

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

1 - zondag 29 oktober 2023

29/10/2023 - 9:00

Programmanr. 1
29/10/2023 - 9:00

Dames, 800m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2022

| Rang | Inscr. | Tijd | Pnt |
|---------------------|--|-------------------------|---------------------|
| 11 - 12 jaar | | | |
| 1. | Vanderlinden Paulien 100m: 1:21.21 200m: 2:47.66 400m: 5:37.48 800m: 10:59.36 | BEST/21117/11 12:02.23 | 10:59.36 384 |
| 2. | Decaluwé Helena 100m: 1:18.65 200m: 2:44.40 400m: 5:33.78 800m: 11:10.72 | ZCT/21130/11 11:43.38 | 11:10.72 365 |
| 3. | Desmet Sterre 100m: 1:18.45 200m: 2:43.53 400m: 5:35.93 800m: 11:11.25 | KLSVZ/21102/11 12:22.18 | 11:11.25 364 |
| 4. | Kerckhofs Nienke 100m: 1:21.45 200m: 2:48.55 400m: 5:43.65 800m: 11:23.65 | BEST/21116/11 12:23.79 | 11:23.65 344 |
| 5. | Maes Julie 100m: 1:21.33 200m: 2:49.29 400m: 5:47.44 800m: 11:37.16 | TRUST/21192/11 12:00.00 | 11:37.16 325 |
| 6. | Touquet Eline 100m: 1:21.08 200m: 2:47.32 400m: 5:41.94 800m: 11:38.15 | SCWR/21061/11 11:18.20 | 11:38.15 323 |
| 7. | Nsubuga Sofia 100m: 1:21.00 200m: 2:49.72 400m: 5:50.16 800m: 11:38.37 | ALZV/21133/11 12:18.29 | 11:38.37 323 |
| 8. | De Vocht Linne 100m: 1:23.35 200m: 2:53.66 400m: 5:55.18 800m: 11:49.56 | ZCT/21144/12 12:57.46 | 11:49.56 308 |
| 9. | Verherstraeten Lore 100m: 1:24.71 200m: 2:55.89 400m: 6:01.00 800m: 11:53.89 | DIZV/21108/11 14:26.00 | 11:53.89 302 |
| 10. | Ginkels Febe 100m: 1:26.55 200m: 2:58.90 400m: 6:04.69 800m: 12:06.22 | LAQUA/21494/11 12:30.00 | 12:06.22 287 |
| 11. | Minten Paulien 100m: 1:30.97 200m: 3:05.36 400m: 6:14.91 800m: 12:20.29 | KLSVZ/21119/11 14:00.00 | 12:20.29 271 |
| 12. | De Weerdts Renée 100m: 1:29.66 200m: 3:04.00 400m: 6:14.45 800m: 12:20.64 | ZCT/21141/12 13:05.82 | 12:20.64 271 |
| 13. | Uytterhoeven Fiebe 100m: 1:27.38 200m: 3:02.95 400m: 6:13.73 800m: 12:22.62 | ZCT/21143/12 13:11.45 | 12:22.62 268 |
| 14. | Van Sintejan Manon 100m: 1:30.85 200m: 3:04.52 400m: 6:13.19 800m: 12:28.92 | SCWR/21058/11 12:53.61 | 12:28.92 262 |
| 15. | Silverans Mila 100m: 1:28.83 200m: 3:03.34 400m: 6:14.96 800m: 12:32.42 | KAZS/21116/11 12:00.00 | 12:32.42 258 |
| 16. | Roosen Tess 100m: 1:28.41 200m: 3:00.74 400m: 6:13.88 800m: 12:43.25 | KLSVZ/21116/11 13:32.97 | 12:43.25 247 |
| 17. | Piscaer Stanse 100m: 1:30.58 200m: 3:06.86 400m: 6:23.00 800m: 12:47.00 | ZCT/21152/12 12:45.00 | 12:47.00 244 |
| 18. | Soares Almeida Lisa 100m: 1:33.10 200m: 3:10.42 400m: 6:25.27 800m: 12:48.49 | LAQUA/21488/11 12:40.00 | 12:48.49 242 |
| 19. | Manickx Amelia 100m: 1:26.95 200m: 3:03.07 400m: 6:20.09 800m: 12:51.74 | DIZV/21113/11 16:00.00 | 12:51.74 239 |
| 20. | Claeys Lotte 100m: 1:30.91 200m: 3:11.45 400m: 6:35.37 800m: 13:08.08 | BEST/21144/11 14:20.00 | 13:08.08 225 |
| 21. | Boxho Valentine 100m: 1:33.65 200m: 3:13.67 400m: 6:37.00 800m: 13:08.36 | ZORO/21168/11 13:30.00 | 13:08.36 224 |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 11 - 12 jaar

| Rang | Inschr. | Tijd | Pnt |
|--|---------------------------|-----------------|-----|
| 22. Gevers Leonie | BEST/21126/11 14:06.91 | 13:09.10 | 224 |
| 100m: 1:33.47 200m: 3:13.92 400m: 6:36.75 800m: 13:09.10 | | | |
| 23. Vanlaere Anna | KLSVZ/21095/11 14:00.00 | 13:11.77 | 221 |
| 100m: 1:34.92 200m: 3:14.52 400m: 6:36.38 800m: 13:11.77 | | | |
| 24. De Prater Juno | DDAT/21148/11 13:00.00 | 13:16.75 | 217 |
| 100m: 1:30.10 200m: 3:12.75 400m: 6:37.08 800m: 13:16.75 | | | |
| 25. De Wilde Lore | DIZV/21127/11 16:03.01 | 13:20.22 | 214 |
| 100m: 1:30.24 200m: 3:12.49 400m: 6:35.41 800m: 13:20.22 | | | |
| 26. Vervloet Lin | ZCT/21155/12 13:15.00 | 13:21.53 | 213 |
| 100m: 1:37.61 200m: 3:19.53 400m: 6:41.81 800m: 13:21.53 | | | |
| 27. Van Hoomissen Chelsea | ZCK/22112/12 14:20.00 | 13:28.41 | 208 |
| 100m: 1:30.55 200m: 3:12.60 400m: 6:39.26 800m: 13:28.41 | | | |
| 28. Petkova Dalia | SCZ/21080/11 13:24.18 | 13:40.15 | 199 |
| 100m: 1:35.51 200m: 3:19.21 400m: 6:45.51 800m: 13:40.15 | | | |
| 29. Reyniers Fien | ZCK/22114/11 15:00.00 | 14:02.00 | 184 |
| 100m: 1:36.18 200m: 3:12.17 400m: 6:39.14 800m: 14:02.00 | | | |
| 30. Moschonas Danaé | DIZV/21141/12 16:00.00 | 14:11.56 | 178 |
| 100m: 1:37.85 200m: 3:25.01 400m: 7:01.23 800m: 14:11.56 | | | |
| 31. De Sitter Kira | ZCK/22115/12 15:15.00 | 14:43.87 | 159 |
| 100m: 1:42.26 200m: 3:37.12 400m: 7:25.44 800m: 14:43.87 | | | |
| dis Heremans Ditte | di:ZIOS/21112/11 15:06.00 | | |
| <i>SW 10.8 - Zwemmer hinderen door over de baan te zwemmen en/of onsportief gedrag</i> | | | |
| FF Vandeweyers Daphne | FFZCT/21135/11 12:32.21 | | |

13 - 14 jaar

| | | | |
|--|-------------------------|-----------------|-----|
| 1. Veldhuis Victoria | ZCT/21096/09 10:05.25 | 9:52.96 | 528 |
| 100m: 1:11.00 200m: 2:25.58 400m: 4:55.58 800m: 9:52.96 | | | |
| 2. Dalemans Lyn | ZCK/22065/09 10:10.00 | 9:55.90 | 520 |
| 100m: 1:10.01 200m: 2:25.73 400m: 4:57.94 800m: 9:55.90 | | | |
| 3. Adelman Clara Cenxi | LAQUA/21382/11 10:43.11 | 9:59.53 | 511 |
| 100m: 1:14.57 200m: 2:33.34 400m: 5:06.84 800m: 9:59.53 | | | |
| 4. De Backer Birgit | ZIOS/21066/09 9:59.00 | 9:59.82 | 510 |
| 100m: 1:10.96 200m: 2:24.77 400m: 4:55.66 800m: 9:59.82 | | | |
| 5. Deconynck Sterre | TRUST/21166/09 10:05.37 | 10:06.72 | 493 |
| 100m: 1:12.55 200m: 2:27.72 400m: 5:00.19 800m: 10:06.72 | | | |
| 6. Verspecht Lizanne | ZCK/22096/09 10:23.12 | 10:07.04 | 492 |
| 100m: 1:09.56 200m: 2:23.98 400m: 4:54.19 800m: 10:07.04 | | | |
| 7. Geens Amélie | ZCK/22094/09 10:30.00 | 10:11.26 | 482 |
| 100m: 1:11.66 200m: 2:28.36 400m: 5:02.76 800m: 10:11.26 | | | |
| 8. Meyer Thyrví | KAZS/21181/09 10:22.30 | 10:14.96 | 473 |
| 100m: 1:13.92 200m: 2:31.15 400m: 5:05.75 800m: 10:14.96 | | | |
| 9. Vedernikova Vera | SCWR/21054/10 10:13.21 | 10:27.47 | 445 |
| 100m: 1:13.19 200m: 2:31.80 400m: 5:11.55 800m: 10:27.47 | | | |
| 10. Bohmer Janne | ZCT/21108/10 10:18.35 | 10:34.30 | 431 |
| 100m: 1:16.90 200m: 3:36.94 400m: 5:18.01 800m: 10:34.30 | | | |
| 11. Barragan Nena | DDAT/21123/10 10:32.00 | 10:34.60 | 430 |
| 100m: 1:15.95 200m: 2:35.38 400m: 5:15.79 800m: 10:34.60 | | | |
| 12. Gypen Kaat | ZCT/21100/09 10:32.05 | 10:44.22 | 411 |
| 100m: 1:14.48 200m: 2:34.64 400m: 5:17.27 800m: 10:44.22 | | | |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 13 - 14 jaar

