

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

	Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City				
						Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank	Name	
#2	C	1.	n°26	VAN RIEL Marten		27	1	11:46	1:18	1	1:01:37	1	1:30	1	10:16	17:39	25:09	32:55	1:49:08		1	M25	LOENHOUT
#2		2.	n°24	SUETENS Tom		25	2	11:47	1:10	3	1:02:15	3	1:36	2	10:32	18:00	25:41	33:24	1:50:13	+1:04	2	M25	NIJLEN
#2		3.	n°12	GOETSTOUWERS Stenn		27	5	12:21	1:11	2	1:01:39	2	1:43	6	11:04	18:49	26:49	34:41	1:51:37	+2:28	3	M25	WUUSTWEZEL
#2	C	4.	n°63	BRIUKHANKOV Aleksandr	RUS	32	3	12:16	1:10	6	1:04:04	5	1:29	3	10:29	18:02	25:50	33:40	1:52:41	+3:32	1	M30	
#2	C	5.	n°7	DE HERTOEG Kjel		28	4	12:18	1:10	4	1:03:37	4	1:44	18	11:38	19:54	28:15	36:31	1:55:22	+6:14	4	M25	VILVOORDE
#2		6.	n°9	DIRCKEN Lander		34	11	12:55	1:16	7	1:04:38	6	1:38	7	11:10	19:03	27:06	35:11	1:55:39	+6:31	2	M30	BRASSCHAAT
#2		7.	n°14	GORIS Stijn		38	8	12:42	1:14	8	1:04:55	7	1:13	22	11:01	18:52	26:52	36:57	1:57:02	+7:54	1	M35	KESSEL-LO
#2		8.	n°6	DE GROOFF David		30	14	13:18	1:07	13	1:05:54	8	1:37	9	11:16	19:11	27:17	35:30	1:57:29	+8:20	3	M30	BORGERHOUT
#2		9.	n°23	SABBE Jasper		22	9	12:45	1:04	20	1:06:57	9	1:34	11	11:19	19:18	27:28	35:38	1:58:00	+8:52	1	M18	DADZELE
#2	C	10.	n°22	PARIENKO Artem	RUS	29	10	12:49	1:04	42	1:08:55	22	1:38	4	10:57	18:29	26:19	34:03	1:58:32	+9:23	5	M25	
#3	C	11.	n°110	ESAULOV Dmitrii	RUS	29	7	12:30	1:13	38	1:08:30	13	1:49	5	10:49	18:33	26:42	34:37	1:58:42	+9:33	6	M25	
#2		12.	n°21	NAEYAERT Louis		24	16	13:24	1:17	32	1:07:55	20	1:38	10	10:59	18:57	27:18	35:38	1:59:53	+10:45	2	M18	SINT-KRUIS
#2	K	13.	n°42	DEWAELE Quinten		22	18	13:56	1:06	28	1:07:29	18	1:29	14	11:26	19:30	27:50	35:57	1:59:59	+10:50	3	M18	KNOKKE-HEIST
#2	K	14.	n°2	BOUSSY Frederik		37	28	14:10	1:07	15	1:06:20	12	1:41	21	11:59	20:12	28:33	36:54	2:00:14	+11:06	2	M35	KNOKKE-HEIST
#2	C	15.	n°51	PENNE Pieterjan		34	51	15:45	1:08	12	1:05:49	21	1:44	15	11:35	19:38	27:54	36:08	2:00:35	+11:27	4	M30	MERELBEKE
#11		16.	n°620	VAN LOOVEREN Jens		23	17	13:54	1:20	34	1:08:17	23	1:34	12	11:04	19:06	27:24	35:41	2:00:48	+11:40	4	M18	WUUSTWEZEL
#2	K	17.	n°30	BAKELANDT Gilles		20	49	15:39	1:17	10	1:05:35	19	1:45	20	11:41	19:49	28:11	36:39	2:00:57	+11:49	5	M18	KNOKKE-HEIST
#3	C	18.	n°151	SAMOKHIN Pavel	RUS	22	6	12:21	1:18	61	1:10:05	24	1:47	17	11:09	19:20	27:51	36:20	2:01:55	+12:46	6	M18	
#2	C	19.	n°61	BERNAR Gunther		34	47	15:36	1:17	11	1:05:38	17	1:57	23	11:56	20:23	29:04	37:32	2:02:01	+12:53	5	M30	AARSCHOT
#11		20.	n°619	VAN HOORNICK Tim		32	52	15:48	1:29	5	1:03:42	10	1:58	42	12:38	21:27	30:30	39:33	2:02:33	+13:25	6	M30	BLANKENBERGE
#2	C	21.	n°33	BORGHES Bart		34	124	17:34	1:31	17	1:06:45	39	1:46	8	11:20	19:16	27:21	35:26	2:03:05	+13:57	7	M30	RETIE
#3	K	22.	n°136	DEFOORT Tom		26	74	16:38	2:00	16	1:06:31	30	2:29	13	11:28	19:29	27:51	35:54	2:03:34	+14:25	7	M25	KNOKKE-HEIST
#1		23.	n°1021	F VAN DE VEL Sarah		26	27	14:09	1:25	19	1:06:54	14	1:38	40	12:22	21:13	30:15	39:26	2:03:34	+14:26	1	F25	LINT
#3	C	24.	n°117	STAELENS Dieter		36	29	14:12	1:22	35	1:08:21	25	1:53	27	11:45	20:07	28:50	37:59	2:03:48	+14:40	3	M35	OEDELEM
#2	C	25.	n°8	DEWITTE Lowie		28	19	14:00	1:18	23	1:07:11	16	2:05	47	12:29	21:17	30:27	40:00	2:04:37	+15:28	8	M25	ANZEGEM
#2		26.	n°52	SMITZ David		43	35	14:54	2:09	30	1:07:44	28	2:06	24	12:21	20:50	29:25	37:42	2:04:37	+15:29	1	M40	OOSTERZELE
#2	C	27.	n°43	IDIER William		52	30	14:17	1:18	60	1:10:02	38	1:59	28	11:59	20:23	29:16	38:08	2:05:46	+16:38	1	M50	CHANTMELLE
#3	K	28.	n°108	DEVLOO-CASIER Kjell		30	76	16:39	1:27	27	1:07:28	36	1:50	31	12:24	21:03	29:43	38:27	2:05:53	+16:44	8	M30	KNOKKE-HEIST
#1	C	29.	n°1001	F GORBUNOVA Anastasiia	RUS	25	12	13:10	1:20	90	1:12:09	44	1:42	26	12:02	20:31	29:17	37:49	2:06:12	+17:03	2	F25	
#3	C	30.	n°152	SENGSTOCK Marco	DEU	42	84	16:53	1:24	36	1:08:28	45	1:53	30	12:25	20:50	29:24	38:09	2:06:49	+17:41	2	M40	
#2	C	31.	n°35	CORNELISZ Michael	NLD	25	36	14:55	1:24	44	1:09:06	33	1:51	45	12:40	21:32	30:37	39:46	2:07:04	+17:55	9	M25	
#1		32.	n°1000	F VERSTUYFT Katrien		37	21	14:03	1:25	73	1:11:07	43	1:39	32	12:20	20:54	29:38	38:54	2:07:08	+18:00	1	F35	MORTSEL
#3		33.	n°116	SCHEERDER Jeroen		45	67	16:29	1:39	18	1:06:49	29	1:52	56	13:02	22:00	31:17	40:27	2:07:18	+18:10	1	M45	KONTICH
#2		34.	n°77	VANDEBORRE Tim		32	56	15:57	2:15	74	1:11:07	61	2:11	16	11:25	19:26	27:46	36:11	2:07:42	+18:34	9	M30	MELLE
#2	C	35.	n°58	VISKIL Wouter	NLD	43	42	15:27	1:38	22	1:07:04	26	2:13	64	13:03	22:15	31:48	41:23	2:07:46	+18:38	3	M40	
#9	K	36.	n°427	VANTORRE Bart		41	24	14:07	1:42	9	1:05:26	11	2:26	114	14:15	24:02	34:04	44:02	2:07:46	+18:38	4	M40	KNOKKE-HEIST
#3	C	37.	n°171	HARMANN Steve	DEU	35	43	15:28	2:14	31	1:07:50	35	2:24	46	12:51	21:50	30:52	39:50	2:07:49	+18:41	4	M35	
#3		38.	n°165	DEBBAUT Wim		43	159	18:15	1:43	21	1:07:02	47	1:54	33	12:36	21:19	30:16	38:56	2:07:52	+18:43	5	M40	SJSELE
#2		39.	n°40	DEGRIECK Augustijn		26	20	14:03	1:40	56	1:09:49	34	1:54	60	12:57	22:26	32:01	40:50	2:08:18	+19:10	10	M25	IXELLES
#2	C	40.	n°18	MAGGEN Kevin		41	38	15:00	1:42	80	1:11:37	54	2:00	29	12:19	20:52	29:33	38:09	2:08:29	+19:21	6	M40	BREE
#2		41.	n°32	BENS Cis		21	107	17:23	1:23	43	1:08:55	49	1:47	35	12:39	21:21	30:13	39:02	2:08:31	+19:23	7	M18	GEEL
#2	K	42.	n°34	BREUGELMANS Christophe		40	70	16:30	1:29	24	1:07:23	32	2:08	67	13:22	22:33	31:59	41:32	2:09:03	+19:55	7	M40	KNOKKE-HEIST
#2	K	43.	n°41	DEPOORTER Yves		51	86	16:57	1:24	52	1:09:34	50	1:45	43	12:41	21:34	30:36	39:36	2:09:18	+20:10	2	M50	KNOKKE-HEIST
#11		44.	n°603	DE BRUYCKERE Bram		30	133	17:44	1:19	26	1:07:27	42	1:53	61	12:59	22:08	31:36	40:56	2:09:21	+20:13	10	M30	MALDEGEM
#2	C	45.	n°62	BEUHRING Marco	DEU	33	41	15:21	1:26	113	1:13:00	67	1:48	25	12:01	20:24	29:03	37:45	2:09:22	+20:14	11	M30	

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

# Zwin Triathlon

## Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City		
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank
#2	46. n°44	<b>GAILLIAERT Steven</b>		54	48	<b>15:38</b>	1:27	37	<b>1:08:29</b>	37	2:18	74	13:46	23:05	32:22	<b>41:48</b>	<b>2:09:42</b>	+20:34	3 M50	BRUGGE
#3	C 47. n°191	<b>VERLAAN Lars</b>	NLD	36	26	<b>14:09</b>	1:12	45	<b>1:09:15</b>	27	2:00	96	13:27	23:07	33:02	<b>43:05</b>	<b>2:09:43</b>	+20:34	5 M35	
#3	C 48. n°163	<b>DE VOS Willem</b>	NLD	41	73	<b>16:35</b>	1:08	63	<b>1:10:20</b>	52	2:08	44	12:52	21:41	30:42	<b>39:40</b>	<b>2:09:54</b>	+20:46	8 M40	
#1	49. n°1023	<b>F MAES Katrien</b>		26	13	<b>13:17</b>	1:29	133	<b>1:14:16</b>	58	1:34	55	12:57	21:56	31:07	<b>40:21</b>	<b>2:11:01</b>	+21:52	3 F25	
#11	50. n°600	<b>BAETENS Wouter</b>		30	89	<b>17:00</b>	1:40	69	<b>1:10:40</b>	62	1:44	49	12:39	21:34	30:46	<b>40:05</b>	<b>2:11:11</b>	+22:03	12 M30	MECHELEN
#2	C 51. n°60	<b>ALLERS Martin</b>	DEU	43	78	<b>16:44</b>	2:13	59	<b>1:09:54</b>	56	2:39	48	12:40	21:44	30:57	<b>40:03</b>	<b>2:11:34</b>	+22:25	9 M40	
#2	52. n°38	<b>DE BAKKER Bram</b>		36	65	<b>16:26</b>	2:15	70	<b>1:10:43</b>	63	2:54	37	12:34	21:26	30:29	<b>39:17</b>	<b>2:11:37</b>	+22:28	6 M35	SCHILDE
#3	53. n°105	<b>DE DOBELAERE Jan</b>		52	131	<b>17:42</b>	1:36	55	<b>1:09:45</b>	57	2:29	50	12:39	21:45	31:01	<b>40:05</b>	<b>2:11:40</b>	+22:31	4 M50	ADEGEM
#2	54. n°65	<b>DE DECKER Bruno</b>		53	82	<b>16:50</b>	1:49	29	<b>1:07:34</b>	40	2:24	94	13:36	23:06	33:00	<b>43:03</b>	<b>2:11:42</b>	+22:34	5 M50	GENT
#3	C 55. n°140	<b>D'HAENE Gert-Jan</b>		29	77	<b>16:42</b>	1:53	58	<b>1:09:53</b>	55	1:56	77	13:10	22:31	32:16	<b>41:53</b>	<b>2:12:19</b>	+23:11	11 M25	SINT-DENUS
#1	C 56. n°1049	<b>F POLJANSKAIA Anastasiia</b>	RUS	26	25	<b>14:08</b>	1:27	154	<b>1:15:29</b>	80	1:46	52	12:23	21:23	30:47	<b>40:14</b>	<b>2:13:06</b>	+23:58	4 F25	
#11	K 57. n°617	<b>VAN DE VELDE Stieven</b>		30	221	<b>19:26</b>	2:21	25	<b>1:07:24</b>	60	2:20	69	13:08	22:28	32:06	<b>41:38</b>	<b>2:13:09</b>	+24:01	13 M30	KNOKKE-HEIST
#2	C 58. n°36	<b>COULON Johan</b>		53	37	<b>14:57</b>	1:30	41	<b>1:08:52</b>	31	2:32	158	14:38	24:57	35:36	<b>45:44</b>	<b>2:13:36</b>	+24:28	6 M50	DAMME-SIJSELE
#2	C 59. n°20	<b>MOONEN Hans</b>		37	39	<b>15:01</b>	1:42	112	<b>1:12:59</b>	65	1:48	81	12:54	22:10	31:47	<b>42:03</b>	<b>2:13:36</b>	+24:28	7 M35	LOMMEL
#2	60. n°73	<b>LANSZWEERT Stefaan</b>		50	94	<b>17:12</b>	2:00	88	<b>1:12:00</b>	82	2:11	54	13:00	22:09	31:23	<b>40:19</b>	<b>2:13:44</b>	+24:35	7 M50	SINT KRUIS
#3	K 61. n°168	<b>GENNART Frederic</b>		38	224	<b>19:29</b>	2:08	64	<b>1:10:29</b>	90	2:15	41	12:36	21:21	30:27	<b>39:33</b>	<b>2:13:56</b>	+24:47	8 M35	KNOKKE-HEIST
#3	62. n°106	<b>DEBAEKE Jelmer</b>		37	81	<b>16:49</b>	1:36	84	<b>1:11:51</b>	71	1:53	75	13:15	22:34	32:10	<b>41:52</b>	<b>2:14:02</b>	+24:54	9 M35	OOSTKAMP
#2	K 63. n°53	<b>STOCKMAN Jan</b>		51	45	<b>15:34</b>	1:30	49	<b>1:09:26</b>	41	2:11	172	15:15	25:30	35:54	<b>46:06</b>	<b>2:14:49</b>	+25:41	8 M50	KNOKKE-HEIST
#3	64. n°155	<b>VAN DEN HOVEN Raoul</b>	NLD	33	165	<b>18:19</b>	2:05	62	<b>1:10:18</b>	75	2:29	73	13:27	22:40	32:11	<b>41:47</b>	<b>2:15:00</b>	+25:51	14 M30	MIDDELBURG
#2	65. n°17	<b>LIEVERS Filip</b>		48	34	<b>14:53</b>	1:56	150	<b>1:14:58</b>	87	1:51	65	13:23	22:40	32:04	<b>41:23</b>	<b>2:15:03</b>	+25:54	2 M45	DRONGEN
#3	66. n°103	<b>BORGERS Simon</b>		34	90	<b>17:02</b>	1:51	33	<b>1:08:02</b>	46	2:19	171	14:20	24:45	35:26	<b>46:01</b>	<b>2:15:16</b>	+26:08	15 M30	BEERNEM
#1	C 67. n°1015	<b>F DMITRIEVA Olga</b>	RUS	38	15	<b>13:24</b>	1:38	216	<b>1:17:47</b>	101	2:01	57	13:12	22:14	31:24	<b>40:29</b>	<b>2:15:21</b>	+26:13	2 F35	
#3	68. n°173	<b>KERKHOF Flor</b>		39	127	<b>17:39</b>	2:06	53	<b>1:09:43</b>	64	2:41	99	13:46	23:26	33:19	<b>43:16</b>	<b>2:15:28</b>	+26:20	10 M35	BRUGGE SINT-KRUIS
#3	69. n°176	<b>LEUCKX Bart</b>		47	125	<b>17:36</b>	2:18	71	<b>1:10:57</b>	78	2:16	86	13:49	23:18	33:08	<b>42:26</b>	<b>2:15:34</b>	+26:26	3 M45	PEPINGEN
#3	K 70. n°166	<b>DEBLAUWE Nicolas</b>		52	149	<b>18:07</b>	1:36	67	<b>1:10:33</b>	72	2:20	98	14:03	23:45	33:35	<b>43:08</b>	<b>2:15:46</b>	+26:38	9 M50	KNOKKE-HEIST
#2	71. n°31	<b>BENOIT Benjamin</b>		34	53	<b>15:49</b>	1:44	65	<b>1:10:29</b>	51	2:46	138	14:14	24:17	34:49	<b>44:58</b>	<b>2:15:48</b>	+26:39	16 M30	DAMME
#1	72. n°1008	<b>F VAN TROYEN Ines</b>		27	137	<b>17:49</b>	1:34	116	<b>1:13:12</b>	100	2:37	58	13:15	22:19	31:37	<b>40:40</b>	<b>2:15:54</b>	+26:46	5 F25	HEVERLEE
#1	C 73. n°1017	<b>F CHRÉTIEN Sophie</b>		29	32	<b>14:43</b>	1:27	247	<b>1:18:49</b>	130	1:39	36	12:16	21:06	30:08	<b>39:14</b>	<b>2:15:55</b>	+26:47	6 F25	KRAAINEM
#3	74. n°120	<b>VAN DER VEKEN Dries</b>		37	101	<b>17:15</b>	1:45	81	<b>1:11:39</b>	74	1:49	102	13:42	23:25	33:34	<b>43:25</b>	<b>2:15:56</b>	+26:48	11 M35	BREDENE
#3	75. n°126	<b>VANPARRY Marc</b>		50	88	<b>16:58</b>	1:23	57	<b>1:09:49</b>	53	2:26	152	14:12	24:27	34:56	<b>45:34</b>	<b>2:16:12</b>	+27:03	10 M50	EEKLO
#13	76. n°813	<b>ILSINK Jaap</b>	NLD	39	203	<b>19:06</b>	1:53	40	<b>1:08:48</b>	66	2:19	119	14:14	24:05	33:58	<b>44:12</b>	<b>2:16:19</b>	+27:11	12 M35	ZWOLLE
#2	77. n°76	<b>SUYKERBUYK Eric</b>		39	126	<b>17:37</b>	2:12	96	<b>1:12:32</b>	96	2:17	70	13:15	22:36	32:16	<b>41:44</b>	<b>2:16:24</b>	+27:16	13 M35	ANTWERPEN
#2	78. n°55	<b>VANDERSCHAEGHE Dries</b>		43	93	<b>17:07</b>	1:58	97	<b>1:12:37</b>	86	2:08	90	13:37	23:14	33:05	<b>42:51</b>	<b>2:16:43</b>	+27:35	10 M40	ASSEBROEK
#11	K 79. n°624	<b>VANTORRE Robin</b>		31	256	<b>19:55</b>	3:06	48	<b>1:09:22</b>	97	4:09	51	13:16	22:21	31:33	<b>40:13</b>	<b>2:16:47</b>	+27:38	17 M30	KNOKKE-HEIST
#1	C 80. n°1009	<b>F DAMMEKENS Mandy</b>		34	129	<b>17:41</b>	1:31	148	<b>1:14:56</b>	117	1:58	62	13:09	22:16	31:37	<b>41:01</b>	<b>2:17:09</b>	+28:01	1 F30	THUIN
#1	81. n°1003	<b>F HEIRMAN Britt</b>		22	22	<b>14:06</b>	1:31	223	<b>1:17:58</b>	111	1:51	76	13:01	22:29	32:19	<b>41:52</b>	<b>2:17:20</b>	+28:12	1 F18	SCHILDE
#3	K 82. n°142	<b>HAEGBAERT Robin</b>		27	183	<b>18:33</b>	1:54	83	<b>1:11:47</b>	94	2:16	93	13:40	23:29	33:19	<b>42:54</b>	<b>2:17:27</b>	+28:18	12 M25	KNOKKE-HEIST
#3	83. n°186	<b>VAN HULLE Dwight</b>	NLD	38	138	<b>17:51</b>	1:52	66	<b>1:10:31</b>	70	1:59	150	14:26	24:34	34:56	<b>45:32</b>	<b>2:17:47</b>	+28:38	14 M35	IJZENDIJK - SLUIS
#3	84. n°107	<b>DEVLOO Dries</b>		23	102	<b>17:16</b>	1:57	159	<b>1:15:42</b>	126	2:08	59	12:17	21:20	30:50	<b>40:44</b>	<b>2:17:48</b>	+28:40	8 M18	ROESLARE
#9	K 85. n°404	<b>CALEBOUT Stefan</b>		48	262	<b>19:57</b>	1:51	50	<b>1:09:30</b>	84	2:13	122	13:56	23:48	34:00	<b>44:18</b>	<b>2:17:50</b>	+28:42	4 M45	KNOKKE-HEIST
#1	K 86. n°1018	<b>F VAN BIERVLIET Sophie</b>		48	210	<b>19:11</b>	1:29	78	<b>1:11:22</b>	88	2:05	109	13:54	23:38	33:43	<b>43:48</b>	<b>2:17:57</b>	+28:48	1 F45	KNOKKE-HEIST
#9	87. n°406	<b>DE FEIJTER Marco</b>	NLD	41	96	<b>17:13</b>	2:11	122	<b>1:13:40</b>	103	2:15	92	13:38	23:18	33:08	<b>42:53</b>	<b>2:18:15</b>	+29:06	11 M40	SCHOONDIJKE
#12	88. n°736	<b>DHOEDT Mattijs</b>		32	116	<b>17:28</b>	1:55	79	<b>1:11:36</b>	79	2:39	128	14:11	24:04	34:16	<b>44:36</b>	<b>2:18:17</b>	+29:09	18 M30	SINT-ANDRIES
#9	89. n°422	<b>RABOUT Theo</b>	NLD	46	148	<b>18:06</b>	1:44	208	<b>1:17:36</b>	154	1:55	34	12:23	21:16	30:13	<b>39:02</b>	<b>2:18:25</b>	+29:17	5 M45	AARDENBURG
#12	90. n°779	<b>VAN DE VEIRE Persijn</b>	NLD	38	141	<b>17:56</b>	1:56	92	<b>1:12:14</b>	91	2:47	107	13:48	23:29	33:45	<b>43:42</b>	<b>2:18:36</b>	+29:28	15 M35	VLISSINGEN

