

Provinciale kampioenschappen 'A' lange afstand  
Temse, 20/10/2019

0 - PK Lange afstand - dag 3

20/10/2019 - 8:30

Programmanr. 1  
20/10/2019 - 8:30

Dames, 800m vrije slag

11 jaar en ouder  
Resultaten

Punten:

Rang	Inschr.	Tijd	Pnt
<b>11 jaar</b>			
1. Van Gysel Maite	TSZ/21040/08 11:38.70	<b>10:45.38</b>	
50m: 34.72	200m: 2:36.33	350m: 4:37.97	500m: 6:41.95
100m: 1:14.58	250m: 3:16.35	400m: 5:19.12	550m: 7:22.41
150m: 1:55.58	300m: 3:57.12	450m: 6:01.34	600m: 8:03.81
		650m: 8:45.10	800m: 10:45.38
		700m: 9:26.78	
		750m: 10:07.13	
2. Michiels Nore	TSZ/21028/08 11:52.21	<b>10:46.93</b>	
50m: 35.35	200m: 2:35.78	350m: 4:38.93	500m: 6:41.31
100m: 1:14.89	250m: 3:16.76	400m: 5:19.39	550m: 7:22.26
150m: 1:55.28	300m: 3:57.60	450m: 6:00.47	600m: 8:02.69
		650m: 8:44.11	800m: 10:46.93
		700m: 9:25.30	
		750m: 10:06.51	
<b>12 jaar</b>			
1. De Vriese Laurien	MEGA/21147/07 10:27.98	<b>10:12.39</b>	
50m: 33.67	200m: 2:28.19	350m: 4:25.25	500m: 6:22.72
100m: 1:11.24	250m: 3:07.01	400m: 5:04.57	550m: 7:01.36
150m: 1:49.63	300m: 3:46.16	450m: 5:43.76	600m: 7:40.65
		650m: 8:19.54	800m: 10:12.39
		700m: 8:58.32	
		750m: 9:36.83	
2. Van Steen Gomes Hanne	DZO/21052/07 11:32.48	<b>10:36.25</b>	
50m: 35.79	200m: 2:36.51	350m: 4:36.15	500m: 6:37.06
100m: 1:15.71	250m: 3:16.34	400m: 5:16.60	550m: 7:17.90
150m: 1:56.33	300m: 3:55.84	450m: 5:57.17	600m: 7:58.57
		650m: 8:38.45	800m: 10:36.25
		700m: 9:18.79	
		750m: 9:58.77	
3. Descamps Silke	DZO/21079/07 11:23.95	<b>10:53.38</b>	
50m: 35.86	200m: 2:37.78	350m: 4:41.08	500m: 6:46.46
100m: 1:15.96	250m: 3:18.67	400m: 5:22.96	550m: 7:28.37
150m: 1:56.53	300m: 3:59.54	450m: 6:04.22	600m: 8:10.85
		650m: 8:53.01	800m: 10:53.38
		700m: 9:34.55	
		750m: 10:15.76	
4. Oosterlynck Nel	MEGA/21114/07 11:33.06	<b>10:53.49</b>	
50m: 36.30	200m: 2:39.42	350m: 4:42.31	500m: 6:48.94
100m: 1:16.40	250m: 3:19.76	400m: 5:24.90	550m: 7:31.49
150m: 1:57.79	300m: 4:00.58	450m: 6:06.97	600m: 8:12.64
		650m: 8:54.22	800m: 10:53.49
		700m: 9:35.26	
		750m: 10:16.12	
5. De Groote Fenna	OZEKA/21081/07 12:00.00	<b>12:58.50</b>	
50m: 41.52	200m: 3:06.14	350m: 5:35.73	500m: 8:05.66
100m: 1:28.62	250m: 3:56.16	400m: 6:26.21	550m: 8:55.71
150m: 2:17.06	300m: 4:45.44	450m: 7:16.03	600m: 9:46.12
		650m: 10:36.03	800m: 12:58.50
		700m: 11:25.32	
		750m: 12:13.37	
<b>13 jaar</b>			
1. Vandepoorte Pauline	RSC/21025/06 10:17.43	<b>9:53.95</b>	
50m: 31.71	200m: 2:22.54	350m: 4:16.16	500m: 6:09.61
100m: 1:07.46	250m: 3:00.53	400m: 4:53.65	550m: 6:47.65
150m: 1:44.63	300m: 3:38.23	450m: 5:31.61	600m: 7:25.56
		650m: 8:03.62	800m: 9:53.95
		700m: 8:41.49	
		750m: 9:18.68	
2. Verhulst Lotte	STW/21123/06 10:14.86	<b>10:21.57</b>	
50m: 35.05	200m: 2:30.01	350m: 4:27.52	500m: 6:25.86
100m: 1:12.84	250m: 3:09.11	400m: 5:06.98	550m: 7:05.41
150m: 1:51.62	300m: 3:47.94	450m: 5:46.58	600m: 7:44.95
		650m: 8:24.23	800m: 10:21.57
		700m: 9:04.27	
		750m: 9:43.11	
3. Van Overmeire Farah	TSZ/21044/06 11:39.43	<b>11:09.95</b>	
50m: 36.44	200m: 2:42.48	350m: 4:50.37	500m: 6:57.88
100m: 1:18.54	250m: 3:24.84	400m: 5:33.27	550m: 7:40.42
150m: 2:00.22	300m: 4:07.31	450m: 6:15.68	600m: 8:22.89
		650m: 9:05.28	800m: 11:09.95
		700m: 9:47.57	
		750m: 10:29.50	

Provinciale kampioenschappen 'A' lange afstand  
Temse, 20/10/2019

Programmanr. 1, Meisjes, 800m vrije slag, 13 jaar

Rang					Inschr.	Tijd	Pnt					
4.	Verstraete Mona		MEGA/21191/06		11:30.00	<b>11:50.12</b>						
	50m:	39.22	200m:	2:52.57	350m:	5:07.70	500m:	7:22.93	650m:	9:36.63	800m:	11:50.12
	100m:	1:22.85	250m:	3:37.96	400m:	5:53.17	550m:	8:07.55	700m:	10:22.06		
	150m:	2:07.89	300m:	4:22.97	450m:	6:37.94	600m:	8:52.62	750m:	11:06.44		