| Rang | | | | | Inschr. | Tijd | Pnt |
|------|--------------------------------|---------------|---------------|----------------|-------------------------|-----------------|-----|
| 13. | Kint Ruhne | | | | ALZV/21119/09 10:57.13 | 10:48.00 | 404 |
| | 100m: 1:14.33 | 200m: 2:35.20 | 400m: 5:17.32 | 800m: 10:48.00 | | | |
| 14. | Verelst Laura | | | | ZCT/21114/10 10:55.57 | 10:48.90 | 403 |
| | 100m: 1:17.65 | 200m: 2:39.22 | 400m: 5:23.97 | 800m: 10:48.90 | | | |
| 15. | Uytterhoeven Flo | | | | ZCT/21107/10 10:43.42 | 10:50.59 | 399 |
| | 100m: 1:16.44 | 200m: 2:37.01 | 400m: 5:20.60 | 800m: 10:50.59 | | | |
| 16. | Medland Lorelien | | | | LAQUA/21388/11 11:00.00 | 10:51.36 | 398 |
| | 100m: 1:17.77 | 200m: 2:41.03 | 400m: 5:25.75 | 800m: 10:51.36 | | | |
| 17. | Thijs Maaïke | | | | ZCT/21132/10 11:06.46 | 10:53.82 | 394 |
| | 100m: 1:17.28 | 200m: 2:40.07 | 400m: 5:28.25 | 800m: 10:53.82 | | | |
| 18. | Touquet Laura | | | | SCWR/21038/05 11:17.08 | 10:55.87 | 390 |
| | 100m: 1:16.16 | 200m: 2:38.16 | 400m: 5:23.31 | 800m: 10:55.87 | | | |
| 19. | Van Roy Yana | | | | ALZV/21085/09 11:37.64 | 11:13.25 | 360 |
| | 100m: 1:19.75 | 200m: 2:44.47 | 400m: 5:34.90 | 800m: 11:13.25 | | | |
| 20. | Louckx Célie | | | | SCWR/21053/10 10:57.19 | 11:15.66 | 357 |
| | 100m: 1:17.97 | 200m: 2:41.84 | 400m: 5:30.28 | 800m: 11:15.66 | | | |
| 21. | Wouters Stien | | | | ZCT/21106/10 11:21.36 | 11:17.85 | 353 |
| | 100m: 1:19.88 | 200m: 2:43.65 | 400m: 5:35.04 | 800m: 11:17.85 | | | |
| 22. | Jacobs Roxanne | | | | ZCK/22103/10 13:53.82 | 11:40.12 | 320 |
| | 100m: 1:23.69 | 200m: 2:52.97 | 400m: 5:53.08 | 800m: 11:40.12 | | | |
| 23. | Chafwehe Vanina | | | | KLSVZ/21135/10 11:48.88 | 11:42.21 | 318 |
| | 100m: 1:23.11 | 200m: 2:53.81 | 400m: 5:54.03 | 800m: 11:42.21 | | | |
| 24. | Valvekens Lily | | | | BEST/21128/09 13:12.76 | 11:43.49 | 316 |
| | 100m: 1:22.33 | 200m: 2:51.54 | 400m: 5:51.70 | 800m: 11:43.49 | | | |
| 25. | De Cat Do | | | | KAZS/21134/10 11:57.28 | 11:50.26 | 307 |
| | 100m: 1:20.64 | 200m: 2:48.43 | 400m: 5:48.10 | 800m: 11:50.26 | | | |
| 26. | Van Boxstael Nora | | | | KLSVZ/21072/10 13:10.59 | 11:56.05 | 299 |
| | 100m: 1:26.13 | 200m: 2:55.98 | 400m: 5:57.28 | 800m: 11:56.05 | | | |
| 27. | Alloing Myrthe | | | | KLSVZ/21063/05 11:45.38 | 11:58.93 | 296 |
| | 100m: 1:25.45 | 200m: 2:57.52 | 400m: 6:00.18 | 800m: 11:58.93 | | | |
| 28. | Boxho Alice | | | | ZORO/21167/09 12:15.00 | 12:13.63 | 278 |
| | 100m: 1:23.42 | 200m: 2:54.95 | 400m: 6:00.67 | 800m: 12:13.63 | | | |
| 29. | Dyrnes Nora | | | | SCZ/21105/10 13:15.61 | 12:25.69 | 265 |
| | 100m: 1:26.66 | 200m: 3:00.09 | 400m: 6:10.87 | 800m: 12:25.69 | | | |
| 30. | Fernandez Pedrera Tarik Laila | | | | KLSVZ/21132/10 14:00.00 | 12:27.28 | 263 |
| | 100m: 1:31.03 | 200m: 3:05.25 | 400m: 6:16.28 | 800m: 12:27.28 | | | |
| 31. | Amadou Camille | | | | KLSVZ/21092/10 13:21.83 | 12:29.35 | 261 |
| | 100m: 1:31.03 | 200m: 3:06.70 | 400m: 6:19.60 | 800m: 12:29.35 | | | |
| 32. | Aelen Lin | | | | STZ/21126/10 11:30.00 | 12:31.45 | 259 |
| | 100m: 1:28.15 | 200m: 3:01.87 | 400m: 6:09.45 | 800m: 12:31.45 | | | |
| 33. | Van Camberg Elena | | | | DDAT/21119/10 12:48.00 | 12:36.72 | 254 |
| | 100m: 1:26.72 | 200m: 3:03.15 | 400m: 6:17.37 | 800m: 12:36.72 | | | |
| 34. | Van Belle Manon | | | | DDAT/21124/09 12:30.00 | 13:12.69 | 221 |
| | 100m: 1:29.25 | 200m: 3:06.35 | 400m: 6:26.93 | 800m: 13:12.69 | | | |
| 35. | Bombaert Milla | | | | ZIOS/21105/10 14:09.00 | 13:32.66 | 205 |
| | 100m: 1:33.45 | 200m: 3:15.94 | 400m: 6:43.93 | 800m: 13:32.66 | | | |
| 36. | Fernandez Pedrera Tarik Maïssa | | | | KLSVZ/21133/05 14:00.00 | 13:43.66 | 197 |
| | 100m: 1:40.88 | 200m: 3:26.41 | 400m: 6:56.33 | 800m: 13:43.66 | | | |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 13 - 14 jaar

| Rang | Inschr. | Tijd | Pnt |
|----------------------|-----------------|---------------|----------------|
| 37. Veuchelen Alexia | KLSVZ/21073/0 | 13:43.19 | 196 |
| 100m: 1:37.69 | 200m: 3:24.66 | 400m: 6:56.82 | 800m: 13:45.10 |
| 38. Muylaert Yaelle | ZIOS/21111/09 | 15:10.00 | 143 |
| 100m: 1:39.25 | 200m: 3:33.53 | 400m: 7:29.03 | 800m: 15:15.53 |
| FF Laenen Febe | FFKLSVZ/21078/1 | 11:42.04 | |

15 - 16 jaar

| | | | |
|----------------------------|----------------|---------------|----------------|
| 1. Vedernikova Marina | SCWR/21044/08 | 9:29.30 | 565 |
| 100m: 1:08.32 | 200m: 2:22.28 | 400m: 4:50.40 | 800m: 9:39.66 |
| 2. Vanderbruggen Luca | KLSVZ/21039/07 | 9:52.02 | 552 |
| 100m: 1:09.75 | 200m: 2:23.46 | 400m: 4:51.56 | 800m: 9:44.31 |
| 3. De Weerd Amélie | ZCT/21054/07 | 9:51.95 | 535 |
| 100m: 1:11.50 | 200m: 2:25.53 | 400m: 4:54.68 | 800m: 9:50.39 |
| 4. Budnak Carolina | SCWR/21042/08 | 9:54.58 | 501 |
| 100m: 1:11.03 | 200m: 2:26.48 | 400m: 4:58.97 | 800m: 10:03.48 |
| 5. Put Amélie | KAZS/21128/07 | 10:11.92 | 482 |
| 100m: 1:11.69 | 200m: 2:28.26 | 400m: 5:03.26 | 800m: 10:11.19 |
| 6. Clerbout Fillo | ZCK/22052/08 | 10:30.00 | 474 |
| 100m: 1:11.25 | 200m: 2:27.93 | 400m: 5:09.50 | 800m: 10:14.43 |
| 7. De Baerdemaeker Paulien | LAQUA/21299/0 | 10:25.28 | 473 |
| 100m: 1:14.38 | 200m: 2:31.92 | 400m: 5:07.05 | 800m: 10:15.14 |
| 8. Simons Xante | KLSVZ/21060/0 | 10:36.09 | 468 |
| 100m: 1:13.02 | 200m: 2:30.73 | 400m: 5:06.72 | 800m: 10:17.16 |
| 9. Geeroms Lien | SCZ/21015/07 | 9:58.04 | 454 |
| 100m: 1:10.86 | 200m: 2:26.45 | 400m: 5:04.80 | 800m: 10:23.64 |
| 10. Deldicque Aiko | ZORO/21098/08 | 10:23.49 | 449 |
| 100m: 1:15.63 | 200m: 2:36.59 | 400m: 5:16.40 | 800m: 10:25.77 |
| 11. Vanlaere Lena | KLSVZ/21053/0 | 11:00.30 | 443 |
| 100m: 1:15.82 | 200m: 2:35.81 | 400m: 5:16.68 | 800m: 10:28.74 |
| 12. van der Poel Lara | SCZ/21051/08 | 10:54.91 | 424 |
| 100m: 1:13.34 | 200m: 2:31.88 | 400m: 5:10.98 | 800m: 10:37.70 |
| 13. Dewyn Chloé | KAZS/21165/07 | 10:36.00 | 407 |
| 100m: 1:15.34 | 200m: 2:36.85 | 400m: 5:20.91 | 800m: 10:46.41 |
| 14. Roosen Anouk | KLSVZ/21075/0 | 11:00.03 | 399 |
| 100m: 1:15.25 | 200m: 2:34.86 | 400m: 5:15.50 | 800m: 10:50.86 |
| 15. Brugman Serena | KAZS/21088/08 | 10:50.32 | 395 |
| 100m: 1:14.32 | 200m: 2:36.26 | 400m: 5:21.07 | 800m: 10:53.00 |
| 16. Verspecht Lien | ZCK/22092/08 | 12:12.83 | 390 |
| 100m: 1:13.73 | 200m: 2:35.48 | 400m: 5:20.66 | 800m: 10:55.66 |
| 17. Pillet Annelies | DDAT/21097/08 | 10:57.11 | 362 |
| 100m: 1:16.12 | 200m: 2:40.74 | 400m: 5:31.95 | 800m: 11:12.38 |
| 18. Mahmoudi Eya | KLSVZ/21057/0 | 11:17.09 | 360 |
| 100m: 1:16.79 | 200m: 2:40.60 | 400m: 5:31.74 | 800m: 11:13.64 |
| 19. Smets Danique | KLSVZ/21076/0 | 12:00.00 | 353 |
| 100m: 1:20.11 | 200m: 2:46.53 | 400m: 5:38.46 | 800m: 11:18.21 |
| 20. Paredis Jill | ALZV/21124/07 | 11:26.87 | 329 |
| 100m: 1:22.57 | 200m: 2:49.59 | 400m: 5:43.51 | 800m: 11:34.20 |
| 21. Jacobs Laurien | ZCK/22082/08 | 13:42.84 | 312 |
| 100m: 1:23.46 | 200m: 2:52.21 | 400m: 5:52.82 | 800m: 11:46.44 |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 1, Meisjes, 800m vrije slag, 15 - 16 jaar

