

# Zwin Triathlon - 1/2 Distance

## Knokke, 7 September 2019, BEL

1/2 Distance

Details

Pos	Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Total	Gap	Age Group	
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank
1.	n°237	DIEDEREN Bas	NLD	39	10:00:00	5	<b>24:10</b>	1:33	<b>2:09:54</b>	2	1:46	28:04	25:02	25:53	<b>1:19:00</b>	7	<b>3:56:19</b>		1 M35
2.	n°2079	E THE ROOKIES	---		10:02:14	1	<b>22:31</b>	1:11	<b>2:15:01</b>	5	1:21	28:20	24:59	25:18	<b>1:18:38</b>	5	<b>3:58:37</b>	+2:17	1 EQM
3.	n°45	HEEMERYCK Sander		26	10:00:00	13	<b>25:42</b>	1:50	<b>2:14:53</b>	9	2:06	26:03	23:40	25:25	<b>1:15:09</b>	1	<b>3:59:38</b>	+3:18	1 M25 PEUTIE
K	4.	n°144	SWOLFS Sanne	32	10:00:00	9	<b>24:40</b>	1:32	<b>2:11:42</b>	3	2:11	29:03	25:42	25:33	<b>1:20:19</b>	10	<b>4:00:19</b>	+3:59	1 M30 KNOKKE-HEIST
5.	n°77	DE Vliegier Arne		42	10:00:00	18	<b>26:42</b>	1:47	<b>2:13:50</b>	6	2:13	27:40	24:34	23:50	<b>1:16:05</b>	2	<b>4:00:32</b>	+4:12	1 M40
6.	n°142	LAGAE Kasper		31	10:00:00	11	<b>25:25</b>	1:50	<b>2:12:13</b>	4	2:01	28:16	25:25	26:26	<b>1:20:09</b>	8	<b>4:01:35</b>	+5:15	2 M30 LAUWE
7.	n°141	DEKKER Martijn		33	10:00:12	3	<b>23:55</b>	1:32	<b>2:09:55</b>	1	1:41	28:18	26:25	31:17	<b>1:26:01</b>	26	<b>4:03:04</b>	+6:45	3 M30 HEMIKSEM
8.	n°320	DEWILDE Michael		40	10:00:00	24	<b>27:48</b>	2:11	<b>2:14:10</b>	10	2:05	29:02	26:16	26:35	<b>1:21:53</b>	12	<b>4:08:04</b>	+11:44	2 M40
9.	n°99	GEERTS Marc		34	10:00:00	22	<b>27:20</b>	1:34	<b>2:20:53</b>	12	1:47	26:38	25:07	27:05	<b>1:18:51</b>	6	<b>4:10:20</b>	+14:00	4 M30 PAAL
10.	n°145	NELIS Pex		31	10:00:00	10	<b>24:43</b>	2:26	<b>2:22:39</b>	13	2:26	28:24	25:02	25:04	<b>1:18:31</b>	4	<b>4:10:41</b>	+14:21	5 M30
11.	n°311	VERBEKE Bert		43	10:00:00	19	<b>27:06</b>	2:00	<b>2:16:15</b>	11	2:06	30:25	27:17	28:11	<b>1:25:54</b>	25	<b>4:13:18</b>	+16:58	3 M40 MENEN
12.	n°64	VAN LANGENHOVE Simon		28	10:00:00	8	<b>24:39</b>	1:54	<b>2:15:49</b>	7	2:28	31:44	28:37	28:34	<b>1:28:56</b>	39	<b>4:13:43</b>	+17:23	2 M25 LEBBEKE
13.	n°36	DEMEULENAERE Dries		27	10:00:00	4	<b>24:05</b>	1:51	<b>2:23:54</b>	14	2:10	30:05	27:10	28:33	<b>1:25:49</b>	24	<b>4:17:46</b>	+21:26	3 M25 BRUGGE
14.	n°5	DE BART Sander	NLD	22	10:02:38	21	<b>27:14</b>	1:58	<b>2:22:39</b>	18	2:07	29:20	27:04	27:48	<b>1:24:14</b>	16	<b>4:18:07</b>	+21:48	1 M18 BREDA
15.	n°143	MAES Elewout		30	10:02:39	58	<b>31:01</b>	3:13	<b>2:21:15</b>	21	2:35	29:14	25:59	25:48	<b>1:21:02</b>	11	<b>4:19:01</b>	+22:41	6 M30 WONTERGEM
16.	n°9	FABRI Yander		19	10:03:07	34	<b>28:53</b>	2:30	<b>2:25:05</b>	28	2:15	29:22	26:51	26:46	<b>1:23:00</b>	14	<b>4:21:38</b>	+25:18	2 M18 WICHELEN
17.	n°305	VAN OVERMEIRE Jeroen		41	10:04:37	37	<b>29:31</b>	3:03	<b>2:21:52</b>	24	2:21	30:17	27:39	27:38	<b>1:25:36</b>	22	<b>4:22:20</b>	+26:00	4 M40 LOKEREN
18.	n°67	VAN MANSHOVEN Noury		26	10:03:48	42	<b>30:25</b>	2:26	<b>2:22:19</b>	22	2:27	30:13	27:16	27:30	<b>1:25:00</b>	18	<b>4:22:33</b>	+26:13	4 M25 AS
19.	n°292	SMITZ David		43	10:00:00	32	<b>28:53</b>	3:07	<b>2:22:25</b>	17	2:40	30:33	27:23	27:41	<b>1:25:38</b>	23	<b>4:22:38</b>	+26:18	5 M40 OOSTERZELE
K	20.	n°35	DEFOORT Tom	26	10:04:50	78	<b>31:59</b>	2:43	<b>2:24:14</b>	37	3:36	28:30	25:53	25:54	<b>1:20:18</b>	9	<b>4:22:45</b>	+26:25	5 M25 KNOKKE-HEIST
21.	n°57	SLOOTMAEKERS Sjoerd		29	10:02:46	227	<b>36:40</b>	2:55	<b>2:16:50</b>	27	3:40	29:45	26:34	27:25	<b>1:23:44</b>	15	<b>4:23:47</b>	+27:27	6 M25 MUNSTERBILZEN
22.	n°124	VAN DIJCK Gregory		32	10:04:30	84	<b>32:24</b>	3:26	<b>2:21:43</b>	31	2:04	30:22	26:54	27:22	<b>1:24:39</b>	17	<b>4:24:13</b>	+27:53	7 M30 ZANDHOVEN
23.	n°172	DE MEYER Patrick		37	10:00:00	-	-	-	-	-	-	-	-	-	-	-	<b>4:24:55</b>	+28:35	2 M35 ANTWERPEN
24.	n°137	VISSERS Dries		32	10:02:46	27	<b>28:18</b>	2:51	<b>2:23:43</b>	20	2:15	31:21	28:50	29:40	<b>1:29:52</b>	40	<b>4:26:56</b>	+30:36	8 M30 WUUSTWEZEL
25.	n°2047	E TRI4FUN	---		10:02:56	86	<b>32:35</b>	1:28	<b>2:28:38</b>	46	1:37	30:08	26:23	26:14	<b>1:22:46</b>	13	<b>4:27:02</b>	+30:42	1 EQX
26.	n°166	CORNELISSEN Xavier		35	10:02:43	48	<b>30:38</b>	2:15	<b>2:25:08</b>	30	3:06	30:15	26:58	28:56	<b>1:26:10</b>	27	<b>4:27:13</b>	+30:53	3 M35 VRASENE
K	27.	n°155	BOUSSY Frederik	37	10:00:00	29	<b>28:43</b>	2:03	<b>2:22:49</b>	15	2:03	30:54	29:32	31:51	<b>1:32:19</b>	53	<b>4:27:54</b>	+31:34	4 M35 KNOKKE-HEIST
28.	n°313	VEREYCKEN Raf		40	10:03:30	46	<b>30:33</b>	2:13	<b>2:28:02</b>	39	2:45	31:06	27:13	26:40	<b>1:25:00</b>	19	<b>4:28:34</b>	+32:14	6 M40 MECHELEN
29.	n°236	WAER Frederik		37	10:00:00	88	<b>32:46</b>	2:26	<b>2:20:26</b>	19	2:52	31:20	29:25	29:28	<b>1:30:13</b>	44	<b>4:28:40</b>	+32:20	5 M35
30.	n°167	DE BOCK Hannes		35	10:04:26	139	<b>34:10</b>	2:58	<b>2:22:25</b>	38	2:18	31:21	27:35	28:01	<b>1:26:58</b>	35	<b>4:28:46</b>	+32:26	6 M35 WUUSTWEZEL
31.	n°2071	E SAFLORO	---		10:07:34	53	<b>30:53</b>	1:20	<b>2:26:51</b>	50	1:35	31:07	28:22	29:05	<b>1:28:35</b>	37	<b>4:29:11</b>	+32:51	2 EQM
32.	n°1053	F VERSTUYFT Katrien		37	10:00:00	26	<b>27:51</b>	1:56	<b>2:23:55</b>	16	2:12	32:56	30:48	30:55	<b>1:34:40</b>	75	<b>4:30:30</b>	+34:10	1 F35
33.	n°8	DE WINTER Siebe		23	10:00:00	12	<b>25:36</b>	2:05	<b>2:35:26</b>	34	1:58	29:18	27:07	29:03	<b>1:25:28</b>	21	<b>4:30:31</b>	+34:11	3 M18 BRASSCHAAT
34.	n°151	BATAVIA Thijs		35	10:03:19	30	<b>28:47</b>	4:05	<b>2:28:26</b>	42	4:34	30:08	27:24	27:48	<b>1:25:22</b>	20	<b>4:31:11</b>	+34:51	7 M35 SINT-AMANDSBERG (GENT)
K	35.	n°175	DE SCHROODER Benny	39	10:04:16	187	<b>35:26</b>	3:09	<b>2:16:16</b>	25	2:43	32:52	29:59	30:57	<b>1:33:49</b>	68	<b>4:31:20</b>	+35:00	8 M35 KNOKKE-HEIST
36.	n°2077	E TEAM PROTPUD	---		10:07:27	155	<b>34:45</b>	1:37	<b>2:26:54</b>	70	1:48	32:04	28:11	26:33	<b>1:26:50</b>	31	<b>4:31:50</b>	+35:30	3 EQM
37.	n°158	BRUYNEEL Stijn		39	10:03:54	36	<b>29:27</b>	2:36	<b>2:27:12</b>	35	2:41	32:24	29:15	29:40	<b>1:31:20</b>	51	<b>4:33:13</b>	+36:53	9 M35 OEKENE
38.	n°2064	E KAROLINGERS	---		10:05:01	50	<b>30:46</b>	1:30	<b>2:42:43</b>	117	1:24	28:18	24:37	24:50	<b>1:17:46</b>	3	<b>4:34:05</b>	+37:45	4 EQM
39.	n°404	BYTTEBIER Geert		54	10:03:59	87	<b>32:37</b>	3:37	<b>2:24:48</b>	43	2:55	31:24	28:56	31:03	<b>1:31:24</b>	52	<b>4:35:18</b>	+38:58	1 M50 LOPPEM
40.	n°70	VELGHE Jonas		27	10:04:18	69	<b>31:32</b>	3:31	<b>2:22:45</b>	32	3:43	34:05	30:14	30:10	<b>1:34:30</b>	74	<b>4:35:55</b>	+39:35	7 M25 ROESELARE
41.	n°224	VAN HASSELT Gunther		35	10:04:50	146	<b>34:25</b>	3:10	<b>2:30:29</b>	75	2:05	30:10	27:50	28:15	<b>1:26:16</b>	28	<b>4:36:21</b>	+40:01	10 M35 WUUSTWEZEL
42.	n°76	WOUTERS Alexander		25	10:04:39	28	<b>28:37</b>	2:06	<b>2:29:59</b>	44	2:34	31:52	28:51	32:43	<b>1:33:27</b>	64	<b>4:36:43</b>	+40:23	8 M25 PAAL
43.	n°2063	E JCP-CS	---		10:07:07	68	<b>31:31</b>	1:31	<b>2:32:13</b>	72	1:19	32:09	29:14	28:53	<b>1:30:17</b>	45	<b>4:36:46</b>	+40:26	5 EQM
44.	n°316	VERSCHAEREN Hans		42	10:03:27	79	<b>31:59</b>	3:14	<b>2:29:56</b>	58	3:08	31:47	28:15	28:34	<b>1:28:36</b>	38	<b>4:36:50</b>	+40:30	7 M40 BOECHOUT
45.	n°409	DE DECKER Bruno		53	10:04:04	62	<b>31:17</b>	2:27	<b>2:22:30</b>	29	2:15	36:19	30:27	31:47	<b>1:38:33</b>	122	<b>4:37:01</b>	+40:41	2 M50 GENT