14 jaar

1.	Mattheeuws Lie		MEGA/21053/05		9:38.39	<b>9:43.32</b>						
	50m:	32.78	200m:	2:20.48	350m:	4:10.68	500m:	6:01.87	650m:	7:53.64	800m:	9:43.32
	100m:	1:08.18	250m:	2:56.99	400m:	4:47.53	550m:	6:38.78	700m:	8:30.51		
	150m:	1:44.53	300m:	3:33.71	450m:	5:24.90	600m:	7:16.10	750m:	9:07.82		
2.	Goovaerts Ellen		STW/21165/05		10:20.37	<b>9:50.06</b>						
	50m:	33.26	200m:	2:24.89	350m:	4:16.28	500m:	6:06.87	650m:	7:59.42	800m:	9:50.06
	100m:	1:10.05	250m:	3:01.89	400m:	4:53.02	550m:	6:44.57	700m:	8:36.99		
	150m:	1:47.63	300m:	3:39.24	450m:	5:29.53	600m:	7:21.70	750m:	9:14.25		
3.	Goethals Lina		STW/21132/05		10:24.93	<b>10:03.41</b>						
	50m:	34.45	200m:	2:28.40	350m:	4:23.45	500m:	6:16.62	650m:	8:11.37	800m:	10:03.41
	100m:	1:12.15	250m:	3:06.87	400m:	5:01.15	550m:	6:54.92	700m:	8:50.06		
	150m:	1:50.18	300m:	3:44.95	450m:	5:39.02	600m:	7:33.56	750m:	9:27.27		
4.	Gobert Lies		MEGA/21069/05		10:35.41	<b>10:03.87</b>						
	50m:	33.22	200m:	2:25.33	350m:	4:18.42	500m:	6:13.74	650m:	8:10.09	800m:	10:03.87
	100m:	1:10.09	250m:	3:02.77	400m:	4:56.60	550m:	6:52.39	700m:	8:48.80		
	150m:	1:47.81	300m:	3:40.51	450m:	5:35.32	600m:	7:31.41	750m:	9:27.26		
5.	Van Imschoot Emma		FIRST/21084/05		10:29.98	<b>10:17.77</b>						
	50m:	34.54	200m:	2:31.26	350m:	4:28.37	500m:	6:24.05	650m:	8:21.29	800m:	10:17.77
	100m:	1:13.21	250m:	3:10.51	400m:	5:06.65	550m:	7:03.14	700m:	9:00.46		
	150m:	1:51.97	300m:	3:49.26	450m:	5:45.26	600m:	7:41.92	750m:	9:39.87		
6.	Steenbeke Lotte		MEGA/21141/05		10:45.00	<b>10:25.01</b>						
	50m:	35.49	200m:	2:32.12	350m:	4:30.49	500m:	6:29.53	650m:	8:28.00	800m:	10:25.01
	100m:	1:14.09	250m:	3:12.01	400m:	5:10.15	550m:	7:08.98	700m:	9:07.65		
	150m:	1:52.80	300m:	3:51.46	450m:	5:50.14	600m:	7:48.84	750m:	9:47.63		
7.	Penneman Charlotte		STW/21106/05		10:39.81	<b>10:26.48</b>						
	50m:	35.18	200m:	2:33.00	350m:	4:31.81	500m:	6:30.95	650m:	8:29.91	800m:	10:26.48
	100m:	1:14.06	250m:	3:12.56	400m:	5:11.98	550m:	7:10.91	700m:	9:09.19		
	150m:	1:53.79	300m:	3:52.31	450m:	5:51.68	600m:	7:50.50	750m:	9:48.84		
8.	Sypre Maud		MEGA/21070/05		10:59.51	<b>10:36.63</b>						
	50m:	33.44	200m:	2:30.92	350m:	4:32.75	500m:	6:34.73	650m:	8:37.29	800m:	10:36.63
	100m:	1:11.60	250m:	3:11.38	400m:	5:13.62	550m:	7:15.86	700m:	9:17.56		
	150m:	1:51.21	300m:	3:52.39	450m:	5:54.44	600m:	7:56.50	750m:	9:57.68		
9.	Torfs Marlies		GBZ/21037/05		11:13.90	<b>10:36.84</b>						
	50m:	34.07	200m:	2:33.21	350m:	4:36.72	500m:	6:37.64	650m:	8:39.20	800m:	10:36.84
	100m:	1:12.75	250m:	3:14.44	400m:	5:16.74	550m:	7:19.23	700m:	9:19.92		
	150m:	1:52.78	300m:	3:55.86	450m:	5:57.03	600m:	7:58.76	750m:	9:59.41		
10.	Everaet Esra		TSZ/21042/05		11:43.43	<b>11:04.57</b>						
	50m:	37.07	200m:	2:42.33	350m:	4:49.10	500m:	6:55.96	650m:	9:02.33	800m:	11:04.57
	100m:	1:18.03	250m:	3:24.29	400m:	5:31.77	550m:	7:38.19	700m:	9:44.67		
	150m:	2:00.33	300m:	4:06.84	450m:	6:13.68	600m:	8:20.71	750m:	10:25.73		

Provinciale kampioenschappen 'A' lange afstand  
Temse, 20/10/2019

Programmanr. 1, Dames, 800m vrije slag

15 - 16 jaar

1.	Cornelis Enid			AZL/20183/04	10:13.35	<b>9:37.54</b>		
	50m:	33.13	200m:	2:20.98	350m:	4:10.43	500m:	6:00.60
	100m:	1:08.66	250m:	2:57.40	400m:	4:47.37	550m:	6:36.98
	150m:	1:44.49	300m:	3:33.99	450m:	5:24.05	600m:	7:13.82
							750m:	9:03.16
							800m:	9:37.54
2.	Lammens Louise			OZEKA/21018/04	9:51.10	<b>9:38.20</b>		
	50m:	32.07	200m:	2:19.46	350m:	4:08.90	500m:	5:59.74
	100m:	1:07.33	250m:	2:55.90	400m:	4:45.44	550m:	6:36.31
	150m:	1:43.31	300m:	3:32.38	450m:	5:22.47	600m:	7:13.32
							750m:	9:03.26
							800m:	9:38.20
3.	Baert Kiara			MEGA/20770/03	10:29.43	<b>9:46.69</b>		
	50m:	34.05	200m:	2:25.45	350m:	4:17.08	500m:	6:08.50
	100m:	1:11.13	250m:	3:02.62	400m:	4:54.23	550m:	6:45.63
	150m:	1:48.20	300m:	3:39.86	450m:	5:31.27	600m:	7:22.53
							750m:	9:12.53
							800m:	9:46.69
4.	Van Poucke Hanne			MEGA/21080/04	10:15.17	<b>10:08.94</b>		
	50m:	34.11	200m:	2:26.95	350m:	4:20.57	500m:	6:15.85
	100m:	1:11.41	250m:	3:04.89	400m:	4:58.50	550m:	6:54.78
	150m:	1:49.15	300m:	3:42.51	450m:	5:37.13	600m:	7:33.99
							750m:	9:31.37
							800m:	10:08.94
5.	Sypré Lotte			MEGA/20808/03	10:18.55	<b>10:25.47</b>		
	50m:	34.81	200m:	2:28.03	350m:	4:23.54	500m:	6:23.66
	100m:	1:12.24	250m:	3:06.02	400m:	5:03.54	550m:	7:04.00
	150m:	1:50.06	300m:	3:44.30	450m:	5:43.37	600m:	7:44.45
							750m:	9:45.93
							800m:	10:25.47
6.	Steenbeke Frauke			MEGA/21065/03	10:32.92	<b>10:27.77</b>		
	50m:	34.74	200m:	2:32.89	350m:	4:31.50	500m:	6:30.05
	100m:	1:13.72	250m:	3:12.18	400m:	5:10.95	550m:	7:09.79
	150m:	1:53.17	300m:	3:51.96	450m:	5:49.98	600m:	7:49.81
							750m:	9:49.37
							800m:	10:27.77
7.	Giot Gwenaelle			RSC/20012/04	10:23.52	<b>10:31.84</b>		
	50m:	33.83	200m:	2:30.89	350m:	4:30.84	500m:	6:32.11
	100m:	1:12.21	250m:	3:10.59	400m:	5:11.12	550m:	7:13.10
	150m:	1:51.29	300m:	3:50.74	450m:	5:51.51	600m:	7:53.55
							750m:	9:54.00
							800m:	10:31.84
8.	Nelis Isaura			MEGA/21067/04	10:34.83	<b>10:31.87</b>		
	50m:	34.24	200m:	2:31.58	350m:	4:31.17	500m:	6:31.42
	100m:	1:12.73	250m:	3:11.26	400m:	5:11.23	550m:	7:11.71
	150m:	1:52.04	300m:	3:50.70	450m:	5:50.94	600m:	7:51.94
							750m:	9:53.37
							800m:	10:31.87
9.	Vandecasteele Sara			OZEKA/21028/04	11:14.18	<b>10:46.34</b>		
	50m:	34.87	200m:	2:36.41	350m:	4:37.92	500m:	6:40.37
	100m:	1:14.33	250m:	3:16.77	400m:	5:18.75	550m:	7:21.40
	150m:	1:55.46	300m:	3:57.21	450m:	5:59.34	600m:	8:03.31
							750m:	10:07.48
							800m:	10:46.34
10.	Van Quekelberghe Arwen			MEGA/21196/04	10:45.00	<b>10:46.47</b>		
	50m:	35.78	200m:	2:34.11	350m:	4:35.27	500m:	6:39.40
	100m:	1:14.55	250m:	3:13.88	400m:	5:17.29	550m:	7:21.31
	150m:	1:54.27	300m:	3:54.86	450m:	5:58.34	600m:	8:02.31
							750m:	10:07.68
							800m:	10:46.47
11.	Everaet Indra			TSZ/21041/03	12:11.65	<b>11:10.84</b>		
	50m:	38.61	200m:	2:44.19	350m:	4:51.69	500m:	6:58.55
	100m:	1:19.82	250m:	3:26.63	400m:	5:34.11	550m:	7:40.59
	150m:	2:01.99	300m:	4:09.09	450m:	6:16.34	600m:	8:22.59
							750m:	10:29.48
							800m:	11:10.84
FF	Van Varenberg Merel			FFFIRST/20659/03	10:37.85			
FF	Lippens Karo			FFSTW/21016/04	9:59.84			

