

1 - Namiddag

12/10/2019 - 13:30

Programmanr. 1
12/10/2019 - 13:30

400m vrije slag

9 - 10 jaar
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.	VERSCUEREN 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.	VANHAESBROECK 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.	BIELLEN 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 EDMOM 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.	VANIER SCHOT 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

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

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					
SW 4.4 - valse start									
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 Wannes	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

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

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					
SW 5.2 - muur niet geraakt bij KP of A								
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					
SW 4.4 - valse start							
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	LAUREYSENS 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
12/10/2019 - 21:15

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Rang	Geb.	Inschr.	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
12/10/2019 - 21:30

Heren, 400m wisselslag

11 jaar en ouder
Resultaten

Rang	Geb.	Inschr.	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

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