

PK lange afstand OV & WV
Zwevegem, 5/11/2023

Programmanr. 1
05/11/2023 - 9:00

Dames, 800m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang			Inschr.	Tijd	Pnt							
11 jarigen West-Vlaanderen												
1.	Velghe Laura		IKZ/21118/12	10:22.00	10:45.09	405						
	100m:	1:13.61	1:13.61	300m:	3:56.02	1:21.36	500m:	6:41.27	1:22.46	700m:	9:25.98	1:22.30
	200m:	2:34.66	1:21.05	400m:	5:18.81	1:22.79	600m:	8:03.68	1:22.41	800m:	10:45.09	1:19.11
2.	Vernieuwe Irene		TZT/21110/12	13:14.18	11:43.84	312						
	100m:	1:23.91	1:23.91	300m:	4:20.85	1:28.85	500m:	7:22.78	1:31.85	700m:	10:21.37	1:28.92
	200m:	2:52.00	1:28.09	400m:	5:50.93	1:30.08	600m:	8:52.45	1:29.67	800m:	11:43.84	1:22.47
3.	Verstraete Linde		IKZ/21128/12	12:30.00	11:48.24	306						
	100m:	1:24.21	1:24.21	300m:	4:25.25	1:30.48	500m:	7:27.23	1:30.50	700m:	10:27.35	1:29.97
	200m:	2:54.77	1:30.56	400m:	5:56.73	1:31.48	600m:	8:57.38	1:30.15	800m:	11:48.24	1:20.89
4.	Noppe Pauline		IKZ/21126/12	12:08.00	11:50.89	302						
	100m:	1:22.61	1:22.61	300m:	4:23.25	1:29.73	500m:	7:22.88	1:29.55	700m:	10:26.71	1:31.30
	200m:	2:53.52	1:30.91	400m:	5:53.33	1:30.08	600m:	8:55.41	1:32.53	800m:	11:50.89	1:24.18
5.	Huyben Isolde		TZT/21123/12	12:23.16	12:00.30	291						
	100m:	1:23.30	1:23.30	300m:	4:25.82	1:31.33	500m:	7:30.31	1:31.30	700m:	10:35.24	1:31.85
	200m:	2:54.49	1:31.19	400m:	5:59.01	1:33.19	600m:	9:03.39	1:33.08	800m:	12:00.30	1:25.06
6.	Casteleyn Yana		ZB/21081/12	13:35.00	12:12.83	276						
	100m:	1:24.09	1:24.09	300m:	4:31.99	1:33.97	500m:	7:38.07	1:32.49	700m:	10:45.79	1:33.66
	200m:	2:58.02	1:33.93	400m:	6:05.58	1:33.59	600m:	9:12.13	1:34.06	800m:	12:12.83	1:27.04
7.	Wenes Joelia		MZK/21141/12	13:30.00	12:46.36	241						
	100m:	1:32.84	1:32.84	300m:	4:47.91	1:36.60	500m:	8:01.71	1:36.35	700m:	11:14.43	1:36.08
	200m:	3:11.31	1:38.47	400m:	6:25.36	1:37.45	600m:	9:38.35	1:36.64	800m:	12:46.36	1:31.93
8.	Callens Margaux		UZKZ/21118/12	14:38.69	13:04.13	225						
	100m:	1:36.69	1:36.69	300m:	4:57.03	1:40.55	500m:	8:15.92	1:39.43	700m:	11:31.88	1:37.59
	200m:	3:16.48	1:39.79	400m:	6:36.49	1:39.46	600m:	9:54.29	1:38.37	800m:	13:04.13	1:32.25
9.	Huysentruyt Flore-Marie		UZKZ/21126/12	14:24.41	13:41.72	196						
	100m:	1:35.96	1:35.96	300m:	5:04.30	1:45.53	500m:	8:36.27	1:45.46	700m:	12:06.66	1:44.99
	200m:	3:18.77	1:42.81	400m:	6:50.81	1:46.51	600m:	10:21.67	1:45.40	800m:	13:41.72	1:35.06
11 jarigen Oost-Vlaanderen												
1.	De Vreese Julie		MEGA/21418/12	12:15.33	11:27.43	334						
	100m:	1:17.61	1:17.61	300m:	4:11.75	1:28.29	500m:	7:08.09	1:27.61	700m:	10:04.69	1:28.93
	200m:	2:43.46	1:25.85	400m:	5:40.48	1:28.73	600m:	8:35.76	1:27.67	800m:	11:27.43	1:22.74
2.	Boterbergh Lieke		AST/21065/12	13:30.00	11:40.54	316						
	100m:	1:22.11	1:22.11	300m:	4:18.13	1:28.23	500m:	7:16.21	1:27.82	700m:	10:14.65	1:29.28
	200m:	2:49.90	1:27.79	400m:	5:48.39	1:30.26	600m:	8:45.37	1:29.16	800m:	11:40.54	1:25.89
3.	Blancquaert Camille		MEGA/21348/12	11:20.05	12:00.35	291						
	100m:	1:22.02	1:22.02	300m:	4:19.87	1:30.40	500m:	7:26.70	1:34.26	700m:	10:35.57	1:33.41
	200m:	2:49.47	1:27.45	400m:	5:52.44	1:32.57	600m:	9:02.16	1:35.46	800m:	12:00.35	1:24.78
4.	Vanhaecke Juliette		MEGA/21419/12	13:15.72	12:47.20	240						
	100m:	1:28.60	1:28.60	300m:	4:43.18	1:38.06	500m:	8:00.19	1:38.44	700m:	11:15.42	1:38.27
	200m:	3:05.12	1:36.52	400m:	6:21.75	1:38.57	600m:	9:37.15	1:36.96	800m:	12:47.20	1:31.78
5.	Vander Mijnsbrugge Lore		AZL/21109/12	14:09.57	13:00.21	229						
	100m:	1:27.28	1:27.28	300m:	4:41.76	1:38.53	500m:	8:04.91	1:40.96	700m:	11:28.23	1:42.42
	200m:	3:03.23	1:35.95	400m:	6:23.95	1:42.19	600m:	9:45.81	1:40.90	800m:	13:00.21	1:31.98

