

1 - Namiddag

15/10/2016 - 14:00

Programmanr. 1

400m vrije slag

9 - 10 jaar

15/10/2016 - 14:00

Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m		
9 jaar, Meisjes									
1.	WOUTERS Lieze	07 SHARK	7:12.96	6:33.86	1:31.30	1:41.84	1:40.14	1:40.58	
2.	DE CORDT Linde	07 SHARK	NT	8:03.73	1:50.92	2:06.02	2:10.11	1:56.68	
10 jaar, Meisjes									
1.	DIELS Lotte	06 SHARK	6:14.91	5:41.96	VJK	1:20.21	1:28.53	1:28.14	1:25.08
2.	VERSTREPEN Renée	06 SHARK	5:57.00	5:45.50	VJK	1:20.57	1:29.09	1:30.28	1:25.56
3.	VAN DOOREN Ante	06 SHARK	6:52.18	5:54.56	VJK	1:21.21	1:29.94	1:32.91	1:30.50
4.	VERDONCK Fleur	06 ZGEEL	6:12.53	5:56.96	VJK	1:27.07	1:31.29	1:31.70	1:26.90
5.	WOUTERS Briana	06 HZA	NT	6:15.53	VJK	1:29.27	1:37.86	1:39.50	1:28.90
6.	WYNANTS Floor	06 ZGEEL	6:26.98	6:23.93		1:30.68	1:37.81	1:38.14	1:37.30
7.	THIJSBAERT Sterre	06 SHARK	NT	6:45.52		1:31.89	1:43.89	1:47.14	1:42.60
8.	VAN LOOY Anke	06 HZA	NT	6:49.47		1:35.22	1:45.31	1:48.77	1:40.17
9.	GEYSKENS Kiana	06 ZGEEL	NT	6:52.82		1:38.35	1:46.80	1:44.87	1:42.80
10.	VERBIST Flore	06 SHARK	7:48.01	6:58.95		1:36.26	1:48.62	1:49.16	1:44.91
11.	ROMONT Lien	06 HZA	NT	7:00.97		1:38.55	1:50.54	1:49.24	1:42.64
12.	VERBIST Marie	06 SHARK	7:43.31	7:09.50		1:36.21	1:50.29	1:53.51	1:49.49
13.	WYNANTS Jente	06 HZA	7:22.47	7:17.34		1:45.39	1:53.07	1:53.90	1:44.98
14.	JONCKHEERE Janne	06 SHARK	8:12.65	7:20.08		1:38.13	1:53.24	1:56.89	1:51.82
15.	LAGEY Liselotte	06 ZBD	NT	7:28.31		1:34.37	1:57.02	1:59.42	1:57.50
16.	JONCKHEERE Nelle	06 SHARK	NT	8:14.35		1:59.53	2:05.52	2:06.19	2:03.11
9 jaar, Jongens									
1.	WIJCKMANS Sebbe	07 HZA	NT	6:47.79		1:35.85	1:46.55	1:46.25	1:39.14
2.	AUGUSTIJNS Sam	07 SHARK	NT	7:00.48		1:35.16	1:46.38	1:48.15	1:50.79
3.	WIJNANTS Wout	07 SHARK	NT	7:05.01		1:42.77	1:49.00	1:48.11	1:45.13
10 jaar, Jongens									
1.	NELIS Michiel	06 SHARK	6:04.32	5:43.46	VJK	1:21.55	1:29.48	1:29.77	1:22.66
2.	WYNANTS Ron	06 SHARK	6:05.22	5:44.47	VJK	1:21.10	1:28.94	1:28.83	1:25.60
3.	SNEYERS Kobe	06 SHARK	6:59.18	5:54.91	VJK	1:20.31	1:32.57	1:31.91	1:30.12
4.	BOETS Victor	06 MOZKA	7:00.44	6:06.07	VJK	1:26.58	1:35.31	1:33.92	1:30.26
5.	VANTHOURNOUT Xander	06 ZGEEL	6:53.55	6:23.87		1:30.87	1:36.74	1:35.81	1:40.45
6.	VAN SWEEVELT Brent	06 AZV	7:12.70	6:38.38		1:31.99	1:42.62	1:42.51	1:41.26
7.	WOUTERS Robbe	06 ZBD	NT	6:50.82		1:36.18	1:46.69	1:47.91	1:40.04
8.	DURT Arthur	06 SHARK	7:22.54	6:51.56		1:34.67	1:46.42	1:47.04	1:43.43
9.	GOOSSENS Dries	06 SHARK	NT	7:01.04		1:37.52	1:49.32	1:51.00	1:43.20
10.	EMBRECHTS Gerben	06 ZGEEL	7:07.81	7:03.42		1:41.47	1:48.51	1:47.46	1:45.98
11.	OP DE WEERDT Ian	06 SHARK	NT	7:23.09		1:40.16	1:53.22	1:57.02	1:52.69
12.	KELDERMAN Siemen	06 ZBD	NT	7:31.91		1:41.00	1:54.40	2:00.40	1:56.11