Provinciale kampioenschappen 'A' lange afstand  
Temse, 20/10/2019

Programmanr. 1, Dames, 800m vrije slag

17 - 18 jaar

1. De Carne Lara	FIRST/20644/02	9:57.48	<b>9:40.90</b>	
50m: 33.29	200m: 2:23.75	350m: 4:13.37	500m: 6:04.54	650m: 7:53.80
100m: 1:09.65	250m: 2:59.95	400m: 4:51.01	550m: 6:41.04	700m: 8:30.05
150m: 1:46.88	300m: 3:36.24	450m: 5:27.83	600m: 7:17.54	750m: 9:06.12
800m: 9:40.90				
2. Van Mingeroet Silken	FIRST/21111/02	9:49.15	<b>10:00.59</b>	
50m: 33.72	200m: 2:25.19	350m: 4:18.21	500m: 6:13.28	650m: 8:07.83
100m: 1:10.45	250m: 3:02.68	400m: 4:56.47	550m: 6:51.51	700m: 8:46.13
150m: 1:47.72	300m: 3:40.32	450m: 5:35.03	600m: 7:29.80	750m: 9:24.11
800m: 10:00.59				
FF Van Avermaet Merel	FFTSZ/20219/01	9:47.73		

19 jaar en ouder

1. Loones Thuline	MEGA/21050/00	9:21.37	<b>9:21.15</b>	
50m: 32.45	200m: 2:17.84	350m: 4:04.29	500m: 5:50.70	650m: 7:37.41
100m: 1:07.11	250m: 2:53.23	400m: 4:40.04	550m: 6:26.15	700m: 8:12.61
150m: 1:42.41	300m: 3:28.77	450m: 5:15.31	600m: 7:01.84	750m: 8:47.69
800m: 9:21.15				
2. Van Hyfte Isaura	MEGA/21043/99	9:27.36	<b>9:21.19</b>	
50m: 31.61	200m: 2:15.12	350m: 4:01.49	500m: 5:47.95	650m: 7:35.18
100m: 1:05.50	250m: 2:50.58	400m: 4:37.20	550m: 6:23.37	700m: 8:11.00
150m: 1:40.04	300m: 3:25.97	450m: 5:12.73	600m: 6:59.40	750m: 8:47.36
800m: 9:21.19				
3. Haenebalcke Laure	MEGA/20596/98	10:00.00	<b>9:43.48</b>	
50m: 32.53	200m: 2:18.43	350m: 4:07.21	500m: 5:58.76	650m: 7:50.53
100m: 1:07.14	250m: 2:54.74	400m: 4:44.04	550m: 6:35.84	700m: 8:28.47
150m: 1:42.61	300m: 3:30.79	450m: 5:21.28	600m: 7:13.13	750m: 9:06.12
800m: 9:43.48				
4. Van Nieuwenhove Laurien	MEGA/20663/99	10:30.00	<b>9:44.47</b>	
50m: 32.71	200m: 2:23.52	350m: 4:15.69	500m: 6:06.76	650m: 7:57.07
100m: 1:09.00	250m: 3:00.90	400m: 4:53.36	550m: 6:43.67	700m: 8:33.72
150m: 1:46.32	300m: 3:38.28	450m: 5:29.98	600m: 7:20.37	750m: 9:10.31
800m: 9:44.47				
5. Hollevoet Marie	TSZ/21047/00	9:57.85	<b>10:16.65</b>	
50m: 33.20	200m: 2:26.73	350m: 4:22.61	500m: 6:20.67	650m: 8:20.23
100m: 1:10.30	250m: 3:05.53	400m: 5:01.60	550m: 7:00.31	700m: 9:00.71
150m: 1:48.62	300m: 3:43.93	450m: 5:41.43	600m: 7:40.05	750m: 9:39.25
800m: 10:16.65				

Programmanr. 2  
20/10/2019 - 9:55

Heren, 1500m vrije slag

11 jaar en ouder  
Resultaten

Punten:

Rang	Inschr.	Tijd	Pnt
11 jaar			
1. Fransen Thibeau	TSZ/11027/08	22:00.00	<b>21:12.23</b>
50m: 39.11	300m: 4:12.15	550m: 7:45.77	800m: 11:19.92
100m: 1:21.30	350m: 4:54.69	600m: 8:29.08	850m: 12:02.94
150m: 2:04.09	400m: 5:37.52	650m: 9:11.61	900m: 12:45.68
200m: 2:46.82	450m: 6:20.04	700m: 9:54.31	950m: 13:28.58
250m: 3:29.70	500m: 7:02.88	750m: 10:37.21	1000m: 14:11.03
1050m: 14:53.58	1300m: 18:26.47	1100m: 15:35.96	1350m: 19:08.95
1150m: 16:18.20	1400m: 19:51.53	1200m: 17:01.17	1450m: 20:33.78
1250m: 17:43.92	1500m: 21:12.23		