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

# Zwin Triathlon - 1/2 Distance

## Knokke, 7 September 2019, BEL

1/2 Distance

Details

Pos	Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Total	Gap	Age Group		
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name
46.	n°1017	F VERMEYLEN Jolien		25	10:00:00	6	24:36	2:11	2:42:22	62	2:14	31:56	27:05	27:54	1:26:56	33	4:38:16	+41:56	1 F25	
47.	n°68	VANSIELEGHEM Jasper		29	10:06:34	189	35:28	2:14	2:24:40	61	3:24	31:08	28:26	33:00	1:32:35	55	4:38:19	+41:59	9 M25	
48.	n°88	CORNU Bert		30	10:02:27	17	26:39	2:24	2:27:35	26	2:39	33:52	32:40	33:52	1:40:25	143	4:39:40	+43:20	9 M30	
49.	n°100	HANSELAER Willem		32	10:09:33	289	38:08	4:06	2:28:11	116	2:40	30:55	28:12	27:47	1:26:55	32	4:39:56	+43:37	10 M30	
50.	n°252	DE LOECKER Ian		42	10:02:32	16	26:32	2:12	2:33:14	40	2:40	34:01	30:50	30:50	1:35:42	81	4:40:18	+43:58	8 M40	
51.	n°459	MATTHYS Marc		56	10:03:26	49	30:45	3:14	2:29:40	54	3:28	34:04	29:54	29:45	1:33:43	67	4:40:47	+44:27	1 M55	
52.	n°82	BORN Daan		31	10:08:46	96	33:07	3:06	2:28:49	86	2:32	33:12	29:52	30:28	1:33:32	65	4:41:04	+44:44	11 M30	
53.	n°1032	F VANCLOOSTER Lore		30	10:00:00	66	31:26	1:48	2:29:40	33	1:58	33:50	30:55	31:55	1:36:42	88	4:41:31	+45:12	1 F30	
54.	n°2067	E KLETSE KIETEN 1	---		10:08:02	212	36:08	1:17	2:29:45	92	1:34	33:16	29:17	30:19	1:32:53	58	4:41:34	+45:14	6 EQM	
K	55.	n°187	GENNART Frédéric		38	10:07:48	224	36:31	2:22	2:28:17	91	3:35	31:06	29:18	30:35	1:31:01	49	4:41:43	+45:23	11 M35
56.	n°2052	E BEAUREGARD 1	---		10:04:20	33	28:53	1:24	2:32:07	51	1:41	34:11	31:08	32:32	1:37:51	110	4:41:52	+45:33	7 EQM	
57.	n°2051	E BAR D' O/BESOX	---		10:05:57	122	33:47	1:45	2:34:43	98	1:49	31:47	28:20	29:57	1:30:06	42	4:42:06	+45:46	8 EQM	
58.	n°126	VAN LAECKE Jelle		32	10:08:21	196	35:35	4:34	2:32:42	127	2:53	30:58	27:26	28:02	1:26:27	29	4:42:08	+45:48	12 M30	
59.	n°194	JORISSEN Tim		39	10:03:03	20	27:09	2:16	2:31:05	36	3:27	35:16	30:40	33:13	1:39:10	126	4:43:05	+46:45	12 M35	
60.	n°333	CLEYNENS Philip		46	10:03:59	89	32:48	3:50	2:27:29	57	2:48	34:17	31:14	31:26	1:36:58	92	4:43:50	+47:30	1 M45	
61.	n°345	DEMIDDEL Ken		48	10:04:08	75	31:45	3:52	2:29:05	60	3:32	33:27	30:23	31:58	1:35:48	83	4:44:01	+47:41	2 M45	
62.	n°206	NEVEJANS Pieter		39	10:06:59	116	33:33	2:28	2:26:15	64	3:08	35:56	31:51	31:15	1:39:03	124	4:44:22	+48:02	13 M35	
63.	n°285	QUAGHEBEUR Klaas		41	10:04:34	64	31:22	3:26	2:29:51	63	2:34	35:02	30:53	31:23	1:37:19	102	4:44:30	+48:10	9 M40	
64.	n°139	VYVERMAN Wouter		31	10:08:38	106	33:22	2:31	2:29:25	88	4:15	33:30	30:24	31:10	1:35:05	78	4:44:34	+48:14	13 M30	
65.	n°425	HOMBLÉ Peter		53	10:06:38	57	30:58	3:05	2:32:26	80	2:45	34:06	31:04	31:04	1:36:16	85	4:45:26	+49:06	3 M50	
66.	n°198	LIEVENS Matthias		38	10:05:50	144	34:21	2:35	2:27:35	69	2:06	33:36	31:41	33:38	1:38:56	123	4:45:31	+49:11	14 M35	
67.	n°189	HENQUET Damien		37	10:03:14	23	27:44	3:02	2:31:52	47	4:54	34:26	31:11	32:25	1:38:03	115	4:45:34	+49:14	15 M35	
68.	n°243	BEHAEGHEL Dieter		42	10:08:38	143	34:20	2:19	2:29:14	90	2:37	36:02	29:56	31:15	1:37:13	99	4:45:41	+49:21	10 M40	
69.	n°380	SPRUYTTE Stefaan		45	10:05:35	174	35:12	2:48	2:28:56	73	2:17	34:26	31:18	31:23	1:37:08	98	4:46:17	+49:57	3 M45	
K	70.	n°329	CASTEIJN Tom		49	10:02:56	52	30:51	3:09	2:30:10	53	2:26	36:16	31:22	32:10	1:39:50	136	4:46:23	+50:03	4 M45
71.	n°209	SAEY Timothy		36	10:05:02	137	34:09	2:25	2:34:51	101	2:14	32:03	29:35	31:10	1:32:49	57	4:46:24	+50:04	16 M35	
72.	n°427	HUYGHE Stefaan		50	10:08:01	175	35:13	4:15	2:28:47	100	3:03	33:48	30:22	31:29	1:35:41	80	4:46:55	+50:35	4 M50	
73.	n°49	JACOBS Nathan		28	10:03:46	253	37:18	4:05	2:29:13	89	3:24	33:34	29:39	29:49	1:33:03	59	4:46:56	+50:36	10 M25	
74.	n°192	HERREMANS Kris		38	10:04:31	107	33:23	3:39	2:22:59	41	3:29	37:06	32:33	33:59	1:43:39	176	4:47:12	+50:52	17 M35	
75.	n°195	KERKHOF Flor		39	10:07:53	128	33:58	2:43	2:31:39	99	2:42	34:54	30:51	30:39	1:36:26	86	4:47:23	+51:03	18 M35	
76.	n°26	BOGAERT Tybo		25	10:05:58	99	33:15	3:00	2:33:15	94	2:56	33:05	30:27	31:48	1:35:22	79	4:47:44	+51:24	11 M25	
K	77.	n°1088	F VAN BIERVLIET Sophie		48	10:00:00	199	35:41	2:34	2:29:33	55	1:58	34:54	31:16	31:54	1:38:05	116	4:47:48	+51:28	1 F45
78.	n°31	DE CLERCK Niels		27	10:11:55	235	36:49	4:45	2:35:22	173	3:04	31:16	28:01	28:37	1:27:55	36	4:47:52	+51:32	12 M25	
79.	n°216	TRITAR Mehdi		37	10:10:12	215	36:15	3:53	2:30:53	128	2:49	32:29	30:30	31:09	1:34:09	72	4:47:57	+51:37	19 M35	
80.	n°2033	E MOEDER EEND	---		10:06:26	173	35:11	1:37	2:32:21	95	1:23	33:41	31:45	32:18	1:37:45	108	4:48:15	+51:55	2 EQX	
81.	n°276	JADOUX Renaud		43	10:03:13	25	27:48	3:23	2:34:59	66	3:20	35:13	31:28	32:39	1:39:21	134	4:48:49	+52:29	11 M40	
82.	n°2053	E BIG T	---		10:02:59	145	34:22	1:28	2:29:10	56	1:46	35:08	31:55	35:17	1:42:21	159	4:49:05	+52:45	9 EQM	
83.	n°125	VAN ELSACKER Bart		34	10:08:14	321	39:06	4:02	2:30:02	129	3:36	33:55	29:05	29:27	1:32:27	54	4:49:14	+52:54	14 M30	
84.	n°293	SMITZ Michel		44	10:05:10	90	32:54	2:16	2:32:39	77	2:21	35:19	31:45	32:14	1:39:19	131	4:49:27	+53:07	12 M40	
85.	n°107	MICHELSEN Bob		32	10:04:34	163	34:55	3:00	2:31:16	85	2:41	35:46	31:14	30:56	1:37:57	111	4:49:48	+53:28	15 M30	
86.	n°332	CLEEREN Stijn		46	10:13:25	176	35:14	3:44	2:29:23	132	3:31	36:05	31:21	31:00	1:38:27	121	4:50:17	+53:57	5 M45	
87.	n°219	VAN DE HEYNING Koen		37	10:04:22	102	33:18	2:20	2:32:56	76	2:20	34:19	32:09	33:08	1:39:37	135	4:50:31	+54:11	20 M35	
88.	n°308	VANROOSBROECK Jef		43	10:11:58	150	34:29	5:39	2:36:29	170	3:31	32:18	28:44	29:24	1:30:27	46	4:50:32	+54:12	13 M40	
89.	n°259	DENOULET Ward		42	10:10:49	171	35:07	2:26	2:32:44	125	2:45	34:14	31:12	32:15	1:37:42	106	4:50:43	+54:23	14 M40	
90.	n°182	DUCHENE Kris		35	10:08:17	140	34:15	3:06	2:19:53	45	3:52	38:47	34:55	36:25	1:50:08	263	4:51:12	+54:52	21 M35	

