

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

Programmanr. 3
05/11/2023 - 14:00

Heren, 1500m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2023

Rang			Inschr.	Tijd	Pnt							
11 jarigen West-Vlaanderen												
1.	Devos Mathis		ROSC/31318/12	19:55.00	19:50.31	360						
	100m:	1:15.42	1:15.42	500m:	6:35.64	1:19.38	900m:	11:57.18	1:20.56	1300m:	17:15.17	1:18.82
	200m:	2:35.18	1:19.76	600m:	7:56.28	1:20.64	1000m:	13:16.84	1:19.66	1400m:	18:33.88	1:18.71
	300m:	3:55.24	1:20.06	700m:	9:16.86	1:20.58	1100m:	14:36.61	1:19.77	1500m:	19:50.31	1:16.43
	400m:	5:16.26	1:21.02	800m:	10:36.62	1:19.76	1200m:	15:56.35	1:19.74			
2.	Van Craeynest Bas		ROSC/11271/12	21:10.00	20:19.99	334						
	100m:	1:18.39	1:18.39	500m:	6:51.19	1:22.48	900m:	12:21.45	1:22.79	1300m:	17:44.87	1:20.22
	200m:	2:41.45	1:23.06	600m:	8:13.64	1:22.45	1000m:	13:43.92	1:22.47	1400m:	19:05.21	1:20.34
	300m:	4:04.75	1:23.30	700m:	9:35.87	1:22.23	1100m:	15:04.59	1:20.67	1500m:	20:19.99	1:14.78
	400m:	5:28.71	1:23.96	800m:	10:58.66	1:22.79	1200m:	16:24.65	1:20.06			
3.	Schietsgat Lukas		KWZC/11104/12	24:00.00	26:52.87	144						
	100m:	1:33.23	1:33.23	500m:	8:45.69	1:49.15	900m:	16:04.18	1:49.57	1300m:	23:27.17	1:48.87
	200m:	3:21.15	1:47.92	600m:	10:35.13	1:49.44	1000m:	17:56.16	1:51.98	1400m:	25:11.93	1:44.76
	300m:	5:07.73	1:46.58	700m:	12:23.47	1:48.34	1100m:	19:47.59	1:51.43	1500m:	26:52.87	1:40.94
	400m:	6:56.54	1:48.81	800m:	14:14.61	1:51.14	1200m:	21:38.30	1:50.71			
11 jarigen Oost-Vlaanderen												
1.	Wachtelaer Celle		AST/11061/12	22:30.00	20:27.53	328						
	100m:	1:16.77	1:16.77	500m:	6:44.79	1:21.20	900m:	12:15.45	1:22.09	1300m:	17:48.91	1:22.58
	200m:	2:38.27	1:21.50	600m:	8:07.52	1:22.73	1000m:	13:39.53	1:24.08	1400m:	19:10.65	1:21.74
	300m:	4:01.14	1:22.87	700m:	9:30.07	1:22.55	1100m:	15:03.22	1:23.69	1500m:	20:27.53	1:16.88
	400m:	5:23.59	1:22.45	800m:	10:53.36	1:23.29	1200m:	16:26.33	1:23.11			
12 Jarigen West-Vlaanderen												
1.	Tacq Nathan		ZTZ/11062/11	19:31.09	18:34.08	439						
	100m:	1:08.79	1:08.79	500m:	6:05.81	1:14.09	900m:	11:05.57	1:15.35	1300m:	16:06.62	1:15.06
	200m:	2:22.69	1:13.90	600m:	7:20.60	1:14.79	1000m:	12:20.71	1:15.14	1400m:	17:21.34	1:14.72
	300m:	3:37.15	1:14.46	700m:	8:35.17	1:14.57	1100m:	13:36.00	1:15.29	1500m:	18:34.08	1:12.74
	400m:	4:51.72	1:14.57	800m:	9:50.22	1:15.05	1200m:	14:51.56	1:15.56			
2.	Baeyens Warre		ZTB/11068/11	20:54.65	19:07.80	401						
	100m:	1:14.26	1:14.26	500m:	6:23.97	1:17.47	900m:	11:31.95	1:15.59	1300m:	16:36.62	1:17.38
	200m:	2:31.33	1:17.07	600m:	7:42.50	1:18.53	1000m:	12:47.33	1:15.38	1400m:	17:53.12	1:16.50
	300m:	3:48.73	1:17.40	700m:	8:59.79	1:17.29	1100m:	14:03.03	1:15.70	1500m:	19:07.80	1:14.68
	400m:	5:06.50	1:17.77	800m:	10:16.36	1:16.57	1200m:	15:19.24	1:16.21			
3.	Demeyere Lars		UZKZ/11104/11	20:35.38	19:16.86	392						
	100m:	1:13.55	1:13.55	500m:	6:23.69	1:18.12	900m:	11:34.17	1:17.34	1300m:	16:47.07	1:18.13
	200m:	2:31.63	1:18.08	600m:	7:41.15	1:17.46	1000m:	12:52.73	1:18.56	1400m:	18:04.86	1:17.79
	300m:	3:48.85	1:17.22	700m:	8:59.22	1:18.07	1100m:	14:11.66	1:18.93	1500m:	19:16.86	1:12.00
	400m:	5:05.57	1:16.72	800m:	10:16.83	1:17.61	1200m:	15:28.94	1:17.28			
4.	Declerck Lukas		TZT/11099/11	20:55.64	19:43.10	366						
	100m:	1:14.20	1:14.20	500m:	6:31.48	1:19.50	900m:	11:50.38	1:19.50	1300m:	17:06.88	1:18.97
	200m:	2:33.32	1:19.12	600m:	7:51.10	1:19.62	1000m:	13:09.88	1:19.50	1400m:	18:26.62	1:19.74
	300m:	3:52.28	1:18.96	700m:	9:10.51	1:19.41	1100m:	14:29.19	1:19.31	1500m:	19:43.10	1:16.48
	400m:	5:11.98	1:19.70	800m:	10:30.88	1:20.37	1200m:	15:47.91	1:18.72			
5.	Reynaert Tibe		TZT/11107/11	22:12.16	20:01.84	349						
	100m:	1:13.89	1:13.89	500m:	6:34.39	1:20.36	900m:	11:58.53	1:20.92	1300m:	17:23.56	1:21.18
	200m:	2:34.12	1:20.23	600m:	7:55.06	1:20.67	1000m:	13:19.76	1:21.23	1400m:	18:43.82	1:20.26
	300m:	3:54.05	1:19.93	700m:	9:16.41	1:21.35	1100m:	14:41.48	1:21.72	1500m:	20:01.84	1:18.02
	400m:	5:14.03	1:19.98	800m:	10:37.61	1:21.20	1200m:	16:02.38	1:20.90			

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

Programmanr. 3, Jongens, 1500m vrije slag, 12 Jarigen West-Vlaanderen

Rang			Inschr.			Tijd	Pnt		
6.	Quartier Matisse		ROSC/11237/11 21:15.00			20:02.23	349		
	100m:	1:16.83 1:16.83	500m:	6:44.86 1:22.28	900m:	12:11.08 1:21.83	1300m:	17:31.08 1:19.70	
	200m:	2:38.88 1:22.05	600m:	8:07.01 1:22.15	1000m:	13:31.52 1:20.44	1400m:	18:49.05 1:17.97	
	300m:	4:00.95 1:22.07	700m:	9:27.23 1:20.22	1100m:	14:51.51 1:19.99	1500m:	20:02.23 1:13.18	
	400m:	5:22.58 1:21.63	800m:	10:49.25 1:22.02	1200m:	16:11.38 1:19.87			
7.	Nellen Thibo		KWZC/11091/11 23:00.00			22:39.98	241		
	100m:	1:21.39 1:21.39	500m:	7:27.20 1:32.88	900m:	13:34.31 1:33.43	1300m:	19:39.83 1:31.84	
	200m:	2:51.04 1:29.65	600m:	8:57.70 1:30.50	1000m:	15:06.73 1:32.42	1400m:	21:11.76 1:31.93	
	300m:	4:22.32 1:31.28	700m:	10:28.87 1:31.17	1100m:	16:37.09 1:30.36	1500m:	22:39.98 1:28.22	
	400m:	5:54.32 1:32.00	800m:	12:00.88 1:32.01	1200m:	18:07.99 1:30.90			
8.	Balcaen Sander		UZKZ/11145/11 24:53.43			22:50.04	236		
	100m:	1:24.61 1:24.61	500m:	7:34.01 1:32.09	900m:	13:46.17 1:34.18	1300m:	19:54.21 1:31.89	
	200m:	2:57.01 1:32.40	600m:	9:08.12 1:34.11	1000m:	15:18.80 1:32.63	1400m:	21:26.65 1:32.44	
	300m:	4:29.85 1:32.84	700m:	10:40.02 1:31.90	1100m:	16:49.89 1:31.09	1500m:	22:50.04 1:23.39	
	400m:	6:01.92 1:32.07	800m:	12:11.99 1:31.97	1200m:	18:22.32 1:32.43			

