

1 - Namiddag

12/10/2019 - 13:30

Programmanr. 1

400m vrije slag

9 - 10 jaar

12/10/2019 - 13:30

Resultaten

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m | |
|------------------------|--------------------|----------|---------|----------------|---------|---------|---------|---------|
| 9 jaar, Meisjes | | | | | | | | |
| 1. | VAN DE CLOOT Elina | 10 HOZT | 7:40.00 | 5:59.97 | 1:25.37 | 1:33.28 | 1:31.56 | 1:29.76 |
| 2. | VERVLOET Zoe | 10 GZVN | 6:33.63 | 6:10.79 | 1:28.64 | 1:38.33 | 1:35.80 | 1:28.02 |
| 3. | HUYBRECHTS Lotta | 10 WST | 6:42.00 | 6:10.91 | 1:27.04 | 1:35.72 | 1:36.30 | 1:31.85 |
| 4. | DE MEYER Jolien | 10 ZS | 6:30.00 | 6:23.00 | 1:27.90 | 1:34.64 | 1:39.46 | 1:41.00 |
| 5. | VANIERSCHOT Ella | 10 HZS | 7:06.83 | 7:05.62 | 1:38.70 | 1:50.81 | 1:49.24 | 1:46.87 |
| 6. | SELS Sofie | 10 SHARK | 7:19.00 | 7:08.54 | 1:38.52 | 1:53.70 | 1:52.98 | 1:43.34 |
| 7. | VINKEN Joséphine | 10 ZWIM | 8:00.00 | 7:25.30 | 1:44.96 | 1:51.23 | 1:57.22 | 1:51.89 |
| 8. | MAES Julie | 10 ZGEEL | 7:56.63 | 7:30.64 | 1:41.97 | 1:57.52 | 1:57.56 | 1:53.59 |

10 jaar, Meisjes

| | | | | | | | | |
|-----|----------------------------|----------|---------|----------------|---------|---------|---------|---------|
| 1. | VAN HEUGTEN Hanne | 09 HZA | 5:38.61 | 5:24.98 | 1:17.12 | 1:25.05 | 1:23.70 | 1:19.11 |
| 2. | VANDERLINDEN Siri | 09 LAQUA | 5:55.31 | 5:37.38 | 1:21.70 | 1:27.67 | 1:26.14 | 1:21.87 |
| 3. | EVENS Noor | 09 GZVN | 5:53.72 | 5:58.26 | 1:22.12 | 1:32.20 | 1:32.55 | 1:31.39 |
| 4. | MERTENS Helena | 09 SHARK | 6:45.28 | 6:01.14 | 1:22.56 | 1:33.45 | 1:35.15 | 1:29.98 |
| 5. | VERSCHUEREN Louise | 09 HOZT | 6:13.46 | 6:01.25 | 1:26.96 | 1:33.93 | 1:32.50 | 1:27.86 |
| 6. | BIERINCKX Lienne | 09 SHARK | 6:59.16 | 6:02.73 | 1:24.87 | 1:32.94 | 1:34.45 | 1:30.47 |
| 7. | VINGERHOETS Madelief | 09 WST | 7:03.80 | 6:03.61 | 1:27.91 | 1:35.48 | 1:33.69 | 1:26.53 |
| 8. | TORDEUR Lucie | 09 GZVN | 5:55.98 | 6:05.04 | 1:26.53 | 1:33.35 | 1:34.25 | 1:30.91 |
| 9. | WILLAERT Ayla | 09 HOZT | 7:38.57 | 6:07.41 | 1:25.82 | 1:35.73 | 1:34.01 | 1:31.85 |
| 10. | WIJCKMANS Lene | 09 HZA | 6:38.79 | 6:07.95 | 1:27.34 | 1:34.88 | 1:35.82 | 1:29.91 |
| 11. | STRAGIER Jana | 09 RSCM | 6:53.84 | 6:16.17 | 1:29.43 | 1:38.35 | 1:35.94 | 1:32.45 |
| 12. | VERCAMMEN Fleur | 09 ZS | 6:24.41 | 6:26.65 | 1:28.92 | 1:38.11 | 1:40.26 | 1:39.36 |
| 13. | VAN LAETHEM Sia | 09 HZA | 7:20.00 | 6:48.71 | 1:36.68 | 1:47.46 | 1:48.79 | 1:35.78 |
| 14. | WYNANTS Fien | 09 ZGEEL | 7:30.00 | 7:04.57 | 1:39.41 | 1:49.80 | 1:50.39 | 1:44.97 |
| 15. | VANHAESEBROECK Marie-Eline | 09 SHARK | 8:15.00 | 7:15.31 | 1:44.05 | 1:51.75 | 1:51.32 | 1:48.19 |
| 16. | MICHELSEN Noor | 09 KST | 7:43.60 | 7:17.21 | 1:41.85 | 1:55.06 | 1:53.75 | 1:46.55 |
| 17. | ROMBOUTS Floor | 09 HOZT | 8:00.00 | 7:30.83 | 1:48.15 | 1:55.24 | 1:55.61 | 1:51.83 |
| 18. | JACOBS Lotte | 09 ZVL | 8:49.79 | 7:36.93 | 1:49.73 | 1:56.95 | 1:59.53 | 1:50.72 |
| 19. | BIELEN Chiara | 09 ZWIM | 7:40.00 | 7:43.48 | 1:48.00 | 1:58.11 | 1:59.59 | 1:57.78 |
| 20. | BOEYKENS Emma | 09 KST | 7:30.00 | 7:45.99 | 1:51.10 | 2:00.34 | 2:01.12 | 1:53.43 |

9 jaar, Jongens

| | | | | | | | | |
|----|-----------------|---------|---------|----------------|---------|---------|---------|---------|
| 1. | MPITZILIS Ilias | 10 GZVN | 6:53.69 | 6:28.48 | 1:30.24 | 1:39.69 | 1:42.33 | 1:36.22 |
| 2. | REEKMANS Seda | 10 HZS | 7:00.00 | 6:41.05 | 1:31.73 | 1:41.29 | 1:41.76 | 1:46.27 |
| 3. | BERGMANS Mats | 10 HZS | 7:35.00 | 7:47.87 | 1:40.96 | 1:53.33 | 1:49.14 | 2:24.44 |
| 4. | LEMMENS Noah | 10 KST | 7:30.00 | 7:52.08 | 1:48.89 | 2:01.55 | 2:03.65 | 1:57.99 |