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

## Zwin Triathlon - 1/2 Distance

### Knokke, 7 September 2019, BEL

1/2 Distance

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running					Total	Gap	Age Group			
					Start	Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3			Time	Pos	Rank	Name
91.	n°2075	E TEAM 45	---		10:02:36	67	31:30	1:40	2:30:32	49	2:02	37:02	33:46	34:48	1:45:37	200	4:51:20	+55:00	10 EQM	
92.	n°47	HEYERICK Miguel		28	10:17:02	306	38:41	3:18	2:32:27	188	3:53	33:05	30:29	29:41	1:33:16	61	4:51:31	+55:11	13 M25	MACHELEN
93.	n°330	CHALTIN Joris		45	10:08:42	92	32:58	2:56	2:30:38	93	3:45	34:46	32:33	34:07	1:41:27	151	4:51:43	+55:23	6 M45	LEUVEN
94.	n°108	MINGELS Pieter		30	10:08:34	76	31:47	3:17	2:37:33	126	4:36	34:18	29:48	30:50	1:34:57	76	4:52:07	+55:47	16 M30	ZOLDER
95.	n°338	DE JONG Jan		45	10:06:18	113	33:31	4:16	2:37:35	130	3:28	33:58	29:41	29:45	1:33:25	63	4:52:13	+55:54	7 M45	EKEREN
96.	n°468	VERLINDE Marnik		55	10:07:57	126	33:55	4:22	2:33:55	121	2:41	34:23	31:12	31:48	1:37:24	104	4:52:15	+55:55	2 M55	ROESELARE
97.	n°2046	E TRI TEAM	---		10:15:13	384	42:16	1:33	2:37:11	225	1:22	32:28	28:15	29:15	1:29:58	41	4:52:16	+55:56	3 EQX	
98.	n°181	DETEMMERMAN Wouter		37	10:15:46	250	37:12	2:58	2:34:11	183	2:03	33:39	30:40	32:10	1:36:30	87	4:52:53	+56:33	22 M35	BASSEVELDE
99.	n°428	LAMBERG Olivier		53	10:04:47	179	35:18	3:50	2:40:03	138	2:50	32:18	28:29	30:18	1:31:06	50	4:53:06	+56:46	5 M50	GRIMBERGEN
100.	n°2055	E BOERENTEAM	---		10:02:23	45	30:32	1:28	2:35:19	159	1:19	31:17	27:45	27:53	1:26:56	34	4:53:29	+57:09	11 EQM	
101.	n°310	VERACHTERT Kristof			10:06:18	180	35:18	3:17	2:33:10	104	2:47	35:26	31:28	32:17	1:39:11	127	4:53:41	+57:21	1 XXX	KALMTHOUT
102.	n°2068	E MADDIES	---		10:02:50	233	36:49	1:40	2:37:45	110	1:51	34:28	30:44	30:29	1:35:43	82	4:53:45	+57:25	12 EQM	
103.	n°282	PEETERS Kris		41	10:03:48	47	30:35	3:46	2:35:02	81	2:47	36:17	32:13	33:19	1:41:50	155	4:53:56	+57:36	15 M40	HASSELT
104.	n°2074	E STLOD	---		10:10:57	119	33:44	1:49	2:26:22	74	1:52	39:58	35:27	34:42	1:50:09	264	4:53:57	+57:37	13 EQM	
105.	n°2039	E T3 DENTAL CLINIC A	---		10:07:21	104	33:19	1:26	2:37:40	113	1:39	35:52	31:57	32:14	1:40:05	140	4:54:06	+57:46	4 EQX	
106.	n°2054	E BIKERBOYZ	---		10:03:54	56	30:55	1:13	2:33:18	65	1:42	36:50	34:34	35:56	1:47:21	224	4:54:27	+58:07	14 EQM	
K 107.	n°328	CALEBOUT Stefan		48	10:13:59	318	39:01	3:30	2:31:02	157	2:59	35:13	31:03	31:44	1:38:01	114	4:54:31	+58:11	8 M45	KNOKKE-HEIST
108.	n°138	VUYLSTEKE Gregor	NLD	33	10:03:34	31	28:50	3:30	2:33:36	67	4:25	37:01	33:28	34:25	1:44:54	189	4:55:13	+58:53	17 M30	AMSTERDAM
K 109.	n°438	STEFFEN Alexandre		53	10:10:41	183	35:21	3:40	2:38:13	162	3:23	33:35	30:10	31:13	1:34:58	77	4:55:32	+59:12	6 M50	KNOKKE-HEIST
110.	n°416	DESSEYN Peter		52	10:05:05	134	34:04	3:10	2:37:24	112	2:45	35:02	32:00	31:15	1:38:17	117	4:55:37	+59:17	7 M50	ZOTTEGEM
111.	n°432	MECKLENBURG Karsten		52	10:04:44	166	35:01	2:32	2:37:46	118	3:01	34:44	31:17	31:19	1:37:21	103	4:55:38	+59:18	8 M50	KRAAINEM
112.	n°378	SLOCK Endy	NLD	45	10:07:25	77	31:57	4:35	2:38:13	137	4:06	33:36	30:59	32:17	1:36:53	91	4:55:40	+59:21	9 M45	AXEL
113.	n°336	DE BACKER Jeroen		48	10:17:16	437	45:19	3:43	2:27:25	204	2:48	34:06	31:07	31:36	1:36:50	90	4:56:03	+59:43	10 M45	KAPRIJKE
114.	n°190	HENS Jan		38	10:04:26	120	33:45	2:49	2:32:05	79	2:18	37:32	34:00	33:39	1:45:13	196	4:56:08	+59:48	23 M35	WESTMALLE
115.	n°389	WEEMAELS Pascal		46	10:11:46	300	38:22	4:13	2:30:49	145	3:54	34:59	31:40	32:41	1:39:20	133	4:56:37	+1:00:17	11 M45	MERELBEKE
116.	n°204	MOORE David	NLD	38	10:11:33	198	35:39	3:34	2:41:37	193	2:12	32:50	29:55	30:56	1:33:42	66	4:56:40	+1:00:20	24 M35	MAASTRICHT
117.	n°201	MARIEN Michael		39	10:12:34	324	39:09	3:26	2:34:51	180	2:37	34:23	31:15	31:25	1:37:04	95	4:57:05	+1:00:45	25 M35	HASSELT
118.	n°197	LEFEVRE Alex		36	10:02:27	14	26:19	2:37	2:38:15	68	2:53	36:58	33:19	36:49	1:47:07	221	4:57:09	+1:00:49	26 M35	KORTENBERG
119.	n°250	DE GROOF Steven		44	10:13:02	323	39:07	4:52	2:40:29	235	3:36	32:26	28:49	29:29	1:30:45	47	4:58:44	+1:02:25	16 M40	SINT-KATELJUNE-WAVER
120.	n°96	EGELER Derk	NLD	34	10:03:33	164	34:57	3:45	2:39:53	136	3:28	34:30	30:49	31:40	1:37:00	93	4:59:01	+1:02:42	18 M30	NOORD HOLLAND
121.	n°225	VAN HULLE Dwright	NLD	38	10:06:39	169	35:04	3:29	2:33:09	107	2:29	36:27	33:42	34:46	1:44:56	190	4:59:07	+1:02:47	27 M35	IJZENDIJK
122.	n°162	CLARYSSE Frederik		37	10:15:30	197	35:39	4:15	2:38:06	201	3:01	34:31	31:44	32:04	1:38:20	118	4:59:18	+1:02:58	28 M35	WAREGEM
123.	n°202	MINTJENS Bart		39	10:08:21	127	33:56	3:19	2:30:05	96	2:20	39:08	35:09	35:24	1:49:42	256	4:59:19	+1:02:59	29 M35	WESTMALLE
124.	n°60	THEUNIS Olivier		28	10:11:14	204	35:53	2:59	2:35:26	149	2:55	37:00	32:40	32:39	1:42:20	158	4:59:30	+1:03:10	14 M25	BERTEM
125.	n°279	LIERMAN Steven		44	10:10:13	293	38:12	5:03	2:42:03	218	3:24	32:34	29:01	29:18	1:30:55	48	4:59:34	+1:03:14	17 M40	VREMDE
K 126.	n°196	LAMOTE Paul		39	10:03:42	112	33:30	2:36	2:33:16	78	3:01	37:01	34:32	35:40	1:47:14	222	4:59:35	+1:03:15	30 M35	KNOKKE-HEIST
127.	n°295	SOMERS Ben		40	10:05:43	108	33:24	3:26	2:35:40	105	2:29	35:22	33:02	36:17	1:44:42	184	4:59:40	+1:03:20	18 M40	TONGEREN
128.	n°353	GOETRY Frederic		45	10:03:52	35	28:58	3:18	2:41:03	103	3:50	36:18	32:51	33:27	1:42:37	162	4:59:43	+1:03:23	12 M45	GENT
129.	n°28	COPPENS Anton		25	10:06:02	100	33:15	3:32	2:37:38	124	2:44	36:07	32:51	33:41	1:42:40	163	4:59:44	+1:03:24	15 M25	LINT
130.	n°72	VERWAEREN Michiel		28	10:05:39	191	35:30	3:26	2:41:34	151	2:38	34:54	31:11	31:00	1:37:07	97	5:00:12	+1:03:52	16 M25	AALST
131.	n°230	VERMEULEN Douwe	NLD	38	10:03:39	41	30:14	4:20	2:35:31	84	3:46	35:34	32:42	38:20	1:46:37	214	5:00:29	+1:04:09	31 M35	AMSTERDAM
132.	n°228	VANSPEYBROECK Bart		35	10:06:43	114	33:32	3:30	2:36:06	114	2:45	38:51	33:39	32:36	1:45:07	194	5:00:56	+1:04:37	32 M35	DE HAAN
133.	n°377	SIERENS Hendrik		49	10:08:42	115	33:33	3:40	2:43:27	176	2:51	34:04	31:22	32:17	1:37:43	107	5:01:12	+1:04:52	13 M45	KESSEL-LO
134.	n°232	VISSERS Christophe		37	10:05:47	121	33:47	4:01	2:41:22	141	4:48	33:56	31:13	32:08	1:37:18	101	5:01:14	+1:04:54	33 M35	KONTICH (ANTWERP)
135.	n°2050	E ALLESBEHALVEMAKKELIJKDEZE	---		10:13:28	190	35:29	1:38	2:44:03	210	1:43	33:29	31:48	33:07	1:38:26	119	5:01:15	+1:04:55	15 EQM	

