m: 11:02.77	48.29			
	150m: 2:12.81	46.80	350m: 5:24.04	48.07	550m: 8:37.79	48.79	750m: 11:46.35	43.58			
	200m: 2:59.93	47.12	400m: 6:12.78	48.74	600m: 9:26.47	48.68	800m: 12:28.79	42.44			
11.	Vermote Noor	09	VZN	12:43.48	NT						
	50m: 41.72	41.72	250m: 3:53.98	49.55	450m: 7:09.32	49.00	650m: 10:24.83	48.55			
	100m: 1:28.36	46.64	300m: 4:42.50	48.52	500m: 7:58.53	49.21	700m: 11:14.03	49.20			
	150m: 2:16.32	47.96	350m: 5:31.90	49.40	550m: 8:47.38	48.85	750m: 12:02.44	48.41			
	200m: 3:04.43	48.11	400m: 6:20.32	48.42	600m: 9:36.28	48.90	800m: 12:43.48	41.04			
12.	Bultinck Inte	13	BZV	12:57.54	NT						
	50m: 39.32	39.32	250m: 3:52.72	49.65	450m: 7:11.86	50.67	650m: 10:32.76	50.67			
	100m: 1:24.95	45.63	300m: 4:41.71	48.99	500m: 8:00.13	48.27	700m: 11:22.13	49.37			
	150m: 2:13.16	48.21	350m: 5:30.98	49.27	550m: 8:50.78	50.65	750m: 12:11.55	49.42			
	200m: 3:03.07	49.91	400m: 6:21.19	50.21	600m: 9:42.09	51.31	800m: 12:57.54	45.99			
13.	Cnockaert Ella	12	VZN	12:59.00	14:39.66						
	50m: 38.40	38.40	250m: 3:50.10	50.01	450m: 7:14.33	52.03	650m: 10:39.86	50.59			
	100m: 1:22.37	43.97	300m: 4:41.05	50.95	500m: 8:05.02	50.69	700m: 11:31.52	51.66			
	150m: 2:10.09	47.72	350m: 5:31.63	50.58	550m: 8:57.32	52.30	750m: 12:16.98	45.46			
	200m: 3:00.09	50.00	400m: 6:22.30	50.67	600m: 9:49.27	51.95	800m: 12:59.00	42.02			
14.	Goegebeur Sarah	96	BZV	12:59.86	12:53.52						
	50m: 41.15	41.15	250m: 3:51.90	49.34	450m: 7:11.73	50.31	650m: 10:32.32	50.38			
	100m: 1:26.85	45.70	300m: 4:41.66	49.76	500m: 8:01.79	50.06	700m: 11:21.89	49.57			
	150m: 2:14.40	47.55	350m: 5:31.31	49.65	550m: 8:51.97	50.18	750m: 12:11.69	49.80			
	200m: 3:02.56	48.16	400m: 6:21.42	50.11	600m: 9:41.94	49.97	800m: 12:59.86	48.17			
15.	Govaerts Kaylee	15	BZV	13:01.05	NT						
	50m: 41.16	41.16	250m: 3:55.60	49.87	450m: 7:15.68	50.08	650m: 10:38.63	51.23			
	100m: 1:28.73	47.57	300m: 4:45.05	49.45	500m: 8:06.03	50.35	700m: 11:28.77	50.14			
	150m: 2:17.68	48.95	350m: 5:34.67	49.62	550m: 8:56.31	50.28	750m: 12:18.32	49.55			
	200m: 3:05.73	48.05	400m: 6:25.60	50.93	600m: 9:47.40	51.09	800m: 13:01.05	42.73			

lange afstand - longues distances
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Programmanr. 3, Dames, 800m vrije slag, algemeen

Rang	Geb.	Tijd	insch. tijd							
16. Vergauwe Yanaika	09	VZN	13:11.51	14:19.32						
50m: 41.05	41.05	250m: 3:54.53	50.79	450m: 7:20.16	51.64	650m: 10:45.06	51.18			
100m: 1:27.07	46.02	300m: 4:46.33	51.80	500m: 8:10.41	50.25	700m: 11:37.98	52.92			
150m: 2:14.05	46.98	350m: 5:37.23	50.90	550m: 9:02.48	52.07	750m: 12:26.14	48.16			
200m: 3:03.74	49.69	400m: 6:28.52	51.29	600m: 9:53.88	51.40	800m: 13:11.51	45.37			
17. Diallo Bintou	14	COK	13:26.39	14:09.58						
50m: 41.23	41.23	250m: 4:00.05	51.90	450m: 7:25.50	52.95	650m: 10:59.03	53.95			
100m: 1:28.77	47.54	300m: 4:48.07	48.02	500m: 8:18.19	52.69	700m: 11:50.56	51.53			
150m: 2:17.69	48.92	350m: 5:39.96	51.89	550m: 9:12.57	54.38	750m: 12:41.98	51.42			
200m: 3:08.15	50.46	400m: 6:32.55	52.59	600m: 10:05.08	52.51	800m: 13:26.39	44.41			
18. Demeester Decordier Liesel	13	VZN	14:13.93	NT						
50m: 44.60	44.60	250m: 4:18.34	54.50	450m: 7:59.45	54.08	650m: 11:37.23	53.30			
100m: 1:36.85	52.25	300m: 5:12.96	54.62	500m: 8:54.52	55.07	700m: 12:29.52	52.29			
150m: 2:30.24	53.39	350m: 6:08.07	55.11	550m: 9:49.39	54.87	750m: 13:22.93	53.41			
200m: 3:23.84	53.60	400m: 7:05.37	57.30	600m: 10:43.93	54.54	800m: 14:13.93	51.00			
19. Bourez Tess	13	COK	14:23.74	14:22.54						
50m: 40.67	40.67	250m: 4:15.40	56.97	450m: 8:07.82	56.60	650m: 11:53.84	55.79			
100m: 1:30.71	50.04	300m: 5:12.89	57.49	500m: 9:03.42	55.60	700m: 12:47.69	53.85			
150m: 2:24.01	53.30	350m: 6:11.15	58.26	550m: 10:01.77	58.35	750m: 13:34.00	46.31			
200m: 3:18.43	54.42	400m: 7:11.22	1:00.07	600m: 10:58.05	56.28	800m: 14:23.74	49.74			
20. Van Haerenborgh Marieke	13	ZVM	14:25.46	NT						
50m: 44.67	44.67	250m: 4:23.07	57.51	450m: 7:58.38	54.69	650m: 11:40.74	55.87			
100m: 1:36.49	51.82	300m: 5:16.62	53.55	500m: 8:54.19	55.81	700m: 12:37.50	56.76			
150m: 2:30.00	53.51	350m: 6:10.44	53.82	550m: 9:48.81	54.62	750m: 13:35.25	57.75			
200m: 3:25.56	55.56	400m: 7:03.69	53.25	600m: 10:44.87	56.06	800m: 14:25.46	50.21			
21. Callebout Naevia	13	VZO	14:38.34	NT						
50m: 45.94	45.94	250m: 4:26.01	56.49	450m: 8:11.71	57.00	650m: 12:00.06	56.18			
100m: 1:38.16	52.22	300m: 5:22.02	56.01	500m: 9:09.92	58.21	700m: 12:53.94	53.88			
150m: 2:33.27	55.11	350m: 6:18.42	56.40	550m: 10:06.78	56.86	750m: 13:48.69	54.75			
200m: 3:29.52	56.25	400m: 7:14.71	56.29	600m: 11:03.88	57.10	800m: 14:38.34	49.65			
22. Van Overstraeten Fien	13	VZG	14:46.12	16:02.52						
50m: 48.52	48.52	250m: 4:32.71	57.54	450m: 8:22.92	58.18	650m: 12:10.39	53.87			
100m: 1:43.05	54.53	300m: 5:29.17	56.46	500m: 9:20.67	57.75	700m: 13:06.02	55.63			
150m: 2:38.11	55.06	350m: 6:26.77	57.60	550m: 10:19.11	58.44	750m: 14:00.24	54.22			
200m: 3:35.17	57.06	400m: 7:24.74	57.97	600m: 11:16.52	57.41	800m: 14:46.12	45.88			
23. Loncke Roos	12	VZO	15:27.19	15:39.20						
50m: 47.77	47.77	250m: 4:36.66	58.60	450m: 8:35.20	1:00.04	650m: 12:33.55	1:00.00			
100m: 1:42.47	54.70	300m: 5:35.27	58.61	500m: 9:35.39	1:00.19	700m: 13:33.05	59.50			
150m: 2:39.70	57.23	350m: 6:35.06	59.79	550m: 10:34.78	59.39	750m: 14:33.32	1:00.27			
200m: 3:38.06	58.36	400m: 7:35.16	1:00.10	600m: 11:33.55	58.77	800m: 15:27.19	53.87			
24. Van den Bergh Saige	15	ZVM	15:38.02	NT						
50m: 48.93	48.93	250m: 4:46.90	1:03.02	450m: 8:48.96	1:00.07	650m: 12:48.93	58.15			
100m: 1:46.03	57.10	300m: 5:47.08	1:00.18	500m: 9:49.27	1:00.31	700m: 13:47.63	58.70			
150m: 2:44.54	58.51	350m: 6:47.63	1:00.55	550m: 10:49.67	1:00.40	750m: 14:44.89	57.26			
200m: 3:43.88	59.34	400m: 7:48.89	1:01.26	600m: 11:50.78	1:01.11	800m: 15:38.02	53.13			
25. Moyaert Niene	15	VZO	15:46.81	NT						
50m: 48.02	48.02	250m: 4:38.05	58.02	450m: 8:39.19	59.64	650m: 12:48.60	1:02.15			
100m: 1:42.26	54.24	300m: 5:37.54	59.49	500m: 9:43.28	1:04.09	700m: 13:54.71	1:06.11			
150m: 2:42.68	1:00.42	350m: 6:38.08	1:00.54	550m: 10:47.62	1:04.34	750m: 14:56.93	1:02.22			
200m: 3:40.03	57.35	400m: 7:39.55	1:01.47	600m: 11:46.45	58.83	800m: 15:46.81	49.88			
26. Van Overstraeten Lotte	15	VZG	15:46.97	NT						
50m: 51.07	51.07	250m: 4:48.09	58.46	450m: 8:49.73	59.57	650m: 12:53.02	59.25			
100m: 1:50.20	59.13	300m: 5:48.09	1:00.00	500m: 9:52.23	1:02.50	700m: 13:54.14	1:01.12			
150m: 2:50.86	1:00.66	350m: 6:48.74	1:00.65	550m: 10:53.41	1:01.18	750m: 14:57.27	1:03.13			
200m: 3:49.63	58.77	400m: 7:50.16	1:01.42	600m: 11:53.77	1:00.36	800m: 15:46.97	49.70			
27. Verhoeven Mira	15	ZVM	17:23.84	NT						
50m: 56.28	56.28	250m: 5:23.15	1:06.70	450m: 9:55.01	1:05.51	650m: 14:21.40	1:03.72			
100m: 2:01.92	1:05.64	300m: 6:30.29	1:07.14	500m: 11:01.96	1:06.95	700m: 15:25.53	1:04.13			
150m: 3:08.07	1:06.15	350m: 7:36.45	1:06.16	550m: 12:10.66	1:08.70	750m: 16:30.53	1:05.00			
200m: 4:16.45	1:08.38	400m: 8:49.50	1:13.05	600m: 13:17.68	1:07.02	800m: 17:23.84	53.31			

lange afstand - longues distances
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Programmanr. 3, 800m vrije slag

veteranen 65, Heren

1. Caestecker Wilfried	61	VZSA	14:26.21	14:14.49					
50m: 43.25	43.25	250m: 4:10.09	53.94	450m: 7:51.86	56.38	650m: 11:38.46	56.49		
100m: 1:32.08	48.83	300m: 5:04.61	54.52	500m: 8:48.31	56.45	700m: 12:34.14	55.68		
150m: 2:23.99	51.91	350m: 5:59.70	55.09	550m: 9:44.74	56.43	750m: 13:30.32	56.18		
200m: 3:16.15	52.16	400m: 6:55.48	55.78	600m: 10:41.97	57.23	800m: 14:26.21	55.89		

veteranen 45, Heren

1. Callebout Ringo	80	VZO	12:53.11	NT					
50m: 36.50	36.50	250m: 3:24.99	44.99	450m: 6:40.31	50.90	650m: 10:15.78	53.71		
100m: 1:16.12	39.62	300m: 4:11.88	46.89	500m: 7:33.02	52.71	700m: 11:09.02	53.24		
150m: 1:57.33	41.21	350m: 5:00.04	48.16	550m: 8:27.37	54.35	750m: 12:02.14	53.12		
200m: 2:40.00	42.67	400m: 5:49.41	49.37	600m: 9:22.07	54.70	800m: 12:53.11	50.97		
2. Schissler Thierry	78	VZO	13:45.89	NT					
50m: 43.11	43.11	250m: 4:08.30	53.25	450m: 6:47.54	53.18	650m: 10:21.30	53.63		
100m: 1:31.11	48.00	300m: 5:02.05	53.75	500m: 7:40.61	53.07	700m: 11:14.99	53.69		
150m: 2:22.43	51.32	350m: 5:54.26	52.21	550m: 8:33.24	52.63	750m: 12:05.74	50.75		
200m: 3:15.05	52.62	400m: 5:54.36	0.10	600m: 9:27.67	54.43	800m: 13:45.89	1:40.15		

veteranen 40, Heren

1. Metais Raphaël	85	CNMR	15:15.07	14:39.99					
50m: 37.68	37.68	250m: 4:17.17	58.63	450m: 8:15.31	59.12	650m: 12:16.94	1:00.46		
100m: 1:26.18	48.50	300m: 5:15.97	58.80	500m: 9:15.20	59.89	700m: 13:16.68	59.74		
150m: 2:21.55	55.37	350m: 6:15.00	59.03	550m: 10:15.72	1:00.52	750m: 14:17.37	1:00.69		
200m: 3:18.54	56.99	400m: 7:16.19	1:01.19	600m: 11:16.48	1:00.76	800m: 15:15.07	57.70		

senioren, Heren

1. Vandaele Hannes	02	VZO	10:10.79	10:40.44					
50m: 32.18	32.18	250m: 3:03.24	38.42	450m: 5:38.10	38.75	650m: 8:16.36	40.06		
100m: 1:08.78	36.60	300m: 3:41.54	38.30	500m: 6:17.28	39.18	700m: 8:55.87	39.51		
150m: 1:46.39	37.61	350m: 4:20.31	38.77	550m: 6:56.97	39.69	750m: 9:36.10	40.23		
200m: 2:24.82	38.43	400m: 4:59.35	39.04	600m: 7:36.30	39.33	800m: 10:10.79	34.69		

pupillen, Jongens

1. Dumon Tiebert	08	ZIB	9:46.57	9:41.85					
50m: 31.73	31.73	250m: 2:59.30	37.06	450m: 5:28.98	37.13	650m: 7:58.61	37.56		
100m: 1:07.24	35.51	300m: 3:36.79	37.49	500m: 6:06.49	37.51	700m: 8:35.85	37.24		
150m: 1:44.67	37.43	350m: 4:14.49	37.70	550m: 6:43.67	37.18	750m: 9:12.67	36.82		
200m: 2:22.24	37.57	400m: 4:51.85	37.36	600m: 7:21.05	37.38	800m: 9:46.57	33.90		
2. Van Hecke Mathis	09	VZO	10:19.63	10:53.37					
50m: 33.17	33.17	250m: 3:06.79	38.87	450m: 5:45.19	39.45	650m: 8:24.63	39.97		
100m: 1:10.96	37.79	300m: 3:45.71	38.92	500m: 6:25.03	39.84	700m: 9:04.59	39.96		
150m: 1:49.33	38.37	350m: 4:25.13	39.42	550m: 7:05.43	40.40	750m: 9:44.17	39.58		
200m: 2:27.92	38.59	400m: 5:05.74	40.61	600m: 7:44.66	39.23	800m: 10:19.63	35.46		
3. Eeckhout Ward	08	DELFI	10:33.80	10:17.75					
50m: 33.56	33.56	250m: 3:09.14	40.06	450m: 5:51.46	40.19	650m: 8:34.02	40.75		
100m: 1:10.87	37.31	300m: 3:49.82	40.68	500m: 6:31.90	40.44	700m: 9:14.82	40.80		
150m: 1:49.85	38.98	350m: 4:30.34	40.52	550m: 7:12.43	40.53	750m: 9:55.56	40.74		
200m: 2:29.08	39.23	400m: 5:11.27	40.93	600m: 7:53.27	40.84	800m: 10:33.80	38.24		
4. Bauwens Maxime	09	ZIB	11:14.37	11:29.76					
50m: 35.81	35.81	250m: 3:19.51	42.07	450m: 6:10.79	43.25	650m: 9:06.52	43.84		
100m: 1:15.35	39.54	300m: 4:01.86	42.35	500m: 6:54.70	43.91	700m: 9:50.47	43.95		
150m: 1:56.13	40.78	350m: 4:44.50	42.64	550m: 7:38.40	43.70	750m: 10:34.08	43.61		
200m: 2:37.44	41.31	400m: 5:27.54	43.04	600m: 8:22.68	44.28	800m: 11:14.37	40.29		
5. Bultinck Tibbe	08	BZV	11:36.20	11:38.81					
50m: 33.00	33.00	250m: 3:21.56	43.99	450m: 6:18.45	43.94	650m: 9:24.27	45.95		
100m: 1:12.39	39.39	300m: 4:05.58	44.02	500m: 7:03.75	45.30	700m: 10:10.00	45.73		
150m: 1:53.76	41.37	350m: 4:50.06	44.48	550m: 7:51.11	47.36	750m: 10:53.61	43.61		
200m: 2:37.57	43.81	400m: 5:34.51	44.45	600m: 8:38.32	47.21	800m: 11:36.20	42.59		

