

LAC DEEL 1



Koewacht

Terneuzen 3-12-2016

Nummer: 2 - zaterdag 3 december 2016 om 15:30u (25 m)

Aanvangstijd juryvergadering: 15:00u

1. 200m wisselslag - Dames

10 - 11 jaar (Minioren 5 en Junioren 1)

1. Shanna Joppe (Z & PC De Zeeuwse Kust, 200601186)	03:08.80
2. Carlijn Sigmond (De Schelde, 200600928)	03:19.21
3. Floor de Pooter (De Schelde, 200501120)	03:24.50
4. Fenna Theunissen (De Bevelanders, 200600532)	03:32.03
5. Merel Hommers (De Schelde, 200600926)	03:46.68
6. Sam Albicher (De Schelde, 200600936)	03:54.97
7. Evie Meerveld (De Schelde, 200501978)	03:57.24
DIS: Tessa Koster (De Schelde, 200601438)	00:00.00

2. 200m wisselslag - Heren

10 - 11 jaar (Minioren 5 en 6)

1. Mark Schouten (De Bevelanders, 200500915)	03:11.69
2. Wouter Provoost (Zwemclub Koewacht, 200500703)	03:19.98
3. Wouter Buijs (Zwemclub Koewacht, 200501977)	04:03.10

3. 200m wisselslag - Dames

vanaf 12 jaar (Junioren 2 en ouder)

1. Laura Nieuwland (Z & PC De Zeeuwse Kust, 200001834)	02:29.83
50m 00:31.67 31,67 100m 01:08.99 37,32 150m 01:56.46 47,47	
2. Jody Sturms (Zwemclub Koewacht, 200102286)	02:48.45
50m 00:34.43 34,43 100m 01:17.67 43,24 150m 02:09.56 51,89	
3. Froukje van der Heijden (De Bevelanders, 200201514)	02:52.58
50m 00:43.22 43,22 100m 01:22.37 39,15 150m 02:11.41 49,04	
4. Lilianne Sweere (AquaDream, 199704376)	02:54.32
50m 00:36.60 36,60 100m 01:19.63 43,03 150m 02:13.51 53,88	
5. Ibe van Boven (De Schelde, 200404188)	03:04.28
50m 00:41.16 41,16	
6. Britt Sutin (De Schelde, 200401318)	03:07.44

4. 200m wisselslag - Heren

vanaf 12 jaar (Junioren 1 en ouder)

1. Tom Balsen Versteeg (Hieronymus, 200005673)	02:19.53
50m 00:29.86 29,86 100m 01:05.73 35,87 150m 01:46.53 40,80	
2. Benjamin Vermeulen (De Bevelanders, 200003721)	02:20.26
50m 00:30.55 30,55 100m 01:09.02 38,47 150m 01:49.48 40,46	
3. Rick Embregts (O.Z. & P.C. De Warande, 200000449)	02:20.68
50m 00:29.11 29,11 100m 01:05.21 36,10 150m 01:48.02 42,81	
4. Chiel de Pooter (De Schelde, 200101355)	02:30.76
50m 00:33.20 33,20 100m 01:12.08 38,88 150m 01:55.29 43,21	