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

# Zwin Triathlon - 1/2 Distance

## Knokke, 7 September 2019, BEL

1/2 Distance

Details

Pos	Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Total	Gap	Age Group		City
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	
136.	n°114	ROUFFA Kristof		33	10:09:14	203	35:53	5:34	2:37:58	171	2:45	34:13	31:02	34:01	1:39:17	129	5:01:27	+1:05:07	19 M30	TONGEREN
137.	n°14	SCHREUDERS Thomas	NLD	21	10:15:42	261	37:35	5:24	2:30:20	175	4:49	35:40	32:38	35:22	1:43:40	177	5:01:46	+1:05:26	4 M18	BRAKEL
138.	n°268	GAUDAEN Koen		44	10:09:00	131	34:01	4:02	2:43:06	184	3:51	35:12	30:34	31:15	1:37:02	94	5:01:59	+1:05:39	19 M40	GRIMBERGEN
139.	n°87	CLEEREN Koen		30	10:05:13	237	36:50	2:20		-		37:56	33:56	35:04	1:46:56	217	5:02:05	+1:05:45	20 M30	ANTWERPEN
140.	n°1030	F NOBUS - VAN DEN BROECKE Monique	NLD	34	10:03:13	109	33:27	2:16	2:40:58	115	2:30	36:44	32:58	33:19	1:43:02	168	5:02:10	+1:05:50	2 F30	AARDENBURG
141.	n°132	VANDUYVER Dimitri		32	10:04:45	81	32:05	3:17	2:33:43	87	2:34	36:35	35:44	38:14	1:50:34	268	5:02:11	+1:05:51	21 M30	IZEGEM
142.	n°159	BRYDENBACH Tim		35	10:00:00	7	24:37	1:44	2:16:02	8	2:47	31:22	34:04	1:12:00	2:17:28	462	5:02:41	+1:06:21	34 M35	VORSELAAR
143.	n°2028	E ENJOY TODAY 2.0	---		10:19:03	460	47:08	2:05	2:24:21	194	1:48	38:37	34:58	33:48	1:47:25	225	5:02:45	+1:06:25	5 EQX	
144.	n°2009	E SWIMCLASS	---		10:02:16	74	31:45	1:22	2:38:20	83	1:36	37:58	34:54	36:52	1:49:44	258	5:02:52	+1:06:32	1 EQF	
145.	n°48	HOPCHET William		26	10:13:32	316	38:58	2:56	2:32:23	160	2:30	35:37	33:48	37:03	1:46:29	212	5:03:16	+1:06:56	17 M25	BERCHEM
146.	n°284	PIERSON Dave		40	10:09:03	202	35:52	3:25	2:39:54	166	3:38	35:42	32:54	32:09	1:40:46	146	5:03:32	+1:07:12	20 M40	EDEGEM
147.	n°375	ROOTSAERT Frank		49	10:12:29	216	36:16	2:11	2:39:05	181	2:33	37:30	33:43	32:17	1:43:30	173	5:03:33	+1:07:13	14 M45	SLEIDINGE
K 148.	n°414	DECLERCK Jan		52	10:06:09	320	39:06	2:40	2:37:11	144	2:36	36:03	32:22	33:58	1:42:24	160	5:03:56	+1:07:36	9 M50	KNOKKE-HEIST
149.	n°58	STEYAERT Emile		26	10:03:20	54	30:55	3:26	2:49:09	155	2:45	34:06	31:05	32:47	1:37:59	113	5:04:09	+1:07:49	18 M25	NIEUWPOORT
150.	n°44	GROOTAERT Arjen		26	10:13:02	153	34:45	5:09	2:32:08	143	3:24	38:11	35:19	35:42	1:49:14	249	5:04:40	+1:08:20	19 M25	MALDEGEM
151.	n°186	GEERTS Tom		39	10:09:37	97	33:12	4:45	2:45:20	195	4:36	33:58	30:28	32:23	1:36:49	89	5:04:41	+1:08:21	35 M35	BEVEREN
152.	n°183	ELSHOUT Pieter		35	10:17:20	269	37:39	4:45	2:46:14	295	3:05	33:36	29:53	29:37	1:33:07	60	5:04:47	+1:08:27	36 M35	GENT
153.	n°445	VERDUYN Eddy		52	10:04:54	148	34:25	3:11	2:36:32	109	2:52	39:57	34:16	33:56	1:48:10	238	5:05:09	+1:08:49	10 M50	DAMME - SIJSELE
154.	n°32	DE JONGH Max		28	10:05:20	260	37:31	7:55	2:49:33	261	8:45	49:06	32:36		5:05:25		+1:09:05	20 M25	STABROEK	
155.	n°2027	E DE UITSLOVERS	---		10:12:01	403	43:07	1:40	2:45:42	267	1:41	34:16	29:25	29:36	1:33:18	62	5:05:25	+1:09:05	6 EQX	
156.	n°364	LELIÈVRE Marc		49	10:13:05	310	38:49	3:53	2:42:46	241	2:52	35:44	31:19	30:14	1:37:18	100	5:05:37	+1:09:17	15 M45	BRUXELLES
157.	n°290	SIMOENS Tom		41	10:11:14	167	35:02	3:37	2:49:27	251	3:51	33:31	30:41	29:42	1:33:55	70	5:05:48	+1:09:28	21 M40	ZEDELGEM
158.	n°153	BEKEMANS Jeroen		39	10:07:22	101	33:18	2:51	2:42:32	150	2:52	36:00	33:28	35:03	1:44:32	182	5:06:02	+1:09:43	37 M35	OOSTENDE
159.	n°2044	E TEAM KNH	---		10:14:04	408	43:27	1:24	2:39:39	244	1:47	36:05	31:35	32:36	1:40:17	142	5:06:33	+1:10:13	7 EQX	
160.	n°381	VAN BOSSCHE Dimitri		45	10:06:52	242	36:58	5:33	2:40:23	177	3:08	36:00	32:09	32:42	1:40:51	147	5:06:51	+1:10:31	16 M45	DENDERMONDE
161.	n°140	WAUTERS Daan		31	10:06:49	110	33:29	3:14	2:38:33	135	4:03	37:21	35:03	35:19	1:47:44	231	5:07:01	+1:10:41	22 M30	BUGGENHOUT
162.	n°2060	E ECHE KNOCKE-HEISTENAREN	---		10:16:42	368	41:25	1:36	2:48:37	306	1:49	35:28	30:12	28:35	1:34:16	73	5:07:38	+1:11:18	16 EQM	
163.	n°73	WAUTRAETS Joey		28	10:06:30	234	36:49	3:58	2:40:58	167	3:12	35:44	33:09	33:56	1:42:51	165	5:07:45	+1:11:25	21 M25	HAM
164.	n°2040	E T3 DENTAL CLINIC B	---		10:02:20	2	22:59	1:36	3:15:41	270	1:47	31:47	27:25	27:17	1:26:30	30	5:08:29	+1:12:09	8 EQX	
165.	n°2070	E RTKH 1	---		10:02:59	85	32:29	1:29	2:39:48	102	2:02	40:31	35:53	36:51	1:53:16	300	5:09:00	+1:12:40	17 EQM	
K 166.	n°408	DE CLERCQ Johan		50	10:07:48	157	34:49	2:29	2:41:12	152	2:58	36:52	33:59	36:45	1:47:38	229	5:09:06	+1:12:46	11 M50	KNOKKE-HEIST
167.	n°69	VANSLEMBROUCK Thijs		29	10:06:06	282	37:57	2:58	2:40:53	161	2:54	35:57	33:18	35:27	1:44:42	186	5:09:26	+1:13:06	22 M25	MELLE
168.	n°1009	F SAP Julie		27	10:07:17	152	34:43	2:44	2:39:53	140	2:36	39:42	34:33	35:27	1:49:43	257	5:09:37	+1:13:17	2 F25	BEERNEM
169.	n°257	DECUBBER Kristof		41	10:11:57	371	41:36	3:42	2:34:28	189	3:23	37:36	33:53	35:11	1:46:41	215	5:09:49	+1:13:29	22 M40	GISTEL
170.	n°315	VERSCHAEREN Tim		40	10:03:24	82	32:18	5:12	2:45:37	154	6:32	36:21	31:33	32:19	1:40:14	141	5:09:50	+1:13:30	23 M40	BOECHOUT
171.	n°85	BYLOOS Michael		30	10:09:23	229	36:42	5:04	2:46:44	238	3:51	33:07	30:58	33:44	1:37:51	109	5:10:08	+1:13:48	23 M30	TONGEREN
172.	n°309	VELDEMAN Geet		43	10:06:43	159	34:51	3:58	2:34:44	122	2:38	40:05	36:13	37:41	1:53:59	305	5:10:10	+1:13:50	24 M40	DENDERMONDE
173.	n°2031	E IPSOS TEAM 1	---		10:16:45	347	40:17	2:02	2:37:43	228	6:35	39:06	32:59	31:55	1:44:01	179	5:10:37	+1:14:17	9 EQX	
174.	n°275	INGELS Tanguy		40	10:11:02	195	35:32	3:38	2:42:06	191	2:54	37:37	34:37	34:16	1:46:31	213	5:10:39	+1:14:19	25 M40	HEIST OP DEN BERG
175.	n°121	VAN DE HEYNING Geert		33	10:04:22	72	31:39	2:21	2:37:32	97	2:45	39:39	38:31	38:33	1:56:44	334	5:10:59	+1:14:39	24 M30	OOSTMALLE
176.	n°1006	F DEVALCKENEER Ann		26	10:02:51	98	33:13	2:15	2:41:59	123	3:04	39:56	34:42	36:01	1:50:40	269	5:11:07	+1:14:47	3 F25	KALMTHOUT
K 177.	n°371	RAMMELO Eddy		48	10:15:51	333	39:28	4:32	2:34:40	209	3:35	39:04	34:20	35:30	1:48:55	247	5:11:10	+1:14:50	17 M45	KNOKKE-HEIST
178.	n°2056	E DB SCHENKER	---		10:15:37	372	41:38	1:42	2:40:22	250	2:39	38:20	33:37	32:59	1:44:58	181	5:11:18	+1:14:58	18 EQM	
179.	n°165	CORNELIS Frederik		39	10:11:09	360	40:57	4:07	2:42:29	245	3:48	36:43	32:15	31:55	1:40:54	148	5:12:13	+1:15:53	38 M35	TERNAT
180.	n°287	ROELS Gregory		40	10:04:08	94	33:06	3:21	2:49:40	185	3:10	36:08	32:01	34:50	1:43:00	167	5:12:16	+1:15:56	26 M40	DE HAAN

