

Zeeuwse lange afstandswedstrijd
Terneuzen, 3-3-2013

Programmanr. 1
3-3-2013 - 14:15

Meisjes, 400m vrije slag

Meisjes Minioren 3 en 4
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT
1.	Elte van Goethem	200300432 De Honte	6:30.30	6:31.09	
	50m: 41.17 41.17 150m: 2:19.84 50.21 250m: 4:00.87 51.11 350m: 5:42.23 50.83				
	100m: 1:29.63 48.46 200m: 3:09.76 49.92 300m: 4:51.40 50.53 400m: 6:31.09 48.86				
2.	Joëlle Boone	200300722 Z& PC De Zeeuwse Kust	6:53.10	6:39.81	+0,68
	50m: 43.07 43.07 150m: 2:24.40 51.81 250m: 4:09.54 53.39 350m: 5:53.95 52.03				
	100m: 1:32.59 49.52 200m: 3:16.15 51.75 300m: 5:01.92 52.38 400m: 6:39.81 45.86				
3.	Gemma Moeleker	200301634 De Bevelanders	NT	6:52.11	
	50m: 42.96 42.96 150m: 2:29.04 54.68 250m: 4:17.08 54.65 350m: 6:02.93 54.15				
	100m: 1:34.36 51.40 200m: 3:22.43 53.39 300m: 5:08.78 51.70 400m: 6:52.11 49.18				
4.	Babet de Voogd	200301362 Z& PC De Zeeuwse Kust	7:09.96	6:52.76	+0,63
	50m: 47.87 47.87 150m: 2:32.57 52.66 250m: 4:21.09 55.24 350m: 6:06.95 52.20				
	100m: 1:39.91 52.04 200m: 3:25.85 53.28 300m: 5:14.75 53.66 400m: 6:52.76 45.81				
5.	Lana Broekhoven	200300056 De Honte	7:00.30	7:16.16	
	50m: 41.67 41.67 150m: 2:33.29 56.31 250m: 4:27.30 57.79 350m: 6:23.59 58.73				
	100m: 1:36.98 55.31 200m: 3:29.51 56.22 300m: 5:24.86 57.56 400m: 7:16.16 52.57				
6.	Julia Scheele	200301014 Scheldestroom	NT	8:13.57	+0,88
	50m: 52.82 52.82 150m: 2:59.38 1:03.39 250m: 5:07.85 1:03.10 350m: 7:13.48 1:02.77				
	100m: 1:55.99 1:03.17 200m: 4:04.75 1:05.37 300m: 6:10.71 1:02.86 400m: 8:13.57 1:00.09				

Programmanr. 2
3-3-2013 - 14:23

Jongens, 400m vrije slag

Jongens Minioren 3 en 4
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT
1.	Joeri Kloosterman	200400495 De Bevelanders	NT	7:52.96	*
	50m: 46.98 46.98 150m: 2:48.03 59.51 250m: 4:52.78 1:02.50 350m: 6:58.10 1:03.19				
	100m: 1:48.52 1:01.54 200m: 3:50.28 1:02.25 300m: 5:54.91 1:02.13 400m: 7:52.96 54.86				
2.	Danny Poot	200400513 Koewacht	NT	8:16.07	+1,04
	50m: 52.81 52.81 150m: 2:58.52 1:03.86 250m: 5:05.52 1:03.53 350m: 7:13.63 1:04.38				
	100m: 1:54.66 1:01.85 200m: 4:01.99 1:03.47 300m: 6:09.25 1:03.73 400m: 8:16.07 1:02.44				
DIS	Joost Baaij	200301069 Z& PC De Zeeuwse Kust	NT		
	<i>AA - Te vroeg bewogen bij de 1e (1-startregel) of 2e start.</i>				
	50m:	150m:	250m:	350m:	
	100m:	200m:	300m:	400m:	

Programmanr. 3
3-3-2013 - 14:31

Meisjes, 800m vrije slag

Meisjes Minioren 5 en Jun 1
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT
1.	Sophie de Jonge	200200118 zc De Schoteijl	NT	10:42.82	+0,81
	50m: 34.62 34.62 250m: 3:18.63 40.59 450m: 6:02.32 40.69 650m: 8:45.92 40.46				
	100m: 1:15.24 40.62 300m: 3:59.45 40.82 500m: 6:43.27 40.95 700m: 9:26.05 40.13				
	150m: 1:56.17 40.93 350m: 4:40.61 41.16 550m: 7:24.24 40.97 750m: 10:06.51 40.46				
	200m: 2:38.04 41.87 400m: 5:21.63 41.02 600m: 8:05.46 41.22 800m: 10:42.82 36.31				
2.	Annabel van Zetten	200200652 Z& PC De Zeeuwse Kust	NT	12:14.41	+0,81
	50m: 38.54 38.54 250m: 3:41.44 47.20 450m: 6:49.13 46.69 650m: 10:00.36 46.79				
	100m: 1:22.21 43.67 300m: 4:28.21 46.77 500m: 7:37.70 48.57 700m: 10:46.89 46.53				
	150m: 2:07.48 45.27 350m: 5:15.08 46.87 550m: 8:25.93 48.23 750m: 11:33.21 46.32				
	200m: 2:54.24 46.76 400m: 6:02.44 47.36 600m: 9:13.57 47.64 800m: 12:14.41 41.20				
3.	Esther Tiemersma	200202962 Z& PC De Zeeuwse Kust	NT	13:01.19	+0,78
	50m: 42.00 42.00 250m: 3:56.63 50.24 450m: 7:17.49 51.29 650m: 10:38.53 49.79				
	100m: 1:28.61 46.61 300m: 4:46.15 49.52 500m: 8:07.57 50.08 700m: 11:29.38 50.85				
	150m: 2:17.37 48.76 350m: 5:36.68 50.53 550m: 8:57.85 50.28 750m: 12:16.51 47.13				
	200m: 3:06.39 49.02 400m: 6:26.20 49.52 600m: 9:48.74 50.89 800m: 13:01.19 44.68				

Zeeuwse lange afstandswedstrijd
Terneuzen, 3-3-2013

Programmanr. 4
3-3-2013 - 14:31

Jongens, 800m vrije slag

Jongens Minioren 5 en 6
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT	
1.	Ricardo Kloosterman	200200253 De Bevelanders	NT	12:30.25		
	50m: 36.87	36.87	250m: 3:41.95	47.79	450m: 6:55.46	48.57
	100m: 1:21.32	44.45	300m: 4:29.56	47.61	500m: 7:43.94	48.48
	150m: 2:06.98	45.66	350m: 5:18.16	48.60	550m: 8:32.81	48.87
	200m: 2:54.16	47.18	400m: 6:06.89	48.73	600m: 9:22.00	49.19
					650m: 10:10.82	48.82
					700m: 10:59.15	48.33
					750m: 11:47.50	48.35
					800m: 12:30.25	42.75