12 Jarigen Oost-Vlaanderen

1.	Thonon Matisse		MEGA/11383/11 20:09.22			19:18.56	390		
	100m:	1:10.09 1:10.09	500m:	6:16.67 1:18.24	900m:	11:26.94 1:17.57	1300m:	16:40.98 1:18.85	
	200m:	2:26.98 1:16.89	600m:	7:33.67 1:17.00	1000m:	12:44.09 1:17.15	1400m:	18:00.09 1:19.11	
	300m:	3:42.48 1:15.50	700m:	8:51.34 1:17.67	1100m:	14:02.51 1:18.42	1500m:	19:18.56 1:18.47	
	400m:	4:58.43 1:15.95	800m:	10:09.37 1:18.03	1200m:	15:22.13 1:19.62			
2.	Van Den Brecht Mathias		AZL/11097/11 21:19.99			19:56.11	354		
	100m:	1:15.40 1:15.40	500m:	6:37.40 1:20.49	900m:	11:56.52 1:20.19	1300m:	17:19.20 1:19.69	
	200m:	2:35.29 1:19.89	600m:	7:57.98 1:20.58	1000m:	13:18.16 1:21.64	1400m:	18:39.56 1:20.36	
	300m:	3:55.34 1:20.05	700m:	9:17.31 1:19.33	1100m:	14:38.92 1:20.76	1500m:	19:56.11 1:16.55	
	400m:	5:16.91 1:21.57	800m:	10:36.33 1:19.02	1200m:	15:59.51 1:20.59			
3.	Hofman Otis		DZO/11173/11 19:55.00			21:05.98	299		
	100m:	1:18.01 1:18.01	500m:	7:00.21 1:25.16	900m:	12:41.37 1:24.57	1300m:	18:20.86 1:24.91	
	200m:	2:43.33 1:25.32	600m:	8:25.93 1:25.72	1000m:	14:06.10 1:24.73	1400m:	19:44.60 1:23.74	
	300m:	4:08.40 1:25.07	700m:	9:51.46 1:25.53	1100m:	15:31.52 1:25.42	1500m:	21:05.98 1:21.38	
	400m:	5:35.05 1:26.65	800m:	11:16.80 1:25.34	1200m:	16:55.95 1:24.43			
4.	Minnoye Tiebe		FIRST/11254/11 22:15.85			21:52.09	268		
	100m:	1:19.37 1:19.37	500m:	7:07.10 1:27.77	900m:	13:02.64 1:29.75	1300m:	18:58.50 1:29.40	
	200m:	2:44.09 1:24.72	600m:	8:36.64 1:29.54	1000m:	14:31.49 1:28.85	1400m:	20:27.51 1:29.01	
	300m:	4:11.26 1:27.17	700m:	10:05.54 1:28.90	1100m:	15:59.57 1:28.08	1500m:	21:52.09 1:24.58	
	400m:	5:39.33 1:28.07	800m:	11:32.89 1:27.35	1200m:	17:29.10 1:29.53			
5.	Casier Jarne		FAST/11009/11 24:32.44			23:15.98	223		
	100m:	1:29.61 1:29.61	500m:	7:51.01 1:36.40	900m:	14:14.81 1:35.92	1300m:	20:25.44 1:30.63	
	200m:	3:03.96 1:34.35	600m:	9:24.59 1:33.58	1000m:	15:52.97 1:38.16	1400m:	21:54.25 1:28.81	
	300m:	4:40.53 1:36.57	700m:	11:01.43 1:36.84	1100m:	17:25.43 1:32.46	1500m:	23:15.98 1:21.73	
	400m:	6:14.61 1:34.08	800m:	12:38.89 1:37.46	1200m:	18:54.81 1:29.38			
6.	El Ghazali Ayoub		FIRST/11263/11 25:30.00			24:27.03	192		
	100m:	1:26.51 1:26.51	500m:	8:03.70 1:39.50	900m:	14:45.87 1:42.86	1300m:	21:21.40 1:40.00	
	200m:	3:05.40 1:38.89	600m:	9:45.09 1:41.39	1000m:	16:22.80 1:36.93	1400m:	23:00.81 1:39.41	
	300m:	4:45.02 1:39.62	700m:	11:25.31 1:40.22	1100m:	18:04.72 1:41.92	1500m:	24:27.03 1:26.22	
	400m:	6:24.20 1:39.18	800m:	13:03.01 1:37.70	1200m:	19:41.40 1:36.68			
7.	De Craene Thibe		FIRST/11279/11 26:30.00			25:26.63	170		
	100m:	1:27.76 1:27.76	500m:	8:06.32 1:41.30	900m:	14:56.93 1:42.84	1300m:	21:58.12 1:47.62	
	200m:	3:05.26 1:37.50	600m:	9:49.05 1:42.73	1000m:	16:41.99 1:45.06	1400m:	23:43.10 1:44.98	
	300m:	4:45.80 1:40.54	700m:	11:31.25 1:42.20	1100m:	18:27.33 1:45.34	1500m:	25:26.63 1:43.53	
	400m:	6:25.02 1:39.22	800m:	13:14.09 1:42.84	1200m:	20:10.50 1:43.17			