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 3, 800m vrije slag

kadetten, Jongens

1. Denecker Viktor		10	VZG	10:42.37		11:32.86					
50m:	33.03	33.03	250m:	3:11.85	40.08	450m:	5:56.81	41.36	650m:	8:44.63	41.00
100m:	1:10.74	37.71	300m:	3:52.52	40.67	500m:	6:39.25	42.44	700m:	9:26.35	41.72
150m:	1:50.63	39.89	350m:	4:34.25	41.73	550m:	7:20.85	41.60	750m:	10:07.13	40.78
200m:	2:31.77	41.14	400m:	5:15.45	41.20	600m:	8:03.63	42.78	800m:	10:42.37	35.24
2. Degreef Lex		11	BZV	11:03.57		12:41.85					
50m:	34.24	34.24	250m:	3:18.24	42.13	450m:	6:07.86	42.50	650m:	9:02.73	43.56
100m:	1:13.73	39.49	300m:	4:00.05	41.81	500m:	6:50.92	43.06	700m:	9:46.43	43.70
150m:	1:54.61	40.88	350m:	4:42.61	42.56	550m:	7:34.79	43.87	750m:	10:28.61	42.18
200m:	2:36.11	41.50	400m:	5:25.36	42.75	600m:	8:19.17	44.38	800m:	11:03.57	34.96
3. verbruggen Liam		11	ZVM	11:23.85		12:39.84					
50m:	37.04	37.04	250m:	3:29.66	44.27	450m:	6:23.06	41.05	650m:	9:21.14	44.61
100m:	1:19.41	42.37	300m:	4:12.97	43.31	500m:	7:07.87	44.81	700m:	10:04.81	43.67
150m:	2:01.26	41.85	350m:	4:57.04	44.07	550m:	7:52.90	45.03	750m:	10:47.32	42.51
200m:	2:45.39	44.13	400m:	5:42.01	44.97	600m:	8:36.53	43.63	800m:	11:23.85	36.53
4. Bertrem Leon		11	BZV	11:41.59		12:45.68					
50m:	38.35	38.35	250m:	3:37.11	44.97	450m:	6:39.01	45.73	650m:	9:37.29	44.43
100m:	1:22.47	44.12	300m:	4:22.55	45.44	500m:	7:23.73	44.72	700m:	10:21.00	43.71
150m:	2:07.35	44.88	350m:	5:07.82	45.27	550m:	8:08.51	44.78	750m:	11:04.42	43.42
200m:	2:52.14	44.79	400m:	5:53.28	45.46	600m:	8:52.86	44.35	800m:	11:41.59	37.17
5. Tessier Guillaume		11	BZV	12:24.52		14:40.59					
50m:	37.09	37.09	250m:	3:38.77	47.39	450m:	6:52.09	48.49	650m:	10:08.95	49.78
100m:	1:20.22	43.13	300m:	4:27.01	48.24	500m:	7:39.85	47.76	700m:	10:56.88	47.93
150m:	2:05.66	45.44	350m:	5:15.31	48.30	550m:	8:30.05	50.20	750m:	11:42.02	45.14
200m:	2:51.38	45.72	400m:	6:03.60	48.29	600m:	9:19.17	49.12	800m:	12:24.52	42.50
6. Cattoor Thibault		11	BZV	13:32.77		14:19.86					
50m:	40.44	40.44	250m:	3:55.64	49.99	450m:	7:29.34	53.83	650m:	11:02.96	52.23
100m:	1:26.29	45.85	300m:	4:47.87	52.23	500m:	8:23.83	54.49	700m:	11:56.93	53.97
150m:	2:14.72	48.43	350m:	5:41.32	53.45	550m:	9:17.32	53.49	750m:	12:45.00	48.07
200m:	3:05.65	50.93	400m:	6:35.51	54.19	600m:	10:10.73	53.41	800m:	13:32.77	47.77

miniemen, Jongens

1. Turek Louis		13	ZVM	12:10.48		NT					
50m:	39.74	39.74	250m:	3:40.33	45.70	450m:	6:47.67	46.69	650m:	9:55.81	47.75
100m:	1:24.36	44.62	300m:	4:26.53	46.20	500m:	7:33.57	45.90	700m:	10:43.24	47.43
150m:	2:10.12	45.76	350m:	5:13.56	47.03	550m:	8:20.71	47.14	750m:	11:29.30	46.06
200m:	2:54.63	44.51	400m:	6:00.98	47.42	600m:	9:08.06	47.35	800m:	12:10.48	41.18
2. Vervaecke Mathis		13	VZO	15:35.21		16:26.19					
50m:	48.53	48.53	250m:	4:43.25	1:00.22	450m:	8:43.14	59.03	650m:	12:45.25	58.04
100m:	1:45.14	56.61	300m:	5:43.64	1:00.39	500m:	9:44.71	1:01.57	700m:	13:43.43	58.18
150m:	2:42.86	57.72	350m:	6:42.28	58.64	550m:	10:46.53	1:01.82	750m:	14:40.50	57.07
200m:	3:43.03	1:00.17	400m:	7:44.11	1:01.83	600m:	11:47.21	1:00.68	800m:	15:35.21	54.71

benjamins, Jongens

1. Pollet Wannes		14	BZV	12:38.66		14:36.27					
50m:	42.54	42.54	250m:	3:50.98	47.06	450m:	7:04.95	49.07	650m:	10:22.64	48.43
100m:	1:30.05	47.51	300m:	4:39.49	48.51	500m:	7:54.33	49.38	700m:	11:11.14	48.50
150m:	2:17.36	47.31	350m:	5:26.39	46.90	550m:	8:45.27	50.94	750m:	11:57.58	46.44
200m:	3:03.92	46.56	400m:	6:15.88	49.49	600m:	9:34.21	48.94	800m:	12:38.66	41.08
2. Vanmaeckelberghe Bas		14	VZO	13:26.47		13:47.77					
50m:	44.78	44.78	250m:	4:12.43	51.95	450m:	7:42.33	51.64	650m:	11:03.15	50.32
100m:	1:35.00	50.22	300m:	5:05.96	53.53	500m:	8:32.32	49.99	700m:	11:53.70	50.55
150m:	2:28.25	53.25	350m:	5:57.72	51.76	550m:	9:21.70	49.38	750m:	12:44.06	50.36
200m:	3:20.48	52.23	400m:	6:50.69	52.97	600m:	10:12.83	51.13	800m:	13:26.47	42.41
3. Schissler Mathis		15	VZO	14:07.61		NT					
50m:	44.71	44.71	250m:	4:14.53	53.46	450m:	7:51.56	54.61	650m:	11:33.16	56.10
100m:	1:35.40	50.69	300m:	5:07.57	53.04	500m:	8:45.72	54.16	700m:	12:27.67	54.51
150m:	2:27.41	52.01	350m:	6:02.51	54.94	550m:	9:41.30	55.58	750m:	13:13.17	45.50
200m:	3:21.07	53.66	400m:	6:56.95	54.44	600m:	10:37.06	55.76	800m:	14:07.61	54.44

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang	Geb.			Tijd		insch. tijd					
4. Proot Jerome	14	BZV	14:21.23	15:00.22							
50m:	45.80	45.80	250m:	4:19.44	55.05	450m:	7:58.58	55.12	650m:	11:41.12	55.68
100m:	1:37.04	51.24	300m:	5:13.36	53.92	500m:	8:54.20	55.62	700m:	12:37.41	56.29
150m:	2:30.15	53.11	350m:	6:08.60	55.24	550m:	9:50.02	55.82	750m:	13:31.21	53.80
200m:	3:24.39	54.24	400m:	7:03.46	54.86	600m:	10:45.44	55.42	800m:	14:21.23	50.02
5. Van Haerenborgh Klaas	15	ZVM	14:48.40	NT							
50m:	43.55	43.55	250m:	4:17.18	55.25	450m:	8:07.17	56.30	650m:	11:58.46	57.40
100m:	1:35.05	51.50	300m:	5:14.95	57.77	500m:	9:07.37	1:00.20	700m:	12:56.69	58.23
150m:	2:28.65	53.60	350m:	6:13.50	58.55	550m:	10:06.08	58.71	750m:	13:54.94	58.25
200m:	3:21.93	53.28	400m:	7:10.87	57.37	600m:	11:01.06	54.98	800m:	14:48.40	53.46
6. Dhainaut Tristan	15	COK	14:59.27	15:45.67							
50m:	51.17	51.17	250m:	4:37.26	57.92	450m:	8:26.51	57.26	650m:	12:19.60	58.82
100m:	1:46.54	55.37	300m:	5:34.69	57.43	500m:	9:24.21	57.70	700m:	13:13.84	54.24
150m:	2:42.04	55.50	350m:	6:31.48	56.79	550m:	10:22.00	57.79	750m:	14:07.89	54.05
200m:	3:39.34	57.30	400m:	7:29.25	57.77	600m:	11:20.78	58.78	800m:	14:59.27	51.38
7. Verbesselt Louis	15	VZN	15:47.97	NT							
50m:	55.10	55.10	250m:	5:03.24	1:03.67	450m:	9:09.84	1:01.25	650m:	13:10.03	1:00.17
100m:	1:54.06	58.96	300m:	6:05.62	1:02.38	500m:	10:12.57	1:02.73	700m:	14:07.46	57.43
150m:	2:56.89	1:02.83	350m:	7:05.66	1:00.04	550m:	11:12.76	1:00.19	750m:	14:57.36	49.90
200m:	3:59.57	1:02.68	400m:	8:08.59	1:02.93	600m:	12:09.86	57.10	800m:	15:47.97	50.61
8. Van Overstraeten Bram	14	VZG	16:12.94	18:08.14							
50m:	50.59	50.59	250m:	4:48.86	1:01.38	450m:	9:00.72	1:02.78	650m:	13:10.47	59.58
100m:	1:46.74	56.15	300m:	5:51.07	1:02.21	500m:	10:05.90	1:05.18	700m:	14:12.46	1:01.99
150m:	2:46.46	59.72	350m:	6:55.13	1:04.06	550m:	11:10.06	1:04.16	750m:	15:14.83	1:02.37
200m:	3:47.48	1:01.02	400m:	7:57.94	1:02.81	600m:	12:10.89	1:00.83	800m:	16:12.94	58.11
9. Gestels Merlijn	15	BZV	16:24.50	NT							
50m:	49.21	49.21	250m:	4:51.75	1:02.57	450m:	9:05.89	1:04.58	650m:	13:23.89	1:04.36
100m:	1:46.43	57.22	300m:	5:54.71	1:02.96	500m:	10:09.14	1:03.25	700m:	14:24.28	1:00.39
150m:	2:47.43	1:01.00	350m:	6:58.78	1:04.07	550m:	11:13.14	1:04.00	750m:	15:27.50	1:03.22
200m:	3:49.18	1:01.75	400m:	8:01.31	1:02.53	600m:	12:19.53	1:06.39	800m:	16:24.50	57.00
algemeen, Heren											
1. Dumon Tiebert	08	ZIB	9:46.57	9:41.85							
50m:	31.73	31.73	250m:	2:59.30	37.06	450m:	5:28.98	37.13	650m:	7:58.61	37.56
100m:	1:07.24	35.51	300m:	3:36.79	37.49	500m:	6:06.49	37.51	700m:	8:35.85	37.24
150m:	1:44.67	37.43	350m:	4:14.49	37.70	550m:	6:43.67	37.18	750m:	9:12.67	36.82
200m:	2:22.24	37.57	400m:	4:51.85	37.36	600m:	7:21.05	37.38	800m:	9:46.57	33.90
2. Vandaele Hannes	02	VZO	10:10.79	10:40.44							
50m:	32.18	32.18	250m:	3:03.24	38.42	450m:	5:38.10	38.75	650m:	8:16.36	40.06
100m:	1:08.78	36.60	300m:	3:41.54	38.30	500m:	6:17.28	39.18	700m:	8:55.87	39.51
150m:	1:46.39	37.61	350m:	4:20.31	38.77	550m:	6:56.97	39.69	750m:	9:36.10	40.23
200m:	2:24.82	38.43	400m:	4:59.35	39.04	600m:	7:36.30	39.33	800m:	10:10.79	34.69
3. Van Hecke Mathis	09	VZO	10:19.63	10:53.37							
50m:	33.17	33.17	250m:	3:06.79	38.87	450m:	5:45.19	39.45	650m:	8:24.63	39.97
100m:	1:10.96	37.79	300m:	3:45.71	38.92	500m:	6:25.03	39.84	700m:	9:04.59	39.96
150m:	1:49.33	38.37	350m:	4:25.13	39.42	550m:	7:05.43	40.40	750m:	9:44.17	39.58
200m:	2:27.92	38.59	400m:	5:05.74	40.61	600m:	7:44.66	39.23	800m:	10:19.63	35.46
4. Eeckhout Ward	08	DELF	10:33.80	10:17.75							
50m:	33.56	33.56	250m:	3:09.14	40.06	450m:	5:51.46	40.19	650m:	8:34.02	40.75
100m:	1:10.87	37.31	300m:	3:49.82	40.68	500m:	6:31.90	40.44	700m:	9:14.82	40.80
150m:	1:49.85	38.98	350m:	4:30.34	40.52	550m:	7:12.43	40.53	750m:	9:55.56	40.74
200m:	2:29.08	39.23	400m:	5:11.27	40.93	600m:	7:53.27	40.84	800m:	10:33.80	38.24
5. Denecker Viktor	10	VZG	10:42.37	11:32.86							
50m:	33.03	33.03	250m:	3:11.85	40.08	450m:	5:56.81	41.36	650m:	8:44.63	41.00
100m:	1:10.74	37.71	300m:	3:52.52	40.67	500m:	6:39.25	42.44	700m:	9:26.35	41.72
150m:	1:50.63	39.89	350m:	4:34.25	41.73	550m:	7:20.85	41.60	750m:	10:07.13	40.78
200m:	2:31.77	41.14	400m:	5:15.45	41.20	600m:	8:03.63	42.78	800m:	10:42.37	35.24

