

# 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 VliegER 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 PROTPD	---		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	<b>24:36</b>	2:11	<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	189	<b>35:28</b>	2:14	<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	9 M25	BREDENE
48.	n°88	CORNU Bert		30	10:02:27	17	<b>26:39</b>	2:24	<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	289	<b>38:08</b>	4:06	<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	<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	8 M40	ANTWERP
51.	n°459	MATTHYS Marc		56	10:03:26	49	<b>30:45</b>	3:14	<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	96	<b>33:07</b>	3:06	<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	<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	212	<b>36:08</b>	1:17	<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	224	<b>36:31</b>	2:22	<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	<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	122	<b>33:47</b>	1:45	<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	196	<b>35:35</b>	4:34	<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	<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	89	<b>32:48</b>	3:50	<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	<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	116	<b>33:33</b>	2:28	<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	<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	9 M40	EKEREN
64.	n°139	VYVERMAN Wouter		31	10:08:38	106	<b>33:22</b>	2:31	<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	<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	KOKSIJDE
66.	n°198	LIEVENS Matthias		38	10:05:50	144	<b>34:21</b>	2:35	<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 AMANDSBERG
67.	n°189	HENQUET Damien		37	10:03:14	23	<b>27:44</b>	3:02	<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	143	<b>34:20</b>	2:19	<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	10 M40	ROTSelaar
69.	n°380	SPRUYTTE Stefaan		45	10:05:35	174	<b>35:12</b>	2:48	<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	<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	137	<b>34:09</b>	2:25	<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	175	<b>35:13</b>	4:15	<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	253	<b>37:18</b>	4:05	<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	10 M25	ANTWERPEN
74.	n°192	HERREMANS Kris		38	10:04:31	107	<b>33:23</b>	3:39	<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	128	<b>33:58</b>	2:43	<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	99	<b>33:15</b>	3:00	<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	11 M25	IZEGEM
K	77.	n°1088	F VAN BIERVLIET Sophie	48	10:00:00	199	<b>35:41</b>	2:34	<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	235	<b>36:49</b>	4:45	<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	12 M25	KALMTHOUT
79.	n°216	TRITAR Mehdi		37	10:10:12	215	<b>36:15</b>	3:53	<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	173	<b>35:11</b>	1:37	<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	<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	11 M40	BOMBAYE
82.	n°2053	E BIG T	---		10:02:59	145	<b>34:22</b>	1:28	<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	321	<b>39:06</b>	4:02	<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	90	<b>32:54</b>	2:16	<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	12 M40	ERTVELDE
85.	n°107	MICHELSEN Bob		32	10:04:34	163	<b>34:55</b>	3:00	<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	176	<b>35:14</b>	3:44	<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	102	<b>33:18</b>	2:20	<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	150	<b>34:29</b>	5:39	<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	13 M40	EKEREN
89.	n°259	DENOULET Ward		42	10:10:49	171	<b>35:07</b>	2:26	<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	14 M40	AALTER
90.	n°182	DUCHENE Kris		35	10:08:17	140	<b>34:15</b>	3:06	<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					Total	Gap	Age Group			
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name	City
91.	n°2075	E TEAM 45	---		10:02:36	67	<b>31:30</b>	1:40	<b>2:30:32</b>	49	2:02	37:02	33:46	34:48	<b>1:45:37</b>	200	<b>4:51:20</b>	+55:00	10 EQM		
92.	n°47	HEYERICK Miguel		28	10:17:02	306	<b>38:41</b>	3:18	<b>2:32:27</b>	188	3:53	33:05	30:29	29:41	<b>1:33:16</b>	61	<b>4:51:31</b>	+55:11	13 M25	MACHELEN	
93.	n°330	CHALTIN Joris		45	10:08:42	92	<b>32:58</b>	2:56	<b>2:30:38</b>	93	3:45	34:46	32:33	34:07	<b>1:41:27</b>	151	<b>4:51:43</b>	+55:23	6 M45	LEUVEN	
94.	n°108	MINGELS Pieter		30	10:08:34	76	<b>31:47</b>	3:17	<b>2:37:33</b>	126	4:36	34:18	29:48	30:50	<b>1:34:57</b>	76	<b>4:52:07</b>	+55:47	16 M30	ZOLDER	
95.	n°338	DE JONG Jan		45	10:06:18	113	<b>33:31</b>	4:16	<b>2:37:35</b>	130	3:28	33:58	29:41	29:45	<b>1:33:25</b>	63	<b>4:52:13</b>	+55:54	7 M45	EKEREN	
96.	n°468	VERLINDE Marnik		55	10:07:57	126	<b>33:55</b>	4:22	<b>2:33:55</b>	121	2:41	34:23	31:12	31:48	<b>1:37:24</b>	104	<b>4:52:15</b>	+55:55	2 M55	ROESELARE	
97.	n°2046	E TRI TEAM	---		10:15:13	384	<b>42:16</b>	1:33	<b>2:37:11</b>	225	1:22	32:28	28:15	29:15	<b>1:29:58</b>	41	<b>4:52:16</b>	+55:56	3 EQX		