Provinciale kampioenschappen 'A' lange afstand  
Temse, 20/10/2019

Programmanr. 2, Heren, 1500m vrije slag

12 jaar

1. Van Hecke Warre			MEGA/11145/07 19:35.63		<b>18:52.19</b>						
50m:	34.59	300m:	3:42.75	550m:	6:52.65	800m:	10:03.72	1050m:	13:14.11	1300m:	16:24.29
100m:	1:11.81	350m:	4:21.05	600m:	7:30.81	850m:	10:41.87	1100m:	13:52.30	1350m:	17:02.39
150m:	1:49.44	400m:	4:59.04	650m:	8:09.48	900m:	11:20.47	1150m:	14:30.46	1400m:	17:40.16
200m:	2:27.63	450m:	5:36.75	700m:	8:47.96	950m:	11:58.64	1200m:	15:08.41	1450m:	18:17.04
250m:	3:05.09	500m:	6:14.99	750m:	9:25.71	1000m:	12:36.15	1250m:	15:46.16	1500m:	18:52.19
2. Van Belle Ruben			MEGA/11154/07 20:00.00		<b>19:18.00</b>						
50m:	35.18	300m:	3:51.63	550m:	7:06.56	800m:	10:18.03	1050m:	13:29.57	1300m:	16:38.75
100m:	1:14.63	350m:	4:30.92	600m:	7:45.16	850m:	10:56.28	1100m:	14:07.37	1350m:	17:16.63
150m:	1:54.79	400m:	5:10.17	650m:	8:23.42	900m:	11:34.85	1150m:	14:46.11	1400m:	17:55.04
200m:	2:33.91	450m:	5:48.77	700m:	9:01.52	950m:	12:13.41	1200m:	15:22.79	1450m:	18:33.05
250m:	3:13.87	500m:	6:28.36	750m:	9:40.05	1000m:	12:51.60	1250m:	16:01.63	1500m:	19:18.00
3. Hillaert Wout			MEGA/11178/07 20:17.14		<b>19:40.51</b>						
50m:	37.24	300m:	3:57.35	550m:	7:17.50	800m:	10:34.22	1050m:	13:50.62	1300m:	17:08.16
100m:	1:17.87	350m:	4:37.15	600m:	7:56.77	850m:	11:13.39	1100m:	14:30.10	1350m:	17:47.22
150m:	1:57.68	400m:	5:17.13	650m:	8:36.28	900m:	11:52.43	1150m:	15:09.65	1400m:	18:26.10
200m:	2:37.54	450m:	5:57.30	700m:	9:15.81	950m:	12:31.80	1200m:	15:49.27	1450m:	19:05.05
250m:	3:17.08	500m:	6:37.79	750m:	9:54.51	1000m:	13:10.92	1250m:	16:28.76	1500m:	19:40.51
4. Boodts Gerben			TSZ/11025/07 21:23.78		<b>20:04.90</b>						
50m:	33.69	300m:	3:50.60	550m:	7:12.51	800m:	10:36.27	1050m:	14:03.10	1300m:	17:27.16
100m:	1:12.13	350m:	4:30.90	600m:	7:53.71	850m:	11:17.97	1100m:	14:42.32	1350m:	18:08.81
150m:	1:51.58	400m:	5:10.54	650m:	8:33.89	900m:	11:58.65	1150m:	15:23.38	1400m:	18:49.92
200m:	2:31.64	450m:	5:50.91	700m:	9:15.49	950m:	12:39.94	1200m:	16:05.25	1450m:	19:30.48
250m:	3:11.25	500m:	6:31.06	750m:	9:56.10	1000m:	13:21.19	1250m:	16:45.72	1500m:	20:04.90
5. Van Quekelberghe Kris			MEGA/11115/07 22:30.00		<b>21:28.58</b>						
50m:	36.94	300m:	4:09.14	550m:	7:42.55	800m:	11:17.65	1050m:	14:53.23	1300m:	18:34.30
100m:	1:17.47	350m:	4:51.40	600m:	8:25.07	850m:	12:00.60	1100m:	15:36.61	1350m:	19:19.11
150m:	1:59.56	400m:	5:34.72	650m:	9:07.43	900m:	12:44.47	1150m:	16:22.10	1400m:	20:02.52
200m:	2:42.76	450m:	6:17.48	700m:	9:51.48	950m:	13:27.06	1200m:	17:06.60	1450m:	20:46.29
250m:	3:25.81	500m:	7:00.55	750m:	10:33.96	1000m:	14:10.62	1250m:	17:49.97	1500m:	21:28.58
6. Van Uytven Robbe			OZEKA/11058/07 22:30.00		<b>22:30.98</b>						
50m:	37.61	300m:	4:13.80	550m:	7:55.82	800m:	11:40.75	1050m:	15:30.56	1300m:	19:25.55
100m:	1:20.60	350m:	4:58.26	600m:	8:39.97	850m:	12:26.66	1100m:	16:16.27	1350m:	20:13.07
150m:	2:04.54	400m:	5:42.39	650m:	9:24.32	900m:	13:13.06	1150m:	17:03.69	1400m:	20:59.92
200m:	2:47.83	450m:	6:26.36	700m:	10:10.29	950m:	13:59.23	1200m:	17:50.50	1450m:	21:46.69
250m:	3:30.34	500m:	7:11.05	750m:	10:55.04	1000m:	14:45.21	1250m:	18:38.17	1500m:	22:30.98

13 jaar

1. Verbist Benjamin			STW/11144/06 20:45.00		<b>18:52.35</b>						
50m:	32.74	300m:	3:42.68	550m:	6:56.43	800m:	10:07.53	1050m:	13:18.71	1300m:	16:27.56
100m:	1:09.94	350m:	4:20.97	600m:	7:35.04	850m:	10:45.83	1100m:	13:55.93	1350m:	17:05.38
150m:	1:47.99	400m:	4:59.85	650m:	8:13.51	900m:	11:24.05	1150m:	14:34.54	1400m:	17:42.38
200m:	2:26.25	450m:	5:38.81	700m:	8:51.64	950m:	12:02.87	1200m:	15:12.26	1450m:	18:18.33
250m:	3:04.17	500m:	6:17.68	750m:	9:30.12	1000m:	12:40.33	1250m:	15:50.00	1500m:	18:52.35
2. De Kimpe Tibo			DZO/11080/06 22:09.19		<b>21:08.75</b>						
50m:	36.21	300m:	4:05.36	550m:	7:39.12	800m:	11:12.96	1050m:	14:47.01	1300m:	18:20.42
100m:	1:16.82	350m:	4:47.87	600m:	8:22.73	850m:	11:55.66	1100m:	15:30.04	1350m:	19:03.23
150m:	1:58.75	400m:	5:30.54	650m:	9:05.68	900m:	12:38.34	1150m:	16:12.59	1400m:	19:45.92
200m:	2:40.57	450m:	6:13.08	700m:	9:48.63	950m:	13:21.77	1200m:	16:55.50	1450m:	20:28.44
250m:	3:23.09	500m:	6:56.16	750m:	10:31.61	1000m:	14:04.69	1250m:	17:37.94	1500m:	21:08.75