| Rang | | | | Inschr. | Tijd | Pnt |
|------|--------------------|---------|-------|------------------|----------|---------|
| 22. | De Witte Liesl | | | TRUST/21069/07 | 12:06.56 | 278 |
| | 100m: | 1:22.71 | 200m: | 2:52.99 | 400m: | 5:57.53 |
| | | | | 800m: | 12:14.24 | |
| 23. | Union Margot | | | ZORO/21100/07 | 12:22.19 | 261 |
| | 100m: | 1:23.43 | 200m: | 2:54.35 | 400m: | 6:03.83 |
| | | | | 800m: | 12:29.35 | |
| 24. | Van Gorp Clara | | | KLSVZ/21055/07 | 14:00.00 | 258 |
| | 100m: | 1:31.08 | 200m: | 3:02.43 | 400m: | 6:11.78 |
| | | | | 800m: | 12:32.75 | |
| FF | Vandervelpen Merel | | | FFTRUST/21082/07 | 10:30.00 | |

17 jaar en ouder

| | | | | | | |
|----|-----------------|---------|-------|------------------|----------|---------|
| 1. | Puttaert Elien | | | DDAT/20319/04 | 10:04.69 | 503 |
| | 100m: | 1:11.73 | 200m: | 2:26.70 | 400m: | 4:58.52 |
| | | | | 800m: | 10:02.67 | |
| 2. | Wouters Briana | | | KAZS/21151/06 | 10:09.16 | 499 |
| | 100m: | 1:08.77 | 200m: | 2:22.28 | 400m: | 4:51.51 |
| | | | | 800m: | 10:04.23 | |
| 3. | Borremans Lotte | | | DDAT/21006/03 | 10:12.92 | 480 |
| | 100m: | 1:10.99 | 200m: | 2:27.13 | 400m: | 5:01.17 |
| | | | | 800m: | 10:12.06 | |
| 4. | Trioen Joke | | | DDAT/20279/02 | 10:13.10 | 456 |
| | 100m: | 1:13.60 | 200m: | 2:31.25 | 400m: | 5:07.52 |
| | | | | 800m: | 10:22.51 | |
| 5. | Chabeau Romane | | | SCWR/21024/07 | 10:35.37 | 440 |
| | 100m: | 1:14.73 | 200m: | 2:35.36 | 400m: | 5:15.86 |
| | | | | 800m: | 10:30.19 | |
| 6. | Meyer Eline | | | TRUST/21044/07 | 11:00.00 | 411 |
| | 100m: | 1:15.61 | 200m: | 2:35.88 | 400m: | 5:16.90 |
| | | | | 800m: | 10:44.37 | |
| 7. | Verwaest Fien | | | ZORO/21148/06 | 11:36.91 | 400 |
| | 100m: | 1:17.40 | 200m: | 2:39.99 | 400m: | 5:26.37 |
| | | | | 800m: | 10:50.06 | |
| 8. | Janssens Jelena | | | DDAT/21075/05 | 11:19.09 | 325 |
| | 100m: | 1:21.49 | 200m: | 2:47.93 | 400m: | 5:43.46 |
| | | | | 800m: | 11:37.17 | |
| FF | Van Gorp Emma | | | FFKLSVZ/21049/07 | 11:11.90 | |

2 - zondag 29 oktober 2023

29/10/2023 - 14:00

Programmanr. 2
29/10/2023 - 14:00

400m vrije slag

9 - 10 jaar
Resultaten

Punten: FINA 2022

| Rang | | | | Inschr. | Tijd | Pnt |
|----------------------|--------------------|---------|-------|----------------|---------|---------|
| 9 - 10 jaar, Meisjes | | | | | | |
| 1. | Van Roy Onah | | | ALZV/21139/13 | 5:47.04 | 331 |
| | 100m: | 1:21.63 | 200m: | 2:49.17 | 400m: | 5:38.12 |
| 2. | Deploige Felien | | | TRUST/21213/13 | 6:16.35 | 309 |
| | 100m: | 1:21.97 | 200m: | 2:51.03 | 400m: | 5:45.75 |
| 3. | Nuytkens Marie | | | ZCK/22113/13 | 6:43.19 | 251 |
| | 100m: | 1:28.49 | 200m: | 3:04.64 | 400m: | 6:10.46 |
| 4. | Aelbrecht Juliette | | | ZCK/22117/13 | 6:42.40 | 240 |
| | 100m: | 1:28.49 | 200m: | 3:05.55 | 400m: | 6:16.11 |
| 5. | Rosseele Janne | | | TRUST/21220/14 | NT | 233 |
| | 100m: | 1:29.40 | 200m: | 3:06.40 | 400m: | 6:19.65 |
| 6. | Verspecht Kaat | | | ZCK/22119/13 | 6:55.88 | 227 |
| | 100m: | 1:30.69 | 200m: | 3:09.48 | 400m: | 6:23.06 |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 2, Meisjes, 400m vrije slag, 9 - 10 jaar

| Rang | | | | | Inshr. | Tijd | Pnt |
|------|-------------------|---------|-------|---------|----------------|---------|--------------------|
| 7. | Petkova Sofia | | | | SCZ/21100/13 | 7:22.18 | 6:24.22 225 |
| | 100m: | 1:32.25 | 200m: | 3:12.40 | 400m: | 6:24.22 | |
| 8. | Biesemans Jana | | | | ZIOS/21109/13 | NT | 6:28.81 217 |
| | 100m: | 1:32.38 | 200m: | 3:12.98 | 400m: | 6:28.81 | |
| 9. | Devue Rosalie | | | | KAZS/21141/13 | 7:13.02 | 6:35.42 207 |
| | 100m: | 1:34.99 | 200m: | 3:19.11 | 400m: | 6:35.42 | |
| 10. | Moxhet Tess | | | | DIZV/21133/13 | 7:34.09 | 6:47.91 188 |
| | 100m: | 1:37.18 | 200m: | 3:22.01 | 400m: | 6:47.91 | |
| 11. | De Wilde Margot | | | | DIZV/21131/13 | 7:36.66 | 6:49.80 185 |
| | 100m: | 1:42.43 | 200m: | 3:29.58 | 400m: | 6:49.80 | |
| 12. | Schaerlaeken Noor | | | | ZCK/42121/13 | NT | 7:21.90 148 |
| | 100m: | 1:46.55 | 200m: | 3:40.38 | 400m: | 7:21.90 | |
| 13. | Kerckhofs Wouke | | | | BEST/21148/13 | NT | 7:23.40 146 |
| | 100m: | 1:48.38 | 200m: | 3:41.96 | 400m: | 7:23.40 | |
| 14. | Van Praet Fiona | | | | DIZV/21140/13 | NT | 7:26.05 144 |
| | 100m: | 1:39.58 | 200m: | 3:35.66 | 400m: | 7:26.05 | |
| 15. | Boudart Lucie | | | | KLSVZ/21137/13 | NT | 7:36.33 134 |
| | 100m: | 1:47.27 | 200m: | 3:44.51 | 400m: | 7:36.33 | |
| 16. | Struyf Marie | | | | TRUST/21222/13 | NT | 8:14.18 106 |
| | 100m: | 1:54.00 | 200m: | 4:00.47 | 400m: | 8:14.18 | |