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

# Zwin Triathlon

## Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group							
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5	Time	Rank	Name	City		
#1	C 91.	n°1032	F	BOIKOVA Anna	RUS	35	46	<b>15:35</b>	1:56	366	<b>1:22:36</b>	205	1:51	19	11:47	19:53	28:17	<b>36:38</b>	<b>2:18:37</b>	+29:29	3	F35	
#4	K 92.	n°206		DECLERCK Jan		52	344	<b>20:50</b>	1:51	82	<b>1:11:42</b>	118	1:58	85	13:39	23:01	32:54	<b>42:24</b>	<b>2:18:46</b>	+29:38	11	M50	KNOKKE-HEIST
#9	93.	n°403		BUYTAERT Dimitri		43	119	<b>17:32</b>	2:25	129	<b>1:14:09</b>	116	2:32	84	13:07	22:39	32:37	<b>42:22</b>	<b>2:19:02</b>	+29:54	12	M40	HOVE
#2	94.	n°71		HAUTEKIET Dries		45	75	<b>16:38</b>	1:46	98	<b>1:12:41</b>	81	2:11	164	14:42	24:49	35:18	<b>45:52</b>	<b>2:19:10</b>	+30:01	6	M45	BRUGGE
#3	95.	n°115		ROELS Jonas		38	104	<b>17:20</b>	1:32	39	<b>1:08:46</b>	48	2:22	260	15:58	26:50	38:07	<b>49:16</b>	<b>2:19:18</b>	+30:10	16	M35	DEINZE
#3	96.	n°119		VAN DER MEULEN Marco	NLD	53	136	<b>17:48</b>	1:39	77	<b>1:11:16</b>	76	2:10	179	13:54	23:57	34:47	<b>46:31</b>	<b>2:19:25</b>	+30:17	12	M50	OOSTBURG
#3	97.	n°121		VAN VELTHOVEN Koen		39	110	<b>17:24</b>	1:46	117	<b>1:13:15</b>	99	2:16	134	14:17	24:12	34:34	<b>44:53</b>	<b>2:19:36</b>	+30:28	17	M35	LOENHOUT
#3	98.	n°177		LIBOTTE Dirk		44	83	<b>16:51</b>	2:29	87	<b>1:11:55</b>	83	2:41	160	14:40	24:55	35:36	<b>45:46</b>	<b>2:19:44</b>	+30:36	13	M40	SINT-TRUIDEN
#1	C 99.	n°1022	F	MOMMEN Inès		23	60	<b>16:09</b>	1:37	189	<b>1:16:49</b>	121	1:50	103	13:43	23:32	33:28	<b>43:25</b>	<b>2:19:53</b>	+30:45	2	F18	LENS-SAINT-SERVAIS
#3	K 100.	n°118		THAI-THUC Yann		31	117	<b>17:31</b>	2:04	104	<b>1:12:50</b>	98	2:24	142	14:35	24:45	35:04	<b>45:07</b>	<b>2:19:57</b>	+30:49	19	M30	KNOKKE-HEIST
#2	101.	n°45		GOETRY Frederic		45	40	<b>15:17</b>	1:40	180	<b>1:16:19</b>	106	2:25	121	14:23	24:19	34:22	<b>44:15</b>	<b>2:19:59</b>	+30:51	7	M45	GENT
#11	K 102.	n°607		DEBRABANDERE Tim		38	237	<b>19:38</b>	2:34	102	<b>1:12:48</b>	129	2:19	89	14:13	23:41	33:24	<b>42:40</b>	<b>2:20:01</b>	+30:52	18	M35	KNOKKE-HEIST
#3	K 103.	n°190		VERBRAEKEN Bart		52	204	<b>19:08</b>	2:02	100	<b>1:12:44</b>	115	2:56	101	13:58	23:17	33:28	<b>43:21</b>	<b>2:20:14</b>	+31:06	13	M50	KNOKKE-HEIST
#2	104.	n°49		MOMBAERTS Jan		25	50	<b>15:43</b>	1:24	181	<b>1:16:25</b>	110	2:04	129	14:28	24:26	34:35	<b>44:37</b>	<b>2:20:15</b>	+31:07	13	M25	AALTER
#12	K 105.	n°761		BRACKENIER Mathieu		18	176	<b>18:27</b>	1:54	163	<b>1:15:51</b>	139	2:12	82	13:08	22:34	32:14	<b>42:06</b>	<b>2:20:32</b>	+31:24	9	M18	KNOKKE-HEIST
#2	106.	n°67		DHEERE Simon		36	105	<b>17:20</b>	2:54	86	<b>1:11:55</b>	93	3:11	148	14:44	24:58	35:20	<b>45:28</b>	<b>2:20:50</b>	+31:42	19	M35	BRUGGE
#1	C 107.	n°1013	F	DUVIGNEAU Nathalie		39	128	<b>17:40</b>	2:06	218	<b>1:17:54</b>	162	1:53	63	11:07	22:01	31:36	<b>41:17</b>	<b>2:20:51</b>	+31:43	4	F35	STERREBEEK
#9	108.	n°473		DE VIDTS Peter		43	381	<b>21:16</b>	3:20	110	<b>1:12:57</b>	160	3:07	53	12:41	21:53	31:11	<b>40:16</b>	<b>2:20:59</b>	+31:50	14	M40	BURST
#9	109.	n°444		MERTENS Guy		41	192	<b>18:48</b>	2:24	127	<b>1:13:55</b>	131	2:35	100	13:39	23:13	33:12	<b>43:16</b>	<b>2:21:00</b>	+31:52	15	M40	WILRIJK
#1	110.	n°1014	F	VAN RIEL Noor		28	54	<b>15:51</b>	1:22	311	<b>1:20:41</b>	166	1:42	68	13:13	22:33	32:07	<b>41:33</b>	<b>2:21:12</b>	+32:04	7	F25	LOENHOUT
#2	111.	n°80		VERROEST Jan		46	234	<b>19:35</b>	2:37	130	<b>1:14:11</b>	142	3:06	71	13:33	22:52	32:13	<b>41:45</b>	<b>2:21:15</b>	+32:07	8	M45	BRUGGE
#9	112.	n°409		DE WISPELAERE Philippe		46	191	<b>18:47</b>	1:52	101	<b>1:12:46</b>	109	2:08	163	14:38	24:59	35:35	<b>45:52</b>	<b>2:21:26</b>	+32:17	9	M45	EEKLO
#3	K 113.	n°132		DE CLERCQ Johan		50	152	<b>18:11</b>	1:56	144	<b>1:14:41</b>	125	2:40	113	14:16	23:55	34:02	<b>44:00</b>	<b>2:21:30</b>	+32:22	14	M50	KNOKKE-HEIST
#3	K 114.	n°146		LIPS Ignace		46	-	-	-	-	-	-	-	-	-	-	-	-	<b>2:21:31</b>	+32:22	10	M45	KNOKKE-HEIST
#13	K 115.	n°807		DEWEIRDT Jordy		25	229	<b>19:33</b>	2:28	72	<b>1:10:59</b>	102	2:37	168	14:29	24:54	35:41	<b>45:58</b>	<b>2:21:37</b>	+32:28	14	M25	KNOKKE-HEIST
#3	116.	n°141		DIJEMAN Eric	NLD	43	157	<b>18:14</b>	1:47	89	<b>1:12:06</b>	92	2:50	187	15:01	25:30	36:12	<b>46:48</b>	<b>2:21:47</b>	+32:39	16	M40	TERNEUZEN
#3	K 117.	n°135		DECLERCK Michiel		26	175	<b>18:26</b>	1:55	106	<b>1:12:53</b>	105	2:32	170	14:55	25:05	35:26	<b>46:00</b>	<b>2:21:48</b>	+32:40	15	M25	KNOKKE-HEIST
#2	K 118.	n°81		VERWIMP Marc		61	112	<b>17:25</b>	2:04	105	<b>1:12:52</b>	95	2:40	190	15:10	25:43	36:27	<b>46:51</b>	<b>2:21:54</b>	+32:45	1	M60	KNOKKE-HEIST
#11	119.	n°645		MEGANCK Mathias		36	166	<b>18:19</b>	3:00	46	<b>1:09:16</b>	73	3:09	227	15:17	26:09	37:23	<b>48:11</b>	<b>2:21:57</b>	+32:48	20	M35	MOERKERKE
#9	120.	n°437		DOBBELAERE Matthias		40	61	<b>16:15</b>	2:45	187	<b>1:16:45</b>	138	2:42	104	13:32	23:15	33:26	<b>43:33</b>	<b>2:22:03</b>	+32:55	17	M40	ESSENE
#9	121.	n°416		GAZULLA Yves		48	254	<b>19:54</b>	3:08	93	<b>1:12:23</b>	133	2:04	127	14:38	24:32	34:48	<b>44:35</b>	<b>2:22:07</b>	+32:59	11	M45	LOKEREN
#4	K 122.	n°258		VLIETINCK Dany		55	466	<b>22:12</b>	2:47	108	<b>1:12:57</b>	168	2:56	66	13:04	22:23	31:59	<b>41:31</b>	<b>2:22:25</b>	+33:16	1	M55	KNOKKE-HEIST
#3	123.	n°111		FORÉ Peter		39	134	<b>17:46</b>	1:40	136	<b>1:14:23</b>	113	2:43	161	14:25	24:40	35:22	<b>45:51</b>	<b>2:22:25</b>	+33:16	21	M35	SJUSELE
#3	124.	n°109		DEVOS Ephrem		50	144	<b>17:59</b>	1:32	85	<b>1:11:52</b>	85	2:30	239	15:31	26:22	37:36	<b>48:34</b>	<b>2:22:29</b>	+33:21	15	M50	SINT-MARTENS-LATEM
#3	K 125.	n°125		VANLEENHOVE Frank		57	161	<b>18:17</b>	1:18	68	<b>1:10:34</b>	69	2:15	289	15:41	26:54	38:32	<b>50:08</b>	<b>2:22:34</b>	+33:26	2	M55	KNOKKE-HEIST
#9	126.	n°418		HUTS Karl		42	164	<b>18:18</b>	2:52	140	<b>1:14:30</b>	135	2:15	135	14:15	24:25	34:23	<b>44:55</b>	<b>2:22:52</b>	+33:44	18	M40	MELSELE
#11	127.	n°641		DIERKENS Jens		32	315	<b>20:36</b>	2:38	165	<b>1:15:59</b>	191	2:06	72	13:07	22:29	32:10	<b>41:46</b>	<b>2:23:07</b>	+33:58	20	M30	ARDOOIE
#3	128.	n°175		LAUWERS William		23	79	<b>16:45</b>	2:22	205	<b>1:17:28</b>	143	2:28	120	14:08	24:06	34:19	<b>44:13</b>	<b>2:23:17</b>	+34:09	10	M18	KAPELLEN
#3	129.	n°187		VANDEKENDELARE Janique		53	208	<b>19:09</b>	2:20	161	<b>1:15:48</b>	149	2:18	108	13:49	23:44	33:39	<b>43:43</b>	<b>2:23:19</b>	+34:11	16	M50	ROESELARE
#2	130.	n°11		GEERTS Luc		63	132	<b>17:42</b>	1:53	125	<b>1:13:47</b>	108	2:18	215	15:03	25:49	36:51	<b>47:40</b>	<b>2:23:21</b>	+34:13	2	M60	BEVEREN - MELSELE
#2	131.	n°75		SERVAIS Thomas		38	121	<b>17:33</b>	4:17	115	<b>1:13:09</b>	128	3:37	133	14:29	24:38	34:53	<b>44:47</b>	<b>2:23:24</b>	+34:16	22	M35	WEZEMBEEK-OPPEM
#11	132.	n°608		DECKERS Jan		36	244	<b>19:44</b>	2:12	103	<b>1:12:49</b>	124	2:19	175	14:51	25:13	35:47	<b>46:20</b>	<b>2:23:26</b>	+34:17	23	M35	WUUSTWEZEL
#3	133.	n°101		BLOMME Francis		40	130	<b>17:41</b>	2:39	137	<b>1:14:24</b>	122	2:42	173	14:33	24:44	35:27	<b>46:08</b>	<b>2:23:35</b>	+34:27	19	M40	ROESELARE
#2	134.	n°54		TUMELAIRE Bjarne		48	113	<b>17:27</b>	2:20	157	<b>1:15:37</b>	132	2:32	157	14:44	25:02	35:29	<b>45:43</b>	<b>2:23:40</b>	+34:32	12	M45	WUUSTWEZEL
#3	K 135.	n°178		MAENHOUT Cédric		22	109	<b>17:23</b>	2:49	214	<b>1:17:42</b>	165	2:11	105	14:41	24:11	34:09	<b>43:39</b>	<b>2:23:47</b>	+34:38	11	M18	KNOKKE-HEIST

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

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City		
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank
#2	136.	n°79 VERHAERT Sebastiaan		45	62	16:18	1:45	334	1:21:34	199	2:22	79	13:10	22:44	32:20	41:56	2:23:56	+34:48	13 M45	BRASSCHAAT
#3	137.	n°174 LAMONT Kurt		49	172	18:24	2:12	200	1:17:17	164	2:14	111	13:39	23:26	33:34	43:52	2:24:02	+34:54	14 M45	DEINZE
#11	138.	n°680 STEVENS Francis		39	382	21:16	2:17	99	1:12:43	141	2:44	139	14:15	24:18	34:37	44:59	2:24:02	+34:54	24 M35	DAMME
#11	139.	n°633 BURGGRAVE Cedric		22	156	18:14	3:13	164	1:15:56	151	2:53	110	13:29	23:21	33:34	43:50	2:24:08	+35:00	12 M18	DUDZELE
#11	K 140.	n°605 DE WAELE Viktor		21	158	18:15	2:52	91	1:12:11	107	2:11	240	16:17	27:26	38:12	48:37	2:24:09	+35:00	13 M18	KNOKKE-HEIST
#1	C 141.	n°1016 TEJRLINCK Pauline	F	27	55	15:55	1:33	282	1:19:56	152	1:47	137	13:49	23:53	34:23	44:56	2:24:10	+35:02	8 F25	DE PINTE
#12	142.	n°781 VAN GUCHT Ruben		33	447	22:01	4:56	126	1:13:49	216	4:06	38	12:25	20:59	29:53	39:18	2:24:12	+35:04	21 M30	BRUSSEGEM
#9	143.	n°419 LARUELLE Jürgen		40	198	18:56	3:27	147	1:14:50	148	3:01	124	14:07	24:05	34:14	44:20	2:24:35	+35:27	20 M40	SUJELE
#1	144.	n°1040 DEVALCKENEER Ann	F	26	106	17:22	1:46	153	1:15:21	119	2:05	229	14:51	25:40	36:58	48:15	2:24:50	+35:42	9 F25	KALMTHOUT
#4	K 145.	n°223 VANDEWALLE Toni		61	212	19:12	1:40	111	1:12:57	114	2:21	241	15:26	26:09	37:26	48:38	2:24:51	+35:43	3 M60	KNOKKE-HEIST
#11	146.	n°611 HAVERBEKE Steven		39	207	19:09	2:06	123	1:13:43	127	2:07	221	15:08	25:46	36:54	48:02	2:25:08	+36:00	25 M35	SINT-MARGRIETE
#2	K 147.	n°50 PAUWAERT Clive		28	71	16:33	2:10	207	1:17:33	140	2:22	180	14:08	24:13	35:07	46:36	2:25:16	+36:08	16 M25	KNOKKE-HEIST
#11	148.	n°646 MESTDAGH Laurentz		27	374	21:11	2:00	156	1:15:35	183	2:04	125	14:37	24:32	34:32	44:26	2:25:19	+36:10	17 M25	HAACHT
#2	149.	n°69 FAUVART Hans		61	68	16:30	1:58	145	1:14:43	104	2:46	266	15:50	26:50	38:12	49:24	2:25:24	+36:15	4 M60	ROESELARE
#11	K 150.	n°604 DE LOVE Dries		38	252	19:53	1:33	162	1:15:51	150	2:10	174	15:11	25:23	35:56	46:12	2:25:41	+36:33	26 M35	KNOKKE-HEIST
#3	151.	n°102 BOGEMANS Marc		58	115	17:28	2:06	75	1:11:14	77	2:44	352	16:13	27:51	40:06	52:12	2:25:47	+36:39	3 M55	NIJLEN
#9	152.	n°414 DEUVAERT Bart		44	216	19:22	2:30	184	1:16:33	179	2:32	143	14:16	24:16	34:41	45:08	2:26:06	+36:58	21 M40	ANTWERPEN
#9	153.	n°452 SERVAEGE Vincent		45	154	18:13	2:44	302	1:20:29	226	2:06	91	13:43	23:12	33:10	42:52	2:26:27	+37:19	15 M45	HEULE
#1	154.	n°1012 NOBUS-VAN DEN BROECKE Monique	NLD	34	142	17:57	1:59	206	1:17:30	153	2:18	185	14:47	25:18	35:58	46:41	2:26:27	+37:19	2 F30	AARDENBURG
#3	155.	n°181 RIGOLE Filip		49	188	18:40	1:46	215	1:17:46	174	2:40	153	14:25	24:38	35:28	45:36	2:26:29	+37:21	16 M45	ZWEVEGEM
#4	156.	n°259 WOUTERS Paul		50	404	21:28	2:44	176	1:16:14	214	2:24	106	13:49	23:21	33:40	43:40	2:26:32	+37:24	17 M50	GROEBBONDONK
#2	157.	n°74 REINQUIN Filip		44	98	17:14	1:50	114	1:13:01	89	2:11	355	16:02	27:38	39:49	52:18	2:26:37	+37:28	22 M40	NEUWMUNSTER
#3	158.	n°114 LEMEY Henk		44	145	18:01	2:00	142	1:14:34	120	2:13	280	15:27	26:39	38:21	49:52	2:26:42	+37:33	23 M40	KORTRIJK
#4	K 159.	n°209 DEWAELE Didier		51	361	21:02	2:15	120	1:13:35	145	2:17	212	14:48	25:25	36:26	47:37	2:26:49	+37:41	18 M50	KNOKKE-HEIST
#11	160.	n°666 DE SUTTER Pieter		32	474	22:19	2:38	143	1:14:37	197	2:08	141	14:10	24:25	34:56	45:06	2:26:50	+37:42	22 M30	BRAKEL
#4	160.	n°246 MOREAU Alain		51	383	21:16	2:23	135	1:14:18	169	2:58	165	15:02	25:22	35:39	45:53	2:26:50	+37:42	19 M50	GREZ-DOICEAU
#4	K 162.	n°213 HOSKENS Rudy		57	248	19:49	2:23	275	1:19:44	234	3:00	78	13:53	23:14	32:34	41:53	2:26:51	+37:43	4 M55	KNOKKE-HEIST
#13	163.	n°843 PIETERS Ken	NLD	30	440	21:55	2:44	131	1:14:14	186	3:46	118	13:20	23:05	33:23	44:12	2:26:52	+37:44	23 M30	SLUIS
#9	164.	n°485 SPRIET Stijn		43	317	20:36	2:32	209	1:17:38	217	2:16	116	13:49	23:35	33:46	44:04	2:27:08	+38:00	24 M40	OOSTENDE
#1	C 165.	n°1010 VOORHOUT Marloes	NLD	30	58	16:06	1:39	225	1:17:59	137	2:09	267	15:28	26:25	38:00	49:24	2:27:19	+38:10	3 F30	
#10	166.	n°504 DE ROECKE Henk		49	604	23:54	2:28	175	1:16:14	248	2:44	80	13:24	22:44	32:29	42:02	2:27:24	+38:15	17 M45	KOOLKERKE
#12	167.	n°717 VAN CAFFEYNT Alexander		26	151	18:11	1:58	201	1:17:22	157	2:07	217	15:04	25:41	36:44	47:48	2:27:27	+38:19	18 M25	SINT-MARTENS-LATEM
#11	168.	n°642 FOLLENS Jan		33	295	20:19	1:49	149	1:14:57	146	2:08	234	15:23	25:57	37:21	48:24	2:27:39	+38:30	24 M30	WAASMUNSTER
#11	K 169.	n°630 BAILYU Benoit		25	243	19:43	1:59	185	1:16:40	178	2:19	198	15:22	25:56	36:38	47:05	2:27:49	+38:40	19 M25	KNOKKE-HEIST
#4	170.	n°219 SEEN Tony	NLD	51	246	19:47	1:29	95	1:12:27	112	2:23	340	16:06	27:47	40:02	51:56	2:28:03	+38:55	20 M50	GROEDE
#11	171.	n°623 VANDER MAST Hans		33	200	19:00	2:12	177	1:16:15	155	3:15	201	14:54	25:25	36:16	47:22	2:28:06	+38:58	25 M30	BRASSCHAAT
#9	172.	n°405 DE FEIJTER Johan	NLD	46	365	21:06	2:42	139	1:14:25	175	2:39	200	14:43	25:17	36:16	47:13	2:28:08	+39:00	18 M45	OOSTBURG
#10	K 173.	n°505 DE ZUTTER Xavier		46	425	21:48	2:28	76	1:11:15	134	2:36	287	14:54	25:54	38:04	50:07	2:28:16	+39:08	19 M45	KNOKKE-HEIST
#2	174.	n°56 VERSTRAELEN Harry		51	59	16:07	2:16	281	1:19:54	177	2:14	218	16:15	26:53	37:32	47:48	2:28:21	+39:13	21 M50	STABROEK
#4	175.	n°221 VANDEPUTTE Philippe		52	250	19:51	2:11	188	1:16:49	184	2:32	195	15:04	25:30	36:20	47:01	2:28:25	+39:17	22 M50	ZWINDRECHT
#3	176.	n°161 BONTE Michiel		37	180	18:32	2:48	174	1:16:13	158	2:35	232	15:20	25:56	37:16	48:20	2:28:29	+39:21	27 M35	BRUGGE
#9	K 177.	n°486 UYTENDAELE Christophe		40	298	20:21	4:09	121	1:13:35	173	3:34	191	14:57	25:16	36:07	46:53	2:28:34	+39:26	25 M40	KNOKKE-HEIST
#1	178.	n°1011 F VYNCKE Miek		36	171	18:24	1:53	196	1:17:12	156	2:05	258	14:57	25:57	37:37	49:11	2:28:46	+39:38	5 F35	MALDEGEM
#12	K 179.	n°753 TANGHE Kevin		27	300	20:22	3:10	183	1:16:31	204	3:04	154	14:08	23:59	34:39	45:37	2:28:46	+39:38	20 M25	KNOKKE-HEIST
#9	K 180.	n°440 GOETHALS Frederik		45	388	21:20	3:02	171	1:16:11	215	3:10	145	14:03	24:09	34:38	45:11	2:28:55	+39:46	20 M45	KNOKKE-HEIST

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

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City		
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank
#1	K 181. n°1058	F VERHELST Catherine		47	285	<b>20:11</b>	1:40	204	<b>1:17:26</b>	193	2:04	208	15:22	26:07	36:46	<b>47:32</b>	<b>2:28:55</b>	+39:47	2 F45	KNOKKE-HEIST
#4	182. n°218	RYDE Marc		58	147	<b>18:06</b>	1:59	186	<b>1:16:43</b>	144	2:24	273	15:54	26:51	38:11	<b>49:45</b>	<b>2:28:59</b>	+39:51	5 M55	BRUGGE
#9	K 183. n°442	HENDRICKX Francis		48	378	<b>21:13</b>	2:15	226	<b>1:18:01</b>	228	2:21	151	14:06	24:21	35:05	<b>45:32</b>	<b>2:29:25</b>	+40:17	21 M45	KNOKKE-HEIST
#4	184. n°207	DELEMARRE Mario		53	227	<b>19:31</b>	3:03	152	<b>1:15:21</b>	167	3:53	210	15:08	25:41	36:43	<b>47:35</b>	<b>2:29:25</b>	+40:17	23 M50	WAASMUNSTER
#13	185. n°837	JACOBS Gil		25	318	<b>20:36</b>	1:37	324	<b>1:21:15</b>	272	2:51	95	13:14	23:00	32:57	<b>43:04</b>	<b>2:29:25</b>	+40:17	21 M25	MALDEREN
#1	C 186. n°1005	F AUGUSTIN Eva	DEU	33	338	<b>20:46</b>	1:55	337	<b>1:21:38</b>	289	2:30	88	13:23	23:02	32:49	<b>42:35</b>	<b>2:29:27</b>	+40:19	4 F30	
#9	187. n°436	DECOCK Wim		40	146	<b>18:04</b>	3:11	220	<b>1:17:55</b>	190	2:50	214	15:08	25:47	36:41	<b>47:38</b>	<b>2:29:40</b>	+40:32	26 M40	BAVEGEM
#1	K 188. n°1059	F WYBOUW Katrien		41	205	<b>19:08</b>	1:59	227	<b>1:18:02</b>	189	2:15	230	15:20	26:09	37:14	<b>48:16</b>	<b>2:29:43</b>	+40:35	1 F40	KNOKKE-HEIST
#9	189. n°487	VAN AKEN Maarten		42	438	<b>21:55</b>	2:39	221	<b>1:17:56</b>	247	2:20	140	14:35	24:45	34:50	<b>45:00</b>	<b>2:29:53</b>	+40:45	27 M40	BORSBEEK
#11	190. n°637	DE GROOTE Wannes		26	504	<b>22:40</b>	2:45	172	<b>1:16:12</b>	230	3:06	147	14:24	24:15	34:48	<b>45:20</b>	<b>2:30:05</b>	+40:57	22 M25	LEDEBERG
#4	191. n°226	VELDHUIZEN Marcel	NLD	54	264	<b>19:58</b>	2:56	284	<b>1:20:01</b>	256	2:45	131	14:27	24:30	34:47	<b>44:46</b>	<b>2:30:28</b>	+41:20	24 M50	VLISSINGEN
#4	192. n°210	DUFOUR Filip		53	269	<b>20:01</b>	1:46	107	<b>1:12:56</b>	123	2:49	395	16:00	28:00	40:46	<b>53:01</b>	<b>2:30:35</b>	+41:27	25 M50	VARSENARE
#11	193. n°656	VANDE VANNET Stijn		28	345	<b>20:50</b>	2:40	170	<b>1:16:09</b>	200	3:12	216	15:02	25:42	36:46	<b>47:43</b>	<b>2:30:37</b>	+41:28	23 M25	AFSNEE
#9	194. n°447	MOUTON Stijn		42	368	<b>21:08</b>	2:32	197	<b>1:17:13</b>	218	2:45	193	15:01	25:24	36:23	<b>46:57</b>	<b>2:30:37</b>	+41:29	28 M40	BELLEM
#13	195. n°801	BOONSTRA Roelof	NLD	35	239	<b>19:40</b>	2:41	252	<b>1:18:56</b>	223	2:15	199	14:49	25:15	36:03	<b>47:05</b>	<b>2:30:38</b>	+41:30	28 M35	MAKKUM
#11	K 196. n°674	LANNNOY Laurens		27	541	<b>23:03</b>	2:47	168	<b>1:16:07</b>	236	2:57	167	14:45	24:54	35:40	<b>45:58</b>	<b>2:30:55</b>	+41:46	24 M25	KNOKKE-HEIST
#10	197. n°554	VAN HOECKE Stefaan		49	578	<b>23:28</b>	3:19	119	<b>1:13:23</b>	207	2:39	223	14:39	25:15	36:30	<b>48:06</b>	<b>2:30:57</b>	+41:49	22 M45	SINT-LAUREINS
#11	198. n°662	BEYERS Thomas		33	297	<b>20:20</b>	1:53	263	<b>1:19:14</b>	227	2:01	204	14:56	25:24	36:26	<b>47:29</b>	<b>2:31:00</b>	+41:51	26 M30	WUUSTWEZEL
#1	199. n°1044	F JOCHEMS Leen		35	232	<b>19:34</b>	1:58	310	<b>1:20:39</b>	241	2:10	182	14:51	25:24	36:12	<b>46:39</b>	<b>2:31:02</b>	+41:54	6 F35	SINT LENAARTS
#3	K 200. n°137	DELODDERE Jean		48	184	<b>18:36</b>	2:01	51	<b>1:09:31</b>	68	3:08	562	18:21	31:09	44:33	<b>57:47</b>	<b>2:31:04</b>	+41:55	23 M45	KNOKKE-HEIST
#13	K 201. n°842	MEYERS Ilan		21	369	<b>21:10</b>	2:31	285	<b>1:20:03</b>	276	3:24	112	13:29	23:27	33:38	<b>43:57</b>	<b>2:31:06</b>	+41:58	14 M18	KNOKKE-HEIST
#9	K 202. n°450	RAMMELOO Eddy		48	384	<b>21:17</b>	3:48	109	<b>1:12:57</b>	172	3:13	282	16:03	27:02	38:27	<b>49:54</b>	<b>2:31:12</b>	+42:04	24 M45	KNOKKE-HEIST
#5	203. n°306	DE RYCKE Koenraad		54	307	<b>20:27</b>	2:49	138	<b>1:14:24</b>	163	2:59	306	15:39	27:03	39:01	<b>50:34</b>	<b>2:31:15</b>	+42:07	26 M50	HAASDONK
#1	204. n°1007	F DE BOECK Gina		41	163	<b>18:18</b>	1:57	266	<b>1:19:20</b>	198	2:38	253	15:45	26:44	37:52	<b>49:04</b>	<b>2:31:20</b>	+42:12	2 F40	BRUGGE
#4	K 205. n°205	DE WAELE Rudi		57	220	<b>19:24</b>	2:17	128	<b>1:14:00</b>	136	2:47	388	16:49	28:31	40:46	<b>52:53</b>	<b>2:31:23</b>	+42:15	6 M55	KNOKKE-HEIST
#3	206. n°160	BEGEYN Thierry		55	259	<b>19:57</b>	2:39	399	<b>1:23:47</b>	336	2:42	83	13:44	23:12	32:58	<b>42:19</b>	<b>2:31:26</b>	+42:17	7 M55	BRUGGE
#9	207. n°455	STRUYF Stefan		41	532	<b>22:57</b>	2:49	118	<b>1:13:16</b>	187	3:04	263	16:02	26:53	38:15	<b>49:19</b>	<b>2:31:27</b>	+42:19	29 M40	SINT-NIKLAAS
#14	208. n°880	MISSINNE Arjan		26	426	<b>21:49</b>	2:18	166	<b>1:16:01</b>	206	2:24	255	14:58	25:49	37:33	<b>49:08</b>	<b>2:31:42</b>	+42:34	25 M25	OOSTENDE
#6	209. n°1104	F BAEKE Ingrid		33	64	<b>16:25</b>	1:48	328	<b>1:21:20</b>	196	2:49	271	15:43	27:00	38:26	<b>49:43</b>	<b>2:32:06</b>	+42:58	5 F30	LOKEREN
#12	210. n°710	MAERTEN Benoît		39	304	<b>20:25</b>	2:36	169	<b>1:16:07</b>	188	2:57	288	15:38	26:51	38:24	<b>50:08</b>	<b>2:32:15</b>	+43:07	29 M35	SAINT LÉGER
#9	211. n°426	VANOVERSCHELDE Michiel		40	114	<b>17:27</b>	3:07	396	<b>1:23:44</b>	288	3:25	126	13:44	23:34	33:56	<b>44:29</b>	<b>2:32:15</b>	+43:07	30 M40	DAMME
#3	K 212. n°133	DE SLOOVERE Maxim		22	91	<b>17:03</b>	1:55	244	<b>1:18:39</b>	161	2:28	351	17:09	29:37	41:18	<b>52:10</b>	<b>2:32:17</b>	+43:09	15 M18	KNOKKE-HEIST
#1	213. n°1042	F GOETHALS Bernadette		23	87	<b>16:57</b>	1:41	236	<b>1:18:27</b>	147	2:26	378	16:10	27:54	40:15	<b>52:44</b>	<b>2:32:18</b>	+43:09	3 F18	KLUIZEN
#2	214. n°19	MAXIMUS Xaino		18	23	<b>14:07</b>	3:27	529	<b>1:28:04</b>	314	2:20	123	14:01	23:56	34:07	<b>44:19</b>	<b>2:32:19</b>	+43:11	16 M18	GENT
#13	215. n°834	DONCK Bastiaan		35	257	<b>19:56</b>	3:06	283	<b>1:19:59</b>	259	3:36	159	14:33	24:38	35:28	<b>45:46</b>	<b>2:32:25</b>	+43:16	30 M35	RUMBEKE
#1	216. n°1004	F TACK Emilie		37	160	<b>18:16</b>	2:23	364	<b>1:22:29</b>	263	2:46	178	14:37	24:58	35:49	<b>46:30</b>	<b>2:32:26</b>	+43:17	7 F35	WAREGEM
#11	217. n°649	PROOT Francis		36	354	<b>20:56</b>	4:36	210	<b>1:17:39</b>	267	2:10	197	14:49	25:34	36:24	<b>47:03</b>	<b>2:32:26</b>	+43:18	31 M35	ZWUNAARDE
#9	218. n°415	ECTOR Bavo		44	348	<b>20:50</b>	2:48	224	<b>1:17:58</b>	229	2:38	226	15:13	26:01	37:06	<b>48:10</b>	<b>2:32:27</b>	+43:18	31 M40	HERENT
#11	K 219. n°655	VAN POELVOORDE Arne		31	397	<b>21:25</b>	3:32	193	<b>1:17:04</b>	237	3:23	196	14:17	24:40	35:48	<b>47:02</b>	<b>2:32:28</b>	+43:20	27 M30	KNOKKE-HEIST
#10	220. n°502	COCHUYT Sammy		47	679	<b>25:12</b>	2:41	141	<b>1:14:32</b>	244	2:34	207	15:14	25:56	36:55	<b>47:32</b>	<b>2:32:32</b>	+43:24	25 M45	MALDEGEM
#13	K 221. n°805	DECORTE Bram		18	222	<b>19:27</b>	1:54	194	<b>1:17:06</b>	180	1:57	347	16:20	27:43	39:43	<b>52:08</b>	<b>2:32:34</b>	+43:26	17 M18	KNOKKE-HEIST
#11	222. n°644	MARICHAL Wim		35	178	<b>18:30</b>	2:21	298	<b>1:20:21</b>	221	3:56	203	14:49	25:22	36:24	<b>47:28</b>	<b>2:32:38</b>	+43:30	32 M35	AARTSELAAR
#3	223. n°169	GEYSELS Kurt		54	187	<b>18:39</b>	2:41	287	<b>1:20:04</b>	225	3:46	202	15:26	25:58	36:45	<b>47:28</b>	<b>2:32:40</b>	+43:32	27 M50	AARSCHOT
#12	K 224. n°741	LANNNOY Kenny		32	672	<b>25:03</b>	3:05	377	<b>1:23:08</b>	442	2:11	139	12:37	21:27	30:21	<b>39:20</b>	<b>2:32:48</b>	+43:39	28 M30	KNOKKE-HEIST
#9	K 225. n°433	DE CANCK Tom		47	469	<b>22:14</b>	4:44	199	<b>1:17:14</b>	286	3:42	136	13:52	23:59	34:31	<b>44:55</b>	<b>2:32:52</b>	+43:43	26 M45	KNOKKE-HEIST

