

# Zwin Triathlon - 1/2 Distance

Knokke, 7 September 2019, BEL

[Details](#)

1/2 Distance

Pos Nr	Name	NOC	Age	Start	Swim		Cycling			Running				Age Group							
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name	City
1. n°237	DIEDEREN Bas	NLD	39	10:00:00	5	<b>24:10</b>	1:33	1	<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	9	<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	8	<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	4	<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	DEVLIEGHER Arne		29	10:00:00	18	<b>26:42</b>	1:47	6	<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		2 M25	
6. n°142	LAGAE Kasper		31	10:00:00	11	<b>25:25</b>	1:50	5	<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	2	<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	HEMKSEM
8. n°320	DEWILDE Michael		40	10:00:00	24	<b>27:48</b>	2:11	7	<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		1 M40	
9. n°99	GEERTS Marc		34	10:00:00	22	<b>27:20</b>	1:34	17	<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	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	12	<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		2 M40	MENEN
12. n°64	VAN LANGENHOVE Simon		28	10:00:00	8	<b>24:39</b>	1:54	10	<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		3 M25	LEBBEKE
13. n°36	DEMEULENAERE Dries		27	10:00:00	4	<b>24:05</b>	1:51	32	<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		4 M25	BRUGGE
14. n°5	DE BART Sander	NLD	22	10:02:38	21	<b>27:14</b>	1:58	27	<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	18	<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	38	<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	20	<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		3 M40	LOKEREN
18. n°67	VANMANSHOVEN Noury		26	10:03:48	42	<b>30:25</b>	2:26	22	<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		5 M25	AS
19. n°292	SMITZ David		43	10:00:00	32	<b>28:53</b>	3:07	23	<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		4 M40	OOSTERZELE
K 20. n°35	DEFOORT Tom		26	10:04:50	78	<b>31:59</b>	2:43	34	<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		6 M25	KNOKKE-HEIST
21. n°57	SLOOTMAEKERS Sjoerd		29	10:02:46	229	<b>36:40</b>	2:55	14	<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		7 M25	MUNSTERBILZEN
22. n°124	VAN DIJCK Gregory		32	10:04:30	84	<b>32:24</b>	3:26	19	<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	31	<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	87	<b>32:35</b>	1:28	55	<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	39	<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	29	<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	50	<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		5 M40	MECHELEN
29. n°236	WAER Frederik		37	10:00:00	89	<b>32:46</b>	2:26	16	<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	140	<b>34:10</b>	2:58	24	<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	42	<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	33	<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	129	<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	54	<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 SCHROEDER Benny		39	10:04:16	188	<b>35:26</b>	3:09	13	<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 PROTPUT	---		10:07:27	156	<b>34:45</b>	1:37	43	<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	44	<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	201	<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	88	<b>32:37</b>	3:37	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	28	<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		8 M25	ROESELARE
41. n°224	VAN HASSELT Gunther		35	10:04:50	147	<b>34:25</b>	3:10	77	<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	72	<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		9 M25	PAAL
43. n°2063	E JCP-CS	---		10:07:07	68	<b>31:31</b>	1:31	93	<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	VERSCHAAREN Hans		42	10:03:27	79	<b>31:59</b>	3:14	71	<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		6 M40	BOECHOUT
45. n°409	DE DECKER Bruno		53	10:04:04	62	<b>31:17</b>	2:27	25	<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

Details

1/2 Distance

Pos Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Age Group						
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name	City
46. n°1017	F VERMEYLEN Jolien		25	10:00:00	6	<b>24:36</b>	2:11	198	<b>2:42:22</b>	62	2:14	31:56	27:05	27:54	<b>1:26:56</b>	33	<b>4:38:16</b>	+41:56	1	F25	
47. n°68	VANSIELEGHEM Jasper		29	10:06:34	190	<b>35:28</b>	2:14	36	<b>2:24:40</b>	61	3:24	31:08	28:26	33:00	<b>1:32:35</b>	55	<b>4:38:19</b>	+41:59	10	M25	BREDENE
48. n°88	CORNU Bert		30	10:02:27	17	<b>26:39</b>	2:24	48	<b>2:27:35</b>	26	2:39	33:52	32:40	33:52	<b>1:40:25</b>	143	<b>4:39:40</b>	+43:20	9	M30	BEERNEM
49. n°100	HANSELAER Willem		32	10:09:33	291	<b>38:08</b>	4:06	52	<b>2:28:11</b>	116	2:40	30:55	28:12	27:47	<b>1:26:55</b>	32	<b>4:39:56</b>	+43:37	10	M30	WETTEREN
50. n°252	DE LOECKER Ian		42	10:02:32	16	<b>26:32</b>	2:12	105	<b>2:33:14</b>	40	2:40	34:01	30:50	30:50	<b>1:35:42</b>	81	<b>4:40:18</b>	+43:58	7	M40	ANTWERP
51. n°459	MATTHYS Marc		56	10:03:26	49	<b>30:45</b>	3:14	67	<b>2:29:40</b>	54	3:28	34:04	29:54	29:45	<b>1:33:43</b>	67	<b>4:40:47</b>	+44:27	1	M55	WEZEMAAL
52. n°82	BORN Daan		31	10:08:46	97	<b>33:07</b>	3:06	57	<b>2:28:49</b>	86	2:32	33:12	29:52	30:28	<b>1:33:32</b>	65	<b>4:41:04</b>	+44:44	11	M30	KESSEL-LO
53. n°1032	F VANCLOOSTER Lore		30	10:00:00	66	<b>31:26</b>	1:48	68	<b>2:29:40</b>	33	1:58	33:50	30:55	31:55	<b>1:36:42</b>	88	<b>4:41:31</b>	+45:12	1	F30	KESSEL-LO
54. n°2067	E KLETSE KIETEN 1		--	10:08:02	213	<b>36:08</b>	1:17	69	<b>2:29:45</b>	92	1:34	33:16	29:17	30:19	<b>1:32:53</b>	58	<b>4:41:34</b>	+45:14	6	EQM	
K 55. n°187	GENNART Frédéric		38	10:07:48	225	<b>36:31</b>	2:22	53	<b>2:28:17</b>	91	3:35	31:06	29:18	30:35	<b>1:31:01</b>	49	<b>4:41:43</b>	+45:23	11	M35	KNOKKE-HEIST
56. n°2052	E BEAUREGARD 1		--	10:04:20	33	<b>28:53</b>	1:24	91	<b>2:32:07</b>	51	1:41	34:11	31:08	32:32	<b>1:37:51</b>	110	<b>4:41:52</b>	+45:33	7	EQM	
57. n°2051	E BAR D' O/BESOX		--	10:05:57	123	<b>33:47</b>	1:45	120	<b>2:34:43</b>	98	1:49	31:47	28:20	29:57	<b>1:30:06</b>	42	<b>4:42:06</b>	+45:46	8	EQM	
58. n°126	VAN LAECKE Jelle		32	10:08:21	197	<b>35:35</b>	4:34	99	<b>2:32:42</b>	127	2:53	30:58	27:26	28:02	<b>1:26:27</b>	29	<b>4:42:08</b>	+45:48	12	M30	HEVER
59. n°194	JORISSEN Tim		39	10:03:03	20	<b>27:09</b>	2:16	83	<b>2:31:05</b>	36	3:27	35:16	30:40	33:13	<b>1:39:10</b>	126	<b>4:43:05</b>	+46:45	12	M35	TONGEREN
60. n°333	CLEYNENS Philip		46	10:03:59	90	<b>32:48</b>	3:50	46	<b>2:27:29</b>	57	2:48	34:17	31:14	31:26	<b>1:36:58</b>	92	<b>4:43:50</b>	+47:30	1	M45	DENDERMONDE
61. n°345	DEMIDDEL Ken		48	10:04:08	75	<b>31:45</b>	3:52	59	<b>2:29:05</b>	60	3:32	33:27	30:23	31:58	<b>1:35:48</b>	83	<b>4:44:01</b>	+47:41	2	M45	WAREGEM
62. n°206	NEVEJANS Pieter		39	10:06:59	117	<b>33:33</b>	2:28	40	<b>2:26:15</b>	64	3:08	35:56	31:51	31:15	<b>1:39:03</b>	124	<b>4:44:22</b>	+48:02	13	M35	GENT
63. n°285	QUAGHEBEUR Klaas		41	10:04:34	64	<b>31:22</b>	3:26	70	<b>2:29:51</b>	63	2:34	35:02	30:53	31:23	<b>1:37:19</b>	102	<b>4:44:30</b>	+48:10	8	M40	EKEREN
64. n°139	VYVERMAN Wouter		31	10:08:38	107	<b>33:22</b>	2:31	64	<b>2:29:25</b>	88	4:15	33:30	30:24	31:10	<b>1:35:05</b>	78	<b>4:44:34</b>	+48:14	13	M30	AALST
65. n°425	HOMBLÉ Peter		53	10:06:38	57	<b>30:58</b>	3:05	96	<b>2:32:26</b>	80	2:45	34:06	31:04	31:04	<b>1:36:16</b>	85	<b>4:45:26</b>	+49:06	3	M50	KOKSUDE
66. n°198	LIEVENS Matthias		38	10:05:50	145	<b>34:21</b>	2:35	47	<b>2:27:35</b>	69	2:06	33:36	31:41	33:38	<b>1:38:56</b>	123	<b>4:45:31</b>	+49:11	14	M35	SINT AMANDBERG
67. n°189	HENQUET Damien		37	10:03:14	23	<b>27:44</b>	3:02	89	<b>2:31:52</b>	47	4:54	34:26	31:11	32:25	<b>1:38:03</b>	115	<b>4:45:34</b>	+49:14	15	M35	HACCOURT
68. n°243	BEHAEGHEL Dieter		42	10:08:38	144	<b>34:20</b>	2:19	62	<b>2:29:14</b>	90	2:37	36:02	29:56	31:15	<b>1:37:13</b>	99	<b>4:45:41</b>	+49:21	9	M40	ROTSELAAR
69. n°380	SPRUYTTE Stefaan		45	10:05:35	175	<b>35:12</b>	2:48	58	<b>2:28:56</b>	73	2:17	34:26	31:18	31:23	<b>1:37:08</b>	98	<b>4:46:17</b>	+49:57	3	M45	KORTRIJK
K 70. n°329	CASTELEIN Tom		49	10:02:56	52	<b>30:51</b>	3:09	75	<b>2:30:10</b>	53	2:26	36:16	31:22	32:10	<b>1:39:50</b>	136	<b>4:46:23</b>	+50:03	4	M45	KNOKKE-HEIST
71. n°209	SAEY Timothy		36	10:05:02	138	<b>34:09</b>	2:25	122	<b>2:34:51</b>	101	2:14	32:03	29:35	31:10	<b>1:32:49</b>	57	<b>4:46:24</b>	+50:04	16	M35	ASSENEDE
72. n°427	HUYGHE Stefaan		50	10:08:01	176	<b>35:13</b>	4:15	56	<b>2:28:47</b>	100	3:03	33:48	30:22	31:29	<b>1:35:41</b>	80	<b>4:46:55</b>	+50:35	4	M50	ROESELARE
73. n°49	JACOBS Nathan		28	10:03:46	255	<b>37:18</b>	4:05	61	<b>2:29:13</b>	89	3:24	33:34	29:39	29:49	<b>1:33:03</b>	59	<b>4:46:56</b>	+50:36	11	M25	ANTWERPEN
74. n°192	HERREMANS Kris		38	10:04:31	108	<b>33:23</b>	3:39	30	<b>2:22:59</b>	41	3:29	37:06	32:33	33:59	<b>1:43:39</b>	176	<b>4:47:12</b>	+50:52	17	M35	WUUSTWEZEL
75. n°195	KERKHOF Flor		39	10:07:53	129	<b>33:58</b>	2:43	87	<b>2:31:39</b>	99	2:42	34:54	30:51	30:39	<b>1:36:26</b>	86	<b>4:47:23</b>	+51:03	18	M35	BRUGGE SINT-KRUIS
76. n°26	BOGAERT Tybo		25	10:05:58	100	<b>33:15</b>	3:00	106	<b>2:33:15</b>	94	2:56	33:05	30:27	31:48	<b>1:35:22</b>	79	<b>4:47:44</b>	+51:24	12	M25	IZEGEM
K 77. n°1088	F VAN BIERVLIET Sophie		48	10:00:00	200	<b>35:41</b>	2:34	65	<b>2:29:33</b>	55	1:58	34:54	31:16	31:54	<b>1:38:05</b>	116	<b>4:47:48</b>	+51:28	1	F45	KNOKKE-HEIST
78. n°31	DE CLERCK Niels		27	10:11:55	237	<b>36:49</b>	4:45	127	<b>2:35:22</b>	173	3:04	31:16	28:01	28:37	<b>1:27:55</b>	36	<b>4:47:52</b>	+51:32	13	M25	KALMTHOUT
79. n°216	TRITAR Mehdi		37	10:10:12	216	<b>36:15</b>	3:53	81	<b>2:30:53</b>	128	2:49	32:29	30:30	31:09	<b>1:34:09</b>	72	<b>4:47:57</b>	+51:37	19	M35	ROESELARE
80. n°2033	E MOEDER EEND		--	10:06:26	174	<b>35:11</b>	1:37	94	<b>2:32:21</b>	95	1:23	33:41	31:45	32:18	<b>1:37:45</b>	108	<b>4:48:15</b>	+51:55	2	EQX	
81. n°276	JADOUL Renaud		43	10:03:13	25	<b>27:48</b>	3:23	125	<b>2:34:59</b>	66	3:20	35:13	31:28	32:39	<b>1:39:21</b>	134	<b>4:48:49</b>	+52:29	10	M40	BOMBAYE
82. n°2053	E BIG T		--	10:02:59	146	<b>34:22</b>	1:28	60	<b>2:29:10</b>	56	1:46	35:08	31:55	35:17	<b>1:42:21</b>	159	<b>4:49:05</b>	+52:45	9	EQM	
83. n°125	VAN ELSACKER Bart		34	10:08:14	323	<b>39:06</b>	4:02	73	<b>2:30:02</b>	129	3:36	33:55	29:05	29:27	<b>1:32:27</b>	54	<b>4:49:14</b>	+52:54	14	M30	WESTMALLE
84. n°293	SMITZ Michel		44	10:05:10	91	<b>32:54</b>	2:16	98	<b>2:32:39</b>	77	2:21	35:19	31:45	32:14	<b>1:39:19</b>	131	<b>4:49:27</b>	+53:07	11	M40	ERTVELDE
85. n°107	MICHELSEN Bob		32	10:04:34	164	<b>34:55</b>	3:00	85	<b>2:31:16</b>	85	2:41	35:46	31:14	30:56	<b>1:37:57</b>	111	<b>4:49:48</b>	+53:28	15	M30	LOENHOUT
86. n°332	CLEEREN Stijn		46	10:13:25	177	<b>35:14</b>	3:44	63	<b>2:29:23</b>	132	3:31	36:05	31:21	31:00	<b>1:38:27</b>	121	<b>4:50:17</b>	+53:57	5	M45	ZOERSEL
87. n°219	VAN DE HEYNING Koen		37	10:04:22	103	<b>33:18</b>	2:20	101	<b>2:32:56</b>	76	2:20	34:19	32:09	33:08	<b>1:39:37</b>	135	<b>4:50:31</b>	+54:11	20	M35	OOSTMALLE
88. n°308	VANROOSBROECK Jef		43	10:11:58	151	<b>34:29</b>	5:39	134	<b>2:36:29</b>	170	3:31	32:18	28:44	29:24	<b>1:30:27</b>	46	<b>4:50:32</b>	+54:12	12	M40	EKEREN
89. n°259	DENOULET Ward		42	10:10:49	172	<b>35:07</b>	2:26	100	<b>2:32:44</b>	125	2:45	34:14	31:12	32:15	<b>1:37:42</b>	106	<b>4:50:43</b>	+54:23	13	M40	AALTER
90. n°182	DUCHENE Kris		35	10:08:17	141	<b>34:15</b>	3:06	15	<b>2:19:53</b>	45	3:52	38:47	34:55	36:25	<b>1:50:08</b>	263	<b>4:51:12</b>	+54:52	21	M35	OOSTMALLE