5. Jie Long de Ridder (De Schelde, 200402059)						02:52.89					
50m	00:40.32	40,32									
6. Sander Provoost (Zwemclub Koewacht, 200302121)						03:04.33					
7. Thomas Goossen (De Schelde, 200402077)						03:05.49					
50m	00:43.12	43,12	100m	01:29.63	46,51	150m	02:24.97	55,34			
5. 200m vrije slag -											
8 - 9 jaar											
1. Kimi-Njordr Jonkman (De Schelde, 200700149)						03:18.49					
50m	00:45.55	45,55	100m	01:36.76	51,21	150m	02:27.62	50,86			
2. Maud Sutin (De Schelde, 200700230)						03:23.67					
50m	00:44.70	44,70	100m	01:37.51	52,81	150m	02:31.77	54,26			
3. Wies Ruitenbeek (Zwemclub Koewacht, 200700234)						03:24.71					
50m	00:45.60	45,60	100m	01:38.03	52,43	150m	02:32.92	54,89			
4. Jan Mol (De Bevelanders, 200701293)						03:33.28					
50m	00:45.43	45,43	100m	01:41.23	55,80	150m	02:38.97	57,74			
5. Mathijs de Bruijne (De Schelde, 200700349)						03:35.89					
50m	00:47.23	47,23	100m	01:42.58	55,35	150m	02:40.06	57,48			
6. Maud Koster (De Schelde, 200800312)						03:45.38					
50m	00:51.78	51,78									
7. Max Verschueren (Zwemclub Koewacht, 200701001)						03:54.24					
50m	00:50.64	50,64	100m	01:52.69	62,05	150m	02:55.68	62,99			
6. 400m vrije slag - Dames											
10 - 11 jaar (Minioren 5 en Junioren 1)											
1. Lien Fermont (De Schelde, 200500506)						05:24.57					
50m	00:34.88	34,88	150m	01:57.59	41,69	250m	03:22.63	42,85	350m	04:46.07	41,15
100m	01:15.90	41,02	200m	02:39.78	42,19	300m	04:04.92	42,29			
2. Shanna Joppe (Z & PC De Zeeuwse Kust, 200601186)						05:57.39					
50m	00:39.81	39,81	150m	02:11.42	46,48	250m	03:44.38	45,97	350m	05:14.81	44,96
100m	01:24.94	45,13	200m	02:58.41	46,99	300m	04:29.85	45,47			
3. Floor de Pooter (De Schelde, 200501120)						06:09.81					
50m	00:40.88	40,88	150m	02:17.29	48,90	250m	03:51.63	46,70	350m	05:24.67	46,36
100m	01:28.39	47,51	200m	03:04.93	47,64	300m	04:38.31	46,68			
4. Carlijn Sigmund (De Schelde, 200600928)						06:36.76					
50m	00:43.22	43,22	150m	02:23.22	51,47	250m	04:06.92	51,65	350m	05:48.75	50,25
100m	01:31.75	48,53	200m	03:15.27	52,05	300m	04:58.50	51,58			
5. Fenna Theunissen (De Bevelanders, 200600532)						06:49.98					
50m	00:49.39	49,39	100m	01:42.43	53,04	200m	03:26.80	104,37			
6. Merel Hommers (De Schelde, 200600926)						07:01.28					
50m	00:44.77	44,77	150m	02:31.83	54,88	250m	04:22.51	55,58	350m	06:11.89	53,70
100m	01:36.95	52,18	200m	03:26.93	55,10	300m	05:18.19	55,68			
7. Tessa Koster (De Schelde, 200601438)						07:05.79					
8. Evie Meerveld (De Schelde, 200501978)						07:18.24					
50m	00:48.05	48,05	100m	01:42.18	54,13	150m	02:40.04	57,86	200m	03:36.16	56,12
9. Hanna de Graaf (ZV Den Doorn, 200600300)						07:28.26					
100m	00:45.56	45,56	200m	02:37.46	57,45	300m	04:34.85	39,14	350m	05:34.40	59,55
150m	01:40.01	54,45	250m	03:55.71	78,25	350m	05:34.40	59,55			
10. Sam Albicher (De Schelde, 200600936)						07:55.97					
50m	00:51.25	51,25	100m	02:53.80	122,55	200m	05:01.69	127,89			
7. 400m vrije slag - Heren											
10 - 11 jaar (Minioren 5 en 6)											
1. Sigsten Jonkman (De Schelde, 200500523)						05:26.38					