10 jaar, Jongens

| | | | | | | | | |
|----|----------------------|----------|---------|----------------|---------|---------|---------|---------|
| 1. | VAN TILBURG Matthias | 09 ZGEEL | 5:50.72 | 5:27.27 | 1:18.55 | 1:24.87 | 1:25.31 | 1:18.54 |
| 2. | MICHOEL Quinten | 09 ZGEEL | 6:00.00 | 5:44.98 | 1:21.27 | 1:30.66 | 1:28.61 | 1:24.44 |
| 3. | VAN EDOM Jef | 09 ZWIM | 5:55.87 | 5:45.10 | 1:24.09 | 1:27.93 | 1:28.46 | 1:24.62 |
| 4. | HEYLEN Daan | 09 ZGEEL | 5:50.00 | 5:51.96 | 1:21.43 | 1:30.94 | 1:31.80 | 1:27.79 |
| 5. | BERTELS Quillan | 09 SHARK | 6:37.97 | 5:54.71 | 1:26.44 | 1:32.43 | 1:30.53 | 1:25.31 |
| 6. | VANOPPEN Mathias | 09 HZS | 6:11.26 | 5:57.05 | 1:23.44 | 1:32.74 | 1:33.62 | 1:27.25 |
| 7. | LAEREMANS Simon | 09 SHARK | 6:46.57 | 6:04.62 | 1:24.05 | 1:34.73 | 1:35.64 | 1:30.20 |

 Volg onze wedstrijd live op www.hzc.be of via onderstaande QR-code

Programmanr. 1, Jongens, 400m vrije slag, 10 jaar

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m | |
|------|----------------------|----------|---------|----------------|---------|---------|---------|---------|
| 8. | DUBOIS Kieran | 09 GZVN | 6:34.75 | 6:11.73 | 1:30.00 | 1:38.73 | 1:35.10 | 1:27.90 |
| 9. | LAEREMANS Sebastiaan | 09 SHARK | 6:59.89 | 6:12.39 | 1:30.47 | 1:34.39 | 1:36.97 | 1:30.56 |
| 10. | CUYPERS Arnaud | 09 GZVN | 6:41.05 | 6:22.57 | 1:31.36 | 1:37.65 | 1:39.60 | 1:33.96 |
| 11. | VERWEIJEN Jakob | 09 LAQUA | 7:04.31 | 6:27.57 | 1:31.57 | 1:38.34 | 1:39.74 | 1:37.92 |
| 12. | KEKEÇ Samir | 09 ZVL | 7:59.93 | 6:41.80 | 1:33.52 | 1:44.70 | 1:44.56 | 1:39.02 |
| 13. | DIRICKX Pepijn | 09 SHARK | 7:40.00 | 6:53.47 | 1:34.99 | 1:47.41 | 1:47.62 | 1:43.45 |
| 14. | DE KEYSER Senne | 09 SHARK | 7:14.70 | 6:57.16 | 1:38.41 | 1:50.98 | 1:49.21 | 1:38.56 |
| 15. | KENIS Jerrit | 09 KST | 7:30.00 | 7:00.83 | 1:39.26 | 1:48.91 | 1:50.36 | 1:42.30 |
| 16. | VANTHIENEN Senne | 09 ZWIM | 8:00.00 | 7:19.16 | 1:41.18 | 1:55.21 | 1:54.14 | 1:48.63 |
| FF | SAZONOV Fedor | 09 KST | 7:30.00 | | | | | |

 Programmanr. 2
 12/10/2019 - 14:40

Meisjes, 400m vrije slag

 11 - 12 jaar
 Resultaten

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m | | |
|---------|---------------------|----------|---------|----------------|------|---------|---------|---------|---------|
| 11 jaar | | | | | | | | | |
| 1. | SPRANGERS Kato | 08 ZGEEL | 5:28.50 | 5:13.64 | H LV | 1:13.89 | 1:19.59 | 1:20.57 | 1:19.59 |
| 2. | MARIËN Flore | 08 SHARK | 5:16.13 | 5:14.22 | H LV | 1:09.76 | 1:20.91 | 1:21.60 | 1:21.95 |
| 3. | VINCK Tine | 08 DZO | 5:46.87 | 5:27.80 | LV | 1:18.17 | 1:25.17 | 1:24.49 | 1:19.97 |
| 4. | NIJZIEL Nova | 08 ZGEEL | 5:57.28 | 5:37.71 | LV | 1:21.63 | 1:26.32 | 1:26.89 | 1:22.87 |
| 5. | DILLEN Norah | 08 ZGEEL | 5:46.74 | 5:41.50 | LV | 1:20.72 | 1:27.77 | 1:28.47 | 1:24.54 |
| 6. | MORTIER Nina | 08 LAQUA | 5:44.09 | 5:49.08 | LV | 1:20.65 | 1:28.62 | 1:30.24 | 1:29.57 |
| 7. | ADRIAENSEN Lore | 08 HOZT | 6:16.60 | 5:51.65 | | 1:22.15 | 1:31.47 | 1:31.01 | 1:27.02 |
| 8. | BOGAERTS Krista | 08 HOZT | 6:41.07 | 5:55.05 | | 1:25.61 | 1:31.83 | 1:31.28 | 1:26.33 |
| 9. | VRANKEN Dagmar | 08 SHARK | 6:46.82 | 6:02.79 | | 1:25.41 | 1:34.92 | 1:34.72 | 1:27.74 |
| 10. | VAN SWEEVELT Fien | 08 WST | 6:06.74 | 6:03.79 | | 1:23.64 | 1:33.19 | 1:34.25 | 1:32.71 |
| 11. | DE RIDDER Sterre | 08 ZS | 6:39.12 | 6:05.18 | | 1:24.24 | 1:33.55 | 1:33.66 | 1:33.73 |
| 12. | VAN HOOFF Floor | 08 LAQUA | 6:10.66 | 6:07.77 | | 1:29.52 | 1:34.18 | 1:34.47 | 1:29.60 |
| 13. | DE BONT Sam | 08 HOZT | 6:30.88 | 6:07.96 | | 1:25.65 | 1:33.14 | 1:35.19 | 1:33.98 |
| 14. | DIELS Hanne | 08 SHARK | 6:41.89 | 6:10.83 | | 1:27.56 | 1:35.78 | 1:35.91 | 1:31.58 |
| 15. | DELIEN Floor | 08 SHARK | 6:59.64 | 6:14.02 | | 1:27.61 | 1:37.64 | 1:37.60 | 1:31.17 |
| 16. | CORNELIS Mille | 08 HOZT | 6:42.73 | 6:18.74 | | 1:27.64 | 1:37.38 | 1:37.33 | 1:36.39 |
| 17. | VERREYDT Anne-Elize | 08 HZA | NT | 6:21.76 | | 1:26.71 | 1:40.64 | 1:41.55 | 1:32.86 |
| 18. | GIELIS Falke | 08 SHARK | 8:10.50 | 6:32.57 | | 1:32.12 | 1:41.14 | 1:42.87 | 1:36.44 |
| 19. | VERHOEVEN Noa | 08 ZVL | 6:33.91 | 6:32.99 | | 1:28.16 | 1:40.97 | 1:42.95 | 1:40.91 |
| 20. | LAUWERS Lotte | 08 KST | NT | 6:33.30 | | 1:31.58 | 1:41.66 | 1:42.15 | 1:37.91 |
| 21. | JANSSENS Lime | 08 SHARK | 7:14.98 | 6:35.71 | | 1:31.13 | 1:41.35 | 1:44.14 | 1:39.09 |
| 22. | VANIERSCHOT Lina | 08 HZS | 7:03.50 | 6:40.17 | | 1:32.61 | 1:44.52 | 1:43.89 | 1:39.15 |
| 23. | DE HOON Zoë | 08 HZA | NT | 6:46.01 | | 1:35.69 | 1:46.10 | 1:45.39 | 1:38.83 |
| 24. | ERTVELDT Klaartje | 08 SHARK | 7:15.07 | 6:46.89 | | 1:35.35 | 1:47.44 | 1:45.55 | 1:38.55 |
| 25. | DE BOO Helge | 08 ZVL | 6:51.54 | 7:04.74 | | 1:37.78 | 1:47.53 | 1:50.31 | 1:49.12 |

