

**FROS**



(Organisatie FROS)

**NATIONAAL KAMPIOENSCHAP ZWEMMEN 2022**

**LANGE AFSTANDEN**

**Uitslagen**

**Oostende  
23/01/2022**

WEDSTRIJDLEIDING :

Scheidsrechter :	Mattens H. (FROS - TCF)
Starter - Aankomstrechtters :	Peel M. (VZO)
Zweminspecteur :	Mattens H. (FROS - TCF) Peel M. (VZO)
Jurysecretaris :	Marlein F. (VZO ) Vanpraet R. (VZO)
Micro :	Aerckx B. (VZO)
Uitslagen :	Van Uytsel L. (FROS - TCF)
Wedstrijdbode :	Marlein A. (VZO)
Hoofdtijdopnemer :	Caestecker W. ( FROS - TCF)
Keerpuntrechtters :	Eyland R. (VZO) Vanreybroeck C. (ZIB)
Tijdopnemers :	

Baan 3	Schepers C.	VZSA			
Baan 4	Goury V.	ZIB			
Baan 5	Verburgh P.	ZIB		Vanmoortel M.	VZO
Baan 6	Buchmuller D.	VZO			
Baan 7	Bouilliart A.	VZO			
Baan 8	Dale D.	VZO			
Baan 9	Spilsteyns T.	DELFF			

Clubafgevaardigden:

Zwemclub Interbad Brugge	ZIB	D'Hoore M.
Zwemclub Delfino	DELFF	Eeckhout J.
Vrije zwemmers Tienen	VZT	Puissant D.
Vrije zwemmers Sint Amandsberg	VZSA	De Pue I.
Vrije zwemmers Oostende	VZO	De Schepper E.
Vrije zwemmers Nieuwpoort	VZN	Moeremans I.
Blankenbergse zwemvereniging	BZV	Goegebeur D.

Programmanr. 1  
23/1/22 - 14:30

Meisjes, 400m vrije slag

dolfijnen - u11  
Resultaten

Rang		Geb.		Tijd		ins. tijd					
1.	Moyaert Lotte	12	VZO	<b>7:52.87</b>		NT					
	100m:	1:50.96	1:50.96	200m:	3:51.10	2:00.14	300m:	5:52.78	2:01.68	400m:	7:52.87 2:00.09
2.	Hars Laure	12	VZO	<b>8:04.79</b>		NT					
	100m:	1:48.22	1:48.22	200m:	3:55.03	2:06.81	300m:	6:01.86	2:06.83	400m:	8:04.79 2:02.93
3.	Floryn Juliette	13	BZV	<b>11:45.61</b>		NT					
	100m:	2:45.20	2:45.20	200m:	5:42.85	2:57.65	300m:	8:42.30	2:59.45	400m:	11:45.61 3:03.31

Programmanr. 1  
23/1/22 - 14:30

Jongens, 400m vrije slag

dolfijnen - u11  
Resultaten

Rang		Geb.		Tijd		ins. tijd					
1.	Tommelein Arthur	12	VZO	<b>7:31.59</b>		NT					
	100m:	1:47.91	1:47.91	200m:	3:46.38	1:58.47	300m:	5:46.70	2:00.32	400m:	7:31.59 1:44.89

Programmanr. 2  
23/1/22 - 14:36

Meisjes, 200m vrije slag

eendjes - u9  
Resultaten

Rang		Geb.		Tijd		ins. tijd					
1.	Loccufier Fleur	14	ZIB	<b>4:50.80</b>		NT					
	100m:	2:20.08	2:20.08	200m:	4:50.80	2:30.72					
2.	Tetaj Dea	14	VZO	<b>5:12.10</b>		5:52.94					
	100m:	2:12.82	2:12.82	200m:	5:12.10	2:59.28					

Programmanr. 3  
23/1/22 - 14:43

Jongens, 800m vrije slag

benjamins - u13  
Resultaten

Rang		Geb.		Tijd		ins. tijd					
1.	Tetaj Deivid	11	VZO	<b>13:53.84</b>		NT					
	100m:	1:32.67	1:32.67	300m:	4:57.08	1:43.02	500m:	8:29.60	1:46.64	700m:	12:04.31 1:47.95
	200m:	3:14.06	1:41.39	400m:	6:42.96	1:45.88	600m:	10:16.36	1:46.76	800m:	13:53.84 1:49.53
2.	Dehaemers Lukas	10	VZN	<b>14:56.66</b>		NT					
	100m:	1:38.57	1:38.57	300m:	5:22.46	1:54.46	500m:	9:14.94	1:56.76	700m:	13:07.80 1:55.18
	200m:	3:28.00	1:49.43	400m:	7:18.18	1:55.72	600m:	11:12.62	1:57.68	800m:	14:56.66 1:48.86
3.	Tetaj Daniel	10	VZO	<b>15:16.23</b>		NT					
	100m:	1:45.18	1:45.18	300m:	5:38.37	1:57.64	500m:	9:33.43	1:54.17	700m:	13:28.97 1:55.15
	200m:	3:40.73	1:55.55	400m:	7:39.26	2:00.89	600m:	11:33.82	2:00.39	800m:	15:16.23 1:47.26

dis Timmermans Elias 10 ZIB

NT

*SW4-ST4 - Starthouding, stilstaand niet onmiddellijk met 1 voet aan de voorzijde van het startblok aangenomen ( na het comando "op uw plaatsen" van de starter*

Programmanr. 3  
23/1/22 - 14:43

Dames, 800m vrije slag

veteranen 25 - u30  
Resultaten

Rang		Geb.		Tijd		ins. tijd					
1.	Goegebeur Sarah	96	BZV	<b>12:47.52</b>		NT					
	100m:	1:24.75	1:24.75	300m:	4:35.75	1:36.25	500m:	7:51.65	1:38.18	700m:	11:11.36 1:40.11
	200m:	2:59.50	1:34.75	400m:	6:13.47	1:37.72	600m:	9:31.25	1:39.60	800m:	12:47.52 1:36.16

Programmanr. 3, 800m vrije slag

Programmanr. 3  
23/1/22 - 14:43

Dames, 800m vrije slag

senioren - u25  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. De Pue Ine	99	VZSA	<b>11:56.76</b> 11:30.00
	100m: 1:19.41	1:19.41	300m: 4:17.34 1:30.11
	200m: 2:47.23	1:27.82	400m: 5:48.34 1:31.00
			500m: 7:20.66 1:32.32
			600m: 8:53.76 1:33.10
			700m: 10:26.16 1:32.40
			800m: 11:56.76 1:30.60
2. Dereepere Indra	02	ZIB	<b>12:09.16</b> 10:59.56
	100m: 1:22.23	1:22.23	300m: 4:24.31 1:31.47
	200m: 2:52.84	1:30.61	400m: 5:56.66 1:32.35
			500m: 7:29.81 1:33.15
			600m: 9:04.56 1:34.75
			700m: 10:38.98 1:34.42
			800m: 12:09.16 1:30.18