	50m 00:35.75 35,75	150m 01:58.15 41,61	250m 03:21.55 41,70	350m 04:46.43 42,73	
	100m 01:16.54 40,79	200m 02:39.85 41,70	300m 04:03.70 42,15		
2. Wouter Provoost (Zwemclub Koewacht, 200500703)					05:47.82
	50m 00:38.24 38,24	150m 02:05.27 44,03	250m 03:34.00 44,48	350m 05:05.09 45,15	
	100m 01:21.24 43,00	200m 02:49.52 44,25	300m 04:19.94 45,94		
3. Jelle Fermont (De Schelde, 200600395)					06:02.52
	50m 00:37.77 37,77	150m 02:06.64 44,23	250m 03:40.58 47,98	350m 05:15.65 47,28	
	100m 01:22.41 44,64	200m 02:52.60 45,96	300m 04:28.37 47,79		
4. Mark Schouten (De Bevelanders, 200500915)					06:06.09
	50m 00:40.02 40,02	100m 01:25.40 45,38	150m 02:59.48 94,08		
5. Pieter Nuijten (Zwemclub Koewacht, 200600043)					07:05.24
	50m 00:43.46 43,46	150m 02:32.23 53,73	250m 04:22.14 55,01	350m 06:11.62 55,63	
	100m 01:38.50 55,04	200m 03:27.13 54,90	300m 05:15.99 53,85		
8. 800m vrije slag - Dames					
<i>vanaf 12 jaar (Junioren 2 en ouder)</i>					
1. Laura Nieuwland (Z & PC De Zeeuwse Kust, 200001834)					09:40.98
	50m 00:32.81 32,81	250m 02:59.43 36,90	450m 05:27.98 37,32	650m 07:55.48 36,62	
	100m 01:09.41 36,60	300m 03:35.95 36,52	500m 06:05.02 37,04	700m 08:32.12 36,64	
	150m 01:45.65 36,24	350m 04:13.06 37,11	550m 06:42.03 37,01	750m 09:06.60 34,48	
	200m 02:22.53 36,88	400m 04:50.66 37,60	600m 07:18.86 36,83		
2. Désirée Emmen (O.Z. & P.C. De Warande, 199204862)					10:08.89
	50m 00:32.19 32,19	250m 03:02.88 36,40	450m 05:38.57 38,69	650m 08:13.18 38,74	
	100m 01:09.48 37,29	300m 03:41.69 38,81	500m 06:17.06 38,49	700m 08:52.25 39,07	
	150m 01:46.81 37,33	350m 04:20.70 39,01	550m 06:55.65 38,59	750m 09:31.30 39,05	
	200m 02:26.48 39,67	400m 04:59.88 39,18	600m 07:34.44 38,79		
3. Valesca van den Bogert (Hieronymus, 200102138)					10:09.82
	50m 00:32.85 32,85	250m 03:03.25 38,38	450m 05:36.08 38,41	650m 08:13.86 39,42	
	100m 01:09.85 37,00	300m 03:41.54 38,29	500m 06:15.69 39,61	700m 08:53.72 39,86	
	150m 01:47.14 37,29	350m 04:19.25 37,71	550m 06:54.84 39,15	750m 09:32.73 39,01	
	200m 02:24.87 37,73	400m 04:57.67 38,42	600m 07:34.44 39,60		
4. Roos Englebert (Hieronymus, 200200606)					10:30.49
	50m 00:34.01 34,01	250m 03:12.40 39,62	450m 05:53.63 39,85	650m 08:32.50 39,37	
	100m 01:12.90 38,89	300m 03:52.28 39,88	500m 06:33.75 40,12	700m 09:11.44 38,94	
	150m 01:53.08 40,18	350m 04:33.12 40,84	550m 07:13.49 39,74	750m 09:52.02 40,58	
	200m 02:32.78 39,70	400m 05:13.78 40,66	600m 07:53.13 39,64		
5. Jody Sturms (Zwemclub Koewacht, 200102286)					11:09.49
	50m 00:35.31 35,31	250m 03:20.85 43,45	450m 06:13.30 43,27	650m 09:05.25 42,14	