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

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City		
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank
#14	226.	n°883																		
				32	367	<b>21:08</b>	2:55	348	<b>1:22:01</b>	322	2:53	115	13:48	23:27	33:46	<b>44:03</b>	<b>2:33:02</b>	+43:54	29 M30	WAARDAMME
#9	227.	n°435																		
				42	556	<b>23:11</b>	3:22	248	<b>1:18:52</b>	307	2:27	146	14:32	24:35	34:56	<b>45:17</b>	<b>2:33:11</b>	+44:03	32 M40	GENT
#1	228.	n°1043	F																	
				26	266	<b>19:59</b>	2:03	300	<b>1:20:26</b>	245	2:15	242	15:24	26:21	37:36	<b>48:38</b>	<b>2:33:22</b>	+44:14	10 F25	BRECHT
#12	229.	n°751																		
				35	498	<b>22:36</b>	2:37	338	<b>1:21:39</b>	348	3:55	87	13:26	22:56	32:46	<b>42:34</b>	<b>2:33:23</b>	+44:15	33 M35	SAINT SYMPHORIEN
#10	230.	n°519		NLD																
				48	577	<b>23:28</b>	2:57	235	<b>1:18:27</b>	300	3:45	130	13:55	23:46	34:06	<b>44:45</b>	<b>2:33:24</b>	+44:16	27 M45	GOES
#4	231.	n°255																		
				50	392	<b>21:22</b>	2:28	326	<b>1:21:18</b>	303	2:25	166	14:36	25:03	35:29	<b>45:53</b>	<b>2:33:28</b>	+44:20	28 M50	SCHILDE
#11	232.	n°632																		
				34	462	<b>22:10</b>	2:08	134	<b>1:14:17</b>	181	2:36	360	16:45	28:15	40:31	<b>52:24</b>	<b>2:33:38</b>	+44:30	30 M30	DEINZE
#9	233.	n°425																		
				40	335	<b>20:45</b>	3:54	228	<b>1:18:04</b>	251	2:54	222	15:35	26:27	37:30	<b>48:05</b>	<b>2:33:43</b>	+44:35	33 M40	STABROEK
#11	234.	n°647																		
				26	552	<b>23:09</b>	2:24	146	<b>1:14:45</b>	211	2:35	316	15:51	27:05	39:05	<b>51:00</b>	<b>2:33:54</b>	+44:46	26 M25	LAARNE
#10	235.	n°563																		
				42	530	<b>22:55</b>	2:21	232	<b>1:18:17</b>	274	2:04	231	15:16	26:07	37:14	<b>48:18</b>	<b>2:33:58</b>	+44:50	34 M40	ANTWERPEN
#11	K 236.	n°664																		
				27	393	<b>21:23</b>	2:22	231	<b>1:18:12</b>	235	2:44	262	15:01	25:55	37:20	<b>49:19</b>	<b>2:34:01</b>	+44:53	27 M25	KNOKKE-HEIST
#3	K 237.	n°167																		
				52	213	<b>19:13</b>	3:10	253	<b>1:18:56</b>	224	2:32	292	16:16	27:29	38:51	<b>50:09</b>	<b>2:34:01</b>	+44:53	29 M50	KNOKKE-HEIST
#13	238.	n°808																		
				39	-	-	-	-	-	-	-	-	-	-	-	-	<b>2:34:05</b>	+44:56	34 M35	OUDENAARDE
#9	K 239.	n°412																		
				47	412	<b>21:39</b>	2:56	234	<b>1:18:23</b>	257	2:43	233	15:34	26:21	37:38	<b>48:24</b>	<b>2:34:07</b>	+44:59	28 M45	KNOKKE-HEIST
#9	K 240.	n°459																		
				40	492	<b>22:33</b>	3:59	341	<b>1:21:50</b>	391	2:51	97	13:41	23:19	33:15	<b>43:06</b>	<b>2:34:21</b>	+45:13	35 M40	KNOKKE-HEIST
#9	241.	n°477																		
				46	258	<b>19:56</b>	3:16	308	<b>1:20:37</b>	281	4:08	176	14:58	25:11	35:58	<b>46:22</b>	<b>2:34:22</b>	+45:14	29 M45	HASSELT
#4	K 242.	n°202																		
				51	662	<b>24:47</b>	3:46	229	<b>1:18:04</b>	341	2:20	149	14:29	24:32	35:10	<b>45:29</b>	<b>2:34:27</b>	+45:19	30 M50	KNOKKE-HEIST
#1	243.	n°317	H																	
				60	655	<b>24:38</b>	2:26	549	<b>1:28:52</b>	551	-	-	-	-	-	-	<b>2:34:31</b>	+45:23	1 HAN	MALDEGEM (BELGIË)
#4	K 244.	n°296																		
				59	589	<b>23:34</b>	2:59	124	<b>1:13:46</b>	212	2:43	327	16:17	27:54	39:49	<b>51:28</b>	<b>2:34:32</b>	+45:24	8 M55	KNOKKE-HEIST
#9	245.	n°443																		
				42	495	<b>22:34</b>	3:27	160	<b>1:15:43</b>	231	3:09	270	16:35	27:33	38:50	<b>49:42</b>	<b>2:34:38</b>	+45:30	36 M40	ROESLARE
#10	246.	n°551		NLD																
				42	651	<b>24:33</b>	3:13	289	<b>1:20:10</b>	380	2:39	117	13:49	23:39	33:57	<b>44:08</b>	<b>2:34:46</b>	+45:37	37 M40	HENDRIK-IDO-AMBACHT
#3	247.	n°154																		
				49	189	<b>18:45</b>	2:35	278	<b>1:19:47</b>	220	3:06	304	16:43	28:11	39:44	<b>50:32</b>	<b>2:34:47</b>	+45:38	30 M45	KONTICH
#11	248.	n°643																		
				31	139	<b>17:52</b>	2:19	392	<b>1:23:37</b>	280	3:24	209	15:02	25:31	36:37	<b>47:33</b>	<b>2:34:47</b>	+45:39	31 M30	LENNIK
#9	249.	n°451		NLD																
				48	351	<b>20:53</b>	2:07	250	<b>1:18:54</b>	233	3:14	275	15:24	26:41	38:10	<b>49:47</b>	<b>2:34:57</b>	+45:48	31 M45	AARDENBURG
#3	K 250.	n°134																		
				27	177	<b>18:30</b>	3:16	372	<b>1:22:51</b>	294	2:21	220	14:48	25:14	36:40	<b>47:59</b>	<b>2:34:58</b>	+45:50	28 M25	KNOKKE-HEIST
#12	K 251.	n°712																		
				19	420	<b>21:46</b>	2:11	332	<b>1:21:33</b>	308	2:00	211	14:37	25:09	36:20	<b>47:35</b>	<b>2:35:07</b>	+45:59	18 M18	KNOKKE-HEIST
#11	252.	n°609																		
				27	235	<b>19:36</b>	2:53	369	<b>1:22:47</b>	306	4:03	162	14:36	24:35	35:22	<b>45:51</b>	<b>2:35:12</b>	+46:04	29 M25	DENDERMONDE
#9	K 253.	n°491																		
				41	428	<b>21:51</b>	3:34	132	<b>1:14:14</b>	201	3:29	344	16:25	28:31	40:45	<b>52:01</b>	<b>2:35:12</b>	+46:04	38 M40	KNOKKE-HEIST
#3	K 254.	n°184																		
				43	169	<b>18:22</b>	1:39	272	<b>1:19:30</b>	195	3:23	362	16:37	28:10	40:16	<b>52:26</b>	<b>2:35:22</b>	+46:13	39 M40	KNOKKE-HEIST
#12	K 255.	n°737																		
				30	543	<b>23:04</b>	2:30	94	<b>1:12:26</b>	170	4:29	384	17:21	29:01	41:14	<b>52:50</b>	<b>2:35:22</b>	+46:14	32 M30	KNOKKE-HEIST
#11	256.	n°654																		
				24	321	<b>20:38</b>	2:21	182	<b>1:16:31</b>	194	2:52	393	16:22	28:27	40:48	<b>52:58</b>	<b>2:35:23</b>	+46:14	19 M18	2500
#9	257.	n°496																		
				42	331	<b>20:43</b>	2:26	249	<b>1:18:53</b>	238	2:50	308	16:01	27:40	39:42	<b>50:42</b>	<b>2:35:36</b>	+46:28	40 M40	DENTERGEM
#13	258.	n°824																		
				39	329	<b>20:42</b>	3:02	274	<b>1:19:39</b>	271	4:23	224	14:49	25:14	36:35	<b>48:06</b>	<b>2:35:54</b>	+46:46	35 M35	WIELSBEKE
#1	259.	n°1019	F																	
				42	99	<b>17:15</b>	2:37	371	<b>1:22:50</b>	250	2:27	311	16:08	27:23	39:06	<b>50:50</b>	<b>2:36:00</b>	+46:52	3 F40	HARELBEKE
#9	260.	n°400																		
				49	402	<b>21:27</b>	2:45	352	<b>1:22:09</b>	335	2:42	194	14:46	25:03	36:02	<b>46:58</b>	<b>2:36:04</b>	+46:56		

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City			
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank	Name
#9	271.	n°441			44	274	20:05	4:17	238	1:18:30	254	4:02	274	15:33	26:42	38:13	49:46	2:36:43	+47:34	42 M40	KIELDRECHT
#9	272.	n°407			49	231	19:34	2:17	327	1:21:20	268	4:01	269	17:59	29:17	39:38	49:31	2:36:45	+47:36	34 M45	GOES
#4	273.	n°275	NLD		58	557	23:11	3:26	318	1:21:00	374	2:49	177	14:45	25:13	35:55	46:23	2:36:51	+47:43	9 M55	GOOK
#11	274.	n°636			19	194	18:52	3:11	421	1:24:27	338	2:13	225	14:42	25:49	37:06	48:10	2:36:55	+47:47	21 M18	HOEKE
#11	275.	n°614			35	199	18:57	2:33	167	1:16:03	159	3:45	489	18:08	30:29	43:12	55:39	2:36:59	+47:51	39 M35	BRUGGE
#4	276.	n°204			53	294	20:18	3:17	291	1:20:12	279	3:36	281	15:50	26:54	38:20	49:53	2:37:18	+48:09	31 M50	OOSTBURG
#9	K 277.	n°468			46	549	23:08	4:02	288	1:20:07	362	4:02	169	15:15	25:30	35:54	45:58	2:37:19	+48:11	35 M45	KNOKKE-HEIST
#11	K 278.	n°602			24	190	18:46	2:36	256	1:19:00	213	2:59	437	15:23	28:10	41:54	54:03	2:37:26	+48:18	22 M18	KNOKKE-HEIST
#6	279.	n°1110	F		44	656	24:39	3:11	233	1:18:23	328	2:37	245	15:31	26:28	37:47	48:42	2:37:34	+48:26	4 F40	WINKSELE
#4	K 280.	n°279			60	444	22:00	2:45	286	1:20:03	299	3:02	283	16:21	27:36	38:55	49:55	2:37:47	+48:39	6 M60	KNOKKE-HEIST
#1	K 281.	n°1061	F		32	613	24:00	1:59	301	1:20:29	337	2:48	238	15:34	26:31	37:37	48:34	2:37:52	+48:44	6 F30	KNOKKE-HEIST
#11	K 282.	n°652			24	371	21:10	2:19	239	1:18:34	239	2:10	423	16:26	28:33	41:08	53:38	2:37:54	+48:45	23 M18	KNOKKE-HEIST
#12	283.	n°749			27	488	22:30	3:11	270	1:19:25	302	2:48	285	15:33	26:39	38:19	49:58	2:37:54	+48:46	32 M25	BRECHT
#12	284.	n°747			36	140	17:55	3:22	470	1:26:17	371	3:47	183	14:43	25:14	36:00	46:39	2:38:01	+48:53	40 M35	BRUSSEL
#4	285.	n°276			54	464	22:11	2:09	344	1:21:54	329	2:20	268	15:46	26:51	38:33	49:30	2:38:05	+48:56	32 M50	SINT-JAN-IN-EREMO
#11	K 286.	n°650			27	217	19:22	2:22	195	1:17:08	185	3:12	502	17:32	29:46	42:46	56:00	2:38:05	+48:57	33 M25	KNOKKE-HEIST
#11	287.	n°601			33	336	20:45	2:49	260	1:19:07	249	2:55	372	15:40	29:51	40:55	52:38	2:38:16	+49:08	33 M30	JURBISE
#12	K 288.	n°713			29	417	21:44	2:24	351	1:22:09	332	2:48	257	15:19	26:09	37:40	49:11	2:38:19	+49:10	34 M25	KNOKKE-HEIST
#11	K 289.	n°681			29	508	22:42	2:54	258	1:19:03	295	2:31	319	16:25	27:43	39:37	51:08	2:38:19	+49:11	35 M25	KNOKKE-HEIST
#11	290.	n°672			30	342	20:49	3:41	329	1:21:22	319	3:19	256	14:54	25:52	37:30	49:10	2:38:22	+49:14	34 M30	ZEEBRUGGE
#9	K 291.	n°430			42	353	20:55	3:00	240	1:18:34	246	4:08	334	16:39	28:18	40:20	51:43	2:38:23	+49:14	43 M40	KNOKKE-HEIST
#4	K 292.	n°217			59	401	21:27	3:14	375	1:22:56	373	2:52	219	16:01	26:33	37:12	47:58	2:38:29	+49:21	10 M55	KNOKKE-HEIST
#9	293.	n°410			48	173	18:25	2:09	245	1:18:41	192	3:03	512	17:12	29:28	42:48	56:16	2:38:36	+49:27	36 M45	BRUGGE
#1	294.	n°1084	F		24	240	19:40	2:34	213	1:17:41	202	3:01	488	16:42	29:23	42:35	55:38	2:38:37	+49:28	4 F18	BILZEN
#9	295.	n°411			42	228	19:31	2:37	420	1:24:27	340	2:52	259	15:09	26:02	37:57	49:16	2:38:46	+49:38	44 M40	GEMBOUX
#2	296.	n°72			58	120	17:33	2:46	222	1:17:57	176	3:25	536	18:18	31:01	44:05	57:06	2:38:49	+49:41	11 M55	WESTENDE
#10	K 297.	n°517			42	461	22:10	2:51	251	1:18:55	282	3:58	315	16:12	27:27	39:09	50:56	2:38:51	+49:43	45 M40	KNOKKE-HEIST
#4	K 298.	n°266			57	519	22:49	2:26	299	1:20:23	313	2:54	299	16:16	27:26	38:57	50:21	2:38:55	+49:47	12 M55	KNOKKE-HEIST
#10	K 299.	n°553			45	788	28:41	2:20	151	1:15:10	326	2:35	291	15:51	26:52	38:31	50:08	2:38:56	+49:48	37 M45	KNOKKE-HEIST
#4	300.	n°245			57	290	20:15	4:09	363	1:22:27	347	3:33	236	15:12	26:06	37:26	48:31	2:38:57	+49:48	13 M55	LISSEWEGE
#4	301.	n°211			52	245	19:46	2:41	155	1:15:34	171	4:01	544	17:18	29:57	43:32	57:11	2:39:15	+50:07	33 M50	ZOERSEL
#10	K 302.	n°577			45	399	21:27	2:42	309	1:20:38	298	3:59	301	16:57	27:59	39:09	50:27	2:39:16	+50:07	38 M45	KNOKKE-HEIST
#11	303.	n°606			39	279	20:08	2:22	279	1:19:49	243	3:09	428	16:33	28:53	41:39	53:46	2:39:17	+50:08	41 M35	BRUGGE
#4	304.	n°214			53	276	20:06	4:46	373	1:22:52	377	3:07	235	16:07	26:55	38:05	48:26	2:39:20	+50:11	34 M50	SINT-KWINTENS-LENNIK
#13	305.	n°839			32	118	17:32	2:36	402	1:23:56	285	5:08	290	15:08	26:23	38:43	50:08	2:39:21	+50:13	35 M30	TREMELO
#12	306.	n°734			34	432	21:53	3:52	179	1:16:18	240	4:19	399	16:39	28:25	40:42	53:03	2:39:27	+50:19	36 M30	OOSTKAMP
#3	307.	n°145			53	195	18:52	2:50	463	1:26:02	376	2:52	250	15:47	26:40	37:55	48:55	2:39:33	+50:24	35 M50	NIEL
#11	308.	n°639			37	614	24:01	2:22	342	1:21:51	386	2:33	246	15:24	26:24	37:48	48:46	2:39:35	+50:27	42 M35	INGELMUNSTER
#9	K 309.	n°474			49	424	21:48	3:24	346	1:21:56	357	3:25	252	15:04	25:50	37:15	49:00	2:39:36	+50:28	39 M45	KNOKKE-HEIST
#1	K 310.	n°1080	F		24	314	20:34	3:00	387	1:23:26	352	2:59	272	15:27	26:44	38:19	49:44	2:39:46	+50:38	5 F18	KNOKKE-HEIST
#4	K 311.	n°225			60	281	20:09	3:10	276	1:19:45	260	2:37	438	16:51	29:01	41:33	54:04	2:39:46	+50:38	7 M60	KNOKKE-HEIST
#9	312.	n°438			41	277	20:07	4:26	357	1:22:21	349	2:59	278	15:21	26:28	38:08	49:52	2:39:47	+50:38	46 M40	ASSE
#1	313.	n°1034	F		60	301	20:23	2:18	410	1:24:10	346	2:31	300	16:11	27:27	39:06	50:25	2:39:48	+50:40	1 F60	HEMIKSEM
#1	C 314.	n°1037	F		31	238	19:38	2:23	439	1:25:05	354	2:13	305	15:39	26:55	38:52	50:32	2:39:53	+50:44	7 F30	WATERVLIET
#4	K 315.	n°222			51	471	22:17	3:04	203	1:17:25	252	3:36	422	17:32	29:21	41:27	53:32	2:39:56	+50:47	36 M50	KNOKKE-HEIST