Programmanr. 3  
23/1/22 - 14:43

Dames, 800m vrije slag

pupillen - u19  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Verburgh Mona	05	ZIB	<b>11:02.22</b> 11:15.90
	100m: 1:14.23	1:14.23	300m: 4:00.77 1:23.78
	200m: 2:36.99	1:22.76	400m: 5:25.84 1:25.07
			500m: 6:52.02 1:26.18
			600m: 8:17.78 1:25.76
			700m: 9:42.12 1:24.34
			800m: 11:02.22 1:20.10
2. Laporte Fleur	05	BZV	<b>15:30.13</b> NT
	100m: 1:43.34	1:43.34	300m: 5:35.74 1:59.04
	200m: 3:36.70	1:53.36	400m: 7:35.63 1:59.89
			500m: 9:36.13 2:00.50
			600m: 11:37.36 2:01.23
			700m: 13:38.40 2:01.04
			800m: 15:30.13 1:51.73

Programmanr. 3  
23/1/22 - 14:43

Meisjes, 800m vrije slag

kadetten - u17  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Minnebo Lotte	06	ZIB	<b>9:52.98</b> 10:12.37
	<i>nieuw fros record</i>		
	100m: 1:07.77	1:07.77	300m: 3:38.78 1:16.18
	200m: 2:22.60	1:14.83	400m: 4:53.80 1:15.02
			500m: 6:10.00 1:16.20
			600m: 7:26.26 1:16.26
			700m: 8:41.86 1:15.60
			800m: 9:52.98 1:11.12
2. Eggert Evelyne	07	VZO	<b>12:09.71</b> 13:12.69
	100m: 1:27.46	1:27.46	300m: 4:34.06 1:33.91
	200m: 3:00.15	1:32.69	400m: 6:07.55 1:33.49
			500m: 7:41.30 1:33.75
			600m: 9:14.89 1:33.59
			700m: 10:47.06 1:32.17
			800m: 12:09.71 1:22.65
3. Dardenne Eline	07	ZIB	<b>12:14.81</b> NT
	100m: 1:21.93	1:21.93	300m: 4:31.55 1:36.41
	200m: 2:55.14	1:33.21	400m: 6:07.80 1:36.25
			500m: 7:44.74 1:36.94
			600m: 9:21.18 1:36.44
			700m: 10:53.41 1:32.23
			800m: 12:14.81 1:21.40
4. D'hoore Emma	07	ZIB	<b>12:48.38</b> 13:40.00
	100m: 1:27.00	1:27.00	300m: 4:41.01 1:38.09
	200m: 3:02.92	1:35.92	400m: 6:19.46 1:38.45
			500m: 7:57.31 1:37.85
			600m: 9:37.02 1:39.71
			700m: 11:15.23 1:38.21
			800m: 12:48.38 1:33.15
5. Grietens Julie	07	VZT	<b>12:53.67</b> NT
	100m: 1:25.20	1:25.20	300m: 4:40.10 1:38.50
	200m: 3:01.60	1:36.40	400m: 6:19.10 1:39.00
			500m: 7:59.03 1:39.93
			600m: 9:38.52 1:39.49
			700m: 11:18.45 1:39.93
			800m: 12:53.67 1:35.22
6. Cuyle Zoey	06	BZV	<b>15:52.84</b> NT
	100m: 1:46.56	1:46.56	300m: 5:48.98 2:04.92
	200m: 3:44.06	1:57.50	400m: 7:55.63 2:06.65
			500m: 10:01.53 2:05.90
			600m: 12:03.73 2:02.20
			700m: 14:02.41 1:58.68
			800m: 15:52.84 1:50.43

Programmanr. 3  
23/1/22 - 14:43

Meisjes, 800m vrije slag

miniemen - u15  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Van Alsenoy Nanou	08	ZIB	<b>12:22.53</b> 13:37.97
	100m: 1:22.03	1:22.03	300m: 4:29.00 1:34.68
	200m: 2:54.32	1:32.29	400m: 6:04.93 1:35.93
			500m: 7:40.79 1:35.86
			600m: 9:17.86 1:37.07
			700m: 10:51.89 1:34.03
			800m: 12:22.53 1:30.64
2. Claeys Nette	08	VZN	<b>14:25.59</b> 16:00.58
	100m: 1:35.17	1:35.17	300m: 5:17.59 1:52.34
	200m: 3:25.25	1:50.08	400m: 7:11.14 1:53.55
			500m: 9:00.55 1:49.41
			600m: 10:54.78 1:54.23
			700m: 12:43.58 1:48.80
			800m: 14:25.59 1:42.01
3. dubois Jienke	09	BZV	<b>15:11.73</b> NT
	100m: 1:43.58	1:43.58	300m: 5:33.86 1:57.95
	200m: 3:35.91	1:52.33	400m: 7:31.29 1:57.43
			500m: 9:33.32 2:02.03
			600m: 11:37.24 2:03.92
			700m: 13:38.14 2:00.90
			800m: 15:11.73 1:33.59

Programmanr. 3, Meisjes, 800m vrije slag, miniemen - u15

Rang	Geb.	Tijd	ins. tijd
4. Vergauwe Yanaika	09	VZN	<b>15:22.25</b> NT
100m:	1:41.85	1:41.85	300m: 5:40.35 2:00.74
200m:	3:39.61	1:57.76	400m: 7:39.74 1:59.39
			500m: 9:37.10 1:57.36
			600m: 11:38.06 2:00.96
			700m: 13:33.74 1:55.68
			800m: 15:22.25 1:48.51

Programmanr. 3  
23/1/22 - 14:43

Meisjes, 800m vrije slag

benjamins - u13  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. De Cuyper Femke	10	VZO	<b>11:46.16</b> 12:23.35
100m:	1:25.75	1:25.75	300m: 4:27.18 1:30.47
200m:	2:56.71	1:30.96	400m: 5:57.57 1:30.39
			500m: 7:27.74 1:30.17
			600m: 8:58.30 1:30.56
			700m: 10:25.03 1:26.73
			800m: 11:46.16 1:21.13
2. Claeys Ditte	10	VZN	<b>11:52.88</b> 14:30.00
100m:	1:22.55	1:22.55	300m: 4:25.59 1:31.37
200m:	2:54.22	1:31.67	400m: 5:57.91 1:32.32
			500m: 7:28.94 1:31.03
			600m: 9:00.02 1:31.08
			700m: 10:31.26 1:31.24
			800m: 11:52.88 1:21.62
3. Meersch Phara	10	VZN	<b>15:52.65</b> NT
100m:	1:55.00	1:55.00	300m: 6:00.47 2:04.63
200m:	3:55.84	2:00.84	400m: 8:01.98 2:01.51
			500m: 10:03.91 2:01.93
			600m: 12:04.38 2:00.47
			700m: 13:53.81 1:49.43
			800m: 15:52.65 1:58.84