PK lange afstand OV & WV
Zwevegem, 5/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 11 jarigen Oost-Vlaanderen

Rang				Inschr.		Tijd	Pnt					
6.	Rutten Leonie			FIRST/21301/12	15:30.00	13:39.21	197					
	100m:	1:34.55	1:34.55	300m:	5:02.72	1:44.37	500m:	8:33.81	1:46.11	700m:	12:00.46	1:42.25
	200m:	3:18.35	1:43.80	400m:	6:47.70	1:44.98	600m:	10:18.21	1:44.40	800m:	13:39.21	1:38.75
7.	Isildak Clara			FIRST/21298/12	15:30.00	13:46.72	192					
	100m:	1:30.78	1:30.78	300m:	4:58.34	1:43.79	500m:	8:32.77	1:48.03	700m:	12:08.46	1:49.25
	200m:	3:14.55	1:43.77	400m:	6:44.74	1:46.40	600m:	10:19.21	1:46.44	800m:	13:46.72	1:38.26

12 Jarigen West-Vlaanderen

1.	Lammens Mary			TZT/21095/11	10:21.82	9:42.97	549					
	100m:	1:08.85	1:08.85	300m:	3:35.41	1:13.65	500m:	6:01.21	1:13.12	700m:	8:30.60	1:14.87
	200m:	2:21.76	1:12.91	400m:	4:48.09	1:12.68	600m:	7:15.73	1:14.52	800m:	9:42.97	1:12.37
2.	De Bruycker Chloë			TZT/21096/11	11:40.96	9:50.36	528					
	100m:	1:12.83	1:12.83	300m:	3:43.88	1:15.12	500m:	6:13.21	1:14.60	700m:	8:40.42	1:13.27
	200m:	2:28.76	1:15.93	400m:	4:58.61	1:14.73	600m:	7:27.15	1:13.94	800m:	9:50.36	1:09.94
3.	Vandekerckhove Juliette			TZT/21114/11	10:58.52	10:05.70	489					
	100m:	1:13.47	1:13.47	300m:	3:45.51	1:15.90	500m:	6:18.94	1:16.52	700m:	8:52.57	1:16.56
	200m:	2:29.61	1:16.14	400m:	5:02.42	1:16.91	600m:	7:36.01	1:17.07	800m:	10:05.70	1:13.13
4.	Linskens Elloise			TZT/21098/11	11:21.12	10:12.81	472					
	100m:	1:13.42	1:13.42	300m:	3:48.23	1:17.87	500m:	6:23.83	1:17.63	700m:	8:58.69	1:17.45
	200m:	2:30.36	1:16.94	400m:	5:06.20	1:17.97	600m:	7:41.24	1:17.41	800m:	10:12.81	1:14.12
5.	Meulemeester Nore			TZT/21101/11	11:20.54	10:28.92	437					
	100m:	1:15.20	1:15.20	300m:	3:56.42	1:19.85	500m:	6:35.35	1:19.19	700m:	9:12.89	1:18.84
	200m:	2:36.57	1:21.37	400m:	5:16.16	1:19.74	600m:	7:54.05	1:18.70	800m:	10:28.92	1:16.03
6.	Coopman Isolde			TZT/21104/11	11:28.97	10:29.29	436					
	100m:	1:12.99	1:12.99	300m:	3:49.31	1:19.20	500m:	6:30.48	1:20.98	700m:	9:11.01	1:20.08
	200m:	2:30.11	1:17.12	400m:	5:09.50	1:20.19	600m:	7:50.93	1:20.45	800m:	10:29.29	1:18.28
7.	Depaepe Elize			ROSC/21236/11	10:25.00	10:35.17	424					
	100m:	1:16.03	1:16.03	300m:	3:54.35	1:19.38	500m:	6:35.00	1:20.38	700m:	9:17.43	1:21.50
	200m:	2:34.97	1:18.94	400m:	5:14.62	1:20.27	600m:	7:55.93	1:20.93	800m:	10:35.17	1:17.74
8.	Darras Nina			TZT/21097/11	12:22.61	10:37.02	420					
	100m:	1:15.47	1:15.47	300m:	3:56.42	1:19.82	500m:	6:37.93	1:20.97	700m:	9:19.93	1:21.49
	200m:	2:36.60	1:21.13	400m:	5:16.96	1:20.54	600m:	7:58.44	1:20.51	800m:	10:37.02	1:17.09
9.	Van Houcke Imke			KWZC/21078/11	11:22.61	10:54.97	387					
	100m:	1:16.82	1:16.82	300m:	4:03.61	1:23.93	500m:	6:50.13	1:23.11	700m:	9:36.11	1:22.59
	200m:	2:39.68	1:22.86	400m:	5:27.02	1:23.41	600m:	8:13.52	1:23.39	800m:	10:54.97	1:18.86
10.	Druwel Nora			ZTB/21057/11	11:12.07	10:56.63	384					
	100m:	1:17.52	1:17.52	300m:	4:04.69	1:24.21	500m:	6:53.17	1:23.83	700m:	9:38.94	1:22.55
	200m:	2:40.48	1:22.96	400m:	5:29.34	1:24.65	600m:	8:16.39	1:23.22	800m:	10:56.63	1:17.69
11.	Schacht Hanne			IKZ/21104/11	11:08.83	10:57.86	382					
	100m:	1:13.74	1:13.74	300m:	4:00.14	1:24.20	500m:	6:49.09	1:24.67	700m:	9:38.46	1:24.00
	200m:	2:35.94	1:22.20	400m:	5:24.42	1:24.28	600m:	8:14.46	1:25.37	800m:	10:57.86	1:19.40
12.	De Bruyne Silke			MZK/21128/11	12:42.17	11:22.32	342					
	100m:	1:21.13	1:21.13	300m:	4:15.48	1:26.85	500m:	7:11.35	1:28.33	700m:	10:01.88	1:24.17
	200m:	2:48.63	1:27.50	400m:	5:43.02	1:27.54	600m:	8:37.71	1:26.36	800m:	11:22.32	1:20.44
13.	Bonassi H�el�ene			UZKZ/21124/11	12:52.13	11:45.69	309					
	100m:	1:23.46	1:23.46	300m:	4:24.35	1:30.38	500m:	7:24.63	1:29.80	700m:	10:22.76	1:29.08
	200m:	2:53.97	1:30.51	400m:	5:54.83	1:30.48	600m:	8:53.68	1:29.05	800m:	11:45.69	1:22.93