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

Programmanr. 3, Heren, 1500m vrije slag

13 Jarigen West-Vlaanderen

1. Pattyn Lowie	ZTB/11070/10	17:44.61	17:29.68	525
100m: 1:04.90 1:04.90	500m: 5:45.25 1:10.60	900m: 10:28.47 1:10.36	1300m: 15:10.60 1:10.43	
200m: 2:13.94 1:09.04	600m: 6:56.06 1:10.81	1000m: 11:39.30 1:10.83	1400m: 16:20.85 1:10.25	
300m: 3:24.03 1:10.09	700m: 8:06.89 1:10.83	1100m: 12:49.78 1:10.48	1500m: 17:29.68 1:08.83	
400m: 4:34.65 1:10.62	800m: 9:18.11 1:11.22	1200m: 14:00.17 1:10.39		
2. Kindt Liam	TZT/11075/10	18:28.19	17:34.09	518
100m: 1:06.11 1:06.11	500m: 5:48.73 1:10.88	900m: 10:31.83 1:10.73	1300m: 15:14.53 1:10.67	
200m: 2:16.32 1:10.21	600m: 6:59.09 1:10.36	1000m: 11:42.50 1:10.67	1400m: 16:25.81 1:11.28	
300m: 3:27.08 1:10.76	700m: 8:10.20 1:11.11	1100m: 12:52.83 1:10.33	1500m: 17:34.09 1:08.28	
400m: 4:37.85 1:10.77	800m: 9:21.10 1:10.90	1200m: 14:03.86 1:11.03		
3. Decupere Alex	KZK/11121/10	18:28.38	17:51.22	494
100m: 1:05.33 1:05.33	500m: 5:51.46 1:11.74	900m: 10:40.27 1:12.22	1300m: 15:30.22 1:12.38	
200m: 2:16.54 1:11.21	600m: 7:04.08 1:12.62	1000m: 11:52.20 1:11.93	1400m: 16:41.74 1:11.52	
300m: 3:27.43 1:10.89	700m: 8:15.81 1:11.73	1100m: 13:04.93 1:12.73	1500m: 17:51.22 1:09.48	
400m: 4:39.72 1:12.29	800m: 9:28.05 1:12.24	1200m: 14:17.84 1:12.91		
4. Vandekerckhove Jerome	TZT/11115/10	19:11.69	18:00.83	481
100m: 1:09.58 1:09.58	500m: 5:59.72 1:12.76	900m: 10:49.79 1:11.98	1300m: 15:40.12 1:12.32	
200m: 2:22.65 1:13.07	600m: 7:12.98 1:13.26	1000m: 12:02.34 1:12.55	1400m: 16:52.37 1:12.25	
300m: 3:35.36 1:12.71	700m: 8:25.82 1:12.84	1100m: 13:14.95 1:12.61	1500m: 18:00.83 1:08.46	
400m: 4:46.96 1:11.60	800m: 9:37.81 1:11.99	1200m: 14:27.80 1:12.85		
5. Bhija Tariq	KWZC/11080/10	19:53.13	18:43.39	428
100m: 1:10.28 1:10.28	500m: 6:11.79 1:15.18	900m: 11:15.67 1:14.47	1300m: 16:20.48 1:15.26	
200m: 2:25.85 1:15.57	600m: 7:27.58 1:15.79	1000m: 12:32.70 1:17.03	1400m: 17:35.04 1:14.56	
300m: 3:41.62 1:15.77	700m: 8:44.19 1:16.61	1100m: 13:49.50 1:16.80	1500m: 18:43.39 1:08.35	
400m: 4:56.61 1:14.99	800m: 10:01.20 1:17.01	1200m: 15:05.22 1:15.72		
6. Debruyne Hannes	KZK/11110/10	20:45.22	18:57.49	412
100m: 1:11.32 1:11.32	500m: 6:17.69 1:17.23	900m: 11:25.50 1:16.73	1300m: 16:31.22 1:16.39	
200m: 2:27.48 1:16.16	600m: 7:34.64 1:16.95	1000m: 12:42.97 1:17.47	1400m: 17:46.11 1:14.89	
300m: 3:44.18 1:16.70	700m: 8:52.48 1:17.84	1100m: 13:58.93 1:15.96	1500m: 18:57.49 1:11.38	
400m: 5:00.46 1:16.28	800m: 10:08.77 1:16.29	1200m: 15:14.83 1:15.90		
7. Huysentruyt Ferre-Louis	UZKZ/11093/10	20:33.13	19:21.73	387
100m: 1:13.04 1:13.04	500m: 6:24.76 1:18.37	900m: 11:39.53 1:18.42	1300m: 16:49.43 1:17.54	
200m: 2:29.74 1:16.70	600m: 7:43.36 1:18.60	1000m: 12:57.01 1:17.48	1400m: 18:07.09 1:17.66	
300m: 3:47.82 1:18.08	700m: 9:02.56 1:19.20	1100m: 14:14.62 1:17.61	1500m: 19:21.73 1:14.64	
400m: 5:06.39 1:18.57	800m: 10:21.11 1:18.55	1200m: 15:31.89 1:17.27		
8. Penez Beau	MZK/11105/10	23:20.88	21:58.07	265
100m: 1:22.30 1:22.30	500m: 7:20.46 1:27.61	900m: 13:19.62 1:30.82	1300m: 19:11.91 1:26.47	
200m: 2:51.57 1:29.27	600m: 8:49.21 1:28.75	1000m: 14:47.07 1:27.45	1400m: 20:37.17 1:25.26	
300m: 4:21.85 1:30.28	700m: 10:18.68 1:29.47	1100m: 16:16.71 1:29.64	1500m: 21:58.07 1:20.90	
400m: 5:52.85 1:31.00	800m: 11:48.80 1:30.12	1200m: 17:45.44 1:28.73		
9. Verleyen Laurens	UZKZ/11106/10	23:39.68	22:22.56	250
100m: 1:24.13 1:24.13	500m: 7:32.43 1:31.47	900m: 13:37.22 1:29.32	1300m: 19:33.10 1:27.93	
200m: 2:56.72 1:32.59	600m: 9:03.54 1:31.11	1000m: 15:07.15 1:29.93	1400m: 20:59.35 1:26.25	
300m: 4:28.61 1:31.89	700m: 10:35.20 1:31.66	1100m: 16:36.51 1:29.36	1500m: 22:22.56 1:23.21	
400m: 6:00.96 1:32.35	800m: 12:07.90 1:32.70	1200m: 18:05.17 1:28.66		
10. Bruneel Rube	KWZC/11105/10	24:00.00	26:04.15	158
100m: 1:37.58 1:37.58	500m: 8:38.22 1:46.22	900m: 15:41.10 1:45.64	1300m: 22:44.76 1:44.22	
200m: 3:19.94 1:42.36	600m: 10:24.38 1:46.16	1000m: 17:28.42 1:47.32	1400m: 24:25.54 1:40.78	
300m: 5:04.87 1:44.93	700m: 12:08.74 1:44.36	1100m: 19:17.07 1:48.65	1500m: 26:04.15 1:38.61	
400m: 6:52.00 1:47.13	800m: 13:55.46 1:46.72	1200m: 21:00.54 1:43.47		

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

Programmanr. 3, Heren, 1500m vrije slag

13 Jarigen Oost-Vlaanderen

1. Debbaut Elias	MEGA/11351/10 20:29.24	19:25.49	383
100m: 1:13.75 1:13.75	500m: 6:25.31 1:18.21	900m: 11:38.86 1:18.56	1300m: 16:53.15 1:18.46
200m: 2:29.78 1:16.03	600m: 7:44.31 1:19.00	1000m: 12:57.77 1:18.91	1400m: 18:11.69 1:18.54
300m: 3:48.05 1:18.27	700m: 9:03.20 1:18.89	1100m: 14:15.87 1:18.10	1500m: 19:25.49 1:13.80
400m: 5:07.10 1:19.05	800m: 10:20.30 1:17.10	1200m: 15:34.69 1:18.82	
2. Huens Warre	MEGA/11253/10 20:41.80	19:42.17	367
100m: 1:16.31 1:16.31	500m: 6:34.20 1:19.26	900m: 11:51.94 1:18.96	1300m: 17:07.12 1:18.84
200m: 2:35.68 1:19.37	600m: 7:53.60 1:19.40	1000m: 13:10.89 1:18.95	1400m: 18:25.64 1:18.52
300m: 3:55.44 1:19.76	700m: 9:13.11 1:19.51	1100m: 14:29.51 1:18.62	1500m: 19:42.17 1:16.53
400m: 5:14.94 1:19.50	800m: 10:32.98 1:19.87	1200m: 15:48.28 1:18.77	
3. Loeys Ewout	MEGA/11352/10 20:40.73	19:52.76	357
100m: 1:15.41 1:15.41	500m: 6:36.56 1:20.72	900m: 11:54.71 1:18.80	1300m: 17:13.97 1:19.60
200m: 2:34.99 1:19.58	600m: 7:56.88 1:20.32	1000m: 13:14.02 1:19.31	1400m: 18:35.39 1:21.42
300m: 3:55.20 1:20.21	700m: 9:16.87 1:19.99	1100m: 14:34.13 1:20.11	1500m: 19:52.76 1:17.37
400m: 5:15.84 1:20.64	800m: 10:35.91 1:19.04	1200m: 15:54.37 1:20.24	
4. Viaene Maxim	MEGA/11341/10 22:42.54	19:55.60	355
100m: 1:16.16 1:16.16	500m: 6:40.05 1:20.68	900m: 12:03.02 1:20.51	1300m: 17:23.49 1:19.54
200m: 2:37.18 1:21.02	600m: 8:00.57 1:20.52	1000m: 13:23.64 1:20.62	1400m: 18:42.03 1:18.54
300m: 3:58.86 1:21.68	700m: 9:21.16 1:20.59	1100m: 14:43.46 1:19.82	1500m: 19:55.60 1:13.57
400m: 5:19.37 1:20.51	800m: 10:42.51 1:21.35	1200m: 16:03.95 1:20.49	
5. Vermeulen Nicolas	FIRST/11227/10 22:34.72	20:15.81	337
100m: 1:15.93 1:15.93	500m: 6:45.14 1:22.14	900m: 12:11.42 1:21.26	1300m: 17:35.73 1:20.55
200m: 2:37.52 1:21.59	600m: 8:06.35 1:21.21	1000m: 13:33.79 1:22.37	1400m: 18:57.01 1:21.28
300m: 4:00.20 1:22.68	700m: 9:27.90 1:21.55	1100m: 14:54.79 1:21.00	1500m: 20:15.81 1:18.80
400m: 5:23.00 1:22.80	800m: 10:50.16 1:22.26	1200m: 16:15.18 1:20.39	
6. De Craene Matthis	FIRST/11216/10 21:43.84	20:21.42	333
100m: 1:15.29 1:15.29	500m: 6:39.92 1:21.45	900m: 12:11.19 1:22.10	1300m: 17:43.64 1:22.39
200m: 2:35.03 1:19.74	600m: 8:02.84 1:22.92	1000m: 13:34.32 1:23.13	1400m: 19:04.99 1:21.35
300m: 3:55.95 1:20.92	700m: 9:26.17 1:23.33	1100m: 14:57.58 1:23.26	1500m: 20:21.42 1:16.43
400m: 5:18.47 1:22.52	800m: 10:49.09 1:22.92	1200m: 16:21.25 1:23.67	
7. De Clerck Emiel	AZL/11102/10 22:40.22	20:28.63	327
100m: 1:15.13 1:15.13	500m: 6:46.18 1:23.03	900m: 12:19.58 1:22.81	1300m: 17:52.75 1:22.52
200m: 2:37.54 1:22.41	600m: 8:08.40 1:22.22	1000m: 13:43.40 1:23.82	1400m: 19:13.04 1:20.29
300m: 3:59.54 1:22.00	700m: 9:32.80 1:24.40	1100m: 15:07.42 1:24.02	1500m: 20:28.63 1:15.59
400m: 5:23.15 1:23.61	800m: 10:56.77 1:23.97	1200m: 16:30.23 1:22.81	
8. Hadj Fradj Taysir	MEGA/11360/10 22:32.05	21:10.53	296
100m: 1:17.65 1:17.65	500m: 6:51.24 1:24.16	900m: 12:35.98 1:26.94	1300m: 18:22.79 1:26.10
200m: 2:40.20 1:22.55	600m: 8:16.58 1:25.34	1000m: 14:02.74 1:26.76	1400m: 19:49.62 1:26.83
300m: 4:03.54 1:23.34	700m: 9:42.74 1:26.16	1100m: 15:29.47 1:26.73	1500m: 21:10.53 1:20.91
400m: 5:27.08 1:23.54	800m: 11:09.04 1:26.30	1200m: 16:56.69 1:27.22	
9. Bonnarens Dries	FAST/11032/10 24:15.18	23:20.35	221
100m: 1:30.67 1:30.67	500m: 7:48.19 1:33.88	900m: 14:09.46 1:35.79	1300m: 20:24.88 1:30.97
200m: 3:05.35 1:34.68	600m: 9:23.51 1:35.32	1000m: 15:44.77 1:35.31	1400m: 21:54.32 1:29.44
300m: 4:40.19 1:34.84	700m: 10:58.54 1:35.03	1100m: 17:20.18 1:35.41	1500m: 23:20.35 1:26.03
400m: 6:14.31 1:34.12	800m: 12:33.67 1:35.13	1200m: 18:53.91 1:33.73	