12 jaar

| | | | | | | | | | |
|----|-----------------------|----------|---------|----------------|----|---------|---------|---------|---------|
| 1. | VAN STEEN GOMES Hanne | 07 DZO | 5:14.28 | 5:08.52 | LV | 1:13.17 | 1:19.23 | 1:18.74 | 1:17.38 |
| 2. | MEYVISCH Fiye | 07 LAQUA | 5:25.60 | 5:16.25 | LV | 1:12.57 | 1:21.20 | 1:21.60 | 1:20.88 |
| 3. | VANHOOF Marieke | 07 RSCM | 5:44.76 | 5:16.86 | LV | 1:16.94 | 1:20.11 | 1:21.49 | 1:18.32 |
| 4. | VINKEN Amélie | 07 ZWIM | 5:25.26 | 5:20.16 | LV | 1:13.72 | 1:22.49 | 1:23.93 | 1:20.02 |
| 5. | BOON Birte | 07 LAQUA | 5:20.00 | 5:22.68 | LV | 1:14.82 | 1:22.38 | 1:23.28 | 1:22.20 |
| 6. | KLAYKENS Amber | 07 HZS | 5:34.94 | 5:26.31 | LV | 1:18.86 | 1:24.07 | 1:23.96 | 1:19.42 |
| 7. | ALAMI Aliya | 07 DZO | 5:58.65 | 5:26.52 | LV | 1:15.51 | 1:22.62 | 1:24.58 | 1:23.81 |

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

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m | |
|------|-----------------------------|----------|---------|----------------|---------|---------|---------|---------|
| 8. | MEERTS Xsandy | 07 SHARK | 5:47.38 | 5:35.08 | 1:15.48 | 1:25.80 | 1:28.45 | 1:25.35 |
| 9. | DE BECKER Loren | 07 ZS | 5:37.79 | 5:36.61 | 1:20.17 | 1:25.25 | 1:25.95 | 1:25.24 |
| 10. | LEYTEN Lieselot | 07 ZGEEL | 6:21.17 | 5:42.89 | 1:22.26 | 1:27.22 | 1:26.47 | 1:26.94 |
| 11. | OOMS Sari | 07 ZGEEL | 5:48.85 | 5:46.86 | 1:20.86 | 1:29.09 | 1:29.18 | 1:27.73 |
| 12. | MEERTS Kira | 07 WST | 6:38.29 | 5:47.01 | 1:19.08 | 1:28.09 | 1:30.76 | 1:29.08 |
| 13. | COOMANS Emely | 07 ZWIM | 5:55.50 | 5:52.17 | 1:23.14 | 1:31.57 | 1:31.70 | 1:25.76 |
| 14. | JANSSENS Blue | 07 SHARK | 6:20.67 | 5:53.35 | 1:22.22 | 1:30.27 | 1:30.75 | 1:30.11 |
| 15. | CROISIAU Hannelore | 07 ZS | 5:54.94 | 5:55.92 | 1:21.73 | 1:30.66 | 1:32.07 | 1:31.46 |
| 16. | CUSTERS Klara | 07 LAQUA | 5:59.74 | 6:01.83 | 1:24.18 | 1:32.11 | 1:32.72 | 1:32.82 |
| 17. | AGARWAL Aleina | 07 ZOLA | NT | 6:05.93 | 1:24.76 | 1:34.45 | 1:36.12 | 1:30.60 |
| 18. | DRIES Sien | 07 ZGEEL | 6:10.29 | 6:08.74 | 1:26.33 | 1:35.39 | 1:35.69 | 1:31.33 |
| 19. | DE VILDER Jilka | 07 DZO | NT | 6:24.14 | 1:27.37 | 1:40.64 | 1:40.38 | 1:35.75 |
| 20. | MEEUS Febe | 07 ZGEEL | NT | 6:30.30 | 1:27.14 | 1:43.08 | 1:41.40 | 1:38.68 |
| 21. | TALLA Amina | 07 ZOLA | NT | 6:31.07 | 1:32.07 | 1:39.90 | 1:41.87 | 1:37.23 |
| 22. | SCHEPERS Elfie | 07 ZWIM | 6:46.14 | 6:57.78 | 1:40.37 | 1:49.47 | 1:50.68 | 1:37.26 |
| dis | DESCAMPS Silke | 07 DZO | 5:22.70 | | | | | |
| | <i>SW 4.4 - valse start</i> | | | | | | | |
| FF | PUT Amélie | 07 WST | 5:46.79 | | | | | |