Programmanr. 2
 15/10/2016 - 14:50

Meisjes, 400m vrije slag

 11 - 13 jaar
 Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m		
11 jaar									
1.	WITTERS Marie-Alix	05 MOZKA	5:29.63	5:14.42	VJK H LV	1:14.96	1:21.52	1:21.53	1:16.41
2.	PEETERS Eva	05 SHARK	5:35.72	5:18.80	VJK H LV	1:17.84	1:20.71	1:21.57	1:18.68
3.	AUGUSTIJNS Jill	05 SHARK	5:26.97	5:19.05	VJK H LV	1:15.02	1:21.32	1:21.64	1:21.07
4.	GIJSELS Noortje	05 SHARK	5:57.79	5:50.84	VJK LV	1:23.56	1:30.25	1:31.06	1:25.97
5.	SCHELFHOUT Hanne	05 LOR	6:09.33	6:03.14		1:25.64	1:33.27	1:33.65	1:30.58
6.	DAELEMANS Anke	05 LOR	6:50.51	6:19.85		1:34.82	1:36.18	1:34.90	1:33.95
7.	GYBELS Yanou	05 ZGEEL	NT	6:23.85		1:26.75	1:39.18	1:43.02	1:34.90
8.	TASIM Julen	05 ZGEEL	6:43.00	6:31.54		1:31.49	1:39.86	1:41.99	1:38.20
9.	VAN GINKEL Caitlin	05 ZBD	6:58.40	6:48.32		1:35.98	1:46.31	1:47.23	1:38.80
10.	VAN DEN LANGENBERGH Luna	05 ZBD	7:10.46	7:12.17		1:36.62	1:51.20	1:55.33	1:49.02
11.	VAN CAMPFORT Floor	05 ZGEEL	NT	7:29.47		1:43.16	1:57.46	1:59.63	1:49.22
12.	VAN REGEMORTER Nathalie	05 ZGEEL	NT	7:44.02		1:49.26	2:01.12	2:00.59	1:53.05
13.	EL GHALBZOURI Yasmine	05 SHARK	NT	7:47.21		1:40.51	2:00.60	2:03.14	2:02.96
14.	VERSCHELDEN Phoebe	05 SHARK	NT	8:41.87		1:56.09	2:15.66	2:19.74	2:10.38

12 jaar

1.	CORNELISSEN Dali	04 BRABO	5:01.27	5:08.10	VJK LV	1:11.97	1:18.00	1:19.23	1:18.90
2.	DE RIJCK Leni	04 WST	5:30.29	5:13.86	VJK LV	1:15.31	1:21.22	1:21.86	1:15.47
3.	WIJNANTS Eveline	04 SHARK	5:29.73	5:14.77	VJK LV	1:14.00	1:20.90	1:21.65	1:18.22
4.	VAN DOOREN Janne	04 SHARK	6:01.51	5:25.76	VJK LV	1:18.05	1:23.38	1:23.39	1:20.94
5.	NEVELSTEEN Yanah	04 ZGEEL	5:34.69	5:26.36	VJK LV	1:14.70	1:23.78	1:25.62	1:22.26
6.	LAENEN Sien	04 SHARK	5:34.23	5:27.61		1:18.56	1:22.25	1:24.31	1:22.49
7.	LEYTEN Hannelore	04 ZGEEL	5:48.22	5:38.06		1:16.20	1:27.76	1:27.99	1:26.11
8.	SIMONS Tanya	04 ZGEEL	5:44.75	5:43.97		1:16.92	1:28.18	1:31.46	1:27.41
9.	AERTS Lene	04 SHARK	6:21.99	5:45.44		1:22.26	1:28.46	1:28.40	1:26.32
10.	LIETEN Anke	04 MOZKA	NT	5:51.75		1:23.93	1:31.39	1:30.11	1:26.32
11.	ENGELLEN Emma	04 HZA	6:21.78	5:52.31		1:24.46	1:31.92	1:30.02	1:25.91
12.	SAUVILLERS Gitte	04 ZGEEL	6:32.53	5:56.30		1:22.35	1:30.45	1:31.98	1:31.52
13.	VAN DER WEYDEN Lies	04 SHARK	6:28.57	6:24.71		1:30.05	1:38.39	1:40.10	1:36.17
14.	VRANKEN Rhune	04 SHARK	7:21.67	6:28.26		1:30.54	1:41.00	1:41.00	1:35.72
15.	ARIJS Yana	04 HZA	NT	6:32.96		1:32.27	1:42.46	1:43.84	1:34.39
16.	VAN DE LEUR Eowyn	04 ZBD	NT	7:20.71		1:42.29	1:53.57	1:54.53	1:50.32
FF	SCHOOFS Sien	04 MOZKA	6:08.13						