9 - 10 jaar, Jongens

| | | | | | | | |
|-----|--------------------|---------|-------|---------|-----------------|---------|--------------------|
| 1. | Aerts Lenn | | | | SCWR/11071/13 | 5:51.08 | 5:46.51 229 |
| | 100m: | 1:21.19 | 200m: | 2:50.35 | 400m: | 5:46.51 | |
| 2. | Jacquemyns Kobe | | | | DDAT/11137/13 | 5:53.47 | 5:51.98 219 |
| | 100m: | 1:21.92 | 200m: | 2:50.81 | 400m: | 5:51.98 | |
| 3. | Ginkels Robbe | | | | LAQUA/11571/14 | NT | 5:59.85 205 |
| | 100m: | 1:27.38 | 200m: | 2:58.87 | 400m: | 5:59.85 | |
| 4. | Rooman Alexis | | | | LAQUA/11538/13 | NT | 6:05.74 195 |
| | 100m: | 1:28.06 | 200m: | 3:04.17 | 400m: | 6:05.74 | |
| 5. | Lemmens Luca | | | | TRUST/11208/13 | 6:24.99 | 6:14.62 181 |
| | 100m: | 1:29.10 | 200m: | 3:05.91 | 400m: | 6:14.62 | |
| 6. | Louckx Tim | | | | SCWR/11068/14 | 6:57.20 | 6:44.55 144 |
| | 100m: | 1:34.28 | 200m: | 3:17.60 | 400m: | 6:44.55 | |
| 7. | Feyaerts Jeroen | | | | TRUST/11210/13 | 6:33.72 | 6:50.57 138 |
| | 100m: | 1:38.57 | 200m: | 3:23.42 | 400m: | 6:50.57 | |
| 8. | Laenen Cid | | | | KLSVZ/11123/13 | NT | 6:50.63 138 |
| | 100m: | 1:38.45 | 200m: | 3:25.66 | 400m: | 6:50.63 | |
| 9. | Willems Robbe | | | | KAZS/11167/13 | NT | 6:59.25 129 |
| | 100m: | 1:42.23 | 200m: | 3:30.03 | 400m: | 6:59.25 | |
| 10. | De Mesmaeker Loann | | | | DDAT/11149/13 | 7:06.59 | 7:03.32 126 |
| | 100m: | 1:37.16 | 200m: | 3:26.46 | 400m: | 7:03.32 | |
| 11. | Gevers Nand | | | | BEST/11154/13 | NT | 7:29.50 105 |
| | 100m: | 1:44.96 | 200m: | 3:40.02 | 400m: | 7:29.50 | |
| 12. | Haezebrouck Thijs | | | | DIZV/11139/13 | NT | 7:52.08 90 |
| | 100m: | 1:49.12 | 200m: | 3:50.47 | 400m: | 7:52.08 | |
| FF | Claes Tiebe | | | | FFDDAT/11139/13 | 6:22.82 | |

PK Lange Afstand 2023
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Programmanr. 3
29/10/2023 - 14:47

Heren, 1500m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2022

| Rang | Inschr. | Tijd | Pnt |
|--|------------------------|-----------------|-----|
| 11 - 12 jaar | | | |
| 1. Vanderlinden Roald | LAQUA/11441/121:10.91 | 20:20.48 | 334 |
| 100m: 1:15.84 200m: 2:36.71 400m: 5:21.30 800m: 10:51.12 | | 1500m: 20:20.48 | |
| 2. Aerts Mads | SCWR/11056/1121:38.38 | 20:39.56 | 318 |
| 100m: 1:19.24 200m: 2:41.45 400m: 5:27.03 800m: 11:02.59 | | 1500m: 20:39.56 | |
| 3. Hallet Brent | STZ/11118/11 21:30.00 | 21:13.69 | 293 |
| 100m: 1:14.79 200m: 2:36.37 400m: 5:25.16 800m: 11:07.94 | | 1500m: 21:13.69 | |
| 4. Vanstechelman Lucas | DDAT/11136/11 21:00.00 | 21:21.19 | 288 |
| 100m: 1:18.67 200m: 2:43.11 400m: 5:34.28 800m: 11:20.84 | | 1500m: 21:21.19 | |
| 5. Wauters Sacha | SCWR/11062/1223:29.07 | 21:37.40 | 278 |
| 100m: 1:22.02 200m: 2:48.25 400m: 5:43.76 800m: 11:33.07 | | 1500m: 21:37.40 | |
| 6. Chabottier Largo | KLSVZ/11120/1225:00.00 | 21:46.80 | 272 |
| 100m: 1:22.35 200m: 2:51.38 400m: 4:48.63 800m: 11:42.96 | | 1500m: 21:46.80 | |
| 7. Van Den Broeck Tiebe | ZCK/12102/11 23:41.49 | 22:13.33 | 256 |
| 100m: 1:22.36 200m: 2:52.87 400m: 5:51.50 800m: 11:52.14 | | 1500m: 22:13.33 | |
| 8. Nijs Bas | TRUST/11191/1223:00.00 | 22:21.53 | 251 |
| 100m: 1:25.65 200m: 2:57.63 400m: 6:01.10 800m: 12:06.57 | | 1500m: 22:21.53 | |
| 9. Tronckoe Kobe | DDAT/11131/11 21:30.00 | 22:39.91 | 241 |
| 100m: 1:21.83 200m: 2:51.19 400m: 5:52.10 800m: 12:00.44 | | 1500m: 22:39.91 | |
| 10. Maertens Toon | ZCT/11140/12 23:00.00 | 22:40.31 | 241 |
| 100m: 1:26.65 200m: 2:57.61 400m: 6:01.30 800m: 12:07.60 | | 1500m: 22:40.31 | |
| 11. Verheyen Stephen | ZCT/11139/11 23:00.00 | 22:58.21 | 232 |
| 100m: 1:29.27 200m: 3:03.21 400m: 6:06.39 800m: 12:17.80 | | 1500m: 22:58.21 | |
| 12. Verbruggen Mats | KAZS/11101/11 22:00.00 | 23:02.44 | 229 |
| 100m: 1:30.22 200m: 3:03.25 400m: 6:08.37 800m: 12:16.02 | | 1500m: 23:02.44 | |
| 13. Van Nooten Tijl | LAQUA/11489/123:15.00 | 23:12.08 | 225 |
| 100m: 1:26.23 200m: 2:55.55 400m: 6:02.55 800m: 12:26.66 | | 1500m: 23:12.08 | |
| 14. Vranckx Boudewijn | LAQUA/11449/122:00.00 | 23:13.03 | 224 |
| 100m: 1:25.50 200m: 2:57.91 400m: 6:06.84 800m: 12:24.68 | | 1500m: 23:13.03 | |
| 15. Haenen Colin | STZ/11125/11 21:30.00 | 23:19.62 | 221 |
| 100m: 1:28.84 200m: 3:04.01 400m: 6:15.72 800m: 12:43.95 | | 1500m: 23:19.62 | |
| 16. Ratiu Matheo | ZCT/11146/12 23:00.00 | 23:51.59 | 207 |
| 100m: 1:28.71 200m: 3:01.57 400m: 6:12.31 800m: 12:40.21 | | 1500m: 23:51.59 | |
| 17. Abouazar Pieter | STZ/11113/11 21:30.00 | 24:17.47 | 196 |
| 100m: 1:33.64 200m: 3:12.75 400m: 6:35.35 800m: 13:09.33 | | 1500m: 24:17.47 | |
| 18. Jacri Thibault | KLSVZ/11127/125:00.00 | 24:20.75 | 194 |
| 100m: 1:31.78 200m: 3:08.00 400m: 6:21.50 800m: 12:51.82 | | 1500m: 24:20.75 | |
| 19. Vanthuyne Wout | ALZV/11159/12 29:03.00 | 24:24.73 | 193 |
| 100m: 1:33.32 200m: 3:17.55 400m: 6:37.54 800m: 13:12.79 | | 1500m: 24:24.73 | |
| 20. Carrasco Cuesta Luis | SCZ/11098/12 26:30.00 | 25:48.76 | 163 |
| 100m: 1:36.76 200m: 3:18.48 400m: 6:43.26 800m: 13:42.26 | | 1500m: 25:48.76 | |
| 21. Baghdasaryan Ruben | ALZV/11158/11 30:00.00 | 26:07.90 | 157 |
| 100m: 1:35.37 200m: 3:18.54 400m: 6:47.22 800m: 13:50.00 | | 1500m: 26:07.90 | |
| 22. Hermans Viktor | ALZV/11156/12 30:30.00 | 26:45.46 | 146 |
| 100m: 1:37.80 200m: 3:24.76 400m: 7:01.55 800m: 14:20.30 | | 1500m: 26:45.46 | |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 3, Jongens, 1500m vrije slag, 11 - 12 jaar

| Rang | | Inschr. | Tijd | Pnt |
|------|--|--------------------------|-----------------|-----|
| 23. | Maier Enzo | SCZ/11102/11 30:00.00 | 30:05.18 | 103 |
| | 100m: 1:45.28 200m: 3:41.96 400m: 7:44.96 800m: 16:00.96 1500m: 30:05.18 | | | |
| FF | Van Dyck Seth | FFZCT/11136/11 23:00.00 | | |
| FF | Desterke Jean-Baptiste | FFBEST/11151/12 25:45.00 | | |
| FF | Maclot Loïc | FFALZV/11154/12 30:30.00 | | |
| FF | Van Den Berghe Vince | FFALZV/11147/12 29:24.00 | | |