Programmanr. 3
12/10/2019 - 16:00

Jongens, 400m vrije slag

11 - 12 jaar
Resultaten

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m | | |
|---------|------------------------|----------|---------|----------------|------|---------|---------|---------|---------|
| 11 jaar | | | | | | | | | |
| 1. | VAN DEN BOSCH Frederic | 08 RSCM | 5:28.97 | 5:03.95 | H LV | 1:11.44 | 1:17.13 | 1:18.94 | 1:16.44 |
| 2. | VAN WELLEN Joseph | 08 HOZT | 5:18.54 | 5:08.11 | H LV | 1:15.35 | 1:18.88 | 1:18.47 | 1:15.41 |
| 3. | LAUREYSSENS Lukas | 08 ZS | 5:21.11 | 5:13.24 | H LV | 1:14.82 | 1:20.50 | 1:18.95 | 1:18.97 |
| 4. | SPADEA Tommaso | 08 LAQUA | 5:13.02 | 5:15.09 | H LV | 1:16.75 | 1:19.97 | 1:20.83 | 1:17.54 |
| 5. | VAN EGDOM Wout | 08 HZA | 5:26.90 | 5:17.96 | H LV | 1:14.72 | 1:24.21 | 1:21.92 | 1:17.11 |
| 6. | VAN BALLAER Viktor | 08 ZGEEL | 5:42.62 | 5:23.61 | LV | 1:13.73 | 1:21.31 | 1:24.39 | 1:24.18 |
| 7. | SNEYERS Liam | 08 SHARK | 5:43.04 | 5:28.70 | LV | 1:15.47 | 1:24.82 | 1:25.89 | 1:22.52 |
| 8. | ERYILMAZ Hasan | 08 ZWIM | 5:43.41 | 5:32.62 | LV | 1:17.25 | 1:26.03 | 1:26.96 | 1:22.38 |
| 9. | VAN STEIRTEGHEM Wannas | 08 ZS | 5:47.87 | 5:34.09 | LV | 1:19.95 | 1:26.62 | 1:22.73 | 1:24.79 |
| 10. | DE MEYER Xander | 08 ZS | 6:03.42 | 5:37.39 | LV | 1:20.85 | 1:25.55 | 1:27.95 | 1:23.04 |
| 11. | FLORUS Willem | 08 SHARK | 5:56.77 | 5:43.54 | LV | 1:22.52 | 1:27.49 | 1:29.40 | 1:24.13 |
| 12. | DE MAERTELAERE Vincent | 08 ZGEEL | 5:51.28 | 5:46.70 | | 1:22.05 | 1:27.91 | 1:28.92 | 1:27.82 |
| 13. | TIELEMANS Wout | 08 LAQUA | 5:44.13 | 5:50.56 | | 1:22.40 | 1:29.97 | 1:30.54 | 1:27.65 |
| 14. | FLEERACKERS Preben | 08 HOZT | 6:34.87 | 6:05.00 | | 1:27.51 | 1:34.82 | 1:33.94 | 1:28.73 |
| 15. | MERTENS Gilles | 08 MOZKA | 6:46.86 | 6:09.38 | | 1:31.08 | 1:34.86 | 1:33.94 | 1:29.50 |
| 16. | JONCKHEERE Joppe | 08 ZVL | 7:35.60 | 6:43.21 | | 1:35.83 | 1:43.06 | 1:45.32 | 1:39.00 |
| 17. | LAMBRECHTS Ian | 08 SHARK | 7:01.25 | 6:48.37 | | 1:30.72 | 1:48.46 | 1:49.75 | 1:39.44 |

12 jaar

| | | | | | | | | | |
|----|------------------------|----------|---------|----------------|------|---------|---------|---------|---------|
| 1. | CLAASSEN Ilario | 07 KST | 5:09.16 | 4:59.90 | H LV | 1:12.09 | 1:17.18 | 1:15.98 | 1:14.65 |
| 2. | DE BAERDEMAEKER Lander | 07 LAQUA | 4:55.87 | 5:01.90 | LV | 1:12.67 | 1:17.26 | 1:16.49 | 1:15.48 |
| 3. | DRIES Klaas | 07 ZGEEL | 5:04.59 | 5:05.46 | LV | 1:12.93 | 1:18.44 | 1:18.03 | 1:16.06 |
| 4. | HAESSEN Adriaan | 07 RSCM | 5:25.89 | 5:06.52 | LV | 1:12.98 | 1:18.39 | 1:18.68 | 1:16.47 |
| 5. | WIJCKMANS Sebbe | 07 HZA | 5:26.80 | 5:07.06 | LV | 1:12.30 | 1:18.24 | 1:19.60 | 1:16.92 |
| 6. | HAXELMANS Luca | 07 SHARK | 5:19.50 | 5:15.39 | | 1:15.05 | 1:20.60 | 1:21.82 | 1:17.92 |
| 7. | LAEREMANS Pieter | 07 SHARK | 5:39.39 | 5:18.57 | | 1:12.38 | 1:22.32 | 1:22.70 | 1:21.17 |

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

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m | |
|------|----------------------|----------|---------|----------------|---------|---------|---------|---------|
| 8. | VERDONCK Brecht | 07 ZGEEL | 5:23.37 | 5:20.15 | 1:16.30 | 1:21.95 | 1:22.22 | 1:19.68 |
| 9. | VERWEIJEN Gijs | 07 LAQUA | 5:43.27 | 5:20.81 | 1:16.49 | 1:20.61 | 1:21.13 | 1:22.58 |
| 10. | AUGUSTIJNS Sam | 07 SHARK | 5:40.47 | 5:26.77 | 1:13.86 | 1:24.32 | 1:25.82 | 1:22.77 |
| 11. | DU MONGH Quillan | 07 DZO | 5:32.59 | 5:29.75 | 1:16.29 | 1:24.40 | 1:24.58 | 1:24.48 |
| 12. | MATHIEU Jack | 07 ZS | 5:34.29 | 5:37.03 | 1:22.36 | 1:26.21 | 1:25.21 | 1:23.25 |
| 13. | HUFKENS Iben | 07 ZGEEL | 5:53.65 | 5:41.11 | 1:21.88 | 1:27.73 | 1:28.22 | 1:23.28 |
| 14. | BROUWERS Lucas | 07 SHARK | 6:24.60 | 5:46.15 | 1:22.05 | 1:29.17 | 1:30.20 | 1:24.73 |
| 15. | VICARY Fionn | 07 LAQUA | 5:50.06 | 6:00.51 | 1:24.67 | 1:32.12 | 1:32.59 | 1:31.13 |
| 16. | BAETEN Lukas | 07 LAQUA | 5:57.09 | 6:01.17 | 1:22.36 | 1:32.70 | 1:36.08 | 1:30.03 |
| 17. | VERSTRAETEN Witse | 07 LAQUA | 5:50.08 | 6:02.22 | 1:22.91 | 1:31.70 | 1:33.72 | 1:33.89 |
| 18. | DRYAEV Alan | 07 ZVL | NT | 6:08.02 | 1:19.31 | 1:35.84 | 1:36.00 | 1:36.87 |
| 19. | VAN DER STRICHT Tuur | 07 DZO | NT | 6:16.92 | 1:26.92 | 1:37.34 | 1:40.38 | 1:32.28 |
| 20. | DE KEYSER Robbe | 07 SHARK | 6:17.45 | 6:18.25 | 1:26.17 | 1:37.14 | 1:39.47 | 1:35.47 |
| 21. | BOEYKENS Stijn | 07 KST | 6:47.68 | 6:31.37 | 1:34.98 | 1:41.26 | 1:38.69 | 1:36.44 |
| | FF NAEGELS Eli | 07 ZOLA | NT | | | | | |