Provinciale kampioenschappen 'A' lange afstand  
Temse, 20/10/2019

Programmanr. 2, Heren, 1500m vrije slag

14 jaar

1. Talloen Sander		FIRST/11012/05 21:24.87				<b>17:21.95</b>					
50m:	30.80	300m:	3:27.96	550m:	6:25.23	800m:	9:22.33	1050m:	12:16.87	1300m:	15:10.14
100m:	1:05.67	350m:	4:03.17	600m:	7:00.81	850m:	9:57.37	1100m:	12:52.00	1350m:	15:44.84
150m:	1:41.27	400m:	4:38.35	650m:	7:36.39	900m:	10:32.73	1150m:	13:26.73	1400m:	16:19.53
200m:	2:16.86	450m:	5:13.77	700m:	8:11.69	950m:	11:07.66	1200m:	14:01.59	1450m:	16:51.89
250m:	2:52.55	500m:	5:49.60	750m:	8:47.34	1000m:	11:42.03	1250m:	14:35.97	1500m:	17:21.95
2. Herman Aidan		FIRST/11051/05 18:27.49				<b>17:55.32</b>					
50m:	31.60	300m:	3:32.56	550m:	6:34.36	800m:	9:35.62	1050m:	12:36.42	1300m:	15:36.80
100m:	1:06.94	350m:	4:08.76	600m:	7:10.33	850m:	10:11.83	1100m:	13:13.05	1350m:	16:13.14
150m:	1:42.95	400m:	4:44.73	650m:	7:46.78	900m:	10:47.99	1150m:	13:48.83	1400m:	16:48.63
200m:	2:19.61	450m:	5:21.17	700m:	8:23.35	950m:	11:24.23	1200m:	14:25.02	1450m:	17:23.71
250m:	2:56.16	500m:	5:57.66	750m:	8:59.40	1000m:	12:00.33	1250m:	15:01.14	1500m:	17:55.32
3. De Grauwe Arne		STW/11147/05 18:58.24				<b>18:08.72</b>					
50m:	31.45	300m:	3:30.68	550m:	6:31.99	800m:	9:34.89	1050m:	12:38.11	1300m:	15:43.33
100m:	1:06.86	350m:	4:07.00	600m:	7:08.50	850m:	10:11.45	1100m:	13:14.90	1350m:	16:20.50
150m:	1:42.83	400m:	4:43.33	650m:	7:44.90	900m:	10:48.11	1150m:	13:51.87	1400m:	16:57.16
200m:	2:18.40	450m:	5:19.57	700m:	8:21.24	950m:	11:24.67	1200m:	14:29.23	1450m:	17:33.90
250m:	2:54.51	500m:	5:55.80	750m:	8:57.95	1000m:	12:01.17	1250m:	15:06.17	1500m:	18:08.72
4. Schram Thor		MEGA/11071/05 18:53.12				<b>18:17.53</b>					
50m:	32.60	300m:	3:39.54	550m:	6:44.66	800m:	9:48.07	1050m:	12:51.86	1300m:	15:55.03
100m:	1:09.81	350m:	4:16.97	600m:	7:20.89	850m:	10:25.06	1100m:	13:28.96	1350m:	16:31.18
150m:	1:47.21	400m:	4:54.33	650m:	7:57.59	900m:	11:02.00	1150m:	14:05.64	1400m:	17:07.82
200m:	2:24.60	450m:	5:31.87	700m:	8:34.27	950m:	11:39.28	1200m:	14:42.63	1450m:	17:43.74
250m:	3:02.03	500m:	6:08.26	750m:	9:11.35	1000m:	12:15.06	1250m:	15:19.34	1500m:	18:17.53
5. D'Hooghe Kamiel		MEGA/11197/05 19:30.00				<b>18:40.67</b>					
50m:	33.82	300m:	3:39.57	550m:	6:46.58	800m:	9:54.72	1050m:	13:01.98	1300m:	16:11.83
100m:	1:10.84	350m:	4:17.27	600m:	7:23.84	850m:	10:31.89	1100m:	13:39.59	1350m:	16:49.22
150m:	1:47.93	400m:	4:54.12	650m:	8:01.33	900m:	11:09.22	1150m:	14:17.21	1400m:	17:26.79
200m:	2:25.16	450m:	5:31.57	700m:	8:39.11	950m:	11:47.19	1200m:	14:55.46	1450m:	18:05.00
250m:	3:02.23	500m:	6:09.10	750m:	9:16.86	1000m:	12:25.09	1250m:	15:33.74	1500m:	18:40.67
6. Hebb Quinten		STW/11041/05 18:50.04				<b>18:54.47</b>					
50m:	31.95	300m:	3:37.02	550m:	6:47.70	800m:	9:59.45	1050m:	13:11.26	1300m:	16:23.87
100m:	1:08.50	350m:	4:15.24	600m:	7:25.95	850m:	10:37.84	1100m:	13:50.16	1350m:	17:02.31
150m:	1:45.81	400m:	4:53.52	650m:	8:04.21	900m:	11:16.63	1150m:	14:28.66	1400m:	17:40.73
200m:	2:22.84	450m:	5:31.05	700m:	8:42.57	950m:	11:54.83	1200m:	15:06.93	1450m:	18:18.92
250m:	2:59.70	500m:	6:09.60	750m:	9:20.77	1000m:	12:32.93	1250m:	15:45.39	1500m:	18:54.47
7. Thys Bjarne		STW/11143/05 19:41.30				<b>18:59.02</b>					
50m:	33.16	300m:	3:41.80	550m:	6:53.70	800m:	10:05.85	1050m:	13:17.33	1300m:	16:30.32
100m:	1:09.86	350m:	4:19.81	600m:	7:32.47	850m:	10:43.58	1100m:	13:56.32	1350m:	17:08.17
150m:	1:48.02	400m:	4:58.42	650m:	8:10.77	900m:	11:21.95	1150m:	14:34.68	1400m:	17:46.18
200m:	2:26.10	450m:	5:36.62	700m:	8:48.86	950m:	11:59.94	1200m:	15:13.63	1450m:	18:24.18
250m:	3:04.29	500m:	6:15.13	750m:	9:27.31	1000m:	12:38.77	1250m:	15:51.88	1500m:	18:59.02
8. Van Hoorebeke Noah		FIRST/11070/05 20:51.59				<b>19:49.07</b>					
50m:	36.51	300m:	3:58.98	550m:	7:20.41	800m:	10:38.58	1050m:	13:58.38	1300m:	17:14.91
100m:	1:16.60	350m:	4:39.69	600m:	8:00.14	850m:	11:18.35	1100m:	14:38.21	1350m:	17:53.90
150m:	1:57.27	400m:	5:20.20	650m:	8:39.46	900m:	11:58.32	1150m:	15:17.65	1400m:	18:32.95
200m:	2:37.82	450m:	6:00.19	700m:	9:18.81	950m:	12:38.70	1200m:	15:56.57	1450m:	19:11.75
250m:	3:18.21	500m:	6:40.32	750m:	9:58.63	1000m:	13:19.01	1250m:	16:35.64	1500m:	19:49.07
9. De Mul Tom		MEGA/11198/05 20:00.00				<b>19:58.68</b>					
50m:	33.85	300m:	3:50.88	550m:	7:09.76	800m:	10:33.20	1050m:	13:57.04	1300m:	17:18.93
100m:	1:12.07	350m:	4:30.76	600m:	7:50.41	850m:	11:14.33	1100m:	14:37.66	1350m:	17:59.73
150m:	1:52.16	400m:	5:10.50	650m:	8:30.66	900m:	11:55.03	1150m:	15:17.84	1400m:	18:40.83
200m:	2:31.35	450m:	5:50.02	700m:	9:11.48	950m:	12:36.02	1200m:	15:58.40	1450m:	19:21.29
250m:	3:11.45	500m:	6:29.91	750m:	9:52.20	1000m:	13:16.61	1250m:	16:38.51	1500m:	19:58.68

Provinciale kampioenschappen 'A' lange afstand  
Temse, 20/10/2019

Programmanr. 2, Jongens, 1500m vrije slag, 14 jaar

Rang					Inschr.	Tijd	Pnt					
10.	Murat Emir		TSZ/11017/05		20:53.34	<b>20:12.12</b>						
	50m:	32.76	300m:	3:54.87	550m:	7:21.55	800m:	10:45.31	1050m:	14:11.78	1300m:	17:37.03
	100m:	1:11.79	350m:	4:36.03	600m:	8:01.97	850m:	11:26.31	1100m:	14:52.73	1350m:	18:17.42
	150m:	1:52.23	400m:	5:17.52	650m:	8:42.95	900m:	12:07.81	1150m:	15:33.70	1400m:	18:57.82
	200m:	2:32.84	450m:	5:58.64	700m:	9:23.47	950m:	12:49.54	1200m:	16:15.05	1450m:	19:35.55
	250m:	3:13.90	500m:	6:40.13	750m:	10:04.61	1000m:	13:31.12	1250m:	16:55.87	1500m:	20:12.12