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

# Zwin Triathlon

## Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City			
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank	Name
#4	316.	n°292			68	416	21:43	3:14	219	1:17:54	253	3:03	436	16:56	28:51	41:15	54:02	2:39:57	+50:49	2 M65	LOKEREN
#5	317.	n°358			50	554	23:11	4:55	323	1:21:12	411	4:12	181	14:51	25:23	36:13	46:38	2:40:11	+51:02	37 M50	ZANDVLIET
#9	318.	n°424			42	255	19:54	3:31	295	1:20:18	277	3:32	387	17:24	28:45	40:46	52:53	2:40:11	+51:03	47 M40	BRASSCHAAT
#9	319.	n°470			45	394	21:23	4:30	230	1:18:07	283	4:10	350	16:40	28:18	40:13	52:10	2:40:22	+51:14	40 M45	HAASDONK
#3	320.	n°122			49	80	16:47	4:08	398	1:23:46	296	3:53	343	16:49	28:21	40:27	51:59	2:40:36	+51:28	41 M45	HOOGSTRATEN
#12	321.	n°754			31	576	23:26	3:08	293	1:20:14	345	3:17	303	15:16	26:33	38:26	50:31	2:40:38	+51:30	37 M30	GENT
#4	K 322.	n°291			52	683	25:17	3:45	261	1:19:09	384	3:28	251	15:52	26:24	37:35	48:58	2:40:40	+51:32	38 M50	KNOKKE-HEIST
#1	K 323.	n°1050	F		48	209	19:10	3:12	354	1:22:14	293	3:20	382	16:27	28:19	40:28	52:48	2:40:45	+51:36	3 F45	KNOKKE-HEIST
#9	K 324.	n°497			47	640	24:22	3:06	211	1:17:41	304	2:45	385	17:15	28:54	41:00	52:51	2:40:47	+51:39	42 M45	KNOKKE-HEIST
#1	325.	n°1047	F		26	143	17:57	3:13	491	1:27:04	387	2:42	277	15:56	26:58	38:24	49:50	2:40:48	+51:39	11 F25	LEDEBERG
#11	326.	n°648			36	181	18:32	2:45	378	1:23:10	292	3:14	404	17:04	29:19	41:51	53:14	2:40:57	+51:48	43 M35	OOSTENDE
#10	327.	n°549			41	536	22:59	4:55	158	1:15:39	275	4:48	373	16:09	27:35	40:31	52:42	2:41:05	+51:57	48 M40	LOKEREN
#4	328.	n°264			60	435	21:54	3:23	296	1:20:18	312	4:05	328	16:30	28:04	39:52	51:30	2:41:12	+52:04	8 M60	KAPellen
#1	329.	n°1055	F	NLD	28	63	16:20	2:18	495	1:27:11	317	2:20	396	16:20	28:11	40:32	53:01	2:41:12	+52:04	12 F25	SCHOONDIJKE
#12	330.	n°782			38	415	21:42	3:34	493	1:27:08	462	3:41	144	14:05	24:22	34:40	45:09	2:41:16	+52:07	44 M35	HOVE
#12	K 331.	n°775			30	717	26:16	1:48	273	1:19:33	372	3:18	298	15:53	27:21	39:21	50:19	2:41:16	+52:08	38 M30	KNOKKE-HEIST
#9	332.	n°489			42	478	22:22	2:48	453	1:25:44	434	2:51	206	14:31	24:58	36:14	47:30	2:41:17	+52:09	49 M40	LANDSKOUTER
#9	K 333.	n°464			44	455	22:07	1:40	306	1:20:33	290	3:07	431	17:47	29:52	42:10	53:51	2:41:21	+52:13	50 M40	KNOKKE-HEIST
#9	334.	n°498			43	636	24:19	2:54	406	1:24:02	441	3:17	189	14:58	25:24	36:08	46:51	2:41:25	+52:16	51 M40	BRASSCHAAT
#8	335.	n°1303	F		51	153	18:13	3:06	445	1:25:28	344	3:19	323	16:30	27:58	39:43	51:18	2:41:26	+52:17	1 F50	TREMELO
#12	336.	n°723			31	349	20:51	2:54	389	1:23:28	360	3:27	312	15:28	26:30	38:19	50:51	2:41:33	+52:24	39 M30	KOEKELBERG
#12	337.	n°763			33	302	20:23	4:07	237	1:18:30	258	3:29	469	17:45	30:06	43:05	55:04	2:41:35	+52:27	40 M30	HEVERLEE
#10	338.	n°521			41	624	24:10	2:44	280	1:19:53	343	2:58	345	16:37	28:12	40:11	52:01	2:41:48	+52:40	52 M40	ZELE
#12	K 339.	n°703			39	358	20:58	3:12	254	1:18:56	262	2:53	495	17:42	30:19	43:25	55:51	2:41:52	+52:43	45 M35	KNOKKE-HEIST
#1	340.	n°1077	F		44	260	19:57	3:05	321	1:21:10	287	2:17	481	17:02	29:22	42:19	55:24	2:41:55	+52:47	5 F40	HERENT
#12	341.	n°744			37	413	21:40	2:11	360	1:22:24	330	4:44	314	16:00	27:31	39:19	50:55	2:41:57	+52:48	46 M35	ANTWERPEN
#10	342.	n°541			40	650	24:32	2:42	290	1:20:11	369	3:00	332	16:33	28:02	40:13	51:34	2:42:02	+52:53	53 M40	PULLE
#10	343.	n°527			48	545	23:05	2:45	314	1:20:51	342	3:41	337	16:28	27:59	39:52	51:48	2:42:13	+53:04	43 M45	HEUSDEN-ZOLDER
#1	344.	n°1041	F		22	249	19:50	2:13	467	1:26:12	388	2:18	333	16:12	28:00	40:00	51:39	2:42:13	+53:05	6 F18	JABBEKE
#7	345.	n°1163	F		33	431	21:53	2:43	455	1:25:47	427	2:38	264	15:41	26:44	38:20	49:22	2:42:26	+53:17	8 F30	RUMBEKE
#10	K 346.	n°528			44	706	25:59	2:23	255	1:18:57	364	3:07	357	16:38	28:23	40:26	52:20	2:42:49	+53:41	54 M40	KNOKKE-HEIST
#10	347.	n°599			42	-	-	-	-	-	-	-	-	-	-	-	-	2:42:50	+53:41	55 M40	EKEREN
#10	348.	n°581			42	-	-	-	-	-	-	-	-	-	-	-	-	2:42:51	+53:42	56 M40	HASSELT
#1	K 349.	n°1031	F		52	242	19:42	2:51	443	1:25:18	379	3:02	342	16:15	27:48	39:51	51:57	2:42:52	+53:44	2 F50	KNOKKE-HEIST
#1	K 350.	n°1030	F		59	292	20:16	3:37	362	1:22:27	334	3:09	417	17:22	29:12	41:15	53:28	2:42:58	+53:50	1 F55	KNOKKE-HEIST
#9	351.	n°480			40	284	20:10	3:07	370	1:22:49	325	3:24	416	15:46	27:58	40:40	53:27	2:42:59	+53:51	57 M40	RUDDERVOORDE
#12	352.	n°773			39	668	24:59	2:00	173	1:16:13	269	4:13	491	17:35	29:42	42:33	55:40	2:43:07	+53:59	47 M35	KALMTHOUT
#12	353.	n°786			38	-	-	-	-	-	-	-	-	-	-	-	-	2:43:08	+53:59	48 M35	SCHILDE
#11	K 354.	n°683			24	395	21:24	2:41	355	1:22:14	333	3:59	410	16:09	28:21	40:57	53:21	2:43:41	+54:33	24 M18	KNOKKE-HEIST
#3	355.	n°149			61	66	16:27	2:17	592	1:30:45	415	3:29	307	16:13	27:28	39:01	50:42	2:43:41	+54:33	9 M60	BLANKENBERGE
#10	K 356.	n°590			44	400	21:27	3:54	292	1:20:13	310	3:56	451	17:30	29:35	42:06	54:23	2:43:54	+54:46	58 M40	KNOKKE-HEIST
#4	K 357.	n°260			54	648	24:28	3:36	365	1:22:31	430	3:11	293	16:28	27:35	39:01	50:10	2:43:58	+54:50	39 M50	KNOKKE-HEIST
#10	358.	n°597		NLD	47	688	25:26	5:22	418	1:24:24	532	3:05	156	13:54	24:06	34:49	45:43	2:44:02	+54:53	44 M45	VLISSINGEN
#11	359.	n°616			27	186	18:38	2:43	243	1:18:37	203	3:25	646	17:46	31:11	45:46	1:00:46	2:44:11	+55:02	36 M25	ROTSelaar
#4	360.	n°200		NLD	68	387	21:20	2:11	269	1:19:23	255	2:58	583	19:20	32:00	45:12	58:19	2:44:12	+55:04	3 M65	MIDDELBURG

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



# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

	Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City		
						Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank
#10	361.	n°559	VERSTRAETE Stijn		45	550	<b>23:08</b>	4:37	271	<b>1:19:27</b>	359	3:46	405	16:35	28:33	41:07	<b>53:14</b>	<b>2:44:14</b>	+55:06	45 M45	SCHELDERODE
#11	362.	n°615	STAELENS Sam		38	313	<b>20:32</b>	3:10	241	<b>1:18:35</b>	242	5:30	520	18:11	30:44	43:51	<b>56:33</b>	<b>2:44:20</b>	+55:12	49 M35	ZEEBRUGGE
#4	363.	n°227	VERCAMMEN Chris		50	218	<b>19:22</b>	3:58	190	<b>1:16:53</b>	210	4:06	621	19:03	32:25	46:17	<b>59:59</b>	<b>2:44:21</b>	+55:12	40 M50	WOMMELGEM
#9	364.	n°445	MONBALIU Diethar		48	328	<b>20:42</b>	4:09	381	<b>1:23:18</b>	382	3:57	354	16:03	27:57	40:20	<b>52:18</b>	<b>2:44:25</b>	+55:17	46 M45	LEUVEN
#13	365.	n°830	DE WIEUW Frederik		28	373	<b>21:11</b>	4:05	449	<b>1:25:33</b>	433	4:50	249	15:07	26:22	37:48	<b>48:51</b>	<b>2:44:32</b>	+55:24	37 M25	EKEREN
#14	366.	n°867	DECKERS Werner		33	644	<b>24:26</b>	2:54	277	<b>1:19:46</b>	355	3:28	439	16:22	28:26	41:16	<b>54:04</b>	<b>2:44:39</b>	+55:31	41 M30	OUDSBERGEN
#11 K	367.	n°631	BAILYU Louis		24	311	<b>20:30</b>	2:26	374	<b>1:22:54</b>	318	2:12	526	18:22	31:02	44:16	<b>56:44</b>	<b>2:44:48</b>	+55:40	25 M18	KNOKKE-HEIST
#1	368.	n°1073	F GHEERARDYN Tessa		27	327	<b>20:41</b>	2:55	424	<b>1:24:35</b>	385	2:33	444	16:58	29:08	41:41	<b>54:10</b>	<b>2:44:56</b>	+55:48	13 F25	PETEGEM-AAN-DE-LEIE
#10	369.	n°507	DENYS Jean-Louis		42	646	<b>24:28</b>	2:54	367	<b>1:22:37</b>	422	2:22	371	15:48	27:18	39:40	<b>52:38</b>	<b>2:44:59</b>	+55:51	59 M40	HERSEAUX
#9	370.	n°461	ASSELMAN Eric	NLD	46	467	<b>22:13</b>	3:03	294	<b>1:20:18</b>	309	3:30	501	16:37	28:57	42:09	<b>55:59</b>	<b>2:45:05</b>	+55:57	47 M45	TERNEUZEN
#10 K	371.	n°538	DECONINCK Henk		45	489	<b>22:32</b>	3:47	192	<b>1:17:04</b>	270	3:44	568	18:06	30:55	44:35	<b>57:58</b>	<b>2:45:06</b>	+55:58	48 M45	KNOKKE-HEIST
#4	372.	n°270	DE FEIJTER Simon	NLD	55	687	<b>25:25</b>	3:19	487	<b>1:26:55</b>	545	2:49	184	15:05	25:23	36:05	<b>46:40</b>	<b>2:45:10</b>	+56:02	14 M55	BRESKENS
#1	373.	n°1085	F THOMAS Anne-Marie	NLD	46	333	<b>20:44</b>	2:30	456	<b>1:25:51</b>	406	2:47	407	16:55	28:51	41:08	<b>53:17</b>	<b>2:45:11</b>	+56:03	4 F45	HOOFDPLAAT
#14	374.	n°881	RENSON Thibault		28	724	<b>26:29</b>	3:27	514	<b>1:27:44</b>	587	2:48	132	14:21	24:07	34:22	<b>44:46</b>	<b>2:45:16</b>	+56:08	38 M25	GENT
#9 K	375.	n°484	SERLET Olivier		45	465	<b>22:11</b>	3:51	434	<b>1:24:55</b>	436	3:30	313	17:00	28:26	39:51	<b>50:52</b>	<b>2:45:21</b>	+56:13	49 M45	KNOKKE-HEIST
#1 K	376.	n°1052	F TAVERNIER Lisa		21	150	<b>18:08</b>	2:19	530	<b>1:28:13</b>	397	2:11	456	17:05	29:04	41:51	<b>54:37</b>	<b>2:45:29</b>	+56:21	7 F18	KNOKKE-HEIST
#3	377.	n°188	VANLOMMELE Jan		35	214	<b>19:16</b>	3:37	484	<b>1:26:50</b>	416	3:38	348	16:10	27:54	40:19	<b>52:08</b>	<b>2:45:30</b>	+56:22	50 M35	OOSTKAMP
#11	378.	n°673	LANNOYE Arnout		25	514	<b>22:45</b>	2:39	500	<b>1:27:21</b>	471	2:47	284	15:37	26:53	38:25	<b>49:58</b>	<b>2:45:31</b>	+56:23	39 M25	GENT
#11	379.	n°660	BAERT Jonas		31	439	<b>21:55</b>	4:30	423	<b>1:24:33</b>	437	3:03	331	16:12	27:44	39:37	<b>51:33</b>	<b>2:45:37</b>	+56:28	42 M30	TIELRODE
#12	380.	n°767	DUBOIS Raf		36	267	<b>20:00</b>	2:48	315	<b>1:20:57</b>	278	5:16	525	17:08	29:36	43:04	<b>56:40</b>	<b>2:45:43</b>	+56:35	51 M35	OUDSBERGEN
#1	381.	n°1096	F VERSTRAETE Elien		31	502	<b>22:38</b>	3:18	419	<b>1:24:24</b>	426	2:46	369	16:36	28:20	40:33	<b>52:36</b>	<b>2:45:44</b>	+56:36	9 F30	MEULEBEKE
#14	382.	n°855	VERHELLE Maarten		30	437	<b>21:55</b>	3:14	356	<b>1:22:17</b>	370	3:45	455	16:17	28:16	41:33	<b>54:31</b>	<b>2:45:44</b>	+56:36	43 M30	ZEEBRUGGE
#6	383.	n°1148	F STUBBE Louise		25	533	<b>22:57</b>	2:39	468	<b>1:26:14</b>	453	2:09	335	15:37	27:02	39:04	<b>51:44</b>	<b>2:45:45</b>	+56:37	14 F25	ELSENE
#1	384.	n°1089	F VAN VLIERBERGHE Leentje		52	484	<b>22:25</b>	2:27	454	<b>1:25:45</b>	431	2:24	377	16:43	28:26	40:39	<b>52:44</b>	<b>2:45:47</b>	+56:38	3 F50	TEMSE
#1 K	385.	n°1081	F ROSSEEL Martine		55	496	<b>22:36</b>	3:28	358	<b>1:22:22</b>	394	3:47	424	16:43	28:27	40:51	<b>53:39</b>	<b>2:45:53</b>	+56:45	2 F55	KNOKKE-HEIST
#9	386.	n°428	F ROGAUWE Vincent		45	226	<b>19:30</b>	3:59	350	<b>1:22:06</b>	311	4:32	496	17:32	29:57	42:55	<b>55:51</b>	<b>2:46:01</b>	+56:53	50 M45	AALTER
#11	387.	n°676	MOEYERT Nicolas		25	275	<b>20:06</b>	4:39	555	<b>1:29:08</b>	501	3:31	243	15:05	25:32	36:34	<b>48:38</b>	<b>2:46:04</b>	+56:56	40 M25	HOOGLEDE
#4	388.	n°273	DEQUAE Patrick		50	531	<b>22:55</b>	3:21	333	<b>1:21:33</b>	378	3:30	460	16:45	29:01	41:56	<b>54:48</b>	<b>2:46:08</b>	+57:00	41 M50	TERVUREN
#1 K	389.	n°1062	F BULTYNCK Karin		43	459	<b>22:10</b>	2:38	414	<b>1:24:18</b>	407	3:04	434	17:25	29:41	41:56	<b>53:59</b>	<b>2:46:11</b>	+57:03	6 F40	KNOKKE-HEIST
#14	390.	n°872	GOETHALS Bram	NLD	38	762	<b>27:40</b>	2:41	320	<b>1:21:07</b>	446	2:32	353	15:33	26:52	39:52	<b>52:13</b>	<b>2:46:16</b>	+57:08	52 M35	SCHOONDIJKE
#10 K	391.	n°575	LEYDEN Tom		43	779	<b>28:19</b>	2:37	267	<b>1:19:23</b>	425	2:57	394	16:49	28:42	40:45	<b>53:01</b>	<b>2:46:18</b>	+57:10	60 M40	KNOKKE-HEIST
#3	392.	n°144	I.J.H Ivan	NLD	25	69	<b>16:30</b>	3:09	465	<b>1:26:05</b>	315	2:36	570	17:20	29:56	43:43	<b>57:59</b>	<b>2:46:22</b>	+57:14	41 M25	IJZENDIJK
#9	393.	n°481	NOLLET Kevin		43	372	<b>21:11</b>	3:24	322	<b>1:21:12</b>	316	3:10	553	18:40	31:18	44:28	<b>57:26</b>	<b>2:46:24</b>	+57:15	61 M40	SINT-MICHEL
#3	394.	n°150	ROMBOUT Patrick		60	108	<b>17:23</b>	3:19	474	<b>1:26:22</b>	353	2:49	521	18:31	30:33	43:09	<b>56:33</b>	<b>2:46:27</b>	+57:18	10 M60	GRIMBERGEN
#14	395.	n°875	IMPENS Anthony		28	443	<b>22:00</b>	4:02	477	<b>1:26:27</b>	464	5:19	244	15:33	26:37	37:48	<b>48:39</b>	<b>2:46:29</b>	+57:21	42 M25	ADEGEM
#13	396.	n°809	DOMBRET Cyril		34	360	<b>21:02</b>	4:03	492	<b>1:27:04</b>	456	3:51	302	16:02	27:09	38:52	<b>50:27</b>	<b>2:46:29</b>	+57:21	44 M30	BOUGE
#9 K	397.	n°431	CRETS Bruno		44	364	<b>21:06</b>	2:16	393	<b>1:23:38</b>	351	2:17	543	17:35	30:18	43:45	<b>57:11</b>	<b>2:46:30</b>	+57:21	62 M40	KNOKKE-HEIST
#12	398.	n°738	HEUZEL Laurens		33	590	<b>23:35</b>	4:21	345	<b>1:21:54</b>	420	4:04	383	16:06	27:14	39:14	<b>52:49</b>	<b>2:46:44</b>	+57:36	45 M30	ZEEBRUGGE
#11	399.	n°665	DE BRAEKELEER Maarten		32	332	<b>20:43</b>	3:52	347	<b>1:21:59</b>	339	3:02	545	16:30	28:47	42:42	<b>57:12</b>	<b>2:46:50</b>	+57:42	46 M30	VIANE
#12	400.	n°746	NIMMEGEERS Nicolas		24	355	<b>20:57</b>	2:24	395	<b>1:23:39</b>	350	2:47	533	17:03	29:39	43:14	<b>57:01</b>	<b>2:46:50</b>	+57:42	26 M18	LAARNE
#5	401.	n°302	BUYASSE Yves		57	673	<b>25:03</b>	4:24	297	<b>1:20:19</b>	418	4:02	397	16:57	28:53	41:10	<b>53:01</b>	<b>2:46:50</b>	+57:42	15 M55	WACHTEBEKE
#12	402.	n°705	CRAEYNST Thomas		30	270	<b>20:01</b>	2:48	598	<b>1:30:54</b>	494	3:21	276	15:14	26:39	38:20	<b>49:48</b>	<b>2:46:54</b>	+57:46	47 M30	KORTRIJK
#5	403.	n°334	DE SMIT Guus	NLD	50	686	<b>25:22</b>	4:21	242	<b>1:18:37</b>	390	4:42	440	16:35	28:23	41:13	<b>54:04</b>	<b>2:47:07</b>	+57:59	42 M50	SCHOONDIJKE
#12	404.	n°774	LAMOTE Kristof		36	600	<b>23:49</b>	2:19	316	<b>1:20:58</b>	356	2:56	535	17:48	30:14	43:33	<b>57:05</b>	<b>2:47:10</b>	+58:02	53 M35	ADEGEM
#9	405.	n°453	SOENEN Koen		42	544	<b>23:04</b>	3:21	317	<b>1:20:59</b>	368	3:20	522	16:30	28:40	42:02	<b>56:37</b>	<b>2:47:24</b>	+58:15	63 M40	EKEREN

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

# Zwin Triathlon

## Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City				
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank	Name	
#3	406.	n°112			32	103	<b>17:20</b>	2:09	520	<b>1:27:54</b>	366	2:22	560	18:44	31:33	44:42	<b>57:42</b>	<b>2:47:29</b>	+58:20	48 M30	INGELMUNSTER	
#4	407.	n°244			60	293	<b>20:17</b>	2:27	325	<b>1:21:17</b>	284	5:11	582	19:06	32:13	45:39	<b>58:16</b>	<b>2:47:29</b>	+58:21	11 M60	HEUSDEN	
#1	408.	n°1094	F		27	591	<b>23:36</b>	2:22	447	<b>1:25:32</b>	447	3:23	367	17:13	28:57	40:56	<b>52:35</b>	<b>2:47:30</b>	+58:21	15 F25	DE PINTE	
#9	K	409.	n°449		41	357	<b>20:58</b>	2:52	265	<b>1:19:18</b>	264	3:09	659	18:40	32:31	47:02	<b>1:01:19</b>	<b>2:47:38</b>	+58:30	64 M40	KNOKKE-HEIST	
#9	K	410.	n°408		43	272	<b>20:03</b>	2:28	496	<b>1:27:12</b>	417	2:49	468	16:55	29:02	42:02	<b>55:04</b>	<b>2:47:38</b>	+58:30	65 M40	KNOKKE-HEIST	
#10		411.	n°523		46	596	<b>23:42</b>	2:47	312	<b>1:20:49</b>	363	4:15	505	16:43	29:01	42:32	<b>56:09</b>	<b>2:47:43</b>	+58:35	51 M45	WESTKAPELLE	
#4	K	412.	n°232		55	366	<b>21:08</b>	3:22	412	<b>1:24:13</b>	398	3:42	478	17:09	29:25	42:17	<b>55:20</b>	<b>2:47:46</b>	+58:38	16 M55	KNOKKE-HEIST	
#7		413.	n°1159	F	46	405	<b>21:29</b>	2:13	512	<b>1:27:40</b>	443	2:28	433	17:27	29:29	41:56	<b>53:57</b>	<b>2:47:49</b>	+58:41	5 F45	ZOTTEGEM	
#14		414.	n°891		37	593	<b>23:39</b>	3:49	382	<b>1:23:18</b>	432	3:25	425	16:37	28:37	41:37	<b>53:42</b>	<b>2:47:55</b>	+58:47	54 M35	ROESELARE	
#13		415.	n°811		34	421	<b>21:47</b>	3:06	503	<b>1:27:22</b>	458	3:11	365	15:55	27:46	40:17	<b>52:33</b>	<b>2:48:01</b>	+58:52	49 M30	OUD-HEVERLEE	
#12		416.	n°702		33	111	<b>17:25</b>	3:53	571	<b>1:29:56</b>	440	3:25	409	15:36	27:26	40:06	<b>53:20</b>	<b>2:48:02</b>	+58:53	50 M30	HASSELT	
#12	K	417.	n°733		33	606	<b>23:54</b>	3:13	494	<b>1:27:11</b>	512	2:37	322	15:30	26:42	38:48	<b>51:11</b>	<b>2:48:09</b>	+59:00	51 M30	KNOKKE-HEIST	
#6		418.	n°1118	F	43	566	<b>23:19</b>	4:54	545	<b>1:28:45</b>	573	3:40	205	15:19	25:52	36:50	<b>47:30</b>	<b>2:48:09</b>	+59:01	7 F40	TIELT	
#7	K	419.	n°1153	F	42	524	<b>22:52</b>	4:59	523	<b>1:28:01</b>	550	3:25	247	15:12	26:11	37:31	<b>48:50</b>	<b>2:48:09</b>	+59:01	8 F40	KNOKKE-HEIST	
#9		420.	n°454		48	309	<b>20:29</b>	4:31	391	<b>1:23:32</b>	396	3:58	487	17:25	29:50	43:06	<b>55:37</b>	<b>2:48:10</b>	+59:02	52 M45	SINT-KRUIS (BRUGGE)	
#13		421.	n°849		26	445	<b>22:00</b>	3:13	409	<b>1:24:10</b>	414	3:57	461	17:41	30:16	42:56	<b>54:50</b>	<b>2:48:12</b>	+59:04	43 M25	ROESELARE	
#3		422.	n°180		48	197	<b>18:56</b>	2:21	397	<b>1:23:44</b>	301	3:06	625	17:22	30:32	45:22	<b>1:00:04</b>	<b>2:48:13</b>	+59:05	53 M45	RONSE	
#10		423.	n°540		45	542	<b>23:04</b>	3:31	368	<b>1:22:46</b>	412	3:18	486	16:40	28:55	42:02	<b>55:33</b>	<b>2:48:14</b>	+59:05	54 M45	MERELBEKE	
#4	K	424.	n°208		66	168	<b>18:22</b>	4:14	388	<b>1:23:26</b>	321	4:14	573	17:58	31:04	44:40	<b>58:06</b>	<b>2:48:23</b>	+59:14	4 M65	KNOKKE-HEIST	
#4		425.	n°278		54	-	-	-	-	-	-	-	-	-	-	-	-	<b>2:48:24</b>	+59:15	43 M50	KONTICH	
#9		426.	n°482		46	497	<b>22:36</b>	2:54	507	<b>1:27:28</b>	477	4:08	324	15:39	26:49	38:33	<b>51:18</b>	<b>2:48:26</b>	+59:17	55 M45	LIER	
#5	K	427.	n°356		53	506	<b>22:41</b>	3:15	198	<b>1:17:14</b>	265	4:12	654	19:47	33:26	47:24	<b>1:01:12</b>	<b>2:48:36</b>	+59:28	44 M50	KNOKKE-HEIST	
#12		428.	n°724	NLD	36	427	<b>21:49</b>	2:34	343	<b>1:21:53</b>	331	3:44	593	17:36	30:42	44:49	<b>58:44</b>	<b>2:48:46</b>	+59:37	55 M35	HOOFDPLAAT	
#5	K	429.	n°319		55	694	<b>25:33</b>	4:16	459	<b>1:25:53</b>	547	3:11	279	15:09	26:16	38:06	<b>49:52</b>	<b>2:48:47</b>	+59:39	17 M55	KNOKKE-HEIST	
#13		430.	n°832		31	523	<b>22:52</b>	4:14	461	<b>1:25:58</b>	481	3:19	361	15:57	27:53	40:33	<b>52:26</b>	<b>2:48:50</b>	+59:42	52 M30	GENT	
#14		431.	n°868		31	513	<b>22:45</b>	4:14	417	<b>1:24:23</b>	445	4:29	392	16:27	28:24	41:05	<b>52:57</b>	<b>2:48:50</b>	+59:42	53 M30	WINGENE	
#1	K	432.	n°1048	F	39	253	<b>19:53</b>	2:30	581	<b>1:30:23</b>	472	2:53	402	17:16	29:15	41:17	<b>53:10</b>	<b>2:48:51</b>	+59:43	8 F35	KNOKKE-HEIST	
#1		433.	n°1054	F	NLD	41	155	<b>18:14</b>	3:03	628	<b>1:31:53</b>	482	3:14	370	16:41	28:31	40:34	<b>52:37</b>	<b>2:49:03</b>	+59:54	9 F40	SLUIS
#4	K	434.	n°280		53	525	<b>22:52</b>	3:49	415	<b>1:24:20</b>	438	4:40	411	16:27	28:38	41:06	<b>53:21</b>	<b>2:49:04</b>	+59:56	45 M50	KNOKKE-HEIST	
#13		435.	n°823		23	520	<b>22:49</b>	3:54	540	<b>1:28:35</b>	534	3:32	296	15:12	26:46	38:35	<b>50:15</b>	<b>2:49:06</b>	+59:58	27 M18	ZWEVEZELE	
#7		436.	n°1191	F	34	326	<b>20:40</b>	3:32	575	<b>1:30:03</b>	509	3:04	338	15:51	27:16	39:25	<b>51:49</b>	<b>2:49:09</b>	+1:00:01	10 F30	GENT	
#11		437.	n°679		29	299	<b>20:22</b>	2:35	569	<b>1:29:55</b>	475	2:07	446	15:51	28:35	41:00	<b>54:10</b>	<b>2:49:11</b>	+1:00:03	44 M25	BRUSSEL	
#5	K	438.	n°314		51	750	<b>27:17</b>	3:37	452	<b>1:25:41</b>	562	3:49	254	16:01	26:27	37:25	<b>49:05</b>	<b>2:49:31</b>	+1:00:23	46 M50	KNOKKE-HEIST	
#8		439.	n°1229	F	53	271	<b>20:03</b>	2:56	448	<b>1:25:33</b>	395	3:37	556	18:20	31:26	44:35	<b>57:30</b>	<b>2:49:40</b>	+1:00:32	4 F50	LOKEREN	
#10		440.	n°569		45	661	<b>24:47</b>	3:46	246	<b>1:18:49</b>	365	4:56	550	17:25	29:22	43:19	<b>57:21</b>	<b>2:49:40</b>	+1:00:32	56 M45	HEUSDEN	
#3		441.	n°113	NLD	28	31	<b>14:35</b>	2:56	597	<b>1:30:54</b>	393	2:45	586	17:48	30:52	44:45	<b>58:29</b>	<b>2:49:41</b>	+1:00:33	45 M25	SCHOONDIJKE	
#14		442.	n°882		18	599	<b>23:45</b>	3:04	486	<b>1:26:54</b>	493	2:46	403	16:04	28:03	40:35	<b>53:13</b>	<b>2:49:44</b>	+1:00:35	28 M18	WINKSELE	
#9		443.	n°499		NLD	42	406	<b>21:29</b>	3:19	359	<b>1:22:22</b>	358	3:14	609	18:29	31:16	45:21	<b>59:18</b>	<b>2:49:45</b>	+1:00:37	66 M40	BRESKENS
#12		444.	n°706		23	-	-	-	432	<b>1:24:50</b>	404	2:49	566	17:36	30:37	44:24	<b>57:55</b>	<b>2:49:47</b>	+1:00:39	29 M18	LAPSCHURE	
#4	K	445.	n°281		51	512	<b>22:44</b>	3:46	560	<b>1:29:27</b>	552	3:43	286	15:58	27:05	38:42	<b>50:06</b>	<b>2:49:48</b>	+1:00:40	47 M50	KNOKKE-HEIST	
#8		446.	n°1238	F	40	585	<b>23:31</b>	2:32	336	<b>1:21:36</b>	375	2:56	607	18:06	31:14	44:55	<b>59:10</b>	<b>2:49:48</b>	+1:00:40	10 F40	LOENHOUT	
#4		447.	n°239		51	411	<b>21:33</b>	4:18	407	<b>1:24:04</b>	421	3:43	508	18:27	30:57	43:44	<b>56:11</b>	<b>2:49:52</b>	+1:00:44	48 M50	HERTSBERGE	
#12	K	448.	n°740		29	579	<b>23:29</b>	2:47	516	<b>1:27:52</b>	505	2:59	376	16:27	28:15	40:28	<b>52:44</b>	<b>2:49:53</b>	+1:00:44	46 M25	KNOKKE-HEIST	
#14		449.	n°865		32	674	<b>25:09</b>	4:13	538	<b>1:28:30</b>	588	2:44	261	15:46	27:11	38:32	<b>49:18</b>	<b>2:49:56</b>	+1:00:48	54 M30	GENT	
#12		450.	n°739		35	236	<b>19:37</b>	4:40	462	<b>1:25:59</b>	410	3:41	531	17:59	30:45	44:04	<b>56:59</b>	<b>2:49:58</b>	+1:00:49	56 M35	EDEGEM	