98.	n°181	DETEMMERMAN Wouter		37	10:15:46	250	<b>37:12</b>	2:58	<b>2:34:11</b>	183	2:03	33:39	30:40	32:10	<b>1:36:30</b>	87	<b>4:52:53</b>	+56:33	22 M35	BASSEVELDE	
99.	n°428	LAMBERG Olivier		53	10:04:47	179	<b>35:18</b>	3:50	<b>2:40:03</b>	138	2:50	32:18	28:29	30:18	<b>1:31:06</b>	50	<b>4:53:06</b>	+56:46	5 M50	GRIMBERGEN	
100.	n°2055	E BOERENTEAM	---		10:02:23	45	<b>30:32</b>	1:28	<b>2:53:19</b>	159	1:19	31:17	27:45	27:53	<b>1:26:56</b>	34	<b>4:53:29</b>	+57:09	11 EQM		
101.	n°310	VERACHTERT Kristof			10:06:18	180	<b>35:18</b>	3:17	<b>2:33:10</b>	104	2:47	35:26	31:28	32:17	<b>1:39:11</b>	127	<b>4:53:41</b>	+57:21	1 XXX	KALMTHOUT	
102.	n°2068	E MADDIES	---		10:02:50	233	<b>36:49</b>	1:40	<b>2:37:45</b>	110	1:51	34:28	30:44	30:29	<b>1:35:43</b>	82	<b>4:53:45</b>	+57:25	12 EQM		
103.	n°282	PEETERS Kris		41	10:03:48	47	<b>30:35</b>	3:46	<b>2:35:02</b>	81	2:47	36:17	32:13	33:19	<b>1:41:50</b>	155	<b>4:53:56</b>	+57:36	15 M40	HASSELT	
104.	n°2074	E STLOD	---		10:10:57	119	<b>33:44</b>	1:49	<b>2:26:22</b>	74	1:52	39:58	35:27	34:42	<b>1:50:09</b>	264	<b>4:53:57</b>	+57:37	13 EQM		
105.	n°2039	E T3 DENTAL CLINIC A	---		10:07:21	104	<b>33:19</b>	1:26	<b>2:37:40</b>	113	1:39	35:52	31:57	32:14	<b>1:40:05</b>	140	<b>4:54:06</b>	+57:46	4 EQX		
106.	n°2054	E BIKERBOYZ	---		10:03:54	56	<b>30:55</b>	1:13	<b>2:33:18</b>	65	1:42	36:50	34:34	35:56	<b>1:47:21</b>	224	<b>4:54:27</b>	+58:07	14 EQM		
K	107.	n°328	CALEBOUT Stefan		48	10:13:59	318	<b>39:01</b>	3:30	<b>2:31:02</b>	157	2:59	35:13	31:03	31:44	<b>1:38:01</b>	114	<b>4:54:31</b>	+58:11	8 M45	KNOKKE-HEIST
108.	n°138	VUYLSTEKE Gregor	NLD	33	10:03:34	31	<b>28:50</b>	3:30	<b>2:33:36</b>	67	4:25	37:01	33:28	34:25	<b>1:44:54</b>	189	<b>4:55:13</b>	+58:53	17 M30	AMSTERDAM	
K	109.	n°438	STEFFEN Alexandre		53	10:10:41	183	<b>35:21</b>	3:40	<b>2:38:13</b>	162	3:23	33:35	30:10	31:13	<b>1:34:58</b>	77	<b>4:55:32</b>	+59:12	6 M50	KNOKKE-HEIST
110.	n°416	DESSEYN Peter		52	10:05:05	134	<b>34:04</b>	3:10	<b>2:37:24</b>	112	2:45	35:02	32:00	31:15	<b>1:38:17</b>	117	<b>4:55:37</b>	+59:17	7 M50	ZOTTEGEM	
111.	n°432	MECKLENBURG Karsten		52	10:04:44	166	<b>35:01</b>	2:32	<b>2:37:46</b>	118	3:01	34:44	31:17	31:19	<b>1:37:21</b>	103	<b>4:55:38</b>	+59:18	8 M50	KRAAINEM	
112.	n°378	SLOCK Endy	NLD	45	10:07:25	77	<b>31:57</b>	4:35	<b>2:38:13</b>	137	4:06	33:36	30:59	32:17	<b>1:36:53</b>	91	<b>4:55:40</b>	+59:21	9 M45	AXEL	
113.	n°336	DE BACKER Jeroen		48	10:17:16	437	<b>45:19</b>	3:43	<b>2:27:25</b>	204	2:48	34:06	31:07	31:36	<b>1:36:50</b>	90	<b>4:56:03</b>	+59:43	10 M45	KAPRIJKE	
114.	n°190	HENS Jan		38	10:04:26	120	<b>33:45</b>	2:49	<b>2:32:05</b>	79	2:18	37:32	34:00	33:39	<b>1:45:13</b>	196	<b>4:56:08</b>	+59:48	23 M35	WESTMALLE	
115.	n°389	WEEMAELS Pascal		46	10:11:46	300	<b>38:22</b>	4:13	<b>2:30:49</b>	145	3:54	34:59	31:40	32:41	<b>1:39:20</b>	133	<b>4:56:37</b>	+1:00:17	11 M45	MERELBEKE	
116.	n°204	MOORE David	NLD	38	10:11:33	198	<b>35:39</b>	3:34	<b>2:41:37</b>	193	2:12	32:50	29:55	30:56	<b>1:33:42</b>	66	<b>4:56:40</b>	+1:00:20	24 M35	MAASTRICHT	
117.	n°201	MARIEN Michael		39	10:12:34	324	<b>39:09</b>	3:26	<b>2:34:51</b>	180	2:37	34:23	31:15	31:25	<b>1:37:04</b>	95	<b>4:57:05</b>	+1:00:45	25 M35	HASSELT	
118.	n°197	LEFEVRE Alex		36	10:02:27	14	<b>26:19</b>	2:37	<b>2:38:15</b>	68	2:53	36:58	33:19	36:49	<b>1:47:07</b>	221	<b>4:57:09</b>	+1:00:49	26 M35	KORTENBERG	
119.	n°250	DE GROOF Steven		44	10:13:02	323	<b>39:07</b>	4:52	<b>2:40:29</b>	235	3:36	32:26	28:49	29:29	<b>1:30:45</b>	47	<b>4:58:44</b>	+1:02:25	16 M40	SINT-KATELJUNE-WAVER	
120.	n°96	EGELER Derk	NLD	34	10:03:33	164	<b>34:57</b>	3:45	<b>2:39:53</b>	136	3:28	34:30	30:49	31:40	<b>1:37:00</b>	93	<b>4:59:01</b>	+1:02:42	18 M30	NOORD HOLLAND	
121.	n°225	VAN HULLE Dwight	NLD	38	10:06:39	169	<b>35:04</b>	3:29	<b>2:33:09</b>	107	2:29	36:27	33:42	34:46	<b>1:44:56</b>	190	<b>4:59:07</b>	+1:02:47	27 M35	IJZENDIJK	
122.	n°162	CLARYSSE Frederik		37	10:15:30	197	<b>35:39</b>	4:15	<b>2:38:06</b>	201	3:01	34:31	31:44	32:04	<b>1:38:20</b>	118	<b>4:59:18</b>	+1:02:58	28 M35	WAREGEM	
123.	n°202	MINTJENS Bart		39	10:08:21	127	<b>33:56</b>	3:19	<b>2:30:05</b>	96	2:20	39:08	35:09	35:24	<b>1:49:42</b>	256	<b>4:59:19</b>	+1:02:59	29 M35	WESTMALLE	
124.	n°60	THEUNIS Olivier		28	10:11:14	204	<b>35:53</b>	2:59	<b>2:35:26</b>	149	2:55	37:00	32:40	32:39	<b>1:42:20</b>	158	<b>4:59:30</b>	+1:03:10	14 M25	BERTEM	
125.	n°279	LIERMAN Steven		44	10:10:13	293	<b>38:12</b>	5:03	<b>2:42:03</b>	218	3:24	32:34	29:01	29:18	<b>1:30:55</b>	48	<b>4:59:34</b>	+1:03:14	17 M40	VREMDE	
K	126.	n°196	LAMOTE Paul		39	10:03:42	112	<b>33:30</b>	2:36	<b>2:33:16</b>	78	3:01	37:01	34:32	35:40	<b>1:47:14</b>	222	<b>4:59:35</b>	+1:03:15	30 M35	KNOKKE-HEIST
127.	n°295	SOMERS Ben		40	10:05:43	108	<b>33:24</b>	3:26	<b>2:35:40</b>	105	2:29	35:22	33:02	36:17	<b>1:44:42</b>	184	<b>4:59:40</b>	+1:03:20	18 M40	TONGEREN	
128.	n°353	GOETRY Frederic		45	10:03:52	35	<b>28:58</b>	3:18	<b>2:41:03</b>	103	3:50	36:18	32:51	33:27	<b>1:42:37</b>	162	<b>4:59:43</b>	+1:03:23	12 M45	GENT	
129.	n°78	COPPENS Anton		25	10:06:02	100	<b>33:15</b>	3:32	<b>2:37:38</b>	124	2:44	36:07	32:51	33:41	<b>1:42:40</b>	163	<b>4:59:44</b>	+1:03:24	15 M25	LINT	