Programmanr. 3  
23/1/22 - 14:43

Dames, 800m vrije slag

algemeen  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Minnebo Lotte	06	ZIB	<b>9:52.98</b> 10:12.37
<i>nieuw fros record</i>			
100m:	1:07.77	1:07.77	300m: 3:38.78 1:16.18
200m:	2:22.60	1:14.83	400m: 4:53.80 1:15.02
			500m: 6:10.00 1:16.20
			600m: 7:26.26 1:16.26
			700m: 8:41.86 1:15.60
			800m: 9:52.98 1:11.12
2. Verburgh Mona	05	ZIB	<b>11:02.22</b> 11:15.90
100m:	1:14.23	1:14.23	300m: 4:00.77 1:23.78
200m:	2:36.99	1:22.76	400m: 5:25.84 1:25.07
			500m: 6:52.02 1:26.18
			600m: 8:17.78 1:25.76
			700m: 9:42.12 1:24.34
			800m: 11:02.22 1:20.10
3. De Cuyper Femke	10	VZO	<b>11:46.16</b> 12:23.35
100m:	1:25.75	1:25.75	300m: 4:27.18 1:30.47
200m:	2:56.71	1:30.96	400m: 5:57.57 1:30.39
			500m: 7:27.74 1:30.17
			600m: 8:58.30 1:30.56
			700m: 10:25.03 1:26.73
			800m: 11:46.16 1:21.13
4. Claeys Ditte	10	VZN	<b>11:52.88</b> 14:30.00
100m:	1:22.55	1:22.55	300m: 4:25.59 1:31.37
200m:	2:54.22	1:31.67	400m: 5:57.91 1:32.32
			500m: 7:28.94 1:31.03
			600m: 9:00.02 1:31.08
			700m: 10:31.26 1:31.24
			800m: 11:52.88 1:21.62
5. De Pue Ine	99	VZSA	<b>11:56.76</b> 11:30.00
100m:	1:19.41	1:19.41	300m: 4:17.34 1:30.11
200m:	2:47.23	1:27.82	400m: 5:48.34 1:31.00
			500m: 7:20.66 1:32.32
			600m: 8:53.76 1:33.10
			700m: 10:26.16 1:32.40
			800m: 11:56.76 1:30.60
6. Dereepere Indra	02	ZIB	<b>12:09.16</b> 10:59.56
100m:	1:22.23	1:22.23	300m: 4:24.31 1:31.47
200m:	2:52.84	1:30.61	400m: 5:56.66 1:32.35
			500m: 7:29.81 1:33.15
			600m: 9:04.56 1:34.75
			700m: 10:38.98 1:34.42
			800m: 12:09.16 1:30.18
7. Eggert Evelyne	07	VZO	<b>12:09.71</b> 13:12.69
100m:	1:27.46	1:27.46	300m: 4:34.06 1:33.91
200m:	3:00.15	1:32.69	400m: 6:07.55 1:33.49
			500m: 7:41.30 1:33.75
			600m: 9:14.89 1:33.59
			700m: 10:47.06 1:32.17
			800m: 12:09.71 1:22.65
8. Dardenne Eline	07	ZIB	<b>12:14.81</b> NT
100m:	1:21.93	1:21.93	300m: 4:31.55 1:36.41
200m:	2:55.14	1:33.21	400m: 6:07.80 1:36.25
			500m: 7:44.74 1:36.94
			600m: 9:21.18 1:36.44
			700m: 10:53.41 1:32.23
			800m: 12:14.81 1:21.40
9. Van Alsenoy Nanou	08	ZIB	<b>12:22.53</b> 13:37.97
100m:	1:22.03	1:22.03	300m: 4:29.00 1:34.68
200m:	2:54.32	1:32.29	400m: 6:04.93 1:35.93
			500m: 7:40.79 1:35.86
			600m: 9:17.86 1:37.07
			700m: 10:51.89 1:34.03
			800m: 12:22.53 1:30.64
10. Goegebeur Sarah	96	BZV	<b>12:47.52</b> NT
100m:	1:24.75	1:24.75	300m: 4:35.75 1:36.25
200m:	2:59.50	1:34.75	400m: 6:13.47 1:37.72
			500m: 7:51.65 1:38.18
			600m: 9:31.25 1:39.60
			700m: 11:11.36 1:40.11
			800m: 12:47.52 1:36.16
11. D'hoore Emma	07	ZIB	<b>12:48.38</b> 13:40.00
100m:	1:27.00	1:27.00	300m: 4:41.01 1:38.09
200m:	3:02.92	1:35.92	400m: 6:19.46 1:38.45
			500m: 7:57.31 1:37.85
			600m: 9:37.02 1:39.71
			700m: 11:15.23 1:38.21
			800m: 12:48.38 1:33.15

Programmanr. 3, Dames, 800m vrije slag, algemeen

Rang	Geb.	Tijd	ins. tijd
12. Grietens Julie	07	<b>VZT 12:53.67</b>	<b>NT</b>
100m:	1:25.20	1:25.20	300m: 4:40.10 1:38.50
200m:	3:01.60	1:36.40	400m: 6:19.10 1:39.00
500m:			500m: 7:59.03 1:39.93
600m:			600m: 9:38.52 1:39.49
700m:			700m: 11:18.45 1:39.93
800m:			800m: 12:53.67 1:35.22
13. Claeys Nette	08	<b>VZN 14:25.59</b>	<b>16:00.58</b>
100m:	1:35.17	1:35.17	300m: 5:17.59 1:52.34
200m:	3:25.25	1:50.08	400m: 7:11.14 1:53.55
500m:			500m: 9:00.55 1:49.41
600m:			600m: 10:54.78 1:54.23
700m:			700m: 12:43.58 1:48.80
800m:			800m: 14:25.59 1:42.01
14. dubois Jienke	09	<b>BZV 15:11.73</b>	<b>NT</b>
100m:	1:43.58	1:43.58	300m: 5:33.86 1:57.95
200m:	3:35.91	1:52.33	400m: 7:31.29 1:57.43
500m:			500m: 9:33.32 2:02.03
600m:			600m: 11:37.24 2:03.92
700m:			700m: 13:38.14 2:00.90
800m:			800m: 15:11.73 1:33.59
15. Vergauwe Yanaika	09	<b>VZN 15:22.25</b>	<b>NT</b>
100m:	1:41.85	1:41.85	300m: 5:40.35 2:00.74
200m:	3:39.61	1:57.76	400m: 7:39.74 1:59.39
500m:			500m: 9:37.10 1:57.36
600m:			600m: 11:38.06 2:00.96
700m:			700m: 13:33.74 1:55.68
800m:			800m: 15:22.25 1:48.51
16. Laporte Fleur	05	<b>BZV 15:30.13</b>	<b>NT</b>
100m:	1:43.34	1:43.34	300m: 5:35.74 1:59.04
200m:	3:36.70	1:53.36	400m: 7:35.63 1:59.89
500m:			500m: 9:36.13 2:00.50
600m:			600m: 11:37.36 2:01.23
700m:			700m: 13:38.40 2:01.04
800m:			800m: 15:30.13 1:51.73
17. Meersch Phara	10	<b>VZN 15:52.65</b>	<b>NT</b>
100m:	1:55.00	1:55.00	300m: 6:00.47 2:04.63
200m:	3:55.84	2:00.84	400m: 8:01.98 2:01.51
500m:			500m: 10:03.91 2:01.93
600m:			600m: 12:04.38 2:00.47
700m:			700m: 13:53.81 1:49.43
800m:			800m: 15:52.65 1:58.84
18. Cuyle Zoey	06	<b>BZV 15:52.84</b>	<b>NT</b>
100m:	1:46.56	1:46.56	300m: 5:48.98 2:04.92
200m:	3:44.06	1:57.50	400m: 7:55.63 2:06.65
500m:			500m: 10:01.53 2:05.90
600m:			600m: 12:03.73 2:02.20
700m:			700m: 14:02.41 1:58.68
800m:			800m: 15:52.84 1:50.43