13 - 14 jaar

| | | | | |
|-----|--|-------------------------|-----------------|-----|
| 1. | Lissens Tuur | LAQUA/11393/11 19:42.04 | 18:02.82 | 478 |
| | 100m: 1:07.92 200m: 2:20.56 400m: 4:47.21 800m: 9:41.23 1500m: 18:02.82 | | | |
| 2. | Van Hoof Cobe | BEST/11118/10 19:00.00 | 18:33.18 | 440 |
| | 100m: 1:09.86 200m: 2:24.77 400m: 4:53.58 800m: 9:54.47 1500m: 18:33.18 | | | |
| 3. | Moulaert Tiemo | DDAT/11130/09 18:30.00 | 18:51.57 | 419 |
| | 100m: 1:11.07 200m: 2:27.57 400m: 4:58.34 800m: 10:00.57 1500m: 18:51.57 | | | |
| 4. | Decaluwé Georges | ZCT/11097/09 19:06.22 | 18:53.41 | 417 |
| | 100m: 1:12.47 200m: 2:28.60 400m: 4:58.44 800m: 10:04.12 1500m: 18:53.41 | | | |
| 5. | Van Sintejan Romain | SCWR/11052/10 19:48.32 | 19:02.41 | 407 |
| | 100m: 1:10.09 200m: 2:26.26 400m: 4:56.76 800m: 10:02.79 1500m: 19:02.41 | | | |
| 6. | Heuninck Miel | ZIOS/11097/10 19:55.00 | 19:16.41 | 392 |
| | 100m: 1:13.63 200m: 2:30.51 400m: 5:06.06 800m: 10:21.09 1500m: 19:16.41 | | | |
| 7. | Geladi Bjorn | TRUST/11205/09 19:15.95 | 19:22.51 | 386 |
| | 100m: 1:11.77 200m: 2:28.51 400m: 5:03.33 800m: 10:18.53 1500m: 19:22.51 | | | |
| 8. | Pasteels Einar | TRUST/11087/09 19:48.26 | 19:26.85 | 382 |
| | 100m: 1:10.14 200m: 2:25.87 400m: 5:00.03 800m: 10:18.45 1500m: 19:26.85 | | | |
| 9. | Van Grunderbeeck Bas | ZCT/11110/09 21:15.57 | 19:33.37 | 375 |
| | 100m: 1:13.60 200m: 2:30.13 400m: 5:05.63 800m: 10:25.10 1500m: 19:33.37 | | | |
| 10. | Vervloessem Frits | ZCT/11102/10 19:34.27 | 19:49.53 | 360 |
| | 100m: 1:17.53 200m: 2:38.06 400m: 5:19.18 800m: 10:42.21 1500m: 19:49.53 | | | |
| 11. | Geens Dré | ZCT/11117/09 19:30.61 | 20:03.92 | 348 |
| | 100m: 1:15.98 200m: 2:35.91 400m: 5:14.71 800m: 10:35.58 1500m: 20:03.92 | | | |
| 12. | Berlamont Daan | LAQUA/11535/11 22:40.00 | 20:07.75 | 344 |
| | 100m: 1:15.48 200m: 2:35.36 400m: 5:17.20 800m: 10:47.28 1500m: 20:07.75 | | | |
| 13. | Willem Arthur | KAZS/11114/09 21:25.00 | 20:10.50 | 342 |
| | 100m: 1:19.75 200m: 2:44.41 400m: 5:30.68 800m: 10:57.00 1500m: 20:10.50 | | | |
| 14. | De Witte Leo | KAZS/11102/10 21:20.00 | 20:14.11 | 339 |
| | 100m: 1:20.29 200m: 2:45.08 400m: 5:30.23 800m: 10:56.37 1500m: 20:14.11 | | | |
| 15. | Dehaen Ferre | KLSVZ/11114/09 23:00.00 | 20:26.65 | 329 |
| | 100m: 1:17.22 200m: 2:39.33 400m: 5:23.22 800m: 10:50.79 1500m: 20:26.65 | | | |
| 16. | Van Nooten Vic | LAQUA/11454/11 22:09.00 | 20:34.76 | 322 |
| | 100m: 1:17.23 200m: 2:41.24 400m: 5:28.88 800m: 11:03.13 1500m: 20:34.76 | | | |
| 17. | Meremans Mathys | LAQUA/11407/11 22:03.30 | 20:35.01 | 322 |
| | 100m: 1:15.87 200m: 2:37.33 400m: 5:22.61 800m: 10:55.80 1500m: 20:35.01 | | | |
| 18. | Slootmaekers Matteo | LAQUA/11387/11 21:57.81 | 20:38.57 | 319 |
| | 100m: 1:18.08 200m: 2:41.08 400m: 5:29.70 800m: 11:05.95 1500m: 20:38.57 | | | |
| 19. | Slaets Cédric | ZCT/11091/09 20:44.85 | 20:41.15 | 317 |
| | 100m: 1:17.54 200m: 2:40.37 400m: 5:21.37 800m: 11:02.16 1500m: 20:41.15 | | | |
| 20. | Mertens Sibbe | ZCT/11133/10 22:00.00 | 20:41.32 | 317 |
| | 100m: 1:21.04 200m: 2:45.46 400m: 5:34.39 800m: 11:08.85 1500m: 20:41.32 | | | |

PK Lange Afstand 2023
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Programmanr. 3, Jongens, 1500m vrije slag, 13 - 14 jaar

| Rang | | | | | Inschr. | Tijd | Pnt |
|------|--------------------|---------------|---------------|----------------|--------------------------|-----------------|-----|
| 21. | Gypen Thomas | | | | ZCT/11115/10 21:53.34 | 20:45.62 | 314 |
| | 100m: 1:20.87 | 200m: 2:43.90 | 400m: 5:32.47 | 800m: 11:06.19 | 1500m: 20:45.62 | | |
| 22. | Spiritus Simon | | | | TRUST/11165/10 23:24.87 | 21:00.61 | 303 |
| | 100m: 1:14.47 | 200m: 2:37.25 | 400m: 5:25.40 | 800m: 11:05.25 | 1500m: 21:00.61 | | |
| 23. | Bobev Boyan | | | | LAQUA/11400/12 22:30.00 | 21:06.16 | 299 |
| | 100m: 1:19.69 | 200m: 2:45.56 | 400m: 5:34.56 | 800m: 11:14.63 | 1500m: 21:06.16 | | |
| 24. | Van Eeckhoudt Tuur | | | | TRUST/11157/09 22:26.50 | 21:24.18 | 286 |
| | 100m: 1:18.25 | 200m: 2:42.00 | 400m: 5:30.00 | 800m: 11:16.33 | 1500m: 21:24.18 | | |
| 25. | Volckaert Thomas | | | | ZIOS/11106/10 23:00.00 | 21:29.70 | 283 |
| | 100m: 1:17.79 | 200m: 2:43.90 | 400m: 5:35.10 | 800m: 11:24.66 | 1500m: 21:29.70 | | |
| 26. | Bas Briek | | | | STZ/11115/10 22:35.89 | 21:33.20 | 280 |
| | 100m: 1:19.13 | 200m: 2:44.80 | 400m: 5:37.03 | 800m: 11:22.48 | 1500m: 21:33.20 | | |
| 27. | Stumm Charles | | | | LAQUA/11399/12 22:09.00 | 21:50.35 | 269 |
| | 100m: 1:23.11 | 200m: 2:50.13 | 400m: 5:47.80 | 800m: 11:42.00 | 1500m: 21:50.35 | | |
| 28. | Wouters Thomas | | | | BEST/11124/09 25:15.97 | 21:58.41 | 265 |
| | 100m: 1:22.62 | 200m: 2:53.62 | 400m: 5:52.30 | 800m: 11:56.16 | 1500m: 21:58.41 | | |
| 29. | Van Houcke Quinten | | | | ZIOS/11084/10 24:00.00 | 22:03.39 | 262 |
| | 100m: 1:22.05 | 200m: 2:49.84 | 400m: 5:47.83 | 800m: 11:49.44 | 1500m: 22:03.39 | | |
| 30. | Flores Sébastien | | | | KLSVZ/11115/09 25:00.00 | 22:03.74 | 261 |
| | 100m: 1:23.35 | 200m: 2:52.99 | 400m: 5:53.03 | 800m: 11:50.52 | 1500m: 22:03.74 | | |
| 31. | Puttaert Arthur | | | | DDAT/11111/10 21:35.00 | 22:04.64 | 261 |
| | 100m: 1:26.47 | 200m: 2:58.00 | 400m: 5:57.66 | 800m: 11:52.42 | 1500m: 22:04.64 | | |
| 32. | Claes Elian | | | | DDAT/11105/10 22:30.00 | 22:04.77 | 261 |
| | 100m: 1:21.74 | 200m: 2:50.95 | 400m: 5:51.14 | 800m: 11:48.68 | 1500m: 22:04.77 | | |
| 33. | Adams Henry | | | | DIZV/11117/10 30:00.00 | 22:29.57 | 247 |
| | 100m: 1:20.59 | 200m: 2:48.99 | 400m: 5:50.56 | 800m: 11:55.37 | 1500m: 22:29.57 | | |
| 34. | De Haes Tibo | | | | STZ/11112/10 24:03.80 | 22:42.18 | 240 |
| | 100m: 1:22.64 | 200m: 2:53.77 | 400m: 5:57.38 | 800m: 12:04.29 | 1500m: 22:42.18 | | |
| 35. | Janssens Jaron | | | | DDAT/11113/09 22:15.00 | 23:06.93 | 227 |
| | 100m: 1:23.13 | 200m: 2:54.45 | 400m: 6:00.63 | 800m: 12:16.34 | 1500m: 23:06.93 | | |
| 36. | Vekeman Kwinte | | | | STZ/11130/10 21:30.00 | 23:55.04 | 205 |
| | 100m: 1:24.48 | 200m: 2:57.06 | 400m: 6:10.35 | 800m: 12:36.22 | 1500m: 23:55.04 | | |
| 37. | Van Praet Jules | | | | DIZV/11096/10 32:00.00 | 23:55.61 | 205 |
| | 100m: 1:24.16 | 200m: 2:59.54 | 400m: 6:13.84 | 800m: 12:45.91 | 1500m: 23:55.61 | | |
| FF | Roovers Lucas | | | | FFKAZS/11085/09 20:50.00 | | |