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					Age Group						
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name	City
91. n°2075	E TEAM 45			10:02:36	67	31:30	1:40	78	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	308	38:41	3:18	97	2:32:27	189	3:53	33:05	30:29	29:41	1:33:16	61	4:51:31	+55:11	14	M25	MACHELEN
93. n°330	CHALVIN Joris		45	10:08:42	93	32:58	2:56	79	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	140	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	114	33:31	4:16	141	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	127	33:55	4:22	112	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	386	42:16	1:33	137	2:37:11	226	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	252	37:12	2:58	114	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	180	35:18	3:50	171	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	306	2:53:19	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	181	35:18	3:17	104	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	235	36:49	1:40	146	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	126	2:35:02	81	2:47	36:17	32:13	33:19	1:41:50	155	4:53:56	+57:36	14	M40	HASSELT
104. n°2074	E STLOD			10:10:57	120	33:44	1:49	41	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	105	33:19	1:26	143	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	108	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	320	39:01	3:30	82	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	110	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	184	35:21	3:40	151	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	135	34:04	3:10	138	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	167	35:01	2:32	147	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	152	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	439	45:19	3:43	45	2:27:25	205	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	121	33:45	2:49	90	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	302	38:22	4:13	80	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	199	35:39	3:34	192	2:41:37	194	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	326	39:09	3:26	123	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	153	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	325	39:07	4:52	175	2:40:29	236	3:36	32:26	28:49	29:29	1:30:45	47	4:58:44	+1:02:25	15	M40	SINT-KATELJNE-WAVER
120. n°96	EGELER Derk	NLD	34	10:03:33	165	34:57	3:45	167	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 Dwight	NLD	38	10:06:39	170	35:04	3:29	103	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	198	35:39	4:15	150	2:38:06	202	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	128	33:56	3:19	74	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	205	35:53	2:59	128	2:35:26	149	2:55	37:00	32:40	32:39	1:42:20	158	4:59:30	+1:03:10	15	M25	BERTEM
125. n°279	LIERMAN Steven		44	10:10:13	295	38:12	5:03	195	2:42:03	219	3:24	32:34	29:01	29:18	1:30:55	48	4:59:34	+1:03:14	16	M40	VREMDE
K 126. n°196	LAMOTE Paul		39	10:03:42	113	33:30	2:36	107	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	109	33:24	3:26	131	2:35:40	105	2:29	35:22	33:02	36:17	1:44:42	184	4:59:40	+1:03:20	17	M40	TONGEREN
128. n°353	GOETRY Frederic		45	10:03:52	35	28:58	3:18	184	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	101	33:15	3:32	142	2:37:38	124	2:44	36:07	32:51	33:41	1:42:40	163	4:59:44	+1:03:24	16	M25	LINT
130. n°72	VERWAEREN Michiel		28	10:05:39	192	35:30	3:26	191	2:41:34	151	2:38	34:54	31:11	31:00	1:37:07	97	5:00:12	+1:03:52	17	M25	AALST
131. n°230	VERMEULEN Douwe	NLD	38	10:03:39	41	30:14	4:20	130	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	115	33:32	3:30	133	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	116	33:33	3:40	209	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	122	33:47	4:01	187	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	191	35:29	1:38	213	2:44:03	211	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					Age Group					
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name
136. n°114	<b>ROUFFA</b> Kristof		33	10:09:14	204	<b>35:53</b>	5:34	149	<b>2:37:58</b>	171	2:45	34:13	31:02	34:01	<b>1:39:17</b>	129	<b>5:01:27</b>	+1:05:07	19 M30	TONGEREN
137. n°14	<b>SCHREUDERS</b> Thomas	NLD	21	10:15:42	263	<b>37:35</b>	5:24	76	<b>2:30:20</b>	175	4:49	35:40	32:38	35:22	<b>1:43:40</b>	177	<b>5:01:46</b>	+1:05:26	4 M18	BRAKEL
138. n°268	<b>GAUDAEN</b> Koen		44	10:09:00	132	<b>34:01</b>	4:02	207	<b>2:43:06</b>	184	3:51	35:12	30:34	31:15	<b>1:37:02</b>	94	<b>5:01:59</b>	+1:05:39	18 M40	GRIMBERGEN
139. n°87	<b>CLEEREN</b> Koen		30	10:05:13	239	<b>36:50</b>	2:20	-	-	-	-	37:56	33:56	35:04	<b>1:46:56</b>	217	<b>5:02:05</b>	+1:05:45	20 M30	ANTWERPEN
140. n°1030	F <b>NOBUS - VAN DEN BROECKE</b> Monique	NLD	34	10:03:13	110	<b>33:27</b>	2:16	182	<b>2:40:58</b>	115	2:30	36:44	32:58	33:19	<b>1:43:02</b>	168	<b>5:02:10</b>	+1:05:50	2 F30	AARDENBURG
141. n°132	<b>VANDUYVER</b> Dimitri		32	10:04:45	81	<b>32:05</b>	3:17	111	<b>2:33:43</b>	87	2:34	36:35	35:44	38:14	<b>1:50:34</b>	268	<b>5:02:11</b>	+1:05:51	21 M30	IZEGEM
142. n°159	<b>BRYDENBACH</b> Tim		35	10:00:00	7	<b>24:37</b>	1:44	11	<b>2:16:02</b>	8	2:47	31:22	34:04	1:12:00	<b>2:17:28</b>	462	<b>5:02:41</b>	+1:06:21	34 M35	VORSELAAR
143. n°2028	E <b>ENJOY TODAY 2.0</b>		--	10:19:03	462	<b>47:08</b>	2:05	35	<b>2:24:21</b>	195	1:48	38:37	34:58	33:48	<b>1:47:25</b>	225	<b>5:02:45</b>	+1:06:25	5 EQX	
144. n°2009	E <b>SWIMCLASS</b>		--	10:02:16	74	<b>31:45</b>	1:22	154	<b>2:38:20</b>	83	1:36	37:58	34:54	36:52	<b>1:49:44</b>	258	<b>5:02:52</b>	+1:06:32	1 EQF	
145. n°48	<b>HOPCHET</b> William		26	10:13:32	318	<b>38:58</b>	2:56	95	<b>2:32:23</b>	160	2:30	35:37	33:48	37:03	<b>1:46:29</b>	212	<b>5:03:16</b>	+1:06:56	18 M25	BERCHEM
146. n°284	<b>PIERSON</b> Dave		40	10:09:03	203	<b>35:52</b>	3:25	169	<b>2:39:54</b>	166	3:38	35:42	32:54	32:09	<b>1:40:46</b>	146	<b>5:03:32</b>	+1:07:12	19 M40	EDEGEM
147. n°375	<b>ROOTSAERT</b> Frank		49	10:12:29	217	<b>36:16</b>	2:11	163	<b>2:39:05</b>	181	2:33	37:30	33:43	32:17	<b>1:43:30</b>	173	<b>5:03:33</b>	+1:07:13	14 M45	SLEDINGE
K 148. n°414	<b>DECLERCK</b> Jan		52	10:06:09	322	<b>39:06</b>	2:40	136	<b>2:37:11</b>	144	2:36	36:03	32:22	33:58	<b>1:42:24</b>	160	<b>5:03:56</b>	+1:07:36	9 M50	KNOKKE-HEIST
149. n°58	<b>STEYAERT</b> Emile		26	10:03:20	54	<b>30:55</b>	3:26	267	<b>2:49:09</b>	155	2:45	34:06	31:05	32:47	<b>1:37:59</b>	113	<b>5:04:09</b>	+1:07:49	19 M25	NIEUWPOORT
150. n°44	<b>GROOTAERT</b> Arjen		26	10:13:02	154	<b>34:45</b>	5:09	92	<b>2:32:08</b>	143	3:24	38:11	35:19	35:42	<b>1:49:14</b>	249	<b>5:04:40</b>	+1:08:20	20 M25	MALDEGEM
151. n°186	<b>GEERTS</b> Tom		39	10:09:37	98	<b>33:12</b>	4:45	223	<b>2:45:20</b>	196	4:36	33:58	30:28	32:23	<b>1:36:49</b>	89	<b>5:04:41</b>	+1:08:21	35 M35	BEVEREN
152. n°183	<b>ELSHOUT</b> Pieter		35	10:17:20	271	<b>37:39</b>	4:45	232	<b>2:46:14</b>	297	3:05	33:36	29:53	29:37	<b>1:33:07</b>	60	<b>5:04:47</b>	+1:08:27	36 M35	GENT
153. n°445	<b>VERDUYN</b> Eddy		52	10:04:54	149	<b>34:25</b>	3:11	135	<b>2:36:32</b>	109	2:52	39:57	34:16	33:56	<b>1:48:10</b>	238	<b>5:05:09</b>	+1:08:49	10 M50	DAMME - SJUSELE
154. n°32	<b>DE JONGH</b> Max		28	10:05:20	262	<b>37:31</b>	7:55	274	<b>2:49:33</b>	262	8:45	49:06	32:36	-	-	-	<b>5:05:25</b>	+1:09:05	21 M25	STABROEK
155. n°2027	E <b>DE UITSLIVERS</b>		--	10:12:01	405	<b>43:07</b>	1:40	226	<b>2:45:42</b>	268	1:41	34:16	29:25	29:36	<b>1:33:18</b>	62	<b>5:05:25</b>	+1:09:05	6 EQX	
156. n°364	<b>LELIEVRE</b> Marc		49	10:13:05	312	<b>38:49</b>	3:53	202	<b>2:42:46</b>	242	2:52	35:44	31:19	30:14	<b>1:37:18</b>	100	<b>5:05:37</b>	+1:09:17	15 M45	BRUXELLES
157. n°290	<b>SIMOENS</b> Tom		41	10:11:14	168	<b>35:02</b>	3:37	271	<b>2:49:27</b>	252	3:51	33:31	30:41	29:42	<b>1:33:55</b>	70	<b>5:05:48</b>	+1:09:28	20 M40	ZEDERGEM
158. n°153	<b>BEKEMANS</b> Jeroen		39	10:07:22	102	<b>33:18</b>	2:51	200	<b>2:42:32</b>	150	2:52	36:00	33:28	35:03	<b>1:44:32</b>	182	<b>5:06:02</b>	+1:09:43	37 M35	OOSTENDE
159. n°2044	E <b>TEAM KNH</b>		--	10:14:04	410	<b>43:27</b>	1:24	165	<b>2:39:39</b>	245	1:47	36:05	31:35	32:36	<b>1:40:17</b>	142	<b>5:06:33</b>	+1:10:13	7 EQX	
160. n°381	<b>VAN BOSSCHE</b> Dimitri		45	10:06:52	244	<b>36:58</b>	5:33	174	<b>2:40:23</b>	177	3:08	36:00	32:09	32:42	<b>1:40:51</b>	147	<b>5:06:51</b>	+1:10:31	16 M45	DENDERMONDE
161. n°140	<b>WAUTERS</b> Daan		31	10:06:49	111	<b>33:29</b>	3:14	155	<b>2:38:33</b>	135	4:03	37:21	35:03	35:19	<b>1:47:44</b>	231	<b>5:07:01</b>	+1:10:41	22 M30	BUGGENHOUT
162. n°2060	E <b>ECHTE KNOKKE-HEISTENAREN</b>		--	10:16:42	370	<b>41:25</b>	1:36	255	<b>2:48:37</b>	308	1:49	35:28	30:12	28:35	<b>1:34:16</b>	73	<b>5:07:38</b>	+1:11:18	16 EQM	
163. n°73	<b>WAUTRAETS</b> Joey		28	10:06:30	236	<b>36:49</b>	3:58	183	<b>2:40:58</b>	167	3:12	35:44	33:09	33:56	<b>1:42:51</b>	165	<b>5:07:45</b>	+1:11:25	22 M25	HAM
164. n°2040	E <b>T3 DENTAL CLINIC B</b>		--	10:02:20	2	<b>22:59</b>	1:36	453	<b>3:15:41</b>	271	1:47	31:47	27:25	27:17	<b>1:26:30</b>	30	<b>5:08:29</b>	+1:12:09	8 EQX	
165. n°2070	E <b>RTKH 1</b>		--	10:02:59	86	<b>32:29</b>	1:29	166	<b>2:39:48</b>	102	2:02	40:31	35:53	36:51	<b>1:53:16</b>	300	<b>5:09:00</b>	+1:12:40	17 EQM	
K 166. n°408	<b>DE CLERCQ</b> Johan		50	10:07:48	158	<b>34:49</b>	2:29	186	<b>2:41:12</b>	152	2:58	36:52	33:59	36:45	<b>1:47:38</b>	229	<b>5:09:06</b>	+1:12:46	11 M50	KNOKKE-HEIST
167. n°69	<b>VANSLEMBROUCK</b> Thijs		29	10:06:06	284	<b>37:57</b>	2:58	181	<b>2:40:53</b>	161	2:54	35:57	33:18	35:27	<b>1:44:42</b>	186	<b>5:09:26</b>	+1:13:06	23 M25	MELLE
168. n°1009	F <b>SAP</b> Julie		27	10:07:17	153	<b>34:43</b>	2:44	168	<b>2:39:53</b>	140	2:36	39:42	34:33	35:27	<b>1:49:43</b>	257	<b>5:09:37</b>	+1:13:17	2 F25	BEERNEM
169. n°257	<b>DECUBBER</b> Kristof		41	10:11:57	373	<b>41:36</b>	3:42	116	<b>2:34:28</b>	190	3:23	37:36	33:53	35:11	<b>1:46:41</b>	215	<b>5:09:49</b>	+1:13:29	21 M40	GISTEL
170. n°315	<b>VERSCHAEREN</b> Tim		40	10:03:24	82	<b>32:18</b>	5:12	225	<b>2:45:37</b>	154	6:32	36:21	31:33	32:19	<b>1:40:14</b>	141	<b>5:09:50</b>	+1:13:30	22 M40	BOECHOUT
171. n°85	<b>BYLOOS</b> Michael		30	10:09:23	231	<b>36:42</b>	5:04	242	<b>2:46:44</b>	239	3:51	33:07	30:58	33:44	<b>1:37:51</b>	109	<b>5:10:08</b>	+1:13:48	23 M30	TONGEREN
172. n°309	<b>VELDEMAN</b> Geet		43	10:06:43	160	<b>34:51</b>	3:58	121	<b>2:34:44</b>	122	2:38	40:05	36:13	37:41	<b>1:53:59</b>	305	<b>5:10:10</b>	+1:13:50	23 M40	DENDERMONDE
173. n°2031	E <b>IPSOS TEAM 1</b>		--	10:16:45	349	<b>40:17</b>	2:02	145	<b>2:37:43</b>	229	6:35	39:06	32:59	31:55	<b>1:44:01</b>	179	<b>5:10:37</b>	+1:14:17	9 EQX	
174. n°275	<b>INGELS</b> Tanguy		40	10:11:02	196	<b>35:32</b>	3:38	196	<b>2:42:06</b>	192	2:54	37:37	34:37	34:16	<b>1:46:31</b>	213	<b>5:10:39</b>	+1:14:19	24 M40	HEIST OP DEN BERG
175. n°121	<b>VAN DE HEYNING</b> Geert		33	10:04:22	72	<b>31:39</b>	2:21	139	<b>2:37:32</b>	97	2:45	39:39	38:31	38:33	<b>1:56:44</b>	334	<b>5:10:59</b>	+1:14:39	24 M30	OOSTMALLE
176. n°1006	F <b>DEVALCKENEER</b> Ann		26	10:02:51	99	<b>33:13</b>	2:15	194	<b>2:41:59</b>	123	3:04	39:56	34:42	36:01	<b>1:50:40</b>	269	<b>5:11:07</b>	+1:14:47	3 F25	KALMTHOUT
K 177. n°371	<b>RAMMELOO</b> Eddy		48	10:15:51	335	<b>39:28</b>	4:32	119	<b>2:34:40</b>	210	3:35	39:04	34:20	35:30	<b>1:48:55</b>	247	<b>5:11:10</b>	+1:14:50	17 M45	KNOKKE-HEIST
178. n°2056	E <b>DB SCHENKER</b>		--	10:15:37	374	<b>41:38</b>	1:42	173	<b>2:40:22</b>	251	2:39	38:20	33:37	32:59	<b>1:44:58</b>	191	<b>5:11:18</b>	+1:14:58	18 EQM	
179. n°165	<b>CORNELIS</b> Frederik		39	10:11:09	362	<b>40:57</b>	4:07	199	<b>2:42:29</b>	246	3:48	36:43	32:15	31:55	<b>1:40:54</b>	148	<b>5:12:13</b>	+1:15:53	38 M35	TERNAT
180. n°287	<b>ROELS</b> Gregory		40	10:04:08	95	<b>33:06</b>	3:21	276	<b>2:49:40</b>	185	3:10	36:08	32:01	34:50	<b>1:43:00</b>	167	<b>5:12:16</b>	+1:15:56	25 M40	DE HAAN