	100m 01:14.70 39,39	300m 04:04.01 43,16	500m 06:56.87 43,57	700m 09:48.32 43,07	
	150m 01:55.80 41,10	350m 04:47.75 43,74	550m 07:40.61 43,74	750m 10:31.14 42,82	
	200m 02:37.40 41,60	400m 05:30.03 42,28	600m 08:23.11 42,50		
6. Froukje van der Heijden (De Bevelanders, 200201514)					12:03.16
	50m 00:37.17 37,17	250m 03:34.17 45,59	450m 06:39.40 46,60	650m 09:46.26 46,75	
	100m 01:20.16 42,99	300m 04:20.67 46,50	500m 07:25.52 46,12	700m 10:32.86 46,60	
	150m 02:03.98 43,82	350m 05:06.65 45,98	550m 08:12.52 47,00	750m 11:18.85 45,99	
	200m 02:48.58 44,60	400m 05:52.80 46,15	600m 08:59.51 46,99		
7. Nasca van Dijk (Zwemclub Koewacht, 200300816)					12:23.06
	50m 00:38.62 38,62	250m 03:41.17 45,54	450m 06:51.10 48,36	650m 10:01.19 45,59	
	100m 01:22.69 44,07	300m 04:28.46 47,29	500m 07:39.44 48,34	700m 10:53.61 52,42	
	150m 02:09.00 46,31	350m 05:15.11 46,65	550m 08:26.79 47,35	750m 11:40.85 47,24	
	200m 02:55.63 46,63	400m 06:02.74 47,63	600m 09:15.60 48,81		
8. Indy Kaijser (Zwemclub Koewacht, 200301846)					12:31.93
	50m 00:40.43 40,43	250m 03:47.90 48,21	450m 07:04.29 47,65	650m 10:15.29 47,55	
	100m 01:25.54 45,11	300m 04:36.60 48,70	500m 07:53.16 48,87	700m 11:01.29 46,00	
	150m 02:11.60 46,06	350m 05:25.91 49,31	550m 08:40.20 47,04	750m 11:47.03 45,74	
	200m 02:59.69 48,09	400m 06:16.64 50,73	600m 09:27.74 47,54		
9. Ibe van Boven (De Schelde, 200404188)					12:36.59
	50m 00:40.59 40,59	250m 03:49.35 48,07	450m 07:01.99 48,48	650m 10:17.43 49,50	

100m 01:26.02 45,43	300m 04:36.47 47,12	500m 07:50.63 48,64	700m 11:05.23 47,80
150m 02:13.71 47,69	350m 05:25.14 48,67	550m 08:38.97 48,34	750m 11:52.58 47,35
200m 03:01.28 47,57	400m 06:13.51 48,37	600m 09:27.93 48,96	

9. 800m vrije slag - Heren

vanaf 12 jaar (Junioren 1 en ouder)

1. Janne Englebert (Hieronymus, 200101561) 09:04.58

50m 00:29.02 29,02	250m 02:44.30 34,62	450m 05:01.96 34,41	650m 07:20.93 34,73
100m 01:01.64 32,62	300m 03:18.72 34,42	500m 05:36.59 34,63	700m 07:55.84 34,91
150m 01:35.52 33,88	350m 03:52.72 34,00	550m 06:11.48 34,89	750m 08:30.91 35,07
200m 02:09.68 34,16	400m 04:27.55 34,83	600m 06:46.20 34,72	
2. Rick Embregts (O.Z. & P.C. De Warande, 200000449) 09:18.83

50m 00:29.35 29,35	250m 02:45.88 35,33	450m 05:08.27 35,96	650m 07:32.58 36,15
100m 01:01.99 32,64	300m 03:21.23 35,35	500m 05:44.31 36,04	700m 08:09.06 36,48
150m 01:36.06 34,07	350m 03:56.79 35,56	550m 06:20.38 36,07	750m 08:45.10 36,04
200m 02:10.55 34,49	400m 04:32.31 35,52	600m 06:56.43 36,05	
3. Leon Faasse (De Schelde, 200002473) 09:34.04