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

## Zwin Triathlon - 1/2 Distance

### Knokke, 7 September 2019, BEL

1/2 Distance

Details

Pos	Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Total	Gap	Age Group			
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name	City
181.	n°211	SEGERS Nicolas		37	10:06:46	220	36:23	3:11	2:38:53	146	2:22	38:40	35:58	37:14	1:51:52	288	5:12:41	+1:16:21	39 M35	HAMME	
K	182.	n°352	GOETHALS Frederik	45	10:06:14	353	40:36	4:02	2:37:41	169	5:59	37:22	33:29	33:57	1:44:50	187	5:13:07	+1:16:47	18 M45	KNOKKE-HEIST	
	183.	n°267	FASTRÉ Peter	41	10:09:19	319	39:02	5:51	2:35:45	178	3:21	37:33	34:22	37:22	1:49:19	250	5:13:15	+1:16:55	27 M40	BILZEN	
	184.	n°52	MEERTS Louis	25	10:13:33	370	41:31	3:16	2:33:25	190	2:09	38:50	36:22	37:44	1:52:58	298	5:13:18	+1:16:58	23 M25	BERCHEM	
	185.	n°2036	E SPORTIEVE BENDE MIXTE	---	10:13:13	356	40:41	1:58	2:47:44	279	1:57	36:05	32:08	32:59	1:41:13	149	5:13:31	+1:17:11	10 EQX		
	186.	n°1015	F VANCLOOSTER Hanne	27	10:00:00	243	36:59	2:50	2:46:31	153	2:10	37:47	33:37	33:42	1:45:07	193	5:13:34	+1:17:14	4 F25	HEVERLEE	
	187.	n°2043	E TEAM FANTASTIC 3	---	10:13:00	284	38:01	1:33	2:44:17	229	1:53	37:31	34:45	35:36	1:47:53	234	5:13:34	+1:17:14	11 EQX		
	188.	n°2021	E APEROL SPRINT	---	10:16:44	481	51:04	1:45	2:40:49	321	1:50	35:39	31:39	31:08	1:38:27	120	5:13:52	+1:17:32	12 EQX		
	189.	n°2062	E JABEMA	---	10:07:38	123	33:50	1:47	3:02:49	296	1:50	34:51	30:01	28:57	1:33:51	69	5:14:06	+1:17:46	19 EQM		
	190.	n°304	F VAN LOOVEREN Kris	43	10:13:49	334	39:29	5:07	2:34:34	197	3:26	37:56	35:51	37:53	1:51:41	286	5:14:18	+1:17:58	28 M40	WUUSTWEZEL	
	191.	n°2078	E THE POWER RANGERS	---	10:13:55	295	38:16	1:37	2:28:05	133	1:56	43:11	39:38	41:36	2:04:26	394	5:14:19	+1:17:59	20 EQM		
	192.	n°242	E BEEL Steven	40	10:12:49	340	39:47	4:20	2:45:48	271	3:49	36:18	32:03	32:18	1:40:40	144	5:14:23	+1:18:03	29 M40	WORTEGEM	
	193.	n°2025	E DE SAVELTJES	---	10:10:09	245	37:02	1:34	2:54:09	275	1:44	35:59	31:36	32:27	1:40:03	139	5:14:31	+1:18:11	13 EQX		
	194.	n°25	BLOM Bas	29	10:12:58	213	36:10	3:55	2:44:18	234	3:56	38:49	33:15	34:15	1:46:20	209	5:14:38	+1:18:18	24 M25	GENT	
	195.	n°160	CALLEBAUT Jonathan	38	10:10:57	263	37:35	3:32	2:38:47	187	3:23	38:49	36:28	36:16	1:51:34	283	5:14:50	+1:18:30	40 M35	MERELBEKE	
	196.	n°1086	F ONGHENA Sylvia	48	10:10:02	200	35:42	3:04	2:50:40	252	2:21	35:58	33:37	33:32	1:43:09	171	5:14:53	+1:18:33	2 F45	WILRIJK	
K	197.	n°457	MAES Olivier	55	10:05:20	141	34:16	5:18	2:40:08	142	3:49	40:36	35:33	35:23	1:51:33	282	5:15:04	+1:18:44	3 M55	KNOKKE-HEIST	
K	198.	n°1072	F WYBOUW Katrien	41	10:00:00	208	36:00	2:40	2:41:29	120	2:38	39:26	36:26	36:27	1:52:21	293	5:15:06	+1:18:47	1 F40	KNOKKE-HEIST	
	199.	n°1021	F BALLIU Kaya	34	10:07:30	188	35:27	4:04	2:46:26	200	3:44	38:11	33:42	33:44	1:45:38	201	5:15:16	+1:18:56	3 F30	HEMIKSEM	
	200.	n°154	BILLIET Jeroen	39	10:13:26	168	35:03	5:59	2:41:27	222	4:45	38:38	34:24	35:10	1:48:12	239	5:15:24	+1:19:04	41 M35	BRUGES	
	201.	n°29	CRABEELS Pascal	26	10:03:06	43	30:28	2:46	2:42:54	111	2:38	37:30	37:50	42:04	1:57:25	341	5:16:12	+1:19:52	25 M25	MIDDELKERKE	
K	202.	n°478	VERWIMP Marc	61	10:04:58	103	33:19	3:42	2:39:55	134	4:55	39:31	35:35	39:14	1:54:21	310	5:16:12	+1:19:52	1 M60	KNOKKE-HEIST	
K	203.	n°418	DEWAELE Didier	51	10:10:53	317	38:59	3:23	2:42:07	215	3:43	38:03	34:37	35:33	1:48:14	240	5:16:25	+1:20:05	12 M50	KNOKKE-HEIST	
	204.	n°1101	F SCHRIJVERS Griet	52	10:07:30	230	36:43	3:05	2:37:57	147	3:26	39:41	36:02	39:39	1:55:24	320	5:16:37	+1:20:17	1 F50	OOSTMALLE	
	205.	n°3	BORMS Robin	23	10:12:02	130	34:00	4:56	2:46:00	231	3:16	37:54	34:17	36:16	1:48:28	243	5:16:38	+1:20:18	5 M18	MARIEKERKE (BORNEM)	
	206.	n°208	PICAVET Stefan	NLD	37	10:05:54	124	33:50	3:52	2:51:44	214	3:42	35:27	32:49	35:21	1:43:38	175	5:16:45	+1:20:25	42 M35	ULVENHOUT
	207.	n°177	DEBUSSCHERE Kevin	39	10:15:06	336	39:34	4:11	2:38:49	237	2:55	38:39	35:53	36:45	1:51:18	279	5:16:45	+1:20:26	43 M35	DE HAAN	
	208.	n°173	DE MUYNCK Stijn	36	10:13:49	172	35:11	4:58	2:44:12	240	6:16	37:31	33:57	34:49	1:46:18	208	5:16:53	+1:20:33	44 M35	ASSEBROEK	
	209.	n°344	DEGEETER Steven	48	10:06:26	65	31:23	3:41	2:42:59	139	3:54	40:30	36:04	38:29	1:55:04	317	5:17:00	+1:20:40	19 M45	BRUGGE	
	210.	n°215	THUY Kristof	37	10:14:14	273	37:43	4:58	2:47:40	285	3:16	36:15	33:38	33:51	1:43:46	178	5:17:18	+1:20:58	45 M35	SINT-NIKLAAS	
	211.	n°150	ANTHONISSEN Gert	39	10:17:16	449	46:22	4:59	2:46:43	349	3:38	34:41	30:43	30:25	1:35:50	84	5:17:27	+1:21:08	46 M35	WUUSTWEZEL	
K	212.	n°131	VANDIERENDONCK Sammy	34	10:06:29	298	38:18	3:44	2:39:33	164	4:02	40:36	36:05	35:11	1:51:52	289	5:17:28	+1:21:08	25 M30	KNOKKE-HEIST	
K	213.	n°348	FAGEL Mario	49	10:12:04	252	37:16	3:45	2:34:18	156	5:10	40:13	37:22	39:33	1:57:09	340	5:17:39	+1:21:19	20 M45	KNOKKE-HEIST	
	214.	n°439	TYTGAT Joost	54	10:08:26	178	35:17	7:34	2:49:01	260	4:51	36:58	32:27	31:50	1:41:16	150	5:17:57	+1:21:37	13 M50	OOSTTROZEBEKE	
	215.	n°261	DESMET Tom	44	10:11:37	262	37:35	5:58	2:57:41	337	2:47	32:54	30:10	30:56	1:34:01	71	5:17:59	+1:21:39	30 M40	WEMMEL	
	216.	n°2083	E VKD BOYS	---	10:19:18	416	43:50	1:46	2:48:50	343	1:45	35:32	32:47	33:32	1:41:51	156	5:18:01	+1:21:41	21 EQM		
	217.	n°1007	F PAARDEKAM Nele	29	10:11:38	246	37:03	3:04	2:48:13	257	2:41	37:12	34:21	35:33	1:47:07	220	5:18:07	+1:21:47	5 F25	KALMTHOUT	
	218.	n°2034	E NO STRESS TEAM	---	10:06:14	312	38:51	1:44	2:40:43	158	1:50	42:34	35:58	37:22	1:55:55	327	5:19:00	+1:22:41	14 EQX		
	219.	n°368	MOERENHOUT Pierre	48	10:12:08	158	34:51	4:21	2:52:00	277	2:59	37:34	34:01	33:31	1:45:07	195	5:19:17	+1:22:57	21 M45	SERSKAMP	
	220.	n°223	F VAN HAL Robin	NLD	39	10:14:29	387	42:22	4:11	2:41:31	268	3:37	37:37	34:56	35:17	1:47:51	233	5:19:29	+1:23:09	47 M35	SLUIS
	221.	n°1020	F BAEKE Ingrid	33	10:03:51	43	30:28	3:10	2:50:39	165	3:03	40:11	35:47	36:19	1:52:19	292	5:19:38	+1:23:18	4 F30	LOKEREN	
	222.	n°262	DETAELLENAERE Kristof	43	10:06:21	205	35:54	3:54	2:47:02	198	3:25	38:39	34:37	36:07	1:49:25	252	5:19:43	+1:23:23	31 M40	GRASHEIDE	
	223.	n°163	CLEENWERCK Dieter	38	10:09:09	105	33:21	8:28	2:55:15	298	3:28	33:46	31:58	33:33	1:39:18	130	5:19:48	+1:23:28	48 M35	WINGENE	
	224.	n°234	WALRAVENS Jeroen	39	10:09:57	322	39:06	3:42	2:43:42	227	3:44	39:30	34:49	35:20	1:49:40	255	5:19:54	+1:23:34	49 M35	LEDEBERG	
	225.	n°340	DE KOSTER Bart	49	10:09:50	287	38:04	4:14	2:52:23	284	4:41	34:45	32:00	34:00	1:40:45	145	5:20:09	+1:23:49	22 M45	GRIMBERGEN	