15 - 16 jaar

| | | | | | | | |
|----|--------------------|---------------|---------------|---------------|------------------------|-----------------|-----|
| 1. | Volckaert Matthias | | | | ZIOS/11067/08 17:30.00 | 17:10.68 | 554 |
| | 100m: 1:04.06 | 200m: 2:14.47 | 400m: 4:36.96 | 800m: 9:14.82 | 1500m: 17:10.68 | | |
| 2. | Verroken Gerben | | | | DDAT/11072/08 17:20.00 | 17:15.02 | 547 |
| | 100m: 1:05.41 | 200m: 2:15.16 | 400m: 4:36.91 | 800m: 9:15.26 | 1500m: 17:15.02 | | |
| 3. | De Backer Bjorn | | | | ZIOS/11045/07 18:30.00 | 17:32.23 | 521 |
| | 100m: 1:07.45 | 200m: 2:18.13 | 400m: 4:40.13 | 800m: 9:22.95 | 1500m: 17:32.23 | | |
| 4. | Vets Siebe | | | | KAZS/11065/08 18:24.63 | 18:00.35 | 481 |
| | 100m: 1:06.56 | 200m: 2:18.12 | 400m: 4:40.86 | 800m: 9:29.61 | 1500m: 18:00.35 | | |
| 5. | Raes Dries | | | | KAZS/11182/07 17:30.00 | 18:08.45 | 471 |
| | 100m: 1:06.35 | 200m: 2:17.63 | 400m: 4:41.56 | 800m: 9:35.81 | 1500m: 18:08.45 | | |
| 6. | Rombouts Leonard | | | | SCZ/11092/07 19:47.00 | 18:11.48 | 467 |
| | 100m: 1:06.71 | 200m: 2:18.63 | 400m: 4:42.10 | 800m: 9:40.30 | 1500m: 18:11.48 | | |

PK Lange Afstand 2023
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Programmanr. 3, Jongens, 1500m vrije slag, 15 - 16 jaar

| Rang | | | | | Inschr. | Tijd | Pnt | | | |
|------|---------------|----------|-----------------|----------|-----------------|---------|-------|----------|--------|----------|
| 7. | Van der Borgh | Floris | ZCT/11072/08 | 18:20.20 | 18:15.55 | 461 | | | | |
| | 100m: | 1:11.93 | 200m: | 2:26.32 | 400m: | 4:52.65 | 800m: | 9:44.48 | 1500m: | 18:15.55 |
| 8. | Pelgrims | Lowie | ZCT/11073/08 | 18:34.19 | 18:18.27 | 458 | | | | |
| | 100m: | 1:11.13 | 200m: | 2:24.95 | 400m: | 4:51.91 | 800m: | 9:46.11 | 1500m: | 18:18.27 |
| 9. | Chafwehe | Théo | KLSVZ/11140/08 | 19:41.00 | 18:37.33 | 435 | | | | |
| | 100m: | 1:10.22 | 200m: | 2:25.47 | 400m: | 4:56.72 | 800m: | 9:55.75 | 1500m: | 18:37.33 |
| 10. | Persoons | Emiel | ZIOS/11078/08 | 19:40.00 | 18:40.02 | 432 | | | | |
| | 100m: | 1:12.96 | 200m: | 2:27.89 | 400m: | 5:00.23 | 800m: | 10:00.29 | 1500m: | 18:40.02 |
| 11. | De Peyper | Noah | ZIOS/11070/08 | 19:00.00 | 19:00.38 | 409 | | | | |
| | 100m: | 1:09.64 | 200m: | 2:25.09 | 400m: | 4:57.92 | 800m: | 10:04.96 | 1500m: | 19:00.38 |
| 12. | Stappaerts | Jari | KAZS/11187/08 | 18:45.00 | 19:17.03 | 392 | | | | |
| | 100m: | 1:11.63 | 200m: | 2:28.87 | 400m: | 5:01.95 | 800m: | 10:10.70 | 1500m: | 19:17.03 |
| 13. | Delimont | Arnaud | TRUST/11092/08 | 19:11.89 | 19:29.73 | 379 | | | | |
| | 100m: | 1:09.80 | 200m: | 2:26.19 | 400m: | 4:59.73 | 800m: | 10:16.41 | 1500m: | 19:29.73 |
| 14. | Eugene | Felix | ZORO/11114/07 | 19:30.00 | 19:36.92 | 372 | | | | |
| | 100m: | 1:13.99 | 200m: | 2:33.10 | 400m: | 5:10.81 | 800m: | 10:28.45 | 1500m: | 19:36.92 |
| 15. | Maes | Yoran | TRUST/11156/08 | 18:56.13 | 19:37.01 | 372 | | | | |
| | 100m: | 1:10.92 | 200m: | 2:28.64 | 400m: | 5:07.15 | 800m: | 10:24.23 | 1500m: | 19:37.01 |
| 16. | Geens | Thibaut | ZCK/12035/07 | 20:17.92 | 19:37.98 | 371 | | | | |
| | 100m: | 1:12.96 | 200m: | 2:30.50 | 400m: | 5:04.73 | 800m: | 10:21.23 | 1500m: | 19:37.98 |
| 17. | De Wilde | Daan | DDAT/11054/08 | 19:30.00 | 19:46.07 | 364 | | | | |
| | 100m: | 1:11.25 | 200m: | 2:29.54 | 400m: | 5:06.07 | 800m: | 10:23.25 | 1500m: | 19:46.07 |
| 18. | Cornelissen | Lars | ALZV/11116/08 | 20:20.92 | 19:50.44 | 360 | | | | |
| | 100m: | 1:13.12 | 200m: | 2:30.44 | 400m: | 5:03.05 | 800m: | 10:17.87 | 1500m: | 19:50.44 |
| 19. | Wouters | Hannes | KAZS/11077/08 | 20:45.00 | 20:10.34 | 342 | | | | |
| | 100m: | 1:16.66 | 200m: | 2:37.19 | 400m: | 5:17.41 | 800m: | 10:41.38 | 1500m: | 20:10.34 |
| 20. | Peersman | Niel | ALZV/11078/07 | 22:32.59 | 20:11.48 | 341 | | | | |
| | 100m: | 1:14.36 | 200m: | 2:34.17 | 400m: | 5:19.34 | 800m: | 10:47.66 | 1500m: | 20:11.48 |
| 21. | Mikolajuk | Adrian | ALZV/11123/08 | 21:18.81 | 22:42.49 | 240 | | | | |
| | 100m: | 1:12.78 | 200m: | 3:13.84 | 400m: | 5:24.46 | 800m: | 11:42.21 | 1500m: | 22:42.49 |
| FF | Bernath | Benjamin | FFKAZS/11071/07 | 18:00.00 | | | | | | |
| FF | Baghdasaryan | Gevorg | FFALZV/11120/08 | 20:48.87 | | | | | | |

17 jaar en ouder

| | | | | | | | | | | |
|----|--------------|--------------|----------------|----------|-----------------|---------|-------|----------|--------|----------|
| 1. | Van Boxstael | Berend | KLSVZ/11044/08 | 19:41.09 | 18:38.30 | 434 | | | | |
| | 100m: | 1:12.14 | 200m: | 2:26.36 | 400m: | 4:56.49 | 800m: | 9:59.22 | 1500m: | 18:38.30 |
| 2. | Paoletti | Luca Giorgio | SCWR/11072/08 | 16:45.22 | 19:13.27 | 395 | | | | |
| | 100m: | 1:04.98 | 200m: | 2:14.92 | 400m: | 4:37.62 | 800m: | 9:46.75 | 1500m: | 19:13.27 |
| 3. | Mees | Brent | SCZ/10173/03 | 18:30.00 | 19:18.38 | 390 | | | | |
| | 100m: | 1:15.44 | 200m: | 2:31.21 | 400m: | 5:05.53 | 800m: | 10:17.63 | 1500m: | 19:18.38 |
| 4. | Callewaert | Lucas | ZORO/11137/06 | 22:00.00 | 21:49.87 | 270 | | | | |
| | 100m: | 1:16.20 | 200m: | 2:40.17 | 400m: | 5:32.10 | 800m: | 11:26.10 | 1500m: | 21:49.87 |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

