

Antwerpen, Limburg lange afstand 23-10-2022
Antwerpen, 23/10/2022

1 - zondag 23 oktober 2022

23/10/2022 - 9:00

Programmanr. 1
23/10/2022 - 9:00

Heren, 1500m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2021

Rang					Inschr.	Tijd	Pnt
11 jaar							
1.	Vranken Barend				DMB/11136/11	21:48.67	20:27.28 357
	100m: 1:13.03	200m: 2:35.74	400m: 5:18.81	800m: 10:49.59	1500m: 20:27.28		
2.	Keustermans Lard				HOZT/11054/11	21:12.17	21:09.41 323
	100m: 1:22.13	200m: 2:49.09	400m: 5:40.84	800m: 11:25.16	1500m: 21:09.41		
3.	Tielen Sander				DMB/11119/11	22:22.00	22:24.86 271
	100m: 1:24.11	200m: 2:53.90	400m: 5:53.90	800m: 11:55.50	1500m: 22:24.86		
4.	Evens Vince				DMB/11122/11	20:50.60	23:38.24 231
	100m: 1:29.31	200m: 3:02.85	400m: 6:11.13	800m: 12:31.49	1500m: 23:38.24		
12 jaar							
1.	Evens Mats				DMB/11106/10	22:00.60	19:43.53 398
	100m: 1:11.28	200m: 2:27.90	400m: 5:07.47	800m: 10:28.07	1500m: 19:43.53		
2.	Vos Sem				GZVN/11257/10	20:58.14	20:35.60 350
	100m: 1:16.11	200m: 2:38.46	400m: 5:24.39	800m: 10:58.73	1500m: 20:35.60		
3.	Roosen Lukas				PZC/11077/10	20:48.21	20:37.90 348
	100m: 1:19.47	200m: 2:42.58	400m: 5:29.15	800m: 11:04.00	1500m: 20:37.90		
4.	Vandepoel Quinten				STZC/11007/10	21:56.99	21:29.21 308
	100m: 1:19.53	200m: 2:46.69	400m: 5:42.31	800m: 11:29.96	1500m: 21:29.21		
5.	van den Berg Jasper				PZC/11086/10	24:26.46	22:57.62 252
	100m: 1:24.90	200m: 2:59.73	400m: 6:08.45	800m: 12:22.45	1500m: 22:57.62		
6.	Bettens Lucas				ZOLA/11113/10	26:30.00	23:00.39 251
	100m: 1:26.78	200m: 2:59.06	400m: 6:05.14	800m: 12:13.53	1500m: 23:00.39		
7.	Leyssen Warre				PZC/11082/10	24:46.64	24:11.69 216
	100m: 1:27.37	200m: 3:03.37	400m: 6:17.87	800m: 12:58.69	1500m: 24:11.69		
FF	van der Spank Max				FFHOZT/11062/10	21:12.36	
13 jaar							
1.	Theunissen Toon				DBT/11120/09	19:30.03	19:31.44 411
	100m: 1:10.97	200m: 2:28.59	400m: 5:05.44	800m: 10:20.05	1500m: 19:31.44		
2.	Nollet Seppe				BRABO/11248/C19	19:39.42	19:55.12 387
	100m: 1:13.44	200m: 2:31.34	400m: 5:10.12	800m: 10:30.51	1500m: 19:55.12		
3.	Van Tilburg Matthias				ZGEEL/11084/0	19:15.00	20:10.50 372
	100m: 1:15.28	200m: 2:36.65	400m: 5:20.61	800m: 10:48.36	1500m: 20:10.50		
4.	Vranken Bjarne				DMB/11134/09	19:00.20	20:33.05 352
	100m: 1:15.76	200m: 2:37.72	400m: 5:21.66	800m: 10:53.34	1500m: 20:33.05		
5.	Sazonov Fedor				KST/11047/09	20:00.00	20:55.57 333
	100m: 1:12.65	200m: 2:35.93	400m: 5:25.28	800m: 11:04.65	1500m: 20:55.57		
6.	Meeus Dida				ZGEEL/11120/0	21:15.00	21:14.91 318
	100m: 1:18.91	200m: 2:44.84	400m: 5:40.98	800m: 11:26.81	1500m: 21:14.91		
7.	Van Loon Wies				AZK/11073/09	23:00.00	21:21.59 313
	100m: 1:16.59	200m: 2:41.99	400m: 5:35.78	800m: 11:26.71	1500m: 21:21.59		
8.	Keisers Tibo				AZV/11060/09	23:06.85	22:19.82 274
	100m: 1:22.32	200m: 2:53.24	400m: 5:57.98	800m: 11:58.64	1500m: 22:19.82		