Programmanr. 5
3-3-2013 - 14:44

Dames, 1500m vrije slag

Dames Senioren Open
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT	
1.	Carmen de Ridder	198803634 SZ&PC De Bruinvis	19:41.20	19:54.21	+0,90	
	50m: 35.41	35.41	450m: 5:46.66	39.54	850m: 11:04.05	40.34
	100m: 1:13.33	37.92	500m: 6:26.18	39.52	900m: 11:44.16	40.11
	150m: 1:52.34	39.01	550m: 7:05.62	39.44	950m: 12:24.68	40.52
	200m: 2:30.93	38.59	600m: 7:45.16	39.54	1000m: 13:04.93	40.25
	250m: 3:09.86	38.93	650m: 8:24.54	39.38	1050m: 13:45.78	40.85
	300m: 3:48.81	38.95	700m: 9:04.03	39.49	1100m: 14:26.31	40.53
	350m: 4:27.95	39.14	750m: 9:43.78	39.75	1150m: 15:07.14	40.83
	400m: 5:07.12	39.17	800m: 10:23.71	39.93	1200m: 15:48.17	41.03
1250m: 16:28.90	40.73					
1300m: 17:10.22	41.32					
1350m: 17:51.46	41.24					
1400m: 18:32.77	41.31					
1450m: 19:13.96	41.19					
1500m: 19:54.21	40.25					
2.	Iris Erpelinck	199300236 De Honte	20:11.42	20:17.21	+0,59	
	50m: 33.44	33.44	450m: 5:45.46	40.11	850m: 11:13.23	42.04
	100m: 1:10.31	36.87	500m: 6:25.87	40.41	900m: 11:54.55	41.32
	150m: 1:48.85	38.54	550m: 7:06.37	40.50	950m: 12:36.61	42.06
	200m: 2:27.81	38.96	600m: 7:46.63	40.26	1000m: 13:18.56	41.95
	250m: 3:07.00	39.19	650m: 8:27.35	40.72	1050m: 14:00.32	41.76
	300m: 3:46.43	39.43	700m: 9:08.31	40.96	1100m: 14:42.09	41.77
	350m: 4:25.87	39.44	750m: 9:49.72	41.41	1150m: 15:23.81	41.72
	400m: 5:05.35	39.48	800m: 10:31.19	41.47	1200m: 16:05.50	41.69
1250m: 16:47.13	41.63					
1300m: 17:29.33	42.20					
1350m: 18:12.00	42.67					
1400m: 18:54.13	42.13					
1450m: 19:36.65	42.52					
1500m: 20:17.21	40.56					
3.	Marenne Huigh	199900852 Scheldestroom	NT	25:31.77	+0,69	
	50m: 38.87	38.87	450m: 7:22.90	52.21	850m: 14:21.32	53.03
	100m: 1:26.00	47.13	500m: 8:13.96	51.06	900m: 15:12.79	51.47
	150m: 2:14.63	48.63	550m: 9:05.70	51.74	950m: 16:05.48	52.69
	200m: 3:04.28	49.65	600m: 9:57.29	51.59	1000m: 16:58.51	53.03
	250m: 3:54.89	50.61	650m: 10:49.66	52.37	1050m: 17:51.11	52.60
	300m: 4:45.92	51.03	700m: 11:42.82	53.16	1100m: 18:44.37	53.26
	350m: 5:38.21	52.29	750m: 12:35.25	52.43	1150m: 19:37.71	53.34
	400m: 6:30.69	52.48	800m: 13:28.29	53.04	1200m: 20:31.10	53.39
1250m: 21:24.73	53.63					
1300m: 22:16.51	51.78					
1350m: 23:07.86	51.35					
1400m: 23:57.07	49.21					
1450m: 24:45.80	48.73					
1500m: 25:31.77	45.97					
4.	Pauline Scheele	199905456 Scheldestroom	NT	27:16.86	+1,08	
	50m: 41.90	41.90	450m: 7:46.42	55.74	850m: 15:17.65	56.19
	100m: 1:32.72	50.82	500m: 8:42.38	55.96	900m: 16:14.91	57.26
	150m: 2:24.44	51.72	550m: 9:39.39	57.01	950m: 17:11.65	56.74
	200m: 3:17.72	53.28	600m: 10:35.11	55.72	1000m: 18:07.97	56.32
	250m: 4:10.84	53.12	650m: 11:31.57	56.46	1050m: 19:05.18	57.21
	300m: 5:03.88	53.04	700m: 12:28.09	56.52	1100m: 20:02.08	56.90
	350m: 5:58.80	54.92	750m: 13:24.12	56.03	1150m: 20:59.34	57.26
	400m: 6:50.68	51.88	800m: 14:21.46	57.34	1200m: 21:56.37	57.03
1250m: 22:53.17	56.80					
1300m: 23:50.05	56.88					
1350m: 24:43.94	53.89					
1400m: 25:37.53	53.59					
1450m: 26:29.50	51.97					
1500m: 27:16.86	47.36					
DIS	Larissa Jansen	199500660 De Bevelanders	20:29.26			
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>					
	50m:	450m:	850m:	1250m:		
	100m:	500m:	900m:	1300m:		
	150m:	550m:	950m:	1350m:		
	200m:	600m:	1000m:	1400m:		
	250m:	650m:	1050m:	1450m:		
	300m:	700m:	1100m:	1500m:		
	350m:	750m:	1150m:			
	400m:	800m:	1200m:			

Programmanr. 6
3-3-2013 - 14:44

Heren, 1500m vrije slag

Heren Senioren Open
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT	
1.	Angelo De Meyer	199203501 SZ&PC De Bruinvis	18:26.05	18:23.27	+0,93	
	50m: 30.24	30.24	450m: 5:15.76	37.64	850m: 10:17.81	38.48
	100m: 1:03.81	33.57	500m: 5:53.07	37.31	900m: 10:56.33	38.52
	150m: 1:37.94	34.13	550m: 6:30.46	37.39	950m: 11:35.10	38.77
	200m: 2:12.92	34.98	600m: 7:07.51	37.05	1000m: 12:14.03	38.93
	250m: 2:48.43	35.51	650m: 7:44.78	37.27	1050m: 12:49.90	35.87
	300m: 3:24.38	35.95	700m: 8:23.16	38.38	1100m: 13:25.35	35.45
	350m: 4:01.18	36.80	750m: 9:01.10	37.94	1150m: 14:02.71	37.36
	400m: 4:38.12	36.94	800m: 9:39.33	38.23	1200m: 14:40.03	37.32
1250m: 15:17.99	37.96					
1300m: 15:57.33	39.34					
1350m: 16:35.13	37.80					
1400m: 17:13.75	38.62					
1450m: 17:50.65	36.90					
1500m: 18:23.27	32.62					