3 - woensdag 1 november 2023

1/11/2023 - 9:30

Programmanr. 4
1/11/2023 - 9:30

Heren, 800m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2022

| Rang | Inschr. | Tijd | Pnt |
|--|----------------|----------|---------------------|
| 11 - 12 jaar | | | |
| 1. Vanderlinden Roald | LAQUA/11441/11 | 10:46.95 | 10:34.35 341 |
| 100m: 1:16.85 200m: 2:37.31 400m: 5:18.25 800m: 10:34.35 | | | |
| 2. Aerts Mads | SCWR/11056/11 | 10:45.21 | 10:49.56 318 |
| 100m: 1:16.46 200m: 2:37.43 400m: 5:20.04 800m: 10:49.56 | | | |
| 3. Vanstechelman Lucas | DDAT/11136/11 | 10:57.53 | 10:56.78 307 |
| 100m: 1:12.57 200m: 2:35.85 400m: 5:25.71 800m: 10:56.78 | | | |
| 4. Dumon Ilan | LAQUA/11452/11 | 12:03.00 | 11:10.17 289 |
| 100m: 1:17.87 200m: 2:42.72 400m: 5:34.05 800m: 11:10.17 | | | |
| 5. Spadea Mattia | LAQUA/11461/11 | 12:04.00 | 11:19.33 278 |
| 100m: 1:21.40 200m: 2:48.76 400m: 5:40.24 800m: 11:19.33 | | | |
| 6. Wauters Sacha | SCWR/11062/11 | 11:17.08 | 11:22.80 273 |
| 100m: 1:18.70 200m: 2:44.83 400m: 5:37.47 800m: 11:22.80 | | | |
| 7. Tronckoe Kobe | DDAT/11131/11 | 11:20.00 | 11:36.91 257 |
| 100m: 1:19.28 200m: 2:46.59 400m: 5:45.41 800m: 11:36.91 | | | |
| 8. Vanderborcht Milan | SCZ/11086/11 | 13:06.28 | 11:36.98 257 |
| 100m: 1:22.03 200m: 2:50.78 400m: 5:51.32 800m: 11:36.98 | | | |
| 9. Vranckx Boudewijn | LAQUA/11449/11 | 11:31.00 | 11:37.17 257 |
| 100m: 1:22.07 200m: 2:50.73 400m: 5:49.94 800m: 11:37.17 | | | |
| 10. Schepens Toor | ZCT/11149/12 | 12:30.00 | 12:32.74 204 |
| 100m: 1:27.70 200m: 3:03.77 400m: 6:15.70 800m: 12:32.74 | | | |
| 11. Rockelé Lowie | ZCT/11157/12 | 13:00.00 | 12:41.61 197 |
| 100m: 1:27.88 200m: 3:04.09 400m: 6:25.57 800m: 12:41.61 | | | |
| 12. Wysgeer Lennart | ZCT/11150/12 | 13:10.00 | 13:22.98 168 |
| 100m: 1:37.45 200m: 3:19.48 400m: 6:42.91 800m: 13:22.98 | | | |
| 13. Mertens Lander | ZCT/11156/12 | 13:10.00 | 13:41.98 156 |
| 100m: 1:36.53 200m: 3:19.32 400m: 6:48.98 800m: 13:41.98 | | | |
| 14. Peeters Kobe | DIZV/11122/11 | 16:58.00 | 13:43.46 156 |
| 100m: 1:34.57 200m: 3:17.09 400m: 6:48.75 800m: 13:43.46 | | | |
| 15. De Peyper Mats | ZIOS/11113/11 | 13:32.00 | 14:25.09 134 |
| 100m: 1:33.76 200m: 3:21.17 400m: 7:01.14 800m: 14:25.09 | | | |
| 16. Van Den Brande Lucas | ZCK/12108/11 | 15:00.00 | 14:38.95 128 |
| 100m: 1:40.61 200m: 3:33.28 400m: 7:21.15 800m: 14:38.95 | | | |
| 17. Waltniel Bavo | ZIOS/11110/12 | 15:46.00 | 15:50.73 101 |
| 100m: 1:48.77 200m: 3:52.47 400m: 8:04.44 800m: 15:50.73 | | | |
| 13 - 14 jaar | | | |
| 1. Moulaert Tiemo | DDAT/11130/09 | 9:45.00 | 9:32.21 465 |
| 100m: 1:08.10 200m: 2:22.06 400m: 4:48.45 800m: 9:32.21 | | | |
| 2. Lissens Tuur | LAQUA/11393/11 | 10:21.14 | 9:37.70 452 |
| 100m: 1:07.30 200m: 2:18.95 400m: 4:45.77 800m: 9:37.70 | | | |
| 3. Van Sintejan Romain | SCWR/11052/11 | 10:39.44 | 9:54.66 414 |
| 100m: 1:09.26 200m: 2:23.79 400m: 4:51.47 800m: 9:54.66 | | | |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 4, Jongens, 800m vrije slag, 13 - 14 jaar

| Rang | | | | | Inschr. | Tijd | Pnt |
|------|---------------------|---------|-------|---------|----------------|----------|---------------------|
| 4. | Bakx Warre | | | | ZCK/12095/10 | 11:13.66 | 10:14.06 376 |
| | 100m: | 1:09.81 | 200m: | 2:52.63 | 400m: | 5:01.31 | 800m: 10:14.06 |
| 5. | Zouhri Amir | | | | LAQUA/11477/11 | 11:06.16 | 10:20.63 364 |
| | 100m: | 1:12.55 | 200m: | 2:31.45 | 400m: | 5:09.72 | 800m: 10:20.63 |
| 6. | Meremans Mathys | | | | LAQUA/11407/11 | 11:44.90 | 10:24.62 357 |
| | 100m: | 1:10.07 | 200m: | 2:29.61 | 400m: | 5:07.69 | 800m: 10:24.62 |
| 7. | Berlamont Daan | | | | LAQUA/11535/11 | 12:06.00 | 10:29.51 349 |
| | 100m: | 1:12.63 | 200m: | 2:32.87 | 400m: | 5:14.81 | 800m: 10:29.51 |
| 8. | Slootmaekers Matteo | | | | LAQUA/11387/11 | 11:34.08 | 10:36.43 338 |
| | 100m: | 1:15.47 | 200m: | 2:35.85 | 400m: | 5:18.21 | 800m: 10:36.43 |
| 9. | De Backer Brent | | | | ZIOS/11101/10 | 11:00.00 | 10:50.55 316 |
| | 100m: | 1:16.41 | 200m: | 2:38.84 | 400m: | 5:26.53 | 800m: 10:50.55 |
| 10. | Bobev Boyan | | | | LAQUA/11400/11 | 11:46.00 | 10:52.17 314 |
| | 100m: | 1:15.37 | 200m: | 2:37.06 | 400m: | 5:24.64 | 800m: 10:52.17 |
| 11. | Waltniel Nand | | | | ZIOS/11085/10 | 12:00.00 | 11:34.83 259 |
| | 100m: | 1:15.66 | 200m: | 2:45.31 | 400m: | 5:45.66 | 800m: 11:34.83 |
| 12. | Coppens Jack | | | | SCZ/11081/10 | 12:32.25 | 11:36.69 257 |
| | 100m: | 1:19.68 | 200m: | 2:47.83 | 400m: | 5:46.37 | 800m: 11:36.69 |
| 13. | Claes Elian | | | | DDAT/11105/10 | 11:50.85 | 11:37.47 256 |
| | 100m: | 1:22.32 | 200m: | 2:50.56 | 400m: | 5:47.59 | 800m: 11:37.47 |
| 14. | Hebbelinc Ruben | | | | ZORO/11166/09 | 12:00.00 | 11:38.66 255 |
| | 100m: | 1:16.29 | 200m: | 2:45.52 | 400m: | 5:46.18 | 800m: 11:38.66 |
| 15. | Janssens Jaron | | | | DDAT/11113/09 | 11:44.00 | 11:55.87 237 |
| | 100m: | 1:22.63 | 200m: | 2:52.63 | 400m: | 5:54.33 | 800m: 11:55.87 |
| 16. | Verherstraeten Kobe | | | | DIZV/11104/10 | 14:31.99 | 12:21.74 213 |
| | 100m: | 1:24.42 | 200m: | 2:56.76 | 400m: | 6:05.32 | 800m: 12:21.74 |
| 17. | Verspecht Kobe | | | | ZCK/12109/10 | 14:30.00 | 13:05.45 179 |
| | 100m: | 1:27.83 | 200m: | 3:06.99 | 400m: | 6:28.31 | 800m: 13:05.45 |
| 18. | Van Loon Bas | | | | ZCK/12122/10 | 15:00.00 | 14:53.66 122 |
| | 100m: | 1:39.02 | 200m: | 3:30.19 | 400m: | 7:22.44 | 800m: 14:53.66 |

15 - 16 jaar

| | | | | | | | |
|----|----------------------|---------|-------|---------|----------------|----------|--------------------|
| 1. | Spadea Tommaso | | | | LAQUA/11260/08 | 9:05.48 | 8:46.53 597 |
| | 100m: | 1:01.86 | 200m: | 2:07.61 | 400m: | 4:20.18 | 800m: 8:46.53 |
| 2. | De Backer Bjorn | | | | ZIOS/11045/07 | 9:05.00 | 9:16.25 506 |
| | 100m: | 1:04.90 | 200m: | 2:14.00 | 400m: | 4:39.27 | 800m: 9:16.25 |
| 3. | Van der Borgh Floris | | | | ZCT/11072/08 | 9:40.00 | 9:25.88 481 |
| | 100m: | 1:08.34 | 200m: | 2:21.53 | 400m: | 4:45.88 | 800m: 9:25.88 |
| 4. | Pelgrims Lowie | | | | ZCT/11073/08 | 9:40.00 | 9:32.21 465 |
| | 100m: | 1:08.11 | 200m: | 2:21.86 | 400m: | 4:47.64 | 800m: 9:32.21 |
| 5. | Persoons Emiel | | | | ZIOS/11078/08 | 10:25.00 | 9:41.67 443 |
| | 100m: | 1:08.56 | 200m: | 2:22.09 | 400m: | 4:49.97 | 800m: 9:41.67 |
| 6. | Seghers Michiel | | | | DDAT/11098/07 | 9:50.35 | 9:41.93 442 |
| | 100m: | 1:07.03 | 200m: | 2:21.25 | 400m: | 4:47.65 | 800m: 9:41.93 |
| 7. | De Peyper Noah | | | | ZIOS/11070/08 | 9:30.00 | 9:52.98 418 |
| | 100m: | 1:05.16 | 200m: | 2:21.06 | 400m: | 4:49.41 | 800m: 9:52.98 |
| 8. | Cornelissen Lars | | | | ALZV/11116/08 | 10:49.68 | 9:57.67 408 |
| | 100m: | 1:08.68 | 200m: | 2:21.55 | 400m: | 4:49.55 | 800m: 9:57.67 |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 4, Jongens, 800m vrije slag, 15 - 16 jaar