PK lange afstand OV & WV
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Programmanr. 3, Heren, 1500m vrije slag

14 Jarigen West-Vlaanderen

1. Housen Korneel			TZT/11091/09	18:39.21	17:47.96	498				
100m:	1:07.12	1:07.12	500m:	5:52.85	1:11.23	900m:	10:40.01	1:11.86	1300m: 15:26.24	1:11.69
200m:	2:18.07	1:10.95	600m:	7:04.61	1:11.76	1000m:	11:51.22	1:11.21	1400m: 16:38.00	1:11.76
300m:	3:29.79	1:11.72	700m:	8:16.30	1:11.69	1100m:	13:03.33	1:12.11	1500m: 17:47.96	1:09.96
400m:	4:41.62	1:11.83	800m:	9:28.15	1:11.85	1200m:	14:14.55	1:11.22		
2. Claerhout Wolf			ZTB/11087/09	19:05.32	18:07.85	471				
100m:	1:08.69	1:08.69	500m:	6:00.39	1:12.59	900m:	10:52.31	1:12.97	1300m: 15:43.65	1:12.91
200m:	2:22.08	1:13.39	600m:	7:13.16	1:12.77	1000m:	12:05.33	1:13.02	1400m: 16:56.39	1:12.74
300m:	3:35.26	1:13.18	700m:	8:26.54	1:13.38	1100m:	13:17.73	1:12.40	1500m: 18:07.85	1:11.46
400m:	4:47.80	1:12.54	800m:	9:39.34	1:12.80	1200m:	14:30.74	1:13.01		
3. Feys Jonah			KZK/11102/09	19:03.66	18:40.26	432				
100m:	1:08.72	1:08.72	500m:	6:08.54	1:14.94	900m:	11:10.45	1:16.16	1300m: 16:14.27	1:15.24
200m:	2:23.03	1:14.31	600m:	7:23.58	1:15.04	1000m:	12:27.12	1:16.67	1400m: 17:28.96	1:14.69
300m:	3:38.48	1:15.45	700m:	8:38.83	1:15.25	1100m:	13:43.17	1:16.05	1500m: 18:40.26	1:11.30
400m:	4:53.60	1:15.12	800m:	9:54.29	1:15.46	1200m:	14:59.03	1:15.86		
4. Declerck Simon			TZT/11088/09	20:15.36	18:47.33	423				
100m:	1:10.73	1:10.73	500m:	6:11.59	1:15.74	900m:	11:15.33	1:15.94	1300m: 16:19.15	1:16.15
200m:	2:25.55	1:14.82	600m:	7:27.78	1:16.19	1000m:	12:31.68	1:16.35	1400m: 17:34.63	1:15.48
300m:	3:40.06	1:14.51	700m:	8:44.50	1:16.72	1100m:	13:46.56	1:14.88	1500m: 18:47.33	1:12.70
400m:	4:55.85	1:15.79	800m:	9:59.39	1:14.89	1200m:	15:03.00	1:16.44		
5. Devos Rhune			ROSC/31319/09	20:47.39	19:09.42	399				
100m:	1:13.68	1:13.68	500m:	6:26.19	1:16.65	900m:	11:35.62	1:16.87	1300m: 16:42.53	1:16.12
200m:	2:32.64	1:18.96	600m:	7:43.73	1:17.54	1000m:	12:53.17	1:17.55	1400m: 17:57.50	1:14.97
300m:	3:51.14	1:18.50	700m:	9:00.99	1:17.26	1100m:	14:10.13	1:16.96	1500m: 19:09.42	1:11.92
400m:	5:09.54	1:18.40	800m:	10:18.75	1:17.76	1200m:	15:26.41	1:16.28		
6. Baeyens Siemen			ZTB/11069/09	20:31.11	19:25.30	383				
100m:	1:11.27	1:11.27	500m:	6:21.57	1:18.82	900m:	11:36.02	1:18.38	1300m: 16:51.85	1:19.44
200m:	2:27.20	1:15.93	600m:	7:40.78	1:19.21	1000m:	12:55.21	1:19.19	1400m: 18:10.67	1:18.82
300m:	3:44.47	1:17.27	700m:	8:59.48	1:18.70	1100m:	14:14.15	1:18.94	1500m: 19:25.30	1:14.63
400m:	5:02.75	1:18.28	800m:	10:17.64	1:18.16	1200m:	15:32.41	1:18.26		
7. De Moor Maxime			MZK/11094/09	20:26.65	20:01.09	350				
100m:	1:14.57	1:14.57	500m:	6:38.86	1:21.24	900m:	12:00.19	1:20.11	1300m: 17:23.89	1:20.49
200m:	2:35.17	1:20.60	600m:	7:59.56	1:20.70	1000m:	13:21.36	1:21.17	1400m: 18:43.40	1:19.51
300m:	3:56.60	1:21.43	700m:	9:19.86	1:20.30	1100m:	14:42.49	1:21.13	1500m: 20:01.09	1:17.69
400m:	5:17.62	1:21.02	800m:	10:40.08	1:20.22	1200m:	16:03.40	1:20.91		