13 jaar

1.	RAVELINGIEN Lana	03 BRABO	4:40.34	4:40.75	VJK H LV	1:07.59	1:11.30	1:10.69	1:11.17
2.	RAVELINGIEN Kato	03 BRABO	4:51.02	4:55.36	VJK LV	1:10.55	1:15.11	1:15.57	1:14.13
3.	HUYSMANS Britt	03 SHARK	5:12.51	5:02.79	VJK LV	1:09.98	1:16.51	1:19.11	1:17.19
4.	VAN LIMBERGEN Luna	03 BRABO	5:03.82	5:07.39	VJK LV	1:11.53	1:18.75	1:18.75	1:18.36
5.	RAES Linsey	03 LOR	5:25.38	5:26.15		1:18.60	1:22.99	1:22.32	1:22.24
6.	GUNS Jelena	03 LOR	5:34.79	5:33.20		1:18.67	1:25.29	1:25.40	1:23.84
7.	MELLEMANS Jente	03 MOZKA	5:45.27	5:34.01		1:18.18	1:25.56	1:25.31	1:24.96
8.	HUYGENS Ine	03 SHARK	6:01.04	5:57.87		1:22.08	1:31.69	1:33.72	1:30.38
9.	SCHOETERS Maari	03 ZGEEL	7:12.91	6:38.01		1:29.82	1:44.14	1:45.42	1:38.63