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

## Zwin Triathlon - 1/2 Distance

Knokke, 7 September 2019, BEL

Details

1/2 Distance

Pos Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Age Group						
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name	City
181. n°211	SEGERS Nicolas		37	10:06:46	221	<b>36:23</b>	3:11	161	<b>2:38:53</b>	146	2:22	38:40	35:58	37:14	<b>1:51:52</b>	288	<b>5:12:41</b>	+1:16:21	39	M35	HAMME
K 182. n°352	GOETHALS Frederik		45	10:06:14	355	<b>40:36</b>	4:02	144	<b>2:37:41</b>	169	5:59	37:22	33:29	33:57	<b>1:44:50</b>	187	<b>5:13:07</b>	+1:16:47	18	M45	KNOKKE-HEIST
183. n°267	FASTRÉ Peter		41	10:09:19	321	<b>39:02</b>	5:51	132	<b>2:35:45</b>	178	3:21	37:33	34:22	37:22	<b>1:49:19</b>	250	<b>5:13:15</b>	+1:16:55	26	M40	BILZEN
184. n°52	MEERTS Louis		25	10:13:33	372	<b>41:31</b>	3:16	109	<b>2:33:25</b>	191	2:09	38:50	36:22	37:44	<b>1:52:58</b>	298	<b>5:13:18</b>	+1:16:58	24	M25	BERCHEM
185. n°2036	E SPORSTIEVE BENDE MIXTE		---	10:13:13	358	<b>40:41</b>	1:58	251	<b>2:47:44</b>	280	1:57	36:05	32:08	32:59	<b>1:41:13</b>	149	<b>5:13:31</b>	+1:17:11	10	EQX	
186. n°1015	F VANCLOOSTER Hanne		27	10:00:00	245	<b>36:59</b>	2:50	236	<b>2:46:31</b>	153	2:10	37:47	33:37	33:42	<b>1:45:07</b>	193	<b>5:13:34</b>	+1:17:14	4	F25	HEVERLEE
187. n°2043	E TEAM FANTASTIC 3		---	10:13:00	286	<b>38:01</b>	1:33	216	<b>2:44:17</b>	230	1:53	37:31	34:45	35:36	<b>1:47:53</b>	234	<b>5:13:34</b>	+1:17:14	11	EQX	
188. n°2021	E APEROL SPRINT		---	10:16:44	483	<b>51:04</b>	1:45	180	<b>2:40:49</b>	323	1:50	35:39	31:39	31:08	<b>1:38:27</b>	120	<b>5:13:52</b>	+1:17:32	12	EQX	
189. n°2062	E JABEMA		---	10:07:38	124	<b>33:50</b>	1:47	396	<b>3:02:49</b>	298	1:50	34:51	30:01	28:57	<b>1:33:51</b>	69	<b>5:14:06</b>	+1:17:46	19	EQM	
190. n°304	VAN LOOVEREN Kris		43	10:13:49	336	<b>39:29</b>	5:07	118	<b>2:34:34</b>	198	3:26	37:56	35:51	37:53	<b>1:51:41</b>	286	<b>5:14:18</b>	+1:17:58	27	M40	WUUSTWEZEL
191. n°2078	E THE POWER RANGERS		---	10:13:55	297	<b>38:16</b>	1:37	51	<b>2:28:05</b>	133	1:56	43:11	39:38	41:36	<b>2:04:26</b>	394	<b>5:14:19</b>	+1:17:59	20	EQM	
192. n°242	BEEL Steven		40	10:12:49	342	<b>39:47</b>	4:20	228	<b>2:45:48</b>	272	3:49	36:18	32:03	32:18	<b>1:40:40</b>	144	<b>5:14:23</b>	+1:18:03	28	M40	WORTEGEM
193. n°2025	E DE SAVELTJES		---	10:10:09	247	<b>37:02</b>	1:34	315	<b>2:54:09</b>	276	1:44	35:59	31:36	32:27	<b>1:40:03</b>	139	<b>5:14:31</b>	+1:18:11	13	EQX	
194. n°25	BLOM Bas		29	10:12:58	214	<b>36:10</b>	3:55	217	<b>2:44:18</b>	235	3:56	38:49	33:15	34:15	<b>1:46:20</b>	209	<b>5:14:38</b>	+1:18:18	25	M25	GENT
195. n°160	CALLEBAUT Jonathan		38	10:10:57	265	<b>37:35</b>	3:32	157	<b>2:38:47</b>	188	3:23	38:49	36:28	36:16	<b>1:51:34</b>	283	<b>5:14:50</b>	+1:18:30	40	M35	MERELBEKE
196. n°1086	F ONGHENA Sylvia		48	10:10:02	201	<b>35:42</b>	3:04	282	<b>2:50:40</b>	253	2:21	35:58	33:37	33:32	<b>1:43:09</b>	171	<b>5:14:53</b>	+1:18:33	2	F45	WILRIJK
K 197. n°457	MAES Olivier		55	10:05:20	142	<b>34:16</b>	5:18	172	<b>2:40:08</b>	142	3:49	40:36	35:33	35:23	<b>1:51:33</b>	282	<b>5:15:04</b>	+1:18:44	3	M55	KNOKKE-HEIST
K 198. n°1072	F WYBOUW Katrien		41	10:00:00	209	<b>36:00</b>	2:40	189	<b>2:41:29</b>	120	2:38	39:26	36:26	36:27	<b>1:52:21</b>	293	<b>5:15:06</b>	+1:18:47	1	F40	KNOKKE-HEIST
199. n°1021	F BALLIU Kaya		34	10:07:30	189	<b>35:27</b>	4:04	235	<b>2:46:26</b>	201	3:44	38:11	33:42	33:44	<b>1:45:38</b>	201	<b>5:15:16</b>	+1:18:56	3	F30	HEMIKSEM
200. n°154	BILLIET Jeroen		39	10:13:26	169	<b>35:03</b>	5:59	188	<b>2:41:27</b>	223	4:45	38:38	34:24	35:10	<b>1:48:12</b>	239	<b>5:15:24</b>	+1:19:04	41	M35	BRUGES
201. n°29	CRABEELS Pascal		26	10:03:06	43	<b>30:28</b>	2:46	203	<b>2:42:54</b>	111	2:38	37:30	37:50	42:04	<b>1:57:25</b>	341	<b>5:16:12</b>	+1:19:52	26	M25	MIDDELKERKE
K 202. n°478	VERWIMP Marc		61	10:04:58	104	<b>33:19</b>	3:42	170	<b>2:39:55</b>	134	4:55	39:31	35:35	39:14	<b>1:54:21</b>	310	<b>5:16:12</b>	+1:19:52	1	M60	KNOKKE-HEIST
K 203. n°418	DEWAELE Didier		51	10:10:53	319	<b>38:59</b>	3:23	197	<b>2:42:07</b>	216	3:43	38:03	34:37	35:33	<b>1:48:14</b>	240	<b>5:16:25</b>	+1:20:05	12	M50	KNOKKE-HEIST
204. n°1101	F SCHRIJVERS Griet		52	10:07:30	232	<b>36:43</b>	3:05	148	<b>2:37:57</b>	147	3:26	39:41	36:02	39:39	<b>1:55:24</b>	320	<b>5:16:37</b>	+1:20:17	1	F50	OOSTMALLE
205. n°3	BORMS Robin		23	10:12:02	131	<b>34:00</b>	4:56	230	<b>2:46:00</b>	232	3:16	37:54	34:17	36:16	<b>1:48:28</b>	243	<b>5:16:38</b>	+1:20:18	5	M18	MARIEKERKE (BORNEM)
206. n°208	PICAVET Stefan	NLD	37	10:05:54	125	<b>33:50</b>	3:52	289	<b>2:51:44</b>	215	3:42	35:27	32:49	35:21	<b>1:43:38</b>	175	<b>5:16:45</b>	+1:20:25	42	M35	ULVENHOUT
207. n°177	DEBUSSCHERE Kevin		39	10:15:06	338	<b>39:34</b>	4:11	159	<b>2:38:49</b>	238	2:55	38:39	35:53	36:45	<b>1:51:18</b>	279	<b>5:16:45</b>	+1:20:26	43	M35	DE HAAN
208. n°173	DE MUYNCK Stijn		36	10:13:49	173	<b>35:11</b>	4:58	215	<b>2:44:12</b>	241	6:16	37:31	33:57	34:49	<b>1:46:18</b>	208	<b>5:16:53</b>	+1:20:33	44	M35	ASSEBROEK
209. n°344	DEGEETER Steven		48	10:06:26	65	<b>31:23</b>	3:41	204	<b>2:42:59</b>	139	3:54	40:30	36:04	38:29	<b>1:55:04</b>	317	<b>5:17:00</b>	+1:20:40	19	M45	BRUGGE
210. n°215	THUY Kristof		37	10:14:14	275	<b>37:43</b>	4:58	249	<b>2:47:40</b>	287	3:16	36:15	33:38	33:51	<b>1:43:46</b>	178	<b>5:17:18</b>	+1:20:58	45	M35	SINT-NIKLAAS
211. n°150	ANTHONISSEN Gert		39	10:17:16	451	<b>46:22</b>	4:59	241	<b>2:46:43</b>	351	3:38	34:41	30:43	30:25	<b>1:35:50</b>	84	<b>5:17:27</b>	+1:21:08	46	M35	WUUSTWEZEL
K 212. n°131	VANDIERENDONCK Sammy		34	10:06:29	300	<b>38:18</b>	3:44	164	<b>2:39:33</b>	164	4:02	40:36	36:05	35:11	<b>1:51:52</b>	289	<b>5:17:28</b>	+1:21:08	25	M30	KNOKKE-HEIST
K 213. n°348	FAGEL Mario		49	10:12:04	254	<b>37:16</b>	3:45	115	<b>2:34:18</b>	156	5:10	40:13	37:22	39:33	<b>1:57:09</b>	340	<b>5:17:39</b>	+1:21:19	20	M45	KNOKKE-HEIST
214. n°439	TYTGAT Joost		54	10:08:26	179	<b>35:17</b>	7:34	265	<b>2:49:01</b>	261	4:51	36:58	32:27	31:50	<b>1:41:16</b>	150	<b>5:17:57</b>	+1:21:37	13	M50	OOSTROZEBEKE
215. n°261	DESMET Tom		44	10:11:37	264	<b>37:35</b>	5:58	352	<b>2:57:41</b>	339	2:47	32:54	30:10	30:56	<b>1:34:01</b>	71	<b>5:17:59</b>	+1:21:39	29	M40	WEMMEL
216. n°2083	E VKD BOYS		---	10:19:18	418	<b>43:50</b>	1:46	258	<b>2:48:50</b>	345	1:45	35:32	32:47	33:32	<b>1:41:51</b>	156	<b>5:18:01</b>	+1:21:41	21	EQM	
217. n°1007	F PAARDEKAM Nele		29	10:11:38	248	<b>37:03</b>	3:04	253	<b>2:48:13</b>	258	2:41	37:12	34:21	35:33	<b>1:47:07</b>	220	<b>5:18:07</b>	+1:21:47	5	F25	KALMTHOUT
218. n°2034	E NO STRESS TEAM		---	10:06:14	314	<b>38:51</b>	1:44	178	<b>2:40:43</b>	158	1:50	42:34	35:58	37:22	<b>1:55:55</b>	327	<b>5:19:00</b>	+1:22:41	14	EQX	
219. n°368	MOERENHOUT Pierre		48	10:12:08	159	<b>34:51</b>	4:21	291	<b>2:52:00</b>	278	2:59	37:34	34:01	33:31	<b>1:45:07</b>	195	<b>5:19:17</b>	+1:22:57	21	M45	SERSKAMP
220. n°223	VAN HAL Robin	NLD	39	10:14:29	389	<b>42:22</b>	4:11	190	<b>2:41:31</b>	269	3:37	37:37	34:56	35:17	<b>1:47:51</b>	233	<b>5:19:29</b>	+1:23:09	47	M35	SLUIS
221. n°1020	F BAEKE Ingrid		33	10:03:51	43	<b>30:28</b>	3:10	281	<b>2:50:39</b>	165	3:03	40:11	35:47	36:19	<b>1:52:19</b>	292	<b>5:19:38</b>	+1:23:18	4	F30	LOKEREN
222. n°262	DETAELLENAERE Kristof		43	10:06:21	206	<b>35:54</b>	3:54	245	<b>2:47:02</b>	199	3:25	38:39	34:37	36:07	<b>1:49:25</b>	252	<b>5:19:43</b>	+1:23:23	30	M40	GRASHEIDE
223. n°163	CLEENWERCK Dieter		38	10:09:09	106	<b>33:21</b>	8:28	327	<b>2:55:15</b>	300	3:28	33:46	31:58	33:33	<b>1:39:18</b>	130	<b>5:19:48</b>	+1:23:28	48	M35	WINGENE
224. n°234	WALRAVENS Jeroen		39	10:09:57	324	<b>39:06</b>	3:42	212	<b>2:43:42</b>	228	3:44	39:30	34:49	35:20	<b>1:49:40</b>	255	<b>5:19:54</b>	+1:23:34	49	M35	LEDEBERG
225. n°340	DE KOSTER Bart		49	10:09:50	289	<b>38:04</b>	4:14	295	<b>2:52:23</b>	286	4:41	34:45	32:00	34:00	<b>1:40:45</b>	145	<b>5:20:09</b>	+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