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang		Geb.		Tijd	insch. tijd							
6. Degreef Lex	11	BZV	11:03.57	12:41.85								
50m:	34.24	34.24	250m:	3:18.24	42.13	450m:	6:07.86	42.50	650m:	9:02.73	43.56	
100m:	1:13.73	39.49	300m:	4:00.05	41.81	500m:	6:50.92	43.06	700m:	9:46.43	43.70	
150m:	1:54.61	40.88	350m:	4:42.61	42.56	550m:	7:34.79	43.87	750m:	10:28.61	42.18	
200m:	2:36.11	41.50	400m:	5:25.36	42.75	600m:	8:19.17	44.38	800m:	11:03.57	34.96	
7. Bauwens Maxime	09	ZIB	11:14.37	11:29.76								
50m:	35.81	35.81	250m:	3:19.51	42.07	450m:	6:10.79	43.25	650m:	9:06.52	43.84	
100m:	1:15.35	39.54	300m:	4:01.86	42.35	500m:	6:54.70	43.91	700m:	9:50.47	43.95	
150m:	1:56.13	40.78	350m:	4:44.50	42.64	550m:	7:38.40	43.70	750m:	10:34.08	43.61	
200m:	2:37.44	41.31	400m:	5:27.54	43.04	600m:	8:22.68	44.28	800m:	11:14.37	40.29	
8. verbruggen Liam	11	ZVM	11:23.85	12:39.84								
50m:	37.04	37.04	250m:	3:29.66	44.27	450m:	6:23.06	41.05	650m:	9:21.14	44.61	
100m:	1:19.41	42.37	300m:	4:12.97	43.31	500m:	7:07.87	44.81	700m:	10:04.81	43.67	
150m:	2:01.26	41.85	350m:	4:57.04	44.07	550m:	7:52.90	45.03	750m:	10:47.32	42.51	
200m:	2:45.39	44.13	400m:	5:42.01	44.97	600m:	8:36.53	43.63	800m:	11:23.85	36.53	
9. Bultinck Tibbe	08	BZV	11:36.20	11:38.81								
50m:	33.00	33.00	250m:	3:21.56	43.99	450m:	6:18.45	43.94	650m:	9:24.27	45.95	
100m:	1:12.39	39.39	300m:	4:05.58	44.02	500m:	7:03.75	45.30	700m:	10:10.00	45.73	
150m:	1:53.76	41.37	350m:	4:50.06	44.48	550m:	7:51.11	47.36	750m:	10:53.61	43.61	
200m:	2:37.57	43.81	400m:	5:34.51	44.45	600m:	8:38.32	47.21	800m:	11:36.20	42.59	
10. Bertrem Leon	11	BZV	11:41.59	12:45.68								
50m:	38.35	38.35	250m:	3:37.11	44.97	450m:	6:39.01	45.73	650m:	9:37.29	44.43	
100m:	1:22.47	44.12	300m:	4:22.55	45.44	500m:	7:23.73	44.72	700m:	10:21.00	43.71	
150m:	2:07.35	44.88	350m:	5:07.82	45.27	550m:	8:08.51	44.78	750m:	11:04.42	43.42	
200m:	2:52.14	44.79	400m:	5:53.28	45.46	600m:	8:52.86	44.35	800m:	11:41.59	37.17	
11. Turek Louis	13	ZVM	12:10.48	NT								
50m:	39.74	39.74	250m:	3:40.33	45.70	450m:	6:47.67	46.69	650m:	9:55.81	47.75	
100m:	1:24.36	44.62	300m:	4:26.53	46.20	500m:	7:33.57	45.90	700m:	10:43.24	47.43	
150m:	2:10.12	45.76	350m:	5:13.56	47.03	550m:	8:20.71	47.14	750m:	11:29.30	46.06	
200m:	2:54.63	44.51	400m:	6:00.98	47.42	600m:	9:08.06	47.35	800m:	12:10.48	41.18	
12. Tessier Guillaume	11	BZV	12:24.52	14:40.59								
50m:	37.09	37.09	250m:	3:38.77	47.39	450m:	6:52.09	48.49	650m:	10:08.95	49.78	
100m:	1:20.22	43.13	300m:	4:27.01	48.24	500m:	7:39.85	47.76	700m:	10:56.88	47.93	
150m:	2:05.66	45.44	350m:	5:15.31	48.30	550m:	8:30.05	50.20	750m:	11:42.02	45.14	
200m:	2:51.38	45.72	400m:	6:03.60	48.29	600m:	9:19.17	49.12	800m:	12:24.52	42.50	
13. Pollet Wannes	14	BZV	12:38.66	14:36.27								
50m:	42.54	42.54	250m:	3:50.98	47.06	450m:	7:04.95	49.07	650m:	10:22.64	48.43	
100m:	1:30.05	47.51	300m:	4:39.49	48.51	500m:	7:54.33	49.38	700m:	11:11.14	48.50	
150m:	2:17.36	47.31	350m:	5:26.39	46.90	550m:	8:45.27	50.94	750m:	11:57.58	46.44	
200m:	3:03.92	46.56	400m:	6:15.88	49.49	600m:	9:34.21	48.94	800m:	12:38.66	41.08	
14. Callebout Ringo	80	VZO	12:53.11	NT								
50m:	36.50	36.50	250m:	3:24.99	44.99	450m:	6:40.31	50.90	650m:	10:15.78	53.71	
100m:	1:16.12	39.62	300m:	4:11.88	46.89	500m:	7:33.02	52.71	700m:	11:09.02	53.24	
150m:	1:57.33	41.21	350m:	5:00.04	48.16	550m:	8:27.37	54.35	750m:	12:02.14	53.12	
200m:	2:40.00	42.67	400m:	5:49.41	49.37	600m:	9:22.07	54.70	800m:	12:53.11	50.97	
15. Vanmaeckelberghe Bas	14	VZO	13:26.47	13:47.77								
50m:	44.78	44.78	250m:	4:12.43	51.95	450m:	7:42.33	51.64	650m:	11:03.15	50.32	
100m:	1:35.00	50.22	300m:	5:05.96	53.53	500m:	8:32.32	49.99	700m:	11:53.70	50.55	
150m:	2:28.25	53.25	350m:	5:57.72	51.76	550m:	9:21.70	49.38	750m:	12:44.06	50.36	
200m:	3:20.48	52.23	400m:	6:50.69	52.97	600m:	10:12.83	51.13	800m:	13:26.47	42.41	
16. Cattoor Thibault	11	BZV	13:32.77	14:19.86								
50m:	40.44	40.44	250m:	3:55.64	49.99	450m:	7:29.34	53.83	650m:	11:02.96	52.23	
100m:	1:26.29	45.85	300m:	4:47.87	52.23	500m:	8:23.83	54.49	700m:	11:56.93	53.97	
150m:	2:14.72	48.43	350m:	5:41.32	53.45	550m:	9:17.32	53.49	750m:	12:45.00	48.07	
200m:	3:05.65	50.93	400m:	6:35.51	54.19	600m:	10:10.73	53.41	800m:	13:32.77	47.77	
17. Schissler Thierry	78	VZO	13:45.89	NT								
50m:	43.11	43.11	250m:	4:08.30	53.25	450m:	6:47.54	53.18	650m:	10:21.30	53.63	
100m:	1:31.11	48.00	300m:	5:02.05	53.75	500m:	7:40.61	53.07	700m:	11:14.99	53.69	
150m:	2:22.43	51.32	350m:	5:54.26	52.21	550m:	8:33.24	52.63	750m:	12:05.74	50.75	
200m:	3:15.05	52.62	400m:	5:54.36	0.10	600m:	9:27.67	54.43	800m:	13:45.89	1:40.15	

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang		Geb.		Tijd	insch. tijd						
18.	Schissler Mathis	15	VZO	14:07.61	NT						
	50m:	44.71	44.71	250m:	4:14.53	53.46	450m:	7:51.56	54.61	650m:	11:33.16
	100m:	1:35.40	50.69	300m:	5:07.57	53.04	500m:	8:45.72	54.16	700m:	12:27.67
	150m:	2:27.41	52.01	350m:	6:02.51	54.94	550m:	9:41.30	55.58	750m:	13:13.17
	200m:	3:21.07	53.66	400m:	6:56.95	54.44	600m:	10:37.06	55.76	800m:	14:07.61
19.	Proot Jerome	14	BZV	14:21.23	15:00.22						
	50m:	45.80	45.80	250m:	4:19.44	55.05	450m:	7:58.58	55.12	650m:	11:41.12
	100m:	1:37.04	51.24	300m:	5:13.36	53.92	500m:	8:54.20	55.62	700m:	12:37.41
	150m:	2:30.15	53.11	350m:	6:08.60	55.24	550m:	9:50.02	55.82	750m:	13:31.21
	200m:	3:24.39	54.24	400m:	7:03.46	54.86	600m:	10:45.44	55.42	800m:	14:21.23
20.	Caestecker Wilfried	61	VZSA	14:26.21	14:14.49						
	50m:	43.25	43.25	250m:	4:10.09	53.94	450m:	7:51.86	56.38	650m:	11:38.46
	100m:	1:32.08	48.83	300m:	5:04.61	54.52	500m:	8:48.31	56.45	700m:	12:34.14
	150m:	2:23.99	51.91	350m:	5:59.70	55.09	550m:	9:44.74	56.43	750m:	13:30.32
	200m:	3:16.15	52.16	400m:	6:55.48	55.78	600m:	10:41.97	57.23	800m:	14:26.21
21.	Van Haerenborgh Klaas	15	ZVM	14:48.40	NT						
	50m:	43.55	43.55	250m:	4:17.18	55.25	450m:	8:07.17	56.30	650m:	11:58.46
	100m:	1:35.05	51.50	300m:	5:14.95	57.77	500m:	9:07.37	1:00.20	700m:	12:56.69
	150m:	2:28.65	53.60	350m:	6:13.50	58.55	550m:	10:06.08	58.71	750m:	13:54.94
	200m:	3:21.93	53.28	400m:	7:10.87	57.37	600m:	11:01.06	54.98	800m:	14:48.40
22.	Dhainaut Tristan	15	COK	14:59.27	15:45.67						
	50m:	51.17	51.17	250m:	4:37.26	57.92	450m:	8:26.51	57.26	650m:	12:19.60
	100m:	1:46.54	55.37	300m:	5:34.69	57.43	500m:	9:24.21	57.70	700m:	13:13.84
	150m:	2:42.04	55.50	350m:	6:31.48	56.79	550m:	10:22.00	57.79	750m:	14:07.89
	200m:	3:39.34	57.30	400m:	7:29.25	57.77	600m:	11:20.78	58.78	800m:	14:59.27
23.	Metais Raphaël	85	CNMR	15:15.07	14:39.99						
	50m:	37.68	37.68	250m:	4:17.17	58.63	450m:	8:15.31	59.12	650m:	12:16.94
	100m:	1:26.18	48.50	300m:	5:15.97	58.80	500m:	9:15.20	59.89	700m:	13:16.68
	150m:	2:21.55	55.37	350m:	6:15.00	59.03	550m:	10:15.72	1:00.52	750m:	14:17.37
	200m:	3:18.54	56.99	400m:	7:16.19	1:01.19	600m:	11:16.48	1:00.76	800m:	15:15.07
24.	Vervaecke Mathis	13	VZO	15:35.21	16:26.19						
	50m:	48.53	48.53	250m:	4:43.25	1:00.22	450m:	8:43.14	59.03	650m:	12:45.25
	100m:	1:45.14	56.61	300m:	5:43.64	1:00.39	500m:	9:44.71	1:01.57	700m:	13:43.43
	150m:	2:42.86	57.72	350m:	6:42.28	58.64	550m:	10:46.53	1:01.82	750m:	14:40.50
	200m:	3:43.03	1:00.17	400m:	7:44.11	1:01.83	600m:	11:47.21	1:00.68	800m:	15:35.21
25.	Verbesselt Louis	15	VZN	15:47.97	NT						
	50m:	55.10	55.10	250m:	5:03.24	1:03.67	450m:	9:09.84	1:01.25	650m:	13:10.03
	100m:	1:54.06	58.96	300m:	6:05.62	1:02.38	500m:	10:12.57	1:02.73	700m:	14:07.46
	150m:	2:56.89	1:02.83	350m:	7:05.66	1:00.04	550m:	11:12.76	1:00.19	750m:	14:57.36
	200m:	3:59.57	1:02.68	400m:	8:08.59	1:02.93	600m:	12:09.86	57.10	800m:	15:47.97
26.	Van Overstraeten Bram	14	VZG	16:12.94	18:08.14						
	50m:	50.59	50.59	250m:	4:48.86	1:01.38	450m:	9:00.72	1:02.78	650m:	13:10.47
	100m:	1:46.74	56.15	300m:	5:51.07	1:02.21	500m:	10:05.90	1:05.18	700m:	14:12.46
	150m:	2:46.46	59.72	350m:	6:55.13	1:04.06	550m:	11:10.06	1:04.16	750m:	15:14.83
	200m:	3:47.48	1:01.02	400m:	7:57.94	1:02.81	600m:	12:10.89	1:00.83	800m:	16:12.94
27.	Gestels Merlijn	15	BZV	16:24.50	NT						
	50m:	49.21	49.21	250m:	4:51.75	1:02.57	450m:	9:05.89	1:04.58	650m:	13:23.89
	100m:	1:46.43	57.22	300m:	5:54.71	1:02.96	500m:	10:09.14	1:03.25	700m:	14:24.28
	150m:	2:47.43	1:01.00	350m:	6:58.78	1:04.07	550m:	11:13.14	1:04.00	750m:	15:27.50
	200m:	3:49.18	1:01.75	400m:	8:01.31	1:02.53	600m:	12:19.53	1:06.39	800m:	16:24.50

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 4
18/1/26

1500m vrije slag

2013 en eerder
Resultaten

open open Dames: 27:00.00; open Heren: 27:00.00

Rang	Geb.	Tijd	insch. tijd						
veteranen 30, Dames									
1. Van den Bergh Quitty	93	ZVM	22:12.66	22:13.33					
50m: 37.13	37.13	450m: 6:26.99	45.53	850m: 12:27.21	45.12	1250m: 18:30.75	46.00		
100m: 1:18.37	41.24	500m: 7:11.36	44.37	900m: 13:12.85	45.64	1300m: 19:16.26	45.51		
150m: 2:00.75	42.38	550m: 7:56.43	45.07	950m: 13:58.18	45.33	1350m: 20:01.70	45.44		
200m: 2:44.27	43.52	600m: 8:41.95	45.52	1000m: 14:43.12	44.94	1400m: 20:46.72	45.02		
250m: 3:28.05	43.78	650m: 9:26.84	44.89	1050m: 15:28.30	45.18	1450m: 21:30.00	43.28		
300m: 4:11.87	43.82	700m: 10:11.74	44.90	1100m: 16:13.53	45.23	1500m: 22:12.66	42.66		
350m: 4:56.39	44.52	750m: 10:56.31	44.57	1150m: 16:59.20	45.67				
400m: 5:41.46	45.07	800m: 11:42.09	45.78	1200m: 17:44.75	45.55				
veteranen 25, Dames									
1. De Pue Ine	99	VZSA	21:38.25	21:10.96					
50m: 34.92	34.92	450m: 6:18.48	43.92	850m: 12:10.17	43.72	1250m: 18:01.57	44.42		
100m: 1:14.76	39.84	500m: 7:03.34	44.86	900m: 12:53.95	43.78	1300m: 18:45.38	43.81		
150m: 1:56.60	41.84	550m: 7:47.53	44.19	950m: 13:37.61	43.66	1350m: 19:29.69	44.31		
200m: 2:39.27	42.67	600m: 8:31.32	43.79	1000m: 14:21.38	43.77	1400m: 20:13.69	44.00		
250m: 3:22.03	42.76	650m: 9:14.90	43.58	1050m: 15:05.70	44.32	1450m: 21:00.14	46.45		
300m: 4:05.56	43.53	700m: 9:58.61	43.71	1100m: 15:49.41	43.71	1500m: 21:38.25	38.11		
350m: 4:49.74	44.18	750m: 10:42.46	43.85	1150m: 16:33.17	43.76				
400m: 5:34.56	44.82	800m: 11:26.45	43.99	1200m: 17:17.15	43.98				
senioren, Dames									
1. Minnebo Lotte	06	ZIB	18:18.66	18:37.54					
<i>fros bondsrecord</i>									
50m: 33.03	33.03	450m: 5:26.89	36.99	850m: 10:22.26	36.85	1250m: 15:17.92	37.16		
100m: 1:08.81	35.78	500m: 6:04.12	37.23	900m: 10:59.29	37.03	1300m: 15:55.24	37.32		
150m: 1:45.62	36.81	550m: 6:41.41	37.29	950m: 11:36.11	36.82	1350m: 16:31.48	36.24		
200m: 2:22.25	36.63	600m: 7:18.33		1000m: 12:12.87	36.76	1400m: 17:08.13	36.65		
250m: 2:59.02	36.77	650m: 7:55.36	37.03	1050m: 12:49.47	36.60	1450m: 17:43.60	35.47		
300m: 3:35.83	36.81	700m: 8:32.39	37.03	1100m: 13:26.20	36.73	1500m: 18:18.66	35.06		
350m: 4:12.79	36.96	750m: 9:09.22	36.83	1150m: 14:03.53	37.33				
400m: 4:49.90	37.11	800m: 9:45.41	36.19	1200m: 14:40.76	37.23				
2. Dardenne Eline	07	ZIB	20:52.97	21:56.00					
50m: 35.12	35.12	450m: 6:06.80	42.33	850m: 11:44.76	42.91	1250m: 17:22.76	42.33		
100m: 1:15.67	40.55	500m: 6:49.01	42.21	900m: 12:26.71	41.95	1300m: 18:06.15	43.39		
150m: 1:56.42	40.75	550m: 7:31.72	42.71	950m: 13:09.64	42.93	1350m: 18:49.26	43.11		
200m: 2:37.41	40.99	600m: 8:13.45	41.73	1000m: 13:52.45	42.81	1400m: 19:31.45	42.19		
250m: 3:18.64	41.23	650m: 8:55.90	42.45	1050m: 14:34.98	42.53	1450m: 20:13.98	42.53		
300m: 4:00.67	42.03	700m: 9:37.41	41.51	1100m: 15:17.53	42.55	1500m: 20:52.97	38.99		
350m: 4:42.52	41.85	750m: 10:19.58	42.17	1150m: 15:59.54	42.01				
400m: 5:24.47	41.95	800m: 11:01.85	42.27	1200m: 16:40.43	40.89				
pupillen, Meisjes									
1. Claeys Nette	08	VZO	19:48.82	NT					
50m: 37.12	37.12	450m: 5:59.06	40.00	850m: 11:19.96	40.25	1250m: 16:35.68	39.31		
100m: 1:16.77	39.65	500m: 6:39.34	40.28	900m: 11:59.77	39.81	1300m: 17:15.09	39.41		
150m: 1:56.68	39.91	550m: 7:19.37	40.03	950m: 12:39.65	39.88	1350m: 17:54.02	38.93		
200m: 2:37.62	40.94	600m: 7:59.56	40.19	1000m: 13:19.43	39.78	1400m: 18:33.06	39.04		
250m: 3:17.87	40.25	650m: 8:39.71	40.15	1050m: 13:58.68	39.25	1450m: 19:13.90	40.84		
300m: 3:58.31	40.44	700m: 9:19.77	40.06	1100m: 14:38.02	39.34	1500m: 19:48.82	34.92		
350m: 4:38.65	40.34	750m: 9:59.74	39.97	1150m: 15:17.06	39.04				
400m: 5:19.06	40.41	800m: 10:39.71	39.97	1200m: 15:56.37	39.31				