Zeeuwse lange afstandswedstrijd
Terneuzen, 3-3-2013

Programmanr. 6, Heren, 1500m vrije slag, Heren Senioren Open

Rang	Naam	Vereniging						Inschrijftijd	Tijd	RT		
2.	Robin Nahon	199403733 De Bevelanders						18:28.73	18:41.19	+0,67		
	50m:	30.43	30.43	450m:	5:14.79	36.70	850m:	10:16.76	38.30	1250m:	15:27.05	39.45
	100m:	1:04.13	33.70	500m:	5:51.89	37.10	900m:	10:55.67	38.91	1300m:	16:06.92	39.87
	150m:	1:38.73	34.60	550m:	6:29.18	37.29	950m:	11:34.23	38.56	1350m:	16:46.64	39.72
	200m:	2:12.99	34.26	600m:	7:06.85	37.67	1000m:	12:12.88	38.65	1400m:	17:25.66	39.02
	250m:	2:48.54	35.55	650m:	7:44.28	37.43	1050m:	12:51.07	38.19	1450m:	18:05.56	39.90
	300m:	3:24.47	35.93	700m:	8:21.99	37.71	1100m:	13:29.09	38.02	1500m:	18:41.19	35.63
	350m:	4:00.95	36.48	750m:	9:00.38	38.39	1150m:	14:08.69	39.60			
	400m:	4:38.09	37.14	800m:	9:38.46	38.08	1200m:	14:47.60	38.91			
3.	Alex Eversdijk	199000847 SZ&PC De Bruinvis						19:13.06	19:13.38	+0,86		
	50m:	32.05	32.05	450m:	5:28.00	38.05	850m:	10:42.90	39.68	1250m:	16:00.00	39.83
	100m:	1:08.02	35.97	500m:	6:06.30	38.30	900m:	11:22.68	39.78	1300m:	16:39.46	39.46
	150m:	1:44.24	36.22	550m:	6:45.50	39.20	950m:	12:02.05	39.37	1350m:	17:18.91	39.45
	200m:	2:21.30	37.06	600m:	7:24.65	39.15	1000m:	12:41.84	39.79	1400m:	17:58.73	39.82
	250m:	2:58.12	36.82	650m:	8:04.37	39.72	1050m:	13:21.44	39.60	1450m:	18:36.80	38.07
	300m:	3:35.23	37.11	700m:	8:44.12	39.75	1100m:	14:01.10	39.66	1500m:	19:13.38	36.58
	350m:	4:12.51	37.28	750m:	9:23.65	39.53	1150m:	14:41.21	40.11			
	400m:	4:49.95	37.44	800m:	10:03.22	39.57	1200m:	15:20.17	38.96			
4.	Tom Erpelinck	199100607 De Honte						19:00.89	19:16.10	+0,72		
	50m:	30.84	30.84	450m:	5:22.81	37.98	850m:	10:39.43	41.16	1250m:	16:04.02	39.95
	100m:	1:05.13	34.29	500m:	6:00.78	37.97	900m:	11:20.93	41.50	1300m:	16:42.77	38.75
	150m:	1:40.55	35.42	550m:	6:38.52	37.74	950m:	12:02.31	41.38	1350m:	17:22.16	39.39
	200m:	2:16.50	35.95	600m:	7:17.30	38.78	1000m:	12:42.98	40.67	1400m:	18:01.19	39.03
	250m:	2:52.87	36.37	650m:	7:56.84	39.54	1050m:	13:22.79	39.81	1450m:	18:39.40	38.21
	300m:	3:29.66	36.79	700m:	8:37.35	40.51	1100m:	14:03.21	40.42	1500m:	19:16.10	36.70
	350m:	4:06.92	37.26	750m:	9:17.94	40.59	1150m:	14:43.44	40.23			
	400m:	4:44.83	37.91	800m:	9:58.27	40.33	1200m:	15:24.07	40.63			
5.	Vincent Keijmel	199101169 Scheldestroom						19:36.35	19:40.13	+0,86		
	50m:	32.96	32.96	450m:	5:45.45	40.80	850m:	11:06.87	40.06	1250m:	16:26.10	38.77
	100m:	1:09.55	36.59	500m:	6:25.10	39.65	900m:	11:47.63	40.76	1300m:	17:05.83	39.73
	150m:	1:48.25	38.70	550m:	7:05.33	40.23	950m:	12:27.23	39.60	1350m:	17:44.64	38.81
	200m:	2:26.80	38.55	600m:	7:45.09	39.76	1000m:	13:07.99	40.76	1400m:	18:23.69	39.05
	250m:	3:06.15	39.35	650m:	8:24.94	39.85	1050m:	13:48.34	40.35	1450m:	19:01.53	37.84
	300m:	3:45.60	39.45	700m:	9:05.63	40.69	1100m:	14:27.37	39.03	1500m:	19:40.13	38.60
	350m:	4:24.94	39.34	750m:	9:45.79	40.16	1150m:	15:07.92	40.55			
	400m:	5:04.65	39.71	800m:	10:26.81	41.02	1200m:	15:47.33	39.41			
6.	Koen Legters	199603193 De Schelde						20:43.19	19:52.98	+0,87		
	50m:	34.20	34.20	450m:	5:54.60	40.76	850m:	11:20.16	40.18	1250m:	16:39.07	39.64
	100m:	1:12.69	38.49	500m:	6:36.30	41.70	900m:	12:01.22	41.06	1300m:	17:18.95	39.88
	150m:	1:52.35	39.66	550m:	7:17.23	40.93	950m:	12:41.42	40.20	1350m:	17:59.18	40.23
	200m:	2:32.15	39.80	600m:	7:57.73	40.50	1000m:	13:21.44	40.02	1400m:	18:39.12	39.94
	250m:	3:12.54	40.39	650m:	8:38.66	40.93	1050m:	14:00.03	38.59	1450m:	19:17.26	38.14
	300m:	3:53.12	40.58	700m:	9:19.69	41.03	1100m:	14:40.07	40.04	1500m:	19:52.98	35.72
	350m:	4:33.11	39.99	750m:	9:59.82	40.13	1150m:	15:19.92	39.85			
	400m:	5:13.84	40.73	800m:	10:39.98	40.16	1200m:	15:59.43	39.51			
7.	Thijmen van de Beek	199901075 Koewacht						22:01.06	19:56.97			
	50m:	33.07	33.07	450m:	5:46.93	41.17	850m:	11:08.56	40.01	1250m:	16:34.99	41.23
	100m:	1:09.89	36.82	500m:	6:26.93	40.00	900m:	11:48.60	40.04	1300m:	17:16.43	41.44
	150m:	1:48.45	38.56	550m:	7:07.31	40.38	950m:	12:28.95	40.35	1350m:	17:57.74	41.31
	200m:	2:27.92	39.47	600m:	7:47.74	40.43	1000m:	13:09.72	40.77	1400m:	18:38.28	40.54
	250m:	3:07.10	39.18	650m:	8:28.24	40.50	1050m:	13:50.31	40.59	1450m:	19:18.24	39.96
	300m:	3:46.23	39.13	700m:	9:09.34	41.10	1100m:	14:31.79	41.48	1500m:	19:56.97	38.73
	350m:	4:25.74	39.51	750m:	9:49.96	40.62	1150m:	15:12.91	41.12			
	400m:	5:05.76	40.02	800m:	10:28.55	38.59	1200m:	15:53.76	40.85			
8.	Menno Lomans	196101071 D'elft						20:10.00	20:04.45	+0,95		
	50m:	35.06	35.06	450m:	5:54.16	40.15	850m:	11:17.36	40.39	1250m:	16:41.77	40.38
	100m:	1:13.84	38.78	500m:	6:34.53	40.37	900m:	11:57.64	40.28	1300m:	17:23.01	41.24
	150m:	1:53.28	39.44	550m:	7:14.95	40.42	950m:	12:37.87	40.23	1350m:	18:04.18	41.17
	200m:	2:33.34	40.06	600m:	7:55.49	40.54	1000m:	13:18.30	40.43	1400m:	18:45.06	40.88
	250m:	3:13.43	40.09	650m:	8:35.82	40.33	1050m:	13:59.13	40.83	1450m:	19:25.13	40.07
	300m:	3:53.50	40.07	700m:	9:16.25	40.43	1100m:	14:40.00	40.87	1500m:	20:04.45	39.32
	350m:	4:33.57	40.07	750m:	9:56.56	40.31	1150m:	15:20.72	40.72			
	400m:	5:14.01	40.44	800m:	10:36.97	40.41	1200m:	16:01.39	40.67			
9.	Arco Nahon	199701483 De Bevelanders						20:35.87	20:17.50	+1,08		
	50m:	32.32	32.32	450m:	5:45.40	40.49	850m:	11:16.22	42.58	1250m:	16:53.98	42.72
	100m:	1:09.01	36.69	500m:	6:25.93	40.53	900m:	11:58.55	42.33	1300m:	17:36.39	42.41
	150m:	1:47.15	38.14	550m:	7:06.52	40.59	950m:	12:40.78	42.23	1350m:	18:17.97	41.58
	200m:	2:26.22	39.07	600m:	7:47.20	40.68	1000m:	13:22.38	41.60	1400m:	18:59.70	41.73
	250m:	3:05.51	39.29	650m:	8:28.72	41.52	1050m:	14:04.21	41.83	1450m:	19:39.66	39.96
	300m:	3:45.19	39.68	700m:	9:10.25	41.53	1100m:	14:46.50	42.29	1500m:	20:17.50	37.84
	350m:	4:24.76	39.57	750m:	9:51.70	41.45	1150m:	15:28.42	41.92			
	400m:	5:04.91	40.15	800m:	10:33.64	41.94	1200m:	16:11.26	42.84			
10.	Norbert de Maille	198601997 De Honte						20:58.33	21:01.30			
	50m:	33.70	33.70	450m:	5:59.87	41.51	850m:	11:44.38	43.20	1250m:	17:30.45	42.99
	100m:	1:11.41	37.71	500m:	6:42.96	43.09	900m:	12:27.51	43.13	1300m:	18:13.46	43.01
	150m:	1:51.30	39.89	550m:	7:25.77	42.81	950m:	13:10.13	42.62	1350m:	18:56.41	42.95
	200m:	2:32.29	40.99	600m:	8:08.51	42.74	1000m:	13:53.39	43.26	1400m:	19:39.55	43.14
	250m:	3:13.39	41.10	650m:	8:51.73	43.22	1050m:	14:36.49	43.10	1450m:	20:21.71	42.16
	300m:	3:54.82	41.43	700m:	9:34.95	43.22	1100m:	15:20.21	43.72	1500m:	21:01.30	39.59
	350m:	4:36.71	41.89	750m:	10:18.01	43.06	1150m:	16:03.80	43.59			
	400m:	5:18.36	41.65	800m:	11:01.18	43.17	1200m:	16:47.46	43.66			