Programmanr. 4  
23/1/22 - 16:02

Heren, 1500m vrije slag

veteranen 60 - u65  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Caestecker Wilfried	61	<b>VZSA 27:56.31</b>	<b>NT</b>
100m:	1:33.90	1:33.90	500m: 9:01.78 1:53.51
200m:	3:21.97	1:48.07	600m: 10:55.08 1:53.30
300m:	5:13.76	1:51.79	700m: 12:48.51 1:53.43
400m:	7:08.27	1:54.51	800m: 14:42.31 1:53.80
900m:			900m: 16:34.90 1:52.59
1000m:			1000m: 18:29.30 1:54.40
1100m:			1100m: 20:23.96 1:54.66
1200m:			1200m: 22:17.20 1:53.24
1300m:			1300m: 24:12.23 1:55.03
1400m:			1400m: 26:08.50 1:56.27
1500m:			1500m: 27:56.31 1:47.81

Programmanr. 4  
23/1/22 - 16:02

Heren, 1500m vrije slag

veteranen 45 - u50  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Timmermans David	77	<b>ZIB 23:54.94</b>	<b>24:00.00</b>
100m:	1:23.60	1:23.60	500m: 7:58.46 1:37.92
200m:	3:03.78	1:40.18	600m: 9:35.31 1:36.85
300m:	4:43.45	1:39.67	700m: 11:10.94 1:35.63
400m:	6:20.54	1:37.09	800m: 12:46.25 1:35.31
900m:			900m: 14:21.63 1:35.38
1000m:			1000m: 15:56.77 1:35.14
1100m:			1100m: 17:32.65 1:35.88
1200m:			1200m: 19:08.62 1:35.97
1300m:			1300m: 20:43.88 1:35.26
1400m:			1400m: 22:19.10 1:35.22
1500m:			1500m: 23:54.94 1:35.84

Programmanr. 4  
23/1/22 - 16:02

Heren, 1500m vrije slag

veteranen 40 - u45  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Eeckhout Jef	79	<b>DELFF 22:55.31</b>	<b>23:10.00</b>
100m:	1:22.34	1:22.34	500m: 7:30.34 1:33.22
200m:	2:52.31	1:29.97	600m: 9:04.14 1:33.80
300m:	4:24.23	1:31.92	700m: 10:37.65 1:33.51
400m:	5:57.12	1:32.89	800m: 12:11.37 1:33.72
900m:			900m: 13:45.34 1:33.97
1000m:			1000m: 15:19.52 1:34.18
1100m:			1100m: 16:51.90 1:32.38
1200m:			1200m: 18:24.20 1:32.30
1300m:			1300m: 19:56.64 1:32.44
1400m:			1400m: 21:29.04 1:32.40
1500m:			1500m: 22:55.31 1:26.27

Programmanr. 4, Heren, 1500m vrije slag

Programmanr. 4  
23/1/22 - 16:02

Heren, 1500m vrije slag

veteranen 30 - u35  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Buchmuller Dieter	88	VZO	<b>23:20.12</b> NT
100m:	1:22.78	1:22.78	500m: 7:35.20 1:33.39
200m:	2:55.55	1:32.77	600m: 9:09.23 1:34.03
300m:	4:28.91	1:33.36	700m: 10:42.88 1:33.65
400m:	6:01.81	1:32.90	800m: 12:19.62 1:36.74
			900m: 13:50.84 1:31.22
			1000m: 15:25.91 1:35.07
			1100m: 17:00.84 1:34.93
			1200m: 18:35.95 1:35.11
			1300m: 20:11.12 1:35.17
			1400m: 21:47.59 1:36.47
			1500m: 23:20.12 1:32.53

Programmanr. 4  
23/1/22 - 16:02

Heren, 1500m vrije slag

senioren - u25  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Denolf Ward	02	ZIB	<b>20:54.66</b> 21:00.69
100m:	1:11.41	1:11.41	500m: 6:45.24 1:25.09
200m:	2:31.63	1:20.22	600m: 8:09.96 1:24.72
300m:	3:54.93	1:23.30	700m: 9:35.52 1:25.56
400m:	5:20.15	1:25.22	800m: 11:01.40 1:25.88
			900m: 12:27.02 1:25.62
			1000m: 13:52.46 1:25.44
			1100m: 15:16.93 1:24.47
			1200m: 16:41.78 1:24.85
			1300m: 18:06.49 1:24.71
			1400m: 19:30.84 1:24.35
			1500m: 20:54.66 1:23.82

Programmanr. 4  
23/1/22 - 16:02

Jongens, 1500m vrije slag

pupillen - u19  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Puissant Denis	05	VZT	<b>21:25.28</b> 22:55.97
100m:	1:07.97	1:07.97	500m: 6:53.05 1:30.43
200m:	2:30.83	1:22.86	600m: 8:23.72 1:30.67
300m:	3:56.44	1:25.61	700m: 9:53.00 1:29.28
400m:	5:22.62	1:26.18	800m: 11:21.55 1:28.55
			900m: 12:48.22 1:26.67
			1000m: 14:17.97 1:29.75
			1100m: 15:45.47 1:27.50
			1200m: 17:14.08 1:28.61
			1300m: 18:39.75 1:25.67
			1400m: 20:04.25 1:24.50
			1500m: 21:25.28 1:21.03
2. Hemelsoet Alexander	04	VZSA	<b>29:18.50</b> 26:00.00
100m:	1:27.42	1:27.42	500m: 9:02.94 1:56.05
200m:	3:18.31	1:50.89	600m: 11:00.11 1:57.17
300m:	5:12.06	1:53.75	700m: 12:59.22 1:59.11
400m:	7:06.89	1:54.83	800m: 14:58.61 1:59.39
			900m: 17:02.60 2:03.99
			1000m: 19:07.25 2:04.65
			1100m: 21:13.44 2:06.19
			1200m: 23:19.31 2:05.87
			1300m: 25:21.98 2:02.67
			1400m: 27:24.67 2:02.69
			1500m: 29:18.50 1:53.83