Programmanr. 3
15/10/2016 - 15:38

Jongens, 400m vrije slag

11 - 13 jaar
Resultaten

Rang	Geb.	Inshr.	Tijd	100m	200m	300m	400m		
11 jaar									
1.	THYS Jens	05 HZA	5:26.63	5:05.97	VJK H LV	1:12.51	1:18.79	1:18.97	1:15.70
2.	DE JONGE Dries	05 SHARK	5:15.58	5:15.78	VJK H LV	1:13.93	1:20.07	1:21.98	1:19.80
3.	WOUTERS Jordi	05 SHARK	5:40.80	5:16.61	VJK H LV	1:15.44	1:22.46	1:19.34	1:19.37
4.	VERREET Milan	05 SHARK	6:06.84	5:28.65	VJK LV	1:13.73	1:23.66	1:26.31	1:24.95
5.	HELSEN Michiel	05 ZGEEL	6:12.44	5:30.48	VJK LV	1:17.80	1:25.17	1:25.77	1:21.74
6.	HOLLANDERS Jarne	05 SHARK	5:39.91	5:35.07	VJK LV	1:18.53	1:25.06	1:26.07	1:25.41
7.	VANHOVE Maxime	05 ZGEEL	6:06.56	5:35.18	VJK LV	1:19.12	1:26.67	1:27.76	1:21.63
8.	FLORUS Berne	05 SHARK	6:08.55	5:39.14	VJK LV	1:19.87	1:26.95	1:27.49	1:24.83
9.	SCHWERIN Alexander	05 SHARK	6:29.22	6:06.68		1:26.09	1:34.83	1:34.89	1:30.87
10.	VAN HUMBEECK Sean	05 LOR	6:57.15	6:35.58		1:33.92	1:43.26	1:39.86	1:38.54
11.	LEMMENS Toon	05 ZGEEL	NT	7:14.00		1:38.87	1:52.31	1:52.49	1:50.33
12.	SMITS Ian	05 SHARK	NT	7:22.63		1:41.22	1:54.79	1:57.05	1:49.57
13.	GEUENS Daan	05 SHARK	NT	7:30.42		1:44.17	1:56.34	1:57.40	1:52.51
	FF ROOSEN Oscar	05 AZV	6:18.06						
12 jaar									
1.	WOUTERS Luka	04 HZA	5:24.80	5:06.69	VJK LV	1:13.94	1:17.83	1:17.59	1:17.33
2.	VERBEEK Sem	04 SHARK	5:23.96	5:07.69	VJK LV	1:09.02	1:19.81	1:21.39	1:17.47
3.	HELLEBAUT Natan	04 SHARK	5:31.21	5:14.77	VJK LV	1:15.66	1:20.69	1:19.68	1:18.74
4.	VAN GRIEKEN Conrad	04 SHARK	5:47.00	5:44.29		1:20.13	1:27.84	1:29.41	1:26.91
5.	NEYENS Julot	04 SHARK	5:53.99	5:49.38		1:19.98	1:28.26	1:31.98	1:29.16
6.	VAN LAETHEM Ruben	04 HZA	5:50.33	5:50.00		1:24.62	1:30.49	1:31.16	1:23.73
7.	GOOSSENS Toon	04 SHARK	6:13.74	6:06.72		1:28.65	1:32.69	1:33.92	1:31.46
8.	GEUDENS Stan	04 ZGEEL	NT	6:14.57		1:29.21	1:39.47	1:37.78	1:28.11
9.	VAN DEN EYNDE Mats	04 WST	6:44.69	6:37.57		1:33.91	1:44.62	1:44.02	1:35.02
10.	JANSSENS Luca	04 ZGEEL	NT	7:23.11		1:43.12	1:53.53	1:53.79	1:52.67
13 jaar									
1.	MARICHAL Jarno	03 BRABO	4:49.62	4:44.17	VJK H LV	1:06.46	1:13.57	1:13.63	1:10.51
2.	STESMANS Jelle	03 BRABO	4:53.60	4:54.18	VJK LV	1:09.52	1:15.03	1:14.51	1:15.12
3.	VAN DYCK Brent	03 SHARK	5:01.02	4:57.61	VJK LV	1:08.60	1:14.62	1:16.11	1:18.28
4.	VAN GENECHTEN Sander	03 SHARK	5:11.40	5:08.82		1:10.55	1:17.74	1:20.44	1:20.09
5.	DE CUYPER Lens	03 HZA	5:56.69	5:29.82		1:18.65	1:25.72	1:25.37	1:20.08
6.	DE CLERCK Saul	03 ZBD	5:51.96	5:33.02		1:22.00	1:28.08	1:24.44	1:18.50
7.	VERLEYE Michiel	03 ZGEEL	5:43.29	5:39.16		1:17.32	1:26.66	1:28.41	1:26.77
8.	HUYGENS Arne	03 MOZKA	6:09.83	5:56.72		1:23.80	1:31.21	1:31.36	1:30.35
9.	LINSEN Arthur	03 HZA	NT	6:23.61		1:30.80	1:39.47	1:41.14	1:32.20
	FF DE PAUW Brent	03 LOR	5:46.63						
	FF GULLENTOPS Axel	03 HZA	5:52.20						
	FF VAN ITTERBEECK Warre	03 HZA	NT						

2 - Avond

15/10/2016 - 18:00

 Programmanr. 4
 15/10/2016 - 18:00

Dames, 400m vrije slag

 14 jaar en ouder
 Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
14 jaar								
1.	NAEGELS Ankelien	02 BRABO	4:55.29	4:52.24 LV	1:10.37	1:14.77	1:14.61	1:12.49
2.	CUYVERS Ella	02 MOZKA	4:55.97	4:54.24 LV	1:10.62	1:15.07	1:15.67	1:12.88
3.	PIETERS Jana	02 HZA	5:08.17	4:57.73 LV	1:11.21	1:15.71	1:16.50	1:14.31
4.	VERSTREPEN Axelle	02 SHARK	4:57.89	4:57.92 LV	1:10.58	1:15.75	1:16.25	1:15.34
5.	VAN LAARHOVEN Renee	02 ZGEEL	5:26.76	5:06.94	1:12.80	1:17.37	1:17.93	1:18.84
6.	SCHOOFS Joni	02 MOZKA	5:26.30	5:16.72	1:16.06	1:21.39	1:20.78	1:18.49
7.	EMBRECHTS Linde	02 ZGEEL	5:39.15	5:24.04	1:17.06	1:22.28	1:23.72	1:20.98
8.	COP Caro	02 BRABO	5:26.28	5:31.51	1:18.70	1:23.82	1:24.91	1:24.08
9.	DEWULF Hannah	02 HZA	5:44.20	5:37.87	1:21.27	1:26.40	1:27.35	1:22.85
10.	DREEZEN Jente	02 MOZKA	5:53.06	5:50.94	1:24.03	1:29.82	1:29.77	1:27.32
FF	EL GHALBZOURI Sanae	02 SHARK		NT				