Zeeuwse lange afstandswedstrijd
Terneuzen, 3-3-2013

Programmanr. 6, Heren, 1500m vrije slag, Heren Senioren Open

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT			
11.	Michael van Acker	199702399 De Honte	NT	24:01.91				
	50m: 36.98	36.98	450m: 6:45.77	47.50	850m: 13:22.16	48.63	1250m: 19:58.66	50.29
	100m: 1:18.63	41.65	500m: 7:35.51	49.74	900m: 14:11.91	49.75	1300m: 20:48.66	50.00
	150m: 2:03.70	45.07	550m: 8:25.41	49.90	950m: 15:01.22	49.31	1350m: 21:40.42	51.76
	200m: 2:50.20	46.50	600m: 9:15.76	50.35	1000m: 15:49.32	48.10	1400m: 22:29.87	49.45
	250m: 3:36.53	46.33	650m: 10:04.75	48.99	1050m: 16:40.42	51.10	1450m: 23:17.22	47.35
	300m: 4:22.76	46.23	700m: 10:55.83	51.08	1100m: 17:29.73	49.31	1500m: 24:01.91	44.69
	350m: 5:10.62	47.86	750m: 11:44.39	48.56	1150m: 18:17.22	47.49		
	400m: 5:58.27	47.65	800m: 12:33.53	49.14	1200m: 19:08.37	51.15		