Programmanr. 4  
23/1/22 - 16:02

Jongens, 1500m vrije slag

kadetten - u17  
Resultaten

Rang	Geb.	Tijd	ins. tijd
1. Masyn Jasper	06	ZIB	<b>18:28.97</b> 22:08.10
<i>nieuw fros bondsrecord</i>			
100m:	1:08.06	1:08.06	500m: 6:04.42 1:14.50
200m:	2:20.87	1:12.81	600m: 7:19.59 1:15.17
300m:	3:35.59	1:14.72	700m: 8:34.34 1:14.75
400m:	4:49.92	1:14.33	800m: 9:49.08 1:14.74
			900m: 11:04.17 1:15.09
			1000m: 12:18.74 1:14.57
			1100m: 13:33.49 1:14.75
			1200m: 14:47.87 1:14.38
			1300m: 16:02.17 1:14.30
			1400m: 17:17.24 1:15.07
			1500m: 18:28.97 1:11.73
2. Adriaensen Thomas	06	VZO	<b>21:25.74</b> 23:12.33
100m:	1:14.72	1:14.72	500m: 7:00.96 1:27.53
200m:	2:39.69	1:24.97	600m: 8:29.57 1:28.61
300m:	4:05.88	1:26.19	700m: 9:57.44 1:27.87
400m:	5:33.43	1:27.55	800m: 11:25.09 1:27.65
			900m: 12:52.70 1:27.61
			1000m: 14:20.33 1:27.63
			1100m: 15:48.14 1:27.81
			1200m: 17:15.71 1:27.57
			1300m: 18:41.26 1:25.55
			1400m: 20:04.09 1:22.83
			1500m: 21:25.74 1:21.65
3. Kinnaer Lennert	06	VZT	<b>24:12.18</b> 24:36.67
100m:	1:16.56	1:16.56	500m: 7:38.06 1:38.56
200m:	2:47.25	1:30.69	600m: 9:17.86 1:39.80
300m:	4:22.43	1:35.18	700m: 10:57.18 1:39.32
400m:	5:59.50	1:37.07	800m: 12:36.88 1:39.70
			900m: 14:17.06 1:40.18
			1000m: 15:57.39 1:40.33
			1100m: 17:37.31 1:39.92
			1200m: 19:17.78 1:40.47
			1300m: 20:57.81 1:40.03
			1400m: 22:37.53 1:39.72
			1500m: 24:12.18 1:34.65

Programmanr. 4, Heren, 1500m vrije slag

Programmanr. 4  
23/1/22 - 16:02

Jongens, 1500m vrije slag

miniemen - u15  
Resultaten

Rang	Geb.	Tijd	ins. tijd							
1.	Stappaerts Jari	08 DELF	<b>21:33.52</b>	<b>24:00.00</b>						
	100m: 1:15.23	1:15.23	500m: 7:03.87	1:28.01	900m: 12:54.90	1:27.30	1300m: 18:44.91	1:27.83		
	200m: 2:39.34	1:24.11	600m: 8:32.56	1:28.69	1000m: 14:22.32	1:27.42	1400m: 20:11.12	1:26.21		
	300m: 4:06.31	1:26.97	700m: 10:00.32	1:27.76	1100m: 15:49.76	1:27.44	1500m: 21:33.52	1:22.40		
	400m: 5:35.86	1:29.55	800m: 11:27.60	1:27.28	1200m: 17:17.08	1:27.32				
2.	Eeckhout Ward	08 DELF	<b>23:21.74</b>	<b>24:00.00</b>						
	100m: 1:16.99	1:16.99	500m: 7:26.67	1:33.32	900m: 13:49.10	1:35.65	1300m: 20:16.35	1:35.75		
	200m: 2:45.77	1:28.78	600m: 9:01.52	1:34.85	1000m: 15:26.10	1:37.00	1400m: 21:52.99	1:36.64		
	300m: 4:18.68	1:32.91	700m: 10:37.67	1:36.15	1100m: 17:02.85	1:36.75	1500m: 23:21.74	1:28.75		
	400m: 5:53.35	1:34.67	800m: 12:13.45	1:35.78	1200m: 18:40.60	1:37.75				
3.	Timmermans Matteo	09 ZIB	<b>23:41.39</b>	<b>NT</b>						
	100m: 1:22.50	1:22.50	500m: 7:42.86	1:36.65	900m: 14:04.50	1:37.04	1300m: 20:34.64	1:39.11		
	200m: 2:55.21	1:32.71	600m: 9:16.56	1:33.70	1000m: 15:40.46	1:35.96	1400m: 22:14.46	1:39.82		
	300m: 4:30.36	1:35.15	700m: 10:51.78	1:35.22	1100m: 17:17.64	1:37.18	1500m: 23:41.39	1:26.93		
	400m: 6:06.21	1:35.85	800m: 12:27.46	1:35.68	1200m: 18:55.53	1:37.89				
4.	D'Heere Rémi	09 VZN	<b>24:26.90</b>	<b>NT</b>						
	100m: 1:34.12	1:34.12	500m: 8:23.04	1:40.21	900m: 15:02.08	1:37.64	1300m: 21:24.50	1:32.81		
	200m: 3:16.30	1:42.18	600m: 10:04.90	1:41.86	1000m: 16:39.72	1:37.64	1400m: 22:57.83	1:33.33		
	300m: 5:00.22	1:43.92	700m: 11:46.22	1:41.32	1100m: 18:16.15	1:36.43	1500m: 24:26.90	1:29.07		
	400m: 6:42.83	1:42.61	800m: 13:24.44	1:38.22	1200m: 19:51.69	1:35.54				
5.	Van Reybrouck Thore	08 ZIB	<b>24:28.62</b>	<b>NT</b>						
	100m: 1:24.02	1:24.02	500m: 7:58.85	1:41.15	900m: 14:39.02		1300m: 21:18.56	1:42.06		
	200m: 2:59.17	1:35.15	600m: 9:38.42	1:39.57	1000m: 16:18.50	1:39.48	1400m: 22:56.75	1:38.19		
	300m: 4:37.78	1:38.61	700m: 11:18.10	1:39.68	1100m: 17:56.92	1:38.42	1500m: 24:28.62	1:31.87		
	400m: 6:17.70	1:39.92	800m: 15:58.60	4:40.50	1200m: 19:36.50	1:39.58				
6.	Daele Liam	08 VZO	<b>26:27.02</b>	<b>NT</b>						
	100m: 1:32.76	1:32.76	500m: 8:37.18	1:47.53	900m: 15:48.68	1:48.60	1300m: 23:06.76	1:47.08		
	200m: 3:17.18	1:44.42	600m: 10:22.65	1:45.47	1000m: 17:40.96	1:52.28	1400m: 24:50.12	1:43.36		
	300m: 5:03.93	1:46.75	700m: 12:11.87	1:49.22	1100m: 19:29.18	1:48.22	1500m: 26:27.02	1:36.90		
	400m: 6:49.65	1:45.72	800m: 14:00.08	1:48.21	1200m: 21:19.68	1:50.50				