2 - Avond

12/10/2019 - 18:00

Programmanr. 4
12/10/2019 - 18:00

Dames, 400m vrije slag

13 jaar en ouder
Resultaten

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m | | |
|--------------|----------------------|----------|---------|----------------|------|---------|---------|---------|---------|
| 13 - 14 jaar | | | | | | | | | |
| 1. | DIELS Lotte | 06 SHARK | NT | 4:42.67 | H LV | 1:07.11 | 1:11.38 | 1:12.42 | 1:11.76 |
| 2. | PEETERS Eva | 05 SHARK | 4:47.27 | 4:42.69 | LV | 1:06.44 | 1:11.51 | 1:12.70 | 1:12.04 |
| 3. | WOUTERS Briana | 06 HZA | 5:01.89 | 4:52.97 | LV | 1:08.75 | 1:15.85 | 1:16.19 | 1:12.18 |
| 4. | VAN BREE Maya | 06 MOZKA | 4:52.01 | 4:54.30 | LV | 1:09.90 | 1:15.10 | 1:14.86 | 1:14.44 |
| 5. | VAN DEN BOSCH Maxine | 06 RSCM | 5:16.41 | 4:57.49 | LV | 1:09.83 | 1:16.60 | 1:16.83 | 1:14.23 |
| 6. | BERTEN Martha | 05 RSCM | 5:10.49 | 4:58.81 | | 1:09.19 | 1:16.44 | 1:17.70 | 1:15.48 |
| 7. | DAMS Sienna | 06 ZS | 5:02.35 | 5:01.27 | LV | 1:11.75 | 1:16.78 | 1:18.28 | 1:14.46 |
| 8. | COEKAERTS Jolien | 05 RSCM | 5:09.80 | 5:02.15 | | 1:09.80 | 1:18.51 | 1:17.67 | 1:16.17 |
| 9. | GROSSEN Maila | 05 ZS | 5:07.38 | 5:07.59 | | 1:12.44 | 1:18.45 | 1:18.65 | 1:18.05 |
| 10. | THIJSBAERT Sterre | 06 SHARK | 5:15.27 | 5:10.54 | | 1:12.96 | 1:19.48 | 1:19.88 | 1:18.22 |
| 11. | LAGEY Liselotte | 06 ZGEEL | 5:15.61 | 5:10.56 | | 1:13.39 | 1:19.44 | 1:20.31 | 1:17.42 |
| 12. | VAN LOOY Anke | 06 HZA | 5:15.29 | 5:10.85 | | 1:13.14 | 1:19.48 | 1:18.51 | 1:19.72 |
| 13. | ROMONT Lien | 06 HZA | 5:14.49 | 5:12.07 | | 1:11.19 | 1:20.83 | 1:20.84 | 1:19.21 |
| 14. | MOLKENS Darline | 05 SHARK | 5:14.55 | 5:12.20 | | 1:15.25 | 1:19.96 | 1:19.61 | 1:17.38 |
| 15. | VERBIST Flore | 06 SHARK | 5:14.86 | 5:12.80 | | 1:12.23 | 1:19.93 | 1:20.93 | 1:19.71 |
| 16. | VAN OSTA Nomi | 05 ZS | 5:16.85 | 5:13.13 | | 1:12.10 | 1:18.19 | 1:20.51 | 1:22.33 |
| 17. | VERWERFT Myrthe | 06 ZS | 5:22.82 | 5:14.41 | | 1:15.26 | 1:19.33 | 1:21.08 | 1:18.74 |
| 18. | BAECKELMANS Myrte | 05 RSCM | 5:11.75 | 5:14.59 | | 1:13.12 | 1:20.43 | 1:20.40 | 1:20.64 |
| 19. | HOEVEN Kato | 06 LAQUA | 5:23.71 | 5:14.69 | | 1:14.13 | 1:19.81 | 1:22.11 | 1:18.64 |
| 20. | GRAHAM Jil | 06 HOZT | 5:20.26 | 5:15.72 | | 1:17.58 | 1:22.75 | 1:19.31 | 1:16.08 |
| 21. | BOUCHAFRATI Noa | 05 HZS | 5:26.91 | 5:16.85 | | 1:15.78 | 1:20.93 | 1:21.53 | 1:18.61 |
| 22. | SENTEN Flora | 05 ZOLA | NT | 5:24.04 | | 1:16.34 | 1:25.35 | 1:24.78 | 1:17.57 |
| 23. | VERSTREPEN Renée | 06 SHARK | 5:34.80 | 5:26.27 | | 1:14.92 | 1:24.08 | 1:24.23 | 1:23.04 |
| 24. | GIJSELS Noortje | 05 SHARK | 5:23.53 | 5:27.26 | | 1:16.20 | 1:23.96 | 1:26.31 | 1:20.79 |
| 25. | WYNANTS Jente | 06 HZA | 5:47.20 | 5:29.67 | | 1:18.02 | 1:24.05 | 1:26.27 | 1:21.33 |
| 26. | VAN DYCK Line | 05 HZA | 5:36.61 | 5:29.88 | | 1:15.12 | 1:26.38 | 1:25.55 | 1:22.83 |
| 27. | CAMBRÉ Femke | 06 SHARK | 5:45.22 | 5:33.51 | | 1:17.00 | 1:25.60 | 1:27.43 | 1:23.48 |

Volg onze wedstrijd live op www.hzc.be of via onderstaande QR-code

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

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m | |
|------|-----------------------------------------------|----------|---------|----------------|---------|---------|---------|---------|
| 28. | CHAI Kai Ye | 06 LAQUA | 5:38.47 | 5:34.93 | 1:17.73 | 1:25.12 | 1:27.04 | 1:25.04 |
| 29. | MOLKENS Audrie | 05 SHARK | 5:44.14 | 5:34.98 | 1:19.78 | 1:25.10 | 1:26.33 | 1:23.77 |
| 30. | JONCKHEERE Janne | 06 ZVL | 5:41.10 | 5:35.08 | 1:17.07 | 1:26.04 | 1:28.34 | 1:23.63 |
| 31. | ARIJS Laura | 06 HZA | 6:12.26 | 5:35.50 | 1:17.68 | 1:26.98 | 1:28.41 | 1:22.43 |
| 32. | GRAHAM Pam | 06 HOZT | 5:50.07 | 5:36.61 | 1:20.91 | 1:26.23 | 1:26.51 | 1:22.96 |
| 33. | CORTHOUT Febe | 05 HZA | 6:03.42 | 5:36.66 | 1:17.89 | 1:26.19 | 1:26.93 | 1:25.65 |
| 34. | JONCKHEERE Nelle | 06 ZVL | 5:43.73 | 5:40.15 | 1:18.90 | 1:27.24 | 1:28.47 | 1:25.54 |
| 35. | DE RIDDER Berit | 05 ZOLA | 5:41.03 | 5:43.68 | 1:21.14 | 1:27.95 | 1:27.54 | 1:27.05 |
| 36. | LIEKENS Lindsay | 05 HZA | 6:02.93 | 5:49.40 | 1:22.44 | 1:30.23 | 1:29.73 | 1:27.00 |
| 37. | OOMS Roos | 05 ZVL | NT | 5:50.49 | 1:21.13 | 1:31.00 | 1:30.30 | 1:28.06 |
| 38. | VAN DE VEN Naobi | 06 SHARK | 6:53.76 | 5:51.26 | 1:23.99 | 1:31.50 | 1:32.42 | 1:23.35 |
| 39. | VAN BROEKHOVEN Eef | 05 HZS | 5:56.45 | 5:55.92 | 1:26.35 | 1:30.98 | 1:31.76 | 1:26.83 |
| 40. | KEUSTERMANS Mirte | 06 HOZT | 5:52.16 | 5:59.40 | 1:23.96 | 1:32.64 | 1:32.75 | 1:30.05 |
| 41. | BLUEKENS Silke | 06 SHARK | 7:32.38 | 6:04.37 | 1:23.70 | 1:32.69 | 1:34.40 | 1:33.58 |
| 42. | EKOFO Eloise | 06 LAQUA | 6:02.52 | 6:08.59 | 1:28.14 | 1:34.69 | 1:34.71 | 1:31.05 |
| 43. | DE VLEESSCHAUWER Runa | 06 ZOLA | NT | 6:09.10 | 1:27.44 | 1:38.47 | 1:32.78 | 1:30.41 |
| 44. | SERGANT Klara | 06 MOZKA | 6:41.31 | 6:11.46 | 1:25.81 | 1:34.83 | 1:35.36 | 1:35.46 |
| 45. | GEERTS Amber | 06 MOZKA | 6:35.59 | 6:15.11 | 1:26.64 | 1:36.98 | 1:36.41 | 1:35.08 |
| 46. | VAN REETH Jana | 06 WST | NT | 6:15.74 | 1:23.76 | 1:37.43 | 1:38.32 | 1:36.23 |
| 47. | MICHIELS Lauke | 06 WST | NT | 7:20.17 | 1:36.12 | 1:50.80 | 1:58.11 | 1:55.14 |
| 48. | BACAJ Loreta | 06 ZOLA | NT | 7:23.58 | 1:35.17 | 1:53.38 | 1:59.05 | 1:55.98 |
| dis | VERVOORT Julie | 05 ZOLA | NT | | | | | |
| | <i>SW 5.2 - muur niet geraakt bij KP of A</i> | | | | | | | |
| FF | BOGDANOVA Natalie | 05 ZOLA | NT | | | | | |