Antwerpen, Limburg lange afstand 23-10-2022
Antwerpen, 23/10/2022

Programmanr. 1, Jongens, 1500m vrije slag, 13 jaar

Rang		Inschr.	Tijd	Pnt
FF	Van Edom Jef	FFDBT/11182/09	20:00.00	

14 jaar

1.	Van Wellen Joseph	HOZT/11017/08	18:24.00	17:54.48	532
	100m: 1:05.16	200m: 2:17.02	400m: 4:40.38	800m: 9:30.44	1500m: 17:54.48
2.	Jorissen Rube	GZVN/11137/08	18:19.55	18:41.31	468
	100m: 1:05.28	200m: 2:16.31	400m: 4:44.46	800m: 9:44.21	1500m: 18:41.31
3.	Driesen Siebe	DMB/11065/08	22:08.09	19:09.59	434
	100m: 1:10.09	200m: 2:26.62	400m: 5:01.79	800m: 10:12.59	1500m: 19:09.59
4.	Haesendonckx Jarne	ZGEEL/11117/01	19:00.00	19:45.77	396
	100m: 1:12.17	200m: 2:31.77	400m: 5:12.10	800m: 10:32.95	1500m: 19:45.77
5.	Vermeylem Emiel	ZN/11074/08	19:00.00	20:27.16	357
	100m: 1:13.80	200m: 2:35.06	400m: 5:18.38	800m: 10:50.20	1500m: 20:27.16
6.	Kenens Simon	GZVN/11171/08	21:55.00	21:12.23	320
	100m: 1:15.51	200m: 2:39.91	400m: 5:33.18	800m: 11:18.77	1500m: 21:12.23
7.	Ottevaere Alexander	BRABO/11215/C19	19:20.51	21:32.67	305
	100m: 1:12.83	200m: 2:35.99	400m: 5:23.33	800m: 11:14.46	1500m: 21:32.67
8.	Verdonck Marius	ZOLA/11123/08	25:00.00	22:25.44	271
	100m: 1:23.50	200m: 2:53.97	400m: 5:57.40	800m: 11:59.90	1500m: 22:25.44

15 jaar

1.	Claassen Ilario	AZV/11045/07	16:45.38	17:00.31	622
	100m: 1:02.39	200m: 2:10.31	400m: 4:27.39	800m: 9:01.34	1500m: 17:00.31
2.	Horovyi Mykyta	ZOLA/11136/07	17:29.74	17:34.31	563
	100m: 1:03.51	200m: 2:11.66	400m: 4:29.84	800m: 9:16.41	1500m: 17:34.31
3.	Van Hooydonck Vincent	BRABO/11137/C20	20:00.91	17:42.03	551
	100m: 1:04.75	200m: 2:15.00	400m: 4:37.97	800m: 9:24.97	1500m: 17:42.03
4.	Leysen Michel	KST/11052/07	18:19.58	18:01.26	522
	100m: 1:06.93	200m: 2:21.65	400m: 4:50.22	800m: 9:44.31	1500m: 18:01.26
5.	Dries Klaas	ZGEEL/11071/01	18:00.00	18:10.28	509
	100m: 1:08.38	200m: 2:21.34	400m: 4:49.88	800m: 9:46.73	1500m: 18:10.28
6.	Majejan Wout	BRABO/11136/C19	19:00.00	18:16.68	501
	100m: 1:09.16	200m: 2:22.37	400m: 4:48.43	800m: 9:42.31	1500m: 18:16.68
7.	Verdonck Brecht	ZGEEL/11061/01	17:38.19	18:31.65	481
	100m: 1:08.52	200m: 2:20.79	400m: 4:48.03	800m: 9:46.67	1500m: 18:31.65
8.	Pouls Roderik	GZVN/11167/07	18:09.30	18:50.55	457
	100m: 1:08.19	200m: 2:22.69	400m: 4:55.62	800m: 10:05.87	1500m: 18:50.55
9.	Delsaerd Boyd	AZV/11061/07	19:50.39	18:55.68	451
	100m: 1:09.68	200m: 2:24.47	400m: 4:56.36	800m: 10:04.57	1500m: 18:55.68
10.	Vranken Bartel	DMB/11135/07	18:27.95	18:56.50	450
	100m: 1:06.62	200m: 2:22.47	400m: 4:55.19	800m: 10:01.05	1500m: 18:56.50
11.	Vandooren Jules	GZVN/11276/07	18:29.55	19:28.17	414
	100m: 1:09.10	200m: 2:24.20	400m: 4:54.06	800m: 10:04.06	1500m: 19:28.17
12.	Rutten Matheo	DMB/11116/07	20:50.92	20:24.50	359
	100m: 1:13.12	200m: 2:35.47	400m: 5:21.80	800m: 10:52.29	1500m: 20:24.50
FF	Van Ginneken Warre	FFAZK/11032/07	19:30.00		