PK lange afstand OV & WV
Zwevegem, 5/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 12 Jarigen West-Vlaanderen

Rang				Inschr.	Tijd	Pnt						
14.	Verhelst Tiele			IKZ/21113/11	12:30.00	11:49.93	304					
	100m:	1:20.52	1:20.52	300m:	4:21.06	1:30.98	500m:	7:21.79	1:29.84	700m:	10:24.61	1:31.34
	200m:	2:50.08	1:29.56	400m:	5:51.95	1:30.89	600m:	8:53.27	1:31.48	800m:	11:49.93	1:25.32
15.	Vandemaele Ellie			UZKZ/21123/11	13:44.28	12:40.27	247					
	100m:	1:28.80	1:28.80	300m:	4:42.12	1:36.97	500m:	7:54.13	1:36.00	700m:	11:07.15	1:36.49
	200m:	3:05.15	1:36.35	400m:	6:18.13	1:36.01	600m:	9:30.66	1:36.53	800m:	12:40.27	1:33.12

12 Jarigen Oost-Vlaanderen

1.	De Cuyper Maylée			FAST/21034/11	12:01.09	10:37.07	420					
	100m:	1:13.10	1:13.10	300m:	3:51.59	1:20.69	500m:	6:33.88	1:21.38	700m:	9:17.35	1:21.96
	200m:	2:30.90	1:17.80	400m:	5:12.50	1:20.91	600m:	7:55.39	1:21.51	800m:	10:37.07	1:19.72
2.	Maes Noor			AST/21062/11	12:12.97	10:38.23	418					
	100m:	1:12.28	1:12.28	300m:	3:54.16	1:21.78	500m:	6:37.38	1:20.86	700m:	9:20.21	1:21.06
	200m:	2:32.38	1:20.10	400m:	5:16.52	1:22.36	600m:	7:59.15	1:21.77	800m:	10:38.23	1:18.02
3.	Malfait Lizanna (Lizi)			FAST/21024/11	12:00.15	11:22.55	342					
	100m:	1:22.00	1:22.00	300m:	4:17.08	1:27.39	500m:	7:10.48	1:27.00	700m:	10:01.34	1:25.36
	200m:	2:49.69	1:27.69	400m:	5:43.48	1:26.40	600m:	8:35.98	1:25.50	800m:	11:22.55	1:21.21
4.	Strobbe Maja			MEGA/21394/11	12:30.05	11:31.01	329					
	100m:	1:19.66	1:19.66	300m:	4:13.87	1:27.61	500m:	7:12.58	1:28.99	700m:	10:08.80	1:27.16
	200m:	2:46.26	1:26.60	400m:	5:43.59	1:29.72	600m:	8:41.64	1:29.06	800m:	11:31.01	1:22.21
5.	Meganck Lio			AST/21063/11	13:30.00	11:43.00	313					
	100m:	1:23.10	1:23.10	300m:	4:22.26	1:29.90	500m:	7:19.42	1:28.49	700m:	10:16.85	1:28.34
	200m:	2:52.36	1:29.26	400m:	5:50.93	1:28.67	600m:	8:48.51	1:29.09	800m:	11:43.00	1:26.15
6.	Bulckaen Janne			MEGA/21327/11	11:56.05	12:00.95	290					
	100m:	1:23.24	1:23.24	300m:	4:26.82	1:32.73	500m:	7:31.18	1:32.00	700m:	10:34.96	1:30.32
	200m:	2:54.09	1:30.85	400m:	5:59.18	1:32.36	600m:	9:04.64	1:33.46	800m:	12:00.95	1:25.99
7.	Privé Inès			FAST/21097/11	13:42.66	12:12.67	276					
	100m:	1:27.66	1:27.66	300m:	4:35.08	1:33.76	500m:	7:41.88	1:34.34	700m:	10:47.43	1:30.67
	200m:	3:01.32	1:33.66	400m:	6:07.54	1:32.46	600m:	9:16.76	1:34.88	800m:	12:12.67	1:25.24
8.	Van Ooteghem Kyana			FAST/21095/11	13:45.65	12:36.67	251					
	100m:	1:26.80	1:26.80	300m:	4:38.31	1:35.80	500m:	7:51.38	1:36.25	700m:	11:05.73	1:37.49
	200m:	3:02.51	1:35.71	400m:	6:15.13	1:36.82	600m:	9:28.24	1:36.86	800m:	12:36.67	1:30.94
9.	Vander Mijnsbrugge Lani			AZL/21108/11	13:24.11	12:49.40	238					
	100m:	1:22.31	1:22.31	300m:	4:33.53	1:35.68	500m:	7:51.98	1:41.19	700m:	11:15.95	1:39.80
	200m:	2:57.85	1:35.54	400m:	6:10.79	1:37.26	600m:	9:36.15	1:44.17	800m:	12:49.40	1:33.45

13 Jarigen West-Vlaanderen

1.	Decoutere Imani			KZK/21111/10	10:30.82	9:53.63	520					
	100m:	1:10.14	1:10.14	300m:	3:39.84	1:15.06	500m:	6:10.59	1:15.74	700m:	8:41.06	1:15.18
	200m:	2:24.78	1:14.64	400m:	4:54.85	1:15.01	600m:	7:25.88	1:15.29	800m:	9:53.63	1:12.57
2.	Desmet Lieze			TZT/21077/10	10:00.68	9:56.21	513					
	100m:	1:09.91	1:09.91	300m:	3:39.79	1:14.85	500m:	6:10.49	1:15.26	700m:	8:41.83	1:15.79
	200m:	2:24.94	1:15.03	400m:	4:55.23	1:15.44	600m:	7:26.04	1:15.55	800m:	9:56.21	1:14.38
3.	Van Cauwenberge Catho			ROSC/21278/10	10:20.00	10:22.85	450					
	100m:	1:12.79	1:12.79	300m:	3:50.08	1:18.42	500m:	6:28.15	1:19.09	700m:	9:05.80	1:18.55
	200m:	2:31.66	1:18.87	400m:	5:09.06	1:18.98	600m:	7:47.25	1:19.10	800m:	10:22.85	1:17.05