15 - 16 jaar

1.	Van Hyfte Lennard		MEGA/11129/04		17:18.44	<b>16:57.98</b>						
	50m:	30.34	300m:	3:19.48	550m:	6:12.20	800m:	9:03.87	1050m:	11:53.99	1300m:	14:44.14
	100m:	1:03.80	350m:	3:53.93	600m:	6:46.73	850m:	9:37.75	1100m:	12:28.04	1350m:	15:18.36
	150m:	1:37.95	400m:	4:28.22	650m:	7:21.35	900m:	10:11.89	1150m:	13:02.28	1400m:	15:51.99
	200m:	2:11.70	450m:	5:02.73	700m:	7:55.15	950m:	10:45.66	1200m:	13:36.65	1450m:	16:26.05
	250m:	2:45.13	500m:	5:37.42	750m:	8:29.66	1000m:	11:19.75	1250m:	14:10.68	1500m:	16:57.98

2.	Van Hoecke Emile		MEGA/11066/03		18:37.38	<b>18:04.46</b>						
	50m:	31.91	300m:	3:34.36	550m:	6:35.18	800m:	9:36.70	1050m:	12:39.13	1300m:	15:41.36
	100m:	1:08.84	350m:	4:10.50	600m:	7:11.26	850m:	10:13.07	1100m:	13:15.55	1350m:	16:18.02
	150m:	1:45.76	400m:	4:46.73	650m:	7:47.43	900m:	10:49.31	1150m:	13:52.15	1400m:	16:54.81
	200m:	2:22.19	450m:	5:22.73	700m:	8:23.89	950m:	11:25.88	1200m:	14:28.83	1450m:	17:31.35
	250m:	2:58.23	500m:	5:59.04	750m:	9:00.47	1000m:	12:02.79	1250m:	15:04.98	1500m:	18:04.46

3.	Cockheyt Joeri		MEGA/21142/04		18:59.90	<b>18:17.75</b>						
	50m:	32.76	300m:	3:35.49	550m:	6:40.01	800m:	9:44.46	1050m:	12:48.80	1300m:	15:52.60
	100m:	1:08.96	350m:	4:12.43	600m:	7:17.09	850m:	10:21.43	1100m:	13:25.36	1350m:	16:29.77
	150m:	1:45.45	400m:	4:49.14	650m:	7:53.77	900m:	10:58.30	1150m:	14:01.91	1400m:	17:06.64
	200m:	2:22.28	450m:	5:26.12	700m:	8:31.00	950m:	11:35.32	1200m:	14:38.79	1450m:	17:43.27
	250m:	2:58.83	500m:	6:02.85	750m:	9:07.85	1000m:	12:11.98	1250m:	15:15.84	1500m:	18:17.75

4.	Hollevoet Quinten		TSZ/11048/04		18:25.92	<b>18:20.87</b>						
	50m:	29.09	300m:	3:22.54	550m:	6:25.45	800m:	9:28.92	1050m:	12:35.09	1300m:	15:46.10
	100m:	1:02.27	350m:	3:58.60	600m:	7:02.87	850m:	10:06.14	1100m:	13:12.58	1350m:	16:24.98
	150m:	1:36.72	400m:	4:35.28	650m:	7:38.93	900m:	10:43.77	1150m:	13:50.79	1400m:	17:04.80
	200m:	2:12.00	450m:	5:11.55	700m:	8:15.66	950m:	11:19.82	1200m:	14:29.82	1450m:	17:44.23
	250m:	2:47.57	500m:	5:48.11	750m:	8:52.83	1000m:	11:57.84	1250m:	15:09.22	1500m:	18:20.87

5.	Vandepitte Alexander		MEGA/10784/03		18:43.51	<b>18:20.98</b>						
	50m:	32.65	300m:	3:36.11	550m:	6:41.28	800m:	9:46.25	1050m:	12:50.54	1300m:	15:54.91
	100m:	1:09.26	350m:	4:13.28	600m:	7:18.29	850m:	10:22.85	1100m:	13:27.75	1350m:	16:31.65
	150m:	1:45.83	400m:	4:50.10	650m:	7:55.36	900m:	10:59.83	1150m:	14:04.21	1400m:	17:08.38
	200m:	2:22.63	450m:	5:26.98	700m:	8:32.11	950m:	11:36.37	1200m:	14:41.28	1450m:	17:45.40
	250m:	2:59.21	500m:	6:04.07	750m:	9:09.08	1000m:	12:13.48	1250m:	15:18.29	1500m:	18:20.98

6.	Penneman Arne		GBZ/11029/04		19:20.10	<b>18:21.83</b>						
	50m:	30.32	300m:	3:29.45	550m:	6:34.85	800m:	9:42.26	1050m:	12:50.25	1300m:	15:57.85
	100m:	1:04.87	350m:	4:06.57	600m:	7:12.22	850m:	10:20.10	1100m:	13:27.13	1350m:	16:33.81
	150m:	1:40.42	400m:	4:42.59	650m:	7:49.80	900m:	10:57.87	1150m:	14:05.09	1400m:	17:11.52
	200m:	2:16.61	450m:	5:19.05	700m:	8:27.77	950m:	11:35.03	1200m:	14:42.47	1450m:	17:49.14
	250m:	2:52.60	500m:	5:56.97	750m:	9:04.59	1000m:	12:12.61	1250m:	15:20.69	1500m:	18:21.83

7.	Gansemans Marnix		RSC/11010/03		18:20.81	<b>18:25.73</b>						
	50m:	30.67	300m:	3:29.48	550m:	6:37.18	800m:	9:44.23	1050m:	12:51.61	1300m:	15:58.48
	100m:	1:05.09	350m:	4:06.38	600m:	7:14.92	850m:	10:21.16	1100m:	13:29.25	1350m:	16:36.56
	150m:	1:40.29	400m:	4:43.64	650m:	7:52.12	900m:	10:58.70	1150m:	14:05.58	1400m:	17:13.71
	200m:	2:16.18	450m:	5:20.96	700m:	8:29.28	950m:	11:36.01	1200m:	14:43.22	1450m:	17:50.79
	250m:	2:52.70	500m:	5:59.25	750m:	9:06.85	1000m:	12:13.84	1250m:	15:21.03	1500m:	18:25.73

Provinciale kampioenschappen 'A' lange afstand  
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Programmanr. 2, Jongens, 1500m vrije slag, 15 - 16 jaar