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Programmanr. 1, Heren, 1500m vrije slag

16 jaar

1.	Ost Ryan	HOZT/11012/06	18:19.54	18:10.69	509
	100m: 1:08.47	200m: 2:21.94	400m: 4:50.04	800m: 9:47.83	1500m: 18:10.69
2.	Claeskens Milan	DBT/11091/06	17:44.59	18:17.65	499
	100m: 1:06.99	200m: 2:19.64	400m: 4:45.78	800m: 9:41.49	1500m: 18:17.65
3.	Metzemakers Noa	DMB/11068/06	19:50.10	18:35.30	476
	100m: 1:09.72	200m: 2:24.38	400m: 4:55.37	800m: 9:56.91	1500m: 18:35.30
4.	Keustermans Arne	HOZT/11003/06	18:24.37	18:38.02	472
	100m: 1:08.81	200m: 2:24.09	400m: 4:49.69	800m: 9:50.02	1500m: 18:38.02
5.	Francken Tiebe	AZK/11033/06	20:00.00	19:05.05	440
	100m: 1:10.15	200m: 2:25.91	400m: 5:01.68	800m: 10:13.13	1500m: 19:05.05
6.	Meers Jan	HZS/11083/06	18:22.20	20:22.17	361
	100m: 1:10.91	200m: 2:27.62	400m: 5:03.90	800m: 10:28.93	1500m: 20:22.17

17 - 18 jaar

FF De Grave Thibault FFKST/11022/05 18:40.00

19 jaar en ouder

1.	De Meyer Niels	BRABO/10982/03	16:50.00	17:24.05	580
	100m: 1:03.95	200m: 2:13.23	400m: 4:32.66	800m: 9:14.53	1500m: 17:24.05
2.	Lieckens Nolan	ZN/11039/03	17:20.19	17:44.19	548
	100m: 1:05.19	200m: 2:13.97	400m: 4:35.69	800m: 9:21.47	1500m: 17:44.19

2 - zondag 23 oktober 2022

23/10/2022 - 14:00

Programmanr. 2
23/10/2022 - 14:00

Dames, 800m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2021

Rang		Inschr.	Tijd	Pnt	
11 jaar					
1.	Nijziel Frédérique	ZGEEL/21129/11	11:17.00	11:34.29	340
	100m: 1:19.03	300m: 500m: 700m:			
	200m: 2:47.65	400m: 5:49.08	600m: 800m: 11:34.29		
2.	Brouwers Charlotte	DBT/21145/11	11:35.22	11:55.72	310
	100m: 1:20.75	300m: 500m: 700m:			
	200m: 2:49.90	400m: 5:51.50	600m: 800m: 11:55.72		
FF	Thewissen Mirthe	FFHZS/21212/11	13:30.00		
12 jaar					
1.	Van De Cloot Elina	HOZT/21043/10	10:42.01	10:29.23	457
	100m: 1:13.73	300m: 500m: 700m:			
	200m: 2:34.63	400m: 5:16.56	600m: 800m: 10:29.23		
2.	Vervloet Zoe	GZVN/21228/10	10:18.65	10:32.27	450
	100m: 1:14.53	300m: 500m: 700m:			
	200m: 2:35.11	400m: 5:14.78	600m: 800m: 10:32.27		
3.	Maes Helene	PZC/21074/10	11:12.00	11:12.18	375
	100m: 1:15.71	300m: 500m: 700m:			
	200m: 2:40.11	400m: 5:34.02	600m: 800m: 11:12.18		