14 Jarigen Oost-Vlaanderen

1. Van Belle Simon			MEGA/11259/09	18:54.87	18:13.09	465				
100m:	1:07.23	1:07.23	500m:	5:59.80	1:13.40	900m:	10:55.28	1:13.73	1300m: 15:49.36	1:13.03
200m:	2:19.52	1:12.29	600m:	7:13.61	1:13.81	1000m:	12:09.36	1:14.08	1400m: 17:02.84	1:13.48
300m:	3:32.18	1:12.66	700m:	8:27.14	1:13.53	1100m:	13:22.83	1:13.47	1500m: 18:13.09	1:10.25
400m:	4:46.40	1:14.22	800m:	9:41.55	1:14.41	1200m:	14:36.33	1:13.50		
2. Van Daele Daan			FAST/11047/09	19:03.93	18:18.76	457				
100m:	1:06.01	1:06.01	500m:	5:58.65	1:14.15	900m:	10:54.37	1:14.10	1300m: 15:53.40	1:14.24
200m:	2:17.26	1:11.25	600m:	7:12.61	1:13.96	1000m:	12:08.81	1:14.44	1400m: 17:07.03	1:13.63
300m:	3:30.87	1:13.61	700m:	8:26.55	1:13.94	1100m:	13:23.44	1:14.63	1500m: 18:18.76	1:11.73
400m:	4:44.50	1:13.63	800m:	9:40.27	1:13.72	1200m:	14:39.16	1:15.72		
3. Van Deursen Siebe			MEGA/11333/09	19:56.69	18:18.83	457				
100m:	1:06.99	1:06.99	500m:	5:59.26	1:13.32	900m:	10:56.62	1:14.76	1300m: 15:54.09	1:14.23
200m:	2:19.61	1:12.62	600m:	7:12.01	1:12.75	1000m:	12:11.42	1:14.80	1400m: 17:07.12	1:13.03
300m:	3:32.44	1:12.83	700m:	8:26.91	1:14.90	1100m:	13:25.23	1:13.81	1500m: 18:18.83	1:11.71
400m:	4:45.94	1:13.50	800m:	9:41.86	1:14.95	1200m:	14:39.86	1:14.63		

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

Programmanr. 3, Jongens, 1500m vrije slag, 14 Jarigen Oost-Vlaanderen

Rang					Inschr.	Tijd	Pnt					
4.	El Bouhdidi Islam		STW/11188/09		18:34.20	18:25.17	449					
	100m:	1:06.25	1:06.25	500m:	6:01.84	1:14.88	900m:	11:00.19	1:14.65	1300m:	15:59.79	1:14.22
	200m:	2:19.09	1:12.84	600m:	7:17.44	1:15.60	1000m:	12:15.24	1:15.05	1400m:	17:14.02	1:14.23
	300m:	3:32.52	1:13.43	700m:	8:31.58	1:14.14	1100m:	13:29.77	1:14.53	1500m:	18:25.17	1:11.15
	400m:	4:46.96	1:14.44	800m:	9:45.54	1:13.96	1200m:	14:45.57	1:15.80			
5.	Bogaerts Thijs		MEGA/11337/09		19:25.66	18:27.70	446					
	100m:	1:07.88	1:07.88	500m:	5:59.61	1:13.50	900m:	10:57.33	1:14.84	1300m:	15:57.87	1:15.54
	200m:	2:20.20	1:12.32	600m:	7:14.15	1:14.54	1000m:	12:12.03	1:14.70	1400m:	17:14.42	1:16.55
	300m:	3:32.97	1:12.77	700m:	8:27.93	1:13.78	1100m:	13:26.87	1:14.84	1500m:	18:27.70	1:13.28
	400m:	4:46.11	1:13.14	800m:	9:42.49	1:14.56	1200m:	14:42.33	1:15.46			

15-16 Jarigen West-Vlaanderen

1.	Claerhout Bas		TZT/11127/08		16:03.30	15:53.15	701					
	100m:	57.55	57.55	500m:	5:10.13	1:03.59	900m:	9:26.01	1:05.25	1300m:	13:44.71	1:04.43
	200m:	1:59.55	1:02.00	600m:	6:13.64	1:03.51	1000m:	10:30.73	1:04.72	1400m:	14:49.33	1:04.62
	300m:	3:02.88	1:03.33	700m:	7:17.78	1:04.14	1100m:	11:35.43	1:04.70	1500m:	15:53.15	1:03.82
	400m:	4:06.54	1:03.66	800m:	8:20.76	1:02.98	1200m:	12:40.28	1:04.85			
2.	Waerniers Bere		TZT/11117/08		17:10.30	16:39.84	607					
	100m:	1:02.82	1:02.82	500m:	5:27.87	1:05.69	900m:	9:55.23	1:06.73	1300m:	14:26.03	1:07.45
	200m:	2:09.30	1:06.48	600m:	6:34.65	1:06.78	1000m:	11:02.91	1:07.68	1400m:	15:34.77	1:08.74
	300m:	3:20.97	1:08.61	700m:	7:41.51	1:06.86	1100m:	12:10.27	1:07.36	1500m:	16:39.84	1:05.07
	400m:	4:22.18	1:06.27	800m:	8:48.50	1:06.99	1200m:	13:18.58	1:08.31			
3.	Provoost Matice		ROSC/11125/08		17:19.41	17:07.11	560					
	100m:	1:04.06	1:04.06	500m:	5:40.14	1:09.57	900m:	10:19.39	1:09.84	1300m:	14:56.85	1:08.29
	200m:	2:12.24	1:08.18	600m:	6:49.95	1:09.81	1000m:	11:29.78	1:10.39	1400m:	16:04.65	1:07.80
	300m:	3:20.97	1:08.73	700m:	7:59.38	1:09.43	1100m:	12:39.22	1:09.44	1500m:	17:07.11	1:02.46
	400m:	4:30.57	1:09.60	800m:	9:09.55	1:10.17	1200m:	13:48.56	1:09.34			
4.	Commeene Jasper		ZB/11038/07		18:06.47	17:07.77	559					
	100m:	1:03.71	1:03.71	500m:	5:39.05	1:09.36	900m:	10:16.74	1:09.59	1300m:	14:53.73	1:09.22
	200m:	2:12.04	1:08.33	600m:	6:48.42	1:09.37	1000m:	11:25.83	1:09.09	1400m:	16:03.60	1:09.87
	300m:	3:20.26	1:08.22	700m:	7:57.83	1:09.41	1100m:	12:35.57	1:09.74	1500m:	17:07.77	1:04.17
	400m:	4:29.69	1:09.43	800m:	9:07.15	1:09.32	1200m:	13:44.51	1:08.94			
5.	François Wout		TZT/11047/07		17:40.47	17:14.76	548					
	100m:	1:05.63	1:05.63	500m:	5:42.85	1:09.15	900m:	10:21.08	1:09.82	1300m:	14:58.30	1:08.65
	200m:	2:14.88	1:09.25	600m:	6:51.91	1:09.06	1000m:	11:30.71	1:09.63	1400m:	16:07.46	1:09.16
	300m:	3:24.39	1:09.51	700m:	8:01.52	1:09.61	1100m:	12:40.29	1:09.58	1500m:	17:14.76	1:07.30
	400m:	4:33.70	1:09.31	800m:	9:11.26	1:09.74	1200m:	13:49.65	1:09.36			
6.	Druwel Mauro		ZTB/11027/08		18:40.28	17:27.01	529					
	100m:	1:04.97	1:04.97	500m:	5:49.28	1:11.35	900m:	10:33.51	1:10.97	1300m:	15:13.51	1:09.29
	200m:	2:15.26	1:10.29	600m:	7:00.28	1:11.00	1000m:	11:43.87	1:10.36	1400m:	16:22.39	1:08.88
	300m:	3:26.66	1:11.40	700m:	8:11.61	1:11.33	1100m:	12:53.68	1:09.81	1500m:	17:27.01	1:04.62
	400m:	4:37.93	1:11.27	800m:	9:22.54	1:10.93	1200m:	14:04.22	1:10.54			
7.	Maes Briek		TZT/11049/07		17:46.64	17:33.20	519					
	100m:	1:06.04	1:06.04	500m:	5:49.16	1:11.16	900m:	10:33.19	1:09.90	1300m:	15:14.64	1:10.05
	200m:	2:16.16	1:10.12	600m:	7:00.29	1:11.13	1000m:	11:44.15	1:10.96	1400m:	16:25.19	1:10.55
	300m:	3:26.82	1:10.66	700m:	8:12.21	1:11.92	1100m:	12:54.08	1:09.93	1500m:	17:33.20	1:08.01
	400m:	4:38.00	1:11.18	800m:	9:23.29	1:11.08	1200m:	14:04.59	1:10.51			
8.	Pirlet Wout		TZT/11082/08		19:23.89	17:43.87	504					
	100m:	1:05.94	1:05.94	500m:	5:49.79	1:10.98	900m:	10:34.91	1:11.39	1300m:	15:22.68	1:11.77
	200m:	2:16.61	1:10.67	600m:	7:00.75	1:10.96	1000m:	11:47.02	1:12.11	1400m:	16:34.43	1:11.75
	300m:	3:27.90	1:11.29	700m:	8:12.45	1:11.70	1100m:	12:58.90	1:11.88	1500m:	17:43.87	1:09.44
	400m:	4:38.81	1:10.91	800m:	9:23.52	1:11.07	1200m:	14:10.91	1:12.01			