Programmanr. 7
3-3-2013 - 15:24

Dames, 800m vrije slag

Dames Senioren Open
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT			
1.	Simone de Rijcke	199603452 Koewacht	10:14.21	10:03.24	+0,97			
	50m: 31.22	31.22	250m: 2:58.46	37.56	450m: 5:31.63	38.93	650m: 8:09.33	38.88
	100m: 1:06.73	35.51	300m: 3:36.08	37.62	500m: 6:10.86	39.23	700m: 8:48.12	38.79
	150m: 1:43.87	37.14	350m: 4:13.73	37.65	550m: 6:50.35	39.49	750m: 9:27.35	39.23
	200m: 2:20.90	37.03	400m: 4:52.70	38.97	600m: 7:30.45	40.10	800m: 10:03.24	35.89
2.	Laura van Sabben	199804332 De Schelde	NT	10:23.56	+0,65			
	50m: 34.50	34.50	250m: 3:11.70	39.86	450m: 5:50.58	39.58	650m: 8:29.53	38.56
	100m: 1:12.76	38.26	300m: 3:51.43	39.73	500m: 6:30.52	39.94	700m: 9:07.62	38.09
	150m: 1:52.60	39.84	350m: 4:31.23	39.80	550m: 7:10.34	39.82	750m: 9:45.85	38.23
	200m: 2:31.84	39.24	400m: 5:11.00	39.77	600m: 7:50.97	40.63	800m: 10:23.56	37.71
3.	Mirjam van Noorden	199102290 De Bevelanders	10:51.04	11:06.87	+0,51			
	50m: 33.24	33.24	250m: 3:17.13	41.48	450m: 6:08.49	43.29	650m: 9:01.85	43.70
	100m: 1:12.60	39.36	300m: 3:59.86	42.73	500m: 6:51.75	43.26	700m: 9:45.33	43.48
	150m: 1:53.77	41.17	350m: 4:42.48	42.62	550m: 7:35.33	43.58	750m: 10:27.44	42.11
	200m: 2:35.65	41.88	400m: 5:25.20	42.72	600m: 8:18.15	42.82	800m: 11:06.87	39.43
4.	Eva Oyevaar	199602292 Z&PC de Ganze	NT	11:11.68	+1,04			
	50m: 34.68	34.68	250m: 3:19.26	42.50	450m: 6:10.00	43.15	650m: 9:05.20	44.19
	100m: 1:14.00	39.32	300m: 4:01.23	41.97	500m: 6:53.09	43.09	700m: 9:48.12	42.92
	150m: 1:54.70	40.70	350m: 4:43.44	42.21	550m: 7:36.82	43.73	750m: 10:27.35	39.23
	200m: 2:36.76	42.06	400m: 5:26.85	43.41	600m: 8:21.01	44.19	800m: 11:11.68	44.33
5.	Simone van Kerckhoven	199703260 De Honte	11:51.39	11:25.81	+0,60			
	50m: 35.88	35.88	250m: 3:26.88	43.84	450m: 6:24.06	44.60	650m: 9:21.03	43.64
	100m: 1:16.92	41.04	300m: 4:10.99	44.11	500m: 7:08.46	44.40	700m: 10:03.69	42.66
	150m: 1:59.81	42.89	350m: 4:55.12	44.13	550m: 7:52.71	44.25	750m: 10:45.59	41.90
	200m: 2:43.04	43.23	400m: 5:39.46	44.34	600m: 8:37.39	44.68	800m: 11:25.81	40.22
6.	Hilde Scheele	199903276 De Schelde	NT	11:41.12	+0,55			
	50m: 37.45	37.45	250m: 3:29.72	43.70	450m: 6:27.22	44.82	650m: 9:27.04	45.57
	100m: 1:19.18	41.73	300m: 4:13.78	44.06	500m: 7:11.61	44.39	700m: 10:12.30	45.26
	150m: 2:02.25	43.07	350m: 4:58.12	44.34	550m: 7:56.43	44.82	750m: 10:57.60	45.30
	200m: 2:46.02	43.77	400m: 5:42.40	44.28	600m: 8:41.47	45.04	800m: 11:41.12	43.52
7.	Celina von Berg	200002596 D'elft	12:12.35	11:43.22	+0,85			
	50m: 36.69	36.69	250m: 3:29.51	43.39	450m: 6:27.01	45.17	650m: 9:28.07	45.96
	100m: 1:19.12	42.43	300m: 4:12.90	43.39	500m: 7:11.63	44.62	700m: 10:14.34	46.27
	150m: 2:02.26	43.14	350m: 4:57.31	44.41	550m: 7:56.31	44.68	750m: 11:01.02	46.68
	200m: 2:46.12	43.86	400m: 5:41.84	44.53	600m: 8:42.11	45.80	800m: 11:43.22	42.20
8.	Mette Wagenvoort	199702532 Z&PC de Ganze	11:21.83	11:52.86	+0,84			
	50m: 36.27	36.27	250m: 3:29.69	44.00	450m: 6:34.95	47.19	650m: 9:40.37	47.49
	100m: 1:17.41	41.14	300m: 4:14.82	45.13	500m: 7:20.78	45.83	700m: 10:26.16	45.79
	150m: 2:00.93	43.52	350m: 5:01.72	46.90	550m: 8:08.41	47.63	750m: 11:10.24	44.08
	200m: 2:45.69	44.76	400m: 5:47.76	46.04	600m: 8:52.88	44.47	800m: 11:52.86	42.62
9.	Bianca de Pooter	199202738 De Honte	NT	12:07.87	+0,87			
	50m: 38.01	38.01	250m: 3:38.40	45.82	450m: 6:43.67	46.77	650m: 9:51.33	47.02
	100m: 1:21.75	43.74	300m: 4:24.39	45.99	500m: 7:30.46	46.79	700m: 10:37.51	46.18
	150m: 2:07.07	45.32	350m: 5:10.54	46.15	550m: 8:17.48	47.02	750m: 11:24.04	46.53
	200m: 2:52.58	45.51	400m: 5:56.90	46.36	600m: 9:04.31	46.83	800m: 12:07.87	43.83
10.	Margaux Damen	199704464 Hieronymus	12:23.92	12:14.29	+0,85			
	50m: 38.19	38.19	250m: 3:40.07	46.87	450m: 6:50.29	48.23	650m: 10:00.24	46.96
	100m: 1:21.08	42.89	300m: 4:26.99	46.92	500m: 7:37.97	47.68	700m: 10:47.25	47.01
	150m: 2:06.44	45.36	350m: 5:14.77	47.78	550m: 8:25.96	47.99	750m: 11:33.01	45.76
	200m: 2:53.20	46.76	400m: 6:02.06	47.29	600m: 9:13.28	47.32	800m: 12:14.29	41.28
11.	Afra Wagenvoort	199506714 Z&PC de Ganze	NT	12:30.29	+0,94			
	50m: 37.40	37.40	250m: 3:36.73	46.81	450m: 6:49.12	48.93	650m: 10:07.16	49.85
	100m: 1:19.60	42.20	300m: 4:24.47	47.74	500m: 7:38.13	49.01	700m: 10:56.32	49.16
	150m: 2:03.88	44.28	350m: 5:13.54	49.07	550m: 8:27.79	49.66	750m: 11:45.22	48.90
	200m: 2:49.92	46.04	400m: 6:00.19	46.65	600m: 9:17.31	49.52	800m: 12:30.29	45.07
12.	Nadine Koster	199701898 Koewacht	NT	12:43.88	+0,71			
	50m: 40.99	40.99	250m: 3:50.45	48.97	450m: 7:06.03	49.95	650m: 10:22.47	49.17
	100m: 1:26.28	45.29	300m: 4:38.37	47.92	500m: 7:55.40	49.37	700m: 11:11.37	48.90
	150m: 2:13.24	46.96	350m: 5:26.56	48.19	550m: 8:44.48	49.08	750m: 11:59.75	48.38
	200m: 3:01.48	48.24	400m: 6:16.08	49.52	600m: 9:33.30	48.82	800m: 12:43.88	44.13