Programmanr. 4  
23/1/22 - 16:02

Heren, 1500m vrije slag

algemeen  
Resultaten

Rang	Geb.	Tijd	ins. tijd							
1.	Masyn Jasper	06 ZIB	<b>18:28.97</b>	<b>22:08.10</b>						
	<i>nieuw fros bondsrecord</i>									
	100m: 1:08.06	1:08.06	500m: 6:04.42	1:14.50	900m: 11:04.17	1:15.09	1300m: 16:02.17	1:14.30		
	200m: 2:20.87	1:12.81	600m: 7:19.59	1:15.17	1000m: 12:18.74	1:14.57	1400m: 17:17.24	1:15.07		
	300m: 3:35.59	1:14.72	700m: 8:34.34	1:14.75	1100m: 13:33.49	1:14.75	1500m: 18:28.97	1:11.73		
	400m: 4:49.92	1:14.33	800m: 9:49.08	1:14.74	1200m: 14:47.87	1:14.38				
2.	Denolf Ward	02 ZIB	<b>20:54.66</b>	<b>21:00.69</b>						
	100m: 1:11.41	1:11.41	500m: 6:45.24	1:25.09	900m: 12:27.02	1:25.62	1300m: 18:06.49	1:24.71		
	200m: 2:31.63	1:20.22	600m: 8:09.96	1:24.72	1000m: 13:52.46	1:25.44	1400m: 19:30.84	1:24.35		
	300m: 3:54.93	1:23.30	700m: 9:35.52	1:25.56	1100m: 15:16.93	1:24.47	1500m: 20:54.66	1:23.82		
	400m: 5:20.15	1:25.22	800m: 11:01.40	1:25.88	1200m: 16:41.78	1:24.85				
3.	Puissant Denis	05 VZT	<b>21:25.28</b>	<b>22:55.97</b>						
	100m: 1:07.97	1:07.97	500m: 6:53.05	1:30.43	900m: 12:48.22	1:26.67	1300m: 18:39.75	1:25.67		
	200m: 2:30.83	1:22.86	600m: 8:23.72	1:30.67	1000m: 14:17.97	1:29.75	1400m: 20:04.25	1:24.50		
	300m: 3:56.44	1:25.61	700m: 9:53.00	1:29.28	1100m: 15:45.47	1:27.50	1500m: 21:25.28	1:21.03		
	400m: 5:22.62	1:26.18	800m: 11:21.55	1:28.55	1200m: 17:14.08	1:28.61				
4.	Adriaensen Thomas	06 VZO	<b>21:25.74</b>	<b>23:12.33</b>						
	100m: 1:14.72	1:14.72	500m: 7:00.96	1:27.53	900m: 12:52.70	1:27.61	1300m: 18:41.26	1:25.55		
	200m: 2:39.69	1:24.97	600m: 8:29.57	1:28.61	1000m: 14:20.33	1:27.63	1400m: 20:04.09	1:22.83		
	300m: 4:05.88	1:26.19	700m: 9:57.44	1:27.87	1100m: 15:48.14	1:27.81	1500m: 21:25.74	1:21.65		
	400m: 5:33.43	1:27.55	800m: 11:25.09	1:27.65	1200m: 17:15.71	1:27.57				
5.	Stappaerts Jari	08 DELF	<b>21:33.52</b>	<b>24:00.00</b>						
	100m: 1:15.23	1:15.23	500m: 7:03.87	1:28.01	900m: 12:54.90	1:27.30	1300m: 18:44.91	1:27.83		
	200m: 2:39.34	1:24.11	600m: 8:32.56	1:28.69	1000m: 14:22.32	1:27.42	1400m: 20:11.12	1:26.21		
	300m: 4:06.31	1:26.97	700m: 10:00.32	1:27.76	1100m: 15:49.76	1:27.44	1500m: 21:33.52	1:22.40		
	400m: 5:35.86	1:29.55	800m: 11:27.60	1:27.28	1200m: 17:17.08	1:27.32				