130.	n°22	VERWAEREN Michiel		28	10:05:39	191	<b>35:30</b>	3:26	<b>2:41:34</b>	151	2:38	34:54	31:11	31:00	<b>1:37:07</b>	97	<b>5:00:12</b>	+1:03:52	16 M25	AALST	
131.	n°230	VERMEULEN Douwe	NLD	38	10:03:39	41	<b>30:14</b>	4:20	<b>2:35:31</b>	84	3:46	35:34	32:42	38:20	<b>1:46:37</b>	214	<b>5:00:29</b>	+1:04:09	31 M35	AMSTERDAM	
132.	n°228	VANSPEYBROECK Bart		35	10:06:43	114	<b>33:32</b>	3:30	<b>2:36:06</b>	114	2:45	38:51	33:39	32:36	<b>1:45:07</b>	194	<b>5:00:56</b>	+1:04:37	32 M35	DE HAAN	
133.	n°377	SIERENS Hendrik		49	10:08:42	115	<b>33:33</b>	3:40	<b>2:43:27</b>	176	2:51	34:04	31:22	32:17	<b>1:37:43</b>	107	<b>5:01:12</b>	+1:04:52	13 M45	KESSEL-LO	
134.	n°232	VISSERS Christophe		37	10:05:47	121	<b>33:47</b>	4:01	<b>2:41:22</b>	141	4:48	33:56	31:13	32:08	<b>1:37:18</b>	101	<b>5:01:14</b>	+1:04:54	33 M35	KONTICH (ANTWERP)	
135.	n°2050	E ALLESBEHALVEMAKKELIJKDEZE	---		10:13:28	190	<b>35:29</b>	1:38	<b>2:44:03</b>	210	1:43	33:29	31:48	33:07	<b>1:38:26</b>	119	<b>5:01:15</b>	+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			
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name	City
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	-	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	ZEDERGEM	
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	RAMMELOO 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	18	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	<b>36:23</b>	3:11	<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	353	<b>40:36</b>	4:02	<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	319	<b>39:02</b>	5:51	<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	27 M40	BILZEN	
	184.	n°52	MEERTS Louis	25	10:13:33	370	<b>41:31</b>	3:16	<b>2:33:25</b>	190	2:09	38:50	36:22	37:44	<b>1:52:58</b>	298	<b>5:13:18</b>	+1:16:58	23 M25	BERCHEM	
	185.	n°2036	E SPORTIEVE BENDE MIXTE	---	10:13:13	356	<b>40:41</b>	1:58	<b>2:47:44</b>	279	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	243	<b>36:59</b>	2:50	<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	284	<b>38:01</b>	1:33	<b>2:44:17</b>	229	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	481	<b>51:04</b>	1:45	<b>2:40:49</b>	321	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	123	<b>33:50</b>	1:47	<b>3:02:49</b>	296	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	334	<b>39:29</b>	5:07	<b>2:34:34</b>	197	3:26	37:56	35:51	37:53	<b>1:51:41</b>	286	<b>5:14:18</b>	+1:17:58	28 M40	WUUSTWEZEL	
	191.	n°2078	E THE POWER RANGERS	---	10:13:55	295	<b>38:16</b>	1:37	<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	340	<b>39:47</b>	4:20	<b>2:45:48</b>	271	3:49	36:18	32:03	32:18	<b>1:40:40</b>	144	<b>5:14:23</b>	+1:18:03	29 M40	WORTEGEM	
	193.	n°2025	E DE SAVELTJES	---	10:10:09	245	<b>37:02</b>	1:34	<b>2:54:09</b>	275	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	213	<b>36:10</b>	3:55	<b>2:44:18</b>	234	3:56	38:49	33:15	34:15	<b>1:46:20</b>	209	<b>5:14:38</b>	+1:18:18	24 M25	GENT	
	195.	n°160	CALLEBAUT Jonathan	38	10:10:57	263	<b>37:35</b>	3:32	<b>2:38:47</b>	187	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	200	<b>35:42</b>	3:04	<b>2:50:40</b>	252	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	141	<b>34:16</b>	5:18	<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	208	<b>36:00</b>	2:40	<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	188	<b>35:27</b>	4:04	<b>2:46:26</b>	200	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	168	<b>35:03</b>	5:59	<b>2:41:27</b>	222	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	<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	25 M25	MIDDELKERKE	
K	202.	n°478	VERWIMP Marc	61	10:04:58	103	<b>33:19</b>	3:42	<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	317	<b>38:59</b>	3:23	<b>2:42:07</b>	215	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	230	<b>36:43</b>	3:05	<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	130	<b>34:00</b>	4:56	<b>2:46:00</b>	231	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	124	<b>33:50</b>	3:52	<b>2:51:44</b>	214	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	336	<b>39:34</b>	4:11	<b>2:38:49</b>	237	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	172	<b>35:11</b>	4:58	<b>2:44:12</b>	240	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	<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	273	<b>37:43</b>	4:58	<b>2:47:40</b>	285	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	449	<b>46:22</b>	4:59	<b>2:46:43</b>	349	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	298	<b>38:18</b>	3:44	<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	252	<b>37:16</b>	3:45	<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	178	<b>35:17</b>	7:34	<b>2:49:01</b>	260	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	262	<b>37:35</b>	5:58	<b>2:57:41</b>	337	2:47	32:54	30:10	30:56	<b>1:34:01</b>	71	<b>5:17:59</b>	+1:21:39	30 M40	WEMMEL	
	216.	n°2083	E VKD BOYS	---	10:19:18	416	<b>43:50</b>	1:46	<b>2:48:50</b>	343	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	246	<b>37:03</b>	3:04	<b>2:48:13</b>	257	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	312	<b>38:51</b>	1:44	<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	158	<b>34:51</b>	4:21	<b>2:52:00</b>	277	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	387	<b>42:22</b>	4:11	<b>2:41:31</b>	268	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	<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	205	<b>35:54</b>	3:54	<b>2:47:02</b>	198	3:25	38:39	34:37	36:07	<b>1:49:25</b>	252	<b>5:19:43</b>	+1:23:23	31 M40	GRASHEIDE	