PK lange afstand OV & WV
Zwevegem, 5/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 13 Jarigen West-Vlaanderen

Rang	Inschr.	Tijd	Pnt
4.	Deraedt Tille KWZC/21082/10 12:16.96	11:06.49	367
	100m: 1:16.32 1:16.32 300m: 4:06.45 1:26.46 500m: 6:57.40 1:25.82 700m: 9:46.95 1:24.94		
	200m: 2:39.99 1:23.67 400m: 5:31.58 1:25.13 600m: 8:22.01 1:24.61 800m: 11:06.49 1:19.54		
5.	Casier Camille UZKZ/21107/10 11:40.61	11:15.51	353
	100m: 1:20.21 1:20.21 300m: 4:10.79 1:25.16 500m: 7:01.99 1:25.33 700m: 9:49.66 1:22.74		
	200m: 2:45.63 1:25.42 400m: 5:36.66 1:25.87 600m: 8:26.92 1:24.93 800m: 11:15.51 1:25.85		
6.	Meurisse Kyana UZKZ/21150/10 11:53.72	11:36.88	321
	100m: 1:21.56 1:21.56 300m: 4:19.49 1:29.11 500m: 7:18.57 1:29.06 700m: 10:15.24 1:28.28		
	200m: 2:50.38 1:28.82 400m: 5:49.51 1:30.02 600m: 8:46.96 1:28.39 800m: 11:36.88 1:21.64		

13 Jarigen Oost-Vlaanderen

1.	Guisset Jelle AST/21057/10 10:04.40	9:50.41	528
	100m: 1:11.16 1:11.16 300m: 3:43.21 1:15.94 500m: 6:12.19 1:14.10 700m: 8:39.44 1:13.03		
	200m: 2:27.27 1:16.11 400m: 4:58.09 1:14.88 600m: 7:26.41 1:14.22 800m: 9:50.41 1:10.97		
2.	De Mulder Chloë STA/21049/10 10:32.99	10:03.43	495
	100m: 1:12.44 1:12.44 300m: 3:43.52 1:15.74 500m: 6:16.08 1:15.92 700m: 8:48.83 1:16.28		
	200m: 2:27.78 1:15.34 400m: 5:00.16 1:16.64 600m: 7:32.55 1:16.47 800m: 10:03.43 1:14.60		
3.	Schram Mila MEGA/21296/10 10:58.59	10:19.25	458
	100m: 1:14.12 1:14.12 300m: 3:51.98 1:19.43 500m: 6:28.66 1:17.96 700m: 9:04.65 1:16.80		
	200m: 2:32.55 1:18.43 400m: 5:10.70 1:18.72 600m: 7:47.85 1:19.19 800m: 10:19.25 1:14.60		
4.	Wachtelaer Charlot AST/21051/10 10:49.94	10:19.81	457
	100m: 1:12.98 1:12.98 300m: 3:50.08 1:18.71 500m: 6:27.18 1:18.66 700m: 9:04.12 1:18.04		
	200m: 2:31.37 1:18.39 400m: 5:08.52 1:18.44 600m: 7:46.08 1:18.90 800m: 10:19.81 1:15.69		
5.	Van Den Brecht Sarah AZL/21085/10 10:35.31	10:21.28	453
	100m: 1:11.86 1:11.86 300m: 3:46.73 1:18.30 500m: 6:25.71 1:20.04 700m: 9:05.24 1:20.05		
	200m: 2:28.43 1:16.57 400m: 5:05.67 1:18.94 600m: 7:45.19 1:19.48 800m: 10:21.28 1:16.04		
6.	Claeys Amélie MEGA/21344/10 11:48.92	11:36.82	321
	100m: 1:21.82 1:21.82 300m: 4:19.98 1:29.41 500m: 7:18.11 1:28.04 700m: 10:13.86 1:27.99		
	200m: 2:50.57 1:28.75 400m: 5:50.07 1:30.09 600m: 8:45.87 1:27.76 800m: 11:36.82 1:22.96		
7.	Bonnier Charène FAST/21033/10 13:41.33	12:15.91	273
	100m: 1:26.65 1:26.65 300m: 4:31.39 1:31.84 500m: 7:41.15 1:35.43 700m: 10:48.32 1:32.76		
	200m: 2:59.55 1:32.90 400m: 6:05.72 1:34.33 600m: 9:15.56 1:34.41 800m: 12:15.91 1:27.59		
8.	De Grieve Ona FIRST/21217/10 12:46.09	12:23.67	264
	100m: 1:24.18 1:24.18 300m: 4:31.85 1:34.78 500m: 7:41.51 1:34.94 700m: 10:50.35 1:33.35		
	200m: 2:57.07 1:32.89 400m: 6:06.57 1:34.72 600m: 9:17.00 1:35.49 800m: 12:23.67 1:33.32		
9.	Vander Mijnsbrugge Lisa AZL/21101/10 12:50.05	12:26.50	261
	100m: 1:26.17 1:26.17 300m: 4:34.90 1:35.51 500m: 7:48.01 1:37.55 700m: 10:58.71 1:35.98		
	200m: 2:59.39 1:33.22 400m: 6:10.46 1:35.56 600m: 9:22.73 1:34.72 800m: 12:26.50 1:27.79		