| Rang | Inschr. | Tijd | Pnt |
|--|--------------------------|-----------------|-----|
| 9. Robberechts Robbe | ALZV/11062/07 10:13.70 | 10:07.50 | 388 |
| 100m: 1:12.81 200m: 2:30.28 400m: 5:06.53 800m: 10:07.50 | | | |
| 10. Peersman Niel | ALZV/11078/07 11:57.69 | 10:12.53 | 379 |
| 100m: 1:09.31 200m: 2:27.39 400m: 5:05.09 800m: 10:12.53 | | | |
| 11. Mikolajuk Adrian | ALZV/11123/08 10:55.06 | 10:32.49 | 344 |
| 100m: 1:10.60 200m: 2:26.20 400m: 5:05.63 800m: 10:32.49 | | | |
| 12. Bogaerts Neo | SCZ/11041/08 10:55.95 | 10:41.35 | 330 |
| 100m: 1:12.45 200m: 2:31.27 400m: 5:12.63 800m: 10:41.35 | | | |
| 13. Verheyen Milo | ZORO/11147/07 12:15.00 | 11:47.17 | 246 |
| 100m: 1:18.73 200m: 2:47.66 400m: 5:49.19 800m: 11:47.17 | | | |
| 14. Gillijns Cedrik | ZORO/11170/07 11:45.00 | 11:57.78 | 235 |
| 100m: 1:18.43 200m: 2:48.04 400m: 5:52.89 800m: 11:57.78 | | | |
| FF Hamdaoui Walid | FFDIZV/11132/08 14:05.00 | | |

17 jaar en ouder

| | | | |
|--|-----------------------|-----------------|-----|
| 1. Paoletti Luca Giorgio | SCWR/11072/00 9:22.83 | 9:01.38 | 549 |
| 100m: 1:01.04 200m: 2:06.52 400m: 4:21.41 800m: 9:01.38 | | | |
| 2. Mees Ruben | SCZ/11023/06 9:27.55 | 9:43.93 | 437 |
| 100m: 1:05.06 200m: 2:16.75 400m: 4:44.35 800m: 9:43.93 | | | |
| 3. Pillet Brecht | DDAT/11017/04 9:54.87 | 10:10.55 | 383 |
| 100m: 1:08.13 200m: 2:22.73 400m: 4:59.63 800m: 10:10.55 | | | |
| 4. van der Poel Milo | SCZ/11070/06 10:31.19 | 10:24.52 | 357 |
| 100m: 1:09.60 200m: 2:25.60 400m: 5:05.03 800m: 10:24.52 | | | |
| 5. Bogaerts Michel | SCZ/10008/75 11:15.33 | 10:56.78 | 307 |
| 100m: 1:12.75 200m: 2:32.75 400m: 5:18.75 800m: 10:56.78 | | | |

4 - woensdag 1 november 2023

1/11/2023 - 14:00

Programmanr. 5
1/11/2023 - 14:00

400m vrije slag

9 - 10 jaar
Resultaten

Punten: FINA 2022

| Rang | Inschr. | Tijd | Pnt |
|---|-----------------------|----------------|-----|
| 9 - 10 jaar, Jongens | | | |
| 1. Beuselinck Liam | SCWR/11070/14 6:18.69 | 6:18.28 | 176 |
| 100m: 1:27.75 200m: 3:04.89 400m: 6:18.28 | | | |
| 2. Anslot Sacha | SCWR/11069/13 6:46.34 | 6:39.75 | 149 |
| 100m: 1:34.79 200m: 3:17.55 400m: 6:39.75 | | | |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 6
1/11/2023 - 14:07

Dames, 1500m vrije slag

11 jaar en ouder
Resultaten

Punten: FINA 2022

| Rang | Inschr. | Tijd | Pnt |
|--|------------------------|-----------------|-----|
| 11 - 12 jaar | | | |
| 1. Thys Lena | KAZS/21098/11 21:38.00 | 20:14.25 | 432 |
| 100m: 1:18.54 200m: 2:41.00 400m: 5:26.22 800m: 10:55.39 | | 1500m: 20:14.25 | |
| 2. Touquet Eline | SCWR/21061/1223:30.02 | 21:51.71 | 342 |
| 100m: 1:23.54 400m: 5:44.37 800m: 11:33.84 | | 1500m: 21:51.71 | |
| 3. Nsubuga Sofia | ALZV/21133/11 24:09.89 | 22:20.91 | 320 |
| 100m: 1:22.20 200m: 2:50.00 400m: 5:46.93 800m: 11:50.68 | | 1500m: 22:20.91 | |
| 4. Brams Ann-Sophie | ALZV/21149/11 29:36.00 | 26:48.54 | 185 |
| 100m: 1:37.65 200m: 3:23.79 400m: 6:57.26 800m: 14:12.09 | | 1500m: 26:48.54 | |
| 13 - 14 jaar | | | |
| 1. Adelman Clara Cenxi | LAQUA/21382/119:45.00 | 18:30.47 | 564 |
| 100m: 1:11.60 200m: 2:27.69 400m: 4:58.39 800m: 9:55.33 | | 1500m: 18:30.47 | |
| 2. Dalemans Lyn | ZCK/22065/09 19:24.65 | 18:50.51 | 535 |
| 100m: 1:09.84 200m: 2:24.45 400m: 4:55.00 800m: 9:58.42 | | 1500m: 18:50.51 | |
| 3. De Backer Birgit | ZIOS/21066/09 19:50.00 | 18:56.99 | 526 |
| 100m: 1:11.74 200m: 2:26.78 400m: 4:58.96 800m: 10:05.34 | | 1500m: 18:56.99 | |
| 4. Verspecht Lizanne | ZCK/22096/09 19:54.85 | 19:32.14 | 480 |
| 100m: 1:11.03 200m: 2:25.95 400m: 4:58.79 800m: 10:06.39 | | 1500m: 19:32.14 | |
| 5. Vedernikova Vera | SCWR/21054/1020:35.06 | 19:57.86 | 450 |
| 100m: 1:13.72 200m: 2:32.27 400m: 5:12.08 800m: 10:34.49 | | 1500m: 19:57.86 | |
| 6. Barragan Nena | DDAT/21123/10 20:00.00 | 20:05.00 | 442 |
| 100m: 1:18.27 200m: 2:39.63 400m: 5:22.54 800m: 10:44.09 | | 1500m: 20:05.00 | |
| 7. Kint Ruhne | ALZV/21119/09 21:22.05 | 20:22.54 | 423 |
| 100m: 1:16.04 200m: 2:37.90 800m: 10:53.35 1500m: 20:22.54 | | | |
| 8. Van Der Meeren Lotte | DDAT/21118/10 19:45.00 | 20:33.09 | 412 |
| 100m: 1:16.84 200m: 2:38.71 400m: 5:23.07 800m: 10:52.28 | | 1500m: 20:33.09 | |
| 9. Louckx Célie | SCWR/21053/1022:25.07 | 21:03.68 | 383 |
| 100m: 1:18.68 200m: 2:42.30 400m: 5:30.59 800m: 11:10.22 | | 1500m: 21:03.68 | |
| 10. Touquet Laura | SCWR/21038/0920:41.91 | 21:08.03 | 379 |
| 100m: 1:16.33 200m: 2:38.25 400m: 5:23.75 800m: 11:03.15 | | 1500m: 21:08.03 | |
| 11. Derijcke Laura | DIZV/21111/10 29:46.50 | 22:14.87 | 325 |
| 100m: 1:20.99 200m: 2:49.34 400m: 5:50.05 800m: 11:51.18 | | 1500m: 22:14.87 | |
| 12. Landrieu Nora | ZIOS/21100/10 23:30.00 | 23:31.50 | 275 |
| 100m: 1:28.50 200m: 3:05.40 400m: 6:18.68 800m: 12:45.68 | | 1500m: 23:31.50 | |
| 13. Van Camberg Elena | DDAT/21119/10 24:15.00 | 24:04.74 | 256 |
| 100m: 1:30.52 200m: 3:06.56 400m: 6:21.13 800m: 12:49.85 | | 1500m: 24:04.74 | |
| 15 - 16 jaar | | | |
| 1. Vedernikova Marina | SCWR/21044/0918:26.03 | 18:00.86 | 612 |
| 100m: 1:07.68 200m: 2:19.58 400m: 4:43.83 800m: 9:33.18 | | 1500m: 18:00.86 | |
| 2. Budnak Carolina | SCWR/21042/0920:06.07 | 19:15.05 | 502 |
| 100m: 1:11.09 200m: 2:26.22 400m: 4:59.94 800m: 10:10.41 | | 1500m: 19:15.05 | |
| 3. Jacobs Laurien | ZCK/22082/08 26:00.00 | 22:44.42 | 304 |
| 100m: 1:19.24 200m: 2:46.03 400m: 5:49.36 800m: 11:57.99 | | 1500m: 22:44.42 | |

PK Lange Afstand 2023
Meise, 29/10 - 1/11/2023

Programmanr. 6, Dames, 1500m vrije slag

17 jaar en ouder

| | | | | | | | | | | |
|----|-----------------|---------|-------|---------|------------------------|-----------------|-------|----------|--------|----------|
| 1. | Trioen Joke | | | | DDAT/20279/02 19:20.00 | 19:26.21 | 487 | | | |
| | 100m: | 1:12.40 | 200m: | 2:29.75 | 400m: | 5:04.89 | 800m: | 10:17.52 | 1500m: | 19:26.21 |
| 2. | Janssens Jelena | | | | DDAT/21075/05 22:01.51 | 22:16.26 | 324 | | | |
| | 100m: | 1:21.94 | 200m: | 2:50.69 | 400m: | 5:51.22 | 800m: | 11:50.69 | 1500m: | 22:16.26 |