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

Programmanr. 3, Jongens, 1500m vrije slag, 15-16 Jarigen West-Vlaanderen

Rang			Inschr.			Tijd	Pnt					
9.	Decupere Cedric		KZK/11086/07			17:59.21	18:07.40	472				
	100m:	1:06.13	1:06.13	500m:	5:55.71	1:12.28	900m:	10:44.26	1:12.03	1300m:	15:41.00	1:15.06
	200m:	2:18.70	1:12.57	600m:	7:07.71	1:12.00	1000m:	11:56.84	1:12.58	1400m:	16:56.22	1:15.22
	300m:	3:30.61	1:11.91	700m:	8:20.15	1:12.44	1100m:	13:11.01	1:14.17	1500m:	18:07.40	1:11.18
	400m:	4:43.43	1:12.82	800m:	9:32.23	1:12.08	1200m:	14:25.94	1:14.93			
10.	François Tijss		TZT/11063/08			18:55.16	18:21.82	454				
	100m:	1:10.37	1:10.37	500m:	6:06.74	1:14.10	900m:	11:03.43	1:13.98	1300m:	15:58.67	1:13.07
	200m:	2:24.53	1:14.16	600m:	7:21.51	1:14.77	1000m:	12:17.19	1:13.76	1400m:	17:11.50	1:12.83
	300m:	3:38.35	1:13.82	700m:	8:35.51	1:14.00	1100m:	13:31.55	1:14.36	1500m:	18:21.82	1:10.32
	400m:	4:52.64	1:14.29	800m:	9:49.45	1:13.94	1200m:	14:45.60	1:14.05			
11.	Claeys Mauro		ROSC/11177/08			18:28.48	18:36.82	436				
	100m:	1:07.98	1:07.98	500m:	6:04.78	1:14.45	900m:	11:06.60	1:14.15	1300m:	16:08.25	1:15.11
	200m:	2:21.59	1:13.61	600m:	7:19.67	1:14.89	1000m:	12:20.88	1:14.28	1400m:	17:23.35	1:15.10
	300m:	3:36.01	1:14.42	700m:	8:35.31	1:15.64	1100m:	13:37.02	1:16.14	1500m:	18:36.82	1:13.47
	400m:	4:50.33	1:14.32	800m:	9:52.45	1:17.14	1200m:	14:53.14	1:16.12			
12.	Provoost Dajo		ROSC/11243/08			18:56.00	18:37.32	435				
	100m:	1:09.44	1:09.44	500m:	6:11.39	1:16.22	900m:	11:14.91	1:15.43	1300m:	16:14.46	1:14.36
	200m:	2:23.59	1:14.15	600m:	7:27.25	1:15.86	1000m:	12:29.97	1:15.06	1400m:	17:28.23	1:13.77
	300m:	3:39.36	1:15.77	700m:	8:43.28	1:16.03	1100m:	13:45.04	1:15.07	1500m:	18:37.32	1:09.09
	400m:	4:55.17	1:15.81	800m:	9:59.48	1:16.20	1200m:	15:00.10	1:15.06			
13.	Goemaere Joren		ZB/11078/08			21:10.00	19:12.86	396				
	100m:	1:11.61	1:11.61	500m:	6:28.09	1:18.67	900m:	11:40.11	1:17.09	1300m:	16:45.98	1:15.40
	200m:	2:31.35	1:19.74	600m:	7:46.58	1:18.49	1000m:	12:57.26	1:17.15	1400m:	18:00.86	1:14.88
	300m:	3:51.74	1:20.39	700m:	9:04.79	1:18.21	1100m:	14:14.32	1:17.06	1500m:	19:12.86	1:12.00
	400m:	5:09.42	1:17.68	800m:	10:23.02	1:18.23	1200m:	15:30.58	1:16.26			
14.	Vandenweghe Miel		ZB/11091/08			19:40.00	19:29.89	379				
	100m:	1:11.66	1:11.66	500m:	6:21.91	1:19.51	900m:	11:38.89	1:19.29	1300m:	16:56.31	1:18.62
	200m:	2:27.50	1:15.84	600m:	7:40.68	1:18.77	1000m:	12:59.62	1:20.73	1400m:	18:15.72	1:19.41
	300m:	3:44.15	1:16.65	700m:	9:00.09	1:19.41	1100m:	14:18.84	1:19.22	1500m:	19:29.89	1:14.17
	400m:	5:02.40	1:18.25	800m:	10:19.60	1:19.51	1200m:	15:37.69	1:18.85			

15-16 Jarigen Oost-Vlaanderen

1.	Van Belle Ruben		MEGA/11154/07			17:19.69	17:03.82	565				
	100m:	1:01.94	1:01.94	500m:	5:33.42	1:08.44	900m:	10:09.95	1:09.27	1300m:	14:49.12	1:09.44
	200m:	2:09.58	1:07.64	600m:	6:41.95	1:08.53	1000m:	11:19.47	1:09.52	1400m:	15:58.82	1:09.70
	300m:	3:17.12	1:07.54	700m:	7:51.35	1:09.40	1100m:	12:29.36	1:09.89	1500m:	17:03.82	1:05.00
	400m:	4:24.98	1:07.86	800m:	9:00.68	1:09.33	1200m:	13:39.68	1:10.32			
2.	Vandorpe Dante		FAST/11040/08			18:20.70	17:41.68	507				
	100m:	1:04.93	1:04.93	500m:	5:51.02	1:12.07	900m:	10:37.93	1:11.32	1300m:	15:21.41	1:10.86
	200m:	2:15.86	1:10.93	600m:	7:03.10	1:12.08	1000m:	11:48.73	1:10.80	1400m:	16:32.07	1:10.66
	300m:	3:27.39	1:11.53	700m:	8:14.77	1:11.67	1100m:	12:59.51	1:10.78	1500m:	17:41.68	1:09.61
	400m:	4:38.95	1:11.56	800m:	9:26.61	1:11.84	1200m:	14:10.55	1:11.04			
3.	Parlevliet Zeno		STA/11027/08			18:35.99	17:46.14	501				
	100m:	1:04.19	1:04.19	500m:	5:50.18	1:11.35	900m:	10:36.60	1:11.37	1300m:	15:23.82	1:11.61
	200m:	2:15.08	1:10.89	600m:	7:01.87	1:11.69	1000m:	11:48.46	1:11.86	1400m:	16:35.25	1:11.43
	300m:	3:26.79	1:11.71	700m:	8:13.44	1:11.57	1100m:	13:00.52	1:12.06	1500m:	17:46.14	1:10.89
	400m:	4:38.83	1:12.04	800m:	9:25.23	1:11.79	1200m:	14:12.21	1:11.69			
4.	Van Uytven Robbe		FAST/11029/07			22:27.08	18:07.59	472				
	100m:	1:06.92	1:06.92	500m:	5:57.14	1:12.52	900m:	10:51.91	1:13.64	1300m:	15:47.45	1:13.84
	200m:	2:19.40	1:12.48	600m:	7:11.29	1:14.15	1000m:	12:05.84	1:13.93	1400m:	17:00.46	1:13.01
	300m:	3:31.20	1:11.80	700m:	8:24.87	1:13.58	1100m:	13:19.42	1:13.58	1500m:	18:07.59	1:07.13
	400m:	4:44.62	1:13.42	800m:	9:38.27	1:13.40	1200m:	14:33.61	1:14.19			