50m 00:29.29 29,29	250m 02:46.45 35,68	450m 05:13.18 37,36	650m 07:44.40 38,16
100m 01:01.69 32,40	300m 03:22.26 35,81	500m 05:50.20 37,02	700m 08:22.18 37,78
150m 01:35.98 34,29	350m 03:58.83 36,57	550m 06:28.23 38,03	750m 08:59.54 37,36
200m 02:10.77 34,79	400m 04:35.82 36,99	600m 07:06.24 38,01	
4. Tom van Gils (Sg ZOC, 199501799) 10:38.48

50m 00:32.87 32,87	250m 03:03.38 38,75	450m 05:42.92 37,60	650m 08:31.28 42,49
100m 01:08.95 36,08	300m 03:42.90 39,52	500m 06:24.22 41,30	700m 09:13.84 42,56
150m 01:46.50 37,55	350m 04:22.33 39,43	550m 07:05.96 41,74	750m 09:58.92 45,08
200m 02:24.63 38,13	400m 05:05.32 42,99	600m 07:48.79 42,83	
5. Sander Provoost (Zwemclub Koewacht, 200302121) 10:45.87

50m 00:34.41 34,41	250m 03:16.65 40,74	450m 05:59.18 40,84	650m 08:44.20 41,78
100m 01:14.29 39,88	300m 03:56.42 39,77	500m 06:39.74 40,56	700m 09:25.56 41,36
150m 01:54.64 40,35	350m 04:37.05 40,63	550m 07:20.69 40,95	750m 10:06.52 40,96
200m 02:35.91 41,27	400m 05:18.34 41,29	600m 08:02.42 41,73	
6. Jordy Rens (Z & Pc Dio, 199904431) 11:08.29

50m 00:31.98 31,98	250m 03:09.48 41,10	450m 06:00.63 44,36	600m 08:13.21 44,26
100m 01:09.34 37,36	300m 03:51.01 41,53	500m 06:44.81 44,18	650m 08:58.08 44,87
150m 01:48.71 39,37	350m 04:33.22 42,21	550m 07:28.95 44,14	700m 09:41.80 43,72
200m 02:28.38 39,67	400m 05:16.27 43,05	600m 08:13.21 44,26	
7. Pascal Faasse (De Schelde, 200301923) 11:15.35

50m 00:37.68 37,68	250m 03:35.01 44,84	450m 06:32.40 43,76	650m 09:22.45 41,36
100m 01:20.38 42,70	300m 04:20.29 45,28	500m 07:16.53 44,13	700m 10:02.46 40,01
150m 02:05.16 44,78	350m 05:03.31 43,02	550m 07:58.25 41,72	750m 10:39.03 36,57
200m 02:50.17 45,01	400m 05:48.64 45,33	600m 08:41.09 42,84	
8. Sem Lazeroms (Hieronymus, 200402921) 11:40.78

50m 00:36.06 36,06	250m 03:32.23 45,34	450m 06:31.70 44,90	650m 09:29.93 44,16
100m 01:18.30 42,24	300m 04:16.62 44,39	500m 07:15.64 43,94	700m 10:14.45 44,52
150m 02:02.17 43,87	350m 05:01.40 44,78	550m 08:00.72 45,08	750m 10:57.24 42,79
200m 02:46.89 44,72	400m 05:46.80 45,40	600m 08:45.77 45,05	
9. Jie Long de Ridder (De Schelde, 200402059) 11:48.07

50m 00:38.29 38,29	250m 03:37.01 45,84	450m 06:40.87 46,44	650m 09:42.59 45,12
100m 01:21.33 43,04	300m 04:22.49 45,48	500m 07:26.50 45,63	700m 10:27.31 44,72
150m 02:05.90 44,57	350m 05:08.23 45,74	550m 08:12.19 45,69	750m 11:11.12 43,81
200m 02:51.17 45,27	400m 05:54.43 46,20	600m 08:57.47 45,28	
10. Thomas Goossen (De Schelde, 200402077) 12:02.89

50m 00:36.74 36,74	250m 03:35.82 46,24	450m 06:44.22 46,99	650m 09:52.20 46,34
100m 01:19.24 42,50	300m 04:22.97 47,15	500m 07:32.26 48,04	700m 10:37.33 45,13
150m 02:03.51 44,27	350m 05:10.10 47,13	550m 08:18.39 46,13	750m 11:21.87 44,54
200m 02:49.58 46,07	400m 05:57.23 47,13	600m 09:05.86 47,47	
11. Jeroen de Kort (De Schelde, 200302149) 12:08.49

50m 00:38.76 38,76	250m 03:38.19 46,34	450m 06:44.41 47,11	650m 09:53.05 47,41
100m 01:21.80 43,04	300m 04:24.15 45,96	500m 07:31.32 46,91	700m 10:40.23 47,18
150m 02:06.35 44,55	350m 05:10.45 46,30	550m 08:18.31 46,99	750m 11:26.98 46,75