	223.	n°163	CLEENWERCK Dieter	38	10:09:09	105	<b>33:21</b>	8:28	<b>2:55:15</b>	298	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	322	<b>39:06</b>	3:42	<b>2:43:42</b>	227	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	287	<b>38:04</b>	4:14	<b>2:52:23</b>	284	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

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
226.	n°63	VAN HOOL Jules		27	10:08:10	286	38:03	4:07	2:43:19	203	3:01	40:12	35:21	36:07	1:51:41	285	5:20:11	+1:23:51	26 M25	ANTWERP
227.	n°1014	F VAN GESTEL Maartje	NLD	26	10:05:30	135	34:05	2:18	2:46:50	172	2:56	39:53	37:07	37:04	1:54:05	306	5:20:13	+1:23:53	6 F25	BREDA
228.	n°251	DE KETELBUTTER Bart		44	10:12:58	207	36:00	5:47	2:57:27	333	3:44	36:12	30:59	30:20	1:37:32	105	5:20:27	+1:24:08	32 M40	MOORSEL
229.	n°343	DE WITTE Ortwin		47	10:08:55	332	39:28	6:23	2:44:42	253	3:37	38:16	33:54	34:09	1:46:21	210	5:20:29	+1:24:09	23 M45	SCHILDE
230.	n°161	CHERIK Samir		38	10:19:27	496	55:32			131	13:09	43:21	42:08	39:38	2:05:09	403	5:20:31	+1:24:11	50 M35	WONDELGEM
231.	n°2000	E DE POPKES		---	10:05:34	61	31:11	1:30	2:57:56	224	1:48	38:37	34:56	34:49	1:48:22	242	5:20:44	+1:24:24	15 EQX	
232.	n°84	BRUNEEL Kenneth		34	10:10:30	271	37:42	5:19	2:46:40	259	3:37	38:36	34:32	34:20	1:47:30	228	5:20:47	+1:24:27	26 M30	DIKSMUIDE
233.	n°264	DEVISCH Jeroen		40	10:09:09	390	42:32	5:51	2:38:52	226	4:57	38:29	35:18	34:59	1:48:47	245	5:20:57	+1:24:37	33 M40	TONGEREN
234.	n°16	THIELMAN Louis		24	10:14:29	147	34:25	5:38	2:46:19	263	3:10	38:07	35:15	38:31	1:51:55	290	5:21:24	+1:25:04	6 M18	KOKSIJDE
235.	n°37	DEVROO Bram		28	10:05:53	91	32:56	2:58	2:43:37	148	3:55	38:15	39:12	40:39	1:58:07	351	5:21:33	+1:25:13	27 M25	DIEPENBEEK
236.	n°2038	E 'T DERDE WIEL		---	10:11:54	355	40:41	1:43	2:41:07	216	1:55	39:52	37:19	39:06	1:56:17	330	5:21:40	+1:25:20	16 EQX	
237.	n°470	CUJPERS Jan		61	10:02:42	83	32:23	4:00	2:29:37	59	3:34	44:55	41:28	46:07	2:12:32	441	5:22:08	+1:25:48	2 M60	LANAKEN
238.	n°231	VERSCHATSE Bert		36	10:11:29	125	33:53	7:07	3:00:49	340	3:26	35:53	30:33	30:39	1:37:07	96	5:22:19	+1:25:59	51 M35	LAUWE
239.	n°1005	F CALLEWAERT Emmily		27	10:05:16	117	33:40	2:34	2:49:00	186	3:19	39:02	36:51	38:11	1:54:05	307	5:22:35	+1:26:15	7 F25	ROESELARE
240.	n°1033	F VANHOUTTE Anouk		30	10:06:06	184	35:21	3:35	2:48:30	202	3:17	38:29	36:24	37:13	1:52:08	291	5:22:48	+1:26:28	5 F30	MELLE
241.	n°370	NELISSEN Johan		46	10:12:22	299	38:22	5:04	2:38:44	208	5:15	41:02	36:25	38:07	1:55:35	323	5:23:01	+1:26:41	24 M45	ZUIENKERKE
K 242.	n°467	VANLEENHOVE Frank		57	10:02:22	138	34:10	2:01	2:34:55	82	8:00	41:39	39:54	42:21	2:03:54	389	5:23:02	+1:26:42	4 M55	KNOKKE-HEIST
K 243.	n°337	DE CANCK Tom		47	10:17:20	375	41:57	5:31	2:46:50	330	3:21	36:38	32:40	36:07	1:45:26	198	5:23:03	+1:26:43	25 M45	KNOKKE-HEIST
244.	n°86	CAFMEYER Oscar		30	10:13:22	357	40:43	4:24	2:50:45	316	4:22	35:01	34:05	33:45	1:42:52	166	5:23:04	+1:26:44	27 M30	ANTWERPEN
245.	n°302	VAN KERCKHOVE Marty		41	10:15:22	400	43:04	4:59	2:49:23	335	4:08	36:59	32:33	32:09	1:41:42	153	5:23:14	+1:26:54	34 M40	LOKEREN
246.	n°362	LAVAERT Kristof		47	10:05:47	71	31:38	4:06	2:57:23	246	3:57	37:14	34:21	34:35	1:46:11	206	5:23:14	+1:26:54	26 M45	ANZEGEM
247.	n°1089	F VAN DE PONSEELE Sofie		45	10:06:46	182	35:21	4:59	2:48:49	223	3:11	39:02	36:15	35:52	1:51:10	276	5:23:26	+1:27:06	3 F45	GREMBERGEN
248.	n°10	GEERARDYN Nicolas		24	10:16:09	288	38:05	4:37	2:31:09	179	6:55	39:10	40:28	43:01	2:02:40	384	5:23:26	+1:27:06	7 M18	ROESELARE
249.	n°185	FEVERY Wouter		37	10:13:45	307	38:43	3:39	2:54:53	324	2:48	36:36	33:16	33:42	1:43:35	174	5:23:37	+1:27:17	52 M35	BRUGGE
250.	n°334	CUYPERS Walter		49	10:09:28	80	32:04	6:21	2:44:26	192	5:59	41:01	36:40	37:12	1:54:53	316	5:23:44	+1:27:24	27 M45	LOMMEL
251.	n°188	HAUTEKEETE Koen		39	10:14:10	369	41:26	4:57	2:48:37	315	4:02	33:54	34:34	36:12	1:44:42	185	5:23:44	+1:27:24	53 M35	WETTEREN
252.	n°365	MARIS Wim		45	10:08:50	51	30:50	4:58	2:53:29	239	5:24	39:40	34:47	34:42	1:49:09	248	5:23:48	+1:27:28	28 M45	SINT-NIKLAAS
253.	n°278	LESAGE Wim		44	10:10:19	276	37:48	3:50	2:49:06	264	3:14	40:29	35:09	34:20	1:49:59	261	5:23:52	+1:27:32	35 M40	ROESELARE
254.	n°90	DE ROP Fabrice		30	10:14:41	228	36:42	4:02	2:58:09	342	2:43	38:05	32:36	31:49	1:42:31	161	5:24:04	+1:27:44	28 M30	ANTWERPEN
K 255.	n°454	DE WAELE Rudi		57	10:12:44	225	36:35	5:36	2:34:01	174	3:09	42:55	39:48	42:01	2:04:45	398	5:24:05	+1:27:45	5 M55	KNOKKE-HEIST
256.	n°1066	F VAN COUWENBERGH Gracy		40	10:06:58	193	35:31	4:36	2:58:19	291	2:39	36:06	32:50	34:08	1:43:06	170	5:24:08	+1:27:48	2 F40	HAMME
K 257.	n°335	DAEMS Michael		46	10:15:25	427	44:54			-						-	5:24:11	+1:27:51	29 M45	KNOKKE-HEIST
258.	n°355	HOUBEN Caspar	NLD	48	10:08:29	154	34:45	3:08	2:49:29	220	3:56	38:20	35:20	39:45	1:53:26	301	5:24:44	+1:28:24	30 M45	TERHEIJDEN
K 259.	n°379	SMEKENS Olivier		48	10:10:42	377	41:59	4:40	2:44:45	266	3:46	38:41	34:35	36:16	1:49:33	254	5:24:46	+1:28:26	31 M45	KNOKKE-HEIST