15 - 16 jaar

1.	BROSENS Sarah	01 SHARK	4:45.05	4:42.34 LV	1:07.21	1:12.15	1:12.51	1:10.47
2.	COLLIER Jille	01 BRABO	4:51.00	4:48.72 LV	1:10.36	1:13.05	1:13.74	1:11.57
3.	VAN DE VELDE Sien	01 SHARK	4:51.97	4:50.05 LV	1:08.01	1:14.50	1:14.79	1:12.75
4.	PEETERS Saar	01 SHARK	4:58.62	4:52.92	1:09.75	1:15.05	1:15.11	1:13.01
5.	CUYVERS Fien	00 MOZKA	4:57.62	4:54.75	1:11.23	1:15.10	1:14.73	1:13.69
6.	MICHIELS Rhune	01 SHARK	5:12.76	4:58.69	1:11.08	1:17.17	1:16.84	1:13.60
7.	DIELS Jolien	01 SHARK	5:04.64	5:00.31	1:10.37	1:16.89	1:16.92	1:16.13
8.	SNELS Laura	01 SHARK	4:59.73	5:06.66	1:10.95	1:17.79	1:19.73	1:18.19
9.	VAN DEN BOSCH Marie	01 HZA	5:08.28	5:10.28	1:11.24	1:18.87	1:21.18	1:18.99
10.	DE RIJCK Dora	01 WST	5:32.13	5:14.30	1:15.97	1:20.24	1:20.38	1:17.71
11.	VAN DE WEYER Yoni	01 WST	5:36.66	5:18.56	1:13.76	1:20.22	1:23.17	1:21.41
12.	VAN HUNSEL Floor	01 SHARK	5:04.96	5:19.17	1:14.13	1:22.85	1:23.09	1:19.10
13.	NEYENS Elise	00 SHARK	5:39.33	5:21.20	1:15.01	1:21.60	1:23.39	1:21.20
14.	STAPPAERTS Rania	01 SHARK	5:08.79	5:24.88	1:12.86	1:21.55	1:24.95	1:25.52
15.	JURGEN Tinne	00 SHARK	5:22.80	5:29.29	1:16.07	1:23.51	1:26.29	1:23.42
16.	LIEVENS Juulke	00 ZGEEL	5:41.87	5:30.65	1:17.94	1:23.79	1:24.17	1:24.75
17.	CEYSSENS Saar	01 ZGEEL	6:20.13	6:14.42	1:24.57	1:35.97	1:39.89	1:33.99
18.	MERTENS Hanne	01 AZV		7:03.24	1:33.61	1:48.70	1:51.09	1:49.84
FF	VAN LOMMEL Tonia	00 SHARK	5:17.65					
FF	WOUTERS Siel	00 WST		NT				

17 jaar en ouder

1.	GYSEN Sophie-Charlotte	99 MOZKA	4:33.63	4:35.11 LV	1:06.13	1:09.71	1:09.94	1:09.33
2.	WANTER Ann	82 WST	4:52.65	4:48.24	1:09.23	1:13.52	1:13.28	1:12.21
3.	LIMBOS Lien	99 SHARK	4:57.21	5:07.76	1:11.78	1:18.76	1:19.37	1:17.85
4.	VERSTREPEN Caro	99 SHARK	4:49.19	5:09.81	1:07.85	1:18.04	1:21.52	1:22.40
5.	VEKEMANS Nele	99 SHARK	5:05.31	5:15.06	1:10.26	1:18.98	1:22.67	1:23.15