PK lange afstand OV & WV
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Programmanr. 3, Jongens, 1500m vrije slag, 15-16 Jarigen Oost-Vlaanderen

Rang				Inschr.	Tijd	Pnt						
5.	Van de Gender Wout			STW/11178/08	18:19.89	18:25.39	449					
	100m:	1:05.89	1:05.89	500m:	5:58.77	1:14.34	900m:	11:00.54	1:15.61	1300m:	15:58.59	1:13.85
	200m:	2:18.07	1:12.18	600m:	7:14.24	1:15.47	1000m:	12:16.52	1:15.98	1400m:	17:12.93	1:14.34
	300m:	3:31.03	1:12.96	700m:	8:29.26	1:15.02	1100m:	13:30.80	1:14.28	1500m:	18:25.39	1:12.46
	400m:	4:44.43	1:13.40	800m:	9:44.93	1:15.67	1200m:	14:44.74	1:13.94			
6.	Vanwynsberghe Loïc			FAST/11090/07	18:15.00	18:35.84	437					
	100m:	1:06.91	1:06.91	500m:	5:58.18	1:12.54	900m:	10:58.08	1:15.10	1300m:	16:04.71	1:17.01
	200m:	2:19.05	1:12.14	600m:	7:13.11	1:14.93	1000m:	12:14.39	1:16.31	1400m:	17:21.61	1:16.90
	300m:	3:32.55	1:13.50	700m:	8:28.75	1:15.64	1100m:	13:31.10	1:16.71	1500m:	18:35.84	1:14.23
	400m:	4:45.64	1:13.09	800m:	9:42.98	1:14.23	1200m:	14:47.70	1:16.60			
7.	D'Hooge Liam			STA/11032/08	18:50.99	18:50.65	420					
	100m:	1:07.35	1:07.35	500m:	6:07.59	1:15.11	900m:	11:11.88	1:16.69	1300m:	16:19.88	1:16.94
	200m:	2:22.02	1:14.67	600m:	7:23.42	1:15.83	1000m:	12:29.23	1:17.35	1400m:	17:36.55	1:16.67
	300m:	3:37.63	1:15.61	700m:	8:40.02	1:16.60	1100m:	13:46.45	1:17.22	1500m:	18:50.65	1:14.10
	400m:	4:52.48	1:14.85	800m:	9:55.19	1:15.17	1200m:	15:02.94	1:16.49			
8.	Bulckaen Toon			MEGA/11238/07	20:36.05	19:15.83	393					
	100m:	1:11.40	1:11.40	500m:	6:17.05	1:17.42	900m:	11:27.62	1:17.58	1300m:	16:41.43	1:18.63
	200m:	2:26.85	1:15.45	600m:	7:34.14	1:17.09	1000m:	12:46.25	1:18.63	1400m:	17:59.07	1:17.64
	300m:	3:43.10	1:16.25	700m:	8:52.11	1:17.97	1100m:	14:04.66	1:18.41	1500m:	19:15.83	1:16.76
	400m:	4:59.63	1:16.53	800m:	10:10.04	1:17.93	1200m:	15:22.80	1:18.14			
17-18 Jarigen West-Vlaanderen												
1.	Desmet Leendert			TZT/31033/06	16:51.62	16:34.11	618					
	100m:	1:02.14	1:02.14	500m:	5:26.15	1:06.35	900m:	9:54.10	1:07.05	1300m:	14:21.25	1:07.04
	200m:	2:07.87	1:05.73	600m:	6:33.42	1:07.27	1000m:	11:00.72	1:06.62	1400m:	15:28.07	1:06.82
	300m:	3:13.69	1:05.82	700m:	7:40.36	1:06.94	1100m:	12:07.34	1:06.62	1500m:	16:34.11	1:06.04
	400m:	4:19.80	1:06.11	800m:	8:47.05	1:06.69	1200m:	13:14.21	1:06.87			
2.	Thyvelen Wout			ZB/11025/06	16:58.94	16:40.70	606					
	100m:	1:02.25	1:02.25	500m:	5:31.09	1:07.96	900m:	10:00.49	1:06.91	1300m:	14:28.58	1:07.27
	200m:	2:08.69	1:06.44	600m:	6:38.54	1:07.45	1000m:	11:07.81	1:07.32	1400m:	15:35.76	1:07.18
	300m:	3:15.56	1:06.87	700m:	7:45.88	1:07.34	1100m:	12:14.42	1:06.61	1500m:	16:40.70	1:04.94
	400m:	4:23.13	1:07.57	800m:	8:53.58	1:07.70	1200m:	13:21.31	1:06.89			
3.	Christiaens Stijn			TZT/11060/06	16:47.85	16:44.93	598					
	100m:	1:02.43	1:02.43	500m:	5:27.94	1:06.79	900m:	9:56.34	1:07.60	1300m:	14:30.13	1:08.39
	200m:	2:08.40	1:05.97	600m:	6:34.45	1:06.51	1000m:	11:04.31	1:07.97	1400m:	15:38.25	1:08.12
	300m:	3:14.79	1:06.39	700m:	7:41.68	1:07.23	1100m:	12:12.84	1:08.53	1500m:	16:44.93	1:06.68
	400m:	4:21.15	1:06.36	800m:	8:48.74	1:07.06	1200m:	13:21.74	1:08.90			
4.	Druant Andreas			ZB/11089/06	17:26.40	16:50.37	588					
	100m:	1:00.93	1:00.93	500m:	5:31.50	1:07.74	900m:	10:02.76	1:07.26	1300m:	14:35.50	1:08.61
	200m:	2:07.94	1:07.01	600m:	6:39.84	1:08.34	1000m:	11:10.64	1:07.88	1400m:	15:44.26	1:08.76
	300m:	3:15.85	1:07.91	700m:	7:47.65	1:07.81	1100m:	12:18.63	1:07.99	1500m:	16:50.37	1:06.11
	400m:	4:23.76	1:07.91	800m:	8:55.50	1:07.85	1200m:	13:26.89	1:08.26			
5.	Verheye Miel			MZK/11142/06	17:00.00	17:02.35	568					
	100m:	1:01.95	1:01.95	500m:	5:30.30	1:07.52	900m:	10:05.90	1:09.48	1300m:	14:46.35	1:10.11
	200m:	2:08.28	1:06.33	600m:	6:38.57	1:08.27	1000m:	11:15.60	1:09.70	1400m:	15:55.76	1:09.41
	300m:	3:15.41	1:07.13	700m:	7:47.40	1:08.83	1100m:	12:25.43	1:09.83	1500m:	17:02.35	1:06.59
	400m:	4:22.78	1:07.37	800m:	8:56.42	1:09.02	1200m:	13:36.24	1:10.81			
6.	Pickavet Joachim			ZTB/11021/06	19:10.58	18:19.29	457					
	100m:	1:07.31	1:07.31	500m:	6:01.62	1:14.46	900m:	10:59.77	1:14.62	1300m:	15:54.57	1:13.52
	200m:	2:21.02	1:13.71	600m:	7:16.21	1:14.59	1000m:	12:14.00	1:14.23	1400m:	17:08.42	1:13.85
	300m:	3:33.75	1:12.73	700m:	8:30.58	1:14.37	1100m:	13:27.62	1:13.62	1500m:	18:19.29	1:10.87
	400m:	4:47.16	1:13.41	800m:	9:45.15	1:14.57	1200m:	14:41.05	1:13.43			

PK lange afstand OV & WV
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Programmanr. 3, Jongens, 1500m vrije slag, 17-18 Jarigen West-Vlaanderen

Rang			Inschr.			Tijd	Pnt		
7.	Eeckhout Sieben		ZB/11049/06			18:33.12	18:30.04	444	
	100m:	1:06.56	1:06.56	500m:	5:59.27	1:13.67	900m:	11:00.02	1:15.93
	200m:	2:18.90	1:12.34	600m:	7:13.96	1:14.69	1000m:	12:16.02	1:16.00
	300m:	3:32.09	1:13.19	700m:	8:29.30	1:15.34	1100m:	13:31.66	1:15.64
	400m:	4:45.60	1:13.51	800m:	9:44.09	1:14.79	1200m:	14:47.62	1:15.96
8.	Igodt Daan		ZTB/11022/06			18:44.89	18:46.05	425	
	100m:	1:08.78	1:08.78	500m:	6:10.61	1:15.40	900m:	11:13.32	1:15.77
	200m:	2:23.24	1:14.46	600m:	7:26.52	1:15.91	1000m:	12:29.09	1:15.77
	300m:	3:39.26	1:16.02	700m:	8:42.28	1:15.76	1100m:	13:44.25	1:15.16
	400m:	4:55.21	1:15.95	800m:	9:57.55	1:15.27	1200m:	15:00.65	1:16.40