260.	n°245	CALLENS Koen		42	10:06:22	118	33:40	3:45	2:51:50	219	4:22	38:46	35:06	37:30	1:51:23	280	5:24:58	+1:28:38	36 M40	KEERBERGEN
261.	n°207	OBERLE Steffen	DEU	38	10:19:18	452	46:28	6:42	2:48:59	384	3:43	34:22	31:44	33:04	1:39:12	128	5:25:02	+1:28:42	54 M35	LEIDERSBACH
K 262.	n°455	DECORTE Frank		55	10:07:57	181	35:19	5:20	2:45:37	205	3:00	38:46	37:04	40:05	1:55:57	329	5:25:14	+1:28:54	6 M55	KNOKKE-HEIST
263.	n°363	LEBACQ Kris		45	10:12:17	383	42:16			-						-	5:25:37	+1:29:17	32 M45	DE HAAN
264.	n°111	LUCKX Jari		22	10:12:05	93	33:04	4:30	2:48:56	243	2:49	39:08	37:25	39:50	1:56:24	332	5:25:44	+1:29:24	8 M18	TEMSE
265.	n°1029	F KEYMOLEN Inge		33	10:00:00	111	33:30	3:00	2:58:22	211	3:32	38:23	34:34	34:52	1:47:50	232	5:26:12	+1:29:52	6 F30	LEUVEN
266.	n°200	MARICHAL Wim		35	10:13:42	160	34:53	3:33	2:54:30	302	3:15	38:13	35:14	36:57	1:50:25	267	5:26:35	+1:30:15	55 M35	AARTSELAAR
K 267.	n°312	VERBIEST Karel		40	10:15:55	407	43:21	4:59	2:55:37	375	3:24	34:54	31:20	33:04	1:39:19	132	5:26:37	+1:30:17	37 M40	KNOKKE-HEIST
268.	n°1052	F VYNCKE Miek		36	10:00:00	248	37:10	2:10	2:40:47	119	3:01	43:15	40:20	40:05	2:03:42	387	5:26:50	+1:30:30	2 F35	MALDEGEM
K 269.	n°169	DE BRUIJNE Frederic		39	10:05:51	142	34:19	4:08	2:51:36	221	5:50	38:11	35:24	37:25	1:51:00	272	5:26:55	+1:30:35	56 M35	KNOKKE-HEIST
270.	n°104	KEERSMAEKERS Jef		32	10:13:18	406	43:20	4:20	2:44:09	287	6:15	37:29	35:01	36:22	1:48:52	246	5:26:56	+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					Total	Gap	Age Group		
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name
	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	DEVLEIGH 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	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	LOPPem
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	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 ECHELPOEL 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	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	NACHTERGAELE 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	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	42 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	SCHepDAAL, 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	RIJKEVORSEL
K	313. n°105	LANNoy 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	City
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	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	OBERSWIL
	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	VEYFYEKEN 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	328	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
361.	n°15	TAVEIRNE Felix		24	10:10:24	241	36:58	3:28	2:54:48	293	3:50	44:17	40:03	40:40	2:05:01	401	5:44:04	+1:47:44	10 M18	SINT-KRUIS (BRUGGE)	
362.	n°436	SCHELLEMANS Didier		51	10:16:01	364	41:02	6:47	3:07:18	427	3:41	37:39	33:30	34:16	1:45:26	199	5:44:13	+1:47:53	26 M50	LEMBEEK	
363.	n°2045	E THE IRON THREE	---		10:17:13	446	45:58	1:53	2:53:46	368	2:23	43:20	39:00	38:50	2:01:11	376	5:45:08	+1:48:48	22 EQX		
364.	n°246	CHRISTOFFELS Johan		41	10:19:27	463	47:25	5:46	2:55:18	414	3:58	38:59	36:15	37:33	1:52:48	297	5:45:15	+1:48:55	54 M40	LANAKEN	
365.	n°212	SELS Nick		35	10:08:18	373	41:49	5:19	2:39:03	206	4:39	45:47	46:15	42:22	2:14:26	453	5:45:17	+1:48:57	65 M35	VORSELAAR	
K	366.	n°476	VANMAELE Luc		60	10:11:06	297	38:17	3:59	2:55:16	309	2:50	44:03	40:48	40:43	2:05:34	408	5:45:58	+1:49:38	6 M60	KNOKKE-HEIST
	367.	n°360	LANS Armand	NLD	49	10:17:45	404	43:14	5:11	2:56:07	389	5:13	40:44	37:13	38:29	1:56:27	333	5:46:13	+1:49:53	42 M45	SCHIEDAM
	368.	n°1013	F VAN DRIESCHE Marieke		27	10:17:03	432	45:08	3:54	3:01:47	412	4:24	39:23	35:37	36:14	1:51:16	278	5:46:26	+1:50:06	8 F25	OPWIJK
	369.	n°128	VANCOPPENOLLE Jelle		34	10:14:47	350	40:31	6:06	3:05:10	407	3:47	38:51	33:48	38:23	1:51:03	274	5:46:36	+1:50:16	44 M30	JETTE
	370.	n°388	VERGAUWE Vincent		45	10:17:25	257	37:28	4:50	2:56:35	355	3:31	44:20	39:23	41:02	2:04:47	399	5:47:11	+1:50:51	43 M45	AALTER
	371.	n°115	SCHELTJENS Jorn		30	10:14:18	348	40:21	4:20	2:59:38	366	4:02	40:49	40:04	37:59	1:58:54	358	5:47:14	+1:50:54	45 M30	ANTWERPEN
	372.	n°80	BAEYENS Tom		30	10:14:38	343	40:00	6:25	2:58:08	373	10:11	40:38	35:36	36:20	1:52:35	295	5:47:17	+1:50:58	46 M30	GENTBRUGGE
	373.	n°429	LEMMENS Martin		53	10:14:14	396	42:45	5:22	3:04:25	408	5:02	39:32	34:53	35:32	1:49:58	260	5:47:31	+1:51:11	27 M50	NIEUWKERKEN-WAAS
	374.	n°1023	F BUYSE Karen	NLD	30	10:10:38	255	37:25	4:06	2:53:17	292	4:24	45:33	40:22	42:56	2:08:52	424	5:48:04	+1:51:44	9 F30	IJZENDIJK
K	375.	n°1100	F ALLEMEERSCH Greet		52	10:10:10	278	37:50	3:50	3:06:02	362	4:51	40:24	37:07	38:11	1:55:42	324	5:48:13	+1:51:53	2 F50	KNOKKE-HEIST
	376.	n°400	BALLIEU Peter		50	10:12:30	136	34:08	6:10	3:04:59	361	7:09	42:37	37:16	36:24	1:56:18	331	5:48:43	+1:52:23	28 M50	VARSENARE
	377.	n°386	VERBEKE Stephen		49	10:18:09	425	44:48	5:47	3:03:42	433	6:01	38:03	34:37	35:59	1:48:40	244	5:48:58	+1:52:38	44 M45	WAASMUNSTER
	378.	n°1042	F DE NEEF Nele		37	10:18:53	473	48:49	3:42	2:56:57	417	5:01	40:58	37:48	35:55	1:54:42	312	5:49:10	+1:52:50	3 F35	GRIMBERGEN
	379.	n°2020	E 3FORFUN	---		10:11:50	329	39:18	1:38	3:02:17	348	2:00	44:46	39:29	40:07	2:04:23	393	5:49:36	+1:53:16	23 EQX	