[Details](#)

### 1/2 Distance

Pos Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Age Group			City		
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total		Gap	Rank
226. n°63	VAN HOOL Jules		27	10:08:10	288	<b>38:03</b>	4:07	208	<b>2:43:19</b>	204	3:01	40:12	35:21	36:07	<b>1:51:41</b>	285	<b>5:20:11</b>	+1:23:51	27 M25	ANTWERP
227. n°1014 F	VAN GESTEL Maartje	NLD	26	10:05:30	136	<b>34:05</b>	2:18	243	<b>2:46:50</b>	172	2:56	39:53	37:07	37:04	<b>1:54:05</b>	306	<b>5:20:13</b>	+1:23:53	6 F25	BREDA
228. n°251	DE KETELBUTTER Bart		44	10:12:58	208	<b>36:00</b>	5:47	349	<b>2:57:27</b>	335	3:44	36:12	30:59	30:20	<b>1:37:32</b>	105	<b>5:20:27</b>	+1:24:08	31 M40	MOORSEL
229. n°343	DE WITTE Ortwin		47	10:08:55	334	<b>39:28</b>	6:23	219	<b>2:44:42</b>	254	3:37	38:16	33:54	34:09	<b>1:46:21</b>	210	<b>5:20:29</b>	+1:24:09	23 M45	SCHILDE
230. n°161	CHERIK Samir		38	10:19:27	498	<b>55:32</b>		-		131	13:09	43:21	42:08	39:38	<b>2:05:09</b>	403	<b>5:20:31</b>	+1:24:11	50 M35	WONDELGEM
231. n°2000 E	DE POPKES		---	10:05:34	61	<b>31:11</b>	1:30	355	<b>2:57:56</b>	225	1:48	38:37	34:56	34:49	<b>1:48:22</b>	242	<b>5:20:44</b>	+1:24:24	15 EQX	
232. n°84	BRUNEEL Kennith		34	10:10:30	273	<b>37:42</b>	5:19	239	<b>2:46:40</b>	260	3:37	38:36	34:32	34:20	<b>1:47:30</b>	228	<b>5:20:47</b>	+1:24:27	26 M30	DIKSUIDE
233. n°264	DEVISCH Jeroen		40	10:09:09	392	<b>42:32</b>	5:51	160	<b>2:38:52</b>	227	4:57	38:29	35:18	34:59	<b>1:48:47</b>	245	<b>5:20:57</b>	+1:24:37	32 M40	TONGEREN
234. n°16	THIELMAN Louis		24	10:14:29	148	<b>34:25</b>	5:38	234	<b>2:46:19</b>	264	3:10	38:07	35:15	38:31	<b>1:51:55</b>	290	<b>5:21:24</b>	+1:25:04	6 M18	KOKSIJDE
235. n°37	DEVROO Bram		28	10:05:53	92	<b>32:56</b>	2:58	211	<b>2:43:37</b>	148	3:55	38:15	39:12	40:39	<b>1:58:07</b>	351	<b>5:21:33</b>	+1:25:13	28 M25	DIEPENBEEK
236. n°2038 E	T DERDE WIEL		---	10:11:54	357	<b>40:41</b>	1:43	185	<b>2:41:07</b>	217	1:55	39:52	37:19	39:06	<b>1:56:17</b>	330	<b>5:21:40</b>	+1:25:20	16 EQX	
237. n°470	CUIJPERS Jan		61	10:02:42	83	<b>32:23</b>	4:00	66	<b>2:29:37</b>	59	3:34	44:55	41:28	46:07	<b>2:12:32</b>	441	<b>5:22:08</b>	+1:25:48	2 M60	LANAKEN
238. n°231	VERSCHATSE Bert		36	10:11:29	126	<b>33:53</b>	7:07	380	<b>3:00:49</b>	342	3:26	35:53	30:33	30:39	<b>1:37:07</b>	96	<b>5:22:19</b>	+1:25:59	51 M35	LAUWE
239. n°1005 F	CALLEWAERT Emmily		27	10:05:16	118	<b>33:40</b>	2:34	263	<b>2:49:00</b>	187	3:19	39:02	36:51	38:11	<b>1:54:05</b>	307	<b>5:22:35</b>	+1:26:15	7 F25	ROESELARE
240. n°1033 F	VANHOUTE Anouk		30	10:06:06	185	<b>35:21</b>	3:35	254	<b>2:48:30</b>	203	3:17	38:29	36:24	37:13	<b>1:52:08</b>	291	<b>5:22:48</b>	+1:26:28	5 F30	MELLE
241. n°370	NELISSEN Johan		46	10:12:22	301	<b>38:22</b>	5:04	156	<b>2:38:44</b>	209	5:15	41:02	36:25	38:07	<b>1:55:35</b>	323	<b>5:23:01</b>	+1:26:41	24 M45	ZUIJNKERKE
K 242. n°467	VANLEENHOVE Frank		57	10:02:22	139	<b>34:10</b>	2:01	124	<b>2:34:55</b>	82	8:00	41:39	39:54	42:21	<b>2:03:54</b>	389	<b>5:23:02</b>	+1:26:42	4 M55	KNOKKE-HEIST
K 243. n°337	DE CANCK Tom		47	10:17:20	377	<b>41:57</b>	5:31	244	<b>2:46:50</b>	332	3:21	36:38	32:40	36:07	<b>1:45:26</b>	198	<b>5:23:03</b>	+1:26:43	25 M45	KNOKKE-HEIST
244. n°86	CAFMEYER Oscar		30	10:13:22	359	<b>40:43</b>	4:24	283	<b>2:50:45</b>	318	4:22	35:01	34:05	33:45	<b>1:42:52</b>	166	<b>5:23:04</b>	+1:26:44	27 M30	ANTWERPEN
245. n°302	VAN KERCKHOVE Marty		41	10:15:22	402	<b>43:04</b>	4:59	269	<b>2:49:23</b>	337	4:08	36:59	32:33	32:09	<b>1:41:42</b>	153	<b>5:23:14</b>	+1:26:54	33 M40	LOKEREN
246. n°362	LAVAERT Kristof		47	10:05:47	71	<b>31:38</b>	4:06	348	<b>2:57:23</b>	247	3:57	37:14	34:21	34:35	<b>1:46:11</b>	206	<b>5:23:14</b>	+1:26:54	26 M45	ANZEGEM
247. n°1089 F	VAN DE PONSEELE Sofie		45	10:06:46	183	<b>35:21</b>	4:59	257	<b>2:48:49</b>	224	3:11	39:02	36:15	35:52	<b>1:51:10</b>	276	<b>5:23:26</b>	+1:27:06	3 F45	GREMBERGEN
248. n°10	GEERARDYN Nicolas		24	10:16:09	290	<b>38:05</b>	4:37	84	<b>2:31:09</b>	179	6:55	39:10	40:28	43:01	<b>2:02:40</b>	384	<b>5:23:26</b>	+1:27:06	7 M18	ROESELARE
249. n°185	FEVRY Wouter		37	10:13:45	309	<b>38:43</b>	3:39	324	<b>2:54:53</b>	326	2:48	36:36	33:16	33:42	<b>1:43:35</b>	174	<b>5:23:37</b>	+1:27:17	52 M35	BRUGGE
250. n°334	CUYPERS Walter		49	10:09:28	80	<b>32:04</b>	6:21	218	<b>2:44:26</b>	193	5:59	41:01	36:40	37:12	<b>1:54:53</b>	316	<b>5:23:44</b>	+1:27:24	27 M45	LOMMEL
251. n°188	HAUTEKEETE Koen		39	10:14:10	371	<b>41:26</b>	4:57	256	<b>2:48:37</b>	317	4:02	33:54	34:34	36:12	<b>1:44:42</b>	185	<b>5:23:44</b>	+1:27:24	53 M35	WETTEREN
252. n°365	MARIS Wim		45	10:08:50	51	<b>30:50</b>	4:58	309	<b>2:53:29</b>	240	5:24	39:40	34:47	34:42	<b>1:49:09</b>	248	<b>5:23:48</b>	+1:27:28	28 M45	SINT-NIKLAAS
253. n°278	LESAGE Wim		44	10:10:19	278	<b>37:48</b>	3:50	266	<b>2:49:06</b>	265	3:14	40:29	35:09	34:20	<b>1:49:59</b>	261	<b>5:23:52</b>	+1:27:32	34 M40	ROESELARE
254. n°90	DE ROP Fabrice		30	10:14:41	230	<b>36:42</b>	4:02	357	<b>2:58:09</b>	344	2:43	38:05	32:36	31:49	<b>1:42:31</b>	161	<b>5:24:04</b>	+1:27:44	28 M30	ANTWERPEN
K 255. n°454	DE WAELE Rudi		57	10:12:44	226	<b>36:35</b>	5:36	113	<b>2:34:01</b>	174	3:09	42:55	39:48	42:01	<b>2:04:45</b>	398	<b>5:24:05</b>	+1:27:45	5 M55	KNOKKE-HEIST
256. n°1066 F	VAN COUWENBERGH Gracy		40	10:06:58	194	<b>35:31</b>	4:36	359	<b>2:58:19</b>	293	2:39	36:06	32:50	34:08	<b>1:43:06</b>	170	<b>5:24:08</b>	+1:27:48	2 F40	HAMME
K 257. n°335	DA EMS Michael		46	10:15:25	429	<b>44:54</b>		-		-						-	<b>5:24:11</b>	+1:27:51	29 M45	KNOKKE-HEIST
258. n°355	HOUBEN Caspar	NLD	48	10:08:29	155	<b>34:45</b>	3:08	272	<b>2:49:29</b>	221	3:56	38:20	35:20	39:45	<b>1:53:26</b>	301	<b>5:24:44</b>	+1:28:24	30 M45	TERHEIJDEN
K 259. n°379	SMEKENS Olivier		48	10:10:42	379	<b>41:59</b>	4:40	220	<b>2:44:45</b>	267	3:46	38:41	34:35	36:16	<b>1:49:33</b>	254	<b>5:24:46</b>	+1:28:26	31 M45	KNOKKE-HEIST
260. n°245	CALLENS Gino		42	10:06:22	119	<b>33:40</b>	3:45	290	<b>2:51:50</b>	220	4:22	38:46	35:06	37:30	<b>1:51:23</b>	280	<b>5:24:58</b>	+1:28:38	35 M40	KEERBERGEN
261. n°207	OBERLE Steffen	DEU	38	10:19:18	454	<b>46:28</b>	6:42	262	<b>2:48:59</b>	386	3:43	34:22	31:44	33:04	<b>1:39:12</b>	128	<b>5:25:02</b>	+1:28:42	54 M35	LEIDERSBACH
K 262. n°455	DECORTE Frank		55	10:07:57	182	<b>35:19</b>	5:20	224	<b>2:45:37</b>	206	3:00	38:46	37:04	40:05	<b>1:55:57</b>	329	<b>5:25:14</b>	+1:28:54	6 M55	KNOKKE-HEIST
263. n°363	LEBACQ Kris		45	10:12:17	385	<b>42:16</b>		-		-						-	<b>5:25:37</b>	+1:29:17	32 M45	DE HAAN
264. n°11	LUCKX Jari		22	10:12:05	94	<b>33:04</b>	4:30	260	<b>2:48:56</b>	244	2:49	39:08	37:25	39:50	<b>1:56:24</b>	332	<b>5:25:44</b>	+1:29:24	8 M18	TEMSE
265. n°1029 F	KEYMOLEN Inge		33	10:00:00	112	<b>33:30</b>	3:00	360	<b>2:58:22</b>	212	3:32	38:23	34:34	34:52	<b>1:47:50</b>	232	<b>5:26:12</b>	+1:29:52	6 F30	LEUVEN
266. n°200	MARICHAL Wim		35	10:13:42	161	<b>34:53</b>	3:33	321	<b>2:54:30</b>	304	3:15	38:13	35:14	36:57	<b>1:50:25</b>	267	<b>5:26:35</b>	+1:30:15	55 M35	AARTSELAAR
K 267. n°312	VERBIEST Karel		40	10:15:55	409	<b>43:21</b>	4:59	334	<b>2:55:37</b>	377	3:24	34:54	31:20	33:04	<b>1:39:19</b>	132	<b>5:26:37</b>	+1:30:17	36 M40	KNOKKE-HEIST
268. n°1052 F	VYNCKE Miek		36	10:00:00	250	<b>37:10</b>	2:10	179	<b>2:40:47</b>	119	3:01	43:15	40:20	40:05	<b>2:03:42</b>	387	<b>5:26:50</b>	+1:30:30	2 F35	MALDEGEM
K 269. n°169	DE BRUIJNE Frederic		39	10:05:51	143	<b>34:19</b>	4:08	287	<b>2:51:36</b>	222	5:50	38:11	35:24	37:25	<b>1:51:00</b>	272	<b>5:26:55</b>	+1:30:35	56 M35	KNOKKE-HEIST
270. n°104	KEERSMAEKERS Jef		32	10:13:18	408	<b>43:20</b>	4:20	214	<b>2:44:09</b>	289	6:15	37:29	35:01	36:22	<b>1:48:52</b>	246	<b>5:26:56</b>	+1:30:36	29 M30	BOECHOUT