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 4, Meisjes, 1500m vrije slag, pupillen

Rang	Geb.			Tijd		insch. tijd						
2. Loncke Noor	08			VZO	20:41.72	20:15.32						
50m:	34.35	34.35	450m:	5:56.59	41.37	850m:	11:32.54	41.87	1250m:	17:11.66	42.78	
100m:	1:12.09	37.74	500m:	6:38.47	41.88	900m:	12:14.72	42.18	1300m:	17:54.39	42.73	
150m:	1:51.30	39.21	550m:	7:19.84	41.37	950m:	12:57.48	42.76	1350m:	18:37.21	42.82	
200m:	2:31.35	40.05	600m:	8:01.82	41.98	1000m:	13:39.65	42.17	1400m:	19:18.71	41.50	
250m:	3:11.98	40.63	650m:	8:44.07	42.25	1050m:	14:21.40	41.75	1450m:	19:56.99	38.28	
300m:	3:53.30	41.32	700m:	9:25.99	41.92	1100m:	15:03.72	42.32	1500m:	20:41.72	44.73	
350m:	4:34.58	41.28	750m:	10:08.26	42.27	1150m:	15:46.10	42.38				
400m:	5:15.22	40.64	800m:	10:50.67	42.41	1200m:	16:28.88	42.78				
3. Van Alsenoy Nanou	08			ZIB	20:42.34	21:55.93						
50m:	36.25	36.25	450m:	6:07.21	42.57	850m:	11:44.55	41.71	1250m:	17:18.31	41.15	
100m:	1:14.73	38.48	500m:	6:49.85	42.64	900m:	12:26.09	41.54	1300m:	17:59.35	41.04	
150m:	1:55.41	40.68	550m:	7:32.65	42.80	950m:	13:07.46	41.37	1350m:	18:41.22	41.87	
200m:	2:37.26	41.85	600m:	8:14.98	42.33	1000m:	13:49.74	42.28	1400m:	19:22.91	41.69	
250m:	3:18.87	41.61	650m:	8:57.33	42.35	1050m:	14:32.18	42.44	1450m:	20:03.48	40.57	
300m:	4:00.37	41.50	700m:	9:39.18	41.85	1100m:	15:14.46	42.28	1500m:	20:42.34	38.86	
350m:	4:42.52	42.15	750m:	10:20.91	41.73	1150m:	15:56.20	41.74				
400m:	5:24.64	42.12	800m:	11:02.84	41.93	1200m:	16:37.16	40.96				
4. De Vos Kaat	08			VZG	20:56.45	21:48.51						
50m:	36.69	36.69	450m:	6:06.70	42.36	850m:	11:44.50	42.69	1250m:	17:24.95	42.65	
100m:	1:15.83	39.14	500m:	6:48.91	42.21	900m:	12:26.79	42.29	1300m:	18:08.09	43.14	
150m:	1:56.00	40.17	550m:	7:31.50	42.59	950m:	13:03.66	36.87	1350m:	18:51.00	42.91	
200m:	2:36.99	40.99	600m:	8:13.71	42.21	1000m:	13:52.43	48.77	1400m:	19:33.66	42.66	
250m:	3:18.30	41.31	650m:	8:55.82	42.11	1050m:	14:34.75	42.32	1450m:	20:15.82	42.16	
300m:	4:00.06	41.76	700m:	9:37.44	41.62	1100m:	15:17.14	42.39	1500m:	20:56.45	40.63	
350m:	4:42.22	42.16	750m:	10:19.32	41.88	1150m:	15:59.40	42.26				
400m:	5:24.34	42.12	800m:	11:01.81	42.49	1200m:	16:42.30	42.90				
5. Proot Lisa-Marie	09			BZV	21:59.83	23:00.00						
50m:	36.99	36.99	450m:	6:23.01	44.79	850m:	12:14.07	44.55	1250m:	18:18.72	46.52	
100m:	1:17.23	40.24	500m:	7:06.60	43.59	900m:	12:59.51	45.44	1300m:	19:04.39	45.67	
150m:	1:59.58	42.35	550m:	7:51.06	44.46	950m:	13:44.54	45.03	1350m:	19:49.77	45.38	
200m:	2:41.91	42.33	600m:	8:35.20	44.14	1000m:	14:29.68	45.14	1400m:	20:34.46	44.69	
250m:	3:25.14	43.23	650m:	9:19.09	43.89	1050m:	15:15.69	46.01	1450m:	21:18.56	44.10	
300m:	4:09.02	43.88	700m:	10:02.57	43.48	1100m:	16:00.91	45.22	1500m:	21:59.83	41.27	
350m:	4:53.06	44.04	750m:	10:46.18	43.61	1150m:	16:47.28	46.37				
400m:	5:38.22	45.16	800m:	11:29.52	43.34	1200m:	17:32.20	44.92				
6. Bertier Imany	08			VZN	23:38.96	24:13.28						
50m:	40.53	40.53	450m:	6:58.28	47.47	850m:	13:20.46	49.15	1250m:	19:43.64	47.43	
100m:	1:26.81	46.28	500m:	7:45.59	47.31	900m:	14:08.49	48.03	1300m:	20:31.59	47.95	
150m:	2:13.92	47.11	550m:	8:32.81	47.22	950m:	14:57.24	48.75	1350m:	21:19.42	47.83	
200m:	3:01.24	47.32	600m:	9:19.92	47.11	1000m:	15:46.39	49.15	1400m:	22:07.89	48.47	
250m:	3:49.07	47.83	650m:	10:06.81	46.89	1050m:	16:33.21	46.82	1450m:	22:55.28	47.39	
300m:	4:36.31	47.24	700m:	10:54.53	47.72	1100m:	17:20.46	47.25	1500m:	23:38.96	43.68	
350m:	5:22.96	46.65	750m:	11:42.78	48.25	1150m:	18:08.24	47.78				
400m:	6:10.81	47.85	800m:	12:31.31	48.53	1200m:	18:56.21	47.97				

kadetten, Meisjes

1.	De Cuyper Femke	10	VZO	19:17.40	20:05.70							
	50m:	34.97	34.97	450m:	5:45.98	38.93	850m:	10:55.44	38.93	1250m:	16:06.94	39.30
	100m:	1:13.37	38.40	500m:	6:25.01	39.03	900m:	11:34.36	38.92	1300m:	16:46.57	39.63
	150m:	1:52.46	39.09	550m:	7:03.31	38.30	950m:	12:13.22	38.86	1350m:	17:24.90	38.33
	200m:	2:31.16	38.70	600m:	7:42.19	38.88	1000m:	12:52.29	39.07	1400m:	18:03.72	38.82
	250m:	3:10.11	38.95	650m:	8:20.54	38.35	1050m:	13:30.36	38.07	1450m:	18:42.31	38.59
	300m:	3:49.08	38.97	700m:	8:59.02	38.48	1100m:	14:09.34	38.98	1500m:	19:17.40	35.09
	350m:	4:28.24	39.16	750m:	9:37.67	38.65	1150m:	14:48.90	39.56			
	400m:	5:07.05	38.81	800m:	10:16.51	38.84	1200m:	15:27.64	38.74			
2.	Decloedt Hannah	11	ZIB	21:39.33	22:43.25							
	50m:	36.17	36.17	450m:	6:21.72	41.72	850m:	12:16.62	44.42	1250m:	18:06.12	43.01
	100m:	1:16.65	40.48	500m:	7:06.04	44.32	900m:	13:01.43	44.81	1300m:	18:49.03	42.91
	150m:	1:58.90	42.25	550m:	7:50.41	44.37	950m:	13:45.90	44.47	1350m:	19:32.62	43.59
	200m:	2:41.97	43.07	600m:	8:34.55	44.14	1000m:	14:29.54	43.64	1400m:	20:16.66	44.04
	250m:	3:25.39	43.42	650m:	9:18.24	43.69	1050m:	15:13.81	44.27	1450m:	21:01.26	44.60
	300m:	4:04.08	38.69	700m:	10:02.48	44.24	1100m:	15:57.52	43.71	1500m:	21:39.33	38.07
	350m:	4:53.61	49.53	750m:	10:47.97	45.49	1150m:	16:41.25	43.73			
	400m:	5:40.00	46.39	800m:	11:32.20	44.23	1200m:	17:23.11	41.86			

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 4, Meisjes, 1500m vrije slag, kadetten

Rang		Geb.		Tijd	insch. tijd					
3.	Van Alsenoy Yara	11	ZIB	23:25.17	NT					
	50m:	38.46	450m:	6:46.42	47.49	850m:	13:07.75	46.52	1250m:	19:31.60
	100m:	1:21.40	500m:	7:33.30	46.88	900m:	13:56.05	48.30	1300m:	20:19.90
	150m:	2:06.01	550m:	8:21.09	47.79	950m:	14:43.53	47.48	1350m:	21:06.48
	200m:	2:51.51	600m:	9:08.77	47.68	1000m:	15:31.87	48.34	1400m:	21:54.11
	250m:	3:38.27	650m:	9:56.66	47.89	1050m:	16:19.52	47.65	1450m:	22:39.89
	300m:	4:24.57	700m:	10:45.13	48.47	1100m:	17:07.13	47.61	1500m:	23:25.17
	350m:	5:11.70	750m:	11:33.52	48.39	1150m:	17:55.09	47.96		
	400m:	5:58.93	800m:	12:21.23	47.71	1200m:	18:43.34	48.25		

miniemen, Meisjes

1.	Moyaert Lotte	12	VZO	21:01.52	23:12.18					
	50m:	37.56	450m:	6:10.38	42.32	850m:	11:52.47	44.08	1250m:	17:38.17
	100m:	1:17.49	500m:	6:52.39	42.01	900m:	12:36.89	44.42	1300m:	18:19.68
	150m:	1:58.67	550m:	7:34.27	41.88	950m:	13:21.39	44.50	1350m:	19:01.44
	200m:	2:40.51	600m:	8:15.93	41.66	1000m:	14:05.91	44.52	1400m:	19:43.59
	250m:	3:23.05	650m:	8:58.42	42.49	1050m:	14:49.42	43.51	1450m:	20:23.19
	300m:	4:04.34	700m:	9:41.66	43.24	1100m:	15:32.34	42.92	1500m:	21:01.52
	350m:	4:46.28	750m:	10:25.03	43.37	1150m:	16:15.16	42.82		
	400m:	5:28.06	800m:	11:08.39	43.36	1200m:	16:57.79	42.63		
2.	Verbesselt Manon	13	VZN	24:02.78	NT					
	50m:	41.37	450m:	7:11.74	50.37	850m:	13:47.00	48.19	1250m:	20:11.76
	100m:	1:28.44	500m:	8:01.81	50.07	900m:	14:35.69	48.69	1300m:	20:59.64
	150m:	2:16.87	550m:	8:53.32	51.51	950m:	15:24.50	48.81	1350m:	21:46.51
	200m:	3:05.81	600m:	9:43.13	49.81	1000m:	16:12.74	48.24	1400m:	22:33.21
	250m:	3:55.07	650m:	10:33.13	50.00	1050m:	16:59.74	47.00	1450m:	23:20.08
	300m:	4:44.32	700m:	11:21.50	48.37	1100m:	17:47.25	47.51	1500m:	24:02.78
	350m:	5:33.25	750m:	12:11.25	49.75	1150m:	18:35.38	48.13		
	400m:	6:21.37	800m:	12:58.81	47.56	1200m:	19:24.08	48.70		

dis Floryn Juliette 13 BZV NT
SW4-ST3 - te vroeg vertrokken bij de start (na commando "op uw plaatsen" en voor startsignaal) - Départ trop tôt au départ (après commande « à vos marques » et avant le signal de départ)

algemeen, Dames

1.	Minnebo Lotte	06	ZIB	18:18.66	18:37.54					
	<i>fros bondsrecord</i>									
	50m:	33.03	450m:	5:26.89	36.99	850m:	10:22.26	36.85	1250m:	15:17.92
	100m:	1:08.81	500m:	6:04.12	37.23	900m:	10:59.29	37.03	1300m:	15:55.24
	150m:	1:45.62	550m:	6:41.41	37.29	950m:	11:36.11	36.82	1350m:	16:31.48
	200m:	2:22.25	600m:	7:18.33	36.63	1000m:	12:12.87	36.76	1400m:	17:08.13
	250m:	2:59.02	650m:	7:55.36	37.03	1050m:	12:49.47	36.60	1450m:	17:43.60
	300m:	3:35.83	700m:	8:32.39	37.03	1100m:	13:26.20	36.73	1500m:	18:18.66
	350m:	4:12.79	750m:	9:09.22	36.83	1150m:	14:03.53	37.33		
	400m:	4:49.90	800m:	9:45.41	36.19	1200m:	14:40.76	37.23		
2.	De Cuyper Femke	10	VZO	19:17.40	20:05.70					
	50m:	34.97	450m:	5:45.98	38.93	850m:	10:55.44	38.93	1250m:	16:06.94
	100m:	1:13.37	500m:	6:25.01	39.03	900m:	11:34.36	38.92	1300m:	16:46.57
	150m:	1:52.46	550m:	7:03.31	38.30	950m:	12:13.22	38.86	1350m:	17:24.90
	200m:	2:31.16	600m:	7:42.19	38.88	1000m:	12:52.29	39.07	1400m:	18:03.72
	250m:	3:10.11	650m:	8:20.54	38.35	1050m:	13:30.36	38.07	1450m:	18:42.31
	300m:	3:49.08	700m:	8:59.02	38.48	1100m:	14:09.34	38.98	1500m:	19:17.40
	350m:	4:28.24	750m:	9:37.67	38.65	1150m:	14:48.90	39.56		
	400m:	5:07.05	800m:	10:16.51	38.84	1200m:	15:27.64	38.74		
3.	Claeys Nette	08	VZO	19:48.82	NT					
	50m:	37.12	450m:	5:59.06	40.00	850m:	11:19.96	40.25	1250m:	16:35.68
	100m:	1:16.77	500m:	6:39.34	40.28	900m:	11:59.77	39.81	1300m:	17:15.09
	150m:	1:56.68	550m:	7:19.37	40.03	950m:	12:39.65	39.88	1350m:	17:54.02
	200m:	2:37.62	600m:	7:59.56	40.19	1000m:	13:19.43	39.78	1400m:	18:33.06
	250m:	3:17.87	650m:	8:39.71	40.15	1050m:	13:58.68	39.25	1450m:	19:13.90
	300m:	3:58.31	700m:	9:19.77	40.06	1100m:	14:38.02	39.34	1500m:	19:48.82
	350m:	4:38.65	750m:	9:59.74	39.97	1150m:	15:17.06	39.04		
	400m:	5:19.06	800m:	10:39.71	39.97	1200m:	15:56.37	39.31		