17-18 Jarigen Oost-Vlaanderen

1.	Goethals Matthis		STA/11034/06			16:40.20	16:29.20	627	
	100m:	58.55	58.55	500m:	5:21.47	1:06.67	900m:	9:48.67	1:06.59
	200m:	2:03.71	1:05.16	600m:	6:28.39	1:06.92	1000m:	10:55.65	1:06.98
	300m:	3:09.41	1:05.70	700m:	7:34.99	1:06.60	1100m:	12:02.50	1:06.85
	400m:	4:14.80	1:05.39	800m:	8:42.08	1:07.09	1200m:	13:09.18	1:06.68
2.	Kockx Henri		MEGA/11104/06			17:07.42	17:29.34	525	
	100m:	1:03.77	1:03.77	500m:	5:39.24	1:09.64	900m:	10:22.74	1:11.07
	200m:	2:11.61	1:07.84	600m:	6:49.84	1:10.60	1000m:	11:34.40	1:11.66
	300m:	3:20.22	1:08.61	700m:	8:01.23	1:11.39	1100m:	12:45.86	1:11.46
	400m:	4:29.60	1:09.38	800m:	9:11.67	1:10.44	1200m:	13:56.56	1:10.70
3.	Thys Bjarne		STW/11143/05			17:02.24	17:30.10	524	
	100m:	1:01.71	1:01.71	500m:	5:37.19	1:09.78	900m:	10:22.41	1:11.05
	200m:	2:09.24	1:07.53	600m:	6:48.18	1:10.99	1000m:	11:33.87	1:11.46
	300m:	3:17.76	1:08.52	700m:	7:59.58	1:11.40	1100m:	12:45.46	1:11.59
	400m:	4:27.41	1:09.65	800m:	9:11.36	1:11.78	1200m:	13:56.86	1:11.40
4.	Herman Aidan		MEGA/11417/05			17:48.05	17:50.52	495	
	100m:	1:05.49	1:05.49	500m:	5:54.53	1:12.71	900m:	10:42.20	1:11.33
	200m:	2:17.61	1:12.12	600m:	7:06.50	1:11.97	1000m:	11:54.46	1:12.26
	300m:	3:30.14	1:12.53	700m:	8:18.41	1:11.91	1100m:	13:06.11	1:11.65
	400m:	4:41.82	1:11.68	800m:	9:30.87	1:12.46	1200m:	14:17.25	1:11.14
5.	Van Hoorebeke Noah		FIRST/11070/05			19:21.35	18:34.01	439	
	100m:	1:08.40	1:08.40	500m:	6:12.82	1:15.61	900m:	11:16.49	1:14.73
	200m:	2:24.84	1:16.44	600m:	7:29.41	1:16.59	1000m:	12:32.81	1:16.32
	300m:	3:40.61	1:15.77	700m:	8:46.17	1:16.76	1100m:	13:48.87	1:16.06
	400m:	4:57.21	1:16.60	800m:	10:01.76	1:15.59	1200m:	15:01.53	1:12.66
6.	Flement Robbe		FAST/11017/06			19:52.77	18:37.66	435	
	100m:	1:07.00	1:07.00	500m:	6:07.06	1:15.51	900m:	11:09.13	1:15.69
	200m:	2:21.28	1:14.28	600m:	7:22.55	1:15.49	1000m:	12:24.94	1:15.81
	300m:	3:35.63	1:14.35	700m:	8:38.13	1:15.58	1100m:	13:40.76	1:15.82
	400m:	4:51.55	1:15.92	800m:	9:53.44	1:15.31	1200m:	14:56.08	1:15.32
7.	Verbruggen Wout		FIRST/11152/06			19:25.50	19:50.09	360	
	100m:	1:10.64	1:10.64	500m:	6:26.73	1:20.20	900m:	11:50.62	1:20.92
	200m:	2:28.59	1:17.95	600m:	7:47.41	1:20.68	1000m:	13:13.31	1:22.69
	300m:	3:46.58	1:17.99	700m:	9:08.33	1:20.92	1100m:	14:34.58	1:21.27
	400m:	5:06.53	1:19.95	800m:	10:29.70	1:21.37	1200m:	15:55.51	1:20.93

PK lange afstand OV & WV
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Programmanr. 3, Heren, 1500m vrije slag

19+ Jarigen West-Vlaanderen

1. Debooser Thibaut			KZK/11034/04	16:53.15	16:49.88	589														
100m:	1:00.52	1:00.52	500m:	5:29.32	1:07.58	900m:	10:00.89	1:08.33	1300m:	14:33.93	1:07.98									
200m:	2:07.47	1:06.95	600m:	6:36.29	1:06.97	1000m:	11:08.89	1:08.00	1400m:	15:42.41	1:08.48									
300m:	3:14.61	1:07.14	700m:	7:44.72	1:08.43	1100m:	12:17.46	1:08.57	1500m:	16:49.88	1:07.47									
400m:	4:21.74	1:07.13	800m:	8:52.56	1:07.84	1200m:	13:25.95	1:08.49												

19+ Jarigen Oost-Vlaanderen

1. Van De Sompel Jarne			STA/11010/04	16:40.99	16:48.95	591														
100m:	1:00.18	1:00.18	500m:	5:23.46	1:06.73	900m:	9:54.47	1:08.87	1300m:	14:31.51	1:10.00									
200m:	2:05.33	1:05.15	600m:	6:30.66	1:07.20	1000m:	11:03.16	1:08.69	1400m:	15:42.30	1:10.79									
300m:	3:10.62	1:05.29	700m:	7:38.13	1:07.47	1100m:	12:11.91	1:08.75	1500m:	16:48.95	1:06.65									
400m:	4:16.73	1:06.11	800m:	8:45.60	1:07.47	1200m:	13:21.51	1:09.60												
2. Rydant Hannes			MEGA/10791/93	17:20.35	17:05.32	563														
100m:	1:03.93	1:03.93	500m:	5:34.99	1:07.73	900m:	10:10.43	1:09.05	1300m:	14:50.12	1:09.79									
200m:	2:11.46	1:07.53	600m:	6:43.48	1:08.49	1000m:	11:19.89	1:09.46	1400m:	15:59.66	1:09.54									
300m:	3:19.35	1:07.89	700m:	7:52.14	1:08.66	1100m:	12:30.32	1:10.43	1500m:	17:05.32	1:05.66									
400m:	4:27.26	1:07.91	800m:	9:01.38	1:09.24	1200m:	13:40.33	1:10.01												
3. Vlamijnck Robin			STA/11005/03	17:34.57	17:14.24	549														
100m:	1:03.58	1:03.58	500m:	5:39.10	1:09.43	900m:	10:17.34	1:09.72	1300m:	14:57.34	1:10.64									
200m:	2:11.66	1:08.08	600m:	6:48.65	1:09.55	1000m:	11:27.23	1:09.89	1400m:	16:07.50	1:10.16									
300m:	3:20.42	1:08.76	700m:	7:57.86	1:09.21	1100m:	12:36.52	1:09.29	1500m:	17:14.24	1:06.74									
400m:	4:29.67	1:09.25	800m:	9:07.62	1:09.76	1200m:	13:46.70	1:10.18												
4. Claeys Arthur			STA/11056/02	17:32.47	17:18.09	542														
100m:	1:04.81	1:04.81	500m:	5:40.46	1:09.26	900m:	10:18.03	1:09.15	1300m:	14:58.91	1:10.63									
200m:	2:13.03	1:08.22	600m:	6:49.80	1:09.34	1000m:	11:28.18	1:10.15	1400m:	16:09.44	1:10.53									
300m:	3:21.67	1:08.64	700m:	7:59.37	1:09.57	1100m:	12:38.03	1:09.85	1500m:	17:18.09	1:08.65									
400m:	4:31.20	1:09.53	800m:	9:08.88	1:09.51	1200m:	13:48.28	1:10.25												