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h



## Zwin Triathlon - 1/2 Distance

### Knokke, 7 September 2019, BEL

1/2 Distance

Details

Pos	Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Total	Gap	Age Group		
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name
K	271. n°255	DE SMET Maarten		42	10:16:00	484	51:21	7:46	2:44:59	378	3:06	35:24	31:40	32:48	1:39:53	137	5:27:03	+1:30:43	38 M40	GERAARDSBERGEN
K	272. n°95	D'HONDT Dimitri		30	10:14:18	265	37:37	5:32	2:45:46	276	7:14	38:07	36:16	36:37	1:51:01	273	5:27:09	+1:30:49	30 M30	KNOKKE-HEIST
	273. n°89	COTTON Oliver	GBR	31	10:03:39	301	38:31	8:25	2:53:38	281	7:43	34:25	31:17	33:23	1:39:05	125	5:27:19	+1:30:59	31 M30	ALRESFORD
	274. n°325	AMIJS Tom		49	10:10:05	326	39:11	4:30	2:53:08	303	3:13	38:27	34:12	34:47	1:47:27	226	5:27:25	+1:31:05	33 M45	GOOIK
K	275. n°101	HERBOTS Vincent		30	10:14:54	413	43:36	3:50	2:34:33	230	5:21	42:25	38:02	39:40	2:00:08	367	5:27:26	+1:31:06	32 M30	KNOKKE-HEIST
	276. n°178	DECOCK Bert		37	10:11:41	274	37:45	4:17	2:50:38	282	3:38	39:22	35:42	36:17	1:51:23	281	5:27:39	+1:31:19	57 M35	MEIGEM
K	277. n°443	VANDERKEILEN Peter		51	10:08:50	240	36:57	3:45	2:40:33	182	4:35	43:45	38:59	39:07	2:01:52	380	5:27:41	+1:31:21	14 M50	KNOKKE-HEIST
	278. n°421	HANECA Nico		50	10:12:25	302	38:32	6:46	3:04:28	387	5:29	32:42	30:17	29:36	1:32:36	56	5:27:47	+1:31:27	15 M50	HOESELT
K	279. n°461	MORBEE Jan		59	10:02:15	331	39:20	4:26	2:52:55	247	3:35	38:42	34:21	34:34	1:47:39	230	5:27:54	+1:31:34	7 M55	KNOKKE-HEIST
K	280. n°456	DEVLIEGHE Danny		56	10:04:14	55	30:55	4:42	2:48:09	163	3:43	39:56	39:43	40:55	2:00:34	370	5:28:04	+1:31:44	8 M55	KNOKKE-HEIST
	281. n°92	DE WINTER Frederic		30	10:05:10	232	36:49	6:39	2:45:54	207	4:10	39:51	37:36	37:04	1:54:32	311	5:28:06	+1:31:46	33 M30	KAPELLEN
	282. n°296	STRUYF Stefan		41	10:17:43	433	45:11	3:39	2:38:47	289	3:10	42:44	37:20	37:43	1:57:48	346	5:28:37	+1:32:17	39 M40	SINT-NIKLAAS
	283. n°2058	E DE SPORTIEVE BENDE	---		10:13:14	410	43:34	1:35	2:57:15	352	1:50	39:11	33:37	31:47	1:44:36	183	5:28:49	+1:32:29	22 EQM	
	284. n°475	VANEENOOGHE Benny		61	10:12:45	339	39:40	4:46	2:49:00	297	4:37	38:44	36:04	36:07	1:50:56	271	5:28:58	+1:32:38	3 M60	LOPPPEM
K	285. n°75	WITTESAELE Winston		25	10:14:35	385	42:20	5:05	2:52:20	344	4:27	36:45	33:57	34:33	1:45:17	197	5:29:27	+1:33:07	28 M25	KNOKKE-HEIST
	286. n°2072	E SLAEREKES	---		10:04:44	59	31:02	1:22	2:41:41	108	1:46	43:05	42:50	48:24	2:14:20	451	5:30:16	+1:33:56	23 EQM	
	287. n°30	DE BRABANDERE Felix		29	10:07:34	285	38:03	5:08	2:50:23	265	3:12	39:06	38:12	36:17	1:53:36	302	5:30:18	+1:33:58	29 M25	MERELBEKE
	288. n°135	VERTHONGEN Yannick		33	10:14:29	397	42:55	5:36	2:59:19	390	4:43	35:42	31:51	30:24	1:37:58	112	5:30:29	+1:34:09	34 M30	BRASSCHAAT
	289. n°130	VANDERHAEGHE Dimitri		34	10:08:53	211	36:08	3:42	2:46:43	217	3:06	43:32	37:47	39:36	2:00:56	373	5:30:37	+1:34:17	35 M30	IEPER
	290. n°272	HANDEKYN Koel		44	10:11:49	267	37:39	5:21	2:56:33	327	3:35	38:16	34:25	35:38	1:48:19	241	5:31:25	+1:35:05	40 M40	LOCHRISTI
	291. n°221	VAN ECHELHOEF Filip		38	10:11:42	254	37:23	4:14	2:58:41	332	5:12	38:44	33:27	33:50	1:46:03	204	5:31:32	+1:35:12	58 M35	LILLE
	292. n°2024	E DE BRABKES	---		10:07:39	249	37:11	1:26	3:02:04	308	1:43	38:18	35:27	35:34	1:49:20	251	5:31:42	+1:35:22	17 EQX	
	293. n°473	NACHTERGAEL Luc		62	10:09:33	305	38:35	5:46	2:54:22	304	5:14	38:38	34:35	34:39	1:47:53	235	5:31:48	+1:35:28	4 M60	DILBEEK
	294. n°210	SEGAERT Thomas		35	10:09:46	291	38:12	4:14	2:47:37	256	4:46	43:13	37:32	36:15	1:57:02	336	5:31:48	+1:35:28	59 M35	KORTEMARK
	295. n°401	BERTELS Ronny		52	10:06:09	133	34:03	3:43	2:53:40	236	2:51	40:02	38:03	39:25	1:57:31	343	5:31:49	+1:35:29	16 M50	BREDENE
	296. n°2010	E TRIA+ PRO LADIES	---		10:14:06	308	38:45	2:03	3:02:43	360	2:04	38:47	34:07	33:29	1:46:24	211	5:31:56	+1:35:36	2 EQF	
	297. n°220	VAN DEN WYNGAERT Filip		39	10:14:35	352	40:33	6:15	2:55:43	358	4:41	37:19	32:57	34:34	1:44:51	188	5:32:04	+1:35:44	60 M35	AARTSELAAR
	298. n°447	VERTONGEN Dirk		53	10:06:53	170	35:05	5:49	2:40:39	168	4:41	43:33	39:48	42:51	2:06:12	412	5:32:25	+1:36:05	17 M50	BERLARE
	299. n°291	SMETS Stefan		40	10:19:23	434	45:11	5:42	2:46:37	357	3:57	40:32	35:29	35:04	1:51:06	275	5:32:32	+1:36:12	41 M40	RIEMST
	300. n°471	DICKX Nico		64	10:14:45	388	42:24	2:48	2:49:53	318	2:44	39:29	36:35	39:17	1:55:21	318	5:33:10	+1:36:50	5 M60	BRUGGE
	301. n°301	VAN HOEY Peter		42	10:18:09	412	43:36	6:45	2:57:13	405	3:28	37:01	32:48	32:29	1:42:20	157	5:33:17	+1:36:57	4 M40	BELSELE
	302. n°120	TROCH Christophe		30	10:08:14	209	36:01	3:58	2:44:46	196	3:25	41:38	40:10	43:24	2:05:13	404	5:33:24	+1:37:04	36 M30	WESTMALLE
	303. n°1035	F WINNEMULLER- VAN DIJK Tamara	NLD	32	10:05:35	95	33:06	3:37	2:57:43	258	3:32	40:28	36:56	37:59	1:55:24	321	5:33:24	+1:37:04	7 F30	ETTEN-LEUR
	304. n°117	SOULLIAERT Tom		33	10:11:33	206	35:56	4:38	2:54:22	300	3:28	40:12	37:35	38:02	1:55:49	326	5:34:13	+1:37:53	37 M30	DEURNE (ANTWERPEN)
	305. n°203	MOEYAERT Robin		38	10:15:34	393	42:40	7:06	2:50:48	354	6:48	35:24	34:40	36:52	1:46:57	218	5:34:18	+1:37:58	61 M35	ROESSELARE
	306. n°1028	F JANSSENS Jasmin		34	10:13:05	296	38:16	6:13	3:02:24	376	6:21	35:19	33:04	33:18	1:41:42	154	5:34:54	+1:38:35	8 F30	ANTWERP
	307. n°111	PLADIJS Jeroen		32	10:11:09	405	43:19	8:17	2:52:05	347	4:24	36:42	33:46	36:26	1:46:55	216	5:34:59	+1:38:39	38 M30	SCHPEDAAL, FLEMISH REGION
	308. n°2035	E SPLASH, FLASH & DASH	---		10:17:37	467	47:12	1:23	2:32:59	249	1:42	42:28	40:59	48:30	2:11:58	438	5:35:12	+1:38:52	18 EQX	
	309. n°357	KOCKAERTS Yves		47	10:15:26	447	45:59	5:52	2:54:29	385	4:36	38:43	33:10	32:26	1:44:19	181	5:35:13	+1:38:53	34 M45	DIEPENBEEK
K	310. n°1087	F POPPE Sylvie		48	10:07:06	214	36:15	4:07	2:53:15	262	6:26	41:02	36:59	37:20	1:55:23	319	5:35:25	+1:39:05	4 F45	KNOKKE-HEIST
	311. n°46	HEURCKMANS Kevin		26	10:04:54	40	29:56	3:55	3:00:46	254	3:31	42:57	37:34	36:53	1:57:26	342	5:35:32	+1:39:12	30 M25	MACHELEN
	312. n°176	DE WEERDT Nico		38	10:10:45	259	37:30	7:41	2:43:03	248	2:56	43:41	39:54	40:52	2:04:29	395	5:35:40	+1:39:20	62 M35	RIJKEVOSEL
K	313. n°105	LANNY Kenny		32	10:19:33	487	52:29	5:27	3:05:25	461	2:19	31:57	28:55	29:14	1:30:08	43	5:35:44	+1:39:24	39 M30	KNOKKE-HEIST
	314. n°33	DE KEERSMAECKER Simon		27	10:17:06	365	41:11	5:44	2:59:04	393	4:10	37:21	33:10	35:16	1:45:47	203	5:35:55	+1:39:35	31 M25	ANTWERPEN
K	315. n°2	BAILYU Louis		24	10:10:26	309	38:45	2:36	2:53:11	286	2:09	42:43	38:36	38:03	1:59:23	361	5:36:03	+1:39:43	9 M18	KNOKKE-HEIST