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang	Geb.			Tijd		insch. tijd					
4. Loncke Noor	08		VZO	20:41.72		20:15.32					
50m:	34.35	34.35	450m:	5:56.59	41.37	850m:	11:32.54	41.87	1250m:	17:11.66	42.78
100m:	1:12.09	37.74	500m:	6:38.47	41.88	900m:	12:14.72	42.18	1300m:	17:54.39	42.73
150m:	1:51.30	39.21	550m:	7:19.84	41.37	950m:	12:57.48	42.76	1350m:	18:37.21	42.82
200m:	2:31.35	40.05	600m:	8:01.82	41.98	1000m:	13:39.65	42.17	1400m:	19:18.71	41.50
250m:	3:11.98	40.63	650m:	8:44.07	42.25	1050m:	14:21.40	41.75	1450m:	19:56.99	38.28
300m:	3:53.30	41.32	700m:	9:25.99	41.92	1100m:	15:03.72	42.32	1500m:	20:41.72	44.73
350m:	4:34.58	41.28	750m:	10:08.26	42.27	1150m:	15:46.10	42.38			
400m:	5:15.22	40.64	800m:	10:50.67	42.41	1200m:	16:28.88	42.78			
5. Van Alsenoy Nanou	08		ZIB	20:42.34		21:55.93					
50m:	36.25	36.25	450m:	6:07.21	42.57	850m:	11:44.55	41.71	1250m:	17:18.31	41.15
100m:	1:14.73	38.48	500m:	6:49.85	42.64	900m:	12:26.09	41.54	1300m:	17:59.35	41.04
150m:	1:55.41	40.68	550m:	7:32.65	42.80	950m:	13:07.46	41.37	1350m:	18:41.22	41.87
200m:	2:37.26	41.85	600m:	8:14.98	42.33	1000m:	13:49.74	42.28	1400m:	19:22.91	41.69
250m:	3:18.87	41.61	650m:	8:57.33	42.35	1050m:	14:32.18	42.44	1450m:	20:03.48	40.57
300m:	4:00.37	41.50	700m:	9:39.18	41.85	1100m:	15:14.46	42.28	1500m:	20:42.34	38.86
350m:	4:42.52	42.15	750m:	10:20.91	41.73	1150m:	15:56.20	41.74			
400m:	5:24.64	42.12	800m:	11:02.84	41.93	1200m:	16:37.16	40.96			
6. Dardenne Eline	07		ZIB	20:52.97		21:56.00					
50m:	35.12	35.12	450m:	6:06.80	42.33	850m:	11:44.76	42.91	1250m:	17:22.76	42.33
100m:	1:15.67	40.55	500m:	6:49.01	42.21	900m:	12:26.71	41.95	1300m:	18:06.15	43.39
150m:	1:56.42	40.75	550m:	7:31.72	42.71	950m:	13:09.64	42.93	1350m:	18:49.26	43.11
200m:	2:37.41	40.99	600m:	8:13.45	41.73	1000m:	13:52.45	42.81	1400m:	19:31.45	42.19
250m:	3:18.64	41.23	650m:	8:55.90	42.45	1050m:	14:34.98	42.53	1450m:	20:13.98	42.53
300m:	4:00.67	42.03	700m:	9:37.41	41.51	1100m:	15:17.53	42.55	1500m:	20:52.97	38.99
350m:	4:42.52	41.85	750m:	10:19.58	42.17	1150m:	15:59.54	42.01			
400m:	5:24.47	41.95	800m:	11:01.85	42.27	1200m:	16:40.43	40.89			
7. De Vos Kaat	08		VZG	20:56.45		21:48.51					
50m:	36.69	36.69	450m:	6:06.70	42.36	850m:	11:44.50	42.69	1250m:	17:24.95	42.65
100m:	1:15.83	39.14	500m:	6:48.91	42.21	900m:	12:26.79	42.29	1300m:	18:08.09	43.14
150m:	1:56.00	40.17	550m:	7:31.50	42.59	950m:	13:03.66	36.87	1350m:	18:51.00	42.91
200m:	2:36.99	40.99	600m:	8:13.71	42.21	1000m:	13:52.43	48.77	1400m:	19:33.66	42.66
250m:	3:18.30	41.31	650m:	8:55.82	42.11	1050m:	14:34.75	42.32	1450m:	20:15.82	42.16
300m:	4:00.06	41.76	700m:	9:37.44	41.62	1100m:	15:17.14	42.39	1500m:	20:56.45	40.63
350m:	4:42.22	42.16	750m:	10:19.32	41.88	1150m:	15:59.40	42.26			
400m:	5:24.34	42.12	800m:	11:01.81	42.49	1200m:	16:42.30	42.90			
8. Moyaert Lotte	12		VZO	21:01.52		23:12.18					
50m:	37.56	37.56	450m:	6:10.38	42.32	850m:	11:52.47	44.08	1250m:	17:38.17	40.38
100m:	1:17.49	39.93	500m:	6:52.39	42.01	900m:	12:36.89	44.42	1300m:	18:19.68	41.51
150m:	1:58.67	41.18	550m:	7:34.27	41.88	950m:	13:21.39	44.50	1350m:	19:01.44	41.76
200m:	2:40.51	41.84	600m:	8:15.93	41.66	1000m:	14:05.91	44.52	1400m:	19:43.59	42.15
250m:	3:23.05	42.54	650m:	8:58.42	42.49	1050m:	14:49.42	43.51	1450m:	20:23.19	39.60
300m:	4:04.34	41.29	700m:	9:41.66	43.24	1100m:	15:32.34	42.92	1500m:	21:01.52	38.33
350m:	4:46.28	41.94	750m:	10:25.03	43.37	1150m:	16:15.16	42.82			
400m:	5:28.06	41.78	800m:	11:08.39	43.36	1200m:	16:57.79	42.63			
9. De Pue Ine	99		VZSA	21:38.25		21:10.96					
50m:	34.92	34.92	450m:	6:18.48	43.92	850m:	12:10.17	43.72	1250m:	18:01.57	44.42
100m:	1:14.76	39.84	500m:	7:03.34	44.86	900m:	12:53.95	43.78	1300m:	18:45.38	43.81
150m:	1:56.60	41.84	550m:	7:47.53	44.19	950m:	13:37.61	43.66	1350m:	19:29.69	44.31
200m:	2:39.27	42.67	600m:	8:31.32	43.79	1000m:	14:21.38	43.77	1400m:	20:13.69	44.00
250m:	3:22.03	42.76	650m:	9:14.90	43.58	1050m:	15:05.70	44.32	1450m:	21:00.14	46.45
300m:	4:05.56	43.53	700m:	9:58.61	43.71	1100m:	15:49.41	43.71	1500m:	21:38.25	38.11
350m:	4:49.74	44.18	750m:	10:42.46	43.85	1150m:	16:33.17	43.76			
400m:	5:34.56	44.82	800m:	11:26.45	43.99	1200m:	17:17.15	43.98			
10. Decloedt Hannah	11		ZIB	21:39.33		22:43.25					
50m:	36.17	36.17	450m:	6:21.72	41.72	850m:	12:16.62	44.42	1250m:	18:06.12	43.01
100m:	1:16.65	40.48	500m:	7:06.04	44.32	900m:	13:01.43	44.81	1300m:	18:49.03	42.91
150m:	1:58.90	42.25	550m:	7:50.41	44.37	950m:	13:45.90	44.47	1350m:	19:32.62	43.59
200m:	2:41.97	43.07	600m:	8:34.55	44.14	1000m:	14:29.54	43.64	1400m:	20:16.66	44.04
250m:	3:25.39	43.42	650m:	9:18.24	43.69	1050m:	15:13.81	44.27	1450m:	21:01.26	44.60
300m:	4:04.08	38.69	700m:	10:02.48	44.24	1100m:	15:57.52	43.71	1500m:	21:39.33	38.07
350m:	4:53.61	49.53	750m:	10:47.97	45.49	1150m:	16:41.25	43.73			
400m:	5:40.00	46.39	800m:	11:32.20	44.23	1200m:	17:23.11	41.86			

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang		Geb.		Tijd	insch. tijd					
11.	Proot Lisa-Marie	09	BZV	21:59.83	23:00.00					
	50m:	36.99	450m:	6:23.01	44.79	850m:	12:14.07	44.55	1250m:	18:18.72
	100m:	1:17.23	500m:	7:06.60	43.59	900m:	12:59.51	45.44	1300m:	19:04.39
	150m:	1:59.58	550m:	7:51.06	44.46	950m:	13:44.54	45.03	1350m:	19:49.77
	200m:	2:41.91	600m:	8:35.20	44.14	1000m:	14:29.68	45.14	1400m:	20:34.46
	250m:	3:25.14	650m:	9:19.09	43.89	1050m:	15:15.69	46.01	1450m:	21:18.56
	300m:	4:09.02	700m:	10:02.57	43.48	1100m:	16:00.91	45.22	1500m:	21:59.83
	350m:	4:53.06	750m:	10:46.18	43.61	1150m:	16:47.28	46.37		
	400m:	5:38.22	800m:	11:29.52	43.34	1200m:	17:32.20	44.92		
12.	Van den Bergh Quitty	93	ZVM	22:12.66	22:13.33					
	50m:	37.13	450m:	6:26.99	45.53	850m:	12:27.21	45.12	1250m:	18:30.75
	100m:	1:18.37	500m:	7:11.36	44.37	900m:	13:12.85	45.64	1300m:	19:16.26
	150m:	2:00.75	550m:	7:56.43	45.07	950m:	13:58.18	45.33	1350m:	20:01.70
	200m:	2:44.27	600m:	8:41.95	45.52	1000m:	14:43.12	44.94	1400m:	20:46.72
	250m:	3:28.05	650m:	9:26.84	44.89	1050m:	15:28.30	45.18	1450m:	21:30.00
	300m:	4:11.87	700m:	10:11.74	44.90	1100m:	16:13.53	45.23	1500m:	22:12.66
	350m:	4:56.39	750m:	10:56.31	44.57	1150m:	16:59.20	45.67		
	400m:	5:41.46	800m:	11:42.09	45.78	1200m:	17:44.75	45.55		
13.	Van Alsenoy Yara	11	ZIB	23:25.17	NT					
	50m:	38.46	450m:	6:46.42	47.49	850m:	13:07.75	46.52	1250m:	19:31.60
	100m:	1:21.40	500m:	7:33.30	46.88	900m:	13:56.05	48.30	1300m:	20:19.90
	150m:	2:06.01	550m:	8:21.09	47.79	950m:	14:43.53	47.48	1350m:	21:06.48
	200m:	2:51.51	600m:	9:08.77	47.68	1000m:	15:31.87	48.34	1400m:	21:54.11
	250m:	3:38.27	650m:	9:56.66	47.89	1050m:	16:19.52	47.65	1450m:	22:39.89
	300m:	4:24.57	700m:	10:45.13	48.47	1100m:	17:07.13	47.61	1500m:	23:25.17
	350m:	5:11.70	750m:	11:33.52	48.39	1150m:	17:55.09	47.96		
	400m:	5:58.93	800m:	12:21.23	47.71	1200m:	18:43.34	48.25		
14.	Bertier Imany	08	VZN	23:38.96	24:13.28					
	50m:	40.53	450m:	6:58.28	47.47	850m:	13:20.46	49.15	1250m:	19:43.64
	100m:	1:26.81	500m:	7:45.59	47.31	900m:	14:08.49	48.03	1300m:	20:31.59
	150m:	2:13.92	550m:	8:32.81	47.22	950m:	14:57.24	48.75	1350m:	21:19.42
	200m:	3:01.24	600m:	9:19.92	47.11	1000m:	15:46.39	49.15	1400m:	22:07.89
	250m:	3:49.07	650m:	10:06.81	46.89	1050m:	16:33.21	46.82	1450m:	22:55.28
	300m:	4:36.31	700m:	10:54.53	47.72	1100m:	17:20.46	47.25	1500m:	23:38.96
	350m:	5:22.96	750m:	11:42.78	48.25	1150m:	18:08.24	47.78		
	400m:	6:10.81	800m:	12:31.31	48.53	1200m:	18:56.21	47.97		
15.	Verbesselt Manon	13	VZN	24:02.78	NT					
	50m:	41.37	450m:	7:11.74	50.37	850m:	13:47.00	48.19	1250m:	20:11.76
	100m:	1:28.44	500m:	8:01.81	50.07	900m:	14:35.69	48.69	1300m:	20:59.64
	150m:	2:16.87	550m:	8:53.32	51.51	950m:	15:24.50	48.81	1350m:	21:46.51
	200m:	3:05.81	600m:	9:43.13	49.81	1000m:	16:12.74	48.24	1400m:	22:33.21
	250m:	3:55.07	650m:	10:33.13	50.00	1050m:	16:59.74	47.00	1450m:	23:20.08
	300m:	4:44.32	700m:	11:21.50	48.37	1100m:	17:47.25	47.51	1500m:	24:02.78
	350m:	5:33.25	750m:	12:11.25	49.75	1150m:	18:35.38	48.13		
	400m:	6:21.37	800m:	12:58.81	47.56	1200m:	19:24.08	48.70		

dis Floryn Juliette 13 BZV NT
SW4-ST3 - te vroeg vertrokken bij de start (na commando "op uw plaatsen" en voor startsignaal) - Départ trop tôt au départ (après commande « à vos marques » et avant le signal de départ)

veteranen 55, Heren

1.	Deschamps Léo	69	CNMR	24:23.22	24:57.25					
	50m:	43.37	450m:	7:26.50	49.06	850m:	13:57.72	49.00	1250m:	20:25.50
	100m:	1:37.58	500m:	8:15.94	49.44	900m:	14:46.40	48.68	1300m:	21:13.87
	150m:	2:28.47	550m:	9:04.72	48.78	950m:	15:35.69	49.29	1350m:	22:02.19
	200m:	3:19.65	600m:	9:53.65	48.93	1000m:	16:23.40	47.71	1400m:	22:50.22
	250m:	4:08.97	650m:	10:42.40	48.75	1050m:	17:11.72	48.32	1450m:	23:37.72
	300m:	4:58.72	700m:	11:30.65	48.25	1100m:	17:59.79	48.07	1500m:	24:23.22
	350m:	5:48.09	750m:	12:19.65	49.00	1150m:	18:48.71	48.92		
	400m:	6:37.44	800m:	13:08.72	49.07	1200m:	19:37.00	48.29		