200m 02:51.85 45,50 400m 05:57.30 46,85 600m 09:05.64 47,33

10. 1500m vrije slag - Dames
vanaf 14 jaar (Jeugd 1 en ouder)

1. Eva van Ginneken (Hieronymus, 199800164)				18:39.91
50m 00:32.50 32,50	450m 05:30.32 37,46	800m 09:55.05 37,73	1150m 14:19.38 37,76	
100m 01:08.65 36,15	500m 06:08.21 37,89	850m 10:32.76 37,71	1200m 14:57.46 38,08	
150m 01:45.94 37,29	550m 06:46.10 37,89	900m 11:10.97 38,21	1250m 15:34.99 37,53	
200m 02:23.28 37,34	600m 07:23.73 37,63	950m 11:49.00 38,03	1300m 16:13.35 38,36	
250m 03:00.43 37,15	650m 08:01.69 37,96	1000m 12:26.59 37,59	1350m 16:50.51 37,16	
300m 03:37.56 37,13	700m 08:39.19 37,50	1050m 13:04.29 37,70	1400m 17:28.22 37,71	
350m 04:15.11 37,55	750m 09:17.32 38,13	1100m 13:41.62 37,33	1450m 18:05.07 36,85	
400m 04:52.86 37,75	800m 09:55.05 37,73	1150m 14:19.38 37,76		
2. Aniek Resink (Z & Pc Dio, 199500738)				19:41.47
50m 00:33.89 33,89	450m 05:47.64 40,28	800m 10:28.86 40,25	1150m 15:08.60 39,34	
100m 01:11.32 37,43	500m 06:27.91 40,27	850m 11:08.75 39,89	1200m 15:47.95 39,35	
150m 01:49.78 38,46	550m 07:08.46 40,55	900m 11:48.91 40,16	1250m 16:27.07 39,12	
200m 02:28.94 39,16	600m 07:48.26 39,80	950m 12:29.37 40,46	1300m 17:06.40 39,33	
250m 03:08.23 39,29	650m 08:28.24 39,98	1000m 13:10.24 40,87	1350m 17:45.96 39,56	
300m 03:47.97 39,74	700m 09:08.28 40,04	1050m 13:49.60 39,36	1400m 18:25.35 39,39	
350m 04:27.72 39,75	750m 09:48.61 40,33	1100m 14:29.26 39,66	1450m 19:05.03 39,68	
400m 05:07.36 39,64	800m 10:28.86 40,25	1150m 15:08.60 39,34		
3. Tamara Nordin (Z & PC De Zeeuwse Kust, 198702996)				20:56.60
50m 00:34.82 34,82	450m 06:02.50 42,24	800m 11:00.69 42,81	1150m 15:59.34 42,35	
100m 01:13.54 38,72	500m 06:45.42 42,92	850m 11:43.65 42,96	1200m 16:42.02 42,68	
150m 01:53.84 40,30	550m 07:28.17 42,75	900m 12:25.82 42,17	1250m 17:25.65 43,63	
200m 02:34.33 40,49	600m 08:11.20 43,03	950m 13:07.90 42,08	1300m 18:08.42 42,77	
250m 03:15.42 41,09	650m 08:53.41 42,21	1000m 13:50.99 43,09	1350m 18:50.44 42,02	
300m 03:56.68 41,26	700m 09:35.39 41,98	1050m 14:33.66 42,67	1400m 19:33.60 43,16	
350m 04:38.52 41,84	750m 10:17.88 42,49	1100m 15:16.99 43,33	1450m 20:15.60 42,00	
400m 05:20.26 41,74	800m 11:00.69 42,81	1150m 15:59.34 42,35		
4. Sanne Marieke Pijl (De Bevelanders, 200104638)				21:26.53
50m 00:35.23 35,23	450m 06:08.67 42,92	800m 11:14.66 43,43	1150m 16:25.06 44,12	
100m 01:13.57 38,34	500m 06:51.32 42,65	850m 11:58.40 43,74	1200m 17:09.63 44,57	
150m 01:54.30 40,73	550m 07:34.74 43,42	900m 12:42.48 44,08	1250m 17:53.94 44,31	
200m 02:35.57 41,27	600m 08:18.31 43,57	950m 13:27.54 45,06	1300m 18:38.88 44,94	
250m 03:17.17 41,60	650m 09:03.13 44,82	1000m 14:11.54 44,00	1350m 19:22.99 44,11	
300m 03:59.64 42,47	700m 09:47.02 43,89	1050m 14:56.78 45,24	1400m 20:07.61 44,62	
350m 04:41.98 42,34	750m 10:31.23 44,21	1100m 15:40.94 44,16	1450m 20:49.99 42,38	
400m 05:25.75 43,77	800m 11:14.66 43,43	1150m 16:25.06 44,12		
5. Isabelle Loof (De Bruinvis, 199706478)				22:02.90
50m 00:32.79 32,79	450m 06:18.75 44,98	800m 11:35.50 45,28	1150m 16:56.11 45,97	
100m 01:11.57 38,78	500m 07:03.34 44,59	850m 12:21.35 45,85	1200m 17:42.09 45,98	
150m 01:52.38 40,81	550m 07:48.07 44,73	900m 13:07.20 45,85	1250m 18:27.69 45,60	
200m 02:35.44 43,06	600m 08:33.35 45,28	950m 13:52.70 45,50	1300m 19:12.92 45,23	
250m 03:19.13 43,69	650m 09:18.95 45,60	1000m 14:38.26 45,56	1350m 19:57.32 44,40	
300m 04:04.55 45,42	700m 10:04.99 46,04	1050m 15:24.19 45,93	1400m 20:41.65 44,33	
350m 04:49.50 44,95	750m 10:50.22 45,23	1100m 16:10.14 45,95	1450m 21:24.47 42,82	
400m 05:33.77 44,27	800m 11:35.50 45,28	1150m 16:56.11 45,97		
6. Paulien Koster (De Bevelanders, 200005398)				22:19.86
50m 00:36.09 36,09	450m 06:27.20 45,02	800m 11:45.54 45,58	1150m 17:03.79 45,25	
100m 01:16.77 40,68	500m 07:12.93 45,73	850m 12:31.03 45,49	1200m 17:49.61 45,82	
150m 01:59.23 42,46	550m 07:58.12 45,19	900m 13:16.65 45,62	1250m 18:35.04 45,43	
200m 02:43.00 43,77	600m 08:43.41 45,29	950m 14:02.39 45,74	1300m 19:20.95 45,91	
250m 03:27.40 44,40	650m 09:29.17 45,76	1000m 14:47.79 45,40	1350m 20:06.29 45,34	
300m 04:12.12 44,72	700m 10:14.30 45,13	1050m 15:32.78 44,99	1400m 20:51.82 45,53	
350m 04:56.86 44,74	750m 10:59.96 45,66	1100m 16:18.54 45,76	1450m 21:36.78 44,96	
400m 05:42.18 45,32	800m 11:45.54 45,58	1150m 17:03.79 45,25		