Programmanr. 4, Heren, 1500m vrije slag, algemeen

Rang	Geb.		Tijd		ins. tijd							
6.	Eeckhout Jef	79	DELFF	<b>22:55.31</b>	23:10.00							
	100m:	1:22.34	1:22.34	500m:	7:30.34	1:33.22	900m:	13:45.34	1:33.97	1300m:	19:56.64	1:32.44
	200m:	2:52.31	1:29.97	600m:	9:04.14	1:33.80	1000m:	15:19.52	1:34.18	1400m:	21:29.04	1:32.40
	300m:	4:24.23	1:31.92	700m:	10:37.65	1:33.51	1100m:	16:51.90	1:32.38	1500m:	22:55.31	1:26.27
	400m:	5:57.12	1:32.89	800m:	12:11.37	1:33.72	1200m:	18:24.20	1:32.30			
7.	Buchmuller Dieter	88	VZO	<b>23:20.12</b>	NT							
	100m:	1:22.78	1:22.78	500m:	7:35.20	1:33.39	900m:	13:50.84	1:31.22	1300m:	20:11.12	1:35.17
	200m:	2:55.55	1:32.77	600m:	9:09.23	1:34.03	1000m:	15:25.91	1:35.07	1400m:	21:47.59	1:36.47
	300m:	4:28.91	1:33.36	700m:	10:42.88	1:33.65	1100m:	17:00.84	1:34.93	1500m:	23:20.12	1:32.53
	400m:	6:01.81	1:32.90	800m:	12:19.62	1:36.74	1200m:	18:35.95	1:35.11			
8.	Eeckhout Ward	08	DELFF	<b>23:21.74</b>	24:00.00							
	100m:	1:16.99	1:16.99	500m:	7:26.67	1:33.32	900m:	13:49.10	1:35.65	1300m:	20:16.35	1:35.75
	200m:	2:45.77	1:28.78	600m:	9:01.52	1:34.85	1000m:	15:26.10	1:37.00	1400m:	21:52.99	1:36.64
	300m:	4:18.68	1:32.91	700m:	10:37.67	1:36.15	1100m:	17:02.85	1:36.75	1500m:	23:21.74	1:28.75
	400m:	5:53.35	1:34.67	800m:	12:13.45	1:35.78	1200m:	18:40.60	1:37.75			
9.	Timmermans Matteo	09	ZIB	<b>23:41.39</b>	NT							
	100m:	1:22.50	1:22.50	500m:	7:42.86	1:36.65	900m:	14:04.50	1:37.04	1300m:	20:34.64	1:39.11
	200m:	2:55.21	1:32.71	600m:	9:16.56	1:33.70	1000m:	15:40.46	1:35.96	1400m:	22:14.46	1:39.82
	300m:	4:30.36	1:35.15	700m:	10:51.78	1:35.22	1100m:	17:17.64	1:37.18	1500m:	23:41.39	1:26.93
	400m:	6:06.21	1:35.85	800m:	12:27.46	1:35.68	1200m:	18:55.53	1:37.89			
10.	Timmermans David	77	ZIB	<b>23:54.94</b>	24:00.00							
	100m:	1:23.60	1:23.60	500m:	7:58.46	1:37.92	900m:	14:21.63	1:35.38	1300m:	20:43.88	1:35.26
	200m:	3:03.78	1:40.18	600m:	9:35.31	1:36.85	1000m:	15:56.77	1:35.14	1400m:	22:19.10	1:35.22
	300m:	4:43.45	1:39.67	700m:	11:10.94	1:35.63	1100m:	17:32.65	1:35.88	1500m:	23:54.94	1:35.84
	400m:	6:20.54	1:37.09	800m:	12:46.25	1:35.31	1200m:	19:08.62	1:35.97			
11.	Kinnaer Lennert	06	VZT	<b>24:12.18</b>	24:36.67							
	100m:	1:16.56	1:16.56	500m:	7:38.06	1:38.56	900m:	14:17.06	1:40.18	1300m:	20:57.81	1:40.03
	200m:	2:47.25	1:30.69	600m:	9:17.86	1:39.80	1000m:	15:57.39	1:40.33	1400m:	22:37.53	1:39.72
	300m:	4:22.43	1:35.18	700m:	10:57.18	1:39.32	1100m:	17:37.31	1:39.92	1500m:	24:12.18	1:34.65
	400m:	5:59.50	1:37.07	800m:	12:36.88	1:39.70	1200m:	19:17.78	1:40.47			
12.	D'Heere Rémi	09	VZN	<b>24:26.90</b>	NT							
	100m:	1:34.12	1:34.12	500m:	8:23.04	1:40.21	900m:	15:02.08	1:37.64	1300m:	21:24.50	1:32.81
	200m:	3:16.30	1:42.18	600m:	10:04.90	1:41.86	1000m:	16:39.72	1:37.64	1400m:	22:57.83	1:33.33
	300m:	5:00.22	1:43.92	700m:	11:46.22	1:41.32	1100m:	18:16.15	1:36.43	1500m:	24:26.90	1:29.07
	400m:	6:42.83	1:42.61	800m:	13:24.44	1:38.22	1200m:	19:51.69	1:35.54			
13.	Van Reybrouck Thore	08	ZIB	<b>24:28.62</b>	NT							
	100m:	1:24.02	1:24.02	500m:	7:58.85	1:41.15	900m:	14:39.02		1300m:	21:18.56	1:42.06
	200m:	2:59.17	1:35.15	600m:	9:38.42	1:39.57	1000m:	16:18.50	1:39.48	1400m:	22:56.75	1:38.19
	300m:	4:37.78	1:38.61	700m:	11:18.10	1:39.68	1100m:	17:56.92	1:38.42	1500m:	24:28.62	1:31.87
	400m:	6:17.70	1:39.92	800m:	15:58.60	4:40.50	1200m:	19:36.50	1:39.58			
14.	Daele Liam	08	VZO	<b>26:27.02</b>	NT							
	100m:	1:32.76	1:32.76	500m:	8:37.18	1:47.53	900m:	15:48.68	1:48.60	1300m:	23:06.76	1:47.08
	200m:	3:17.18	1:44.42	600m:	10:22.65	1:45.47	1000m:	17:40.96	1:52.28	1400m:	24:50.12	1:43.36
	300m:	5:03.93	1:46.75	700m:	12:11.87	1:49.22	1100m:	19:29.18	1:48.22	1500m:	26:27.02	1:36.90
	400m:	6:49.65	1:45.72	800m:	14:00.08	1:48.21	1200m:	21:19.68	1:50.50			
15.	Caestecker Wilfried	61	VZSA	<b>27:56.31</b>	NT							
	100m:	1:33.90	1:33.90	500m:	9:01.78	1:53.51	900m:	16:34.90	1:52.59	1300m:	24:12.23	1:55.03
	200m:	3:21.97	1:48.07	600m:	10:55.08	1:53.30	1000m:	18:29.30	1:54.40	1400m:	26:08.50	1:56.27
	300m:	5:13.76	1:51.79	700m:	12:48.51	1:53.43	1100m:	20:23.96	1:54.66	1500m:	27:56.31	1:47.81
	400m:	7:08.27	1:54.51	800m:	14:42.31	1:53.80	1200m:	22:17.20	1:53.24			
16.	Hemelsoet Alexander	04	VZSA	<b>29:18.50</b>	26:00.00							
	100m:	1:27.42	1:27.42	500m:	9:02.94	1:56.05	900m:	17:02.60	2:03.99	1300m:	25:21.98	2:02.67
	200m:	3:18.31	1:50.89	600m:	11:00.11	1:57.17	1000m:	19:07.25	2:04.65	1400m:	27:24.67	2:02.69
	300m:	5:12.06	1:53.75	700m:	12:59.22	1:59.11	1100m:	21:13.44	2:06.19	1500m:	29:18.50	1:53.83
	400m:	7:06.89	1:54.83	800m:	14:58.61	1:59.39	1200m:	23:19.31	2:05.87			

Rang			Tijd	ins. tijd		
1.	Zwemclub Interbad Brugge 1	ZIB	<b>10:08.34</b>	9:58.74		
	Verburgh Mona		05	1:12.02	2:31.37	2:31.37
	Van Alsenoy Nanou		08	1:16.07	2:43.25	2:43.25
	Dardenne Eline		07	1:14.22	2:37.82	2:37.82
	Minnebo Lotte		06	1:05.50	2:15.90	2:15.90
2.	Vzn 1	VZN	<b>13:07.84</b>	11:51.87		
	Vergauwe Yanaika		09	1:41.07	3:36.57	3:36.57
	Meersch Phara		10	1:44.46	3:31.85	3:31.85
	Claeys Nette		08	1:33.82	3:15.92	3:15.92
	Claeys Ditte		10	1:20.30	2:43.50	2:43.50

Rang			Tijd	ins. tijd		
1.	Vzo 1	VZO	<b>10:07.89</b>	9:44.22		
	Bultynck Florian		06	1:12.20	2:34.30	2:34.30
	Buchmuller Dieter		88	1:18.34	2:43.78	2:43.78
	Adriaensen Thomas		06	1:13.25	2:33.09	2:33.09
	mirroir Matisse		01	1:04.19	2:16.72	2:16.72
2.	Zwemclub Interbad Brugge 1	ZIB	<b>11:15.93</b>	10:07.28		
	Timmermans Elias		10	1:25.15	2:59.25	2:59.25
	Van Reybrouck Thore		08	1:24.26	2:57.43	2:57.43
	Timmermans Matteo		09	1:20.64	2:50.02	2:50.02
	Masyn Jasper		06	1:12.31	2:29.23	2:29.23