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					Age Group					
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name
271. n°255	DE SMET Maarten		42	10:16:00	486	<b>51:21</b>	7:46	222	<b>2:44:59</b>	380	3:06	35:24	31:40	32:48	<b>1:39:53</b>	137	<b>5:27:03</b>	+1:30:43	37 M40	GERAARDSBERGEN
K 272. n°95	D'HONDT Dimitri		30	10:14:18	267	<b>37:37</b>	5:32	227	<b>2:45:46</b>	277	7:14	38:07	36:16	36:37	<b>1:51:01</b>	273	<b>5:27:09</b>	+1:30:49	30 M30	KNOKKE-HEIST
273. n°89	COTTON Oliver	GBR	32	10:03:39	303	<b>38:31</b>	8:25	310	<b>2:53:38</b>	283	7:43	34:25	31:17	33:23	<b>1:39:05</b>	125	<b>5:27:19</b>	+1:30:59	31 M30	ALRESFORD
274. n°325	AMIJS Tom		49	10:10:05	328	<b>39:11</b>	4:30	301	<b>2:53:08</b>	305	3:13	38:27	34:12	34:47	<b>1:47:27</b>	226	<b>5:27:25</b>	+1:31:05	33 M45	GOOK
K 275. n°101	HERBOTS Vincent		30	10:14:54	415	<b>43:36</b>	3:50	117	<b>2:34:33</b>	231	5:21	42:25	38:02	39:40	<b>2:00:08</b>	367	<b>5:27:26</b>	+1:31:06	32 M30	KNOKKE-HEIST
276. n°178	DECOCK Bert		37	10:11:41	276	<b>37:45</b>	4:17	280	<b>2:50:38</b>	284	3:38	39:22	35:42	36:17	<b>1:51:23</b>	281	<b>5:27:39</b>	+1:31:19	57 M35	MEIGEM
K 277. n°443	VANDERKEILEN Peter		51	10:08:50	242	<b>36:57</b>	3:45	176	<b>2:40:33</b>	182	4:35	43:45	38:59	39:07	<b>2:01:52</b>	380	<b>5:27:41</b>	+1:31:21	14 M50	KNOKKE-HEIST
278. n°421	HANECA Nico		50	10:12:25	304	<b>38:32</b>	6:46	406	<b>3:04:28</b>	389	5:29	32:42	30:17	29:36	<b>1:32:36</b>	56	<b>5:27:47</b>	+1:31:27	15 M50	HOESELT
K 279. n°461	MORBEE Jan		59	10:02:15	333	<b>39:20</b>	4:26	300	<b>2:52:55</b>	248	3:35	38:42	34:21	34:34	<b>1:47:39</b>	230	<b>5:27:54</b>	+1:31:34	7 M55	KNOKKE-HEIST
K 280. n°456	DEVLEIGHE Danny		56	10:04:14	55	<b>30:55</b>	4:42	252	<b>2:48:09</b>	163	3:43	39:56	39:43	40:55	<b>2:00:34</b>	370	<b>5:28:04</b>	+1:31:44	8 M55	KNOKKE-HEIST
281. n°92	DE WINTER Frederic		30	10:05:10	234	<b>36:49</b>	6:39	229	<b>2:45:54</b>	208	4:10	39:51	37:36	37:04	<b>1:54:32</b>	311	<b>5:28:06</b>	+1:31:46	33 M30	KAPELLEN
282. n°296	STRUYF Stefan		41	10:17:43	435	<b>45:11</b>	3:39	158	<b>2:38:47</b>	291	3:10	42:44	37:20	37:43	<b>1:57:48</b>	346	<b>5:28:37</b>	+1:32:17	38 M40	SINT-NIKLAAS
283. n°2058	E DE SPORTIEVE BENDE		---	10:13:14	412	<b>43:34</b>	1:35	347	<b>2:57:15</b>	354	1:50	39:11	33:37	31:47	<b>1:44:36</b>	183	<b>5:28:49</b>	+1:32:29	22 EQM	
284. n°475	VANEENOOGHE Benny		61	10:12:45	341	<b>39:40</b>	4:46	264	<b>2:49:00</b>	299	4:37	38:44	36:04	36:07	<b>1:50:56</b>	271	<b>5:28:58</b>	+1:32:38	3 M60	LOPPEM
K 285. n°75	WITTESAELE Winston		25	10:14:35	387	<b>42:20</b>	5:05	294	<b>2:52:20</b>	346	4:27	36:45	33:57	34:33	<b>1:45:17</b>	197	<b>5:29:27</b>	+1:33:07	29 M25	KNOKKE-HEIST
286. n°2072	E SLAEREKES		---	10:04:44	59	<b>31:02</b>	1:22	193	<b>2:41:41</b>	108	1:46	43:05	42:50	48:24	<b>2:14:20</b>	451	<b>5:30:16</b>	+1:33:56	23 EQM	
287. n°30	DE BRABANDERE Felix		29	10:07:34	287	<b>38:03</b>	5:08	279	<b>2:50:23</b>	266	3:12	39:06	38:12	36:17	<b>1:53:36</b>	302	<b>5:30:18</b>	+1:33:58	30 M25	MERELBEKE
288. n°135	VERTHONGEN Yannick		33	10:14:29	399	<b>42:55</b>	5:36	371	<b>2:59:19</b>	392	4:43	35:42	31:51	30:24	<b>1:37:58</b>	112	<b>5:30:29</b>	+1:34:09	34 M30	BRASSCHAAT
289. n°130	VANDERHAEKHE Dimitri		34	10:08:53	212	<b>36:08</b>	3:42	240	<b>2:46:43</b>	218	3:06	43:32	37:47	39:36	<b>2:00:56</b>	373	<b>5:30:37</b>	+1:34:17	35 M30	IEPER
290. n°272	HANDEKYN Koen		44	10:11:49	269	<b>37:39</b>	5:21	340	<b>2:56:33</b>	329	3:35	38:16	34:25	35:38	<b>1:48:19</b>	241	<b>5:31:25</b>	+1:35:05	39 M40	LOCHRISTI
291. n°221	VAN ECHELPOEL Filip		38	10:11:42	256	<b>37:23</b>	4:14	364	<b>2:58:41</b>	334	5:12	38:44	33:27	33:50	<b>1:46:03</b>	204	<b>5:31:32</b>	+1:35:12	58 M35	LILLE
292. n°2024	E DE BRABKES		---	10:07:39	251	<b>37:11</b>	1:26	389	<b>3:02:04</b>	310	1:43	38:18	35:27	35:34	<b>1:49:20</b>	251	<b>5:31:42</b>	+1:35:22	17 EQX	
293. n°473	NACHTERGAELE Luc		62	10:09:33	307	<b>38:35</b>	5:46	317	<b>2:54:22</b>	306	5:14	38:38	34:35	34:39	<b>1:47:53</b>	235	<b>5:31:48</b>	+1:35:28	4 M60	DILBEEK
294. n°210	SEGAERT Thomas		35	10:09:46	293	<b>38:12</b>	4:14	248	<b>2:47:37</b>	257	4:46	43:13	37:32	36:15	<b>1:57:02</b>	336	<b>5:31:48</b>	+1:35:28	59 M35	KORTEMARK
295. n°401	BERTELS Ronny		52	10:06:09	134	<b>34:03</b>	3:43	311	<b>2:53:40</b>	237	2:51	40:02	38:03	39:25	<b>1:57:31</b>	343	<b>5:31:49</b>	+1:35:29	16 M50	BREDENE
296. n°2010	E TRIA + PRO LADIES		---	10:14:06	310	<b>38:45</b>	2:03	394	<b>3:02:43</b>	362	2:04	38:47	34:07	33:29	<b>1:46:24</b>	211	<b>5:31:56</b>	+1:35:36	2 EQF	
297. n°220	VAN DEN WYNGAERT Filip		39	10:14:35	354	<b>40:33</b>	6:15	336	<b>2:55:43</b>	360	4:41	37:19	32:57	34:34	<b>1:44:51</b>	188	<b>5:32:04</b>	+1:35:44	60 M35	AARTSELAAR
298. n°447	VERTONGEN Dirk		53	10:06:53	171	<b>35:05</b>	5:49	177	<b>2:40:39</b>	168	4:41	43:33	39:48	42:51	<b>2:06:12</b>	412	<b>5:32:25</b>	+1:36:05	17 M50	BERLARE
299. n°291	SMETS Stefan		40	10:19:23	436	<b>45:11</b>	5:42	237	<b>2:46:37</b>	359	3:57	40:32	35:29	35:04	<b>1:51:06</b>	275	<b>5:32:32</b>	+1:36:12	40 M40	RIEMST
300. n°471	DICKX Nico		64	10:14:45	390	<b>42:24</b>	2:48	277	<b>2:49:53</b>	320	2:44	39:29	36:35	39:17	<b>1:55:21</b>	318	<b>5:33:10</b>	+1:36:50	5 M60	BRUGGE
301. n°301	VAN HOEY Peter		42	10:18:09	414	<b>43:36</b>	6:45	346	<b>2:57:13</b>	407	3:28	37:01	32:48	32:29	<b>1:42:20</b>	157	<b>5:33:17</b>	+1:36:57	41 M40	BELSELE
302. n°120	TROCH Christophe		30	10:08:14	210	<b>36:01</b>	3:58	221	<b>2:44:46</b>	197	3:25	41:38	40:10	43:24	<b>2:05:13</b>	404	<b>5:33:24</b>	+1:37:04	36 M30	WESTMALLE
303. n°1035	F WINNEMULLER- VAN DIJK Tamara	NLD	32	10:05:35	96	<b>33:06</b>	3:37	353	<b>2:57:43</b>	259	3:32	40:28	36:56	37:59	<b>1:55:24</b>	321	<b>5:33:24</b>	+1:37:04	7 F30	ETTEN-LEUR
304. n°117	SOULLIAERT Tom		33	10:11:33	207	<b>35:56</b>	4:38	318	<b>2:54:22</b>	302	3:28	40:12	37:35	38:02	<b>1:55:49</b>	326	<b>5:34:13</b>	+1:37:53	37 M30	DEURNE (ANTWERPEN)
305. n°203	MOEYJAERT Robin		38	10:15:34	395	<b>42:40</b>	7:06	284	<b>2:50:48</b>	356	6:48	35:24	34:40	36:52	<b>1:46:57</b>	218	<b>5:34:18</b>	+1:37:58	61 M35	ROESELARE
306. n°1028	F JANSSENS Jasmin		34	10:13:05	298	<b>38:16</b>	6:13	392	<b>3:02:24</b>	378	6:21	35:19	33:04	33:18	<b>1:41:42</b>	154	<b>5:34:54</b>	+1:38:35	8 F30	ANTWERP
307. n°111	PLADIJS Jeroen		32	10:11:09	407	<b>43:19</b>	8:17	292	<b>2:52:05</b>	349	4:24	36:42	33:46	36:26	<b>1:46:55</b>	216	<b>5:34:59</b>	+1:38:39	38 M30	SCHEPDAAL, FLEMISH REGION
308. n°2035	E SPLASH, FLASH & DASH		---	10:17:37	464	<b>47:12</b>	1:23	102	<b>2:32:59</b>	250	1:42	42:28	40:59	48:30	<b>2:11:58</b>	438	<b>5:35:12</b>	+1:38:52	18 EQX	
309. n°357	KOCKAERTS Yves		47	10:15:26	449	<b>45:59</b>	5:52	319	<b>2:54:29</b>	387	4:36	38:43	33:10	32:26	<b>1:44:19</b>	181	<b>5:35:13</b>	+1:38:53	34 M45	DIEPENBEEK
K 310. n°1087	F POPPE Sylvie		48	10:07:06	215	<b>36:15</b>	4:07	304	<b>2:53:15</b>	263	6:26	41:02	36:59	37:20	<b>1:55:23</b>	319	<b>5:35:25</b>	+1:39:05	4 F45	KNOKKE-HEIST
311. n°46	HEURCKMANS Kevin		26	10:04:54	40	<b>29:56</b>	3:55	379	<b>3:00:46</b>	255	3:31	42:57	37:34	36:53	<b>1:57:26</b>	342	<b>5:35:32</b>	+1:39:12	31 M25	MACHELEN
312. n°176	DE WEERDT Nico		38	10:10:45	261	<b>37:30</b>	7:41	205	<b>2:43:03</b>	249	2:56	43:41	39:54	40:52	<b>2:04:29</b>	395	<b>5:35:40</b>	+1:39:20	62 M35	RIJKEVORSEL
K 313. n°105	LANNYOY Kenny		32	10:19:33	489	<b>52:29</b>	5:27	415	<b>3:05:25</b>	463	2:19	31:57	28:55	29:14	<b>1:30:08</b>	43	<b>5:35:44</b>	+1:39:24	39 M30	KNOKKE-HEIST
314. n°33	DE KEERSMAECKER Simon		27	10:17:06	367	<b>41:11</b>	5:44	369	<b>2:59:04</b>	395	4:10	37:21	33:10	35:16	<b>1:45:47</b>	203	<b>5:35:55</b>	+1:39:35	32 M25	ANTWERPEN
K 315. n°2	BAILYU Louis		24	10:10:26	311	<b>38:45</b>	2:36	303	<b>2:53:11</b>	288	2:09	42:43	38:36	38:03	<b>1:59:23</b>	361	<b>5:36:03</b>	+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