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Programmanr. 2, Meisjes, 800m vrije slag, 12 jaar

Rang					Inschr.	Tijd	Pnt
4.	Vanierschot Ella				HZS/21192/10	12:00.00	11:17.44 366
	100m: 1:20.66	300m:	500m:	700m:			
	200m: 2:47.87	400m: 5:43.26	600m:	800m: 11:17.44			
5.	De Letter Sofie				HOZT/21061/10	11:17.24	11:20.81 361
	100m: 1:18.67	300m:	500m:	700m:			
	200m: 2:45.49	400m: 5:40.39	600m:	800m: 11:20.81			
6.	Luts Emilia				DBT/21144/10	12:19.70	11:27.63 350
	100m: 1:18.27	300m:	500m:	700m:			
	200m: 2:44.96	400m: 5:40.96	600m:	800m: 11:27.63			
7.	Cypers de Landrecy Tillie				PZC/21084/10	12:42.44	12:09.36 293
	100m: 1:23.11	300m:	500m:	700m:			
	200m: 2:55.39	400m: 6:02.71	600m:	800m: 12:09.36			
8.	Van Mechelen Zoë				KST/21077/10	14:30.00	13:57.31 194
	100m: 1:34.12	300m:	500m:	700m:			
	200m: 3:21.30	400m: 6:57.22	600m:	800m: 13:57.31			
FF	Souvleris Sofia				FFGZVN/21260/10	11:45.10	

13 jaar

1.	Van Heugten Hanne				ZN/21006/09	9:37.00	9:32.03 608
	100m: 1:05.31	300m:	500m:	700m:			
	200m: 2:18.27	400m: 4:44.85	600m:	800m: 9:32.03			
2.	Metzemakers Lea				DMB/21085/09	10:10.10	9:35.69 597
	100m: 1:05.48	300m:	500m:	700m:			
	200m: 2:18.56	400m: 4:45.19	600m:	800m: 9:35.69			
3.	Vingerhoets Madelief				ZN/21059/09	10:01.19	10:03.39 518
	100m: 1:10.85	300m:	500m:	700m:			
	200m: 2:27.63	400m: 5:00.54	600m:	800m: 10:03.39			
4.	Zangari Aurora				GZVN/21195/09	10:13.75	10:04.03 516
	100m: 1:12.03	300m:	500m:	700m:			
	200m: 2:28.42	400m: 5:02.42	600m:	800m: 10:04.03			
5.	Willaert Ayla				HOZT/21038/09	10:26.29	10:18.10 482
	100m: 1:11.10	300m:	500m:	700m:			
	200m: 2:28.55	400m: 5:05.88	600m:	800m: 10:18.10			
6.	Bierinckx Lienne				ZN/21015/09	10:14.66	10:20.78 476
	100m: 1:12.21	300m:	500m:	700m:			
	200m: 2:30.10	400m: 5:08.74	600m:	800m: 10:20.78			
7.	Van den Wyngaert Elizabeth				BRABO/21288/C10	10:30.00	10:27.59 460
	100m: 1:12.26	300m:	500m:	700m:			
	200m: 2:31.05	400m: 5:10.05	600m:	800m: 10:27.59			
8.	Verschuere Louise				HOZT/21032/09	10:53.65	10:40.20 434
	100m: 1:15.11	300m:	500m:	700m:			
	200m: 2:37.56	400m: 5:20.56	600m:	800m: 10:40.20			
9.	Vanhees Ella				DBT/21090/09	10:35.00	10:50.44 414
	100m: 1:13.26	300m:	500m:	700m:			
	200m: 2:34.16	400m: 5:19.73	600m:	800m: 10:50.44			
10.	Jacobs Filippa				GZVN/21278/09	10:38.00	10:54.76 405
	100m: 1:17.76	300m:	500m:	700m:			
	200m: 2:40.62	400m: 5:25.65	600m:	800m: 10:54.76			
11.	Tordeur Lucie				GZVN/21194/09	10:33.32	10:56.76 402
	100m: 1:16.02	300m:	500m:	700m:			
	200m: 2:39.22	400m: 5:26.30	600m:	800m: 10:56.76			
12.	Theuwis Lisabet				DMB/21175/09	10:54.05	11:23.42 356
	100m: 1:21.31	300m:	500m:	700m:			
	200m: 2:48.34	400m: 5:40.92	600m:	800m: 11:23.42			