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 4, 1500m vrije slag

veteranen 45, Heren

1. Eeckhout Jef	79	DELF	21:41.91	22:37.01					
50m: 38.20	38.20	450m: 6:26.11	43.69	850m: 12:15.65	43.76	1250m: 18:07.44	44.01		
100m: 1:21.10	42.90	500m: 7:09.72	43.61	900m: 12:59.63	43.98	1300m: 18:51.63	44.19		
150m: 2:04.56	43.46	550m: 7:53.18	43.46	950m: 13:43.74	44.11	1350m: 19:35.68	44.05		
200m: 2:47.90	43.34	600m: 8:36.53	43.35	1000m: 14:27.67	43.93	1400m: 20:19.38	43.70		
250m: 3:31.37	43.47	650m: 9:20.30	43.77	1050m: 15:11.65	43.98	1450m: 20:02.29			
300m: 4:14.94	43.57	700m: 10:03.85	43.55	1100m: 15:55.76	44.11	1500m: 21:41.91	1:39.62		
350m: 4:58.93	43.99	750m: 1:08.09		1150m: 16:39.55	43.79				
400m: 5:42.42	43.49	800m: 11:31.89	10:23.80	1200m: 17:23.43	43.88				
2. Vermeulen Gerry	78	DELF	24:05.03	25:00.00					
50m: 37.09	37.09	450m: 6:56.04	49.31	850m: 13:31.12	48.14	1250m: 20:11.64	49.70		
100m: 1:21.32	44.23	500m: 7:43.99	47.95	900m: 14:21.01	49.89	1300m: 21:01.44	49.80		
150m: 2:08.30	46.98	550m: 8:37.28	53.29	950m: 15:10.85	49.84	1350m: 21:49.34	47.90		
200m: 2:56.21	47.91	600m: 9:22.21	44.93	1000m: 16:00.90	50.05	1400m: 22:37.62	48.28		
250m: 3:42.58	46.37	650m: 10:11.67	49.46	1050m: 16:50.46	49.56	1450m: 23:23.81	46.19		
300m: 4:29.99	47.41	700m: 11:02.47	50.80	1100m: 17:40.82	50.36	1500m: 24:05.03	41.22		
350m: 5:17.59	47.60	750m: 11:51.66	49.19	1150m: 18:31.04	50.22				
400m: 6:06.73	49.14	800m: 12:42.98	51.32	1200m: 19:21.94	50.90				

veteranen 30, Heren

1. Scarpi Nico	94	VZSA	20:23.94	21:00.00					
50m: 36.43	36.43	450m: 6:00.89	41.15	850m: 11:33.52	41.75	1250m: 17:01.08	40.84		
100m: 1:15.05	38.62	500m: 6:42.96	42.07	900m: 12:14.96	41.44	1300m: 17:41.77	40.69		
150m: 1:54.49	39.44	550m: 7:23.87	40.91	950m: 12:56.12	41.16	1350m: 18:22.87	41.10		
200m: 2:35.02	40.53	600m: 8:05.24	41.37	1000m: 13:37.24	41.12	1400m: 19:04.77	41.90		
250m: 3:15.96	40.94	650m: 8:46.65	41.41	1050m: 14:17.65	40.41	1450m: 19:45.99	41.22		
300m: 3:56.96	41.00	700m: 9:28.27	41.62	1100m: 14:58.46	40.81	1500m: 20:23.94	37.95		
350m: 4:38.27	41.31	750m: 10:10.15	41.88	1150m: 15:39.24	40.78				
400m: 5:19.74	41.47	800m: 10:51.77	41.62	1200m: 16:20.24	41.00				

veteranen 25, Heren

1. De Zutter Jason	01	ZIB	19:28.91	NT					
50m: 34.72	34.72	450m: 5:48.00	39.51	850m: 11:04.49	39.71	1250m: 16:15.21	38.82		
100m: 1:12.58	37.86	500m: 6:27.69	39.69	900m: 11:44.27	39.78	1300m: 16:55.09	39.88		
150m: 1:51.70	39.12	550m: 7:07.15	39.46	950m: 12:22.93	38.66	1350m: 17:33.69	38.60		
200m: 2:30.82	39.12	600m: 7:47.18	40.03	1000m: 13:01.96	39.03	1400m: 18:12.70	39.01		
250m: 3:10.56	39.74	650m: 8:26.21	39.03	1050m: 13:40.58	38.62	1450m: 18:50.57	37.87		
300m: 3:50.00	39.44	700m: 9:06.10	39.89	1100m: 14:19.21	38.63	1500m: 19:28.91	38.34		
350m: 4:28.75	38.75	750m: 9:45.67	39.57	1150m: 14:58.29	39.08				
400m: 5:08.49	39.74	800m: 10:24.78	39.11	1200m: 15:36.39	38.10				
2. Marcelis Lars	00	ZVM	21:35.63	20:52.45					
50m: 34.90	34.90	450m: 6:07.02	43.05	850m: 11:56.18	44.38	1250m: 17:53.83	44.73		
100m: 1:13.54	38.64	500m: 6:50.17	43.15	900m: 12:40.47	44.29	1300m: 18:38.95	45.12		
150m: 1:53.22	39.68	550m: 7:33.82	43.65	950m: 13:24.53	44.06	1350m: 19:22.80	43.85		
200m: 2:33.86	40.64	600m: 8:17.21	43.39	1000m: 14:09.31	44.78	1400m: 20:07.31	44.51		
250m: 3:15.28	41.42	650m: 9:01.06	43.85	1050m: 14:53.99	44.68	1450m: 20:51.95	44.64		
300m: 3:57.77	42.49	700m: 9:44.44	43.38	1100m: 15:38.82	44.83	1500m: 21:35.63	43.68		
350m: 4:40.69	42.92	750m: 10:27.58	43.14	1150m: 16:24.02	45.20				
400m: 5:23.97	43.28	800m: 11:11.80	44.22	1200m: 17:09.10	45.08				
3. Paredis Robbe	98	VZSA	21:38.85	21:04.00					
50m: 36.21	36.21	450m: 6:18.28	44.13	850m: 12:09.85	43.53	1250m: 18:02.35	44.60		
100m: 1:16.50	40.29	500m: 7:02.85	44.57	900m: 12:53.65	43.80	1300m: 18:46.50	44.15		
150m: 1:58.25	41.75	550m: 7:47.18	44.33	950m: 13:37.71	44.06	1350m: 19:30.43	43.93		
200m: 2:40.57	42.32	600m: 8:30.75	43.57	1000m: 14:21.75	44.04	1400m: 20:14.43	44.00		
250m: 3:23.32	42.75	650m: 9:14.21	43.46	1050m: 15:05.90	44.15	1450m: 20:58.75	44.32		
300m: 4:06.71	43.39	700m: 9:58.35	44.14	1100m: 15:49.71	43.81	1500m: 21:38.85	40.10		
350m: 4:50.53	43.82	750m: 10:42.65	44.30	1150m: 16:33.65	43.94				
400m: 5:34.15	43.62	800m: 11:26.32	43.67	1200m: 17:17.75	44.10				

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 4, 1500m vrije slag

senioren, Heren

1. Denolf Ward	02	ZIB	17:15.15	18:30.00					
50m: 32.30	32.30	450m: 5:09.73	34.49	850m: 9:44.36	34.44	1250m: 14:21.92	34.94		
100m: 1:06.85	34.55	500m: 5:44.24	34.51	900m: 10:18.79	34.43	1300m: 14:56.54	34.62		
150m: 1:41.98	35.13	550m: 6:18.54	34.30	950m: 10:52.92	34.13	1350m: 15:31.67	35.13		
200m: 2:16.73	34.75	600m: 6:52.79	34.25	1000m: 11:27.24	34.32	1400m: 16:06.85	35.18		
250m: 2:51.54	34.81	650m: 7:27.49	34.70	1050m: 12:02.24	35.00	1450m: 16:42.43	35.58		
300m: 3:26.36	34.82	700m: 8:01.43	33.94	1100m: 12:37.11	34.87	1500m: 17:15.15	32.72		
350m: 4:00.85	34.49	750m: 8:35.61	34.18	1150m: 13:11.92	34.81				
400m: 4:35.24	34.39	800m: 9:09.92	34.31	1200m: 13:46.98	35.06				
2. Mortal Alexander	04	BZV	21:27.50	22:23.69					
50m: 31.92	31.92	450m: 6:07.03	44.21	850m: 11:59.04	43.59	1250m: 17:47.13	43.40		
100m: 1:08.73	36.81	500m: 6:51.90	44.87	900m: 12:42.79	43.75	1300m: 18:31.49	44.36		
150m: 1:48.11	39.38	550m: 7:35.53	43.63	950m: 13:26.67	43.88	1350m: 19:15.98	44.49		
200m: 2:29.06	40.95	600m: 8:20.16	44.63	1000m: 14:10.11	43.44	1400m: 19:55.79	39.81		
250m: 3:11.33	42.27	650m: 9:04.10	43.94	1050m: 14:53.98	43.87	1450m: 20:44.85	49.06		
300m: 3:54.76	43.43	700m: 9:48.53	44.43	1100m: 15:37.43	43.45	1500m: 21:27.50	42.65		
350m: 4:38.21	43.45	750m: 10:31.90	43.37	1150m: 16:19.92	42.49				
400m: 5:22.82	44.61	800m: 11:15.45	43.55	1200m: 17:03.73	43.81				

pupillen, Jongens

1. Van Reybrouck Thore	08	ZIB	19:03.10	19:46.99					
50m: 33.00	33.00	450m: 5:35.23	38.56	850m: 10:45.67	39.33	1250m: 15:54.59	38.66		
100m: 1:09.09	36.09	500m: 6:13.57	38.34	900m: 11:24.43	38.76	1300m: 16:33.58	38.99		
150m: 1:46.23	37.14	550m: 6:52.31	38.74	950m: 12:03.19	38.76	1350m: 17:12.83	39.25		
200m: 2:23.59	37.36	600m: 7:30.66	38.35	1000m: 12:42.03	38.84	1400m: 17:51.61	38.78		
250m: 3:01.16	37.57	650m: 8:09.87	39.21	1050m: 13:20.74	38.71	1450m: 18:24.18	32.57		
300m: 3:39.88	38.72	700m: 8:48.62	38.75	1100m: 13:58.68	37.94	1500m: 19:03.10	38.92		
350m: 4:18.37	38.49	750m: 9:27.57	38.95	1150m: 14:37.27	38.59				
400m: 4:56.67	38.30	800m: 10:06.34	38.77	1200m: 15:15.93	38.66				
2. Devos Noah	08	VZT	20:42.13	19:52.47					
50m: 34.74	34.74	450m: 5:58.85	41.73	850m: 11:36.82	41.44	1250m: 17:16.68	42.67		
100m: 1:12.08	37.34	500m: 6:40.94	42.09	900m: 12:19.13	42.31	1300m: 17:59.49	42.81		
150m: 1:51.34	39.26	550m: 7:23.39	42.45	950m: 13:02.55	43.42	1350m: 18:41.48	41.99		
200m: 2:31.76	40.42	600m: 8:05.81	42.42	1000m: 13:44.78	42.23	1400m: 19:25.33	43.85		
250m: 3:12.49	40.73	650m: 8:48.37	42.56	1050m: 14:26.89	42.11	1450m: 20:06.14	40.81		
300m: 3:53.48	40.99	700m: 9:30.41	42.04	1100m: 15:09.40	42.51	1500m: 20:42.13	35.99		
350m: 4:35.47	41.99	750m: 10:12.63	42.22	1150m: 15:52.29	42.89				
400m: 5:17.12	41.65	800m: 10:55.38	42.75	1200m: 16:34.01	41.72				
3. Daele Liam	08	VZO	21:22.80	21:38.89					
50m: 35.81	35.81	450m: 6:05.95	42.67	850m: 11:48.52	42.55	1250m: 17:42.38	45.16		
100m: 1:15.30	39.49	500m: 6:49.27	43.32	900m: 12:31.85	43.33	1300m: 18:26.86	44.48		
150m: 1:55.22	39.92	550m: 7:31.32	42.05	950m: 13:15.97	44.12	1350m: 19:11.28	44.42		
200m: 2:36.21	40.99	600m: 8:13.77	42.45	1000m: 14:00.40	44.43	1400m: 19:55.32	44.04		
250m: 3:17.75	41.54	650m: 8:57.09	43.32	1050m: 14:43.46	43.06	1450m: 20:40.33	45.01		
300m: 3:59.16	41.41	700m: 9:39.11	42.02	1100m: 15:27.63	44.17	1500m: 21:22.80	42.47		
350m: 4:41.48	42.32	750m: 10:22.44	43.33	1150m: 16:11.77	44.14				
400m: 5:23.28	41.80	800m: 11:05.97	43.53	1200m: 16:57.22	45.45				
4. Brilleman Diaz	08	BZV	21:58.25	NT					
50m: 37.80	37.80	450m: 6:32.56	44.57	850m: 12:31.34	44.51	1250m: 18:29.86	43.29		
100m: 1:20.41	42.61	500m: 7:17.85	45.29	900m: 13:16.67	45.33	1300m: 19:13.27	43.41		
150m: 2:04.46	44.05	550m: 8:02.98	45.13	950m: 14:02.28	45.61	1350m: 19:56.36	43.09		
200m: 2:48.83	44.37	600m: 8:48.11	45.13	1000m: 14:47.17	44.89	1400m: 20:37.69	41.33		
250m: 3:33.14	44.31	650m: 9:33.22	45.11	1050m: 15:31.56	44.39	1450m: 21:19.60	41.91		
300m: 4:17.89	44.75	700m: 10:18.27	45.05	1100m: 16:16.59	45.03	1500m: 21:58.25	38.65		
350m: 5:02.54	44.65	750m: 11:02.76	44.49	1150m: 17:01.12	44.53				
400m: 5:47.99	45.45	800m: 11:46.83	44.07	1200m: 17:46.57	45.45				

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang	Geb.			Tijd	insch. tijd						
5. Organai Cascon Matteo	08	CNMR	22:15.44	21:35.19							
50m:	37.72	37.72	450m:	6:24.94	44.85	850m:	12:27.51	45.64	1250m:	18:30.69	44.25
100m:	1:19.34	41.62	500m:	7:10.05	45.11	900m:	13:11.79	44.28	1300m:	19:16.79	46.10
150m:	2:02.34	43.00	550m:	7:55.34	45.29	950m:	13:56.44	44.65	1350m:	20:02.69	45.90
200m:	2:45.05	42.71	600m:	8:29.57	34.23	1000m:	14:42.19	45.75	1400m:	20:49.84	47.15
250m:	3:28.44	43.39	650m:	9:23.76	54.19	1050m:	15:27.69	45.50	1450m:	21:34.59	44.75
300m:	4:11.55	43.11	700m:	10:09.87	46.11	1100m:	16:14.02	46.33	1500m:	22:15.44	40.85
350m:	4:55.69	44.14	750m:	10:55.02	45.15	1150m:	17:00.44	46.42			
400m:	5:40.09	44.40	800m:	11:41.87	46.85	1200m:	17:46.44	46.00			
6. Organai Cascon Lucca	09	CNMR	23:10.29	23:09.74							
50m:	36.89	36.89	450m:	6:39.53	46.28	850m:	13:02.54	49.21	1250m:	19:24.28	46.66
100m:	1:18.40	41.51	500m:	7:26.28	46.75	900m:	13:50.88	48.34	1300m:	20:10.67	46.39
150m:	2:02.53	44.13	550m:	8:13.45	47.17	950m:	14:39.62	48.74	1350m:	20:55.90	45.23
200m:	2:47.41	44.88	600m:	9:00.73	47.28	1000m:	15:27.08	47.46	1400m:	21:43.73	47.83
250m:	3:33.45	46.04	650m:	9:49.14	48.41	1050m:	16:15.28	48.20	1450m:	22:49.89	1:06.16
300m:	4:19.21	45.76	700m:	10:37.66	48.52	1100m:	17:02.50	47.22	1500m:	23:10.29	20.40
350m:	5:05.76	46.55	750m:	11:25.48	47.82	1150m:	17:50.06	47.56			
400m:	5:53.25	47.49	800m:	12:13.33	47.85	1200m:	18:37.62	47.56			
kadetten, Jongens											
1. De Lathouwer Maxime	11	VZG	19:39.70	NT							
50m:	30.71	30.71	450m:	5:43.57	41.02	850m:	11:06.52	39.86	1250m:	16:24.59	40.11
100m:	1:07.30	36.59	500m:	6:24.10	40.53	900m:	11:46.52	40.00	1300m:	17:04.05	39.46
150m:	1:45.65	38.35	550m:	7:04.48	40.38	950m:	12:26.19	39.67	1350m:	17:43.96	39.91
200m:	2:23.70	38.05	600m:	7:44.69	40.21	1000m:	13:05.89	39.70	1400m:	18:23.79	39.83
250m:	3:03.18	39.48	650m:	8:24.80	40.11	1050m:	13:45.81	39.92	1450m:	19:03.27	39.48
300m:	3:42.24	39.06	700m:	9:05.85	41.05	1100m:	14:25.35	39.54	1500m:	19:39.70	36.43
350m:	4:22.37	40.13	750m:	9:46.70	40.85	1150m:	15:04.96	39.61			
400m:	5:02.55	40.18	800m:	10:26.66	39.96	1200m:	15:44.48	39.52			
2. Bustelo Leandro	10	CNMR	23:04.66	23:35.69							
50m:	38.18	38.18	450m:	6:48.21	48.11	850m:	13:07.84	46.38	1250m:	19:21.28	47.50
100m:	1:22.41	44.23	500m:	7:34.96	46.75	900m:	13:55.01	47.17	1300m:	20:07.83	46.55
150m:	2:08.65	46.24	550m:	8:23.45	48.49	950m:	14:42.08	47.07	1350m:	20:52.22	44.39
200m:	2:53.72	45.07	600m:	9:10.39	46.94	1000m:	15:26.97	44.89	1400m:	21:37.28	45.06
250m:	3:39.85	46.13	650m:	9:59.01	48.62	1050m:	16:13.04	46.07	1450m:	22:22.84	45.56
300m:	4:25.85	46.00	700m:	10:46.89	47.88	1100m:	16:59.05	46.01	1500m:	23:04.66	41.82
350m:	5:12.74	46.89	750m:	11:33.31	46.42	1150m:	17:46.19	47.14			
400m:	6:00.10	47.36	800m:	12:21.46	48.15	1200m:	18:33.78	47.59			
3. Caucheteux Robin	11	COK	23:30.88	24:53.99							
50m:	41.93	41.93	450m:	6:59.73	47.50	850m:	13:20.06	47.60	1250m:	19:40.91	46.85
100m:	1:28.41	46.48	500m:	7:47.15	47.42	900m:	14:08.76	48.70	1300m:	20:23.04	42.13
150m:	2:15.85	47.44	550m:	8:34.86	47.71	950m:	14:56.42	47.66	1350m:	21:14.69	51.65
200m:	3:02.66	46.81	600m:	9:22.42	47.56	1000m:	15:43.68	47.26	1400m:	22:01.44	46.75
250m:	3:49.73	47.07	650m:	10:09.92	47.50	1050m:	16:31.42	47.74	1450m:	22:49.11	47.67
300m:	4:36.67	46.94	700m:	10:57.42	47.50	1100m:	17:18.25	46.83	1500m:	23:30.88	41.77
350m:	5:24.69	48.02	750m:	11:44.97	47.55	1150m:	18:06.22	47.97			
400m:	6:12.23	47.54	800m:	12:32.46	47.49	1200m:	18:54.06	47.84			
4. Organai Cascon Marko	11	CNMR	24:47.59	25:00.87							
50m:	42.60	42.60	450m:	7:18.47	50.37	850m:	14:04.00	51.11	1250m:	20:48.81	51.75
100m:	1:29.86	47.26	500m:	8:08.68	50.21	900m:	14:55.22	51.22	1300m:	21:39.64	50.83
150m:	2:17.56	47.70	550m:	8:58.74	50.06	950m:	15:47.14	51.92	1350m:	22:29.34	49.70
200m:	3:07.04	49.48	600m:	9:48.40	49.66	1000m:	16:31.23	44.09	1400m:	23:17.53	48.19
250m:	3:57.66	50.62	650m:	10:38.82	50.42	1050m:	17:27.59	56.36	1450m:	24:03.16	45.63
300m:	4:48.29	50.63	700m:	11:30.63	51.81	1100m:	18:19.34	51.75	1500m:	24:47.59	44.43
350m:	5:38.08	49.79	750m:	12:21.60	50.97	1150m:	19:09.84	50.50			
400m:	6:28.10	50.02	800m:	13:12.89	51.29	1200m:	19:57.06	47.22			
5. Annys Bram	10	ZIB	25:55.82	NT							
50m:	43.94	43.94	450m:	7:39.75	53.59	850m:	14:49.46	51.81	1250m:	21:53.08	52.08
100m:	1:33.06	49.12	500m:	8:34.11	54.36	900m:	15:42.57	53.11	1300m:	22:46.16	53.08
150m:	2:23.49	50.43	550m:	9:27.64	53.53	950m:	16:36.57	54.00	1350m:	23:36.03	49.87
200m:	3:16.06	52.57	600m:	10:20.63	52.99	1000m:	17:28.89	52.32	1400m:	24:26.81	50.78
250m:	4:08.92	52.86	650m:	11:14.01	53.38	1050m:	18:28.56	59.67	1450m:	25:11.84	45.03
300m:	5:01.36	52.44	700m:	12:07.97	53.96	1100m:	19:15.94	47.38	1500m:	25:55.82	43.98
350m:	5:53.09	51.73	750m:	13:02.69	54.72	1150m:	20:08.86	52.92			
400m:	6:46.16	53.07	800m:	13:57.65	54.96	1200m:	21:01.00	52.14			