11. 1500m vrije slag - Heren
vanaf 14 jaar (Junioren 3 en ouder)

1. Tom Balsen Versteeg (Hieronymus, 200005673)				17:29.94
50m 00:29.74 29,74	450m 05:03.33 34,49	800m 09:08.98 35,67	1150m 13:18.79 36,58	

100m	01:02.93 33,19	500m	05:38.10 34,77	850m	09:44.04 35,06	1200m	13:54.92 36,13
150m	01:36.97 34,04	550m	06:12.23 34,13	900m	10:19.77 35,73	1250m	14:31.17 36,25
200m	02:11.24 34,27	600m	06:47.10 34,87	950m	10:55.90 36,13	1300m	15:07.88 36,71
250m	02:45.66 34,42	650m	07:22.70 35,60	1000m	11:31.08 35,18	1350m	15:44.85 36,97
300m	03:20.35 34,69	700m	07:58.04 35,34	1050m	12:06.66 35,58	1400m	16:20.49 35,64
350m	03:54.65 34,30	750m	08:33.31 35,27	1100m	12:42.21 35,55	1450m	16:56.31 35,82
400m	04:28.84 34,19	800m	09:08.98 35,67	1150m	13:18.79 36,58		
2. Vincent Dermaux (AquaDream, 199600599) 17:54.14							
50m	00:29.48 29,48	450m	05:05.71 35,13	800m	09:22.36 36,12	1150m	13:40.85 36,76
100m	01:03.44 33,96	500m	05:41.82 36,11	850m	09:59.17 36,81	1200m	14:16.64 35,79
150m	01:37.73 34,29	550m	06:18.57 36,75	900m	10:36.34 37,17	1250m	14:53.40 36,76
200m	02:11.87 34,14	600m	06:55.31 36,74	950m	11:12.74 36,40	1300m	15:29.60 36,20
250m	02:46.33 34,46	650m	07:32.38 37,07	1000m	11:49.79 37,05	1350m	16:06.24 36,64
300m	03:20.69 34,36	700m	08:09.28 36,90	1050m	12:27.06 37,27	1400m	16:43.06 36,82
350m	03:55.03 34,34	750m	08:46.24 36,96	1100m	13:04.09 37,03	1450m	17:19.06 36,00
400m	04:30.58 35,55	800m	09:22.36 36,12	1150m	13:40.85 36,76		
3. Chiel de Pooter (De Schelde, 200101355) 18:19.98							
50m	00:31.46 31,46	450m	05:22.18 37,18	800m	09:41.30 36,97	1150m	14:01.03 36,83
100m	01:06.73 35,27	500m	05:59.19 37,01	850m	10:18.24 36,94	1200m	14:38.49 37,46
150m	01:42.63 35,90	550m	06:36.18 36,99	900m	10:55.59 37,35	1250m	15:15.18 36,69
200m	02:19.09 36,46	600m	07:13.07 36,89	950m	11:33.23 37,64	1300m	15:52.60 37,42
250m	02:55.05 35,96	650m	07:50.16 37,09	1000m	12:09.94 36,71	1350m	16:29.39 36,69
300m	03:31.66 36,61	700m	08:27.40 37,24	1050m	12:47.01 37,07	1400m	17:06.95 37,66
350m	04:08.12 36,46	750m	09:04.33 36,93	1100m	13:24.20 37,19	1450m	17:43.73 36,78
400m	04:45.00 36,88	800m	09:41.30 36,97	1150m	14:01.03 36,83		
4. Rinke Hiel (Zwemclub Koewacht, 200102131) 18:34.72							
50m	00:30.54 30,54	450m	05:28.26 38,03	800m	09:52.85 37,76	1150m	14:17.58 37,53
100m	01:05.68 35,14	500m	06:06.47 38,21	850m	10:31.39 38,54	1200m	14:54.81 37,23
150m	01:42.23 36,55	550m	06:43.83 37,36	900m	11:09.67 38,28	1250m	15:32.45 37,64
200m	02:19.40 37,17	600m	07:21.72 37,89	950m	11:47.31 37,64	1300m	16:09.10 36,65
250m	02:56.45 37,05	650m	07:59.73 38,01	1000m	12:24.86 37,55	1350m	16:46.05 36,95
300m	03:34.03 37,58	700m	08:37.44 37,71	1050m	13:02.52 37,66	1400m	17:23.32 37,27
350m	04:12.20 38,17	750m	09:15.09 37,65	1100m	13:40.05 37,53	1450m	18:00.36 37,04
400m	04:50.23 38,03	800m	09:52.85 37,76	1150m	14:17.58 37,53		
5. Thijmen van de Beek (Zwemclub Koewacht, 199901075) 18:40.08							
50m	00:29.95 29,95	450m	05:23.52 37,60	800m	09:47.99 38,04	1150m	14:15.62 38,53
100m	01:04.18 34,23	500m	06:01.02 37,50	850m	10:26.15 38,16	1200m	14:53.49 37,87
200m	02:17.53 73,35	550m	06:38.89 37,87	900m	11:04.35 38,20	1250m	15:31.31 37,82
250m	02:54.70 37,17	600m	07:16.27 37,38	950m	11:42.23 37,88	1300m	16:09.66 38,35
300m	03:31.63 36,93	650m	07:53.91 37,64	1000m	12:20.65 38,42	1350m	16:48.71 39,05
350m	04:08.81 37,18	700m	08:31.78 37,87	1050m	12:59.19 38,54	1400m	17:26.15 37,44
400m	04:45.92 37,11	750m	09:09.95 38,17	1100m	13:37.09 37,90	1450m	18:02.66 36,51
6. Junior Vermeulen (De Bevelanders, 200103363) 19:44.58							
50m	00:33.25 33,25	450m	05:47.78 40,12	800m	10:31.09 40,43	1150m	15:11.27 38,93
100m	01:09.96 36,71	500m	06:27.84 40,06	850m	11:11.32 40,23	1200m	15:51.28 40,01
150m	01:48.64 38,68	550m	07:08.54 40,70	900m	11:51.68 40,36	1250m	16:31.14 39,86
200m	02:27.89 39,25	600m	07:48.99 40,45	950m	12:31.33 39,65	1300m	17:10.87 39,73
250m	03:07.53 39,64	650m	08:29.48 40,49	1000m	13:11.68 40,35	1350m	17:50.37 39,50
300m	03:47.37 39,84	700m	09:09.87 40,39	1050m	13:51.39 39,71	1400m	18:29.72 39,35
350m	04:27.61 40,24	750m	09:50.66 40,79	1100m	14:32.34 40,95	1450m	19:08.67 38,95
400m	05:07.66 40,05	800m	10:31.09 40,43	1150m	15:11.27 38,93		
7. Martino Valentijn (Z & Pc Dio, 199403913) 20:22.64							
50m	00:32.38 32,38	450m	05:58.22 42,42	800m	10:55.28 42,56	1150m	15:45.18 40,35
100m	01:10.33 37,95	500m	06:40.67 42,45	850m	11:37.98 42,70	1200m	16:25.60 40,42
150m	01:49.47 39,14	550m	07:23.18 42,51	900m	12:20.29 42,31	1250m	17:06.31 40,71
200m	02:29.43 39,96	600m	08:05.38 42,20	950m	13:02.17 41,88	1300m	17:47.12 40,81
250m	03:10.12 40,69	650m	08:47.80 42,42	1000m	13:44.04 41,87	1350m	18:27.85 40,73
300m	03:51.58 41,46	700m	09:30.20 42,40	1050m	14:24.57 40,53	1400m	19:08.24 40,39
350m	04:33.56 41,98	750m	10:12.72 42,52	1100m	15:04.83 40,26	1450m	19:48.49 40,25
400m	05:15.80 42,24	800m	10:55.28 42,56	1150m	15:45.18 40,35		
8. Max Embregts (O.Z. & P.C. De Warande, 200200583) 20:48.00							
50m	00:33.79 33,79	450m	05:59.81 41,55	800m	10:51.53 41,36	1150m	15:48.86 42,89