Details

1/2 Distance

Pos Nr	Name	NOC	Age	Start	Swim		Cycling			Running					Age Group						
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name	City
316. n°376	SCHRAEPEN Thomas		45	10:15:29	391	42:30	4:12	320	2:54:30	358	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	463	47:10	6:32	296	2:52:41	404	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	430	44:58	5:23	325	2:54:58	365	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	376	41:50	4:40	238	2:46:37	296	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	353	40:33	4:02	270	2:49:26	301	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	240	36:53	3:48	231	2:46:13	214	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	380	42:02	1:55	439	3:10:44	441	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	426	44:45	4:54	268	2:49:21	313	3:32	39:40	35:46	38:43	1:54:10	309	5:36:41	+1:40:21	42	M40	MERELBEKE
324. n°405	CALLEWAERT Gerd		51	10:12:08	268	37:37	6:01	275	2:49:36	292	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	233	36:47	5:59	326	2:55:05	316	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	315	38:55	2:34	312	2:53:43	312	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	273	2:49:31	200	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	458	46:49	6:58	342	2:56:38	421	5:29	36:44	32:40	32:12	1:41:37	152	5:37:30	+1:41:10	43	M40	MOLLEM
329. n°253	DE MUYNCK Pieter	SUI	40	10:13:45	253	37:13	5:28	381	3:00:50	361	4:35	39:40	34:58	35:11	1:49:50	259	5:37:54	+1:41:34	44	M40	OBERWIL
330. n°2006	E MEGHA-FIT GIRLS		---	10:08:34	162	34:53	1:31	372	2:59:27	285	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	343	39:49	3:08	246	2:47:12	274	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	317	38:58	9:00	302	2:53:09	347	7:42	38:44	35:22	35:56	1:50:02	262	5:38:50	+1:42:30	45	M40	MEERHOUT
333. n°122	VAN DE VOORDE Nick		30	10:14:42	277	37:48	2:49	377	3:00:10	352	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	356	40:36	1:39	343	2:56:52	325	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	130	33:59	3:12	398	3:03:02	307	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	211	36:05	3:51	314	2:53:47	275	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	368	41:12	1:53	421	3:06:36	408	2:00	39:00	34:32	34:22	1:47:56	236	5:39:35	+1:43:15	24	EQM	
338. n°136	VEYFEYKEN Kobe		32	10:16:37	431	45:04	4:20	407	3:04:36	427	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 - LA FOSSE		---	10:07:43	63	31:20	1:46	354	2:57:45	243	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	401	43:00	4:23	247	2:47:22	327	3:32	41:23	39:21	40:50	2:01:35	378	5:39:53	+1:43:33	33	M25	KNOKKE-HEIST
341. n°55	RENSON Henri			10:07:42	344	39:53	4:03	403	3:04:03	355	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	459	46:50	5:12	206	2:43:05	324	6:46	41:08	37:56	39:01	1:58:05	350	5:39:59	+1:43:39	46	M40	KOEWACHT
343. n°402	BOGAEERTS Filip		50	10:09:37	316	38:55	7:04	307	2:53:27	315	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	442	45:36	6:26	370	2:59:17	412	5:06	37:35	33:14	33:14	1:44:03	180	5:40:25	+1:44:05	47	M40	BLANKENBERGE
345. n°248	DE BAERE Sebastien		41	10:10:54	400	42:57	7:50	388	3:02:00	399	4:35	35:53	33:11	34:00	1:43:05	169	5:40:28	+1:44:08	48	M40	BEERSEL
346. n°109	PARDAENS Tom		31	10:12:13	347	40:10	5:32	399	3:03:06	383	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	260	37:30	3:23	288	2:51:41	309	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	413	43:35	6:55	362	2:58:29	402	6:44	36:53	33:44	34:25	1:45:03	192	5:40:45	+1:44:25	49	M40	GONTRODE
349. n°327	BUYSSE Timothy		46	10:16:15	363	40:58	5:58	374	2:59:44	393	3:58	37:55	35:44	36:32	1:50:12	266	5:40:50	+1:44:30	40	M45	BORNEUM
350. n°1090	F VANMASSENHOVE Katty		47	10:12:22	294	38:12	3:35	367	2:58:57	341	3:13	39:51	37:13	39:59	1:57:04	338	5:41:03	+1:44:43	5	F45	WENDUINE
351. n°318	VLA YEN Gerry		42	10:16:48	397	42:44	4:53	375	2:59:54	401	3:49	42:15	34:03	33:53	1:50:11	265	5:41:29	+1:45:09	50	M40	HERK-DE-STAD
352. n°1001	F ARTS Caroline		22	10:10:26	193	35:30	3:29	387	3:01:50	328	3:38	39:49	37:46	39:27	1:57:03	337	5:41:29	+1:45:09	1	F18	ZOERSEL
353. n°93	DEMAURE Woud		33	10:10:31	360	40:44	5:24	417	3:05:35	390	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	330	39:15	5:50	376	2:59:58	340	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	296	38:15	5:17	233	2:46:15	256	5:25	45:07	39:35	42:25	2:07:08	417	5:42:20	+1:46:00	51	M40	MERELBEKE
356. n°40	DROESSAERT Jasper		26	10:05:39	133	34:03	4:52	366	2:58:48	279	4:27	41:37	38:46	40:22	2:00:46	371	5:42:57	+1:46:37	34	M25	AALST
357. n°430	LUYCX Luke		54	10:10:17	388	42:22	5:15	333	2:55:33	343	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	238	36:49	4:44	297	2:52:44	303	4:44	41:06	40:09	43:30	2:04:45	397	5:43:47	+1:47:27	35	M25	GISTEL
359. n°294	SOENEN Bjorn		42	10:15:44	332	39:20	4:45	337	2:55:47	353	4:03	40:59	38:09	40:43	1:59:52	364	5:43:47	+1:47:27	52	M40	STADEN
360. n°387	VERBERGT Marc		46	10:14:34	346	40:08	4:00	299	2:52:49	330	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					Age Group					
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name
361. n°15	TAVEIRNE Felix		24	10:10:24	243	<b>36:58</b>	3:28	323	<b>2:54:48</b>	295	3:50	44:17	40:03	40:40	<b>2:05:01</b>	401	<b>5:44:04</b>	+1:47:44	10 M18	SINT-KRUIS (BRUGGE)
362. n°436	SHELLEMANS Didier		51	10:16:01	366	<b>41:02</b>	6:47	426	<b>3:07:18</b>	429	3:41	37:39	33:30	34:16	<b>1:45:26</b>	199	<b>5:44:13</b>	+1:47:53	26 M50	LEMBECK
363. n°2045	E THE IRON THREE		--	10:17:13	448	<b>45:58</b>	1:53	313	<b>2:53:46</b>	370	2:23	43:20	39:00	38:50	<b>2:01:11</b>	376	<b>5:45:08</b>	+1:48:48	22 EQX	
364. n°246	CHRISTOFFELS Johan		41	10:19:27	465	<b>47:25</b>	5:46	329	<b>2:55:18</b>	416	3:58	38:59	36:15	37:33	<b>1:52:48</b>	297	<b>5:45:15</b>	+1:48:55	53 M40	LANAKEN
365. n°212	SELS Nick		35	10:08:18	375	<b>41:49</b>	5:19	162	<b>2:39:03</b>	207	4:39	45:47	46:15	42:22	<b>2:14:26</b>	453	<b>5:45:17</b>	+1:48:57	65 M35	VORSELAAR
K 366. n°476	VANMAELE Luc		60	10:11:06	299	<b>38:17</b>	3:59	328	<b>2:55:16</b>	311	2:50	44:03	40:48	40:43	<b>2:05:34</b>	408	<b>5:45:58</b>	+1:49:38	6 M60	KNOKKE-HEIST
367. n°360	LANS Armand	NLD	49	10:17:45	406	<b>43:14</b>	5:11	339	<b>2:56:07</b>	391	5:13	40:44	37:13	38:29	<b>1:56:27</b>	333	<b>5:46:13</b>	+1:49:53	42 M45	SCHIEDAM
368. n°1013	F VAN DRIESSCHE Marieke		27	10:17:03	434	<b>45:08</b>	3:54	386	<b>3:01:47</b>	414	4:24	39:23	35:37	36:14	<b>1:51:16</b>	278	<b>5:46:26</b>	+1:50:06	8 F25	OPWIJK
369. n°128	VANGOPPENOLLE Jelle		34	10:14:47	352	<b>40:31</b>	6:06	412	<b>3:05:10</b>	409	3:47	38:51	33:48	38:23	<b>1:51:03</b>	274	<b>5:46:36</b>	+1:50:16	44 M30	JETTE
370. n°388	VERGAUWE Vincent		45	10:17:25	259	<b>37:28</b>	4:50	341	<b>2:56:35</b>	357	3:31	44:20	39:23	41:02	<b>2:04:47</b>	399	<b>5:47:11</b>	+1:50:51	43 M45	AALTER
371. n°115	SCHELTJENS Jorn		30	10:14:18	350	<b>40:21</b>	4:20	373	<b>2:59:38</b>	368	4:02	40:49	40:04	37:59	<b>1:58:54</b>	358	<b>5:47:14</b>	+1:50:54	45 M30	ANTWERPEN
372. n°80	BAEYENS Tom		30	10:14:38	345	<b>40:00</b>	6:25	356	<b>2:58:08</b>	375	10:11	40:38	35:36	36:20	<b>1:52:35</b>	295	<b>5:47:17</b>	+1:50:58	46 M30	GENTBRUGGE
373. n°429	LEMMENS Martin		53	10:14:14	398	<b>42:45</b>	5:22	405	<b>3:04:25</b>	410	5:02	39:32	34:53	35:32	<b>1:49:58</b>	260	<b>5:47:31</b>	+1:51:11	27 M50	NIEUWKERKEN-WAAS
374. n°1023	F BUYSSE Karen	NLD	30	10:10:38	257	<b>37:25</b>	4:06	305	<b>2:53:17</b>	294	4:24	45:33	40:22	42:56	<b>2:08:52</b>	424	<b>5:48:04</b>	+1:51:44	9 F30	IJZENDIJK
K 375. n°1100	F ALLEMEERSCH Greet		52	10:10:10	280	<b>37:50</b>	3:50	419	<b>3:06:02</b>	364	4:51	40:24	37:07	38:11	<b>1:55:42</b>	324	<b>5:48:13</b>	+1:51:53	2 F50	KNOKKE-HEIST
376. n°400	BALLIEU Peter		50	10:12:30	137	<b>34:08</b>	6:10	410	<b>3:04:59</b>	363	7:09	42:37	37:16	36:24	<b>1:56:18</b>	331	<b>5:48:43</b>	+1:52:23	28 M50	VARSENARE
377. n°386	VERBEKE Stephen		49	10:18:09	427	<b>44:48</b>	5:47	402	<b>3:03:42</b>	435	6:01	38:03	34:37	35:59	<b>1:48:40</b>	244	<b>5:48:58</b>	+1:52:38	44 M45	WAASMUNSTER
378. n°1042	F DE NEEF Nele		37	10:18:53	475	<b>48:49</b>	3:42	344	<b>2:56:57</b>	419	5:01	40:58	37:48	35:55	<b>1:54:42</b>	312	<b>5:49:10</b>	+1:52:50	3 F35	GRIMBERGEN
379. n°2020	E 3FORFUN		--	10:11:50	331	<b>39:18</b>	1:38	391	<b>3:02:17</b>	350	2:00	44:46	39:29	40:07	<b>2:04:23</b>	393	<b>5:49:36</b>	+1:53:16	23 EQX	
380. n°2002	E DE ZENA'S		--	10:18:39	473	<b>48:35</b>	1:53	400	<b>3:03:27</b>	436	1:58	41:19	36:31	35:57	<b>1:53:48</b>	303	<b>5:49:38</b>	+1:53:18	3 EQF	
381. n°1055	F BEERTEN Dana		43	10:11:22	228	<b>36:40</b>	5:39	413	<b>3:05:13</b>	372	5:32	41:33	37:41	37:52	<b>1:57:06</b>	339	<b>5:50:07</b>	+1:53:48	4 F40	KERMT
382. n°2007	E POERDROGE TRIO GIRLPOWER		--	10:18:48	421	<b>44:18</b>	1:38	330	<b>2:55:19</b>	379	1:55	45:03	40:37	41:55	<b>2:07:37</b>	418	<b>5:50:46</b>	+1:54:26	4 EQF	
383. n°1063	F LAEVEREN Kristien		42	10:18:10	480	<b>49:45</b>	5:51	390	<b>3:02:10</b>	446	5:50	38:08	35:02	34:06	<b>1:47:17</b>	223	<b>5:50:49</b>	+1:54:29	5 F40	BORNEM
384. n°2005	E MAC TRIA +		--	10:18:09	432	<b>45:05</b>	1:53	422	<b>3:06:41</b>	434	2:13	42:05	36:32	37:08	<b>1:55:46</b>	325	<b>5:51:35</b>	+1:55:15	5 EQF	
385. n°366	MERTENS Kris		47	10:06:49	313	<b>38:51</b>	4:24	298	<b>2:52:44</b>	273	3:50	43:26	42:18	46:38	<b>2:12:22</b>	440	<b>5:52:16</b>	+1:55:56	45 M45	GREMBERGEN
386. n°41	EVERAERT Jordy		26	10:05:43	187	<b>35:24</b>	4:50	286	<b>2:51:12</b>	233	3:43	40:34	43:18	53:13	<b>2:17:06</b>	460	<b>5:52:21</b>	+1:56:01	36 M25	ERPE-MERE
387. n°367	MEYERS Marc	LUX	45	10:07:18	163	<b>34:55</b>	5:49	440	<b>3:10:55</b>	373	5:55	41:09	37:03	36:39	<b>1:54:52</b>	315	<b>5:52:25</b>	+1:56:05	46 M45	LUXEMBOURG
388. n°222	VAN GOETHEN Geoff		39	10:10:36	274	<b>37:43</b>	5:25	210	<b>2:43:32</b>	234	7:48	47:49	43:58	46:41	<b>2:18:29</b>	464	<b>5:52:58</b>	+1:56:38	66 M35	KRUBEKE
389. n°269	GEERAERT Koen		44	10:14:59	150	<b>34:27</b>	5:04	404	<b>3:04:07</b>	367	4:31	42:46	39:53	42:09	<b>2:04:48</b>	400	<b>5:52:59</b>	+1:56:39	54 M40	SINT-ANDRIES
390. n°351	GEYSEN Gunter		45	10:14:38	351	<b>40:25</b>	7:36	363	<b>2:58:31</b>	384	5:04	42:16	38:14	41:20	<b>2:01:52</b>	379	<b>5:53:29</b>	+1:57:09	47 M45	EDEGEM
391. n°43	GILLES Bruno		26	10:17:09	444	<b>45:40</b>	5:43	409	<b>3:04:48</b>	438	4:49	38:39	35:46	38:11	<b>1:52:36</b>	296	<b>5:53:35</b>	+1:57:15	37 M25	UCCLE
392. n°342	DE MEESTER Sven		47	10:17:29	443	<b>45:37</b>	4:43	285	<b>2:50:58</b>	369	5:19	44:19	40:52	41:47	<b>2:06:59</b>	416	<b>5:53:39</b>	+1:57:19	48 M45	BRASSCHAAT
K 393. n°1083	F GOOSSENS Leen		47	10:16:28	396	<b>42:42</b>	4:05	443	<b>3:11:09</b>	442	4:38	39:39	35:32	35:59	<b>1:51:11</b>	277	<b>5:53:42</b>	+1:57:23	6 F45	KNOKKE-HEIST
394. n°1056	F BRUSSELLE Charlotte		43	10:16:27	404	<b>43:07</b>	4:46	401	<b>3:03:39</b>	417	3:38	42:22	38:48	37:29	<b>1:58:40</b>	356	<b>5:53:49</b>	+1:57:29	6 F40	ROESELARE
395. n°2076	E TEAM EMMERELTS		--	10:13:41	384	<b>42:15</b>	1:42	466	<b>3:18:50</b>	448	1:41	40:19	35:45	33:21	<b>1:49:26</b>	253	<b>5:53:51</b>	+1:57:31	26 EQM	
396. n°1043	F DERVEAUX Uxe		39	10:07:16	157	<b>34:49</b>	3:23	345	<b>2:57:07</b>	270	3:40	45:32	44:36	45:08	<b>2:15:16</b>	455	<b>5:54:16</b>	+1:57:56	4 F35	MECHELEN
397. n°1012	F VAN DAMME Camille		28	10:16:53	394	<b>42:37</b>	3:26	449	<b>3:13:04</b>	447	3:53	38:14	35:49	37:43	<b>1:51:47</b>	287	<b>5:54:45</b>	+1:58:25	9 F25	TEMSE
K 398. n°1110	F AERTS Martine		59	10:11:05	282	<b>37:54</b>	4:48	338	<b>2:55:58</b>	319	3:48	46:49	42:44	43:03	<b>2:12:37</b>	443	<b>5:55:07</b>	+1:58:47	1 F55	KNOKKE-HEIST
399. n°288	SCHEYS Olivier		44	10:15:17	270	<b>37:39</b>	6:53	424	<b>3:07:01</b>	411	5:54	40:56	37:43	38:57	<b>1:57:36</b>	344	<b>5:55:08</b>	+1:58:48	55 M40	ASSE
400. n°1008	F ROELANTS Sarah		25	10:04:04	39	<b>29:53</b>	3:50	448	<b>3:12:26</b>	321	4:46	44:13	39:34	40:42	<b>2:04:30</b>	396	<b>5:55:24</b>	+1:59:04	10 F25	LEBBEKE
401. n°113	RODRIGUEZ RAES Daniel		33	10:14:50	411	<b>43:32</b>	4:05	293	<b>2:52:18</b>	348	5:12	43:00	40:57	46:31	<b>2:10:28</b>	431	<b>5:55:38</b>	+1:59:18	47 M30	MEISE
402. n°2037	E STRAIGHT DEFORMED SUPERST		--	10:17:34	457	<b>46:42</b>	1:21	408	<b>3:04:40</b>	425	2:07	44:30	38:49	38:13	<b>2:01:33</b>	377	<b>5:56:24</b>	+2:00:05	24 EQX	
403. n°213	STAELENS Sam		38	10:13:10	272	<b>37:41</b>	5:55	308	<b>2:53:29</b>	322	5:18	46:48	42:43	44:40	<b>2:14:12</b>	449	<b>5:56:33</b>	+2:00:13	67 M35	ZEEBRUGGE
404. n°466	VANDENBORRE Bruno		57	10:16:40	476	<b>48:55</b>	4:23	332	<b>2:55:29</b>	405	4:05	43:55	40:09	39:39	<b>2:03:45</b>	388	<b>5:56:39</b>	+2:00:19	10 M55	BRASSCHAAT
K 405. n°480	DEPAUW Piet		66	10:05:25	152	<b>34:42</b>	7:48	382	<b>3:01:03</b>	314	4:56	45:37	41:28	41:14	<b>2:08:21</b>	420	<b>5:56:51</b>	+2:00:31	1 M65	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					Age Group						
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name	City
K 406. n°441	VAN MALDEGHEM Chris		52	10:16:25	461	46:59	5:53	384	3:01:40	428	4:33	40:41	37:12	40:22	1:58:16	354	5:57:22	+2:01:02	29	M50	KNOKKE-HEIST
407. n°385	VANNEUVILLE Pieter		48	10:17:25	471	48:16	4:21	378	3:00:28	426	3:59	41:23	39:50	39:37	2:00:51	372	5:57:56	+2:01:36	49	M45	ANTWERPEN
408. n°2008	E STAALHARD		--	10:17:38	496	55:16	1:38	261	2:48:58	397	1:53	45:07	40:49	44:30	2:10:27	429	5:58:14	+2:01:54	25	EQX	
409. n°2042	E TEAM CLIMA (X)		--	10:11:02	241	36:56	1:37	434	3:09:00	366	2:09	44:55	41:11	42:30	2:08:37	423	5:58:18	+2:01:58	26	EQX	
410. n°1040	F ASSCHERICKX Marie		39	10:09:49	166	34:58	3:59	441	3:11:00	376	4:35	43:52	40:04	41:26	2:05:24	406	5:59:56	+2:03:36	5	F35	KORTRIJK
411. n°1081	F DEHANDSCHUTTER Elisabeth		48	10:15:34	453	46:27	4:42	322	2:54:43	385	4:19	45:06	42:33	42:51	2:10:31	432	6:00:42	+2:04:22	7	F45	SINT-NIKLAAS
K 412. n°193	JANSSENS Raphael		39	10:13:54	283	37:56	8:04	411	3:05:04	403	5:16	41:53	38:29	45:01	2:05:24	407	6:01:45	+2:05:25	68	M35	KNOKKE-HEIST
413. n°103	HOSTENS Hendrik		34	10:17:33	446	45:53	6:03	361	2:58:25	415	5:53	46:10	40:08	39:30	2:05:48	410	6:02:02	+2:05:42	48	M30	WAARDAMME
414. n°283	PELLAERS Roel		43	10:12:34	382	42:13	5:37	445	3:11:20	433	4:48	42:01	39:23	37:39	1:59:05	359	6:03:03	+2:06:43	56	M40	HASSELT
415. n°1044	F DEVLIES Veerle		37	10:12:26	306	38:35	4:21	432	3:08:15	398	6:34	47:13	41:08	39:16	2:07:39	419	6:05:22	+2:09:02	6	F35	DE HAAN
K 416. n°450	BULLYNCK Nick		55	10:07:03	348	40:15	6:01	358	2:58:18	331	6:55	45:58	41:11	46:47	2:13:56	448	6:05:25	+2:09:05	11	M55	KNOKKE-HEIST
K 417. n°462	PROVOOST Geert		57	10:19:20	481	50:09	4:51	335	2:55:43	424	4:59	44:50	42:05	42:54	2:09:50	425	6:05:33	+2:09:13	12	M55	KNOKKE-HEIST
418. n°300	VAN DIEREN Bram	NLD	41	10:15:43	460	46:56	6:30	446	3:11:36	459	6:34	38:53	36:04	39:09	1:54:06	308	6:05:43	+2:09:23	57	M40	DEURNE
419. n°65	VAN PUYVELDE Vincent		28	10:13:22	202	35:43	4:45	420	3:06:26	381	4:33	47:02	45:50	41:26	2:14:19	450	6:05:45	+2:09:25	38	M25	BOECHOUT
420. n°1025	F DE LAET Severine		30	10:13:18	327	39:09	5:02	454	3:15:52	439	5:54	42:17	38:16	39:20	1:59:54	366	6:05:49	+2:09:29	10	F30	MORTSEL
421. n°227	VANDERBEUKEN Joris		36	10:19:38	477	49:03	5:48	414	3:05:20	458	5:17	42:13	38:35	39:37	2:00:26	369	6:05:53	+2:09:33	69	M35	TONGEREN
422. n°191	HERMANS Anthony		36	10:14:54	378	41:58	4:25	385	3:01:47	394	3:40	44:11	44:49	45:23	2:14:24	452	6:06:12	+2:09:52	70	M35	STROMBEEK-BEVER
423. n°359	LANNOYE Michiel		46	10:11:19	285	38:00	5:04	427	3:07:27	388	4:41	44:59	40:33	45:39	2:11:12	436	6:06:27	+2:10:07	50	M45	LOPPEM
424. n°133	VANVOSSSEL Jorian		34	10:14:51	416	43:37	4:18	450	3:13:51	451	5:49	43:13	37:38	38:17	1:59:08	360	6:06:43	+2:10:23	49	M30	GRIMBERGEN
425. n°1064	F MARTENS Roxane		41	10:18:20	393	42:33	3:10	438	3:10:35	443	4:44	44:03	40:02	42:21	2:06:27	413	6:07:29	+2:11:09	7	F40	KORTENBERG
426. n°1050	F VAN DE SANDE Nicky		36	10:16:06	466	47:28	3:54	437	3:09:46	453	8:08	42:31	38:08	37:36	1:58:15	352	6:07:31	+2:11:11	7	F35	BEERSE
427. n°307	VANDENDRIESSCHE Diederik		40	10:16:57	487	51:39	6:46	451	3:14:09	472	3:25	38:07	35:24	38:03	1:51:35	284	6:07:34	+2:11:14	58	M40	ESSENE
428. n°298	VAN DE SANDE Tom		43	10:15:57	340	39:37	12:05	435	3:09:28	452	8:16	42:31	38:07	37:36	1:58:16	353	6:07:43	+2:11:23	59	M40	TURNHOUT
429. n°235	WILLEMS Maarten		38	10:09:58	329	39:13	6:03	469	3:21:18	449	6:28	44:16	36:19	34:15	1:54:51	314	6:07:51	+2:11:31	71	M35	GENT
430. n°199	LONCKE Kristof		39	10:10:35	249	37:03	8:39	250	2:47:43	282	4:05	45:24	48:56	55:59	2:30:20	475	6:07:56	+2:11:36	72	M35	MERCHEM
431. n°1031	F POOTERS Tine		31	10:15:10	381	42:12	3:03	433	3:08:50	423	3:32	46:31	41:55	41:57	2:10:24	427	6:08:00	+2:11:40	11	F30	ANTWERPEN
432. n°2022	E BEAUREGARD 2		--	10:19:18	467	47:35	1:52	397	3:02:56	432	1:55	48:17	43:33	42:03	2:13:54	447	6:08:09	+2:11:49	27	EQX	
433. n°2080	E TOYE BRO'S		--	10:09:23	178	35:16	1:41	485	3:30:16	450	1:46	42:05	37:20	40:09	1:59:34	362	6:08:33	+2:12:13	27	EQM	
434. n°2081	E TRIA+BET		--	10:17:54	440	45:21	1:56	331	2:55:21	382	2:30	48:28	46:40	49:06	2:24:15	471	6:09:26	+2:13:06	28	EQM	
K 435. n°415	DERUDDER John		53	10:05:26	219	36:20	4:27	368	2:58:59	290	7:33	50:14	45:36	46:36	2:22:27	469	6:09:46	+2:13:26	30	M50	KNOKKE-HEIST
K 436. n°347	DEZUTTER Marc		49	10:09:42	337	39:32	5:11	350	2:57:29	333	6:59	47:44	45:05	48:12	2:21:03	467	6:10:13	+2:13:53	51	M45	KNOKKE-HEIST
437. n°448	WOUTERS Peter		52	10:09:29	365	40:59	5:54	431	3:07:56	400	5:45	45:01	43:48	41:36	2:10:26	428	6:10:58	+2:14:38	31	M50	LOMMELE
438. n°1034	F VERSCHUEREN Lauranne		30	10:08:10	422	44:29	4:51	455	3:15:54	440	5:51	42:17	38:16	39:19	1:59:53	365	6:10:58	+2:14:38	12	F30	DEURNE
439. n°358	LANDUYT Steve	NLD	45	10:16:53	450	46:09	6:57	383	3:01:30	431	6:28	44:21	43:07	43:03	2:10:32	433	6:11:35	+2:15:15	52	M45	SLUIS
440. n°440	VAN HUMBECK Edwin		52	10:18:24	482	50:25	6:05	429	3:07:46	462	5:54	43:36	39:25	39:35	2:02:37	383	6:12:47	+2:16:27	32	M50	STERREBEEK
441. n°481	HALLEMEESCH Norbert		71	10:12:59	383	42:13	7:34	456	3:16:10	457	7:54	42:49	37:57	39:02	1:59:49	363	6:13:43	+2:17:23	2	M65	BREDENE
442. n°1080	F DE CLERCK Vicky		48	10:11:28	417	43:46	4:55	425	3:07:15	413	5:01	48:04	42:40	42:44	2:13:28	446	6:14:26	+2:18:06	8	F45	BLANKENBERGE
443. n°407	COUTTON Geert		52	10:19:07	361	40:46	7:10	465	3:18:26	468	4:54	42:52	39:05	41:12	2:03:10	385	6:14:28	+2:18:08	33	M50	WAASMUNSTER
444. n°437	SERREYN Pieter		50	10:11:26	223	36:27	5:46	447	3:11:59	406	9:02	45:55	42:20	44:19	2:12:35	442	6:15:48	+2:19:28	34	M50	DAMME
445. n°2041	E TCD		--	10:16:19	441	45:28	2:12	444	3:11:11	445	2:47	48:54	43:37	43:07	2:15:39	456	6:17:18	+2:20:58	28	EQX	
446. n°1045	F DEVRIENDT Griet		39	10:11:22	222	36:24	6:21	461	3:17:18	430	6:25	46:42	41:47	42:37	2:11:06	435	6:17:35	+2:21:15	8	F35	STADEN
447. n°463	SOMERS Gino		55	10:16:10	452	46:24	9:31	395	3:02:47	444	7:43	45:11	41:10	45:14	2:11:36	437	6:18:01	+2:21:41	13	M55	ANTWERP
448. n°2003	E FIGARO		--	10:19:04	424	44:35	1:58	478	3:25:21	474	2:18	46:20	40:47	38:00	2:05:08	402	6:19:21	+2:23:01	6	EQF	
449. n°2029	E FIGARO GOGOGO 3		--	10:18:43	497	55:30	1:52	472	3:22:23	483	2:13	43:01	37:45	36:56	1:57:43	345	6:19:42	+2:23:22	29	EQX	
450. n°1060	F DE WIT Ann		41	10:10:05	279	37:50	4:11	457	3:16:24	420	4:47	47:37	44:02	44:53	2:16:33	459	6:19:46	+2:23:26	8	F40	HOUTVENNE