14 Jarigen West-Vlaanderen

1.	Devolder Yelena IKZ/21086/09 10:15.30	9:55.87	514
	100m: 1:10.48 1:10.48 300m: 3:41.40 1:15.19 500m: 6:12.13 1:15.62 700m: 8:43.90 1:15.79		
	200m: 2:26.21 1:15.73 400m: 4:56.51 1:15.11 600m: 7:28.11 1:15.98 800m: 9:55.87 1:11.97		
2.	Depondt-Velter Tille ROSC/21212/09 10:15.00	10:10.28	478
	100m: 1:11.90 1:11.90 300m: 3:44.05 1:16.00 500m: 6:19.23 1:17.71 700m: 8:55.23 1:18.27		
	200m: 2:28.05 1:16.15 400m: 5:01.52 1:17.47 600m: 7:36.96 1:17.73 800m: 10:10.28 1:15.05		

PK lange afstand OV & WV
Zwevegem, 5/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 14 Jarigen West-Vlaanderen

Rang				Inschr.		Tijd	Pnt					
3.	Caus Floor			KZK/21127/09	10:46.28	10:22.96	450					
	100m:	1:12.47	1:12.47	300m:	3:48.23	1:17.95	500m:	6:25.71	1:19.09	700m:	9:06.09	1:19.78
	200m:	2:30.28	1:17.81	400m:	5:06.62	1:18.39	600m:	7:46.31	1:20.60	800m:	10:22.96	1:16.87
4.	Depondt-Velter Nette			ROSC/21239/09	10:30.00	10:26.73	442					
	100m:	1:15.85	1:15.85	300m:	3:52.52	1:19.14	500m:	6:31.87	1:19.71	700m:	9:09.97	1:19.25
	200m:	2:33.38	1:17.53	400m:	5:12.16	1:19.64	600m:	7:50.72	1:18.85	800m:	10:26.73	1:16.76
5.	Notredame Ine			ZB/21064/09	11:08.18	10:33.47	428					
	100m:	1:15.80	1:15.80	300m:	3:59.73	1:21.78	500m:	6:42.78	1:21.09	700m:	9:21.83	1:18.60
	200m:	2:37.95	1:22.15	400m:	5:21.69	1:21.96	600m:	8:03.23	1:20.45	800m:	10:33.47	1:11.64
6.	Bouttelegier Anaïs			ZB/21071/09	11:14.22	10:44.63	406					
	100m:	1:17.52	1:17.52	300m:	4:02.56	1:22.86	500m:	6:46.52	1:21.12	700m:	9:28.33	1:21.05
	200m:	2:39.70	1:22.18	400m:	5:25.40	1:22.84	600m:	8:07.28	1:20.76	800m:	10:44.63	1:16.30
7.	Demuyneck Margot			ZB/21073/09	11:30.00	10:56.60	384					
	100m:	1:19.04	1:19.04	300m:	4:04.47	1:22.99	500m:	6:50.92	1:23.47	700m:	9:37.69	1:23.50
	200m:	2:41.48	1:22.44	400m:	5:27.45	1:22.98	600m:	8:14.19	1:23.27	800m:	10:56.60	1:18.91
8.	Ghillebert Hannelore			ROSC/21234/09	11:18.00	11:09.35	362					
	100m:	1:15.40	1:15.40	300m:	4:04.40	1:24.81	500m:	6:54.15	1:25.51	700m:	9:47.04	1:26.52
	200m:	2:39.59	1:24.19	400m:	5:28.64	1:24.24	600m:	8:20.52	1:26.37	800m:	11:09.35	1:22.31
9.	Goemaere Alizée			ZB/21088/09	12:00.00	11:10.23	361					
	100m:	1:16.09	1:16.09	300m:	4:05.34	1:25.34	500m:	6:57.96	1:26.18	700m:	9:49.14	1:24.61
	200m:	2:40.00	1:23.91	400m:	5:31.78	1:26.44	600m:	8:24.53	1:26.57	800m:	11:10.23	1:21.09
10.	Vanden Baviere Margo			MZK/21096/09	11:25.34	11:14.91	353					
	100m:	1:17.79	1:17.79	300m:	4:09.43	1:25.26	500m:	7:00.61	1:24.99	700m:	9:51.72	1:25.93
	200m:	2:44.17	1:26.38	400m:	5:35.62	1:26.19	600m:	8:25.79	1:25.18	800m:	11:14.91	1:23.19
11.	Van Gansbeke Rhune			KWZC/21079/09	12:10.62	11:27.36	335					
	100m:	1:21.47	1:21.47	300m:	4:14.33	1:26.39	500m:	7:08.97	1:27.53	700m:	10:05.14	1:28.14
	200m:	2:47.94	1:26.47	400m:	5:41.44	1:27.11	600m:	8:37.00	1:28.03	800m:	11:27.36	1:22.22
12.	Rambour Elyne			KWZC/21095/09	12:10.13	11:44.76	310					
	100m:	1:19.94	1:19.94	300m:	4:14.74	1:27.53	500m:	7:15.59	1:31.30	700m:	10:17.83	1:31.44
	200m:	2:47.21	1:27.27	400m:	5:44.29	1:29.55	600m:	8:46.39	1:30.80	800m:	11:44.76	1:26.93

14 Jarigen Oost-Vlaanderen

1.	Van Avondt Lina			STA/21039/09	9:48.99	9:35.73	570					
	100m:	1:08.28	1:08.28	300m:	3:33.52	1:12.64	500m:	5:59.49	1:12.27	700m:	8:26.12	1:13.32
	200m:	2:20.88	1:12.60	400m:	4:47.22	1:13.70	600m:	7:12.80	1:13.31	800m:	9:35.73	1:09.61
2.	De Wolf Tine			AST/21058/09	10:46.82	10:05.64	489					
	100m:	1:11.76	1:11.76	300m:	3:44.47	1:16.95	500m:	6:18.48	1:16.06	700m:	8:52.31	1:16.32
	200m:	2:27.52	1:15.76	400m:	5:02.42	1:17.95	600m:	7:35.99	1:17.51	800m:	10:05.64	1:13.33
3.	Delporte Lotte			STW/21156/09	10:16.57	10:08.48	483					
	100m:	1:11.51	1:11.51	300m:	3:43.49	1:16.09	500m:	6:17.99	1:17.19	700m:	8:54.69	1:18.43
	200m:	2:27.40	1:15.89	400m:	5:00.80	1:17.31	600m:	7:36.26	1:18.27	800m:	10:08.48	1:13.79
4.	Vlamijnck Lore			STA/21024/09	10:12.99	10:16.50	464					
	100m:	1:11.04	1:11.04	300m:	3:44.26	1:17.20	500m:	6:22.80	1:19.27	700m:	9:00.95	1:18.71
	200m:	2:27.06	1:16.02	400m:	5:03.53	1:19.27	600m:	7:42.24	1:19.44	800m:	10:16.50	1:15.55
5.	Dumont Mila			MEGA/21335/09	10:40.34	10:22.13	451					
	100m:	1:13.35	1:13.35	300m:	3:49.48	1:18.04	500m:	6:26.97	1:18.65	700m:	9:04.05	1:18.62
	200m:	2:31.44	1:18.09	400m:	5:08.32	1:18.84	600m:	7:45.43	1:18.46	800m:	10:22.13	1:18.08