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

## Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

	Pos Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City		
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank
#5	451. n°325	VAN ROSSEM Bert	ESP	51	653	24:35	3:05	307	1:20:36	389	3:45	567	17:52	31:01	44:34	57:55	2:49:58	+1:00:50	49 M50	BENAHAIVIS
#10 K	452. n°508	DHONDT Frederik		48	620	24:05	2:52	257	1:19:01	320	4:51	606	19:02	31:57	45:30	59:07	2:49:58	+1:00:50	57 M45	KNOKKE-HEIST
#4	453. n°220	STREMUS Marc		56	398	21:25	3:44	262	1:19:13	291	4:42	648	19:43	33:27	47:08	1:00:58	2:50:05	+1:00:57	18 M55	LOKEREN
#4	454. n°254	VAN DEN BERGHE Philip		55	379	21:14	4:23	380	1:23:15	399	4:41	523	17:30	30:03	43:11	56:38	2:50:12	+1:01:04	19 M55	MOERBEKE-WAAS
#10	455. n°548	MEERT Carlo		43	305	20:25	3:43	561	1:29:28	489	3:10	414	16:51	28:29	40:53	53:26	2:50:15	+1:01:07	67 M40	ERPE
#5	456. n°324	VAN HAVERBEKE Piet		61	765	27:46	6:16	376	1:22:57	574	3:15	294	16:00	27:06	38:40	50:11	2:50:27	+1:01:19	12 M60	ZWEVEGEM
#9	457. n°423	SPAËY Yannick		45	57	16:06	3:45	505	1:27:22	361	4:11	603	18:07	31:20	45:05	59:03	2:50:30	+1:01:22	58 M45	HECHTEL
#1 K	458. n°1071	F DHONDT Ann		55	572	23:23	3:22	330	1:21:25	383	3:04	610	18:58	31:56	45:27	59:19	2:50:35	+1:01:27	3 F55	KNOKKE-HEIST
#12	459. n°748	PINXTEN Jan-Karel		31	167	18:20	3:31	601	1:30:56	473	3:00	459	17:03	29:21	42:19	54:46	2:50:36	+1:01:28	55 M30	BRUSSEL
#9	460. n°493	VANCOILLIE Stefaan		47	708	26:02	4:10	515	1:27:47	592	3:20	265	15:36	26:42	38:07	49:23	2:50:44	+1:01:35	59 M45	PASSEDALE
#4	461. n°247	NIJS Bert		58	486	22:27	3:19	527	1:28:04	497	3:56	391	16:43	29:00	41:37	52:56	2:50:44	+1:01:36	20 M55	BRASSCHAAT
#4	462. n°284	SAMYN Gilles		69	487	22:29	6:23	436	1:24:58	496	4:05	389	16:54	28:55	40:51	52:55	2:50:51	+1:01:42	5 M65	HAM-SUR-HEURE
#1	463. n°1069	F DEPREITERE Anne-Mie		51	565	23:18	3:24	339	1:21:43	392	3:34	596	18:06	31:06	44:55	58:51	2:50:51	+1:01:43	5 F50	MOERKERKE
#10	464. n°596	DE BOER Dennis	NLD	46	671	25:01	5:42	384	1:23:21	503	3:26	408	16:14	28:19	40:38	53:20	2:50:52	+1:01:43	60 M45	VLISSINGEN
#4 K	465. n°272	DELEENER Bernard		55	609	23:57	2:19	401	1:23:55	423	3:19	552	18:30	30:57	44:18	57:24	2:50:55	+1:01:47	21 M55	KNOKKE-HEIST
#10	466. n°570	VAN KEULEN Alexander	NLD	48	702	25:54	4:07	390	1:23:29	486	3:09	449	17:40	29:42	42:11	54:15	2:50:57	+1:01:49	61 M45	KLOETINGE
#1 K	467. n°1067	F DE SCHEPPER Eline		29	303	20:25	3:26	568	1:29:53	495	3:20	432	17:24	29:39	41:56	53:52	2:50:57	+1:01:49	16 F25	KNOKKE-HEIST
#1	468. n°1099	F ZUTTERMAN Nele		36	307	20:27	2:34	458	1:25:52	400	3:16	594	18:35	31:40	45:19	58:50	2:51:01	+1:01:53	9 F35	ASSEBROEK
#1	469. n°1035	F CASTELEYN Marie		28	230	19:33	3:31	585	1:30:31	488	3:45	427	17:20	29:25	41:52	53:43	2:51:05	+1:01:57	17 F25	OOSTKAMP
#10	470. n°557	VERFAILLIE Sam		48	500	22:38	3:10	525	1:28:03	498	3:56	406	15:56	27:28	40:02	53:17	2:51:05	+1:01:57	62 M45	ALSEMBERG
#4	471. n°203	DE MAERTELEERE Luc		52	286	20:11	3:12	476	1:26:25	419	3:31	561	18:27	31:20	44:32	57:45	2:51:05	+1:01:57	50 M50	9980
#11	472. n°678	RISSEEUW Reinoud	NLD	39	319	20:37	4:31	663	1:33:38	609	1:47	309	15:57	27:25	39:03	50:42	2:51:18	+1:02:09	57 M35	IJZENDUKE
#1 K	473. n°1078	F POTVLIEGHE An		44	735	26:49	4:11	570	1:29:56	644	3:28	192	15:06	25:30	36:16	46:57	2:51:22	+1:02:13	11 F40	KNOKKE-HEIST
#4	474. n°295	VANHOVE Frank		59	95	17:13	2:01	488	1:26:58	327	4:20	647	19:06	32:22	46:26	1:00:52	2:51:25	+1:02:17	22 M55	BLANKENBERGE
#14 K	475. n°870	DHELFT Wannes		23	588	23:33	2:35	451	1:25:34	451	3:34	507	16:51	29:16	42:26	56:09	2:51:28	+1:02:20	30 M18	KNOKKE-HEIST
#4 K	476. n°298	VERWILST Jordaan		69	654	24:36	2:34	353	1:22:13	413	3:46	584	18:09	31:19	44:49	58:22	2:51:33	+1:02:25	6 M65	KNOKKE-HEIST
#9	477. n°495	VANGERVEN Yvan		46	414	21:42	4:07	482	1:26:47	466	3:53	467	17:07	29:21	42:18	55:04	2:51:35	+1:02:27	63 M45	OUDSBERGEN
#6	478. n°1130	F KERCKHOVE Katrien		54	571	23:23	3:22	446	1:25:30	460	3:01	514	17:50	30:22	43:16	56:18	2:51:36	+1:02:28	6 F50	VARSENARE
#14	479. n°873	HIMPE Nicolas		25	771	27:56	3:17	305	1:20:33	452	3:10	527	17:13	29:40	43:14	56:46	2:51:44	+1:02:35	47 M25	ZILLEBEKE
#5	480. n°341	GHYSELEN Hugo		58	705	25:58	3:24	440	1:25:08	517	3:07	445	17:44	30:11	42:34	54:10	2:51:49	+1:02:41	23 M55	OOSTENDE
#13	481. n°816	MAINIL Thierry		28	434	21:54	2:55	469	1:26:16	439	3:30	551	17:10	29:57	43:49	57:23	2:52:00	+1:02:51	48 M25	SINT-MARTENS-LATEM
#1	482. n°1079	F RENIER Charlotte		39	535	22:59	3:13	506	1:27:27	490	3:30	463	17:14	29:44	42:32	54:53	2:52:04	+1:02:55	10 F35	BRUGGE
#1	483. n°1064	F DANNEELS Jill		30	482	22:24	2:37	531	1:28:13	483	2:55	499	18:00	30:39	43:33	55:54	2:52:05	+1:02:57	11 F30	OOSTKAMP
#5	484. n°315	HELLEMANS Johan		54	712	26:05	4:26	379	1:23:10	491	2:28	498	17:21	29:47	42:48	55:54	2:52:06	+1:02:58	51 M50	MORTSEL
#6	485. n°1132	F LAMBREGTS Christine		54	422	21:47	3:34	501	1:27:21	470	3:59	480	17:11	29:44	42:24	55:24	2:52:06	+1:02:58	7 F50	LOENHOUT
#9	486. n°421	RAATS Kurt		42	241	19:41	2:45	394	1:23:39	324	2:58	691	18:58	32:30	47:54	1:03:05	2:52:09	+1:03:01	68 M40	LOENHOUT
#7 K	487. n°1165	F VERCROYSE Charlotte		32	85	16:54	2:30	664	1:33:39	480	3:08	503	17:35	29:57	42:45	56:01	2:52:14	+1:03:06	12 F30	KNOKKE-HEIST
#14	488. n°885	TIMMERMANS Dries		28	475	22:20	4:08	689	1:35:10	661	3:51	186	14:30	24:49	35:45	46:47	2:52:18	+1:03:10	49 M25	SINT-JOOST-TEN-NODE
#10 K	489. n°571	COSAERT Bart		42	744	27:06	4:09	457	1:25:51	576	3:14	341	16:12	27:48	39:43	51:57	2:52:20	+1:03:11	69 M40	KNOKKE-HEIST
#12	490. n°701	BOIDIN Sander	NLD	27	287	20:13	2:11	485	1:26:51	409	3:00	624	18:22	32:09	45:51	1:00:02	2:52:20	+1:03:11	50 M25	EINDHOVEN
#4	491. n°268	DE BREE Frank		55	625	24:11	5:09	534	1:28:20	586	3:39	317	16:09	27:33	39:13	51:00	2:52:20	+1:03:12	24 M55	SJSELE
#13	492. n°800	ADAMS Frederiek		37	780	28:21	3:27	632	1:32:10	695	2:41	155	13:55	24:13	34:42	45:40	2:52:21	+1:03:13	58 M35	STERREBEEK
#4	493. n°243	FAES Frank	NLD	51	325	20:39	3:22	586	1:30:31	518	4:36	412	17:04	28:50	41:03	53:23	2:52:33	+1:03:25	52 M50	SLUIS
#10	494. n°556	VERCAUTEREN Guy		45	757	27:35	3:07	411	1:24:12	527	3:31	443	17:11	29:09	41:44	54:09	2:52:36	+1:03:27	64 M45	WAASMUNSTER
#1	495. n°1063	F CLAEYS Dominique		48	529	22:55	3:43	521	1:27:55	519	2:59	470	17:33	29:55	42:39	55:05	2:52:38	+1:03:30	6 F45	BRUGGE

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

## Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

	Pos Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group				
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5	Time	Rank	Name
#10	496. n°510	DU MONGH Johan		49	773	27:59	3:55	435	1:24:56	568	4:38	320	16:29	27:49	39:32	51:08	2:52:39	+1:03:30	65 M45	SINAI
#4	497. n°242	DE TOLLENAERE Steven		50	419	21:46	3:53	587	1:30:40	556	4:26	349	16:51	28:35	40:27	52:09	2:52:56	+1:03:47	53 M50	DEURLE
#8	K 498. n°1208	F LEBER Julie		23	423	21:48	4:03	536	1:28:23	508	4:57	430	17:04	29:07	41:37	53:48	2:53:01	+1:03:52	8 F18	KNOKKE-HEIST
#4	K 499. n°201	F BULLYNCK Nick		55	457	22:09	3:35	428	1:24:43	428	5:27	537	17:40	30:09	43:25	57:07	2:53:03	+1:03:55	25 M55	KNOKKE-HEIST
#12	500. n°732	CRAEYNST Arno		22	170	18:22	4:52	497	1:27:15	429	3:37	602	18:03	31:23	45:32	58:59	2:53:06	+1:03:58	31 M18	OOSTDUINKERKE
#6	501. n°1136	F NEES Annick		40	517	22:49	3:28	553	1:29:03	535	3:29	450	17:34	29:35	41:58	54:17	2:53:07	+1:03:59	12 F40	WOMMELGEM
#10	502. n°533	BURGGRAEVE Vincent		47	562	23:15	4:01	444	1:25:23	468	4:52	492	17:04	29:20	42:19	55:41	2:53:15	+1:04:06	66 M45	DUDZELE
#10	503. n°535	DE BLENDE Nik		47	732	26:45	4:14	422	1:24:28	537	3:49	435	16:54	28:54	41:25	53:59	2:53:17	+1:04:09	67 M45	DEINZE
#4	504. n°236	CREVITS Patrick		60	540	23:03	2:52	383	1:23:18	408	3:02	649	19:25	33:14	47:01	1:01:01	2:53:18	+1:04:10	13 M60	BLANKENBERGE
#4	505. n°240	DE MEYER Peter		54	352	20:55	3:55	698	1:35:28	634	2:44	297	16:32	27:52	39:12	50:15	2:53:19	+1:04:10	54 M50	BRUGGE
#5	K 506. n°352	F SPELIER Kurt		52	733	26:46	4:50	433	1:24:54	559	3:45	400	17:17	29:11	41:22	53:05	2:53:22	+1:04:14	55 M50	KNOKKE-HEIST
#12	507. n°783	WAN VLEM Maxime		19	206	19:09	3:43	665	1:33:41	561	4:26	359	16:35	28:30	40:40	52:23	2:53:24	+1:04:16	32 M18	OOSTERZELE
#7	508. n°1168	F VARRINGA Pommeline	NLD	26	123	17:34	3:23	655	1:33:11	506	3:01	511	18:01	30:50	43:36	56:15	2:53:26	+1:04:18	18 F25	CADZAND
#4	509. n°288	VAN CANNEYT Theo		58	479	22:22	5:22	548	1:28:52	564	3:23	413	17:22	29:06	41:25	53:26	2:53:28	+1:04:20	26 M55	SINT MARTENS LATEM
#4	510. n°287	TYTECA Walter		62	563	23:15	4:40	403	1:23:56	454	4:35	541	18:43	31:19	44:24	57:10	2:53:38	+1:04:30	14 M60	OOSTENDE
#4	K 511. n°274	DEWEERDT Daniel		63	608	23:56	3:22	430	1:24:49	455	3:51	558	18:12	31:01	44:24	57:39	2:53:39	+1:04:31	15 M60	KNOKKE-HEIST
#10	512. n°545	KLINKERS Maurice	NLD	47	376	21:12	2:43	563	1:29:32	485	3:18	531	17:26	30:05	43:16	56:56	2:53:43	+1:04:35	68 M45	SLUIS / BRESKENS
#4	K 513. n°286	SNICK Eric		57	429	21:51	2:22	542	1:28:41	476	5:50	471	17:05	29:15	41:58	55:07	2:53:53	+1:04:45	27 M55	KNOKKE-HEIST
#9	514. n°420	MEYERS Marc	LUX	45	185	18:36	5:56	594	1:30:49	536	5:25	401	17:39	30:06	42:14	53:06	2:53:53	+1:04:45	69 M45	LUXEMBOURG
#10	515. n°537	DE SAEGER Pieter		41	560	23:12	4:08	431	1:24:49	457	3:41	576	18:11	31:07	44:38	58:11	2:54:03	+1:04:54	70 M40	GENT
#1	516. n°1082	F SANTENS Evelyne		53	485	22:27	2:40	567	1:29:50	528	2:45	517	17:59	30:35	43:30	56:25	2:54:10	+1:05:01	8 F50	OUDENAARDE
#1	517. n°1065	F DE BRABANDERE Aline		25	268	20:01	2:30	574	1:30:00	465	2:48	595	18:50	32:00	45:33	58:50	2:54:10	+1:05:02	19 F25	OUDENAARDE
#5	518. n°328	WOUTERS Patrick		51	751	27:18	3:20	471	1:26:17	571	3:06	447	16:32	28:12	41:22	54:12	2:54:15	+1:05:06	56 M50	STABROEK
#9	519. n°448	NICOLA I Dennis	NLD	42	322	20:38	2:17	614	1:31:29	514	3:39	506	17:13	29:30	42:33	56:09	2:54:15	+1:05:06	71 M40	BRESKENS
#8	520. n°1203	F GORLEE Fleur		38	451	22:05	4:18	572	1:29:57	557	3:30	453	17:48	30:15	42:26	54:23	2:54:15	+1:05:07	11 F35	SINT ULRIKS KAPELLE
#10	521. n°589	PROVEZ Kurt		47	665	24:51	5:47	502	1:27:21	594	4:29	346	15:55	27:36	40:03	52:08	2:54:38	+1:05:30	70 M45	BEERSEL
#8	K 522. n°1211	F MERVILLIE Sophie		25	362	21:05	3:05	610	1:31:19	540	4:41	454	17:25	29:59	42:37	54:30	2:54:42	+1:05:34	20 F25	KNOKKE-HEIST
#7	K 523. n°1167	F WALRAVENS Nathalie		46	350	20:53	4:14	539	1:28:35	492	3:16	563	18:28	31:14	44:30	57:47	2:54:47	+1:05:38	7 F45	KNOKKE-HEIST
#5	524. n°340	GEERARDYN Gino		52	768	27:52	4:41	426	1:24:38	577	3:22	448	17:02	29:15	42:02	54:13	2:54:48	+1:05:40	57 M50	ROESELARE
#10	525. n°515	PAEMELEIRE Tom		47	616	24:02	2:52	517	1:27:53	526	2:55	534	18:02	30:37	43:49	57:04	2:54:48	+1:05:40	71 M45	HEUSDEN
#14	K 526. n°851	F VANDAMME Kenny		32	629	24:13	2:34	522	1:27:58	525	2:53	540	17:34	30:14	43:42	57:09	2:54:49	+1:05:40	56 M30	KNOKKE-HEIST
#10	K 527. n°591	SACK Stefan		45	691	25:31	5:10	483	1:26:48	581	3:28	441	16:40	28:41	41:32	54:04	2:55:03	+1:05:55	72 M45	KNOKKE-HEIST
#5	528. n°327	VERMEERSCH Johan		54	803	29:46	2:23	386	1:23:22	542	3:05	519	17:49	30:36	43:42	56:28	2:55:07	+1:05:58	58 M50	BRUGGE
#6	K 529. n°1147	F STEVENS Kimmy		37	296	20:20	4:08	674	1:34:13	603	2:55	421	16:28	28:06	40:29	53:30	2:55:08	+1:06:00	12 F35	KNOKKE-HEIST
#11	530. n°670	HAZEBROUCK Gael		28	386	21:19	4:19	606	1:31:07	566	2:49	494	16:32	29:40	42:53	55:44	2:55:19	+1:06:11	51 M25	DUDZELE
#3	531. n°183	F SLEUTJES Gerritjan		31	179	18:30	3:55	717	1:36:27	611	4:10	358	16:08	27:38	39:58	52:21	2:55:25	+1:06:17	57 M30	STKRUIS
#6	532. n°1101	F A GACHE Evelien		41	477	22:21	2:10	756	1:38:36	681	1:45	310	16:23	27:39	39:14	50:45	2:55:38	+1:06:30	13 F40	DRONGEN
#12	K 533. n°777	MARMENOUT Jente		22	584	23:31	3:14	425	1:24:37	444	4:53	613	17:47	31:36	46:19	59:29	2:55:45	+1:06:37	33 M18	KNOKKE-HEIST
#10	K 534. n°593	MAJOCZKI Zoltan		41	812	30:39	2:24	464	1:26:04	618	2:49	429	16:24	28:07	40:45	53:47	2:55:45	+1:06:37	72 M40	KNOKKE-HEIST
#4	K 535. n°262	CALLANT Dominiek		58	-	-	-	-	-	-	-	-	-	-	-	-	2:55:46	+1:06:37	28 M55	KNOKKE-HEIST
#12	536. n°716	TROCH Stefan		29	704	25:56	5:04	349	1:22:04	479	3:14	612	17:50	31:31	45:01	59:27	2:55:46	+1:06:37	52 M25	LAARNE
#12	537. n°766	DEVRIESE Jan		26	610	23:58	4:39	630	1:32:06	641	3:40	326	15:55	27:52	39:37	51:24	2:55:50	+1:06:41	53 M25	HERTSBERGE
#8	K 538. n°1237	F VERMEIRE Sabine		49	622	24:07	6:21	413	1:24:16	524	3:46	548	18:51	31:39	44:32	57:19	2:55:51	+1:06:43	8 F45	KNOKKE-HEIST
#6	539. n°1144	F SCHOFFELMEER Tina	NLD	44	547	23:06	3:13	588	1:30:40	575	3:03	500	17:56	55:43	42:26	55:56	2:56:00	+1:06:51	14 F40	TILBURG
#10	540. n°565	D'HAESE Wim		48	770	27:54	6:29	416	1:24:22	607	4:37	368	16:41	28:16	40:36	52:36	2:56:00	+1:06:52	73 M45	HEKELGEM