# Rekorden *Heren 50 m. Bad* (1-04-2021)



## Vrije slag

50 m	Vermeulen Björn	VZO	0'25"27	13-04-08	Oostende
100 m	Terryn Julien	RSC	0'54"63	08-05-16	Den Haag (NL)
200 m	Terryn Julien	RSC	2'00"34	07-05-16	Den Haag (NL)
400 m	Terryn Julien	RSC	4'24"17	08-05-16	Den Haag (NL)
800 m	Rogiers Jo	VZM	9'53"09	25-01-98	Oostende
1500 m	Rogiers Jo	VZM	18'34"21	25-01-98	Oostende

## Schoolslag

50 m	De Pourcq Pieter	ZIB	0'32"12	13-05-00	Rouen (Fr.)
100 m	De Pourcq Pieter	ZIB	1'12"57	13-05-00	Rouen (Fr.)
200 m	De Pourcq Pieter	ZIB	2'43"79	16-05-96	Antwerpen

## Vlinderslag

50 m	Terryn Julien	RSC	0'26"53	07-05-16	Den Haag (NL)
100 m	Terryn Julien	RSC	0'58"02	06-05-16	Den Haag (NL)
200 m	Terryn Julien	RSC	2'16"74	05-05-16	Den Haag (NL)

## Rugslag

50 m	Terryn Julien	RSC	0'29"16	08-05-16	Den Haag (NL)
100 m	Claeys Arno	VZG	1'04"77	15-09-18	Lignano (It.)
200 m	Deprins Peter	ZVM	2'25"56	30-11-97	Charleroi

## Wisselslag

200 m	Terryn Julien	RSC	2'17"14	08-05-16	Den Haag (NL)
400 m	Claessens Michel	VZM	5'13"24	19-11-00	Charleroi

**4 x 100 m Wisselslag** VZM 4'22"55 22-11-98 Antwerpen

Claessens Michel  
Sercu Peter  
Rogiers Jo  
Deweerd Koen

**4 x 100 m Vrije slag** DELF 3'55"72 26-04-87 Oostende

Verachttert Danny  
Van Uytsel Luc  
Verbeeck Jorgen  
Vekemans Chris

**4 x 200 m Vrije slag** DELF 8'59"86 27-11-88 Oostende

Van Uytsel Luc  
Pairoux Peter  
Verachttert Danny

**4 x 50 m Vrije slag** VZR 1'47"68 19-11-00 Charleroi

Michaux Vincent  
Dutranoit Olivier  
Vlieghe Thomas  
Provost Cyr

**4 x 50 m Wisselslag** DELF 2'01"50 18-11-00 Charleroi

Verbeeck Jorgen  
Mulders Peter  
Eeckhout Jef  
Helsen Bert

**Beste FROS prestaties**

<b>4 x 100 m vrije slag</b>	3'46"87	08-05-16	Den Haag (NL)
Haerinck Thibau	Van Leynseele Tom		
Defoin Steven	Terryn Julien		
<b>4 x 100 m Wisselslag</b>	4'11"86	07-05-16	Den Haag (NL)
Claeys Arno	Terryn Julien		
Fonteyn Matthias	Defoin Steven		
<b>4 x 50 m Vrije slag</b>	1'43"45	06-05-16	Den Haag (NL)
Haerinck Thibau	Van Leynseele Tom		
Defoin Steven	Terryn Julien		
<b>4 x 50 m Wisselslag</b>	2'01"72	26-10-08	Antwerpen
Marchand Nick	Lenoir Thomas		
De Pourcq Pieter	Maes Steve		

## *Rekorden Dames 50m Bad* (01-05-2021)

### Vrije slag

50 m	Laethem Ines	ZIB	0'28"55	01-11-95	Oostende
100 m	Bruce Sarah	VZO	1'02"25	03-02-90	Oostende
200 m	Dawn Versluys	VZO	2'17"40	17-04-21	Oostende
400 m	Loones Thuline	VZD	4'48"70	07-05-16	Den Haag (NL)
800 m	Rathé Sarah	VZN	9'59"87	19-08-00	Nieuwpoort
1500 m	Rathé Evy	VZN	18'47"29	19-08-00	Nieuwpoort

### Schoolslag

50 m	Ameloot Joyce	ZIB	0'37"34	10-11-91	Oostende
100 m	Rathé Sarah	VZN	1'21"13	07-11-99	Oostende
200 m	Rathé Sarah	VZN	2'54"85	25-09-99	Oostende

### Vlinderslag

50 m	Lambrechts Sofie	VZN	0'31"34	18-11-00	Charleroi
100 m	Van Praet Corinne	VZG	1'08"40	06-08-78	Oostende
200 m	Van Praet Corinne	VZG	2'37"07	17-05-80	Rijsel (Fr.)

### Rugslag

50 m	Rathé Evy	VZN	0'33"61	13-05-00	Rouen (Fr.)
100 m	Rathé Evy	VZN	1'11"63	18-11-00	Charleroi
200 m	Rathé Evy	VZN	2'31"42	14-05-00	Rouen (Fr.)

### Wisselslag

100 m					
200 m	Loones Thuline	VZD	2'35"72	08-05-16	Den Haag (NL)
400 m	Minsaert Ann	ILO	5'39"45	15-10-88	Antwerpen
<b>4 x 100 m Wisselslag</b>		VZN	4'55"08	23-09-00	Oostende

Rathé Evy  
Rathé Sarah  
Lambrecht Sphie

<b>4 x 100 m Vrije slag</b>		VZN	4'26"80	21-11-99	Charleroi
	Poley Shana		Rathé Evy		
	Rathé Sarah		Finaut Britt		

<b>4 x 200 m Vrije slag</b>		VZN	9'45"32	28-01-01	Nivelle
	Lambrecht Sphie		Rathé Sarah		
	Poley Shana		Rathé Evy		

<b>4 x 50 m Vrije slag</b>		VZN	2'02"50	18-11-00	Charleroi
	Poley Shana		Rathé Evy		
	Lambrecht Sophie		Rathé Sarah		

<b>4 x 50 m Wisselslag</b>		VZN	2'19"42	19-11-00	Charleroi
	Rathé Evy		Rathé Sarah		
	Lambrecht Sophie		Poley Shana		

**Beste Fros prestaties**

<b>4 x 100 m vrije slag</b>	4'20"56	14-05-00	Rouen (Fr.)
Rathé Evy	Rathé Sarah		
Poley Shana	Deprins An		
<b>4 x 100 m Wisselslag</b>	5'04"80	15-11-98	Oostende
Cappelle Natacha	Rathé Sarah		
Finaut Britt	Deprins An		
<b>4 x 50 m Vrije slag</b>	1'57"77	06-05-16	Den Haag (NL)
Loones Thuline	Kinnaer Jasmien		
Fonteyn Annelies	Franck Kito		
<b>4 x 50 m Wisselslag</b>	2'20"88	26-10-08	Antwerpen
Viville Ellen	Bauwens Chloe		
Viville Lynn	Demuyck Joke		