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Programmanr. 2, Meisjes, 800m vrije slag, 13 jaar

Rang					Inschr.	Tijd	Pnt
13.	Van Espen Lotte				HZA/21074/09	11:29.63	11:34.65 339
	100m:	1:20.57	300m:	500m:	700m:		
	200m:	2:48.57	400m:	5:46.47	600m:	800m: 11:34.65	
14.	Rombouts Floor				HOZT/21051/09	11:17.34	11:35.52 338
	100m:	1:20.41	300m:	500m:	700m:		
	200m:	2:49.07	400m:	5:48.21	600m:	800m: 11:35.52	
15.	Kocx Charlotte				KST/21062/09	13:00.00	13:13.83 227
	100m:	1:25.15	300m:	500m:	700m:		
	200m:	3:04.02	400m:	6:27.16	600m:	800m: 13:13.83	
16.	De Bock Marie				HZA/21085/09	13:30.00	13:19.63 222
	100m:	1:31.27	300m:	500m:	700m:		
	200m:	3:12.27	400m:	6:38.92	600m:	800m: 13:19.63	
FF	Cuijvers Lisa				FFDBT/21085/09	10:35.00	
FF	Vertessen Fran				FFDBT/21114/09	10:35.00	

14 jaar

1.	Bussels Fleur				DMB/21066/08	10:22.81	9:44.03 571
	100m:	1:07.72	300m:	500m:	700m:		
	200m:	2:20.18	400m:	4:48.13	600m:	800m: 9:44.03	
2.	Nijziel Nova				ZGEEL/21085/08	9:48.67	9:47.56 561
	100m:	1:09.26	300m:	500m:	700m:		
	200m:	2:24.13	400m:	4:54.06	600m:	800m: 9:47.56	
3.	Weytjens Amber				DMB/21071/08	11:09.78	9:51.37 550
	100m:	1:11.29	300m:	500m:	700m:		
	200m:	2:25.59	400m:	4:55.02	600m:	800m: 9:51.37	
4.	Mariën Flore				ZN/21005/08	9:42.00	9:54.44 542
	100m:	1:09.12	300m:	500m:	700m:		
	200m:	2:24.19	400m:	4:54.41	600m:	800m: 9:54.44	
5.	Palumbo Mila				DBT/21070/08	10:13.36	10:00.71 525
	100m:	1:10.97	300m:	500m:	700m:		
	200m:	2:27.45	400m:	4:59.81	600m:	800m: 10:00.71	
6.	Van Elsen Marie				BRABO/21272/01	11:10.00	10:12.15 496
	100m:	1:13.58	300m:	500m:	700m:		
	200m:	2:28.48	400m:	5:02.95	600m:	800m: 10:12.15	
7.	De Bont Sam				HOZT/21016/08	10:38.79	10:19.45 479
	100m:	1:13.27	300m:	500m:	700m:		
	200m:	2:32.13	400m:	5:10.77	600m:	800m: 10:19.45	
8.	Ceulemans Hanne				AZK/21038/08	10:25.00	10:21.91 473
	100m:	1:12.44	300m:	500m:	700m:		
	200m:	2:31.19	400m:	5:08.72	600m:	800m: 10:21.91	
9.	Dillen Norah				ZGEEL/21099/01	10:15.00	10:27.24 461
	100m:	1:13.74	300m:	500m:	700m:		
	200m:	2:33.39	400m:	5:12.39	600m:	800m: 10:27.24	
10.	Vranken Dagmar				ZN/21051/08	9:46.16	10:29.12 457
	100m:	1:12.20	300m:	500m:	700m:		
	200m:	2:32.62	400m:	5:13.22	600m:	800m: 10:29.12	
11.	Thijs Hannah				PZC/21043/08	10:24.00	10:32.68 449
	100m:	1:14.43	300m:	500m:	700m:		
	200m:	2:34.36	400m:	5:14.86	600m:	800m: 10:32.68	
12.	Jansen Roos				PZC/21042/08	10:16.00	10:39.03 436
	100m:	1:14.93	300m:	500m:	700m:		
	200m:	2:34.82	400m:	5:16.78	600m:	800m: 10:39.03	

