

All races Ind - F

Pos	Bib#	Athlete	Gender	Team	Swim	Pace(min/100m)	#S	T	#T	Run	Pace(min/km)	#R	Time	Overall
1	126	Diepblauw/ wit	F	Scheldeestroom	0:07:51	1:34	1	0:01:06	4	0:23:10	4:38	1	0:32:05	4
2	110	Rood/ wit	F	Scheldeestroom	0:08:59	1:47	4	0:00:46	1	0:23:18	4:39	2	0:33:02	5
3	20	Wit/ zwart	F	De Honte	0:08:40	1:44	2	0:00:59	2	0:24:47	4:57	3	0:34:25	8
4	12	Rood/ zwart	F	Scheldeestroom	0:08:46	1:45	3	0:01:16	5	0:25:20	5:04	4	0:35:20	9
5	150	Rood/ wit	F	Scheldeestroom	0:10:00	2:00	7	0:01:00	3	0:28:05	5:37	7	0:39:03	11
6	9	Roze/ zwart	F	Scheldeestroom	0:09:45	1:57	6	0:01:28	6	0:27:53	5:34	6	0:39:05	12
7	11	Rood/ zwart	F	SC De Zwimstreek	0:10:10	2:02	8	0:02:26	9	0:28:16	5:39	8	0:40:51	13
8	13	Rood/ zwart	F	Alma Franse	0:12:29	2:29	9	0:02:00	8	0:27:33	5:30	5	0:42:01	14
9	359	Lichtblauw/ zwart	F	De Honte	0:09:32	1:54	5	0:01:54	7	0:35:33	7:06	9	0:46:58	16

All races Duo - F

Pos	Bib#	Athlete	Gender	Team	Swim	Pace(min/100m)	#S	T	#T	Run	Pace(min/km)	#R	Time	Overall
1	2 x 10	Roze/ zwart	F	Ingeborg Speelman & Sabine Vasseur	0:07:57	1:35	1	0:00:47	1	0:21:22	4:16	1	0:30:05	2

All races Ind - M

Pos	Bib#	Athlete	Gender	Team	Swim	Pace(min/100m)	#S	T	#T	Run	Pace(min/km)	#R	Time	Overall
1	89	Rood/ zwart	M	De Honte	0:07:27	1:29	1	0:00:56	2	0:17:40	3:32	1	0:26:02	1
2	5	Wit/ zwart	M	Scheldeestroom	0:07:48	1:33	3	0:00:50	1	0:23:07	4:37	3	0:31:43	3
3	103	Rood/ zwart	M	Scheldeestroom	0:07:40	1:32	2	0:01:15	3	0:25:07	5:01	4	0:34:01	6
4	4	Wit/ zwart	M	Pieter-Jan Landerwyn	0:10:47	2:09	5	0:01:18	4	0:22:02	4:24	2	0:34:06	7
5	6	Wit/ zwart	M	Stefaan de Wolf	0:10:20	2:04	4	0:01:25	5	0:26:02	5:12	5	0:37:45	10
6	7	Wit/ zwart	M	Dirk de Ruiter	0:11:32	2:18	6	0:01:52	6	0:29:41	5:56	6	0:43:03	15
DNS	8	Wit/ zwart	M	Marco de Feijter										
				SC De Zwimstreek										