	380.	n°2002	E DE ZENA'S	---		10:18:39	471	48:35	1:53	3:03:27	434	1:58	41:19	36:31	35:57	1:53:48	303	5:49:38	+1:53:18	3 EQF	
	381.	n°1055	F BEERTEN Dana		43	10:11:22	226	36:40	5:39	3:05:13	370	5:32	41:33	37:41	37:52	1:57:06	339	5:50:07	+1:53:48	4 F40	KERMT
	382.	n°2007	E POERDROGE TRIO GIRLPOWER	---		10:18:48	419	44:18	1:38	2:55:19	377	1:55	45:03	40:37	41:55	2:07:37	418	5:50:46	+1:54:26	4 EQF	
	383.	n°1063	F LAEVEREN Kristien		42	10:18:10	478	49:45	5:51	3:02:10	444	5:50	38:08	35:02	34:06	1:47:17	223	5:50:49	+1:54:29	5 F40	BORNEM
	384.	n°2005	E MAC TRIA+	---		10:18:09	430	45:05	1:53	3:06:41	432	2:13	42:05	36:32	37:08	1:55:46	325	5:51:35	+1:55:15	5 EQF	
	385.	n°366	MERTENS Kris		47	10:06:49	311	38:51	4:24	2:52:44	272	3:50	43:26	42:18	46:38	2:12:22	440	5:52:16	+1:55:56	45 M45	GREMBERGEN
	386.	n°41	EVERAERT Jordy		26	10:05:43	186	35:24	4:50	2:51:12	232	3:43	40:34	43:18	53:13	2:17:06	460	5:52:21	+1:56:01	35 M25	ERPE-MERE
	387.	n°367	MEYERS Marc	LUX	45	10:07:18	162	34:55	5:49	3:10:55	371	5:55	41:09	37:03	36:39	1:54:52	315	5:52:25	+1:56:05	46 M45	LUXEMBOURG
	388.	n°222	VAN GOETHEM Geoff		39	10:10:36	272	37:43	5:25	2:43:32	233	7:48	47:49	43:58	46:41	2:18:29	464	5:52:58	+1:56:38	66 M35	KRUIBEKE
	389.	n°269	GEERAERT Koen		44	10:14:59	149	34:27	5:04	3:04:07	365	4:31	42:46	39:53	42:09	2:04:48	400	5:52:59	+1:56:39	55 M40	SINT-ANDRIES
	390.	n°351	GEYSEN Gunter		45	10:14:38	349	40:25	7:36	2:58:31	382	5:04	42:16	38:14	41:20	2:01:52	379	5:53:29	+1:57:09	47 M45	EDEGEM
	391.	n°43	GILLES Bruno		26	10:17:09	442	45:40	5:43	3:04:48	436	4:49	38:39	35:46	38:11	1:52:36	296	5:53:35	+1:57:15	36 M25	UCCLE
	392.	n°342	DE MEESTER Sven		47	10:17:29	441	45:37	4:43	2:50:58	367	5:19	44:19	40:52	41:47	2:06:59	416	5:53:39	+1:57:19	48 M45	BRASSCHAAT
K	393.	n°1083	F GOOSSENS Leen		47	10:16:28	394	42:42	4:05	3:11:09	440	4:38	39:39	35:32	35:59	1:51:11	277	5:53:42	+1:57:23	6 F45	KNOKKE-HEIST
	394.	n°1056	F BRUSSELLE Charlotte		43	10:16:27	402	43:07	4:46	3:03:39	415	3:38	42:22	38:48	37:29	1:58:40	356	5:53:49	+1:57:29	6 F40	ROESELARE
	395.	n°2076	E TEAM EMMERECHE	---		10:13:41	382	42:15	1:42	3:18:50	446	1:41	40:19	35:45	33:21	1:49:26	253	5:53:51	+1:57:31	26 EQM	
	396.	n°1043	F DERVEAUX Lieve		39	10:07:16	156	34:49	3:23	2:57:07	269	3:40	45:32	44:36	45:08	2:15:16	455	5:54:16	+1:57:56	4 F35	MECHELEN
	397.	n°1012	F VAN DAMME Camille		28	10:16:53	392	42:37	3:26	3:13:04	445	3:53	38:14	35:49	37:43	1:51:47	287	5:54:45	+1:58:25	9 F25	TEMSE
K	398.	n°1110	F AERTS Martine		59	10:11:05	280	37:54	4:48	2:55:58	317	3:48	46:49	42:44	43:03	2:12:37	443	5:55:07	+1:58:47	1 F55	KNOKKE-HEIST
	399.	n°288	SCHEYS Olivier		44	10:15:17	268	37:39	6:53	3:07:01	409	5:54	40:56	37:43	38:57	1:57:36	344	5:55:08	+1:58:48	56 M40	ASSE
	400.	n°1008	F ROELANTS Sarah		25	10:04:04	39	29:53	3:50	3:12:26	319	4:46	44:13	39:34	40:42	2:04:30	396	5:55:24	+1:59:04	10 F25	LEBBEKE
	401.	n°113	RODRIGUEZ RAES Daniel		33	10:14:50	409	43:32	4:05	2:52:18	346	5:12	43:00	40:57	46:31	2:10:28	431	5:55:38	+1:59:18	47 M30	MEISE
	402.	n°2037	E STRAIGHT DEFORMED SUPERST	---		10:17:34	455	46:42	1:21	3:04:40	423	2:07	44:30	38:49	38:13	2:01:33	377	5:56:24	+2:00:05	24 EQX	
	403.	n°213	STAELENS Sam		38	10:13:10	270	37:41	5:55	2:53:29	320	5:18	46:48	42:43	44:40	2:14:12	449	5:56:33	+2:00:13	67 M35	ZEEBRUGGE
	404.	n°466	VANDEBORRE Bruno		57	10:16:40	474	48:55	4:23	2:55:29	403	4:05	43:55	40:09	39:39	2:03:45	388	5:56:39	+2:00:19	10 M55	BRASSCHAAT
K	405.	n°480	DEPAUW Piet		66	10:05:25	151	34:42	7:48	3:01:03	312	4:56	45:37	41:28	41:14	2:08:21	420	5:56:51	+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					Total	Gap	Age Group					
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name	City		
K	406.	n°441				52	10:16:25	459	<b>46:59</b>	5:53	<b>3:01:40</b>	426	4:33	40:41	37:12	40:22	<b>1:58:16</b>	354	<b>5:57:22</b>	+2:01:02	29	M50	KNOKKE-HEIST
	407.	n°385				48	10:17:25	469	<b>48:16</b>	4:21	<b>3:00:28</b>	424	3:59	41:23	39:50	39:37	<b>2:00:51</b>	372	<b>5:57:56</b>	+2:01:36	49	M45	ANTWERPEN
	408.	n°2008	E				10:17:38	494	<b>55:16</b>	1:38	<b>2:48:58</b>	395	1:53	45:07	40:49	44:30	<b>2:10:27</b>	429	<b>5:58:14</b>	+2:01:54	25	EQX	
	409.	n°2042	E				10:11:02	239	<b>36:56</b>	1:37	<b>3:09:00</b>	364	2:09	44:55	41:11	42:30	<b>2:08:37</b>	423	<b>5:58:18</b>	+2:01:58	26	EQX	
	410.	n°1040	F			39	10:09:49	165	<b>34:58</b>	3:59	<b>3:11:00</b>	374	4:35	43:52	40:04	41:26	<b>2:05:24</b>	406	<b>5:59:56</b>	+2:03:36	5	F35	KORTRIJK
	411.	n°1081	F			48	10:15:34	451	<b>46:27</b>	4:42	<b>2:54:43</b>	383	4:19	45:06	42:33	42:51	<b>2:10:31</b>	432	<b>6:00:42</b>	+2:04:22	7	F45	SINT-NIKLAAS
K	412.	n°193				39	10:13:54	281	<b>37:56</b>	8:04	<b>3:05:04</b>	401	5:16	41:53	38:29	45:01	<b>2:05:24</b>	407	<b>6:01:45</b>	+2:05:25	68	M35	KNOKKE-HEIST
	413.	n°103				34	10:17:33	444	<b>45:53</b>	6:03	<b>2:58:25</b>	413	5:53	46:10	40:08	39:30	<b>2:05:48</b>	410	<b>6:02:02</b>	+2:05:42	48	M30	WAARDAMME
	414.	n°283				43	10:12:34	380	<b>42:13</b>	5:37	<b>3:11:20</b>	431	4:48	42:01	39:23	37:39	<b>1:59:05</b>	359	<b>6:03:03</b>	+2:06:43	57	M40	HASSELT
	415.	n°1044	F			37	10:12:26	304	<b>38:35</b>	4:21	<b>3:08:15</b>	396	6:34	47:13	41:08	39:16	<b>2:07:39</b>	419	<b>6:05:22</b>	+2:09:02	6	F35	DE HAAN
K	416.	n°450				55	10:07:03	346	<b>40:15</b>	6:01	<b>2:58:18</b>	329	6:55	45:58	41:11	46:47	<b>2:13:56</b>	448	<b>6:05:25</b>	+2:09:05	11	M55	KNOKKE-HEIST