100m	01:12.18	38,39	500m	06:41.63	41,82	850m	11:33.76	42,23	1200m	16:32.28	43,42
150m	01:52.01	39,83	550m	07:23.13	41,50	900m	12:16.28	42,52	1250m	17:15.21	42,93
200m	02:32.78	40,77	600m	08:04.91	41,78	950m	12:58.42	42,14	1300m	17:59.10	43,89
250m	03:13.89	41,11	650m	08:46.35	41,44	1000m	13:40.89	42,47	1350m	18:41.44	42,34
300m	03:55.51	41,62	700m	09:28.37	42,02	1050m	14:23.98	43,09	1400m	19:25.24	43,80
350m	04:36.60	41,09	750m	10:10.17	41,80	1100m	15:05.97	41,99	1450m	20:07.39	42,15
400m	05:18.26	41,66	800m	10:51.53	41,36	1150m	15:48.86	42,89			

9. Dion Staal (O.Z. & P.C. De Warande, 200200065)

21:00.56

50m	00:32.89	32,89	450m	06:02.29	42,62	800m	11:04.10	45,19	1150m	16:04.64	42,96
100m	01:11.39	38,50	500m	06:45.76	43,47	850m	11:48.14	44,04	1200m	16:47.87	43,23
150m	01:51.75	40,36	550m	07:27.99	42,23	900m	12:30.93	42,79	1250m	17:31.02	43,15
200m	02:33.38	41,63	600m	08:11.62	43,63	950m	13:12.71	41,78	1300m	18:14.98	43,96
250m	03:13.86	40,48	650m	08:54.93	43,31	1000m	13:56.54	43,83	1350m	18:56.60	41,62
300m	03:55.58	41,72	700m	09:37.48	42,55	1050m	14:38.73	42,19	1400m	19:40.66	44,06
350m	04:37.93	42,35	750m	10:18.91	41,43	1100m	15:21.68	42,95	1450m	20:20.90	40,24
400m	05:19.67	41,74	800m	11:04.10	45,19	1150m	16:04.64	42,96			

BM. Wessel Heijnemans (Hieronymus, 200301353)

BM

50m	00:35.07	35,07	450m	05:58.65	41,43	800m	10:45.06	41,57	1150m	15:37.19	41,68
100m	01:13.53	38,46	500m	06:39.63	40,98	850m	11:26.80	41,74	1200m	16:18.59	41,40
150m	01:53.84	40,31	550m	07:20.39	40,76	900m	12:08.39	41,59	1250m	17:00.64	42,05
200m	02:34.07	40,23	600m	08:00.89	40,50	950m	12:49.27	40,88	1300m	17:42.65	42,01
250m	03:14.60	40,53	650m	08:40.42	39,53	1000m	13:30.97	41,70	1350m	18:24.23	41,58
300m	03:56.39	41,79	700m	09:21.58	41,16	1050m	14:13.10	42,13	1400m	19:06.17	41,94
350m	04:36.44	40,05	750m	10:03.49	41,91	1100m	14:55.51	42,41	1450m	19:46.46	40,29
400m	05:17.22	40,78	800m	10:45.06	41,57	1150m	15:37.19	41,68			

BM. Yorick Visser (Z & PC De Zeeuwse Kust, 200301957)

BM

50m	00:32.93	32,93	450m	05:32.91	38,23	800m	09:55.14	37,65	1150m	14:18.01	37,52
100m	01:09.38	36,45	500m	06:10.14	37,23	850m	10:32.71	37,57	1200m	14:55.40	37,39
150m	01:46.43	37,05	550m	06:47.64	37,50	900m	11:10.23	37,52	1250m	15:32.86	37,46
200m	02:23.91	37,48	600m	07:25.10	37,46	950m	11:47.90	37,67	1300m	16:09.63	36,77
250m	03:01.40	37,49	650m	08:02.46	37,36	1000m	12:25.91	38,01	1350m	16:46.26	36,63
300m	03:39.05	37,65	700m	08:39.78	37,32	1050m	13:03.14	37,23	1400m	17:22.97	36,71
350m	04:17.13	38,08	750m	09:17.49	37,71	1100m	13:40.49	37,35	1450m	17:57.96	34,99
400m	04:54.68	37,55	800m	09:55.14	37,65	1150m	14:18.01	37,52			

BM. Sem Bonte (Z & PC De Zeeuwse Kust, 200400427)

BM

50m	00:38.33	38,33	450m	06:30.74	44,88	800m	11:45.64	45,33	1150m	16:59.22	44,70
100m	01:21.05	42,72	500m	07:16.17	45,43	850m	12:30.27	44,63	1200m	17:43.79	44,57
150m	02:04.51	43,46	550m	08:00.48	44,31	900m	13:15.43	45,16	1250m	18:28.70	44,91
200m	02:48.22	43,71	600m	08:44.61	44,13	950m	14:00.31	44,88	1300m	19:12.48	43,78
250m	03:32.67	44,45	650m	09:29.37	44,76	1000m	14:45.53	45,22	1350m	19:55.29	42,81
300m	04:16.53	43,86	700m	10:14.99	45,62	1050m	15:29.98	44,45	1400m	20:38.96	43,67
350m	05:00.76	44,23	750m	11:00.31	45,32	1100m	16:14.52	44,54	1450m	21:22.94	43,98
400m	05:45.86	45,10	800m	11:45.64	45,33	1150m	16:59.22	44,70			