Rang					Inschr.	Tijd	Pnt	
8.	Roelstraete Wout		MEGA/11000/03		18:54.44	<b>18:40.36</b>		
	50m: 31.28	300m: 3:31.14	550m: 6:36.70	800m: 9:46.71	1050m: 12:56.70	1300m: 16:09.02		
	100m: 1:06.08	350m: 4:07.85	600m: 7:14.70	850m: 10:24.39	1100m: 13:34.99	1350m: 16:47.14		
	150m: 1:41.89	400m: 4:44.55	650m: 7:52.75	900m: 11:02.11	1150m: 14:13.06	1400m: 17:25.74		
	200m: 2:18.02	450m: 5:21.98	700m: 8:30.61	950m: 11:40.39	1200m: 14:51.17	1450m: 18:04.18		
	250m: 2:54.46	500m: 5:59.30	750m: 9:08.45	1000m: 12:18.87	1250m: 15:30.31	1500m: 18:40.36		
9.	Sapijn Kobe		FIRST/11007/04		18:53.91	<b>18:47.95</b>		
	50m: 32.00	300m: 3:40.97	550m: 6:52.06	800m: 10:03.61	1050m: 13:14.29	1300m: 16:22.44		
	100m: 1:08.47	350m: 4:19.45	600m: 7:31.10	850m: 10:41.65	1100m: 13:51.86	1350m: 16:59.02		
	150m: 1:46.21	400m: 4:56.92	650m: 8:09.00	900m: 11:19.31	1150m: 14:28.95	1400m: 17:36.28		
	200m: 2:24.30	450m: 5:35.99	700m: 8:47.34	950m: 11:57.43	1200m: 15:06.05	1450m: 18:14.53		
	250m: 3:02.75	500m: 6:13.82	750m: 9:24.95	1000m: 12:35.61	1250m: 15:44.37	1500m: 18:47.95		
10.	Vermeire Yorben		FIRST/11036/04		19:53.53	<b>19:19.04</b>		
	50m: 31.98	300m: 3:35.72	550m: 6:50.54	800m: 10:06.71	1050m: 13:23.08	1300m: 16:44.22		
	100m: 1:07.13	350m: 4:13.94	600m: 7:29.85	850m: 10:45.63	1100m: 14:03.38	1350m: 17:25.19		
	150m: 1:43.21	400m: 4:52.77	650m: 8:09.17	900m: 11:25.23	1150m: 14:43.36	1400m: 18:05.60		
	200m: 2:20.18	450m: 5:32.18	700m: 8:48.43	950m: 12:05.59	1200m: 15:23.16	1450m: 18:44.03		
	250m: 2:57.50	500m: 6:11.09	750m: 9:27.64	1000m: 12:44.71	1250m: 16:03.80	1500m: 19:19.04		
11.	Aazibou Mattis		DZO/11008/04		19:49.82	<b>19:20.51</b>		
	50m: 33.13	300m: 3:44.45	550m: 6:58.46	800m: 10:16.15	1050m: 13:32.70	1300m: 16:46.68		
	100m: 1:11.00	350m: 4:23.20	600m: 7:37.70	850m: 10:55.70	1100m: 14:10.55	1350m: 17:26.00		
	150m: 1:49.41	400m: 5:01.93	650m: 8:16.99	900m: 11:35.40	1150m: 14:49.75	1400m: 18:04.48		
	200m: 2:27.99	450m: 5:40.49	700m: 8:56.27	950m: 12:14.78	1200m: 15:28.95	1450m: 18:43.05		
	250m: 3:06.03	500m: 6:19.08	750m: 9:36.12	1000m: 12:54.34	1250m: 16:08.01	1500m: 19:20.51		
FF	Verbist Stijn		FFSTW/11060/04		17:53.81			
17 - 18 jaar								
1.	Weyts Yaron		STW/11011/02		16:16.43	<b>16:52.16</b>		
	50m: 29.04	300m: 3:11.01	550m: 5:57.94	800m: 8:48.69	1050m: 11:40.81	1300m: 14:34.05		
	100m: 1:00.66	350m: 3:44.14	600m: 6:31.93	850m: 9:22.92	1100m: 12:15.06	1350m: 15:08.90		
	150m: 1:33.22	400m: 4:17.05	650m: 7:06.26	900m: 9:57.24	1150m: 12:49.43	1400m: 15:43.73		
	200m: 2:05.54	450m: 4:50.30	700m: 7:39.85	950m: 10:31.49	1200m: 13:24.10	1450m: 16:18.39		
	250m: 2:38.40	500m: 5:24.04	750m: 8:14.02	1000m: 11:06.08	1250m: 13:59.03	1500m: 16:52.16		
2.	Van Synghele Noah		FIRST/11108/02		16:47.62	<b>17:16.03</b>		
	50m: 30.43	300m: 3:22.07	550m: 6:15.56	800m: 9:08.96	1050m: 12:02.53	1300m: 14:56.98		
	100m: 1:04.72	350m: 3:56.56	600m: 6:50.56	850m: 9:43.67	1100m: 12:37.59	1350m: 15:31.93		
	150m: 1:39.34	400m: 4:31.06	650m: 7:25.17	900m: 10:18.47	1150m: 13:12.56	1400m: 16:07.19		
	200m: 2:13.65	450m: 5:05.85	700m: 7:59.51	950m: 10:53.32	1200m: 13:47.40	1450m: 16:42.27		
	250m: 2:47.65	500m: 5:40.57	750m: 8:34.24	1000m: 11:27.90	1250m: 14:21.91	1500m: 17:16.03		
3.	Gobert Sam		MEGA/11004/02		18:26.31	<b>17:59.05</b>		
	50m: 31.38	300m: 3:27.04	550m: 6:28.82	800m: 9:32.37	1050m: 12:37.66	1300m: 15:39.13		
	100m: 1:05.08	350m: 4:03.25	600m: 7:05.74	850m: 10:09.89	1100m: 13:13.77	1350m: 16:15.53		
	150m: 1:40.48	400m: 4:39.35	650m: 7:42.29	900m: 10:47.14	1150m: 13:50.10	1400m: 16:51.52		
	200m: 2:15.37	450m: 5:15.91	700m: 8:19.35	950m: 11:24.24	1200m: 14:26.25	1450m: 17:27.36		
	250m: 2:51.27	500m: 5:52.28	750m: 8:55.99	1000m: 12:00.92	1250m: 15:02.73	1500m: 17:59.05		
4.	Jonckheere Yori		RSC/11035/02		18:38.93	<b>18:04.09</b>		
	50m: 30.69	300m: 3:28.39	550m: 6:30.43	800m: 9:34.02	1050m: 12:37.74	1300m: 15:42.21		
	100m: 1:05.27	350m: 4:04.45	600m: 7:07.07	850m: 10:10.20	1100m: 13:14.51	1350m: 16:18.92		
	150m: 1:40.68	400m: 4:41.05	650m: 7:43.73	900m: 10:47.05	1150m: 13:51.21	1400m: 16:55.66		
	200m: 2:16.39	450m: 5:17.47	700m: 8:20.66	950m: 11:23.26	1200m: 14:28.44	1450m: 17:32.27		
	250m: 2:52.44	500m: 5:53.83	750m: 8:57.42	1000m: 12:00.53	1250m: 15:05.39	1500m: 18:04.09		



Provinciale kampioenschappen 'A' lange afstand  
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Programmanr. 2, Jongens, 1500m vrije slag, 17 - 18 jaar