Antwerpen, Limburg lange afstand 23-10-2022
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Programmanr. 2, Meisjes, 800m vrije slag, 14 jaar

Rang					Inschr.	Tijd	Pnt
13.	Michielsens Jinthe				AZK/21048/08	11:00.00	10:54.13 407
	100m:	1:16.59	300m:	500m:	700m:		
	200m:	2:39.94	400m:	5:25.73	600m:	800m: 10:54.13	
14.	Cornelis Mille				HOZT/21019/08	11:05.05	11:01.82 393
	100m:	1:18.00	300m:	500m:	700m:		
	200m:	2:40.57	400m:	5:27.25	600m:	800m: 11:01.82	
15.	Aernouts Roos				AZK/21040/08	11:10.00	11:03.90 389
	100m:	1:15.75	300m:	500m:	700m:		
	200m:	2:38.86	400m:	5:28.50	600m:	800m: 11:03.90	
16.	Meers Lien				HZS/21154/08	11:01.31	11:18.38 364
	100m:	1:22.56	300m:	500m:	700m:		
	200m:	2:49.63	400m:	5:42.38	600m:	800m: 11:18.38	
17.	Poels Nomi				ZGEEL/21095/08	11:15.00	11:30.29 346
	100m:	1:19.89	300m:	500m:	700m:		
	200m:	2:46.43	400m:	5:43.00	600m:	800m: 11:30.29	
18.	Castillo Ronquillo Arita Brithany				PZC/21088/08	11:36.00	11:42.15 329
	100m:	1:20.38	300m:	500m:	700m:		
	200m:	2:48.88	400m:	5:47.91	600m:	800m: 11:42.15	
19.	Aerts Marie				HOZT/21026/08	11:12.37	11:48.07 320
	100m:	1:20.61	300m:	500m:	700m:		
	200m:	2:51.22	400m:	5:55.07	600m:	800m: 11:48.07	

15 jaar

1.	Broeckaert Noor				BRABO/21338/08	10:20.00	9:32.86 606
	100m:	1:07.26	300m:	500m:	700m:		
	200m:	2:18.53	400m:	4:42.97	600m:	800m: 9:32.86	
2.	Klaykens Amber				HZS/21155/07	9:58.32	10:17.40 484
	100m:	1:11.33	300m:	500m:	700m:		
	200m:	2:29.19	400m:	5:06.15	600m:	800m: 10:17.40	
3.	Dries Sien				ZGEEL/21072/08	10:05.00	10:24.15 468
	100m:	1:12.26	300m:	500m:	700m:		
	200m:	2:30.94	400m:	5:09.15	600m:	800m: 10:24.15	
4.	Wouters Lieze				SHARK/21068/08	10:30.88	10:28.00 460
	100m:	1:11.97	300m:	500m:	700m:		
	200m:	2:30.18	400m:	5:09.00	600m:	800m: 10:28.00	
5.	Kozulya Mila				GZVN/21089/07	10:15.00	10:30.84 453
	100m:	1:13.10	300m:	500m:	700m:		
	200m:	2:30.49	400m:	5:08.99	600m:	800m: 10:30.84	
6.	Geens Wenke				AZK/21031/07	11:15.00	10:54.12 407
	100m:	1:16.37	300m:	500m:	700m:		
	200m:	2:39.16	400m:	5:25.59	600m:	800m: 10:54.12	
7.	Meeus Febe				ZGEEL/21111/08	10:50.00	10:54.53 406
	100m:	1:13.61	300m:	500m:	700m:		
	200m:	2:36.21	400m:	5:22.96	600m:	800m: 10:54.53	
8.	Coomans Emely				DMB/21144/07	11:20.20	11:03.84 389
	100m:	1:14.87	300m:	500m:	700m:		
	200m:	2:37.35	400m:	5:26.85	600m:	800m: 11:03.84	
9.	Vinken Amelie				DMB/21143/07	10:01.23	11:09.19 380
	100m:	1:12.22	300m:	500m:	700m:		
	200m:	2:32.19	400m:	5:22.15	600m:	800m: 11:09.19	
10.	Loenders Griet				PZC/21052/07	10:40.00	11:22.22 358
	100m:	1:19.56	300m:	500m:	700m:		
	200m:	2:44.92	400m:	5:37.70	600m:	800m: 11:22.22	