Zeeuwse lange afstandswedstrijd
Terneuzen, 3-3-2013

Programmanr. 7, Dames, 800m vrije slag, Dames Senioren Open

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT
13.	Dorien Vasseur	198704164 Scheldestroom	13:24.20	12:47.33	+1,21
	50m: 41.19	250m: 3:54.12	49.11	650m: 10:26.40	49.56
	100m: 1:27.68	300m: 4:42.98	47.72	700m: 11:15.58	49.18
	150m: 2:15.88	350m: 5:31.96	49.46	750m: 12:03.43	47.85
	200m: 3:04.93	400m: 6:20.93	49.62	800m: 12:47.33	43.90
14.	Esmee van den Hoek	200003148 Z&PC de Ganze	NT	14:56.83	+0,96
	50m: 44.94	250m: 4:28.19	58.12	650m: 12:12.48	56.14
	100m: 1:38.35	300m: 5:27.37	57.78	700m: 13:07.67	55.19
	150m: 2:35.05	350m: 6:26.68	58.04	750m: 14:03.09	55.42
	200m: 3:31.59	400m: 7:24.60	57.80	800m: 14:56.83	53.74
DIS	Saona de Visser	200006064 Z&PC de Ganze	NT		
	<i>AF - De aangegeven afstand niet uitgezwommen.</i>				
	50m:	250m:	450m:	650m:	
	100m:	300m:	500m:	700m:	
	150m:	350m:	550m:	750m:	
	200m:	400m:	600m:	800m:	

Programmanr. 8
3-3-2013 - 16:05

Heren, 800m vrije slag

Heren Senioren Open
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT
1.	Erik Vermue	198906357 Z&PC de Ganze	NT	10:19.33	+0,57
	50m: 32.45	250m: 3:02.91	40.04	650m: 8:21.52	39.97
	100m: 1:08.70	300m: 3:42.17	39.93	700m: 9:01.55	40.03
	150m: 1:46.31	350m: 4:21.96	40.11	750m: 9:41.67	40.12
	200m: 2:24.37	400m: 5:01.16	40.31	800m: 10:19.33	37.66
2.	Christoph Bral	199202391 Koewacht	10:35.36	10:22.21	+0,78
	50m: 32.61	250m: 3:05.94	39.36	650m: 8:23.03	39.70
	100m: 1:09.28	300m: 3:45.29	39.44	700m: 9:02.85	39.82
	150m: 1:47.55	350m: 4:25.33	39.40	750m: 9:42.74	39.89
	200m: 2:26.71	400m: 5:05.71	39.42	800m: 10:22.21	39.47
3.	Wouter van Kerckhoven	199503641 De Honte	10:45.49	10:27.60	+0,84
	50m: 32.53	250m: 3:01.32	40.24	650m: 8:25.33	41.66
	100m: 1:08.88	300m: 3:39.69	41.33	700m: 9:07.09	41.76
	150m: 1:45.98	350m: 4:18.94	41.53	750m: 9:49.12	42.03
	200m: 2:23.27	400m: 4:58.44	42.13	800m: 10:27.60	38.48
4.	Chiel de Pooter	200101355 De Schelde	NT	11:12.34	+0,56
	50m: 37.24	250m: 3:27.73	40.54	650m: 9:09.79	42.41
	100m: 1:20.67	300m: 4:09.28	44.47	700m: 9:53.22	43.43
	150m: 2:02.55	350m: 4:52.77	43.70	750m: 10:34.45	41.23
	200m: 2:44.64	400m: 5:36.23	42.44	800m: 11:12.34	37.89
5.	Elliott Hayot	199307101 Koewacht	NT	11:13.87	+0,98
	50m: 34.84	250m: 3:17.05	43.64	650m: 9:06.35	44.84
	100m: 1:13.09	300m: 3:59.14	44.18	700m: 9:50.85	44.50
	150m: 1:53.58	350m: 4:42.09	44.42	750m: 10:34.55	43.70
	200m: 2:34.89	400m: 5:25.01	44.26	800m: 11:13.87	39.32
6.	Jochem de Bat	200102709 De Schelde	NT	11:31.12	+0,65
	50m: 38.45	250m: 3:32.78	44.01	650m: 9:24.48	43.66
	100m: 1:21.28	300m: 4:15.51	44.38	700m: 10:08.06	43.58
	150m: 2:05.54	350m: 4:59.93	43.48	750m: 10:50.96	42.90
	200m: 2:48.68	400m: 5:44.59	44.36	800m: 11:31.12	40.16

Programmanr. 9
3-3-2013 - 16:17

Meisjes, 200m wisselslag

Meisjes Minioren 3 en 4
Resultaten

Rang	Naam	Vereniging	Inscr.tijd	Tijd	RT	50m	100m	150m	200m
1.	Bridget de Bat	200400382 De Schelde	NT	3:26.03	+0,65	49.22	1:37.88	2:40.02	3:26.03
2.	Joëlle Boone	200300722 Z& PC De Zeeuwse Kust	3:29.16	3:31.21	+0,68	51.36	1:45.98	2:45.88	3:31.21
3.	Isa de Bruijn	200301270 Koewacht	3:34.02	3:32.22		49.99	1:47.06	2:44.72	3:32.22
4.	Lana Broekhoven	200300056 De Honte	3:41.45	3:37.62		52.98	1:48.26	2:46.58	3:37.62
5.	Babet de Voogd	200301362 Z& PC De Zeeuwse Kust	3:38.34	3:41.77	+0,63	54.56	1:49.83	2:55.10	3:41.77
	<i>* backup tijd</i>								
6.	Anna Tiemersma	200400686 Z& PC De Zeeuwse Kust	3:42.77	3:43.10		56.50	1:55.63	2:52.44	3:43.10
7.	Myrthe Wauters	200301272 Koewacht	3:57.07	3:57.32		1:02.54	2:03.19	3:04.50	3:57.32
8.	Nasca van Dijk	200300816 Koewacht	NT	4:05.98		1:00.41	2:01.60	3:07.54	4:05.98
9.	Julia Scheele	200301014 Scheldestroom	4:23.69	4:16.37		1:03.17	2:10.26	3:15.48	4:16.37
DIS	Elte van Goethem	200300432 De Honte	3:26.37						
	<i>SK - Het keer- en/of eindpunt niet gelijktijdig met twee handen aangetikt.</i>								