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

# Zwin Triathlon

## Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group				
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5	Time	Rank	Name
#11	K 541.	n°661 BAILYU Arnaud		20	375	21:12	2:47	591	1:30:45	523	2:56	585	16:53	29:39	44:21	58:24	2:56:04	+1:06:56	34 M18	KNOKKE-HEIST
#12	542.	n°715 SPAAS Maxime		30	454	22:07	3:25	361	1:22:26	381	3:15	714	19:13	33:25	48:32	1:04:54	2:56:09	+1:07:01	58 M30	KORBEEK-LO
#1	543.	n°1091 F VANGILBERGEN Hilde		39	278	20:07	3:15	631	1:32:09	541	3:17	555	17:50	30:14	43:44	57:29	2:56:19	+1:07:11	13 F35	ZOTTEGEM
#9	544.	n°402 BUYLE Christophe		49	233	19:34	2:45	313	1:20:51	266	4:07	769	20:47	36:03	52:18	1:09:05	2:56:23	+1:07:15	74 M45	VARSENARE
#5	K 545.	n°361 BOUSSEMAERE Roland		73	827	33:03	4:22	385	1:23:21	642	3:51	339	16:19	27:53	39:49	51:49	2:56:28	+1:07:20	7 M65	KNOKKE-HEIST
#9	546.	n°457 VAN GYSEL Steve		42	450	22:04	4:23	645	1:32:47	619	4:29	380	16:01	27:58	40:22	52:45	2:56:30	+1:07:21	73 M40	BRASSCHAAT
#6	K 547.	n°1137 F OMTA Tjarda		45	734	26:48	5:25	441	1:25:10	579	3:56	477	17:33	29:46	42:31	55:19	2:56:39	+1:07:31	9 F45	KNOKKE-HEIST
#10	548.	n°518 SCHOUWAERTS Michael		46	689	25:27	2:59	303	1:20:31	402	4:29	693	20:14	33:39	48:46	1:03:25	2:56:52	+1:07:44	75 M45	SINT JOB IN'T GOOR
#1	549.	n°1087 F VAN RAEMDONCK Yani Meghavi		28	211	19:12	2:40	657	1:33:16	530	3:35	578	18:08	31:10	44:46	58:11	2:56:56	+1:07:48	21 F25	WOMMELGEM
#5	550.	n°313 GYSELINCK Martin		65	569	23:21	3:42	566	1:29:49	569	5:04	466	17:29	29:45	42:23	55:02	2:56:59	+1:07:51	8 M65	KOOLKERKE
#6	551.	n°1106 F BOIDIN Anne	NLD	27	658	24:41	4:27	558	1:29:22	599	3:51	457	17:19	29:40	42:18	54:39	2:57:02	+1:07:54	22 F25	EINDHOVEN
#10	K 552.	n°594 PAULUSSE Alexander		48	798	29:13	7:30	479	1:26:29	683	5:45	228	14:58	25:45	36:51	48:14	2:57:13	+1:08:05	76 M45	KNOKKE-HEIST
#14	553.	n°860 BEHAEGHE Alex		35	747	27:11	4:29	562	1:29:30	650	3:38	363	15:55	27:37	39:52	52:27	2:57:17	+1:08:09	59 M35	BRUSSELS
#10	554.	n°578 VERMUE Stefan	NLD	46	741	27:01	3:49	564	1:29:34	635	4:00	386	16:18	28:06	40:25	52:52	2:57:18	+1:08:10	77 M45	SLUIS
#5	555.	n°303 CAMBIER Bram	NLD	62	580	23:29	4:30	472	1:26:17	511	5:26	559	18:13	30:52	44:23	57:41	2:57:25	+1:08:17	16 M60	AXEL
#13	K 556.	n°840 LEGRAND Christophe		32	453	22:06	3:32	340	1:21:45	367	4:24	721	21:13	35:31	50:56	1:05:37	2:57:26	+1:08:18	59 M30	KNOKKE-HEIST
#3	557.	n°139 DEVOLDERE Kristof		50	72	16:34	15:11	405	1:24:02	548	4:38	542	18:44	31:20	44:26	57:11	2:57:38	+1:08:30	59 M50	SLUPE
#3	558.	n°156 VANCOILLIE Christophe		48	441	21:56	3:43	624	1:31:45	580	3:38	524	18:09	31:02	44:01	56:40	2:57:44	+1:08:36	78 M45	PITTEM
#8	K 559.	n°1230 F VANDAEEL Carine		54	612	23:59	3:42	509	1:27:35	533	4:22	575	18:31	31:23	44:40	58:10	2:57:51	+1:08:43	9 F50	KNOKKE-HEIST
#12	560.	n°721 VERHOEVEN Sebastian		32	581	23:30	4:05	518	1:27:54	538	3:49	590	18:20	31:32	45:09	58:36	2:57:56	+1:08:48	60 M30	PUTTE
#6	K 561.	n°1139 F PANIS Bénédicte		38	628	24:13	3:11	466	1:26:10	487	3:37	645	18:11	31:34	46:10	1:00:46	2:57:58	+1:08:50	14 F35	KNOKKE-HEIST
#1	K 562.	n°1051 F SPEYTEBROODT Christel		55	346	20:50	3:00	618	1:31:40	539	2:55	615	18:34	31:52	45:38	59:32	2:57:59	+1:08:50	4 F55	KNOKKE-HEIST
#12	563.	n°756 WELVAERT Sebastian		34	598	23:44	3:38	438	1:24:59	461	5:23	629	17:55	31:23	47:13	1:00:14	2:58:00	+1:08:52	61 M30	SINT-MICHELIS
#6	564.	n°1123 F DEROCHETTE Nathalie		47	555	23:11	3:20	580	1:30:21	570	3:20	565	18:41	31:31	44:48	57:53	2:58:07	+1:08:59	10 F45	DUDZELE
#4	K 565.	n°238 DE BLOECK John		51	407	21:30	5:52	711	1:36:13	692	3:25	321	16:52	28:13	39:53	51:10	2:58:12	+1:09:04	60 M50	KNOKKE-HEIST
#13	566.	n°821 VAN HAUTEN Ivo		35	323	20:39	2:43	755	1:38:29	664	3:37	374	16:54	28:59	41:01	52:43	2:58:13	+1:09:05	60 M35	HOVE
#4	567.	n°261 BAPTIST Marc		57	627	24:12	2:32	504	1:27:22	504	2:50	662	18:30	32:05	46:23	1:01:22	2:58:20	+1:09:12	29 M55	TIELT
#5	568.	n°332 DE BRABANDERE Gerard		57	801	29:17	5:12	508	1:27:30	667	2:57	420	17:10	28:38	41:01	53:30	2:58:28	+1:09:20	30 M55	OUDENAARDE
#13	569.	n°802 BRACKE Bernd		25	340	20:47	4:59	700	1:35:33	654	3:40	415	15:53	27:17	39:59	53:27	2:58:29	+1:09:21	54 M25	MALDEGEM
#9	570.	n°466 COP Erik		46	509	22:43	4:12	427	1:24:38	449	4:31	683	20:30	34:02	48:58	1:02:32	2:58:38	+1:09:30	79 M45	MORTSEL
#10	571.	n°530 AERTS Denis		47	774	28:02	3:31	584	1:30:29	669	3:52	381	17:29	29:21	41:20	52:46	2:58:41	+1:09:33	80 M45	HOOGSTRATEN
#8	572.	n°1228 F VAN OSSELAER Carla		42	675	25:09	3:10	623	1:31:45	630	3:09	482	17:21	29:38	42:19	55:27	2:58:42	+1:09:34	15 F40	BELSELE
#8	573.	n°1231 F VANDE BROEK Isabelle		46	639	24:21	3:06	489	1:26:58	516	4:13	623	19:08	32:28	46:23	1:00:01	2:58:42	+1:09:34	11 F45	ASSE
#9	K 574.	n°458 VANHECKE Joost		41	418	21:45	4:09	637	1:32:39	601	4:57	474	16:53	29:29	42:19	55:13	2:58:45	+1:09:36	74 M40	KNOKKE-HEIST
#5	575.	n°300 BEHIELS Carl		58	680	25:12	4:11	478	1:26:27	549	4:37	587	17:50	30:40	44:13	58:29	2:58:59	+1:09:51	31 M55	HOVE
#6	K 576.	n°1133 F LARIDON Krista		53	573	23:24	3:32	544	1:28:44	546	2:58	635	19:13	32:36	46:31	1:00:22	2:59:01	+1:09:53	10 F50	KNOKKE-HEIST
#6	K 577.	n°1107 F BULTINCK Febe		23	312	20:31	5:32	641	1:32:43	608	5:17	464	17:33	30:07	42:45	55:00	2:59:05	+1:09:56	9 F18	KNOKKE-HEIST
#10	578.	n°555 VANHULLE Frank		46	731	26:43	3:15	429	1:24:45	522	3:13	652	19:14	32:23	46:52	1:01:06	2:59:05	+1:09:56	81 M45	STABROEK
#13	579.	n°848 VAN DER PLAS Kevin		25	634	24:18	3:22	739	1:37:21	711	2:54	325	15:42	27:13	39:02	51:18	2:59:16	+1:10:07	55 M25	BUGGENHOUT
#12	K 580.	n°755 WELVAERT Lukas		26	534	22:58	3:46	660	1:33:28	632	3:54	475	16:13	28:36	42:17	55:16	2:59:24	+1:10:16	56 M25	KNOKKE-HEIST
#12	581.	n°725 WELVAERT Mattias		32	282	20:09	3:57	703	1:35:43	629	4:05	483	16:21	28:48	42:28	55:28	2:59:24	+1:10:16	62 M30	GENT
#14	582.	n°887 VAN MUYLDERS Kim		25	582	23:30	3:51	616	1:31:30	610	3:29	538	17:52	31:17	44:29	57:08	2:59:30	+1:10:22	57 M25	LEBBEKE
#9	583.	n°476 EYSKENS Bruce		47	339	20:46	4:14	404	1:23:57	403	4:05	736	21:56	36:59	51:50	1:06:31	2:59:35	+1:10:27	82 M45	SCHOTEN
#11	584.	n°667 DEBOO Matthias		27	334	20:44	3:12	583	1:30:29	515	3:02	674	17:53	31:12	46:09	1:02:06	2:59:35	+1:10:27	58 M25	WENDUINE
#6	585.	n°1102 F ALLEMEERSCH Ann		48	499	22:37	2:56	654	1:33:11	606	2:51	571	18:07	30:53	44:19	58:00	2:59:37	+1:10:29	12 F45	ASSEBROEK

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

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City		
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank
#7	586. n°1173	F BOVÉ Marjan		29	561	23:12	3:41	603	1:31:01	590	3:33	574	18:18	31:15	44:46	58:08	2:59:38	+1:10:30	23 F25	DIEPENBEEK
#7	587. n°1193	F DEMEESTERE Nathalie		27	637	24:20	3:43	648	1:32:55	645	2:56	493	16:52	29:26	42:51	55:43	2:59:39	+1:10:31	24 F25	GENT
#13	588. n°815	F LOUWAEGE Sebastian		26	618	24:03	3:08	611	1:31:23	602	3:06	577	18:32	32:33	45:48	58:11	2:59:52	+1:10:44	59 M25	BRUGGE
#8 K	589. n°1214	F NEYT Nathalie		48	657	24:40	4:04	649	1:32:56	662	4:56	418	17:16	29:11	41:13	53:28	3:00:07	+1:10:59	13 F45	KNOKKE-HEIST
#12	590. n°770	F HAECK Harry		32	701	25:52	3:27	629	1:32:05	656	3:24	476	17:03	29:29	42:40	55:17	3:00:07	+1:10:59	63 M30	ANTWERPEN
#6	591. n°1146	F SPAAS Julie		30	289	20:14	2:48	617	1:31:34	520	2:31	692	19:39	33:34	48:32	1:03:15	3:00:23	+1:11:15	13 F30	ZONHOVEN
#1 K	592. n°1068	F DEPOORTER Axelle		19	225	19:30	2:11	498	1:27:15	401	3:00	760	17:45	37:52	52:59	1:08:28	3:00:27	+1:11:18	10 F18	KNOKKE-HEIST
#12	593. n°764	F DEMAECKER Fangio		30	390	21:21	6:44	691	1:35:11	685	4:25	379	16:08	27:27	39:38	52:45	3:00:28	+1:11:20	64 M30	LANDSKOUTER
#6 K	594. n°1135	F MESTDACH Astrid		25	551	23:09	2:38	683	1:34:41	636	3:33	518	17:48	30:06	42:58	56:28	3:00:31	+1:11:23	25 F25	KNOKKE-HEIST
#7 K	595. n°1174	F BOYDENS Ingrid		51	699	25:50	3:07	541	1:28:37	582	3:04	620	17:59	31:15	45:18	59:54	3:00:33	+1:11:24	11 F50	KNOKKE-HEIST
#9	596. n°446	F MOORS Jurgen		44	223	19:28	5:50	543	1:28:43	502	6:45	618	19:15	32:39	46:05	59:45	3:00:34	+1:11:26	75 M40	BONHEIDEN
#7	597. n°1151	F VAN BOCKXELAERE Julie	ESP	32	436	21:55	2:14	730	1:36:54	646	2:22	539	18:23	30:52	44:04	57:09	3:00:36	+1:11:28	14 F30	BARCELONA
#8	598. n°1263	F HUYGENS Katrien		40	719	26:17	3:59	596	1:30:50	647	4:10	479	17:18	29:17	42:11	55:21	3:00:39	+1:11:31	16 F40	LANDSKOUTER
#5	599. n°374	F VAN OEVELEN Peter		50	823	32:23	5:24	408	1:24:09	666	6:29	356	16:44	28:20	40:30	52:19	3:00:46	+1:11:37	61 M50	KRUIBEKE
#6 K	600. n°1121	F DELODDERE Marie		20	739	26:54	2:53	716	1:36:24	728	2:48	336	15:51	27:25	39:26	51:47	3:00:49	+1:11:40	11 F18	KNOKKE-HEIST
#13	601. n°818	F MARICHAL Geert		38	316	20:36	3:30	576	1:30:09	510	3:40	688	19:13	33:01	47:53	1:02:54	3:00:50	+1:11:42	61 M35	AARTSELAAR
#5 K	602. n°342	F GOETHALS Edy		55	789	28:41	2:42	212	1:17:41	405	4:40	743	21:07	35:29	51:04	1:07:03	3:00:50	+1:11:42	32 M55	KNOKKE-HEIST
#1	603. n°1045	F LEBBE Patricia		58	370	21:10	3:46	719	1:36:29	657	4:04	485	17:50	30:18	42:56	55:31	3:01:02	+1:11:53	5 F55	BRUGGE
#4	604. n°290	F VAN HOOREBEKE Alain		56	507	22:41	4:46	510	1:27:35	529	4:16	669	19:38	33:35	47:51	1:01:55	3:01:16	+1:12:07	33 M55	LENNIK
#12	605. n°720	F VAN PARYS Wouter		38	202	19:02	3:09	526	1:28:03	424	3:54	744	20:18	35:17	51:48	1:07:08	3:01:17	+1:12:09	62 M35	GENT
#10	606. n°534	F CLAESSENS Frank		47	791	28:46	3:03	437	1:24:59	567	2:52	667	18:38	32:08	46:48	1:01:39	3:01:21	+1:12:13	83 M45	KALMTHOUT
#7	607. n°1169	F ZUTTERMAN Tine		34	516	22:48	3:09	642	1:32:45	604	4:04	591	18:44	31:39	45:01	58:37	3:01:24	+1:12:16	15 F30	BRUGGE
#10	608. n°567	F BAUTE Gino		44	633	24:17	6:52	519	1:27:54	617	4:25	569	17:44	30:37	44:10	57:58	3:01:28	+1:12:19	76 M40	MALDEGEM
#7 K	609. n°1184	F DE KEZEL Els		45	726	26:30	3:19	687	1:35:01	708	3:14	419	16:50	28:53	41:12	53:28	3:01:34	+1:12:26	14 F45	KNOKKE-HEIST
#1	610. n°1076	F LANCKRIET Alizée		27	494	22:33	3:44	685	1:34:52	649	3:36	528	17:31	30:12	43:27	56:47	3:01:35	+1:12:27	26 F25	LISSEWEGE
#7	611. n°1189	F DE TOLLENAERE Lucie		18	677	25:11	3:47	619	1:31:40	638	4:37	516	18:04	30:48	44:10	56:24	3:01:40	+1:12:32	12 F18	DEURLE
#4	612. n°228	F WELVAERT Ward		58	559	23:11	3:09	535	1:28:22	521	4:35	680	19:31	33:39	48:06	1:02:22	3:01:41	+1:12:33	34 M55	BLANKENBERGE
#1	613. n°1072	F GEYSEN Ella-Dolores		27	505	22:40	3:38	442	1:25:16	450	3:52	732	19:29	34:43	50:04	1:06:15	3:01:44	+1:12:35	27 F25	AALTER
#12	614. n°762	F DE CLERCK Anthony		39	448	22:03	3:48	647	1:32:51	605	2:49	630	17:46	30:55	44:59	1:00:14	3:01:48	+1:12:39	63 M35	S.M.LATEM
#6 K	615. n°1109	F COMPERNOLLE Peggy		43	587	23:32	3:01	650	1:32:56	623	3:32	598	18:02	30:53	44:53	58:55	3:01:58	+1:12:50	17 F40	KNOKKE-HEIST
#9 K	616. n°478	F JODTS Kurt		49	491	22:32	4:57	679	1:34:31	668	6:15	426	15:58	28:09	40:40	53:42	3:02:00	+1:12:52	84 M45	KNOKKE-HEIST
#12	617. n°731	F BUISSERET Henri		32	501	22:38	6:49	659	1:33:23	678	5:03	442	16:45	28:56	41:37	54:08	3:02:01	+1:12:53	65 M30	ANTWERPEN
#5	618. n°308	F DE WINTER Vincent		50	756	27:30	4:23	578	1:30:17	672	4:45	473	16:43	28:40	41:52	55:09	3:02:06	+1:12:57	62 M50	GUZEGEM
#10	619. n°524	F VERLINDE Jurgen		49	567	23:20	3:26	473	1:26:17	478	4:02	718	19:44	33:47	49:07	1:05:21	3:02:28	+1:13:20	85 M45	ASSEBROEK
#5 K	620. n°349	F PROVOOST Geert		57	761	27:40	3:37	400	1:23:52	531	4:22	689	18:58	32:26	47:32	1:02:58	3:02:32	+1:13:23	35 M55	KNOKKE-HEIST
#10	621. n°500	F BATENS Stefan		44	521	22:50	3:07	532	1:28:16	507	3:57	706	21:07	35:27	50:17	1:04:26	3:02:37	+1:13:29	77 M40	VERREBROEK
#10	622. n°560	F SCHEEPENS Henricus		40	601	23:50	4:27	773	1:40:01	745	4:11	295	15:53	27:02	38:24	50:11	3:02:42	+1:13:34	78 M40	HASSELT
#6 K	623. n°1134	F LOOTENS Julie		23	635	24:18	2:37	682	1:34:39	659	3:54	546	17:55	30:48	44:03	57:13	3:02:45	+1:13:36	13 F18	KNOKKE-HEIST
#8 K	624. n°1205	F HUNGENAERT Rany		23	347	20:50	2:50	704	1:35:48	622	3:04	628	18:16	31:31	45:44	1:00:13	3:02:47	+1:13:39	14 F18	KNOKKE-HEIST
#8	625. n°1213	F MOERMAN Charlotte		32	522	22:51	4:25	694	1:35:13	674	3:05	547	18:29	31:32	44:38	57:14	3:02:49	+1:13:41	16 F30	HASSELT
#5 K	626. n°322	F VAN DE VELDE Hendrik		56	787	28:39	4:42	475	1:26:22	628	3:14	619	18:53	32:14	46:08	59:52	3:02:52	+1:13:43	36 M55	KNOKKE-HEIST
#6	627. n°1128	F GOYVAERTS Tine		41	603	23:52	2:45	635	1:32:18	613	3:37	633	18:45	32:19	46:22	1:00:18	3:02:52	+1:13:44	18 F40	MORTSEL
#13	628. n°810	F GEERAERTS Knud		19	480	22:23	2:58	675	1:34:20	626	2:56	639	20:49	34:41	47:36	1:00:33	3:03:11	+1:14:03	35 M18	ZANDVLIET
#11 K	629. n°663	F BLANCKAERT Jasper		28	470	22:16	3:47	481	1:26:38	469	4:48	726	21:06	35:54	52:01	1:05:43	3:03:15	+1:14:06	60 M25	KNOKKE-HEIST
#5	630. n°305	F DE MEESTERE Carl		52	460	22:10	2:59	636	1:32:27	585	5:10	650	20:06	33:29	47:30	1:01:02	3:03:50	+1:14:41	63 M50	MARKE

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

# Zwin Triathlon

## Knokke, 4 September 2019, BEL

Zwin

Details

	Pos Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group				
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5	Time	Rank	Name
#5	631. n°312	FENIJN Rini	NLD	56	721	26:19	4:32	626	1:31:52	677	3:41	557	18:03	30:51	44:16	57:30	3:03:56	+1:14:48	37 M55	NEUWVLIELT
#4	632. n°237	CREYF Mickey		52	283	20:09	4:26	557	1:29:16	499	5:27	711	21:38	35:28	50:09	1:04:41	3:04:01	+1:14:52	64 M50	KAPELLEN
#13 K	633. n°836	HUNGENAERT Rens		21	605	23:54	4:03	768	1:39:38	737	3:51	366	15:27	28:19	40:50	52:34	3:04:02	+1:14:53	36 M18	KNOKKE-HEIST
#8	634. n°1275	F ROELS Nele		49	669	24:59	4:08	688	1:35:03	698	3:04	530	17:30	30:12	43:23	56:49	3:04:05	+1:14:57	15 F45	PITTEM
#5 K	635. n°335	DE SUTTER Ignace		57	764	27:44	5:00	593	1:30:48	690	4:18	513	17:48	30:08	42:48	56:17	3:04:09	+1:15:01	38 M55	KNOKKE-HEIST
#14 K	636. n°852	VANDERHUST Daniel		39	715	26:13	4:03	533	1:28:16	600	4:18	663	19:09	32:57	47:08	1:01:24	3:04:16	+1:15:08	64 M35	KNOKKE-HEIST
#8	637. n°1256	F EECKHOUT Nancy		46	752	27:19	2:51	651	1:32:58	682	2:59	579	18:13	31:12	44:43	58:12	3:04:21	+1:15:12	16 F45	LONDERZEEL
#1 K	638. n°1097	F VERSTRYNGE Evy		35	476	22:20	2:38	734	1:37:08	671	3:08	608	19:13	32:47	46:12	59:11	3:04:27	+1:15:19	15 F35	KNOKKE-HEIST
#6	639. n°1131	F KURZ Sofie		37	641	24:23	3:39	600	1:30:56	615	4:45	644	18:49	32:21	46:31	1:00:44	3:04:30	+1:15:21	16 F35	OOSTENDE
#7 K	640. n°1158	F VAN LERSBERGHE Yentl		23	320	20:37	3:36	524	1:28:02	459	3:25	768	20:06	35:33	52:29	1:09:02	3:04:44	+1:15:36	15 F18	KNOKKE-HEIST
#11	641. n°638	DE PAEPE Geoffrey		28	97	17:14	2:49	782	1:41:33	660	2:27	643	17:33	30:50	45:23	1:00:41	3:04:46	+1:15:37	61 M25	DENZÉ
#10	641. n°586	BELLIN Sebastien		41	-	-	-	547	1:28:51	555	8:10	634	18:58	32:31	46:35	1:00:19	3:04:46	+1:15:37	79 M40	TERVUREN
#13	643. n°817	MALJERS Mike	NLD	29	649	24:30	4:36	701	1:35:40	705	3:57	504	16:44	29:19	42:54	56:04	3:04:48	+1:15:40	62 M25	SLUIS
#13 K	644. n°833	DESMIDT Giles		19	642	24:23	3:23	667	1:34:00	663	3:54	605	18:19	31:10	45:48	59:06	3:04:49	+1:15:41	37 M18	KNOKKE-HEIST
#12	645. n°768	GAUDEUS Bart		37	193	18:51	3:00	554	1:29:05	435	4:22	775	21:11	36:52	53:23	1:09:33	3:04:53	+1:15:45	65 M35	ASSE
#10 K	646. n°501	BERGAMINI Ennio		42	468	22:14	4:06	770	1:39:44	724	4:06	458	17:22	29:20	41:51	54:43	3:04:55	+1:15:47	80 M40	KNOKKE-HEIST
#1	647. n°1053	F VAN HAVERBEKE Josephine		27	330	20:42	3:33	764	1:39:15	688	3:10	581	19:04	32:18	45:37	58:14	3:04:57	+1:15:49	28 F25	IEPER
#8 K	648. n°1252	F DELODDERE Julie		21	727	26:36	3:06	573	1:29:59	627	3:45	666	19:08	32:48	46:59	1:01:30	3:04:58	+1:15:50	16 F18	KNOKKE-HEIST
#7	649. n°1162	F VANHOLLEBEKE Sofia		51	611	23:59	2:57	450	1:25:33	463	4:24	755	21:22	36:03	51:57	1:08:07	3:05:02	+1:15:54	12 F50	SINT-TRUIDEN
#7	650. n°1150	F VAN BEZU Nicolien	NLD	51	583	23:31	2:59	590	1:30:44	578	3:43	701	20:07	34:19	49:16	1:04:04	3:05:03	+1:15:55	13 F50	TERNEUZEN - BIERVLIELT
#5	651. n°326	VANBEYLEN Karel		60	698	25:47	5:27	613	1:31:24	676	4:59	554	18:53	31:31	44:05	57:28	3:05:07	+1:15:59	17 M60	WINGENE
#13	652. n°806	DECOURT Koen		31	219	19:23	5:13	743	1:37:53	675	2:40	622	17:10	30:10	44:38	59:59	3:05:10	+1:16:02	66 M30	JETTE
#11	653. n°669	DIERINCK Bernard		30	458	22:10	4:53	735	1:37:09	699	4:08	529	17:48	30:16	43:30	56:49	3:05:11	+1:16:03	67 M30	GENT
#6	654. n°1119	F DELEMARRE Hanne		20	602	23:51	4:57	556	1:29:12	593	5:08	671	18:34	32:16	47:08	1:02:02	3:05:11	+1:16:03	17 F18	LEEFDAAL
#12	655. n°707	DE WOLF Stefaan	NLD	37	341	20:48	2:38	769	1:39:41	680	3:54	588	18:08	31:09	44:55	58:30	3:05:32	+1:16:24	66 M35	AARDENBURG
#10	656. n°509	DRIESEN Steven		49	681	25:14	3:51	490	1:27:03	554	3:44	725	18:43	32:50	49:23	1:05:43	3:05:37	+1:16:29	86 M45	TONGEREN
#7	657. n°1192	F DELEU Ines		52	749	27:14	2:23	724	1:36:34	727	3:57	484	17:24	29:50	42:54	55:29	3:05:39	+1:16:31	14 F50	WAASMUNSTER
#4	658. n°263	CANDEGER Murat	TUR	53	377	21:13	6:27	732	1:37:07	706	5:43	472	16:55	29:06	42:01	55:08	3:05:40	+1:16:31	65 M50	WEZEMBEEKOPPEM
#7	659. n°1161	F VANBIERVLIELT Caroline		45	446	22:01	4:39	643	1:32:46	620	7:07	604	18:28	32:22	46:12	59:05	3:05:40	+1:16:32	17 F45	KORTRIJK
#8	660. n°1272	F PENNEMAN DE BOSSCHEYDE Aurélie		28	595	23:40	2:48	774	1:40:21	733	2:57	497	17:22	30:11	43:13	55:53	3:05:40	+1:16:32	29 F25	ZWEVEGEM
#4	661. n°269	DE BRUYN Bruno	NLD	54	574	23:25	4:12	546	1:28:45	558	3:32	728	19:52	34:29	50:11	1:05:59	3:05:55	+1:16:47	66 M50	SLUIS
#7	662. n°1177	F CAMBIER Celien		22	553	23:10	6:59	582	1:30:28	638	6:20	600	18:12	31:20	45:23	58:57	3:05:57	+1:16:48	18 F18	OOSTKAMP
#1 K	663. n°1033	F BULTYNCK Christa		43	703	25:55	3:20	552	1:29:02	598	4:39	690	19:24	32:53	47:46	1:02:59	3:05:57	+1:16:49	19 F40	KNOKKE-HEIST
#11	664. n°686	VANINBROUX Nicolas		33	391	21:22	3:32	693	1:35:12	631	4:34	660	18:34	32:27	47:09	1:01:20	3:06:02	+1:16:53	68 M30	HASSELT
#6	665. n°1105	F BILLIET Carine		55	670	24:59	5:49	761	1:39:07	756	5:06	318	16:38	28:08	39:42	51:05	3:06:09	+1:17:00	6 F55	TIELT
#6 K	666. n°1124	F DEVINCK Martine		62	682	25:15	3:21	678	1:34:28	679	2:58	627	18:59	32:25	46:11	1:00:07	3:06:12	+1:17:03	2 F60	KNOKKE-HEIST
#4	667. n°230	ANDRIES Frank		53	359	20:59	3:35	528	1:28:04	467	8:55	712	19:44	33:35	50:34	1:04:44	3:06:19	+1:17:11	67 M50	EKEREN
#8	668. n°1200	F DIJKERS Cindy	NLD	43	456	22:08	2:33	706	1:35:56	637	3:24	678	18:48	32:37	47:05	1:02:19	3:06:22	+1:17:13	20 F40	BIERVLIELT
#12	669. n°772	HULSMANS Laurenz		31	518	22:49	3:04	676	1:34:24	633	3:32	685	19:24	34:03	48:07	1:02:35	3:06:25	+1:17:16	69 M30	DIPENBEEK
#6	670. n°1120	F DELODDERE Dominique		51	310	20:29	3:46	638	1:32:40	572	5:23	703	18:58	32:59	48:06	1:04:10	3:06:30	+1:17:22	15 F50	HOLSBEEK
#10 K	671. n°514	NOBUS Vincent		48	592	23:36	3:25	607	1:31:07	597	3:05	717	20:27	35:01	49:59	1:05:16	3:06:32	+1:17:24	87 M45	KNOKKE-HEIST
#6	672. n°1115	F DE VOS Veerle		57	324	20:39	4:15	640	1:32:41	583	4:38	705	19:45	34:06	49:19	1:04:20	3:06:36	+1:17:28	7 F55	AVELGEM
#7	673. n°1154	F VAN DER WEERDEN Kim	NLD	35	-	-	-	-	-	-	-	-	-	-	-	-	3:06:42	+1:17:33	17 F35	TILBURG
#10	674. n°511	HOFMAN Dennis	NLD	44	707	26:01	4:04	612	1:31:24	658	3:48	664	19:25	33:03	47:28	1:01:24	3:06:43	+1:17:35	81 M40	HENDRIK IDO AMBACHT
#10	675. n°522	VANOPPEN Guido		48	408	21:31	3:33	513	1:27:44	474	3:53	779	18:27	33:46	51:53	1:10:04	3:06:47	+1:17:39	88 M45	HEUSDEN-ZOLDER