15 - 16 jaar

| | | | | | | | | |
|-----|----------------------|----------|---------|-------------------|---------|---------|---------|---------|
| 1. | MAEREVOET Marie | 04 SHARK | NT | 4:33.95 LV | 1:06.41 | 1:09.56 | 1:09.35 | 1:08.63 |
| 2. | KELCHTERMANS Laura | 04 HZS | 4:46.77 | 4:37.51 LV | 1:04.80 | 1:10.92 | 1:11.60 | 1:10.19 |
| 3. | TROP Yana | 04 SHARK | 4:31.26 | 4:39.09 LV | 1:03.30 | 1:11.74 | 1:12.54 | 1:11.51 |
| 4. | CLAASSEN Alessia | 04 KST | 4:50.69 | 4:40.05 LV | 1:07.22 | 1:11.09 | 1:10.38 | 1:11.36 |
| 5. | VAN DOOREN Janne | 04 SHARK | 4:40.26 | 4:41.35 LV | 1:03.66 | 1:12.20 | 1:13.90 | 1:11.59 |
| 6. | VAN BELLINGEN Lotte | 04 MOZKA | 5:29.87 | 4:54.41 | 1:11.94 | 1:15.83 | 1:15.11 | 1:11.53 |
| 7. | VAN DYCK Lise | 03 KST | 5:01.16 | 4:55.69 | 1:10.86 | 1:16.39 | 1:15.17 | 1:13.27 |
| 8. | MELLEMAN Jente | 03 MOZKA | 4:56.74 | 5:02.05 | 1:11.39 | 1:16.66 | 1:17.57 | 1:16.43 |
| 9. | SCHUTJES Lieselotte | 03 HZS | 5:15.80 | 5:03.58 | 1:12.60 | 1:18.44 | 1:17.58 | 1:14.96 |
| 10. | FLEERACKERS Hasse | 04 HOZT | 5:22.70 | 5:08.48 | 1:14.63 | 1:20.09 | 1:18.24 | 1:15.52 |
| 11. | LEYTEN Hannelore | 04 ZGEEL | 5:14.25 | 5:11.07 | 1:15.01 | 1:19.39 | 1:20.27 | 1:16.40 |
| 12. | SUTHERLAND Sara | 04 KST | 5:26.20 | 5:21.70 | 1:16.52 | 1:23.59 | 1:23.84 | 1:17.75 |
| 13. | VAN GRIEKEN Lore | 04 MOZKA | 5:31.13 | 5:23.26 | 1:16.86 | 1:22.79 | 1:23.36 | 1:20.25 |
| 14. | VAN BROEKHOVEN Noor | 04 HZS | 5:34.01 | 5:27.86 | 1:17.23 | 1:25.30 | 1:24.51 | 1:20.82 |
| 15. | VAN DER WEYDEN Lies | 04 SHARK | 5:41.68 | 5:31.48 | 1:18.66 | 1:25.64 | 1:25.23 | 1:21.95 |
| 16. | ARIJS Yana | 04 HZA | NT | 5:41.40 | 1:19.59 | 1:28.89 | 1:27.34 | 1:25.58 |
| 17. | ALIBALIC Una | 04 ZOLA | 6:16.06 | 5:42.68 | 1:19.66 | 1:25.68 | 1:28.07 | 1:29.27 |
| 18. | VERSTAPPEN Emma | 03 WST | 6:04.63 | 5:50.90 | 1:21.35 | 1:29.75 | 1:31.56 | 1:28.24 |
| 19. | CROONENBORGHES Linde | 04 WST | 6:19.94 | 6:11.81 | 1:26.79 | 1:37.09 | 1:35.76 | 1:32.17 |
| FF | VAN BREE Fiona | 03 MOZKA | 4:56.89 | | | | | |

Volg onze wedstrijd live op www.hzc.be of via onderstaande QR-code



Programmanr. 4, Dames, 400m vrije slag

17 jaar en ouder

| | | | | | | | |
|-----------------------------|----------|---------|----------------|---------|---------|---------|---------|
| 1. SCHILLEBEEKX Jelle | 99 MOZKA | 4:40.86 | 4:44.39 | 1:07.93 | 1:11.28 | 1:12.56 | 1:12.62 |
| 2. KENNIS Nathalie | 02 KST | 4:47.48 | 4:47.70 | 1:05.80 | 1:12.15 | 1:14.97 | 1:14.78 |
| 3. VERSTREPEN Axelle | 02 SHARK | 4:55.40 | 4:50.93 | 1:08.01 | 1:13.89 | 1:14.75 | 1:14.28 |
| 4. LAERMANS Eline | 02 ZOLA | 5:11.34 | 5:08.89 | 1:11.17 | 1:18.95 | 1:19.15 | 1:19.62 |
| 5. LINDEKENS Carolien | 94 ZGEEL | NT | 5:12.84 | 1:11.20 | 1:17.19 | 1:21.35 | 1:23.10 |
| 6. DIJCKMANS Kaat | 97 KST | NT | 5:21.54 | 1:15.14 | 1:22.93 | 1:23.27 | 1:20.20 |
| 7. CLIJMANS Tinne | 00 KST | 5:15.11 | 5:41.41 | 1:17.29 | 1:26.05 | 1:29.71 | 1:28.36 |
| dis VAN OLMEN Jill | 02 WST | NT | | | | | |
| <i>SW 4.4 - valse start</i> | | | | | | | |
| FF OOMS Kato | 02 ZVL | NT | | | | | |
| FF VAN DE PUTTE Siska | 02 ZOLA | NT | | | | | |