PK lange afstand OV & WV
Zwevegem, 5/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 14 Jarigen Oost-Vlaanderen

Rang			Inschr.			Tijd	Pnt					
6.	Sterken Nila		FAST/21018/09 11:26.50			10:29.38	436					
	100m:	1:10.52	1:10.52	300m:	3:49.43	1:19.28	500m:	6:31.10	1:21.09	700m:	9:13.97	1:21.00
	200m:	2:30.15	1:19.63	400m:	5:10.01	1:20.58	600m:	7:52.97	1:21.87	800m:	10:29.38	1:15.41
7.	Martelé Lore		MEGA/21280/09 10:52.35			10:32.90	429					
	100m:	1:12.68	1:12.68	300m:	3:52.78	1:21.01	500m:	6:35.52	1:22.02	700m:	9:15.52	1:19.75
	200m:	2:31.77	1:19.09	400m:	5:13.50	1:20.72	600m:	7:55.77	1:20.25	800m:	10:32.90	1:17.38
8.	Sanders Juliette		MEGA/21258/09 12:37.81			11:07.20	366					
	100m:	1:19.84	1:19.84	300m:	4:10.35	1:24.94	500m:	6:58.05	1:23.59	700m:	9:44.40	1:22.64
	200m:	2:45.41	1:25.57	400m:	5:34.46	1:24.11	600m:	8:21.76	1:23.71	800m:	11:07.20	1:22.80
9.	Baeke Stine		MEGA/21332/09 12:38.46			11:09.12	363					
	100m:	1:20.16	1:20.16	300m:	4:10.44	1:24.58	500m:	6:59.19	1:24.14	700m:	9:46.47	1:23.41
	200m:	2:45.86	1:25.70	400m:	5:35.05	1:24.61	600m:	8:23.06	1:23.87	800m:	11:09.12	1:22.65
10.	Minnoye Yaana		FIRST/21226/09 11:30.75			11:19.96	346					
	100m:	1:17.93	1:17.93	300m:	4:08.72	1:26.52	500m:	7:01.64	1:26.67	700m:	9:56.71	1:27.76
	200m:	2:42.20	1:24.27	400m:	5:34.97	1:26.25	600m:	8:28.95	1:27.31	800m:	11:19.96	1:23.25
11.	Delor Tila		FAST/21002/09 11:36.37			11:28.93	332					
	100m:	1:17.85	1:17.85	300m:	4:07.38	1:25.77	500m:	7:04.67	1:29.38	700m:	10:03.07	1:28.85
	200m:	2:41.61	1:23.76	400m:	5:35.29	1:27.91	600m:	8:34.22	1:29.55	800m:	11:28.93	1:25.86
12.	Debaets Lies		AZL/21117/09 12:09.52			11:41.22	315					
	100m:	1:19.83	1:19.83	300m:	4:19.18	1:29.61	500m:	7:19.49	1:29.89	700m:	10:17.95	1:29.26
	200m:	2:49.57	1:29.74	400m:	5:49.60	1:30.42	600m:	8:48.69	1:29.20	800m:	11:41.22	1:23.27

15-16 Jarigen West-Vlaanderen

1.	Lammens Louise		TZT/21069/08 9:36.46			9:33.32	577					
	100m:	1:07.13	1:07.13	300m:	3:30.33	1:12.00	500m:	5:55.61	1:12.73	700m:	8:22.11	1:13.46
	200m:	2:18.33	1:11.20	400m:	4:42.88	1:12.55	600m:	7:08.65	1:13.04	800m:	9:33.32	1:11.21
2.	Desmet Fien		TZT/21062/08 9:59.38			9:41.83	552					
	100m:	1:08.95	1:08.95	300m:	3:35.97	1:13.68	500m:	6:02.85	1:13.27	700m:	8:29.82	1:13.39
	200m:	2:22.29	1:13.34	400m:	4:49.58	1:13.61	600m:	7:16.43	1:13.58	800m:	9:41.83	1:12.01
3.	Schollaert Jolijn		ROSC/21114/07 10:00.00			9:56.74	512					
	100m:	1:09.90	1:09.90	300m:	3:40.56	1:15.07	500m:	6:11.56	1:15.49	700m:	8:42.93	1:15.58
	200m:	2:25.49	1:15.59	400m:	4:56.07	1:15.51	600m:	7:27.35	1:15.79	800m:	9:56.74	1:13.81
4.	Eeckhout Fleur		ZB/21048/08 10:25.74			10:02.42	497					
	100m:	1:11.54	1:11.54	300m:	3:44.41	1:16.45	500m:	6:17.94	1:16.55	700m:	8:50.73	1:16.18
	200m:	2:27.96	1:16.42	400m:	5:01.39	1:16.98	600m:	7:34.55	1:16.61	800m:	10:02.42	1:11.69
5.	Rysman Aurélie		KWZC/21061/08 10:43.02			10:17.30	462					
	100m:	1:14.89	1:14.89	300m:	3:52.42	1:18.02	500m:	6:30.15	1:18.45	700m:	9:04.10	1:16.12
	200m:	2:34.40	1:19.51	400m:	5:11.70	1:19.28	600m:	7:47.98	1:17.83	800m:	10:17.30	1:13.20
6.	Raepsaet Stien		ZB/21052/07 10:30.00			10:28.71	437					
	100m:	1:12.93	1:12.93	300m:	3:50.80	1:19.27	500m:	6:30.13	1:19.66	700m:	9:11.01	1:20.42
	200m:	2:31.53	1:18.60	400m:	5:10.47	1:19.67	600m:	7:50.59	1:20.46	800m:	10:28.71	1:17.70
7.	Bhija Noor		KWZC/21092/08 11:11.66			10:34.71	425					
	100m:	1:13.37	1:13.37	300m:	3:51.79	1:19.89	500m:	6:33.17	1:21.08	700m:	9:15.88	1:21.81
	200m:	2:31.90	1:18.53	400m:	5:12.09	1:20.30	600m:	7:54.07	1:20.90	800m:	10:34.71	1:18.83
8.	Desmet Marie		TZT/21029/08 11:06.43			10:49.61	396					
	100m:	1:15.38	1:15.38	300m:	3:59.80	1:23.18	500m:	6:46.56	1:23.38	700m:	9:31.10	1:22.01
	200m:	2:36.62	1:21.24	400m:	5:23.18	1:23.38	600m:	8:09.09	1:22.53	800m:	10:49.61	1:18.51