K	417.	n°462				57	10:19:20	479	<b>50:09</b>	4:51	<b>2:55:43</b>	422	4:59	44:50	42:05	42:54	<b>2:09:50</b>	425	<b>6:05:33</b>	+2:09:13	12	M55	KNOKKE-HEIST
	418.	n°300				41	10:15:43	458	<b>46:56</b>	6:30	<b>3:11:36</b>	457	6:34	38:53	36:04	39:09	<b>1:54:06</b>	308	<b>6:05:43</b>	+2:09:23	58	M40	DEURNE
	419.	n°65				28	10:13:22	201	<b>35:43</b>	4:45	<b>3:06:26</b>	379	4:33	47:02	45:50	41:26	<b>2:14:19</b>	450	<b>6:05:45</b>	+2:09:25	37	M25	BOECHOUT
	420.	n°1025	F			30	10:13:18	325	<b>39:09</b>	5:02	<b>3:15:52</b>	437	5:54	42:17	38:16	39:20	<b>1:59:54</b>	366	<b>6:05:49</b>	+2:09:29	10	F30	MORTSEL
	421.	n°227				36	10:19:38	475	<b>49:03</b>	5:48	<b>3:05:20</b>	456	5:17	42:13	38:35	39:37	<b>2:00:26</b>	369	<b>6:05:53</b>	+2:09:33	69	M35	TONGEREN
	422.	n°191				36	10:14:54	376	<b>41:58</b>	4:25	<b>3:01:47</b>	392	3:40	44:11	44:49	45:23	<b>2:14:24</b>	452	<b>6:06:12</b>	+2:09:52	70	M35	STROMBEEK-BEVER
	423.	n°359				46	10:11:19	283	<b>38:00</b>	5:04	<b>3:07:27</b>	386	4:41	44:59	40:33	45:39	<b>2:11:12</b>	436	<b>6:06:27</b>	+2:10:07	50	M45	LOPPEM
	424.	n°133				34	10:14:51	414	<b>43:37</b>	4:18	<b>3:13:51</b>	449	5:49	43:13	37:38	38:17	<b>1:59:08</b>	360	<b>6:06:43</b>	+2:10:23	49	M30	GRIMBERGEN
	425.	n°1064	F			41	10:18:20	391	<b>42:33</b>	3:10	<b>3:10:35</b>	441	4:44	44:03	40:02	42:21	<b>2:06:27</b>	413	<b>6:07:29</b>	+2:11:09	7	F40	KORTENBERG
	426.	n°1050	F			36	10:16:06	464	<b>47:28</b>	3:54	<b>3:09:46</b>	451	8:08	42:31	38:08	37:36	<b>1:58:15</b>	352	<b>6:07:31</b>	+2:11:11	7	F35	BEERSE
	427.	n°307				40	10:16:57	485	<b>51:39</b>	6:46	<b>3:14:09</b>	470	3:25	38:07	35:24	38:03	<b>1:51:35</b>	284	<b>6:07:34</b>	+2:11:14	59	M40	ESSENE
	428.	n°298				43	10:15:57	338	<b>39:37</b>	12:05	<b>3:09:28</b>	450	8:16	42:31	38:07	37:36	<b>1:58:16</b>	353	<b>6:07:43</b>	+2:11:23	60	M40	TURNHOUT
	429.	n°235				38	10:09:58	327	<b>39:13</b>	6:03	<b>3:21:18</b>	447	6:28	44:16	36:19	34:15	<b>1:54:51</b>	314	<b>6:07:51</b>	+2:11:31	71	M35	GENT
	430.	n°199				39	10:10:35	247	<b>37:03</b>	8:39	<b>2:47:43</b>	280	4:05	45:24	48:56	55:59	<b>2:30:20</b>	475	<b>6:07:56</b>	+2:11:36	72	M35	MERCHTEM
	431.	n°1031	F			31	10:15:10	379	<b>42:12</b>	3:03	<b>3:08:50</b>	421	3:32	46:31	41:55	41:57	<b>2:10:24</b>	427	<b>6:08:00</b>	+2:11:40	11	F30	ANTWERPEN
	432.	n°2022	E				10:19:18	465	<b>47:35</b>	1:52	<b>3:02:56</b>	430	1:55	48:17	43:33	42:03	<b>2:13:54</b>	447	<b>6:08:09</b>	+2:11:49	27	EQX	
	433.	n°2080	E				10:09:23	177	<b>35:16</b>	1:41	<b>3:30:16</b>	448	1:46	42:05	37:20	40:09	<b>1:59:34</b>	362	<b>6:08:33</b>	+2:12:13	27	EQM	
	434.	n°2081	E				10:17:54	438	<b>45:21</b>	1:56	<b>2:55:21</b>	380	2:30	48:28	46:40	49:06	<b>2:24:15</b>	471	<b>6:09:26</b>	+2:13:06	28	EQM	
K	435.	n°415				53	10:05:26	218	<b>36:20</b>	4:27	<b>2:58:59</b>	288	7:33	50:14	45:36	46:36	<b>2:22:27</b>	469	<b>6:09:46</b>	+2:13:26	30	M50	KNOKKE-HEIST
K	436.	n°347				49	10:09:42	335	<b>39:32</b>	5:11	<b>2:57:29</b>	331	6:59	47:44	45:05	48:12	<b>2:21:03</b>	467	<b>6:10:13</b>	+2:13:53	51	M45	KNOKKE-HEIST
	437.	n°448				52	10:09:29	363	<b>40:59</b>	5:54	<b>3:07:56</b>	398	5:45	45:01	43:48	41:36	<b>2:10:26</b>	428	<b>6:10:58</b>	+2:14:38	31	M50	LOMMEL
	438.	n°1034	F			30	10:08:10	420	<b>44:29</b>	4:51	<b>3:15:54</b>	438	5:51	42:17	38:16	39:19	<b>1:59:53</b>	365	<b>6:10:58</b>	+2:14:38	12	F30	DEURNE
	439.	n°358				45	10:16:53	448	<b>46:09</b>	6:57	<b>3:01:30</b>	429	6:28	44:21	43:07	43:03	<b>2:10:32</b>	433	<b>6:11:35</b>	+2:15:15	52	M45	SLUIS
	440.	n°440				52	10:18:24	480	<b>50:25</b>	6:05	<b>3:07:46</b>	460	5:54	43:36	39:25	39:35	<b>2:02:37</b>	383	<b>6:12:47</b>	+2:16:27	32	M50	STERREBEEK
	441.	n°481				71	10:12:59	381	<b>42:13</b>	7:34	<b>3:16:10</b>	455	7:54	42:49	37:57	39:02	<b>1:59:49</b>	363	<b>6:13:43</b>	+2:17:23	2	M65	BREDENE
	442.	n°1080	F			48	10:11:28	415	<b>43:46</b>	4:55	<b>3:07:15</b>	411	5:01	48:04	42:40	42:44	<b>2:13:28</b>	446	<b>6:14:26</b>	+2:18:06	8	F45	BLANKENBERGE
	443.	n°407				52	10:19:07	359	<b>40:46</b>	7:10	<b>3:18:26</b>	466	4:54	42:52	39:05	41:12	<b>2:03:10</b>	385	<b>6:14:28</b>	+2:18:08	33	M50	WAASMUNSTER
	444.	n°437				50	10:11:26	222	<b>36:27</b>	5:46	<b>3:11:59</b>	404	9:02	45:55	42:20	44:19	<b>2:12:35</b>	442	<b>6:15:48</b>	+2:19:28	34	M50	DAMME
	445.	n°2041	E				10:16:19	439	<b>45:28</b>	2:12	<b>3:11:11</b>	443	2:47	48:54	43:37	43:07	<b>2:15:39</b>	456	<b>6:17:18</b>	+2:20:58	28	EQX	
	446.	n°1045	F			39	10:11:22	221	<b>36:24</b>	6:21	<b>3:17:18</b>	428	6:25	46:42	41:47	42:37	<b>2:11:06</b>	435	<b>6:17:35</b>	+2:21:15	8	F35	STADEN
	447.	n°463				55	10:16:10	450	<b>46:24</b>	9:31	<b>3:02:47</b>	442	7:43	45:11	41:10	45:14	<b>2:11:36</b>	437	<b>6:18:01</b>	+2:21:41	13	M55	ANTWERP
	448.	n°2003	E				10:19:40	422	<b>44:35</b>	1:58	<b>3:25:21</b>	472	2:18	46:20	40:47	38:00	<b>2:05:08</b>	402	<b>6:19:21</b>	+2:23:01	6	EQF	
	449.	n°2029	E				10:18:43	495	<b>55:30</b>	1:52	<b>3:22:23</b>	481	2:13	43:01	37:45	36:56	<b>1:57:43</b>	345	<b>6:19:42</b>	+2:23:22	29	EQX	
	450.	n°1060	F			41	10:10:05	277	<b>37:50</b>	4:11	<b>3:16:24</b>	418	4:47	47:37	44:02	44:53	<b>2:16:33</b>	459	<b>6:19:46</b>	+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					Total	Gap	Age Group		