Programmanr. 5
12/10/2019 - 19:46

Heren, 400m vrije slag

13 jaar en ouder
Resultaten

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m |
|-------------------------|----------|---------|----------------|------|------|------|------|
| 13 - 14 jaar | | | | | | | |
| 1. SNEYERS Kobe | 06 SHARK | 4:31.55 | 4:26.66 | H LV | | | |
| 2. VANHOVE Maxime | 05 ZGEEL | 4:44.38 | 4:35.05 | LV | | | |
| 3. D'HONDT Connor | 05 SHARK | 4:51.79 | 4:39.28 | LV | | | |
| 4. GOS Carsten | 06 HZS | 4:44.87 | 4:40.96 | H LV | | | |
| 5. VERREET Milan | 05 SHARK | 4:41.71 | 4:42.11 | LV | | | |
| 6. WOUTERS Jordi | 05 SHARK | 4:57.07 | 4:43.40 | LV | | | |
| 7. LAEREMANS Michiel | 05 SHARK | 5:00.14 | 4:44.16 | LV | | | |
| 8. DE GRAVE Thibault | 05 KST | 4:51.03 | 4:44.36 | LV | | | |
| 9. WILLEMS Dieter | 06 KST | 4:59.29 | 4:47.06 | LV | | | |
| 10. SCHWERIN Alexander | 05 SHARK | 4:52.46 | 4:48.74 | | | | |
| 11. FLORUS Berne | 05 SHARK | 4:59.42 | 4:49.95 | | | | |
| 12. DE JONGE Dries | 05 SHARK | 5:01.76 | 4:50.38 | | | | |
| 13. WYNANTS Ron | 06 SHARK | 5:06.67 | 4:52.18 | LV | | | |
| 14. NELIS Michiel | 06 SHARK | 5:15.93 | 4:54.27 | LV | | | |
| 15. LEMMENS Milo | 06 KST | 5:01.72 | 4:54.73 | LV | | | |
| 16. SCHRICKX Jasper | 05 ZS | 4:56.63 | 4:56.72 | | | | |
| 17. BOETS Victor | 06 MOZKA | 5:13.29 | 4:56.84 | LV | | | |
| 18. LEIRS Bavo | 06 HZA | 5:21.15 | 4:59.53 | LV | | | |
| 19. LEIRS Lode | 05 HZA | 5:27.17 | 5:00.31 | | | | |
| 20. MELLEMAN Egon | 05 MOZKA | 5:21.84 | 5:03.13 | | | | |
| 21. BAUWENS Aron | 06 ZOLA | 5:27.03 | 5:03.80 | | | | |
| 22. VAN DEN BON Jorre | 05 ZOLA | NT | 5:05.64 | | | | |
| 23. HOLLANDERS Jarne | 05 SHARK | 5:00.37 | 5:07.10 | | | | |
| 24. OST Ryan | 06 HOZT | 5:19.66 | 5:09.00 | | | | |
| 25. VAN HOOFF Daan | 05 LAQUA | 5:21.75 | 5:12.20 | | | | |
| 26. VAN GORP Lowie | 06 RSCM | 5:47.84 | 5:13.35 | | | | |
| 27. DEMNATI Ian | 06 DZO | 5:17.79 | 5:16.67 | | | | |
| 28. BEECKMANS Ferre | 05 MOZKA | NT | 5:16.80 | | | | |
| 29. LEIRS Edward | 06 HZA | NT | 5:18.51 | | | | |
| 30. KNAEPKENS Simon | 05 SHARK | 5:51.34 | 5:21.74 | | | | |
| 31. DURT Arthur | 06 SHARK | 5:21.14 | 5:22.14 | | | | |
| 32. VAN DER AUWERA Rens | 05 HZA | 5:58.53 | 5:25.04 | | | | |
| 33. AAZIBOU Milan | 05 DZO | 5:50.68 | 5:26.97 | | | | |

Volg onze wedstrijd live op www.hzc.be of via onderstaande QR-code



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

| Rang | Geb. | Inschr. | Tijd | 100m | 200m | 300m | 400m |
|------|-----------------------------|----------|---------|----------------|------|------|------|
| 34. | GHIJSEN Mateo | 06 WST | 5:46.60 | 5:27.44 | | | |
| 35. | KEUSTERMANS Arne | 06 HOZT | 5:21.94 | 5:27.65 | | | |
| 36. | DE POOTER Toon | 06 SHARK | 5:54.32 | 5:28.62 | | | |
| 37. | VLEUGELS Ward | 06 WST | NT | 5:35.79 | | | |
| 38. | IANNO Giuseppe | 05 ZGEEL | 5:59.15 | 5:39.53 | | | |
| 39. | WALDER Andreas | 05 ZOLA | 6:03.22 | 5:41.43 | | | |
| 40. | VAN DEN EYNDE Wout | 05 WST | 6:12.41 | 5:42.04 | | | |
| 41. | BARRY Aliou | 05 ZOLA | 6:30.63 | 5:49.19 | | | |
| 42. | KERFS Rutger | 05 ZWIM | 6:00.60 | 5:57.42 | | | |
| 43. | CLIJSTERS Giel | 06 LAQUA | 5:41.56 | 5:57.50 | | | |
| 44. | SERGANT Wolf | 05 MOZKA | 6:28.14 | 6:03.25 | | | |
| 45. | SELS Seth | 06 ZGEEL | 6:51.12 | 6:03.62 | | | |
| 46. | GALLER Stef | 06 DZO | NT | 6:08.28 | | | |
| 47. | MURT Mirac | 05 ZWIM | NT | 7:40.65 | | | |
| dis | SOETENS Noah | 05 ZOLA | 5:36.36 | | | | |
| | <i>SW 4.4 - valse start</i> | | | | | | |
| FF | VAN HISENHOVEN Korneel | 06 RSCM | 5:32.21 | | | | |
| FF | VAN SWEEVELT Jasper | 05 WST | 5:00.55 | | | | |
| FF | TIELEMANS Milan | 06 ZOLA | 5:59.75 | | | | |
| FF | DE MAERTELAERE Lennert | 05 ZGEEL | 5:41.00 | | | | |
| FF | VANTHOURNOUT Xander | 06 ZGEEL | 5:15.41 | | | | |