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					Age Group						
					Pos	Time	Trans1	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time	Pos	Total	Gap	Rank	Name	City
451. n°256	<b>DE WOLF</b> Jan		40	10:10:39	266	<b>37:36</b>	8:23	393	<b>3:02:27</b>	374	7:17	49:43	47:40	48:03	<b>2:25:26</b>	472	<b>6:21:08</b>	+2:24:48	60	M40	MERCHTEM
452. n°297	<b>VAN BOXTEL</b> Chris	NLD	44	10:18:46	493	<b>54:45</b>	8:14	479	<b>3:25:40</b>	487	9:28	35:53	32:32	35:02	<b>1:43:28</b>	172	<b>6:21:32</b>	+2:25:12	61	M40	TILBURG
453. n°134	<b>VERMEULEN</b> Kristof		32	10:16:24	445	<b>45:46</b>	5:05	460	<b>3:17:04</b>	464	3:35	45:13	41:43	43:31	<b>2:10:27</b>	430	<b>6:21:57</b>	+2:25:37	50	M30	DEURNE
454. n°2023	<b>E CEREAL KILLERS</b>		---	10:19:40	447	<b>45:57</b>	1:40	476	<b>3:24:03</b>	477	2:02	45:53	41:14	41:28	<b>2:08:36</b>	422	<b>6:22:15</b>	+2:25:55	30	EQX	
K 455. n°1120	<b>F VAN CAMP</b> Greet		63	10:17:19	491	<b>53:49</b>	5:51	442	<b>3:11:03</b>	471	3:50	46:00	40:55	41:28	<b>2:08:25</b>	421	<b>6:22:58</b>	+2:26:38	1	F60	KNOKKE-HEIST
456. n°434	<b>POELMAN</b> Luc		52	10:10:49	246	<b>37:02</b>	5:19	477	<b>3:24:22</b>	455	6:40	44:48	42:09	44:04	<b>2:11:02</b>	434	<b>6:24:25</b>	+2:28:05	35	M50	MARKE
457. n°465	<b>VAN ELSACKER</b> Paul		59	10:17:30	472	<b>48:25</b>	6:19	481	<b>3:27:51</b>	485	6:23	38:42	37:39	39:07	<b>1:55:28</b>	322	<b>6:24:25</b>	+2:28:05	14	M55	BRASSCHAAT
458. n°420	<b>GEERARDYN</b> Gino		52	10:18:55	492	<b>54:22</b>	6:34	416	<b>3:05:25</b>	466	5:22	48:03	42:45	42:21	<b>2:13:10</b>	444	<b>6:24:51</b>	+2:28:31	36	M50	ROESELARE
459. n°426	<b>HUTSE</b> Philippe		53	10:10:44	220	<b>36:21</b>	8:25	484	<b>3:29:11</b>	465	6:59	45:39	40:11	38:29	<b>2:04:19</b>	392	<b>6:25:14</b>	+2:28:54	37	M50	GENT
460. n°180	<b>DEQUECKER</b> Alexander		39	10:18:15	423	<b>44:30</b>	5:06	486	<b>3:30:29</b>	482	3:58	41:06	39:06	41:44	<b>2:01:56</b>	381	<b>6:26:00</b>	+2:29:40	73	M35	BLANKENBERGE
461. n°482	<b>KEYMOLEN</b> Michael		66	10:13:39	258	<b>37:28</b>	6:15	418	<b>3:05:52</b>	396	5:39	47:18	48:59	55:13	<b>2:31:31</b>	476	<b>6:26:49</b>	+2:30:29	3	M65	SCHILDE
462. n°339	<b>DE JONG</b> Thijs	NLD	49	10:19:38	403	<b>43:05</b>	10:56	459	<b>3:16:33</b>	473	6:44	47:06	41:04	42:03	<b>2:10:13</b>	426	<b>6:27:30</b>	+2:31:10	53	M45	UTRECHT
463. n°1016	<b>F VANDENDRIESSCHE</b> Leontine		26	10:17:05	470	<b>47:55</b>	5:14	452	<b>3:15:07</b>	467	4:39	48:33	43:30	43:11	<b>2:15:15</b>	454	<b>6:28:08</b>	+2:31:48	11	F25	IZEGEM
464. n°1084	<b>F NUYENS</b> Ingrid		45	10:19:02	428	<b>44:50</b>	4:00	467	<b>3:19:22</b>	469	4:24	46:08	45:06	45:11	<b>2:16:25</b>	458	<b>6:29:01</b>	+2:32:41	9	F45	MALLE
465. n°2001	<b>E DE TRIA + TIGERS</b>		---	10:14:10	425	<b>44:40</b>	1:40	470	<b>3:21:18</b>	460	2:31	49:47	44:32	45:25	<b>2:19:45</b>	465	<b>6:29:55</b>	+2:33:35	7	EQF	
466. n°303	<b>VAN LAARHOVEN</b> Ferry	NLD	44	10:18:40	495	<b>54:54</b>	7:20	423	<b>3:06:52</b>	470	5:43	46:10	42:32	48:31	<b>2:17:15</b>	461	<b>6:32:06</b>	+2:35:46	62	M40	OISTERWIJK
467. n°1065	<b>F TITECA</b> Katrijn		42	10:08:30	224	<b>36:29</b>	4:35	468	<b>3:19:26</b>	422	3:42	50:48	49:02	48:45	<b>2:28:36</b>	474	<b>6:32:49</b>	+2:36:29	9	F40	ANZEGEM
468. n°1061	<b>F DECIME</b> Daisy		44	10:15:04	364	<b>40:58</b>	6:57	490	<b>3:34:51</b>	481	5:54	45:34	40:33	40:33	<b>2:06:41</b>	414	<b>6:35:22</b>	+2:39:02	10	F40	MECHELEN
K 469. n°4	<b>COOPMAN</b> Lois		24	10:10:24	420	<b>44:05</b>	5:17	463	<b>3:17:58</b>	456	5:51	48:22	46:39	47:29	<b>2:22:32</b>	470	<b>6:35:42</b>	+2:39:22	11	M18	KNOKKE-HEIST
K 470. n°119	<b>TEIRLYNCK</b> Rick		32	10:16:07	456	<b>46:31</b>	8:19	475	<b>3:23:08</b>	478	6:25	47:36	44:00	41:51	<b>2:13:28</b>	445	<b>6:37:53</b>	+2:41:33	51	M30	KNOKKE-HEIST
471. n°110	<b>PIETERS</b> Vincent		31	10:19:46	479	<b>49:39</b>	9:29	494	<b>3:44:03</b>	495	8:34	38:26	34:23	34:17	<b>1:47:06</b>	219	<b>6:38:51</b>	+2:42:31	52	M30	HEVERLEE
472. n°2073	<b>E STEFANEMAN</b>		---	10:13:01	499	<b>55:45</b>	2:38	491	<b>3:36:03</b>	488	2:14	45:10	40:09	38:43	<b>2:04:03</b>	390	<b>6:40:43</b>	+2:44:23	29	EQM	
473. n°1047	<b>F HECTORS</b> Hannelore		37	10:15:06	468	<b>47:38</b>	5:14	480	<b>3:27:19</b>	480	3:55	48:09	45:56	46:18	<b>2:20:24</b>	466	<b>6:44:30</b>	+2:48:10	9	F35	ANTWERPEN
474. n°458	<b>MANHAVE</b> Wim		55	10:16:36	455	<b>46:30</b>	7:02	483	<b>3:28:50</b>	484	6:33	48:17	42:53	44:29	<b>2:15:40</b>	457	<b>6:44:35</b>	+2:48:15	15	M55	BRUGGE
475. n°74	<b>WESTLAND</b> Django	NLD	26	10:18:07	484	<b>51:08</b>	13:25	489	<b>3:31:47</b>	493	7:13	42:49	38:49	39:25	<b>2:01:04</b>	375	<b>6:44:36</b>	+2:48:16	39	M25	GOES
476. n°1011	<b>F SPECKENS</b> Miriam	NLD	27	10:18:03	485	<b>51:14</b>	13:25	488	<b>3:31:45</b>	494	7:14	42:49	38:49	39:23	<b>2:01:02</b>	374	<b>6:44:38</b>	+2:48:18	12	F25	GOES
477. n°12	<b>RINGOET</b> Jordy		24	10:15:10	478	<b>49:19</b>	5:11	428	<b>3:07:36</b>	454	5:58	56:00	49:42	53:15	<b>2:38:58</b>	478	<b>6:47:07</b>	+2:50:47	12	M18	DEURNE
478. n°317	<b>VERSTRATE</b> Gregory		40	10:19:08	490	<b>53:32</b>	7:52	487	<b>3:30:52</b>	491	6:38	42:45	41:13	48:20	<b>2:12:19</b>	439	<b>6:51:14</b>	+2:54:54	63	M40	SCHELDERODE
479. n°306	<b>VAN ROEYEN</b> Sven		40	10:18:57	469	<b>47:45</b>	7:26	430	<b>3:07:51</b>	461	7:29	57:45	50:00	56:22	<b>2:44:08</b>	481	<b>6:54:44</b>	+2:58:24	64	M40	BURCHT
480. n°184	<b>FENTON</b> Paul	GBR	36	10:18:06	500	<b>56:15</b>	4:29	471	<b>3:21:47</b>	486	7:38	50:45	49:40	46:15	<b>2:26:40</b>	473	<b>6:56:47</b>	+3:00:27	74	M35	LONDON
481. n°431	<b>MAT</b> Rene		51	10:18:43	474	<b>48:41</b>	6:25	462	<b>3:17:24</b>	476	5:20	51:34	52:12	55:50	<b>2:39:38</b>	479	<b>6:57:29</b>	+3:01:09	38	M50	ZUIENKERKE
482. n°382	<b>VAN STRAALLEN</b> Dennis	NLD	45	10:18:30	494	<b>54:49</b>	8:19	482	<b>3:28:26</b>	490	9:26	47:08	44:30	49:27	<b>2:21:06</b>	468	<b>7:02:09</b>	+3:05:49	54	M45	TILBURG
483. n°38	<b>DEWAELE</b> Mattias		26	10:15:14	438	<b>45:17</b>	7:32	474	<b>3:23:07</b>	475	4:19	1:02:22	44:47	55:30	<b>2:42:41</b>	480	<b>7:03:04</b>	+3:06:44	40	M25	VILVOORDE
484. n°453	<b>DE ROOVER</b> Frank		55	10:17:12	437	<b>45:13</b>	9:52	492	<b>3:41:00</b>	492	9:37	49:32	43:54	44:56	<b>2:18:22</b>	463	<b>7:04:04</b>	+3:07:44	16	M55	WOLVERTEM
485. n°2066	<b>E KASPAR</b> II		---	10:16:14	501	<b>58:27</b>	1:56	464	<b>3:18:23</b>	479	3:11	53:16	51:46	1:01:19	<b>2:46:21</b>	482	<b>7:08:25</b>	+3:12:05	30	EQM	
486. n°214	<b>TAGHON</b> Dimitri		36	10:17:10	433	<b>45:07</b>	5:39	493	<b>3:41:46</b>	489	9:50	53:57	50:16	52:17	<b>2:36:31</b>	477	<b>7:18:57</b>	+3:22:37	75	M35	DEINZE
487. n°164	<b>COENEGRACHTS</b> Jimmy		38	10:09:14	281	<b>37:52</b>	7:14	-	-	-	-	-	44:40	49:11	-	-	<b>7:36:04</b>	+3:39:44	76	M35	HASSELLT
DSQ n°249	<b>DE FLINES</b> Philippe		42	10:09:46	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	M40	VISÉ
DSQ n°361	<b>LAPIERRE</b> Theo		45	10:09:41	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	M45	EIGENBILZEN
DSQ n°2026	<b>E DE SLIJKSKES</b>		---	10:17:41	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	EQX
DSQ n°2061	<b>E IPSOS TEAM</b> 3		---	10:18:30	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	EQX
DNF n°233	<b>VOS</b> Peter		37	10:04:57	60	<b>31:06</b>	2:49	49	<b>2:27:55</b>	52	2:21	34:11	-	-	-	-	-	-	-	M35	TONGEREN
DNF n°354	<b>HAECK</b> Steven		48	10:05:05	85	<b>32:28</b>	2:29	278	<b>2:50:23</b>	186	4:05	38:10	27:10	-	-	-	-	-	-	M45	SINT LAUREINS
K DNF n°413	<b>DECEUNINCK</b> Gino		52	10:07:20	186	<b>35:24</b>	3:33	259	<b>2:48:53</b>	213	3:07	41:05	45:51	-	-	-	-	-	-	M50	KNOKKE-HEIST
DNF n°1048	<b>F LANCKSWEERD</b> Kate		39	10:10:01	227	<b>36:38</b>	2:51	316	<b>2:54:19</b>	281	3:11	39:40	-	-	-	-	-	-	-	F35	WILRIJK