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

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group						
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5	Time	Rank	Name	City	
#5	K	676. n°307			50	738	<b>26:51</b>	3:04	550	<b>1:28:58</b>	612	3:27	707	19:51	33:42	48:49	<b>1:04:30</b>	<b>3:06:52</b>	+1:17:44	68	M50	KNOKKE-HEIST
#5	K	677. n°330			60	790	<b>28:45</b>	5:05	608	<b>1:31:15</b>	712	4:41	564	19:24	32:13	45:16	<b>57:49</b>	<b>3:07:38</b>	+1:18:30	18	M60	KNOKKE-HEIST
#9	K	678. n°490			42	527	<b>22:53</b>	3:43	646	<b>1:32:51</b>	621	5:47	682	18:32	32:02	46:27	<b>1:02:27</b>	<b>3:07:43</b>	+1:18:34	82	M40	KNOKKE-HEIST
#4		679. n°297			61	730	<b>26:43</b>	5:15	559	<b>1:29:23</b>	655	5:02	661	19:12	32:47	47:04	<b>1:01:21</b>	<b>3:07:46</b>	+1:18:38	19	M60	BEVEREN
#5		680. n°354			65	748	<b>27:12</b>	6:12	707	<b>1:36:02</b>	753	5:16	398	16:51	28:54	41:05	<b>53:03</b>	<b>3:07:46</b>	+1:18:38	9	M65	WETTEREN
#12		681. n°718	NLD		37	568	<b>23:20</b>	3:09	615	<b>1:31:29</b>	591	3:51	729	19:40	34:23	50:31	<b>1:06:07</b>	<b>3:07:58</b>	+1:18:49	67	M35	IJZENDUKE
#7		682. n°1164	F	NLD	32	92	<b>17:07</b>	2:13	811	<b>1:45:37</b>	709	2:54	626	18:27	31:50	45:44	<b>1:00:06</b>	<b>3:07:58</b>	+1:18:50	17	F30	OOSTBURG
#9		683. n°462			46	410	<b>21:32</b>	3:08	765	<b>1:39:21</b>	696	4:25	616	18:45	32:11	46:17	<b>59:37</b>	<b>3:08:05</b>	+1:18:56	89	M45	TIELRODE
#14		684. n°876			35	784	<b>28:32</b>	5:08	577	<b>1:30:16</b>	694	3:53	631	18:19	32:24	46:20	<b>1:00:15</b>	<b>3:08:06</b>	+1:18:58	68	M35	ZEEBRUGGE
#14		685. n°861			30	820	<b>31:38</b>	2:11	727	<b>1:36:43</b>	759	3:18	452	16:37	29:12	41:48	<b>54:23</b>	<b>3:08:15</b>	+1:19:06	70	M30	SINT-LOUIS-VIJVE
#9	K	686. n°456			40	546	<b>23:06</b>	4:18	589	<b>1:30:42</b>	596	5:01	716	18:26	32:12	48:04	<b>1:05:07</b>	<b>3:08:15</b>	+1:19:07	83	M40	KNOKKE-HEIST
#6		687. n°1149	F		31	718	<b>26:16</b>	6:25	713	<b>1:36:18</b>	751	3:41	490	16:30	28:54	42:16	<b>55:40</b>	<b>3:08:22</b>	+1:19:14	18	F30	BRUSSEL
#14		688. n°890			30	753	<b>27:21</b>	3:46	721	<b>1:36:31</b>	739	4:45	509	17:32	30:36	43:19	<b>56:11</b>	<b>3:08:36</b>	+1:19:27	71	M30	DEURLE
#11	K	689. n°684			32	291	<b>20:16</b>	3:15	579	<b>1:30:21</b>	500	4:01	783	20:17	35:28	52:23	<b>1:10:44</b>	<b>3:08:40</b>	+1:19:31	72	M30	KNOKKE-HEIST
#8		690. n°1209	F		50	463	<b>22:11</b>	3:13	639	<b>1:32:41</b>	595	4:25	733	20:51	35:26	50:48	<b>1:06:17</b>	<b>3:08:48</b>	+1:19:40	16	F50	DE KLINGE
#8		691. n°1283	F		51	685	<b>25:22</b>	5:11	699	<b>1:35:31</b>	725	4:12	589	18:34	31:41	45:00	<b>58:32</b>	<b>3:08:50</b>	+1:19:42	17	F50	ELVERSELE
#3	K	692. n°157			55	201	<b>19:01</b>	5:07	697	<b>1:35:26</b>	625	3:43	724	20:09	33:59	48:26	<b>1:05:40</b>	<b>3:08:58</b>	+1:19:50	39	M55	KNOKKE-HEIST
#6		693. n°1111	F		30	575	<b>23:25</b>	3:01	752	<b>1:38:18</b>	704	2:03	676	19:45	34:04	48:50	<b>1:02:13</b>	<b>3:09:02</b>	+1:19:54	19	F30	BRAKEL
#4		694. n°234			66	396	<b>21:24</b>	3:59	749	<b>1:38:08</b>	689	4:52	642	18:39	31:56	46:14	<b>1:00:39</b>	<b>3:09:04</b>	+1:19:56	10	M65	SLUIS
#6		695. n°1103	F	NLD	30	380	<b>21:15</b>	3:53	776	<b>1:40:45</b>	722	3:44	614	17:00	30:20	45:02	<b>59:32</b>	<b>3:09:11</b>	+1:20:02	20	F30	EINDHOVEN
#1		696. n°1090	F		39	490	<b>22:32</b>	3:44	736	<b>1:37:13</b>	686	3:33	675	20:25	34:39	48:37	<b>1:02:13</b>	<b>3:09:17</b>	+1:20:09	18	F35	HOUTHALEN
#8		697. n°1278	F		48	693	<b>25:33</b>	5:31	680	<b>1:34:33</b>	718	4:47	599	18:43	31:53	45:20	<b>58:56</b>	<b>3:09:22</b>	+1:20:14	18	F45	NEUWKERKEN-WAAS
#6		698. n°1145	F		38	638	<b>24:20</b>	3:46	537	<b>1:28:25</b>	560	4:29	758	21:27	36:12	52:09	<b>1:08:23</b>	<b>3:09:25</b>	+1:20:16	19	F35	WAASMUNSTER
#7		699. n°1190	F		42	793	<b>28:52</b>	3:29	652	<b>1:33:01</b>	714	3:39	636	19:19	32:45	46:26	<b>1:00:22</b>	<b>3:09:26</b>	+1:20:17	21	F40	CORROY-LE-CHATEAU
#1	K	700. n°1046	F		25	182	<b>18:33</b>	3:44	788	<b>1:41:58</b>	700	3:26	672	19:39	33:46	48:12	<b>1:02:02</b>	<b>3:09:46</b>	+1:20:37	30	F25	KNOKKE-HEIST
#8	K	701. n°1216	F		19	280	<b>20:09</b>	3:57	784	<b>1:41:38</b>	719	3:45	632	18:44	32:31	46:32	<b>1:00:17</b>	<b>3:09:47</b>	+1:20:39	19	F18	KNOKKE-HEIST
#10		702. n°526			48	515	<b>22:47</b>	3:49	551	<b>1:29:00</b>	544	5:46	763	20:35	36:05	52:54	<b>1:08:50</b>	<b>3:10:13</b>	+1:21:05	90	M45	BEVEREN
#4		703. n°235			53	385	<b>21:18</b>	4:17	602	<b>1:31:01</b>	563	6:24	747	20:23	34:58	50:43	<b>1:07:21</b>	<b>3:10:22</b>	+1:21:13	69	M50	OESSELGEM
#6		704. n°1108	F		45	615	<b>24:02</b>	3:27	712	<b>1:36:16</b>	693	3:05	694	19:20	33:35	48:35	<b>1:03:34</b>	<b>3:10:26</b>	+1:21:17	19	F45	LANDEGEM
#4	K	705. n°216			53	570	<b>23:21</b>	2:57	684	<b>1:34:49</b>	648	3:50	720	18:25	31:26	47:37	<b>1:05:37</b>	<b>3:10:36</b>	+1:21:28	70	M50	KNOKKE-HEIST
#13		706. n°831			28	758	<b>27:35</b>	3:01	673	<b>1:34:12</b>	707	4:21	668	18:39	32:48	47:11	<b>1:01:44</b>	<b>3:10:56</b>	+1:21:47	63	M25	WILRIJK
#5		707. n°320			63	728	<b>26:40</b>	7:47	620	<b>1:31:40</b>	726	4:23	638	19:47	33:21	47:05	<b>1:00:30</b>	<b>3:11:02</b>	+1:21:53	20	M60	HERTSBERGE
#1		708. n°1088	F		28	247	<b>19:48</b>	3:30	605	<b>1:31:06</b>	513	4:06	790	21:26	37:07	54:15	<b>1:12:43</b>	<b>3:11:14</b>	+1:22:06	31	F25	BRUGGE
#5	K	709. n°367			56	809	<b>30:08</b>	5:49	627	<b>1:31:53</b>	740	3:47	617	18:36	31:14	45:19	<b>59:43</b>	<b>3:11:22</b>	+1:22:14	40	M55	KNOKKE-HEIST
#5	K	710. n°337			62	709	<b>26:02</b>	4:39	742	<b>1:37:37</b>	744	5:08	580	18:44	31:56	45:10	<b>58:12</b>	<b>3:11:39</b>	+1:22:31	21	M60	KNOKKE-HEIST
#10		711. n°547			43	760	<b>27:37</b>	4:46	480	<b>1:26:38</b>	616	4:39	756	22:42	38:09	53:52	<b>1:08:13</b>	<b>3:11:55</b>	+1:22:46	84	M40	HOUTHALEN
#5		712. n°304			68	714	<b>26:13</b>	4:22	499	<b>1:27:18</b>	589	5:51	757	22:28	37:16	52:38	<b>1:08:17</b>	<b>3:12:02</b>	+1:22:54	11	M65	DAMME
#1		713. n°1074	F	NLD	41	251	<b>19:52</b>	3:33	794	<b>1:42:34</b>	723	4:06	670	19:26	32:50	47:03	<b>1:01:59</b>	<b>3:12:06</b>	+1:22:58	22	F40	SCHOONDUJKE
#7		714. n°1185	F		39	804	<b>29:48</b>	5:11	729	<b>1:36:49</b>	766	5:36	462	17:09	29:31	42:08	<b>54:51</b>	<b>3:12:16</b>	+1:23:08	20	F35	ROESLARE
#14		715. n°888			37	766	<b>27:47</b>	4:34	709	<b>1:36:08</b>	746	5:23	601	17:49	31:13	44:51	<b>58:58</b>	<b>3:12:51</b>	+1:23:43	69	M35	SINT-ANDRIES
#8		716. n°1221	F		54	526	<b>22:53</b>	4:22	733	<b>1:37:08</b>	701	4:37	704	19:51	34:21	49:29	<b>1:04:14</b>	<b>3:13:15</b>	+1:24:07	18	F50	TIELRODE
#4		717. n°252			62	528	<b>22:54</b>	5:20	666	<b>1:33:51</b>	670	3:55	749	21:12	35:18	51:18	<b>1:07:28</b>	<b>3:13:30</b>	+1:24:22	22	M60	OOSTDUINKERKE
#5		718. n°316			54	740	<b>26:57</b>	5:29	595	<b>1:30:50</b>	684	6:33	697	20:13	34:12	49:00	<b>1:03:41</b>	<b>3:13:32</b>	+1:24:24	71	M50	OPGLABBEEK
#7	K	719. n°1172	F		38	725	<b>26:30</b>	4:28	677	<b>1:34:25</b>	715	4:38	695	19:53	33:57	48:30	<b>1:03:37</b>	<b>3:13:39</b>	+1:24:31	21	F35	KNOKKE-HEIST
#7	K	720. n°1166	F		21	449	<b>22:04</b>	3:35	771	<b>1:39:53</b>	716	3:22	713	20:00	34:44	50:07	<b>1:04:50</b>	<b>3:13:46</b>	+1:24:38	20	F18	KNOKKE-HEIST

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



# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

	Pos Nr	Name	NOC	Age	Swim		Cycling			Running				Age Group							
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5	km 5	km 7.5	Time	Total	Gap	Rank	Name	City
#13	721. n°841	MALLEZIE Tim		33	729	<b>26:40</b>	3:54	690	<b>1:35:11</b>	720	2:42	719	20:38	35:22	49:58	<b>1:05:22</b>	<b>3:13:52</b>	+1:24:43	73	M30	LOENHOUT
#10 K	722. n°564	MAENHOUT David		44	736	<b>26:50</b>	5:24	720	<b>1:36:29</b>	749	4:48	637	18:27	32:06	46:26	<b>1:00:26</b>	<b>3:13:59</b>	+1:24:51	85	M40	KNOKKE-HEIST
#5	723. n°346	LINDERS Werner		55	548	<b>23:07</b>	4:35	661	<b>1:33:36</b>	653	5:11	751	20:01	35:11	51:22	<b>1:07:48</b>	<b>3:14:19</b>	+1:25:11	41	M55	AARTSELAAR
#7	724. n°1155	F VAN HAVERBEKE Carole		29	442	<b>21:58</b>	5:34	777	<b>1:41:08</b>	747	4:29	655	19:02	32:48	46:57	<b>1:01:13</b>	<b>3:14:23</b>	+1:25:15	32	F25	IEPER
#14	725. n°869	DEL RUE Roeland		30	808	<b>30:02</b>	2:58	644	<b>1:32:47</b>	721	4:16	708	18:44	33:15	48:51	<b>1:04:32</b>	<b>3:14:37</b>	+1:25:28	74	M30	GENT
#6	726. n°1129	F GROOMAN - CAUWELS Lisette	NLD	39	288	<b>20:14</b>	5:02	780	<b>1:41:32</b>	732	6:43	658	18:38	32:21	46:49	<b>1:01:19</b>	<b>3:14:51</b>	+1:25:43	22	F35	SLUIS
#5	727. n°355	VAN DE VYVER Herman		64	802	<b>29:18</b>	5:26	714	<b>1:36:21</b>	760	6:26	549	18:00	30:47	44:04	<b>57:21</b>	<b>3:14:53</b>	+1:25:45	23	M60	WAASMUNSTER
#7	728. n°1178	F CLAEYS Marleen		46	794	<b>28:59</b>	5:16	692	<b>1:35:12</b>	754	6:53	592	18:14	31:24	44:53	<b>58:38</b>	<b>3:15:00</b>	+1:25:52	20	F45	BRUGGE
#8	729. n°1201	F DUFOUR Sara		24	356	<b>20:57</b>	2:21	740	<b>1:37:34</b>	643	3:34	780	20:39	36:40	52:34	<b>1:10:34</b>	<b>3:15:03</b>	+1:25:55	21	F18	VARSENARE
#9	730. n°492	VAN STRYDONCK Jan		46	472	<b>22:18</b>	4:06	565	<b>1:29:41</b>	553	5:12	794	21:38	37:47	55:43	<b>1:13:46</b>	<b>3:15:05</b>	+1:25:57	91	M45	SCHOTEN
#10	731. n°513	LERUT Bob		41	558	<b>23:11</b>	4:49	599	<b>1:30:55</b>	614	7:02	771	18:51	34:21	54:11	<b>1:09:11</b>	<b>3:15:11</b>	+1:26:02	86	M40	LOPPEM
#8	732. n°1280	F STAELS Els		58	632	<b>24:16</b>	5:40	746	<b>1:37:59</b>	741	4:47	686	19:11	33:17	47:36	<b>1:02:37</b>	<b>3:15:22</b>	+1:26:13	8	F55	BEVEREN-WAAS
#7	733. n°1156	F VAN HAVERBEKE Pauline		29	564	<b>23:18</b>	4:14	797	<b>1:42:54</b>	758	3:36	665	19:25	33:06	47:20	<b>1:01:28</b>	<b>3:15:31</b>	+1:26:23	33	F25	IEPER
#9	734. n°460	AMERICA Michael		41	306	<b>20:25</b>	4:22	705	<b>1:35:51</b>	640	3:56	785	20:50	36:42	53:44	<b>1:11:11</b>	<b>3:15:47</b>	+1:26:39	87	M40	NIEUWERKERKEN
#8 K	735. n°1249	F DE GROOTE Ann		43	792	<b>28:47</b>	6:14	621	<b>1:31:44</b>	731	6:43	687	19:24	33:10	47:45	<b>1:02:45</b>	<b>3:16:14</b>	+1:27:05	23	F40	KNOKKE-HEIST
#8	736. n°1290	F VAN NIEUWENHOVE Mireille		49	778	<b>28:17</b>	3:31	754	<b>1:38:29</b>	757	3:40	681	19:05	32:49	47:53	<b>1:02:24</b>	<b>3:16:24</b>	+1:27:16	21	F45	KALLO
#5	737. n°353	VAEREMANS Luc		69	810	<b>30:09</b>	8:37	696	<b>1:35:18</b>	784	6:58	515	18:07	31:01	43:49	<b>56:19</b>	<b>3:17:24</b>	+1:28:16	12	M65	KESSEL-LO
#10	738. n°588	D'HOORE Francisco		45	586	<b>23:32</b>	6:32	795	<b>1:42:44</b>	773	6:31	572	17:50	31:21	44:44	<b>58:05</b>	<b>3:17:26</b>	+1:28:18	92	M45	MEISE
#10 K	739. n°572	LIEFFERINCKX John		42	696	<b>25:42</b>	4:45	750	<b>1:38:13</b>	748	5:12	700	16:55	29:33	44:31	<b>1:04:00</b>	<b>3:17:55</b>	+1:28:46	88	M40	KNOKKE-HEIST
#10	740. n°539	DECOSTER Emmanuel		49	539	<b>23:03</b>	5:52	744	<b>1:37:56</b>	734	4:35	737	20:04	34:47	50:41	<b>1:06:33</b>	<b>3:18:01</b>	+1:28:52	93	M45	DUDZELE
#10	741. n°552	SWENNEN Joeri		49	831	<b>33:41</b>	8:10	634	<b>1:32:15</b>	785	5:30	597	17:44	31:21	45:31	<b>58:51</b>	<b>3:18:30</b>	+1:29:21	94	M45	HASSELT
#7	742. n°1157	F VAN KRUYSEN Natalie		47	607	<b>23:55</b>	3:39	722	<b>1:36:31</b>	697	5:27	767	20:29	35:38	51:49	<b>1:09:01</b>	<b>3:18:34</b>	+1:29:26	22	F45	DAMME
#7 K	743. n°1196	F DEWILDE Liesbet		30	743	<b>27:04</b>	3:05	715	<b>1:36:22</b>	730	4:23	753	20:06	35:21	51:22	<b>1:07:52</b>	<b>3:18:48</b>	+1:29:40	21	F30	KNOKKE-HEIST
#8	744. n°1261	F HEREMANS Nadine		61	806	<b>29:53</b>	4:39	681	<b>1:34:38</b>	752	4:32	715	20:04	34:28	49:35	<b>1:05:07</b>	<b>3:18:51</b>	+1:29:43	3	F60	ANTWERPEN
#5	745. n°362	DE COLVENAER Jan		56	745	<b>27:07</b>	6:07	662	<b>1:33:37</b>	735	7:47	710	19:24	33:57	49:10	<b>1:04:33</b>	<b>3:19:13</b>	+1:30:05	42	M55	SINT-PAUWELS
#8	746. n°1301	F VERMEULEN Eline		18	623	<b>24:08</b>	6:08	686	<b>1:34:57</b>	713	3:59	778	21:09	36:24	53:00	<b>1:09:58</b>	<b>3:19:13</b>	+1:30:05	22	F18	KRUIBEKE
#9	747. n°432	DE BACKERE Christof		47	263	<b>19:57</b>	3:56	511	<b>1:27:38</b>	448	4:21	816	22:48	41:42	1:00:55	<b>1:23:20</b>	<b>3:19:14</b>	+1:30:06	95	M45	SINT-ANDRIES
#8	748. n°1227	F VAN MALDEGHEM Flore		24	389	<b>21:21</b>	5:05	731	<b>1:37:04</b>	687	3:40	788	20:41	37:22	54:42	<b>1:12:08</b>	<b>3:19:20</b>	+1:30:11	23	F18	GENT
#8 K	749. n°1274	F RIEMAECER Katrien		62	811	<b>30:16</b>	5:37	737	<b>1:37:13</b>	777	5:30	653	19:29	33:06	47:05	<b>1:01:07</b>	<b>3:19:45</b>	+1:30:37	4	F60	KNOKKE-HEIST
#5	750. n°343	HASPELARGH Bernard		60	772	<b>27:56</b>	5:43	759	<b>1:39:00</b>	772	3:49	698	20:09	34:22	49:01	<b>1:03:51</b>	<b>3:20:21</b>	+1:31:12	24	M60	SINT-ANDRIES
#8	751. n°1295	F VANDEN KERCHOVE Elisabeth		26	711	<b>26:05</b>	4:56	809	<b>1:45:16</b>	799	3:03	651	18:58	32:36	46:53	<b>1:01:05</b>	<b>3:20:26</b>	+1:31:18	34	F25	RUMBEKE
#10	752. n°561	TROGH Pascal		48	710	<b>26:04</b>	4:10	604	<b>1:31:04</b>	652	3:26	801	20:55	37:36	56:03	<b>1:15:56</b>	<b>3:20:40</b>	+1:31:32	96	M45	NEDEROKKERZEEL
#14 K	753. n°862	COUHYSDER Keith		22	822	<b>32:22</b>	4:01	726	<b>1:36:40</b>	776	3:45	699	17:27	31:54	47:46	<b>1:03:52</b>	<b>3:20:41</b>	+1:31:33	38	M18	KNOKKE-HEIST
#8 K	754. n°1206	F LAMPAERT Laurence		28	510	<b>22:44</b>	3:34	609	<b>1:31:18</b>	584	4:35	808	26:43	43:47	1:01:34	<b>1:18:46</b>	<b>3:20:59</b>	+1:31:51	35	F25	KNOKKE-HEIST
#7 K	755. n°1183	F DE KEYSER Annick		55	769	<b>27:53</b>	6:27	772	<b>1:40:00</b>	787	5:46	657	19:12	32:56	46:57	<b>1:01:15</b>	<b>3:21:23</b>	+1:32:15	9	F55	KNOKKE-HEIST
#5	756. n°310	DERUITER Dirk	NLD	54	621	<b>24:06</b>	4:16	669	<b>1:34:01</b>	673	5:45	791	22:32	38:56	56:14	<b>1:13:19</b>	<b>3:21:29</b>	+1:32:21	72	M50	SLUIS
#8 K	757. n°1235	F VERCAUTEREN Mieke		44	667	<b>24:56</b>	5:39	728	<b>1:36:43</b>	736	7:28	742	20:58	36:15	51:29	<b>1:07:03</b>	<b>3:21:52</b>	+1:32:43	24	F40	KNOKKE-HEIST
#13	758. n°835	ENGELLEN Roel		29	692	<b>25:31</b>	4:39	745	<b>1:37:57</b>	743	4:40	772	20:29	35:58	52:22	<b>1:09:17</b>	<b>3:22:07</b>	+1:32:59	64	M25	BRUSSEL
#7	759. n°1181	F DE DIJCKERT Christine		56	695	<b>25:36</b>	5:55	723	<b>1:36:32</b>	742	5:14	762	21:58	37:20	52:51	<b>1:08:48</b>	<b>3:22:08</b>	+1:33:00	10	F55	LISSEWEGE
#5 K	760. n°350	F RIJCKAERT Daniel		56	807	<b>30:00</b>	5:02	718	<b>1:36:29</b>	763	6:59	696	19:03	33:03	48:05	<b>1:03:37</b>	<b>3:22:09</b>	+1:33:01	43	M55	KNOKKE-HEIST
#8	761. n°1273	F POLLYN Ann		45	626	<b>24:11</b>	3:23	747	<b>1:38:00</b>	717	3:36	793	22:49	39:12	56:23	<b>1:13:25</b>	<b>3:22:38</b>	+1:33:30	23	F45	OPDORP/BUGGENHOUT
#5	762. n°363	DE KONING Paul		54	834	<b>35:36</b>	5:06	670	<b>1:34:03</b>	790	7:14	641	18:10	31:37	45:58	<b>1:00:39</b>	<b>3:22:40</b>	+1:33:31	73	M50	BEVEREN
#8 K	763. n°1218	F SIERENS Ann-Sophie		28	481	<b>22:23</b>	4:01	823	<b>1:49:48</b>	798	4:07	684	21:19	34:25	48:22	<b>1:02:34</b>	<b>3:22:55</b>	+1:33:47	36	F25	KNOKKE-HEIST
#7	764. n°1197	F DEZUTTERE Veerle		49	594	<b>23:40</b>	5:33	806	<b>1:43:16</b>	770	4:24	730	20:40	35:16	50:57	<b>1:06:10</b>	<b>3:23:05</b>	+1:33:56	24	F45	ANTWERPEN L.O.
#6	765. n°1113	F DE RANTER Jill		28	483	<b>22:25</b>	3:36	796	<b>1:42:50</b>	750	5:28	764	21:41	37:01	52:58	<b>1:08:52</b>	<b>3:23:13</b>	+1:34:04	37	F25	BERCHEM