Zeeuwse lange afstandswedstrijd
Terneuzen, 3-3-2013

Programmanr. 10
3-3-2013 - 16:17

Jongens, 200m wisselslag

Jongens Minioren 3 en 4
Resultaten

Rang Naam	Vereniging	Inshr.tijd	Tijd	RT	50m	100m	150m	200m
1. Daan Hoefeijzers	200300547Koewacht	NT	3:48.82		57.43	1:58.12	2:59.28	3:48.82
2. Joost Baaij	200301069Z& PC De Zeeuwse Kust	NT	3:58.05		55.20	1:54.26	3:04.50	3:58.05

* 50m handtijd

Programmanr. 11
3-3-2013 - 16:27

Dames, 200m vlinderslag

Dames Senioren Open
Resultaten

Rang Naam	Vereniging	Inshr.tijd	Tijd	RT	50m	100m	150m	200m
1. Iris Erpelinck	199300236De Honte	2:34.82	2:40.98	+0,58	35.10	1:15.86	1:58.53	2:40.98
2. Manon Kloosterman	199702082De Bevelanders	3:20.34	2:59.37	+0,89	34.57	1:17.22	2:06.62	2:59.37
3. Evelien van Kerckhoven	200000672De Honte	3:03.12	3:03.50	+0,67	38.77	1:24.68	2:13.76	3:03.50
4. Tessa Eijkman	199702316De Schelde	3:01.16	3:05.00	+0,80	38.17	1:24.46	2:13.76	3:05.00
5. Mirthe de Zeeuw	200003290De Schelde	3:29.72	3:28.64	+0,56	43.93	1:36.50	2:33.74	3:28.64
6. Sanny Eulink	200003286De Schelde	NT	3:32.56	+0,88	45.04	1:38.64	2:34.01	3:32.56

Programmanr. 12
3-3-2013 - 16:32

Heren, 200m vlinderslag

Heren Senioren Open
Resultaten

Rang Naam	Vereniging	Inshr.tijd	Tijd	RT	50m	100m	150m	200m
1. Tom Erpelinck	199100607De Honte	2:32.62	2:30.13		31.54	1:08.23	1:49.03	2:30.13
2. Arco Wagenvoort	196500989Z&PC de Ganze	2:31.38	2:40.33		32.40	1:11.00	1:52.37	2:40.33

Programmanr. 13
3-3-2013 - 16:35

Meisjes, 200m wisselslag

Meisjes Minioren 5 en Jun 1
Resultaten

Rang Naam	Vereniging	Inshr.tijd	Tijd	RT	50m	100m	150m	200m
1. Eva van de Kerkhove	200102132De Schelde	3:17.61	3:10.37	+0,52	46.21	1:35.45	2:30.25	3:10.37
2. Annabel van Zetten	200200652Z& PC De Zeeuwse Kust	3:22.12	3:12.87	+0,54	47.01	1:38.18	2:31.59	3:12.87
3. Esther Tiemersma	200202962Z& PC De Zeeuwse Kust	3:19.28	3:19.09	+0,79	50.07	1:43.01	2:35.54	3:19.09
4. Iris Dieleman	200102134Koewacht	3:44.26	3:21.55	+0,71	48.01	1:34.13	2:35.14	3:21.55
5. Jody Sturms	200102286Koewacht	3:57.78	3:26.52		42.29	1:39.04	2:39.71	3:26.52
6. Kelly de Vos	200103884Z&PC de Ganze	3:52.97	3:35.53	+0,58	49.64	1:46.51	2:45.35	3:35.53
7. Femke Wegman	200103026Koewacht	NT	3:43.53	+0,63	52.78	1:48.80	2:49.10	3:43.53
8. Nina Goossen	200200586Koewacht	4:10.19	3:52.35	+1,16	56.65	1:54.20	2:55.62	3:52.35
9. Daphne Vonk	200202216Koewacht	4:17.13	3:57.27		58.99	1:58.30	3:07.01	3:57.27
10. Iris Vonk	200103448Koewacht	4:10.26	3:57.60		59.76	1:58.85	3:04.78	3:57.60
DIS Daphne van Driessche	200201134Koewacht	NT						
<i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i>								
DIS Anouk de Kraker	200103786Koewacht	4:07.43						
<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>								

Programmanr. 14
3-3-2013 - 16:35

Jongens, 200m wisselslag

Jongens Minioren 5 en 6
Resultaten

Rang Naam	Vereniging	Inshr.tijd	Tijd	RT	50m	100m	150m	200m
DIS Remy Vane	200202063Z& PC De Zeeuwse Kust	3:18.93						
<i>RD - Rugligging verlaten en stuwbewegingen met armen en/of benen gemaakt zonder met de keerhandeling bezig te zijn.</i>								
DIS Stijn de Rechter	200202989Koewacht	4:01.60						
<i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i>								