Antwerpen, Limburg lange afstand 23-10-2022
Antwerpen, 23/10/2022

Programmanr. 2, Dames, 800m vrije slag

16 jaar

1.	Graham Jil				HOZT/21023/06	9:35.92	9:43.95	572
	100m:	1:09.56	300m:	500m:	700m:			
	200m:	2:23.60	400m:	4:51.85	600m:	800m:	9:43.95	
2.	Van Looy Anke				HZA/21029/06	10:30.00	10:23.97	468
	100m:	1:13.70	300m:	500m:	700m:			
	200m:	2:33.34	400m:	5:12.81	600m:	800m:	10:23.97	
3.	Van Loon Tess				AZK/21074/06	10:41.00	10:26.22	463
	100m:	1:12.13	300m:	500m:	700m:			
	200m:	2:31.13	400m:	5:09.28	600m:	800m:	10:26.22	
4.	Keustermans Mirte				HOZT/21022/06	10:36.61	10:33.87	447
	100m:	1:14.65	300m:	500m:	700m:			
	200m:	2:34.08	400m:	5:17.15	600m:	800m:	10:33.87	
5.	Moreels Nina				AZK/21053/06	10:41.00	10:38.33	438
	100m:	1:12.16	300m:	500m:	700m:			
	200m:	2:31.48	400m:	5:12.56	600m:	800m:	10:38.33	
6.	Lagey Liselotte				ZGEEL/21134/06	10:25.00	10:58.65	398
	100m:	1:13.25	300m:	500m:	700m:			
	200m:	2:34.47	400m:	5:19.83	600m:	800m:	10:58.65	

17 - 18 jaar

1.	Driesen Amber				DMB/21015/05	9:48.11	9:45.02	569
	100m:	1:09.09	300m:	500m:	700m:			
	200m:	2:23.09	400m:	4:51.22	600m:	800m:	9:45.02	
2.	Segers Noor				DMB/21177/05	9:17.73	10:00.23	526
	100m:	1:06.94	300m:	500m:	700m:			
	200m:	2:21.56	400m:	4:53.94	600m:	800m:	10:00.23	
3.	Corstjens Hanne				DMB/21009/05	9:38.53	10:20.53	476
	100m:	1:13.04	300m:	500m:	700m:			
	200m:	2:30.56	400m:	5:07.53	600m:	800m:	10:20.53	
4.	Aernouts Maartje				AZK/21023/05	10:37.25	10:50.55	413
	100m:	1:15.12	300m:	500m:	700m:			
	200m:	2:37.05	400m:	5:22.09	600m:	800m:	10:50.55	
FF	Broux Elise				FFGZVN/21015/05	9:39.56		
FF	Feyen Lindsay				FFBRABO/21035/05	9:50.00		

19 jaar en ouder

1.	Theuwis Rune				DMB/21174/02	9:34.98	9:53.83	544
	100m:	1:08.66	300m:	500m:	700m:			
	200m:	2:22.91	400m:	4:52.78	600m:	800m:	9:53.83	
2.	Kennis Nathalie				AZV/21035/02	9:55.18	10:15.45	488
	100m:	1:09.16	300m:	500m:	700m:			
	200m:	2:25.17	400m:	5:00.13	600m:	800m:	10:15.45	
3.	Van Dyck Lise				KST/20137/03	10:42.54	10:26.22	463
	100m:	1:11.45	300m:	500m:	700m:			
	200m:	2:31.17	400m:	5:12.87	600m:	800m:	10:26.22	