Rang					Inschr.	Tijd	Pnt					
5.	De Meester Wout		STW/11108/02		18:07.75	<b>18:31.84</b>						
	50m:	30.38	300m:	3:28.87	550m:	6:36.08	800m:	9:45.51	1050m:	12:53.89	1300m:	16:04.65
	100m:	1:04.28	350m:	4:05.46	600m:	7:14.34	850m:	10:23.29	1100m:	13:31.70	1350m:	16:42.41
	150m:	1:39.66	400m:	4:42.70	650m:	7:52.17	900m:	11:01.07	1150m:	14:10.13	1400m:	17:19.66
	200m:	2:16.40	450m:	5:19.93	700m:	8:29.93	950m:	11:38.76	1200m:	14:48.75	1450m:	17:57.10
	250m:	2:52.46	500m:	5:57.82	750m:	9:07.98	1000m:	12:16.17	1250m:	15:26.77	1500m:	18:31.84
6.	Wielfaert Wout		OZEKA/11026/0119:33.31			<b>18:33.05</b>						
	50m:	31.04	300m:	3:34.02	550m:	6:42.50	800m:	9:52.04	1050m:	12:59.31	1300m:	16:06.31
	100m:	1:06.60	350m:	4:11.65	600m:	7:20.40	850m:	10:29.98	1100m:	13:36.66	1350m:	16:43.48
	150m:	1:42.86	400m:	4:49.30	650m:	7:58.37	900m:	11:07.36	1150m:	14:14.07	1400m:	17:20.14
	200m:	2:19.60	450m:	5:26.93	700m:	8:36.36	950m:	11:44.55	1200m:	14:51.64	1450m:	17:56.87
	250m:	2:56.81	500m:	6:04.79	750m:	9:14.07	1000m:	12:22.19	1250m:	15:28.99	1500m:	18:33.05
7.	Simoens Kian		MEGA/11143/02		20:00.00	<b>19:54.84</b>						
	50m:	35.02	300m:	3:54.02	550m:	7:15.51	800m:	10:38.20	1050m:	13:58.94	1300m:	17:17.80
	100m:	1:14.07	350m:	4:34.28	600m:	7:56.13	850m:	11:18.27	1100m:	14:38.56	1350m:	17:57.62
	150m:	1:53.82	400m:	5:14.95	650m:	8:36.74	900m:	11:58.19	1150m:	15:18.65	1400m:	18:37.47
	200m:	2:33.86	450m:	5:55.11	700m:	9:17.41	950m:	12:38.19	1200m:	15:58.40	1450m:	19:16.70
	250m:	3:13.70	500m:	6:34.89	750m:	9:57.89	1000m:	13:18.48	1250m:	16:37.90	1500m:	19:54.84
FF	Hollevoet Robbe		FFTSZ/11046/02		18:02.43							
19 jaar en ouder												
1.	Loones Matthias		MEGA/11031/97		15:59.82	<b>16:12.38</b>						
	50m:	28.97	300m:	3:08.31	550m:	5:50.56	800m:	8:33.30	1050m:	11:16.71	1300m:	14:01.14
	100m:	1:00.46	350m:	3:40.59	600m:	6:23.23	850m:	9:06.00	1100m:	11:49.73	1350m:	14:34.47
	150m:	1:32.31	400m:	4:12.89	650m:	6:55.53	900m:	9:38.63	1150m:	12:22.64	1400m:	15:07.76
	200m:	2:03.97	450m:	4:45.37	700m:	7:27.96	950m:	10:11.10	1200m:	12:55.55	1450m:	15:40.92
	250m:	2:36.14	500m:	5:17.96	750m:	8:00.41	1000m:	10:43.86	1250m:	13:28.31	1500m:	16:12.38
2.	Guldentops Kevin		FIRST/11130/00		17:01.48	<b>16:52.83</b>						
	50m:	29.56	300m:	3:15.57	550m:	6:04.59	800m:	8:54.92	1050m:	11:47.16	1300m:	14:40.46
	100m:	1:01.80	350m:	3:48.88	600m:	6:38.37	850m:	9:29.51	1100m:	12:22.22	1350m:	15:14.19
	150m:	1:35.13	400m:	4:22.55	650m:	7:12.15	900m:	10:03.84	1150m:	12:57.08	1400m:	15:48.10
	200m:	2:08.58	450m:	4:56.38	700m:	7:46.46	950m:	10:38.00	1200m:	13:30.75	1450m:	16:21.85
	250m:	2:42.13	500m:	5:30.47	750m:	8:20.60	1000m:	11:12.37	1250m:	14:05.50	1500m:	16:52.83
3.	Wittevrongel Jorik		MEGA/10488/99		16:40.87	<b>16:53.02</b>						
	50m:	30.35	300m:	3:16.00	550m:	6:04.19	800m:	8:55.04	1050m:	11:47.63	1300m:	14:39.46
	100m:	1:02.68	350m:	3:49.15	600m:	6:37.78	850m:	9:29.44	1100m:	12:21.77	1350m:	15:14.40
	150m:	1:35.94	400m:	4:22.58	650m:	7:11.86	900m:	10:03.70	1150m:	12:56.48	1400m:	15:48.78
	200m:	2:09.45	450m:	4:56.39	700m:	7:46.19	950m:	10:38.54	1200m:	13:30.40	1450m:	16:22.27
	250m:	2:42.70	500m:	5:30.14	750m:	8:20.71	1000m:	11:12.93	1250m:	14:04.90	1500m:	16:53.02
4.	Vandorpe Aaron		RSC/21041/00		18:08.77	<b>17:58.53</b>						
	50m:	29.34	300m:	3:25.18	550m:	6:27.26	800m:	9:29.83	1050m:	12:33.32	1300m:	15:35.57
	100m:	1:01.69	350m:	4:01.25	600m:	7:03.40	850m:	10:06.61	1100m:	13:09.47	1350m:	16:12.30
	150m:	1:36.26	400m:	4:37.42	650m:	7:39.96	900m:	10:43.30	1150m:	13:45.51	1400m:	16:48.42
	200m:	2:12.36	450m:	5:13.83	700m:	8:16.47	950m:	11:20.13	1200m:	14:22.67	1450m:	17:24.51
	250m:	2:48.89	500m:	5:50.21	750m:	8:53.24	1000m:	11:56.70	1250m:	14:59.30	1500m:	17:58.53
5.	Van Walle Jonas		STW/11058/00		18:10.10	<b>18:01.81</b>						
	50m:	29.19	300m:	3:23.24	550m:	6:25.11	800m:	9:28.72	1050m:	12:33.54	1300m:	15:39.24
	100m:	1:02.13	350m:	3:59.29	600m:	7:01.79	850m:	10:05.24	1100m:	13:10.67	1350m:	16:15.49
	150m:	1:36.56	400m:	4:35.24	650m:	7:38.46	900m:	10:42.31	1150m:	13:47.88	1400m:	16:52.52
	200m:	2:11.99	450m:	5:11.12	700m:	8:15.00	950m:	11:19.47	1200m:	14:24.94	1450m:	17:28.90
	250m:	2:47.72	500m:	5:48.09	750m:	8:51.78	1000m:	11:56.31	1250m:	15:01.83	1500m:	18:01.81

Provinciale kampioenschappen 'A' lange afstand  
Temse, 20/10/2019

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Programmanr. 2, Heren, 1500m vrije slag, 19 jaar en ouder

Rang						Inscr.	Tijd	Pnt				
6.	Terryn Julien				RSC/10002/93	18:00.04	<b>18:16.09</b>					
	50m:	31.13	300m:	3:26.73	550m:	6:26.22	800m:	9:30.23	1050m:	12:38.97	1300m:	15:48.76
	100m:	1:05.25	350m:	4:02.30	600m:	7:02.64	850m:	10:07.76	1100m:	13:17.01	1350m:	16:26.62
	150m:	1:40.40	400m:	4:38.12	650m:	7:39.10	900m:	10:45.83	1150m:	13:54.75	1400m:	17:04.01
	200m:	2:16.02	450m:	5:14.03	700m:	8:15.99	950m:	11:23.24	1200m:	14:32.83	1450m:	17:40.50
	250m:	2:51.19	500m:	5:50.06	750m:	8:53.02	1000m:	12:01.20	1250m:	15:10.85	1500m:	18:16.09