

VZR Uitslagen 2009

Beker van Oost-Vlaanderen

8 februari 2009 – Zwembad 't Strop

www.vzr.be – www.fros.be

| | | | | | |
|--|------|---------------|-----------------|----------------|-----------------|
| VIVILLE Yana | Dolf | 50m school | 01.19.13 | 3 ^e | |
| | | 50m rug | 00.59.16 | 3 ^e | PB |
| | | 50m crawl | 00.59.14 | 3 ^e | |
| CARPENTIER Fien | Min | 100m wissel | 01.42.24 | 5 ^e | |
| | | 100m crawl | 01.33.42 | 5 ^e | |
| | | 100m school | 01.51.61 | 5 ^e | |
| | | 100m rug | 01.40.43 | 1 ^e | PB |
| | | 100m vlinder | 02.03.22 | 4 ^e | |
| VAN DEN DRIESSCHE Justine | Min | 100m wissel | DQ | DQ | |
| | | 100m crawl | 01.33.23 | 4 ^e | |
| | | 100m school | 01.52.48 | 7 ^e | |
| | | 100m rug | 02.03.67 | 7 ^e | PB |
| | | 100m vlinder | 02.04.89 | 5 ^e | |
| MATTELIN Marie-Aline | Kad | 200m wissel | 02.59.78 | 1 ^e | PB |
| | | 100m crawl | 01.08.88 | 1 ^e | |
| | | 100m school | 01.40.71 | 1 ^e | |
| | | 100m rug | 01.27.58 | 1 ^e | |
| | | 100m vlinder | 01.19.08 | 1 ^e | PB |
| DERUYCK Joke | Jun | 200m wissel | 03.10.76 | 1 ^e | |
| | | 100m crawl | 01.09.36 | 1 ^e | |
| | | 100m school | 01.35.20 | 1 ^e | |
| | | 100m rug | 01.27.39 | 1 ^e | PB |
| VIVILLE Lynn | Sen | 200m wissel | 02.45.29 | 1 ^e | |
| | | 100m crawl | 01.06.04 | 1 ^e | Leeftijdsrecord |
| | | 100m school | 01.32.51 | 1 ^e | |
| | | 100m vlinder | 01.15.93 | 1 ^e | Leeftijdsrecord |
| PROVOST Cyr | Sen | 100m crawl | 00.57.27 | 1 ^e | |
| | | 100m vlinder | 01.05.26 | 1 ^e | |
| VZR Dames I | Open | 4x100m school | 06.28.86 | 2 ^e | |
| Justine – Joke – Marie-Aline – Lynn | | | | | |
| VZR Dames I | Open | 4x100m crawl | 05.02.76 | 1 ^e | |
| Justine – Joke – Marie-Aline – Lynn | | | | | |
| Eindstand Beker van Oost-Vlaanderen | | | | | |
| 1. Vrije Zwemmers Gent | 173 | | | | |
| 2. Vrije Zwemmers St Amandsberg | 145 | | | | |
| 3. Vrije Zwemmers Drongen | 127 | | | | |
| 4. VRIJE ZWEMMERS RONSE | 93 | | | | |



Vrije Zwemmers Ronse vzw – 34 jaar ervaring in de zwemsport

www.vzr.be - info@vzr.be

Aangesloten bij FROS Amateursportfederatie en gouden evaluatie door BLOSO
Sportieve samenwerking met MEGA Swimming Team