						Pos	Time	Trans1	Time	Cum	Trans2	Lap1	Lap2	Lap3	Time			Pos	Rank	Name
451.	n°256	DE WOLF Jan		40	10:10:39	264	<b>37:36</b>	8:23	<b>3:02:27</b>	372	7:17	49:43	47:40	48:03	<b>2:25:26</b>	472	<b>6:21:08</b>	+2:24:48	61 M40	MERCHTEM
452.	n°297	VAN BOXTEL Chris	NLD	44	10:18:46	491	<b>54:45</b>	8:14	<b>3:25:40</b>	485	9:28	35:53	32:32	35:02	<b>1:43:28</b>	172	<b>6:21:32</b>	+2:25:12	62 M40	TILBURG
453.	n°134	VERMEULEN Kristof		32	10:16:24	443	<b>45:46</b>	5:05	<b>3:17:04</b>	462	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	E CEREAAL KILLERS	---		10:19:40	445	<b>45:57</b>	1:40	<b>3:24:03</b>	475	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	F VAN CAMP Greet		63	10:17:19	489	<b>53:49</b>	5:51	<b>3:11:03</b>	469	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	POELMAN Luc		52	10:10:49	244	<b>37:02</b>	5:19	<b>3:24:22</b>	453	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	VAN ELSACKER Paul		59	10:17:30	470	<b>48:25</b>	6:19	<b>3:27:51</b>	483	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	GEERARDYN Gino		52	10:18:55	490	<b>54:22</b>	6:34	<b>3:05:25</b>	464	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	HUTSE Philippe		53	10:10:44	219	<b>36:21</b>	8:25	<b>3:29:11</b>	463	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	DEQUECKER Alexander		39	10:18:15	421	<b>44:30</b>	5:06	<b>3:30:29</b>	480	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	KEYMOLEN Michael		66	10:13:39	256	<b>37:28</b>	6:15	<b>3:05:52</b>	394	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	DE JONG Thijs	NLD	49	10:19:38	401	<b>43:05</b>	10:56	<b>3:16:33</b>	471	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	F VANDENDRIESSCHE Leontine		26	10:17:05	468	<b>47:55</b>	5:14	<b>3:15:07</b>	465	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	F NUYENS Ingrid		45	10:19:02	426	<b>44:50</b>	4:00	<b>3:19:22</b>	467	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	E DE TRIA+ TIGERS	---		10:14:10	423	<b>44:40</b>	1:40	<b>3:21:18</b>	458	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	VAN LAARHOVEN Ferry	NLD	44	10:18:40	493	<b>54:54</b>	7:20	<b>3:06:52</b>	468	5:43	46:10	42:32	48:31	<b>2:17:15</b>	461	<b>6:32:06</b>	+2:35:46	63 M40	OISTERWIJK
467.	n°1065	F TITECA Katrjin		42	10:08:30	223	<b>36:29</b>	4:35	<b>3:19:26</b>	420	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	F DECIME Daisy		44	10:15:04	362	<b>40:58</b>	6:57	<b>3:34:51</b>	479	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	COOPMAN Lois		24	10:10:24	418	<b>44:05</b>	5:17	<b>3:17:58</b>	454	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	TEIRLYNCK Rick		32	10:16:07	454	<b>46:31</b>	8:19	<b>3:23:08</b>	476	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	PIETERS Vincent		31	10:19:46	477	<b>49:39</b>	9:29	<b>3:44:03</b>	493	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	E STEFANEMAN	---		10:13:01	497	<b>55:45</b>	2:38	<b>3:36:03</b>	486	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	F HECTORS Hannelore		37	10:15:06	466	<b>47:38</b>	5:14	<b>3:27:19</b>	478	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	MANHAEEV Wim		55	10:16:36	453	<b>46:30</b>	7:02	<b>3:28:50</b>	482	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	WESTLAND Django	NLD	26	10:18:07	482	<b>51:08</b>	13:25	<b>3:31:47</b>	491	7:13	42:49	38:49	39:25	<b>2:01:04</b>	375	<b>6:44:36</b>	+2:48:16	38 M25	GOES
476.	n°1011	F SPECKENS Miriam	NLD	27	10:18:03	483	<b>51:14</b>	13:25	<b>3:31:45</b>	492	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	RINGOET Jordy		24	10:15:10	476	<b>49:19</b>	5:11	<b>3:07:36</b>	452	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	VERSTRAETE Gregory		40	10:19:08	488	<b>53:32</b>	7:52	<b>3:30:52</b>	489	6:38	42:45	41:13	48:20	<b>2:12:19</b>	439	<b>6:51:14</b>	+2:54:54	64 M40	SCHELDERODE
479.	n°306	VAN ROEYEN Sven		40	10:18:57	467	<b>47:45</b>	7:26	<b>3:07:51</b>	459	7:29	57:45	50:00	56:22	<b>2:44:08</b>	481	<b>6:54:44</b>	+2:58:24	65 M40	BURCHT
480.	n°184	FENTON Paul	GBR	36	10:18:06	498	<b>56:15</b>	4:29	<b>3:21:47</b>	484	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	MAT Rene		51	10:18:43	472	<b>48:41</b>	6:25	<b>3:17:24</b>	474	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	VAN STRAALEN Dennis	NLD	45	10:18:30	492	<b>54:49</b>	8:19	<b>3:28:26</b>	488	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	DEWAELE Mattias		26	10:15:14	436	<b>45:17</b>	7:32	<b>3:23:07</b>	473	4:19	1:02:22	44:47	55:30	<b>2:42:41</b>	480	<b>7:03:04</b>	+3:06:44	39 M25	VILVOORDE
484.	n°453	DE ROOVER Frank		55	10:17:12	435	<b>45:13</b>	9:52	<b>3:41:00</b>	490	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	E KASPAR II	---		10:16:14	499	<b>58:27</b>	1:56	<b>3:18:23</b>	477	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	TAGHON Dimitri		36	10:17:10	431	<b>45:07</b>	5:39	<b>3:41:46</b>	487	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	COENEGRACHTS Jimmy		38	10:09:14	279	<b>37:52</b>	7:14	-	-	-	-	-	-	-	-	<b>7:36:04</b>	+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	<b>31:06</b>	2:49	<b>2:27:55</b>	52	2:21	34:11	-	-	-	-	-	-	M35	TONGEREN
K DNF n°413		DECEUNINCK Gino		52	10:07:20	185	<b>35:24</b>	3:33	<b>2:48:53</b>	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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