15 - 16 jaar

| | | | | | | | |
|-----|------------------------------------------------------|----------|---------|----------------|----|--|--|
| 1. | HOLLANDERS Ian | 03 SHARK | 4:18.12 | 4:19.59 | LV | | |
| 2. | DEFLOOR Emile | 03 HZA | 4:25.83 | 4:22.92 | LV | | |
| 3. | VERBEEK Sem | 04 SHARK | 4:55.99 | 4:25.54 | LV | | |
| 4. | VAN GENECHTEN Sander | 03 WST | 4:23.83 | 4:26.08 | LV | | |
| 5. | VAN DYCK Nick | 03 KST | 4:19.09 | 4:26.77 | LV | | |
| 6. | LIECKENS Nolan | 03 SHARK | 4:26.75 | 4:28.19 | | | |
| 7. | DE CUYPER Lens | 03 HZA | 4:35.73 | 4:32.76 | | | |
| 8. | SANFILIPPO Kobe | 04 MOZKA | 4:36.33 | 4:34.43 | LV | | |
| 9. | VERLEYE Michiel | 03 ZGEEL | 4:45.52 | 4:35.52 | | | |
| 10. | WEVERS Daan | 03 RSCM | 4:47.41 | 4:38.27 | | | |
| 11. | MOORS Warre | 04 ZOLA | NT | 4:42.43 | | | |
| 12. | AAZIBOU Mattis | 04 DZO | 4:51.38 | 4:49.49 | | | |
| 13. | KENIS Brent | 03 KST | 5:24.05 | 4:59.71 | | | |
| 14. | THOREZ Jasper | 04 MOZKA | 5:15.46 | 5:04.09 | | | |
| 15. | ZIEGELSCHIFFER Samuel | 04 ZOLA | 5:17.79 | 5:07.29 | | | |
| 16. | DE PEUTER Arne | 03 KST | NT | 5:07.77 | | | |
| 17. | VAN LAETHEM Ruben | 04 HZA | 5:13.49 | 5:09.53 | | | |
| 18. | THOREZ Seppe | 04 MOZKA | 5:42.15 | 5:23.58 | | | |
| 19. | VAN AERSCHOT Andries | 04 WST | 5:57.73 | 5:28.19 | | | |
| 20. | VANUYTVEN Tinco | 04 HZA | NT | 5:47.02 | | | |
| 21. | ARENS Jelle | 04 DZO | 6:36.86 | 5:53.40 | | | |
| dis | ZERESNAY Abraham | 04 ZOLA | NT | | | | |
| | <i>SW 10.2 - niet de volledige afstand gezwommen</i> | | | | | | |
| FF | LAUREYSSSENS Daniel | 04 ZS | 4:25.41 | | | | |

 Volg onze wedstrijd live op www.hzc.be of via onderstaande QR-code


Programmanr. 5, Heren, 400m vrije slag

17 jaar en ouder

| | | | | |
|----------------------|----------|---------|----------------|------|
| 1. WYNS Seppe | 02 SHARK | 3:58.67 | 3:57.02 | LV H |
| 2. HOREMANS Ruben | 01 SHARK | 4:10.24 | 4:08.35 | LV |
| 3. DE CUYPER Tibo | 02 HZA | 4:22.97 | 4:18.55 | LV |
| 4. VRIENS Arne | 02 AZV | 4:17.91 | 4:22.00 | LV |
| 5. THIJS Lucas | 00 ZGEEL | 4:24.59 | 4:26.17 | |
| 6. BAEYENS Lars | 95 SHARK | 4:33.50 | 4:31.95 | |
| 7. WOUTERS Maxim | 02 SHARK | 4:25.50 | 4:32.16 | |
| 8. HAEST Jelle | 01 KST | 4:43.03 | 4:32.65 | |
| 9. BELLENS Jens | 01 SHARK | 4:33.33 | 4:33.27 | |
| 10. D'EXELLE Cedric | 02 ZS | 4:34.98 | 4:38.79 | |
| FF BAECKELMANS Jarne | 00 RSCM | 4:27.42 | | |
| FF OOMS Tibo | 01 MOZKA | 5:28.12 | | |

Programmanr. 6

Dames, 400m wisselslag

11 jaar en ouder

12/10/2019 - 21:15

Resultaten

| Rang | Geb. | Inshr. | Tijd | | 100m | 200m | 300m | 400m |
|---------------------|----------|---------|----------------|------|---------|---------|---------|---------|
| 1. DOM Yne | 95 SHARK | 5:00.29 | 5:00.62 | LV H | 1:07.34 | 1:16.91 | 1:29.42 | 1:06.95 |
| 2. VAN DOOREN Ante | 06 SHARK | 5:20.97 | 5:12.67 | H LV | 1:13.06 | 1:22.11 | 1:27.58 | 1:09.92 |
| 3. VERDONCK Fleur | 06 ZGEEL | NT | 5:17.59 | H LV | 1:11.29 | 1:19.76 | 1:30.87 | 1:15.67 |
| 4. AUGUSTIJNS Jill | 05 SHARK | NT | 5:27.18 | LV | 1:14.00 | 1:23.32 | 1:33.95 | 1:15.91 |
| 5. VERDEYEN Nursulu | 02 SHARK | 5:27.87 | 5:29.33 | | 1:13.88 | 1:27.56 | 1:32.36 | 1:15.53 |
| 6. VEKEMANS Rena | 07 DZO | NT | 5:32.40 | LV | 1:14.91 | 1:22.05 | 1:35.45 | 1:19.99 |
| 7. VRANKEN Rhune | 04 SHARK | 5:39.01 | 5:49.68 | | 1:17.37 | 1:31.21 | 1:40.41 | 1:20.69 |
| 8. WOUTERS Lieze | 07 SHARK | 5:55.79 | 5:52.83 | LV | 1:19.48 | 1:29.70 | 1:40.77 | 1:22.88 |
| 9. NIJZIEL Maxine | 06 ZGEEL | NT | 5:53.35 | | 1:20.94 | 1:32.47 | 1:42.51 | 1:17.43 |
| 10. HAGE Birgit | 06 KST | 7:15.36 | 6:05.59 | | 1:21.52 | 1:30.77 | 1:49.41 | 1:23.89 |

Programmanr. 7

Heren, 400m wisselslag

11 jaar en ouder

12/10/2019 - 21:30

Resultaten

| Rang | Geb. | Inshr. | Tijd | | 100m | 200m | 300m | 400m |
|-----------------------|----------|---------|----------------|------|---------|---------|---------|---------|
| 1. MEEUS Elias | 03 LAQUA | 4:41.92 | 4:41.50 | H LV | 1:03.22 | 1:10.35 | 1:23.54 | 1:04.39 |
| 2. LIEKENS Jasper | 02 SHARK | 4:41.21 | 4:42.12 | LV H | 1:01.93 | 1:13.67 | 1:20.90 | 1:05.62 |
| 3. VAN DYCK Bram | 02 KST | 5:02.20 | 4:55.31 | LV | 1:04.95 | 1:14.12 | 1:25.96 | 1:10.28 |
| 4. SCHRIJVERS Lowik | 03 ZOLA | 5:02.93 | 5:07.94 | | 1:07.32 | 1:18.21 | 1:29.92 | 1:12.49 |
| 5. KENIS Joren | 04 ZGEEL | NT | 5:10.07 | LV | 1:13.63 | 1:15.83 | 1:28.66 | 1:11.95 |
| 6. BATTAGLIA Valentin | 01 KST | NT | 5:54.51 | | 1:19.11 | 1:30.84 | 1:40.83 | 1:23.73 |
| dis OOMS Jonah | 04 ZGEEL | NT | | | | | | |

SW 8.4 - niet met 2 handen gelijktijdig muur geraakt en/of handen op elkaar gelegd bij KP of A

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