Programmanr. 5
 15/10/2016 - 18:35

Heren, 400m vrije slag

 14 jaar en ouder
 Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
14 jaar								
1.	MOYENS Lennert	02 SHARK	4:15.81	4:16.51 H LV	59.75	1:05.27	1:06.04	1:05.45
2.	DE CUYPER Tibo	02 HZA	4:49.52	4:43.63 LV	1:05.15	1:13.67	1:14.46	1:10.35
3.	VAN DESSEL Michiel	02 MOZKA	4:47.07	4:44.10 LV	1:07.65	1:13.13	1:13.23	1:10.09
4.	VANSANT Vincent	02 HZA	5:10.23	4:51.60	1:07.01	1:14.93	1:15.53	1:14.13
5.	WOUTERS Maxim	02 SHARK	5:17.10	5:14.65	1:12.30	1:21.62	1:22.88	1:17.85
6.	VERHAEGHE Nicolas	02 ZBD	5:52.98	5:37.99	1:21.18	1:27.45	1:27.86	1:21.50
7.	ROOSEN Victor	02 AZV	5:42.02	5:38.01	1:18.87	1:28.16	1:28.86	1:22.12
8.	D'EER Jonathan	02 ZBD	NT	5:39.87	1:12.62	1:25.79	1:27.94	1:33.52
9.	LEYTEN Mats	02 AZV	6:03.11	5:42.97	1:19.76	1:28.24	1:30.16	1:24.81
10.	HOUBEN Daan	02 SHARK	6:43.79	5:50.56	1:18.54	1:29.33	1:31.14	1:31.55
dis	GOOS Michiel	02 WST	6:26.72					
	<i>SW 4.4 - valse start</i>							
dis	HOUET Simon	02 WST	NT					
	<i>SW 4.4 - valse start</i>							
15 - 16 jaar								
1.	PARMENTIER Maxim	00 BRABO	4:33.65	4:27.82 LV	1:04.74	1:10.07	1:09.23	1:03.78
2.	MEULEMAN Matthias	00 BRABO	4:25.81	4:27.86 LV	1:03.06	1:09.49	1:08.77	1:06.54
3.	VAN DE WEYER Jorre	01 ZGEEL	4:50.52	4:31.22 LV	1:04.15	1:09.14	1:10.06	1:07.87
4.	THIJS Lucas	00 ZGEEL	4:54.28	4:35.41	1:04.25	1:09.65	1:11.11	1:10.40
5.	MORRE Jonas	01 ZGEEL	4:37.89	4:36.93 LV	1:03.56	1:11.16	1:12.32	1:09.89
6.	SCHOETERS Seppe	00 ZGEEL	5:07.23	4:45.05	1:05.73	1:14.27	1:14.74	1:10.31
7.	BELLENS Jens	01 SHARK	4:44.67	4:46.14	1:06.69	1:12.60	1:13.47	1:13.38
8.	RIGO Jannes	01 BRABO	4:42.53	4:46.29	1:07.55	1:13.40	1:13.94	1:11.40
9.	HUYBRECHTS Nik	01 BRABO	5:06.15	4:54.67	1:11.25	1:15.44	1:15.18	1:12.80
10.	HEMBRECHTS Wim	00 MOZKA	5:02.17	4:57.21	1:10.61	1:16.70	1:15.95	1:13.95
11.	VUYLSTEKE Mereke	00 MOZKA	5:35.41	5:00.16	1:10.69	1:18.14	1:16.75	1:14.58
12.	KIEKENS Ebert	01 ZGEEL	5:18.14	5:05.58	1:10.78	1:17.68	1:19.15	1:17.97
13.	VAN DEN POEL Michael	00 SHARK	5:05.75	5:11.69	1:11.17	1:20.01	1:21.22	1:19.29
14.	BOGAARS Bram	01 AZV	5:37.02	5:16.37	1:12.13	1:21.46	1:22.76	1:20.02
dis	BROCATUS Dennis	00 ZBD	6:21.47					
	<i>SW 4.4 - valse start</i>							
dis	VEKEMANS Vincent	00 SHARK	4:53.99					
	<i>SW 4.4 - valse start</i>							
FF	STROOBANTS Mike	00 SHARK	4:52.35					
17 jaar en ouder								
1.	THIJS Thomas	97 ZGEEL	3:53.19	4:02.95 LV	54.71	1:00.61	1:03.86	1:03.77
2.	VAN LOOY Quinten	99 SHARK	4:09.96	4:04.29 H LV	56.99	1:02.74	1:02.87	1:01.69
3.	DOWNEY Ben	99 SHARK	4:28.18	4:32.39	1:04.76	1:09.21	1:09.57	1:08.85
4.	VAN HUNSEL Tim	96 SHARK	4:25.76	4:36.94	1:03.60	1:09.93	1:11.15	1:12.26
5.	VAN STEEN Jarno	99 MOZKA	4:50.07	4:51.87	1:09.73	1:14.19	1:14.64	1:13.31
6.	VAN LIMBERGEN Jarno	98 MOZKA	4:48.35	4:53.09	1:07.40	1:14.33	1:16.88	1:14.48
7.	SCHAEKEN Alexander	99 ZGEEL	5:05.16	4:54.26	1:08.73	1:16.30	1:16.72	1:12.51
FF	CLAESSENS Axel	99 BRABO	4:41.11					
FF	LIECKENS Rowen	99 SHARK	4:39.41					