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

## Zwin Triathlon - 1/2 Distance Knokke, 7 September 2019, BEL

1/2 Distance

Details

Pos	Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Total	Gap	Age Group		
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name
316.	n°376	SCHRAEPEN Thomas		45	10:15:29	389	42:30	4:12	2:54:30	356	4:11	39:16	36:20	35:06	1:50:42	270	5:36:03	+1:39:43	35 M45	ALSEMBERG
317.	n°372	REGTIEN David	NLD	45	10:18:40	461	47:10	6:32	2:52:41	402	4:23	36:57	34:57	33:44	1:45:39	202	5:36:23	+1:40:03	36 M45	BREDA
318.	n°205	MORRET Julien		37	10:13:09	428	44:58	5:23	2:54:58	363	4:52	36:40	34:53	34:41	1:46:15	207	5:36:25	+1:40:05	63 M35	BRUSSELS
K 319.	n°403	BOONE Alex		53	10:12:45	374	41:50	4:40	2:46:37	294	4:49	41:56	38:13	38:28	1:58:39	355	5:36:34	+1:40:14	18 M50	KNOKKE-HEIST
320.	n°349	FORSZPANIAK Jannick		47	10:12:13	351	40:33	4:02	2:49:26	299	3:53	41:15	38:06	39:19	1:58:41	357	5:36:35	+1:40:15	37 M45	WAREGEM
321.	n°442	VANDEPUTTE Philippe		52	10:08:26	238	36:53	3:48	2:46:13	213	3:44	41:01	38:25	46:33	2:06:00	411	5:36:39	+1:40:19	19 M50	ZWIJNDRECHT
322.	n°2059	E DE VANHEESVELDEKES		---	10:19:09	378	42:02	1:55	3:10:44	439	1:57	35:01	32:33	32:26	1:40:01	138	5:36:39	+1:40:20	19 EQX	
323.	n°266	DICK Geert		43	10:09:54	424	44:45	4:54	2:49:21	311	3:32	39:40	35:46	38:43	1:54:10	309	5:36:41	+1:40:21	43 M40	MERELBEKE
324.	n°405	CALLEWAERT Gerd		51	10:12:08	266	37:37	6:01	2:49:36	290	6:11	40:17	38:12	39:26	1:57:56	347	5:37:20	+1:41:00	20 M50	WETTEREN
325.	n°417	DEVLOO Stef		52	10:11:18	231	36:47	5:59	2:55:05	314	7:14	40:30	36:05	35:48	1:52:24	294	5:37:28	+1:41:08	21 M50	ROESELARE
326.	n°331	CLAES Tom		45	10:13:37	313	38:55	2:34	2:53:43	310	4:13	41:10	38:08	38:45	1:58:04	349	5:37:28	+1:41:08	38 M45	BOOM
327.	n°411	DE SCHRIJVER Christiaan		50	10:08:46	73	31:40	3:27	2:49:31	199	7:07	44:28	40:24	40:50	2:05:43	409	5:37:29	+1:41:09	22 M50	WAASMUNSTER
328.	n°247	DE BAERDEMAEKER Klaas		40	10:18:24	456	46:49	6:58	2:56:38	419	5:29	36:44	32:40	32:12	1:41:37	152	5:37:30	+1:41:10	44 M40	MOLLEM
329.	n°253	DE MUYNCK Pieter	SUI	40	10:13:45	251	37:13	5:28	3:00:50	359	4:35	39:40	34:58	35:11	1:49:50	259	5:37:54	+1:41:34	45 M40	OBERWIL
330.	n°2006	E MEGHA-FIT GIRLS		---	10:08:34	161	34:53	1:31	2:59:27	283	2:11	43:14	38:02	38:52	2:00:09	368	5:38:08	+1:41:48	20 EQX	
331.	n°374	ROOTSAERT Arno	NLD	48	10:12:40	341	39:49	3:08	2:47:12	273	4:24	41:11	40:09	42:49	2:04:10	391	5:38:45	+1:42:25	39 M45	AARDENBURG
332.	n°280	MAES Hans		42	10:13:29	315	38:58	9:00	2:53:09	345	7:42	38:44	35:22	35:56	1:50:02	262	5:38:50	+1:42:30	46 M40	MEERHOUT
333.	n°122	VAN DE VOORDE Nick		30	10:14:42	275	37:48	2:49	3:00:10	350	3:27	42:24	36:09	36:08	1:54:42	313	5:38:51	+1:42:31	40 M30	BERCHEM
334.	n°2030	E FRIENDS		---	10:11:26	354	40:36	1:39	2:56:52	323	1:51	43:45	38:34	35:39	1:57:59	348	5:38:53	+1:42:33	21 EQX	
335.	n°1069	F VAN OVERTVELDT Leen		40	10:08:06	129	33:59	3:12	3:03:02	305	3:07	42:02	37:01	36:52	1:55:57	328	5:39:15	+1:42:55	3 F40	LOKEREN
336.	n°419	DROESBEKE Nico		51	10:09:09	210	36:05	3:51	2:53:47	274	3:39	43:47	39:07	39:03	2:01:58	382	5:39:19	+1:42:59	23 M50	LOCHRISTI
337.	n°2032	E IPSOS TEAM 2		---	10:16:47	366	41:12	1:53	3:06:36	406	2:00	39:00	34:32	34:22	1:47:56	236	5:39:35	+1:43:15	24 EQM	
338.	n°136	VEYFKEYN Kobe		32	10:16:37	429	45:04	4:20	3:04:36	425	3:02	36:31	32:50	33:20	1:42:42	164	5:39:42	+1:43:22	41 M30	OVERPELT
339.	n°2065	E KASPAR - LAFOSSE		---	10:07:43	63	31:20	1:46	2:57:45	242	2:10	42:33	38:27	45:45	2:06:45	415	5:39:46	+1:43:26	25 EQM	
K 340.	n°59	TANGHE Bart		29	10:16:25	399	43:00	4:23	2:47:22	325	3:32	41:23	39:21	40:50	2:01:35	378	5:39:53	+1:43:33	32 M25	KNOKKE-HEIST
341.	n°55	RENSON Henri			10:07:42	342	39:53	4:03	3:04:03	353	4:36	39:31	34:08	33:49	1:47:28	227	5:39:57	+1:43:37	2 XXX	NIEUWPOORT
342.	n°277	KESTELOO Arjan	NLD	44	10:15:17	457	46:50	5:12	2:43:05	322	6:46	41:08	37:56	39:01	1:58:05	350	5:39:59	+1:43:39	47 M40	KOEWACHT
343.	n°402	BOGAERTS Filip		50	10:09:37	314	38:55	7:04	2:53:27	313	6:53	40:50	36:49	36:15	1:53:55	304	5:40:14	+1:43:54	24 M50	BEVEREN-WAAS
344.	n°286	RAPPÉ Frederik		43	10:15:58	440	45:36	6:26	2:59:17	410	5:06	37:35	33:14	33:14	1:44:03	180	5:40:25	+1:44:05	48 M40	BLANKENBERGE
345.	n°248	DE BAERE Sebastien		41	10:10:54	398	42:57	7:50	3:02:00	397	4:35	35:53	33:11	34:00	1:43:05	169	5:40:28	+1:44:08	49 M40	BEERSEL
346.	n°109	PARDAENS Tom		31	10:12:13	345	40:10	5:32	3:03:06	381	3:53	37:53	34:05	36:00	1:47:58	237	5:40:38	+1:44:18	42 M30	BRUSSEL
347.	n°152	BAUWENS Claude		36	10:15:47	258	37:30	3:23	2:51:41	307	2:47	45:26	40:14	39:42	2:05:23	405	5:40:43	+1:44:23	64 M35	MALDEGEM
348.	n°244	BLYWEERT Wim		42	10:15:24	411	43:35	6:55	2:58:29	400	6:44	36:53	33:44	34:25	1:45:03	192	5:40:45	+1:44:25	50 M40	GONTRODE
349.	n°327	BUYSSE Timothy		46	10:16:15	361	40:58	5:58	2:59:44	391	3:58	37:55	35:44	36:32	1:50:12	266	5:40:50	+1:44:30	40 M45	BORNEM
350.	n°1090	F VANMASSENHOVE Katty		47	10:12:22	292	38:12	3:35	2:58:57	339	3:13	39:51	37:13	39:59	1:57:04	338	5:41:03	+1:44:43	5 F45	WENDUINE
351.	n°318	VLAYEN Gerry		42	10:16:48	395	42:44	4:53	2:59:54	399	3:49	42:15	34:03	33:53	1:50:11	265	5:41:29	+1:45:09	51 M40	HERK-DE-STAD
352.	n°1001	F ARTS Caroline		22	10:10:26	192	35:30	3:29	3:01:50	326	3:38	39:49	37:46	39:27	1:57:03	337	5:41:29	+1:45:09	1 F18	ZOERSEL
353.	n°93	DEMASURE Woud		33	10:10:31	358	40:44	5:24	3:05:35	388	4:05	37:02	34:00	35:01	1:46:04	205	5:41:52	+1:45:32	43 M30	ROESELARE
354.	n°460	MEULEMANS Nicolaas		58	10:07:54	328	39:15	5:50	2:59:58	338	3:54	40:09	36:39	36:22	1:53:11	299	5:42:06	+1:45:46	9 M55	BEERSE
355.	n°319	VLERICK Lee		44	10:09:54	294	38:15	5:17	2:46:15	255	5:25	45:07	39:35	42:25	2:07:08	417	5:42:20	+1:46:00	52 M40	MERELBEKE
356.	n°40	DROESSAERT Jasper		26	10:05:39	132	34:03	4:52	2:58:48	278	4:27	41:37	38:46	40:22	2:00:46	371	5:42:57	+1:46:37	33 M25	AALST
357.	n°430	LUYCX Luke		54	10:10:17	386	42:22	5:15	2:55:33	341	3:48	41:15	36:49	38:44	1:56:49	335	5:43:46	+1:47:27	25 M50	BORSBEEK
358.	n°50	JONCKHEERE Kenneth		26	10:12:18	236	36:49	4:44	2:52:44	301	4:44	41:06	40:09	43:30	2:04:45	397	5:43:47	+1:47:27	34 M25	GISTEL
359.	n°294	SOENEN Bjorn		42	10:15:44	330	39:20	4:45	2:55:47	351	4:03	40:59	38:09	40:43	1:59:52	364	5:43:47	+1:47:27	53 M40	STADEN
360.	n°387	VERBERGT Marc		46	10:14:34	344	40:08	4:00	2:52:49	328	3:49	41:50	38:23	43:02	2:03:15	386	5:44:03	+1:47:43	41 M45	ZEMST