PK lange afstand OV & WV
Zwevegem, 5/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 15-16 Jarigen West-Vlaanderen

Rang	Inschr.	Tijd	Pnt
9.	Broché Norah KWZC/21059/07 11:04.11	10:50.84	394
	100m: 1:15.10 1:15.10 300m: 3:57.60 1:21.53 500m: 6:41.69 1:22.45 700m: 9:28.22 1:24.23 200m: 2:36.07 1:20.97 400m: 5:19.24 1:21.64 600m: 8:03.99 1:22.30 800m: 10:50.84 1:22.62		
10.	Thyvelen Lise ZB/21050/08 11:25.79	10:52.39	391
	100m: 1:14.98 1:14.98 300m: 3:58.12 1:21.87 500m: 6:44.61 1:23.34 700m: 9:31.26 1:23.96 200m: 2:36.25 1:21.27 400m: 5:21.27 1:23.15 600m: 8:07.30 1:22.69 800m: 10:52.39 1:21.13		
11.	Rosseau Rinske KWZC/21051/07 11:00.00	11:03.12	373
	100m: 1:17.65 1:17.65 300m: 4:04.44 1:24.00 500m: 6:53.84 1:25.30 700m: 9:42.11 1:24.68 200m: 2:40.44 1:22.79 400m: 5:28.54 1:24.10 600m: 8:17.43 1:23.59 800m: 11:03.12 1:21.01		

15-16 Jarigen Oost-Vlaanderen

1.	Vinck Tine MEGA/41315/08 9:22.05	9:18.83	623
	100m: 1:07.02 1:07.02 300m: 3:27.49 1:10.44 500m: 5:48.91 1:10.48 700m: 8:10.44 1:10.73 200m: 2:17.05 1:10.03 400m: 4:38.43 1:10.94 600m: 6:59.71 1:10.80 800m: 9:18.83 1:08.39		
2.	D'Hooghe Elina MEGA/21338/08 9:53.32	9:21.47	614
	100m: 1:07.64 1:07.64 300m: 3:28.62 1:10.13 500m: 5:50.56 1:10.41 700m: 8:12.83 1:10.83 200m: 2:18.49 1:10.85 400m: 4:40.15 1:11.53 600m: 7:02.00 1:11.44 800m: 9:21.47 1:08.64		
3.	Van Gysel Maite MEGA/21373/08 9:31.49	9:35.40	571
	100m: 1:06.83 1:06.83 300m: 3:29.74 1:11.57 500m: 5:55.47 1:12.96 700m: 8:22.64 1:13.51 200m: 2:18.17 1:11.34 400m: 4:42.51 1:12.77 600m: 7:09.13 1:13.66 800m: 9:35.40 1:12.76		
4.	Vekemans Rena DZO/21050/07 9:17.56	9:39.45	559
	100m: 1:07.88 1:07.88 300m: 3:31.34 1:12.06 500m: 5:58.73 1:13.67 700m: 8:26.59 1:13.78 200m: 2:19.28 1:11.40 400m: 4:45.06 1:13.72 600m: 7:12.81 1:14.08 800m: 9:39.45 1:12.86		
5.	Martelé Sara MEGA/21150/07 10:21.11	10:00.23	503
	100m: 1:11.43 1:11.43 300m: 3:44.01 1:16.62 500m: 6:16.85 1:16.04 700m: 8:47.71 1:15.20 200m: 2:27.39 1:15.96 400m: 5:00.81 1:16.80 600m: 7:32.51 1:15.66 800m: 10:00.23 1:12.52		
6.	De Brabander Claire STW/21154/07 10:04.15	10:00.40	502
	100m: 1:11.07 1:11.07 300m: 3:38.97 1:14.45 500m: 6:10.36 1:15.76 700m: 8:43.37 1:16.87 200m: 2:24.52 1:13.45 400m: 4:54.60 1:15.63 600m: 7:26.50 1:16.14 800m: 10:00.40 1:17.03		
7.	Van Daele Lore FAST/21046/07 10:17.36	10:04.44	492
	100m: 1:09.66 1:09.66 300m: 3:40.19 1:15.98 500m: 6:14.83 1:17.80 700m: 8:50.33 1:17.45 200m: 2:24.21 1:14.55 400m: 4:57.03 1:16.84 600m: 7:32.88 1:18.05 800m: 10:04.44 1:14.11		
8.	Van Laecke Liese MEGA/21243/08 10:07.98	10:05.26	490
	100m: 1:10.45 1:10.45 300m: 3:42.43 1:16.09 500m: 6:15.39 1:16.33 700m: 8:49.50 1:16.69 200m: 2:26.34 1:15.89 400m: 4:59.06 1:16.63 600m: 7:32.81 1:17.42 800m: 10:05.26 1:15.76		
9.	Loontjens Lisa MEGA/21426/07 10:31.41	10:24.81	446
	100m: 1:12.20 1:12.20 300m: 3:47.35 1:18.07 500m: 6:26.04 1:19.54 700m: 9:06.19 1:20.16 200m: 2:29.28 1:17.08 400m: 5:06.50 1:19.15 600m: 7:46.03 1:19.99 800m: 10:24.81 1:18.62		
10.	Larmuseau Delphine MEGA/21350/07 10:21.26	10:26.89	441
	100m: 1:12.96 1:12.96 300m: 3:50.96 1:19.22 500m: 6:31.07 1:19.23 700m: 9:10.31 1:19.10 200m: 2:31.74 1:18.78 400m: 5:11.84 1:20.88 600m: 7:51.21 1:20.14 800m: 10:26.89 1:16.58		
11.	De Groote Fenna FAST/21007/07 12:58.50	10:36.25	422
	100m: 1:13.06 1:13.06 300m: 3:55.00 1:21.30 500m: 6:36.74 1:20.97 700m: 9:18.66 1:21.14 200m: 2:33.70 1:20.64 400m: 5:15.77 1:20.77 600m: 7:57.52 1:20.78 800m: 10:36.25 1:17.59		
12.	De Wulf Gwen FAST/21021/07 10:53.10	10:38.95	417
	100m: 1:13.09 1:13.09 300m: 3:52.46 1:19.82 500m: 6:35.65 1:22.19 700m: 9:19.48 1:21.26 200m: 2:32.64 1:19.55 400m: 5:13.46 1:21.00 600m: 7:58.22 1:22.57 800m: 10:38.95 1:19.47		