Programmanr. 6
15/10/2016 - 19:17

Dames, 400m wisselslag

11 jaar en ouder
Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
1.	JOCHEMS Charissa	01 SHARK	4:53.50	4:59.42 H LV	1:06.95	1:15.54	1:28.41	1:08.52
2.	DOM Yne	95 SHARK	5:04.70	5:05.08 H LV	1:09.35	1:17.24	1:29.70	1:08.79
3.	VANLOMMEL Anke	00 MOZKA	5:12.61	5:07.16 H LV	1:09.95	1:17.35	1:30.70	1:09.16
4.	WIJNANTS Jasmine	02 SHARK	5:26.63	5:14.76 H LV	1:11.99	1:25.19	1:25.49	1:12.09
5.	DILLEN Jans	03 MOZKA	5:25.28	5:16.06 H LV	1:13.50	1:18.29	1:33.64	1:10.63
6.	SNELS Daria	99 SHARK	5:24.45	5:26.21	1:13.91	1:20.47	1:33.11	1:18.72
7.	VERDEYEN Nursulu	02 SHARK	NT	5:43.70	1:19.99	1:29.10	1:34.14	1:20.47
8.	VAN GENECHTEN Anouk	00 SHARK	NT	5:48.18	1:20.11	1:24.02	1:43.33	1:20.72
9.	TROP Yana	04 SHARK	6:00.43	5:48.46 LV	1:20.30	1:35.50	1:38.27	1:14.39
10.	URKENS Stien	03 ZGEEL	6:08.49	5:58.45	1:23.95	1:27.65	1:43.51	1:23.34
FF	SCHILLEBEEKX Jelle	99 MOZKA	5:06.86					

Programmanr. 7
15/10/2016 - 19:30

Heren, 400m wisselslag

11 jaar en ouder
Resultaten

Rang	Geb.	Inschr.	Tijd	100m	200m	300m	400m	
1.	WYNS Seppe	02 SHARK	5:09.31	4:51.09 H LV	1:06.34	1:14.35	1:25.22	1:05.18
2.	LIEKENS Jasper	02 SHARK	5:06.14	4:55.95 H LV	1:04.87	1:17.73	1:25.51	1:07.84
3.	VRIENS Arne	02 AZV	5:09.61	5:02.47 H LV	1:08.61	1:18.38	1:26.67	1:08.81
4.	HOREMANS Ruben	01 SHARK	5:07.15	5:04.54 LV	1:07.32	1:22.13	1:27.98	1:07.11
5.	VERBEEK Mats	01 SHARK	5:25.65	5:10.67	1:09.20	1:12.54	1:33.94	1:14.99
6.	GERRITSEN Mike	03 AZV	5:36.27	5:13.09 H LV	1:08.00	1:17.62	1:37.87	1:09.60
7.	HOLLANDERS Ian	03 SHARK	5:22.75	5:25.36 H LV	1:15.84	1:20.49	1:38.08	1:10.95
8.	LIECKENS Nolan	03 SHARK	5:42.85	5:38.68 LV	1:20.55	1:26.95	1:38.84	1:12.34
9.	WESTERDIJK Jen	01 ZBD	NT	5:47.63	1:14.49	1:27.95	1:46.59	1:18.60
10.	DE CLERCK Lars	02 ZBD	NT	5:53.65	1:25.31	1:30.97	1:39.51	1:17.86
11.	KENIS Lander	01 ZGEEL	NT	5:53.86	1:13.57	1:27.85	1:46.38	1:26.06
12.	KENIS Joren	04 ZGEEL	NT	6:08.41 LV	1:27.46	1:30.61	1:44.54	1:25.80
13.	SUY Pieter	01 ZBD	NT	6:28.11	1:23.29	1:34.96	1:51.92	1:37.94