Zeeuwse lange afstandswedstrijd
Terneuzen, 3-3-2013

Programmanr. 15
3-3-2013 - 16:45

Dames, 400m wisselslag

Dames Senioren Open
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT
1.	Manon Kloosterman	199702082 De Bevelanders	5:40.79	5:53.90	+1,05
	50m: 36.40 36.40 150m: 2:10.77 48.67 250m: 3:45.77 49.15 350m: 5:15.69 40.80 100m: 1:22.10 45.70 200m: 2:56.62 45.85 300m: 4:34.89 49.12 400m: 5:53.90 38.21				
2.	Felicia Groenewold	199803240 De Schelde	NT	6:16.07	+0,63
	50m: 39.07 39.07 150m: 2:12.59 46.16 250m: 3:51.24 51.89 350m: 5:32.07 47.71 100m: 1:26.43 47.36 200m: 2:59.35 46.76 300m: 4:44.36 53.12 400m: 6:16.07 44.00				
3.	Bianca de Pooter	199202738 De Honte	NT	6:37.81	+0,57
	50m: 43.07 43.07 150m: 2:26.78 52.01 250m: 4:12.70 54.83 350m: 5:54.25 46.23 100m: 1:43.77 51.70 200m: 3:17.87 51.09 300m: 5:08.02 55.32 400m: 6:37.81 43.56				
4.	Ingeborg Speelman-Hamelink	197601028 Koewacht	NT	6:42.15	+1,02
	50m: 48.56 48.56 150m: 2:34.07 50.52 250m: 4:18.27 55.36 350m: 5:56.13 43.99 100m: 1:43.55 54.99 200m: 3:22.91 48.84 300m: 5:12.14 53.87 400m: 6:42.15 46.02				
5.	Kelly Dimkos	200001166 Koewacht	NT	6:44.27	+0,84
	50m: 43.58 43.58 150m: 2:28.82 52.64 250m: 4:15.32 58.06 350m: 6:00.71 46.51 100m: 1:36.18 52.60 200m: 3:17.26 48.44 300m: 5:14.20 58.88 400m: 6:44.27 43.56				
6.	Nadine Koster	199701898 Koewacht	NT	6:51.63	+0,81
	50m: 44.03 44.03 150m: 2:35.72 52.01 250m: 4:18.57 51.46 350m: 6:02.89 49.78 100m: 1:43.71 59.68 200m: 3:27.11 51.39 300m: 5:13.11 54.54 400m: 6:51.63 48.74				
7.	Dorien Vasseur	198704164 Scheldestroom	7:31.83	6:58.37	+1,08
	50m: 48.11 48.11 150m: 2:39.71 51.56 250m: 4:24.73 55.26 350m: 6:12.47 49.33 100m: 1:48.15 1:00.04 200m: 3:29.47 49.76 300m: 5:23.14 58.41 400m: 6:58.37 45.90				
8.	Marenne Huigh	199900852 Scheldestroom	7:38.53	7:05.48	+0,65
	50m: 48.39 48.39 150m: 2:42.18 53.86 250m: 4:34.11 58.52 350m: 6:19.75 47.02 100m: 1:48.32 59.93 200m: 3:35.59 53.41 300m: 5:32.73 58.62 400m: 7:05.48 45.73				
9.	Pauline Scheele	199905456 Scheldestroom	NT	7:17.99	+0,69
	50m: 49.97 49.97 150m: 2:52.22 55.95 250m: 4:43.24 57.04 350m: 6:31.54 50.33 100m: 1:56.27 1:06.30 200m: 3:46.20 53.98 300m: 5:41.21 57.97 400m: 7:17.99 46.45				
10.	Anne Bauwens	200004416 Koewacht	NT	7:22.67	+0,99
	50m: 48.24 48.24 150m: 2:41.95 53.80 250m: 4:34.98 57.92 350m: 6:29.87 55.32 100m: 1:48.15 59.91 200m: 3:37.06 55.11 300m: 5:34.55 59.57 400m: 7:22.67 52.80				

Programmanr. 16
3-3-2013 - 16:45

Heren, 400m wisselslag

Heren Senioren Open
Resultaten

Rang	Naam	Vereniging	Inschrijftijd	Tijd	RT
1.	Angelo De Meyer	199203501 SZ&PC De Bruinvis	5:05.62	5:25.95	+0,62
	50m: 31.34 31.34 150m: 1:53.84 45.88 250m: 3:23.72 47.69 350m: 4:52.10 40.84 100m: 1:07.96 36.62 200m: 2:36.03 42.19 300m: 4:11.26 47.54 400m: 5:25.95 33.85				
2.	Thijmen van de Beek	199901075 Koewacht	6:24.10	5:45.54	+0,79
	50m: 35.78 35.78 150m: 2:09.72 50.30 250m: 3:43.48 46.69 350m: 5:09.27 37.88 100m: 1:19.42 43.64 200m: 2:56.79 47.07 300m: 4:31.39 47.91 400m: 5:45.54 36.27				
3.	Vincent Keijmel	199101169 Scheldestroom	5:45.90	5:51.27	+0,49
	50m: 37.38 37.38 150m: 2:12.29 46.97 250m: 3:46.09 47.45 350m: 5:14.11 38.27 100m: 1:25.32 47.94 200m: 2:58.64 46.35 300m: 4:35.84 49.75 400m: 5:51.27 37.16				
4.	Wouter van Kerckhoven	199503641 De Honte	6:09.14	5:53.91	+0,97
	50m: 37.64 37.64 150m: 2:14.69 46.98 250m: 3:49.18 48.71 350m: 5:17.19 39.09 100m: 1:27.71 50.07 200m: 3:00.47 45.78 300m: 4:38.10 48.92 400m: 5:53.91 36.72				
5.	Norbert de Maillie	198601997 De Honte	NT	5:54.74	
	50m: 36.65 36.65 150m: 2:11.11 45.11 250m: 3:42.29 51.18 350m: 5:14.01 41.02 100m: 1:21.96 45.31 200m: 2:51.11 45.11 300m: 4:32.99 50.70 400m: 5:54.74 40.73				
6.	Elliott Hayot	199307101 Koewacht	NT	6:21.24	
	50m: 38.57 38.57 150m: 2:14.57 50.20 250m: 3:57.76 53.93 350m: 5:38.50 44.91 100m: 1:24.37 45.80 200m: 3:03.83 49.26 300m: 4:53.59 55.83 400m: 6:21.24 42.74				
7.	Youri Groenewold	200002481 De Schelde	7:40.00	6:44.18	+0,84
	50m: 42.44 42.44 150m: 2:31.13 52.81 250m: 4:16.62 55.64 350m: 6:00.57 46.87 100m: 1:38.32 55.88 200m: 3:20.98 49.85 300m: 5:13.70 57.08 400m: 6:44.18 43.61				
8.	Jamie v.d. Steenoven	200001681 De Schelde	7:41.00	6:57.05	+0,52
	50m: 46.24 46.24 150m: 2:37.43 53.43 250m: 4:26.82 58.15 350m: 6:13.75 49.00 100m: 1:44.00 57.76 200m: 3:28.67 51.24 300m: 5:24.75 57.93 400m: 6:57.05 43.30				
DIS	Matthijs van Driessche	199903499 Koewacht	NT		
	<i>VD - Schoolslagbenen gezwommen of andere stuwende beweging in het horizontale vlak.</i> 50m: 150m: 250m: 350m: 100m: 200m: 300m: 400m:				