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	Pos	Time	Cum	Trans2	Lap1	Lap2	Lap3			Time	Pos	Rank	Name	City
K DNF n°1057	F BULTYNCK Karin		43	10:14:03	419	<b>44:00</b>	3:16	351	<b>2:57:30</b>	371	3:54	45:19	42:27							- F40	KNOKKE-HEIST
DNF n°483	SAMYN Gilles		69	10:02:32	369	<b>41:20</b>	7:59	458	<b>3:16:27</b>	418	5:43	46:31	46:04							- M65	HAM-SUR-HEURE
DNF n°1070	F VERMEERSCH Judith		40	10:11:45	305	<b>38:33</b>	5:05	3	<b>2:10:29</b>	48	12:21	1:44:49								- F40	DEINZE
DNF n°273	HAY Jeremy	GBR	43	10:19:54	292	<b>38:11</b>	5:02	436	<b>3:09:32</b>	437	5:21	52:58	54:39							- M40	ALDERSHOT
DNF n°2082	E VELDEMAN FORCE	--		10:02:35	15	<b>26:21</b>	1:27	473	<b>3:22:26</b>	338	26:23	1:03:07								- EQM	
DNF n°91	DE SMET Roel		34	10:03:03	70	<b>31:32</b>	2:20	21	<b>2:22:07</b>	23	2:06									- M30	GENT
DNF n°289	SIERENS Bavo		40	10:08:58	195	<b>35:31</b>	2:28	86	<b>2:31:18</b>	106	2:39									- M40	SINT-LAUREINS
DNF n°1041	F BRUNINX Valérie		35	10:09:18	339	<b>39:34</b>	5:05	365	<b>2:58:46</b>	336	3:45									- F35	TONGEREN
DNF n°7	DE JAEGER Nichola		24	10:06:02	38	<b>29:33</b>	3:32	88	<b>2:31:45</b>	71										- M18	OEDELEM
DNF n°53	MEEUS Samuel		28	10:06:35	218	<b>36:19</b>	3:45	-		-										- M25	GISTEL
DNF n°56	SCHEINER Sam			10:17:45	488	<b>51:42</b>	9:34	-		-										- XXX	ANTWERPEN

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