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h







## Zwin Triathlon - 1/2 Distance Knokke, 7 September 2019, BEL

1/2 Distance

Details

Pos	Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Total	Gap	Age Group			
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name	City
451.	n°256	DE WOLF Jan		40	10:10:39	264	37:36	8:23	3:02:27	372	7:17	49:43	47:40	48:03	2:25:26	472	6:21:08	+2:24:48	61 M40	MERCHTEM	
452.	n°297	VAN BOXTEL Chris	NLD	44	10:18:46	491	54:45	8:14	3:25:40	485	9:28	35:53	32:32	35:02	1:43:28	172	6:21:32	+2:25:12	62 M40	TILBURG	
453.	n°134	VERMEULEN Kristof		32	10:16:24	443	45:46	5:05	3:17:04	462	3:35	45:13	41:43	43:31	2:10:27	430	6:21:57	+2:25:37	50 M30	DEURNE	
454.	n°2023	E CEREAL KILLERS	---		10:19:40	445	45:57	1:40	3:24:03	475	2:02	45:53	41:14	41:28	2:08:36	422	6:22:15	+2:25:55	30 EQX		
K	455.	n°1120 F	VAN CAMP Greet	63	10:17:19	489	53:49	5:51	3:11:03	469	3:50	46:00	40:55	41:28	2:08:25	421	6:22:58	+2:26:38	1 F60	KNOKKE-HEIST	
456.	n°434	POELMAN Luc		52	10:10:49	244	37:02	5:19	3:24:22	453	6:40	44:48	42:09	44:04	2:11:02	434	6:24:25	+2:28:05	35 M50	MARKE	
457.	n°465	VAN ELSACKER Paul		59	10:17:30	470	48:25	6:19	3:27:51	483	6:23	38:42	37:39	39:07	1:55:28	322	6:24:25	+2:28:05	14 M55	BRASSCHAAT	
458.	n°420	GEERARDYN Gino		52	10:18:55	490	54:22	6:34	3:05:25	464	5:22	48:03	42:45	42:21	2:13:10	444	6:24:51	+2:28:31	36 M50	ROESELARE	
459.	n°426	HUTSE Philippe		53	10:10:44	219	36:21	8:25	3:29:11	463	6:59	45:39	40:11	38:29	2:04:19	392	6:25:14	+2:28:54	37 M50	GENT	
460.	n°180	DEQUECKER Alexander		39	10:18:15	421	44:30	5:06	3:30:29	480	3:58	41:06	39:06	41:44	2:01:56	381	6:26:00	+2:29:40	73 M35	BLANKENBERGE	
461.	n°482	KEYMOLEN Michael		66	10:13:39	256	37:28	6:15	3:05:52	394	5:39	47:18	48:59	55:13	2:31:31	476	6:26:49	+2:30:29	3 M65	SCHILDE	
462.	n°339	DE JONG Thijs	NLD	49	10:19:38	401	43:05	10:56	3:16:33	471	6:44	47:06	41:04	42:03	2:10:13	426	6:27:30	+2:31:10	53 M45	UTRECHT	
463.	n°1016	F VANDENDRIESSCHE Leontine		26	10:17:05	468	47:55	5:14	3:15:07	465	4:39	48:33	43:30	43:11	2:15:15	454	6:28:08	+2:31:48	11 F25	IZEGEM	
464.	n°1084	F NUJENS Ingrid		45	10:19:02	426	44:50	4:00	3:19:22	467	4:24	46:08	45:06	45:11	2:16:25	458	6:29:01	+2:32:41	9 F45	MALLE	
465.	n°2001	E DE TRIA+ TIGERS	---		10:14:10	423	44:40	1:40	3:21:18	458	2:31	49:47	44:32	45:25	2:19:45	465	6:29:55	+2:33:35	7 EQF		
466.	n°303	VAN LAARHOVEN Ferry	NLD	44	10:18:40	493	54:54	7:20	3:06:52	468	5:43	46:10	42:32	48:31	2:17:15	461	6:32:06	+2:35:46	63 M40	OISTERWIJK	
467.	n°1065	F TITECA Katrlijn		42	10:08:30	223	36:29	4:35	3:19:26	420	3:42	50:48	49:02	48:45	2:28:36	474	6:32:49	+2:36:29	9 F40	ANZEGEM	
468.	n°1061	F DECIME Daisy		44	10:15:04	362	40:58	6:57	3:34:51	479	5:54	45:34	40:33	40:33	2:06:41	414	6:35:22	+2:39:02	10 F40	MECHELEN	
K	469.	n°4	COOPMAN Lois	24	10:10:24	418	44:05	5:17	3:17:58	454	5:51	48:22	46:39	47:29	2:22:32	470	6:35:42	+2:39:22	11 M18	KNOKKE-HEIST	
K	470.	n°119	TEIRLYNCK Rick	32	10:16:07	454	46:31	8:19	3:23:08	476	6:25	47:36	44:00	41:51	2:13:28	445	6:37:53	+2:41:33	51 M30	KNOKKE-HEIST	
471.	n°110	PIETERS Vincent		31	10:19:46	477	49:39	9:29	3:44:03	493	8:34	38:26	34:23	34:17	1:47:06	219	6:38:51	+2:42:31	52 M30	HEVERLEE	
472.	n°2073	E STEFANEMAN	---		10:13:01	497	55:45	2:38	3:36:03	486	2:14	45:10	40:09	38:43	2:04:03	390	6:40:43	+2:44:23	29 EQM		
473.	n°1047	F HECTOR Hannelore		37	10:15:06	466	47:38	5:14	3:27:19	478	3:55	48:09	45:56	46:18	2:20:24	466	6:44:30	+2:48:10	9 F35	ANTWERPEN	
474.	n°458	MANHAEE Wim		55	10:16:36	453	46:30	7:02	3:28:50	482	6:33	48:17	42:53	44:29	2:15:40	457	6:44:35	+2:48:15	15 M55	BRUGGE	
475.	n°74	WESTLAND Django	NLD	26	10:18:07	482	51:08	13:25	3:31:47	491	7:13	42:49	38:49	39:25	2:01:04	375	6:44:36	+2:48:16	38 M25	GOES	
476.	n°1011	F SPECKENS Miriam	NLD	27	10:18:03	483	51:14	13:25	3:31:45	492	7:14	42:49	38:49	39:23	2:01:02	374	6:44:38	+2:48:18	12 F25	GOES	
477.	n°12	RINGOET Jordy		24	10:15:10	476	49:19	5:11	3:07:36	452	5:58	56:00	49:42	53:15	2:38:58	478	6:47:07	+2:50:47	12 M18	DEURNE	
478.	n°317	VERSTRAETE Gregory		40	10:19:08	488	53:32	7:52	3:30:52	489	6:38	42:45	41:13	48:20	2:12:19	439	6:51:14	+2:54:54	64 M40	SCHELDERODE	
479.	n°306	VAN ROEYEN Sven		40	10:18:57	467	47:45	7:26	3:07:51	459	7:29	57:45	50:00	56:22	2:44:08	481	6:54:44	+2:58:24	65 M40	BURCHT	
480.	n°184	FENTON Paul	GBR	36	10:18:06	498	56:15	4:29	3:21:47	484	7:38	50:45	49:40	46:15	2:26:40	473	6:56:47	+3:00:27	74 M35	LONDON	
481.	n°431	MAT Rene		51	10:18:43	472	48:41	6:25	3:17:24	474	5:20	51:34	52:12	55:50	2:39:38	479	6:57:29	+3:01:09	38 M50	ZUIENKERKE	
482.	n°382	VAN STRAALEN Dennis	NLD	45	10:18:30	492	54:49	8:19	3:28:26	488	9:26	47:08	44:30	49:27	2:21:06	468	7:02:09	+3:05:49	54 M45	TILBURG	
483.	n°38	DEWAELE Mattias		26	10:15:14	436	45:17	7:32	3:23:07	473	4:19	1:02:22	44:47	55:30	2:42:41	480	7:03:04	+3:06:44	39 M25	VILVOORDE	
484.	n°453	DE ROOVER Frank		55	10:17:12	435	45:13	9:52	3:41:00	490	9:37	49:32	43:54	44:56	2:18:22	463	7:04:04	+3:07:44	16 M55	WOLVERTEM	
485.	n°2066	E KASPAR II	---		10:16:14	499	58:27	1:56	3:18:23	477	3:11	53:16	51:46	1:01:19	2:46:21	482	7:08:25	+3:12:05	30 EQM		
486.	n°214	TAGHON Dimitri		36	10:17:10	431	45:07	5:39	3:41:46	487	9:50	53:57	50:16	52:17	2:36:31	477	7:18:57	+3:22:37	75 M35	DEINZE	
487.	n°164	COENEGRACHTS Jimmy		38	10:09:14	279	37:52	7:14	-	-	-	-	-	-	-	-	7:36:04	+3:39:44	76 M35	HASSELT	
DSQ	n°249	DE FLINES Philippe		42	10:09:46	-	-	-	-	-	-	-	-	-	-	-	-	-	-	M40	VISÉ
DSQ	n°354	HAECK Steven		48	10:05:05	-	-	-	-	-	-	-	-	-	-	-	-	-	-	M45	SINT LAUREINS
DSQ	n°361	LAPIERRE Theo		45	10:09:41	-	-	-	-	-	-	-	-	-	-	-	-	-	-	M45	EIGENBILZEN
DSQ	n°1048	F LANCKSWEERD Kate		39	10:10:01	-	-	-	-	-	-	-	-	-	-	-	-	-	-	F35	WILRIJK
DSQ	n°2026	E DE SLIJKSKES	---		10:17:41	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	EQX
DSQ	n°2061	E IPSOS TEAM 3	---		10:18:30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	EQX
DNF	n°233	VOS Peter		37	10:04:57	60	31:06	2:49	2:27:55	52	2:21	34:11	-	-	-	-	-	-	-	M35	TONGEREN
K	DNF	n°413	DECEUNINCK Gino	52	10:07:20	185	35:24	3:33	2:48:53	212	3:07	41:05	45:51	-	-	-	-	-	-	M50	KNOKKE-HEIST

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

# Zwin Triathlon - 1/2 Distance

## Knokke, 7 September 2019, BEL

1/2 Distance

Details

Pos	Nr	Name	NOC	Age	Start	Swim		Cycling			Running				Total	Gap	Age Group		
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3			Time	Pos	Rank
K	DNF n°1057	F BULTYNCK Karin		43	10:14:03	417	<b>44:00</b>	3:16	<b>2:57:30</b>	369	3:54	45:19	42:27	-			-	F40	KNOKKE-HEIST
	DNF n°483	SAMYN Gilles		69	10:02:32	367	<b>41:20</b>	7:59	<b>3:16:27</b>	416	5:43	46:31	46:04	-			-	M65	HAM-SUR-HEURE
	DNF n°1070	F VERMEERSCH Judith		40	10:11:45	303	<b>38:33</b>	5:05	<b>2:10:29</b>	48	12:21	1:44:49		-			-	F40	DEINZE
	DNF n°273	HAY Jeremy	GBR	43	10:19:54	290	<b>38:11</b>	5:02	<b>3:09:32</b>	435	5:21	52:58	54:39	-			-	M40	ALDERSHOT
	DNF n°2082	E VELDEMAN FORCE	---		10:02:35	15	<b>26:21</b>	1:27	<b>3:22:26</b>	336	26:23	1:03:07		-			-	EQM	
	DNF n°91	DE SMET Roel		34	10:03:03	70	<b>31:32</b>	2:20	<b>2:22:07</b>	23	2:06			-			-	M30	GENT
	DNF n°289	SIERENS Bavo		40	10:08:58	194	<b>35:31</b>	2:28	<b>2:31:18</b>	106	2:39			-			-	M40	SINT-LAUREINS
	DNF n°1041	F BRUNINX Valérie		35	10:09:18	337	<b>39:34</b>	5:05	<b>2:58:46</b>	334	3:45			-			-	F35	TONGEREN
	DNF n°7	DE JAEGER Nichola		24	10:06:02	38	<b>29:33</b>	3:32	<b>2:31:45</b>	71				-			-	M18	OEDELEM
	DNF n°53	MEEUS Samuel		28	10:06:35	217	<b>36:19</b>	3:45	-	-				-			-	M25	GISTEL
	DNF n°56	SCHEINER Sam			10:17:45	486	<b>51:42</b>	9:34	-	-				-			-	XXX	ANTWERPEN

DNF: Did Not Finish; DSQ: Disqualified; Average Speed in km/h

07/09/2019 - 05:51 - 506 entries

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