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 4, 1500m vrije slag

miniemen, Jongens

1. Lamaire Lucas	13	VZN	22:40.43	NT					
50m: 34.75	34.75	450m: 6:58.76	43.10	850m: 13:00.00	45.10	1250m: 19:01.96	45.35		
100m: 1:54.84	1:20.09	500m: 7:43.79	45.03	900m: 13:45.55	45.55	1300m: 19:46.70	44.74		
150m: 2:36.69	41.85	550m: 8:24.47	40.68	950m: 14:32.01	46.46	1350m: 20:30.58	43.88		
200m: 3:20.25	43.56	600m: 9:15.03	50.56	1000m: 15:17.56	45.55	1400m: 21:14.38	43.80		
250m: 4:03.36	43.11	650m: 9:54.97	39.94	1050m: 16:02.54	44.98	1450m: 21:58.58	44.20		
300m: 4:47.14	43.78	700m: 10:45.06	50.09	1100m: 16:47.62	45.08	1500m: 22:40.43	41.85		
350m: 5:31.65	44.51	750m: 11:29.90	44.84	1150m: 17:32.53	44.91				
400m: 6:15.66	44.01	800m: 12:14.90	45.00	1200m: 18:16.61	44.08				

algemeen, Heren

1. Denolf Ward	02	ZIB	17:15.15	18:30.00					
50m: 32.30	32.30	450m: 5:09.73	34.49	850m: 9:44.36	34.44	1250m: 14:21.92	34.94		
100m: 1:06.85	34.55	500m: 5:44.24	34.51	900m: 10:18.79	34.43	1300m: 14:56.54	34.62		
150m: 1:41.98	35.13	550m: 6:18.54	34.30	950m: 10:52.92	34.13	1350m: 15:31.67	35.13		
200m: 2:16.73	34.75	600m: 6:52.79	34.25	1000m: 11:27.24	34.32	1400m: 16:06.85	35.18		
250m: 2:51.54	34.81	650m: 7:27.49	34.70	1050m: 12:02.24	35.00	1450m: 16:42.43	35.58		
300m: 3:26.36	34.82	700m: 8:01.43	33.94	1100m: 12:37.11	34.87	1500m: 17:15.15	32.72		
350m: 4:00.85	34.49	750m: 8:35.61	34.18	1150m: 13:11.92	34.81				
400m: 4:35.24	34.39	800m: 9:09.92	34.31	1200m: 13:46.98	35.06				

2. Van Reybrouck Thore	08	ZIB	19:03.10	19:46.99					
50m: 33.00	33.00	450m: 5:35.23	38.56	850m: 10:45.67	39.33	1250m: 15:54.59	38.66		
100m: 1:09.09	36.09	500m: 6:13.57	38.34	900m: 11:24.43	38.76	1300m: 16:33.58	38.99		
150m: 1:46.23	37.14	550m: 6:52.31	38.74	950m: 12:03.19	38.76	1350m: 17:12.83	39.25		
200m: 2:23.59	37.36	600m: 7:30.66	38.35	1000m: 12:42.03	38.84	1400m: 17:51.61	38.78		
250m: 3:01.16	37.57	650m: 8:09.87	39.21	1050m: 13:20.74	38.71	1450m: 18:24.18	32.57		
300m: 3:39.88	38.72	700m: 8:48.62	38.75	1100m: 13:58.68	37.94	1500m: 19:03.10	38.92		
350m: 4:18.37	38.49	750m: 9:27.57	38.95	1150m: 14:37.27	38.59				
400m: 4:56.67	38.30	800m: 10:06.34	38.77	1200m: 15:15.93	38.66				

3. De Zutter Jason	01	ZIB	19:28.91	NT					
50m: 34.72	34.72	450m: 5:48.00	39.51	850m: 11:04.49	39.71	1250m: 16:15.21	38.82		
100m: 1:12.58	37.86	500m: 6:27.69	39.69	900m: 11:44.27	39.78	1300m: 16:55.09	39.88		
150m: 1:51.70	39.12	550m: 7:07.15	39.46	950m: 12:22.93	38.66	1350m: 17:33.69	38.60		
200m: 2:30.82	39.12	600m: 7:47.18	40.03	1000m: 13:01.96	39.03	1400m: 18:12.70	39.01		
250m: 3:10.56	39.74	650m: 8:26.21	39.03	1050m: 13:40.58	38.62	1450m: 18:50.57	37.87		
300m: 3:50.00	39.44	700m: 9:06.10	39.89	1100m: 14:19.21	38.63	1500m: 19:28.91	38.34		
350m: 4:28.75	38.75	750m: 9:45.67	39.57	1150m: 14:58.29	39.08				
400m: 5:08.49	39.74	800m: 10:24.78	39.11	1200m: 15:36.39	38.10				

4. De Lathouwer Maxime	11	VZG	19:39.70	NT					
50m: 30.71	30.71	450m: 5:43.57	41.02	850m: 11:06.52	39.86	1250m: 16:24.59	40.11		
100m: 1:07.30	36.59	500m: 6:24.10	40.53	900m: 11:46.52	40.00	1300m: 17:04.05	39.46		
150m: 1:45.65	38.35	550m: 7:04.48	40.38	950m: 12:26.19	39.67	1350m: 17:43.96	39.91		
200m: 2:23.70	38.05	600m: 7:44.69	40.21	1000m: 13:05.89	39.70	1400m: 18:23.79	39.83		
250m: 3:03.18	39.48	650m: 8:24.80	40.11	1050m: 13:45.81	39.92	1450m: 19:03.27	39.48		
300m: 3:42.24	39.06	700m: 9:05.85	41.05	1100m: 14:25.35	39.54	1500m: 19:39.70	36.43		
350m: 4:22.37	40.13	750m: 9:46.70	40.85	1150m: 15:04.96	39.61				
400m: 5:02.55	40.18	800m: 10:26.66	39.96	1200m: 15:44.48	39.52				

5. Scarpi Nico	94	VZSA	20:23.94	21:00.00					
50m: 36.43	36.43	450m: 6:00.89	41.15	850m: 11:33.52	41.75	1250m: 17:01.08	40.84		
100m: 1:15.05	38.62	500m: 6:42.96	42.07	900m: 12:14.96	41.44	1300m: 17:41.77	40.69		
150m: 1:54.49	39.44	550m: 7:23.87	40.91	950m: 12:56.12	41.16	1350m: 18:22.87	41.10		
200m: 2:35.02	40.53	600m: 8:05.24	41.37	1000m: 13:37.24	41.12	1400m: 19:04.77	41.90		
250m: 3:15.96	40.94	650m: 8:46.65	41.41	1050m: 14:17.65	40.41	1450m: 19:45.99	41.22		
300m: 3:56.96	41.00	700m: 9:28.27	41.62	1100m: 14:58.46	40.81	1500m: 20:23.94	37.95		
350m: 4:38.27	41.31	750m: 10:10.15	41.88	1150m: 15:39.24	40.78				
400m: 5:19.74	41.47	800m: 10:51.77	41.62	1200m: 16:20.24	41.00				

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang		Geb.		Tijd	insch. tijd					
6.	Devos Noah	08	VZT	20:42.13	19:52.47					
	50m:	34.74	450m:	5:58.85	41.73	850m:	11:36.82	41.44	1250m:	17:16.68
	100m:	1:12.08	500m:	6:40.94	42.09	900m:	12:19.13	42.31	1300m:	17:59.49
	150m:	1:51.34	550m:	7:23.39	42.45	950m:	13:02.55	43.42	1350m:	18:41.48
	200m:	2:31.76	600m:	8:05.81	42.42	1000m:	13:44.78	42.23	1400m:	19:25.33
	250m:	3:12.49	650m:	8:48.37	42.56	1050m:	14:26.89	42.11	1450m:	20:06.14
	300m:	3:53.48	700m:	9:30.41	42.04	1100m:	15:09.40	42.51	1500m:	20:42.13
	350m:	4:35.47	750m:	10:12.63	42.22	1150m:	15:52.29	42.89		
	400m:	5:17.12	800m:	10:55.38	42.75	1200m:	16:34.01	41.72		
7.	Daele Liam	08	VZO	21:22.80	21:38.89					
	50m:	35.81	450m:	6:05.95	42.67	850m:	11:48.52	42.55	1250m:	17:42.38
	100m:	1:15.30	500m:	6:49.27	43.32	900m:	12:31.85	43.33	1300m:	18:26.86
	150m:	1:55.22	550m:	7:31.32	42.05	950m:	13:15.97	44.12	1350m:	19:11.28
	200m:	2:36.21	600m:	8:13.77	42.45	1000m:	14:00.40	44.43	1400m:	19:55.32
	250m:	3:17.75	650m:	8:57.09	43.32	1050m:	14:43.46	43.06	1450m:	20:40.33
	300m:	3:59.16	700m:	9:39.11	42.02	1100m:	15:27.63	44.17	1500m:	21:22.80
	350m:	4:41.48	750m:	10:22.44	43.33	1150m:	16:11.77	44.14		
	400m:	5:23.28	800m:	11:05.97	43.53	1200m:	16:57.22	45.45		
8.	Mortal Alexander	04	BZV	21:27.50	22:23.69					
	50m:	31.92	450m:	6:07.03	44.21	850m:	11:59.04	43.59	1250m:	17:47.13
	100m:	1:08.73	500m:	6:51.90	44.87	900m:	12:42.79	43.75	1300m:	18:31.49
	150m:	1:48.11	550m:	7:35.53	43.63	950m:	13:26.67	43.88	1350m:	19:15.98
	200m:	2:29.06	600m:	8:20.16	44.63	1000m:	14:10.11	43.44	1400m:	19:55.79
	250m:	3:11.33	650m:	9:04.10	43.94	1050m:	14:53.98	43.87	1450m:	20:44.85
	300m:	3:54.76	700m:	9:48.53	44.43	1100m:	15:37.43	43.45	1500m:	21:27.50
	350m:	4:38.21	750m:	10:31.90	43.37	1150m:	16:19.92	42.49		
	400m:	5:22.82	800m:	11:15.45	43.55	1200m:	17:03.73	43.81		
9.	Marcelis Lars	00	ZVM	21:35.63	20:52.45					
	50m:	34.90	450m:	6:07.02	43.05	850m:	11:56.18	44.38	1250m:	17:53.83
	100m:	1:13.54	500m:	6:50.17	43.15	900m:	12:40.47	44.29	1300m:	18:38.95
	150m:	1:53.22	550m:	7:33.82	43.65	950m:	13:24.53	44.06	1350m:	19:22.80
	200m:	2:33.86	600m:	8:17.21	43.39	1000m:	14:09.31	44.78	1400m:	20:07.31
	250m:	3:15.28	650m:	9:01.06	43.85	1050m:	14:53.99	44.68	1450m:	20:51.95
	300m:	3:57.77	700m:	9:44.44	43.38	1100m:	15:38.82	44.83	1500m:	21:35.63
	350m:	4:40.69	750m:	10:27.58	43.14	1150m:	16:24.02	45.20		
	400m:	5:23.97	800m:	11:11.80	44.22	1200m:	17:09.10	45.08		
10.	Paredis Robbe	98	VZSA	21:38.85	21:04.00					
	50m:	36.21	450m:	6:18.28	44.13	850m:	12:09.85	43.53	1250m:	18:02.35
	100m:	1:16.50	500m:	7:02.85	44.57	900m:	12:53.65	43.80	1300m:	18:46.50
	150m:	1:58.25	550m:	7:47.18	44.33	950m:	13:37.71	44.06	1350m:	19:30.43
	200m:	2:40.57	600m:	8:30.75	43.57	1000m:	14:21.75	44.04	1400m:	20:14.43
	250m:	3:23.32	650m:	9:14.21	43.46	1050m:	15:05.90	44.15	1450m:	20:58.75
	300m:	4:06.71	700m:	9:58.35	44.14	1100m:	15:49.71	43.81	1500m:	21:38.85
	350m:	4:50.53	750m:	10:42.65	44.30	1150m:	16:33.65	43.94		
	400m:	5:34.15	800m:	11:26.32	43.67	1200m:	17:17.75	44.10		
11.	Eckhout Jef	79	DELFI	21:41.91	22:37.01					
	50m:	38.20	450m:	6:26.11	43.69	850m:	12:15.65	43.76	1250m:	18:07.44
	100m:	1:21.10	500m:	7:09.72	43.61	900m:	12:59.63	43.98	1300m:	18:51.63
	150m:	2:04.56	550m:	7:53.18	43.46	950m:	13:43.74	44.11	1350m:	19:35.68
	200m:	2:47.90	600m:	8:36.53	43.35	1000m:	14:27.67	43.93	1400m:	20:19.38
	250m:	3:31.37	650m:	9:20.30	43.77	1050m:	15:11.65	43.98	1450m:	20:02.29
	300m:	4:14.94	700m:	10:03.85	43.55	1100m:	15:55.76	44.11	1500m:	21:41.91
	350m:	4:58.93	750m:	1:08.09		1150m:	16:39.55	43.79		1:39.62
	400m:	5:42.42	800m:	11:31.89	10:23.80	1200m:	17:23.43	43.88		
12.	Brilleman Diaz	08	BZV	21:58.25	NT					
	50m:	37.80	450m:	6:32.56	44.57	850m:	12:31.34	44.51	1250m:	18:29.86
	100m:	1:20.41	500m:	7:17.85	45.29	900m:	13:16.67	45.33	1300m:	19:13.27
	150m:	2:04.46	550m:	8:02.98	45.13	950m:	14:02.28	45.61	1350m:	19:56.36
	200m:	2:48.83	600m:	8:48.11	45.13	1000m:	14:47.17	44.89	1400m:	20:37.69
	250m:	3:33.14	650m:	9:33.22	45.11	1050m:	15:31.56	44.39	1450m:	21:19.60
	300m:	4:17.89	700m:	10:18.27	45.05	1100m:	16:16.59	45.03	1500m:	21:58.25
	350m:	5:02.54	750m:	11:02.76	44.49	1150m:	17:01.12	44.53		
	400m:	5:47.99	800m:	11:46.83	44.07	1200m:	17:46.57	45.45		