PK lange afstand OV & WV
Zwevegem, 5/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 15-16 Jarigen Oost-Vlaanderen

Rang			Inschr.	Tijd	Pnt							
13.	Snoeck Hannelore		MEGA/21432/0711:50.21	11:36.35	322							
	100m:	1:21.46	1:21.46	300m:	4:18.55	1:28.56	500m:	7:15.62	1:28.54	700m:	10:11.74	1:27.81
	200m:	2:49.99	1:28.53	400m:	5:47.08	1:28.53	600m:	8:43.93	1:28.31	800m:	11:36.35	1:24.61

17-18 Jarigen West-Vlaanderen

1.	Deweerd Anaëlle		ROSC/21107/06	9:40.71	9:43.86	546						
	100m:	1:07.30	1:07.30	300m:	3:32.49	1:13.07	500m:	6:01.15	1:14.44	700m:	8:31.36	1:15.39
	200m:	2:19.42	1:12.12	400m:	4:46.71	1:14.22	600m:	7:15.97	1:14.82	800m:	9:43.86	1:12.50
2.	Ovaere Luna		MZK/21040/06	9:42.99	9:55.79	514						
	100m:	1:10.35	1:10.35	300m:	3:37.47	1:13.75	500m:	6:08.30	1:16.00	700m:	8:41.63	1:16.65
	200m:	2:23.72	1:13.37	400m:	4:52.30	1:14.83	600m:	7:24.98	1:16.68	800m:	9:55.79	1:14.16
3.	Vanpoucke Hanne		ZB/21042/06	10:27.85	10:24.42	446						
	100m:	1:11.55	1:11.55	300m:	3:47.08	1:17.56	500m:	6:24.80	1:18.91	700m:	9:05.27	1:19.99
	200m:	2:29.52	1:17.97	400m:	5:05.89	1:18.81	600m:	7:45.28	1:20.48	800m:	10:24.42	1:19.15
4.	Demuyndt Amber		ZB/21053/06	10:20.00	11:34.52	324						
	100m:	1:19.82	1:19.82	300m:	4:14.50	1:27.78	500m:	7:11.75	1:28.57	700m:	10:08.05	1:28.50
	200m:	2:46.72	1:26.90	400m:	5:43.18	1:28.68	600m:	8:39.55	1:27.80	800m:	11:34.52	1:26.47

17-18 Jarigen Oost-Vlaanderen

1.	Vandepoorte Pauline		FAST/21050/06	9:38.46	9:30.81	585						
	100m:	1:07.07	1:07.07	300m:	3:30.34	1:11.64	500m:	5:55.65	1:12.99	700m:	8:22.03	1:12.97
	200m:	2:18.70	1:11.63	400m:	4:42.66	1:12.32	600m:	7:09.06	1:13.41	800m:	9:30.81	1:08.78
2.	Sypré Maud		MEGA/21070/05	9:47.71	9:55.17	516						
	100m:	1:07.98	1:07.98	300m:	3:34.69	1:13.89	500m:	6:04.84	1:15.38	700m:	8:37.31	1:16.58
	200m:	2:20.80	1:12.82	400m:	4:49.46	1:14.77	600m:	7:20.73	1:15.89	800m:	9:55.17	1:17.86
3.	Verhulst Lotte		STW/21123/06	9:48.59	10:09.10	481						
	100m:	1:10.91	1:10.91	300m:	3:41.79	1:15.70	500m:	6:16.56	1:17.54	700m:	8:53.15	1:18.27
	200m:	2:26.09	1:15.18	400m:	4:59.02	1:17.23	600m:	7:34.88	1:18.32	800m:	10:09.10	1:15.95
4.	Verstraete Mona		MEGA/21191/06	10:22.60	10:17.22	462						
	100m:	1:10.44	1:10.44	300m:	3:42.24	1:16.29	500m:	6:17.77	1:18.13	700m:	8:57.82	1:19.76
	200m:	2:25.95	1:15.51	400m:	4:59.64	1:17.40	600m:	7:38.06	1:20.29	800m:	10:17.22	1:19.40
5.	Kerkhove Sarah		FIRST/21135/05	12:36.91	12:41.59	246						
	100m:	1:27.61	1:27.61	300m:	4:42.57	1:38.25	500m:	7:57.30	1:36.03	700m:	11:11.29	1:36.46
	200m:	3:04.32	1:36.71	400m:	6:21.27	1:38.70	600m:	9:34.83	1:37.53	800m:	12:41.59	1:30.30