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

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Age Group							
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5	km 5	km 7.5	Time	Total	Gap	Rank	Name	City
#8	766. n°1291	F VAN SPITTAEL Eva		45	630	<b>24:14</b>	3:20	758	<b>1:38:56</b>	729	4:35	789	22:31	38:30	55:18	<b>1:12:12</b>	<b>3:23:18</b>	+1:34:09	25	F45	KRUIBEKE
#11	767. n°677	REMES Jules		21	403	<b>21:28</b>	5:52	826	<b>1:51:19</b>	812	4:03	640	19:01	32:12	46:16	<b>1:00:37</b>	<b>3:23:20</b>	+1:34:12	39	M18	JUPRELLE
#7 K	768. n°1194	F DESUTTER Valerie		50	786	<b>28:38</b>	4:35	803	<b>1:43:41</b>	805	4:29	673	19:50	33:49	47:51	<b>1:02:05</b>	<b>3:23:31</b>	+1:34:22	19	F50	KNOKKE-HEIST
#6	769. n°1117	F DECOURT Lieve		25	537	<b>23:00</b>	3:00	813	<b>1:45:57</b>	768	4:52	741	20:43	35:46	51:22	<b>1:06:56</b>	<b>3:23:48</b>	+1:34:39	38	F25	BRUSSEL
#5	770. n°311	DOCHY Alexander		56	796	<b>29:11</b>	3:48	812	<b>1:45:46</b>	813	4:07	656	19:27	33:18	47:24	<b>1:01:14</b>	<b>3:24:08</b>	+1:34:59	44	M55	GROOT BUGAARDEN
#12	771. n°708	LINKENS Nicolas		39	473	<b>22:19</b>	2:39	622	<b>1:31:45</b>	565	3:52	819	22:37	39:09	59:04	<b>1:23:54</b>	<b>3:24:30</b>	+1:35:22	70	M35	SINT MARTENS LATEM
#8	772. n°1268	F LELIAERT Camille		23	631	<b>24:14</b>	4:08	808	<b>1:44:57</b>	779	4:53	734	20:03	34:49	50:14	<b>1:06:24</b>	<b>3:24:40</b>	+1:35:32	24	F18	SIJSELE
#9 K	773. n°469	DE BREUKER Patrick		47	835	<b>35:44</b>	3:56	757	<b>1:38:49</b>	811	4:06	677	19:21	34:05	48:04	<b>1:02:17</b>	<b>3:24:54</b>	+1:35:45	97	M45	KNOKKE-HEIST
#1	774. n°1093	F VANHULLE Lore		19	660	<b>24:46</b>	3:54	656	<b>1:33:11</b>	665	3:38	810	24:23	42:15	1:00:55	<b>1:19:34</b>	<b>3:25:06</b>	+1:35:58	25	F18	STABROEK
#10	775. n°579	SAP Tim		48	785	<b>28:36</b>	3:03	658	<b>1:33:20</b>	710	5:02	799	22:29	40:31	58:09	<b>1:15:17</b>	<b>3:25:20</b>	+1:36:12	98	M45	HOOGSTRATEN
#13	776. n°838	LANNOY Louis		31	767	<b>27:52</b>	3:51	792	<b>1:42:26</b>	786	4:35	740	21:14	36:07	51:25	<b>1:06:49</b>	<b>3:25:35</b>	+1:36:26	75	M30	BRUSSEL
#6	777. n°1100	F ADAM Laurence		44	647	<b>24:28</b>	5:06	790	<b>1:42:18</b>	767	4:43	770	21:13	35:58	52:23	<b>1:09:08</b>	<b>3:25:45</b>	+1:36:37	25	F40	MORTSEL
#5	778. n°331	COPPÉ Patrick		59	619	<b>24:04</b>	4:17	695	<b>1:35:15</b>	691	5:39	806	22:22	39:02	57:26	<b>1:16:58</b>	<b>3:26:13</b>	+1:37:05	45	M55	BEERSEL
#8	779. n°1271	F MONCAREY Katelijne		50	700	<b>25:51</b>	5:27	806	<b>1:44:18</b>	795	5:00	731	21:23	35:45	50:54	<b>1:06:13</b>	<b>3:26:51</b>	+1:37:42	20	F50	GRIMBERGEN
#5	780. n°318	KERRES Ralph	NLD	52	754	<b>27:23</b>	6:37	737	<b>1:37:13</b>	762	5:08	782	20:02	35:54	52:51	<b>1:10:39</b>	<b>3:27:01</b>	+1:37:53	74	M50	KERKRADE
#8	781. n°1300	F VERMEERBERGEN Vicky		43	819	<b>31:33</b>	5:17	702	<b>1:35:40</b>	771	6:45	752	20:34	35:28	51:37	<b>1:07:50</b>	<b>3:27:07</b>	+1:37:59	26	F40	VORSELAAR
#8 K	782. n°1248	F DE DUYTSCHÉ Babette		24	755	<b>27:24</b>	6:57	778	<b>1:41:13</b>	794	3:58	759	20:13	35:27	51:37	<b>1:08:23</b>	<b>3:27:58</b>	+1:38:50	26	F18	KNOKKE-HEIST
#6	783. n°1140	F PIONET Christine		56	663	<b>24:50</b>	6:02	807	<b>1:44:32</b>	792	6:07	739	21:21	36:11	51:31	<b>1:06:47</b>	<b>3:28:20</b>	+1:39:11	11	F55	MEISE
#8	784. n°1219	F SKRBKOVA Alena		44	430	<b>21:52</b>	3:38	819	<b>1:48:09</b>	781	6:14	776	20:02	35:05	51:32	<b>1:09:36</b>	<b>3:29:31</b>	+1:40:23	27	F40	BRUSSEL
#5	785. n°336	DECOURT Jean Luc		58	826	<b>32:43</b>	4:53	708	<b>1:36:03</b>	780	6:42	774	20:33	35:43	52:38	<b>1:09:26</b>	<b>3:29:48</b>	+1:40:40	46	M55	GRIMBERGEN
#8	786. n°1217	F SIERENS Kaat		22	503	<b>22:40</b>	8:10	780	<b>1:41:32</b>	769	6:03	786	22:00	37:58	55:02	<b>1:11:28</b>	<b>3:29:55</b>	+1:40:47	27	F18	AALTER
#5	787. n°348	PIJNACKER Maarten		59	746	<b>27:09</b>	7:53	-	-	-	-	-	-	-	-	-	<b>3:30:02</b>	+1:40:53	47	M55	BERLARE
#14	788. n°884	SWERTS Stijn		32	782	<b>28:30</b>	6:19	785	<b>1:41:39</b>	803	6:23	746	21:57	37:03	52:38	<b>1:07:16</b>	<b>3:30:10</b>	+1:41:01	76	M30	HASSELT
#8	789. n°1243	F DAGNELY Marie-Aurore		45	684	<b>25:18</b>	6:52	801	<b>1:43:21</b>	793	5:52	765	21:20	37:35	53:04	<b>1:08:58</b>	<b>3:30:24</b>	+1:41:15	26	F45	BEERSEL
#5	790. n°357	VAN LANDEGEM Geert		72	813	<b>30:46</b>	7:14	751	<b>1:38:18</b>	800	6:52	745	21:00	35:45	51:31	<b>1:07:14</b>	<b>3:30:27</b>	+1:41:19	13	M65	HERK DE STAD
#8 K	791. n°1293	F VANDAELE Martine		60	837	<b>37:50</b>	4:09	710	<b>1:36:12</b>	809	4:57	748	21:21	36:25	52:03	<b>1:07:28</b>	<b>3:30:37</b>	+1:41:29	5	F60	KNOKKE-HEIST
#8 K	792. n°1254	F DEPRED Annick		57	-	-	-	817	<b>1:47:35</b>	761	4:37	800	22:06	38:32	56:47	<b>1:15:26</b>	<b>3:31:17</b>	+1:42:09	12	F55	KNOKKE-HEIST
#8	793. n°1276	F ROMBAUT Katia		36	829	<b>33:26</b>	4:10	789	<b>1:42:10</b>	815	3:51	750	19:59	34:53	50:52	<b>1:07:47</b>	<b>3:31:27</b>	+1:42:18	23	F35	MOORTSELE
#8	794. n°1282	F STOFFELS Griet		61	-	-	-	827	<b>1:51:37</b>	823	4:04	709	19:14	33:27	48:45	<b>1:04:33</b>	<b>3:31:54</b>	+1:42:46	6	F60	IEPER
#8	795. n°1202	F GEERAERT Stéphanie		46	664	<b>24:51</b>	4:42	815	<b>1:46:47</b>	801	4:26	787	20:31	36:20	53:30	<b>1:11:38</b>	<b>3:32:26</b>	+1:43:18	27	F45	IEPER
#4	796. n°212	GEERAERTS Carl		57	493	<b>22:33</b>	3:44	779	<b>1:41:18</b>	738	7:19	807	23:41	41:50	59:45	<b>1:17:43</b>	<b>3:32:40</b>	+1:43:31	48	M55	ZANDVLIET
#10	797. n°583	TORFS Michaël		48	821	<b>32:00</b>	14:39	668	<b>1:34:00</b>	817	7:59	702	21:04	35:08	49:42	<b>1:04:10</b>	<b>3:32:51</b>	+1:43:43	99	M45	GENT
#10	798. n°568	LAMMENS David		48	722	<b>26:23</b>	14:43	805	<b>1:44:05</b>	825	8:14	611	17:44	30:32	44:54	<b>59:25</b>	<b>3:32:52</b>	+1:43:44	100	M45	LEMBEKE
#8	799. n°1281	F STOFFELS Annet		49	697	<b>25:46</b>	7:51	767	<b>1:39:25</b>	775	5:52	796	22:15	38:23	55:32	<b>1:14:02</b>	<b>3:32:59</b>	+1:43:50	28	F45	SINAAI-WAAS
#8	800. n°1269	F LESAGE Lut		50	818	<b>31:28</b>	3:48	799	<b>1:43:06</b>	810	4:44	777	21:28	37:11	53:06	<b>1:09:54</b>	<b>3:33:02</b>	+1:43:54	21	F50	DIKSMUIDE
#4	801. n°299	F VROMAN Erik		68	652	<b>24:34</b>	7:59	760	<b>1:39:05</b>	764	4:47	804	23:08	40:18	58:15	<b>1:16:39</b>	<b>3:33:06</b>	+1:43:58	14	M65	AALTER
#8	802. n°1244	F DANIELS Annelies		47	828	<b>33:12</b>	4:22	791	<b>1:42:23</b>	816	7:06	735	19:43	34:08	49:57	<b>1:06:28</b>	<b>3:33:34</b>	+1:44:25	29	F45	BEVEREN
#5	803. n°360	ARSLANIAN Viken		53	763	<b>27:43</b>	11:50	672	<b>1:34:12</b>	782	14:03	727	19:37	33:41	49:01	<b>1:05:50</b>	<b>3:33:39</b>	+1:44:31	75	M50	KESSEL-LO
#5	804. n°333	DE LANGHE Marc	NLD	52	815	<b>31:18</b>	6:04	762	<b>1:39:10</b>	804	3:09	797	21:38	37:30	55:28	<b>1:14:10</b>	<b>3:33:53</b>	+1:44:45	76	M50	SLUIS
#10 K	805. n°566	F VERDONK Paul		43	781	<b>28:25</b>	5:09	804	<b>1:43:46</b>	807	5:39	784	22:32	38:17	54:20	<b>1:10:54</b>	<b>3:33:55</b>	+1:44:46	89	M40	KNOKKE-HEIST
#3	806. n°162	DE SCHRYVER Christian		50	100	<b>17:15</b>	3:36	839	<b>2:07:23</b>	830	3:44	679	19:03	32:47	47:51	<b>1:02:21</b>	<b>3:34:22</b>	+1:45:14	77	M50	WAASMUNSTER
#10 K	807. n°582	F CLAEYS Tony		44	795	<b>29:00</b>	5:52	818	<b>1:48:05</b>	821	4:19	761	22:51	37:45	52:15	<b>1:08:36</b>	<b>3:35:55</b>	+1:46:46	90	M40	KNOKKE-HEIST
#8	808. n°1266	F JOORIS Hed		55	797	<b>29:11</b>	5:13	766	<b>1:39:23</b>	783	7:06	802	22:31	39:55	58:12	<b>1:16:18</b>	<b>3:37:13</b>	+1:48:05	13	F55	KIJDRECHT
#8 K	809. n°1234	F VERCAEMER Catharine		53	720	<b>26:18</b>	5:21	810	<b>1:45:16</b>	806	5:42	798	22:35	39:11	56:55	<b>1:14:41</b>	<b>3:37:20</b>	+1:48:12	22	F50	KNOKKE-HEIST
#8	810. n°1267	F KNEEPKENS Coco		29	805	<b>29:49</b>	5:17	824	<b>1:50:22</b>	826	5:19	738	19:51	34:41	50:06	<b>1:06:45</b>	<b>3:37:34</b>	+1:48:26	39	F25	BORGERHOUT

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

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

	Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City			
						Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time	Rank	Name
#4	811.	n°289	VAN HEESVELDE Thierry		51	363	21:06	6:40	831	1:54:31	820	6:21	766	21:26	36:37	52:23	1:08:58	3:37:40	+1:48:31	78 M50	DE PINTE	
#5	K 812.	n°365	LIERMAN Ronny		62	839	42:59	8:26	625	1:31:48	822	6:26	754	20:52	35:58	52:03	1:08:05	3:37:46	+1:48:38	25 M60	KNOKKE-HEIST	
#8	813.	n°1296	F VANDEPUTTE Héloïse		26	800	29:16	3:46	833	1:55:48	831	4:13	722	19:23	33:15	48:41	1:05:37	3:38:42	+1:49:34	40 F25	ROESELARE	
#4	814.	n°271	DE LOMBAERT Luc		57	737	26:51	38:19	653	1:33:04	837	4:14	510	16:52	29:17	42:36	56:13	3:38:43	+1:49:34	49 M55	HEULE	
#8	K 815.	n°1212	F MESTDACH Charlotte		26	645	24:26	4:20	825	1:50:52	814	5:06	795	24:05	40:28	57:06	1:13:57	3:38:43	+1:49:35	41 F25	KNOKKE-HEIST	
#14	K 816.	n°854	VEILFON Killion		22	777	28:17	4:02	775	1:40:33	774	6:11	811	24:00	41:37	1:01:04	1:19:45	3:38:50	+1:49:41	40 M18	KNOKKE-HEIST	
#4	K 817.	n°285	SCHOLLAERT Peter		58	713	26:06	7:03	787	1:41:46	791	9:40	803	24:31	42:09	1:00:47	1:16:28	3:41:07	+1:51:58	50 M55	KNOKKE-HEIST	
#8	818.	n°1223	F VAN DEN BROECKE Ilja	NLD	43	643	24:24	4:17	816	1:47:28	797	6:41	809	23:21	41:11	59:58	1:19:07	3:42:00	+1:52:51	28 F40	SLUIS	
#8	819.	n°1210	F MERTENS Louise		26	716	26:14	4:47	829	1:53:46	824	6:45	781	21:36	37:35	54:23	1:10:35	3:42:08	+1:53:00	42 F25	DEURLE	
#5	820.	n°364	LEYS Joris		53	833	35:05	11:28	793	1:42:29	832	7:52	723	18:35	33:15	49:01	1:05:38	3:42:33	+1:53:25	79 M50	HAASDONK	
#8	K 821.	n°1277	F SLABBINCK Katrien		30	799	29:14	5:53	748	1:38:01	778	5:22	820	24:25	42:44	1:02:41	1:24:06	3:42:39	+1:53:30	22 F30	KNOKKE-HEIST	
#10	K 822.	n°580	F DE RUYTER Frederik		43	690	25:30	2:34	786	1:41:42	755	5:18	823	25:22	44:57	1:05:16	1:27:42	3:42:49	+1:53:40	91 M40	KNOKKE-HEIST	
#8	823.	n°1259	F GERMEAUX Brigitte		58	-	-	-	-	-	-	-	-	-	-	-	-	3:43:52	+1:54:43	14 F55	HASSELT	
#8	824.	n°1245	F DE BOCK Ilse		38	776	28:09	7:03	814	1:46:40	818	5:54	805	24:44	42:21	59:22	1:16:51	3:44:40	+1:55:32	24 F35	LOPPEM	
#10	825.	n°585	ALBERTIJN Micha		40	775	28:05	4:13	802	1:43:29	796	5:51	818	25:25	44:51	1:04:58	1:23:48	3:45:28	+1:56:20	92 M40	HEUSDEN	
#8	826.	n°1250	F DE MAERE Mia		58	824	32:25	6:42	828	1:51:59	834	5:50	773	21:33	37:25	53:19	1:09:21	3:46:19	+1:57:10	15 F55	OOSTDUINKERKE	
#10	K 827.	n°506	F DEMEY David		46	723	26:27	6:02	820	1:49:34	819	8:27	813	27:11	45:02	1:02:52	1:20:17	3:50:49	+2:01:41	101 M45	KNOKKE-HEIST	
#8	K 828.	n°1246	F DE BREUKER Kirsty		22	817	31:21	4:40	821	1:49:37	827	3:04	817	22:21	42:31	1:03:47	1:23:27	3:52:12	+2:03:04	28 F18	KNOKKE-HEIST	
#8	K 829.	n°1224	F VAN DEN BROUCKE Annabelle		24	814	31:14	5:39	822	1:49:45	828	4:36	814	24:16	42:16	1:01:15	1:20:56	3:52:12	+2:03:04	29 F18	KNOKKE-HEIST	
#8	830.	n°1299	F VANSTRAELEN Inge		48	830	33:32	5:15	834	1:56:50	836	3:39	792	21:52	38:21	55:47	1:13:25	3:52:42	+2:03:34	30 F45	ALKEN	
#5	K 831.	n°371	VAN GOETHEM Dirk		58	841	46:38	8:40	671	1:34:10	833	6:20	815	24:20	42:23	1:01:57	1:20:56	3:56:47	+2:07:39	51 M55	KNOKKE-HEIST	
#5	832.	n°376	F WOLLENS Hans		60	836	37:08	8:06	783	1:41:35	829	8:16	821	27:07	48:03	1:06:56	1:25:12	4:00:18	+2:11:10	26 M60	EDEGEM	
#8	K 833.	n°1288	F VAN LANDEWYCK Jill		21	816	31:20	4:20	836	1:57:52	835	4:04	822	27:48	46:57	1:06:42	1:25:38	4:03:16	+2:14:07	30 F18	KNOKKE-HEIST	
#5	834.	n°373	VAN HOUTTE Gabriel		73	838	39:23	8:12	832	1:54:38	839	5:41	824	29:01	50:03	1:11:06	1:32:04	4:20:01	+2:30:52	15 M65	ETTERBEEK	
#5	835.	n°375	VERWEIRDER Peter		50	840	44:53	9:58	838	2:03:06	840	8:40	812	23:27	41:11	1:00:15	1:20:04	4:26:42	+2:37:34	80 M50	SNELLEDEGEM	
#10	DNF n°576		F AERTS Kenn		49	783	28:31	3:22	331	1:21:32	484	3:53	-	16:48	41:37	-	-	-	-	-	M45	WORTEL
#5	DNF n°338		F DIERIKX Theo	NLD	54	666	24:54	4:46	460	1:25:54	543	5:21	-	22:16	41:06	-	-	-	-	-	M50	OOSTBURG
#9	K DNF n°465		CALLANT Jan		47	538	23:02	3:44	741	1:37:37	702	5:58	-	22:51	38:30	-	-	-	-	-	M45	KNOKKE-HEIST
#2	DNF n°25		F VANDEVOORDE Ruben		38	33	14:51	1:22	14	1:06:15	15	1:45	-	12:32	-	-	-	-	-	-	M35	TIELT
#8	DNF n°1215		F QUATANENS Evelyne		26	678	25:11	3:38	798	1:42:56	765	3:11	-	22:24	-	-	-	-	-	-	F25	ANTWERPEN
#3	DNF n°123		F VANASSCHE Marc		55	135	17:47	1:33	54	1:09:45	59	2:21	-	-	-	-	-	-	-	-	M55	HUISE
#4	DNF n°241		F DE PROOST Frank		53	337	20:45	2:57	268	1:19:23	261	4:31	-	-	-	-	-	-	-	-	M50	SCHILDE
#12	DNF n°769		F GERIN Philippe		29	617	24:03	3:15	633	1:32:12	624	2:39	-	-	-	-	-	-	-	-	M25	OVERIJSE
#1	K DNF n°1066		F DE GROOTE Johanna		57	-	-	-	725	1:36:34	651	4:30	-	-	-	-	-	-	-	-	F55	KNOKKE-HEIST
#9	DNF n°472		F DE KEYSER Bart		41	452	22:05	3:18	763	1:39:13	703	2:47	-	-	-	-	-	-	-	-	M40	ZONNEGEM
#5	DNF n°372		F VAN HAVERBEKE Paul		59	825	32:30	6:41	753	1:38:22	808	7:50	-	-	-	-	-	-	-	-	M55	IEPER
#2	C DNF n°68		F DRESCHER Raik	DEU	31	-	-	-	-	-	788	29:33	-	-	-	-	-	-	-	-	M30	
#2	C DNF n°48		F KOENIG Johannes	DEU	33	44	15:31	1:37	835	1:57:34	789	29:33	-	-	-	-	-	-	-	-	M30	
#4	DNF n°257		F VERHOEVEN Gerrit		64	261	19:57	2:34	830	1:53:51	802	-	-	-	-	-	-	-	-	-	M60	ZEEBRUGGE
#14	DNF n°878		F MARTIN Pierre		39	832	34:36	6:39	837	1:59:44	838	-	-	-	-	-	-	-	-	-	M35	PONT-À-CELLES
#5	DNF n°347		F PHILIPPE Marc		58	759	27:36	5:15	840	3:19:02	841	-	-	-	-	-	-	-	-	-	M55	DUDZELE
#11	DNF n°618		F VAN ECKHOUDT Stoffel		37	162	18:18	2:04	-	-	-	-	-	-	-	-	-	-	-	-	M35	KALMTHOUT
#11	DNF n°621		F VAN LOOVEREN Kurt		39	215	19:16	1:50	-	-	-	-	-	-	-	-	-	-	-	-	M35	KAPELLEN
#11	DNF n°682		F VAN DEN BERGHE Dimitri		33	511	22:44	2:20	-	-	-	-	-	-	-	-	-	-	-	-	M30	ASSEBROEK
#6	DNF n°1112		F DE NAEYER Liselot		37	659	24:43	4:16	-	-	-	-	-	-	-	-	-	-	-	-	F35	ZOTTEGEM

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

# Zwin Triathlon

Knokke, 4 September 2019, BEL

Zwin

Details

Pos	Nr	Name	NOC	Age	Swim		Cycling			Running				Total	Gap	Age Group		City	
					Pos	Time	T1	Pos	Time	Cum	T2	Pos	km 2.5			km 5	km 7.5		Time
#7	K	DNF n°1182	F	DE KEUNINCK Chanel		34	742	27:03	-	-	-	-	-	-	-	-	-	F30	KNOKKE-HEIST
#6		DNF n°1138	F	OTTE Githa		46	-	-	-	-	-	-	-	-	-	-	-	F45	LIER
#8		DNF n°1265	F	JAMAER Caroline		31	-	-	-	-	-	-	-	-	-	-	-	F30	SCHAARBEEK

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