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang	Geb.	Tijd	insch. tijd						
13. Organai Cascon Matteo	08	CNMR	22:15.44	21:35.19					
50m: 37.72	37.72	450m: 6:24.94	44.85	850m: 12:27.51	45.64	1250m: 18:30.69	44.25		
100m: 1:19.34	41.62	500m: 7:10.05	45.11	900m: 13:11.79	44.28	1300m: 19:16.79	46.10		
150m: 2:02.34	43.00	550m: 7:55.34	45.29	950m: 13:56.44	44.65	1350m: 20:02.69	45.90		
200m: 2:45.05	42.71	600m: 8:29.57	34.23	1000m: 14:42.19	45.75	1400m: 20:49.84	47.15		
250m: 3:28.44	43.39	650m: 9:23.76	54.19	1050m: 15:27.69	45.50	1450m: 21:34.59	44.75		
300m: 4:11.55	43.11	700m: 10:09.87	46.11	1100m: 16:14.02	46.33	1500m: 22:15.44	40.85		
350m: 4:55.69	44.14	750m: 10:55.02	45.15	1150m: 17:00.44	46.42				
400m: 5:40.09	44.40	800m: 11:41.87	46.85	1200m: 17:46.44	46.00				
14. Lamaire Lucas	13	VZN	22:40.43	NT					
50m: 34.75	34.75	450m: 6:58.76	43.10	850m: 13:00.00	45.10	1250m: 19:01.96	45.35		
100m: 1:54.84	1:20.09	500m: 7:43.79	45.03	900m: 13:45.55	45.55	1300m: 19:46.70	44.74		
150m: 2:36.69	41.85	550m: 8:24.47	40.68	950m: 14:32.01	46.46	1350m: 20:30.58	43.88		
200m: 3:20.25	43.56	600m: 9:15.03	50.56	1000m: 15:17.56	45.55	1400m: 21:14.38	43.80		
250m: 4:03.36	43.11	650m: 9:54.97	39.94	1050m: 16:02.54	44.98	1450m: 21:58.58	44.20		
300m: 4:47.14	43.78	700m: 10:45.06	50.09	1100m: 16:47.62	45.08	1500m: 22:40.43	41.85		
350m: 5:31.65	44.51	750m: 11:29.90	44.84	1150m: 17:32.53	44.91				
400m: 6:15.66	44.01	800m: 12:14.90	45.00	1200m: 18:16.61	44.08				
15. Bustelo Leandro	10	CNMR	23:04.66	23:35.69					
50m: 38.18	38.18	450m: 6:48.21	48.11	850m: 13:07.84	46.38	1250m: 19:21.28	47.50		
100m: 1:22.41	44.23	500m: 7:34.96	46.75	900m: 13:55.01	47.17	1300m: 20:07.83	46.55		
150m: 2:08.65	46.24	550m: 8:23.45	48.49	950m: 14:42.08	47.07	1350m: 20:52.22	44.39		
200m: 2:53.72	45.07	600m: 9:10.39	46.94	1000m: 15:26.97	44.89	1400m: 21:37.28	45.06		
250m: 3:39.85	46.13	650m: 9:59.01	48.62	1050m: 16:13.04	46.07	1450m: 22:22.84	45.56		
300m: 4:25.85	46.00	700m: 10:46.89	47.88	1100m: 16:59.05	46.01	1500m: 23:04.66	41.82		
350m: 5:12.74	46.89	750m: 11:33.31	46.42	1150m: 17:46.19	47.14				
400m: 6:00.10	47.36	800m: 12:21.46	48.15	1200m: 18:33.78	47.59				
16. Organai Cascon Lucca	09	CNMR	23:10.29	23:09.74					
50m: 36.89	36.89	450m: 6:39.53	46.28	850m: 13:02.54	49.21	1250m: 19:24.28	46.66		
100m: 1:18.40	41.51	500m: 7:26.28	46.75	900m: 13:50.88	48.34	1300m: 20:10.67	46.39		
150m: 2:02.53	44.13	550m: 8:13.45	47.17	950m: 14:39.62	48.74	1350m: 20:55.90	45.23		
200m: 2:47.41	44.88	600m: 9:00.73	47.28	1000m: 15:27.08	47.46	1400m: 21:43.73	47.83		
250m: 3:33.45	46.04	650m: 9:49.14	48.41	1050m: 16:15.28	48.20	1450m: 22:49.89	1:06.16		
300m: 4:19.21	45.76	700m: 10:37.66	48.52	1100m: 17:02.50	47.22	1500m: 23:10.29	20.40		
350m: 5:05.76	46.55	750m: 11:25.48	47.82	1150m: 17:50.06	47.56				
400m: 5:53.25	47.49	800m: 12:13.33	47.85	1200m: 18:37.62	47.56				
17. Caucheteux Robin	11	COK	23:30.88	24:53.99					
50m: 41.93	41.93	450m: 6:59.73	47.50	850m: 13:20.06	47.60	1250m: 19:40.91	46.85		
100m: 1:28.41	46.48	500m: 7:47.15	47.42	900m: 14:08.76	48.70	1300m: 20:23.04	42.13		
150m: 2:15.85	47.44	550m: 8:34.86	47.71	950m: 14:56.42	47.66	1350m: 21:14.69	51.65		
200m: 3:02.66	46.81	600m: 9:22.42	47.56	1000m: 15:43.68	47.26	1400m: 22:01.44	46.75		
250m: 3:49.73	47.07	650m: 10:09.92	47.50	1050m: 16:31.42	47.74	1450m: 22:49.11	47.67		
300m: 4:36.67	46.94	700m: 10:57.42	47.50	1100m: 17:18.25	46.83	1500m: 23:30.88	41.77		
350m: 5:24.69	48.02	750m: 11:44.97	47.55	1150m: 18:06.22	47.97				
400m: 6:12.23	47.54	800m: 12:32.46	47.49	1200m: 18:54.06	47.84				
18. Vermeulen Gerry	78	DELFI	24:05.03	25:00.00					
50m: 37.09	37.09	450m: 6:56.04	49.31	850m: 13:31.12	48.14	1250m: 20:11.64	49.70		
100m: 1:21.32	44.23	500m: 7:43.99	47.95	900m: 14:21.01	49.89	1300m: 21:01.44	49.80		
150m: 2:08.30	46.98	550m: 8:37.28	53.29	950m: 15:10.85	49.84	1350m: 21:49.34	47.90		
200m: 2:56.21	47.91	600m: 9:22.21	44.93	1000m: 16:00.90	50.05	1400m: 22:37.62	48.28		
250m: 3:42.58	46.37	650m: 10:11.67	49.46	1050m: 16:50.46	49.56	1450m: 23:23.81	46.19		
300m: 4:29.99	47.41	700m: 11:02.47	50.80	1100m: 17:40.82	50.36	1500m: 24:05.03	41.22		
350m: 5:17.59	47.60	750m: 11:51.66	49.19	1150m: 18:31.04	50.22				
400m: 6:06.73	49.14	800m: 12:42.98	51.32	1200m: 19:21.94	50.90				
19. Deschamps Léo	69	CNMR	24:23.22	24:57.25					
50m: 43.37	43.37	450m: 7:26.50	49.06	850m: 13:57.72	49.00	1250m: 20:25.50	48.50		
100m: 1:37.58	54.21	500m: 8:15.94	49.44	900m: 14:46.40	48.68	1300m: 21:13.87	48.37		
150m: 2:28.47	50.89	550m: 9:04.72	48.78	950m: 15:35.69	49.29	1350m: 22:02.19	48.32		
200m: 3:19.65	51.18	600m: 9:53.65	48.93	1000m: 16:23.40	47.71	1400m: 22:50.22	48.03		
250m: 4:08.97	49.32	650m: 10:42.40	48.75	1050m: 17:11.72	48.32	1450m: 23:37.72	47.50		
300m: 4:58.72	49.75	700m: 11:30.65	48.25	1100m: 17:59.79	48.07	1500m: 24:23.22	45.50		
350m: 5:48.09	49.37	750m: 12:19.65	49.00	1150m: 18:48.71	48.92				
400m: 6:37.44	49.35	800m: 13:08.72	49.07	1200m: 19:37.00	48.29				

lange afstand - longues distances
Blankenberge, 18/1/2026

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

Rang			Geb.			Tijd	insch. tijd				
20. Organai Cascon Marko			11	CNMR	24:47.59	25:00.87					
50m:	42.60	42.60	450m:	7:18.47	50.37	850m:	14:04.00	51.11	1250m:	20:48.81	51.75
100m:	1:29.86	47.26	500m:	8:08.68	50.21	900m:	14:55.22	51.22	1300m:	21:39.64	50.83
150m:	2:17.56	47.70	550m:	8:58.74	50.06	950m:	15:47.14	51.92	1350m:	22:29.34	49.70
200m:	3:07.04	49.48	600m:	9:48.40	49.66	1000m:	16:31.23	44.09	1400m:	23:17.53	48.19
250m:	3:57.66	50.62	650m:	10:38.82	50.42	1050m:	17:27.59	56.36	1450m:	24:03.16	45.63
300m:	4:48.29	50.63	700m:	11:30.63	51.81	1100m:	18:19.34	51.75	1500m:	24:47.59	44.43
350m:	5:38.08	49.79	750m:	12:21.60	50.97	1150m:	19:09.84	50.50			
400m:	6:28.10	50.02	800m:	13:12.89	51.29	1200m:	19:57.06	47.22			
21. Annys Bram			10	ZIB	25:55.82	NT					
50m:	43.94	43.94	450m:	7:39.75	53.59	850m:	14:49.46	51.81	1250m:	21:53.08	52.08
100m:	1:33.06	49.12	500m:	8:34.11	54.36	900m:	15:42.57	53.11	1300m:	22:46.16	53.08
150m:	2:23.49	50.43	550m:	9:27.64	53.53	950m:	16:36.57	54.00	1350m:	23:36.03	49.87
200m:	3:16.06	52.57	600m:	10:20.63	52.99	1000m:	17:28.89	52.32	1400m:	24:26.81	50.78
250m:	4:08.92	52.86	650m:	11:14.01	53.38	1050m:	18:28.56	59.67	1450m:	25:11.84	45.03
300m:	5:01.36	52.44	700m:	12:07.97	53.96	1100m:	19:15.94	47.38	1500m:	25:55.82	43.98
350m:	5:53.09	51.73	750m:	13:02.69	54.72	1150m:	20:08.86	52.92			
400m:	6:46.16	53.07	800m:	13:57.65	54.96	1200m:	21:01.00	52.14			

Programmanr. 5
18/1/26

Dames, 4 x 200m vrije slag

seniors
Resultaten

Rang	Tijd	insch. tijd						
1. Vzo 1	VZO	9:33.99	9:35.98					
Loncke Noor	08	0.00	33.00	1:10.33	1:49.58	2:28.37	2:28.37	
Claeys Nette	08		32.13	1:08.32	1:44.88	2:21.25	2:21.25	
Moyaert Lotte	12		32.28	1:09.38	1:48.57	2:27.25	2:27.25	
De Cuyper Femke	10		32.07	1:06.92	1:43.21	2:17.12	2:17.12	
2. Zwemclub Interbad Brugge 1	ZIB	9:36.29	9:41.05					
Dardenne Eline	07		32.24	1:08.91	1:46.18	2:22.32	2:22.32	
Decloedt Hannah	11		35.35	1:15.54	1:56.49	2:35.06	2:35.06	
Van Alsenoy Nanou	08		32.91	1:09.55	1:48.10	2:26.03	2:26.03	
Minnebo Lotte	06		30.40	1:05.07	1:39.94	2:12.88	2:12.88	
3. Bzv 1	BZV	10:54.48	10:32.04					
Cattoor Pauline	12		33.72	1:11.59	1:51.67	2:30.34	2:30.34	
Goegebeur Sarah	96		39.24	1:23.98	2:09.47	2:54.94	2:54.94	
Vangheluwe Mare	11		38.58	1:20.84	2:04.17	2:44.95	2:44.95	
Floryn Juliette	13		35.77	1:18.40	2:02.89	2:44.25	2:44.25	
4. Vzn 1	VZN	11:29.11	11:01.76					
Lamaire Julie	14		37.52	1:22.14	2:09.18	2:54.96	2:54.96	
Verbesselt Manon	13		39.11	1:23.23	2:10.21	2:51.33	2:51.33	
Bertier Imany	08		38.31	1:24.01	2:12.10	2:57.01	2:57.01	
Vermote Noor	09		36.52	1:18.89	2:02.64	2:45.81	2:45.81	
5. Vrije Zwemmers Gent 1	VZG	11:34.39	11:06.02					
Cocquyt Ashley	07		36.33	1:18.18	2:03.10	2:48.79	2:48.79	
Van Overstraeten Fien	13		44.59	1:37.35	2:31.23	3:21.11	3:21.11	
Schelfaut Evy	13		35.89	1:18.83	2:02.80	2:44.45	2:44.45	
De Vos Kaat	08		36.80	1:17.13	1:58.58	2:40.04	2:40.04	
6. Bzv 2	BZV	12:50.72	13:11.05					
Bultinck Inte	13	0.00	37.59	1:22.59	2:09.76	2:55.46	2:55.46	
Brussee Loveley	17		50.48	1:58.27	3:09.80	4:12.41	4:12.41	
Govaerts Kaylee	15		39.46	1:25.28	2:12.80	2:58.15	2:58.15	
Droissart Nette	15		36.17	1:18.39	2:03.21	2:44.70	2:44.70	

lange afstand - longues distances
Blankenberge, 18/1/2026

Programmanr. 6
18/1/26

Heren, 4 x 200m vrije slag

seniors
Resultaten

Rang			Tijd	insch. tijd			
1.	Zwemclub Interbad Brugge 1	ZIB	8:46.61	8:52.37			
	Denolf Ward	02	29.05	1:00.73	1:33.49	2:05.73	2:05.73
	Bauwens Maxime	09	33.44	1:10.06	1:47.32	2:22.25	2:22.25
	Van Reybrouck Thore	08	30.19	1:03.94	1:38.87	2:12.75	2:12.75
	Dumon Tiebert	08	28.44	1:01.44	1:33.88	2:05.88	2:05.88
2.	Bzv 1	BZV	9:24.24	9:29.00			
	Bultinck Tibbe	08	29.65	1:05.10	1:42.99	2:22.94	2:22.94
	Degreef Lex	11	31.45	1:09.53	1:49.09	2:26.68	2:26.68
	Brilleman Diaz	08	31.27	1:07.06	1:44.59	2:19.15	2:19.15
	Mortal Alexander	04	28.95	1:02.10	1:39.27	2:15.47	2:15.47
3.	Vzo 1	VZO	9:36.36	9:14.67			
	Vandaele Hannes	02	0.00	30.59	1:04.65	1:39.77	2:13.63
	Callebout Ringo	80		35.42	1:13.96	1:55.42	2:37.40
	Daele Liam	08		31.26	1:06.65	1:45.71	2:27.25
	Van Hecke Mathis	09		29.53	1:04.34	1:35.09	2:18.08
4.	Cnmr 1	CNMR	10:59.39	10:30.99			
	Organai Cascon Matteo	08	0.00	32.66	1:10.65	1:51.65	2:32.69
	Organai Cascon Marko	11		41.27	1:29.02	2:16.68	2:57.13
	Organai Cascon Lucca	09		35.97	1:18.06	2:02.06	2:42.74
	Bustelo Leandro	10		36.07	1:19.81	2:03.13	2:46.83