VZR Uitslagen 2009

Beker R Van Der Beken

14 februari 2009 – Zwembad 't Strop

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| | | | | | |
|--|------|---------------|-----------------|-----------------|----------------------------|
| VIVILLE Yana | Dolf | 50m rug | 00.58.45 | 9 ^e | PB |
| | | 50m school | 01.13.51 | 10 ^e | |
| | | 50m crawl | 00.55.69 | 12 ^e | PB |
| LANDERIE Sylke | Dolf | 50m rug | 00.58.01 | 8 ^e | PB |
| | | 50m school | 01.02.35 | 9 ^e | |
| | | 50m crawl | 00.49.51 | 7 ^e | PB |
| VAN DEN DRIESSCHE Justine | Min | 50m vlinder | 00.46.64 | 5 ^e | PB |
| | | 50m rug | 00.51.69 | 4 ^e | PB |
| | | 50m school | 00.49.98 | 4 ^e | PB |
| | | 50m crawl | 00.39.60 | 6 ^e | PB |
| MATTELIN Marie-Aline | Kad | 50m vlinder | 00.34.06 | 2 ^e | PB |
| | | 50m rug | 00.39.46 | 4 ^e | PB |
| | | 50m school | 00.45.39 | 4 ^e | |
| | | 50m crawl | 00.31.09 | 2 ^e | PB |
| VIVILLE Ellen | Kad | 50m vlinder | 00.32.98 | 1 ^e | VZR Record |
| | | 50m rug | 00.33.89 | 1 ^e | VZR Record |
| | | 50m school | 00.40.76 | 1 ^e | PB |
| | | 50m crawl | 00.29.48 | 1 ^e | VZR-Record |
| DERUYCK Joke | Jun | 200m crawl | 02.32.96 | 1 ^e | PB |
| VIVILLE Lynn | Sen | 200m crawl | 02.26.52 | 2 ^e | VZR Leeftijdsrecord |
| BAUWENS Chloe | Sen | 200m crawl | 02.30.81 | 3 ^e | PB |
| | | 200m school | 03.09.02 | 3 ^e | |
| PROVOST Cyr | Sen | 200m crawl | 02.08.05 | 2 ^e | VZR-Leeftijdsrecord |
| VZR Dames I | Open | 4x100m wissel | 05.04.82 | 1 ^e | VZR Record |
| Ellen – Chloé – Lynn – Marie-Aline | | | | | |
| VZR Gemengd I | Open | 8x50m crawl | 04.26.93 | 5 ^e | |
| VZR Gemengd I | Open | 8x50m school | 06.03.82 | 5 ^e | |
| Eindstand Beker Roger Van Der Beken | | | | | |
| 1. Werdohl Swimming Club (D) | 280 | | | | |
| 2. Vrije Zwemmers St Amandsberg | 240 | | | | |
| 3. Swimming Club Ronse | 228 | | | | |
| 4. Vrije Zwemmers Drongen | 139 | | | | |
| 5. VRIJE ZWEMMERS RONSE | 107 | | | | |
| 6. Delfino Herselt | 103 | | | | |
| 7. Vrije Zwemmers Gent | 97 | | | | |



Vrije Zwemmers Ronse vzw – 34 jaar ervaring in de zwemsport

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Aangesloten bij FROS Amateursportfederatie en gouden evaluatie door BLOSO
Sportieve samenwerking met MEGA Swimming Team



VZR Uitslagen 2009

Vlaamse FROS Leeftijdskampioenschappen

15 en 22 maart 2009 – Zwembad Berchem

www.vzr.be – www.fros.be

| | | | | | |
|----------------------|------|--------------|-----------------|-----------------|--------------------------|
| VIVILLE Yana | Dolf | 50m rug | 00.57.99 | 12 | PB |
| LANDERIE Sylke | Dolf | 50m rug | 00.57.57 | 11 ^e | PB |
| | | 50m crawl | 00.47.88 | 7 ^e | |
| HAINAUT Ines | Kad | 100m school | 1.36.26 | 10 ^e | |
| | | 100m crawl | 01.16.09 | 13 ^e | |
| MATTELIN Marie-Aline | Kad | 100m school | 1.35.05 | 7 ^e | PB |
| | | 100m crawl | 01.08.25 | 3 ^e | Finale |
| | | 100m vlinder | 01.16.09 | 1 ^e | Finale en PB |
| | | 100m rugslag | 01.23.65 | 4 ^e | Finale en PB |
| VIVILLE Ellen | Kad | 200m wissel | 02.55.15 | 3 ^e | Finale en PB |
| | | 100m school | 01.26.68 | 1 ^e | Finale |
| | | 100m crawl | 01.05.05 | 1 ^e | Finale |
| DERUYCK Joke | Jun | 100m crawl | 01.09.55 | 2 ^e | Finale + PB |
| | | 100m vlinder | 01.31.69 | 3 ^e | Finale + PB |
| VIVILLE Lynn | Sen | 100m vlinder | 01.16.21 | 1 ^e | Finale |
| | | 100m rugslag | 01.21.73 | 3 ^e | Finale + PB |
| | | 200m wissel | 02.45.42 | 1 ^e | Finale |
| | | 100m crawl | 01.06.98 | 1 ^e | Finale |
| BAUWENS Chloe | Sen | 100m vlinder | 01.26.55 | 5 ^e | Finale + PB |
| | | 100m rugslag | 01.27.30 | 5 ^e | PB |
| | | 200m wissel | 02.55.56 | 4 ^e | Finale |
| | | 100m school | 01.27.46 | 2 ^e | Finale |
| PROVOST Cyr | Sen | 100m crawl | 01.08.14 | 2 ^e | Finale |
| | | 200m wissel | 02.24.76 | 1 ^e | Finale & Leeftijdsrecord |
| | | 100m crawl | 00.55.29 | 1 ^e | Finale |

Memorial Hubert Beke

3 mei 2009 – Zwembad 't Strop

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| | | | | | |
|--------------------------------------|------|----------------|-----------------|-----------------|-------------------|
| GOBIET Emma | Benj | 50m crawl | 00.51.51 | 11 ^e | PB |
| | | 50m schoolslag | 00.54.58 | 9 ^e | PB |
| MEIRHAEGHE Jorinde | Benj | 50m crawl | 00.39.36 | 5 ^e | PB |
| | | 50m schoolslag | 00.48.04 | 4 ^e | PB |
| MATTELIN Marie-Aline | Kad | 50m crawl | 00.30.77 | 3 ^e | |
| | | 50m schoolslag | 00.43.74 | 7 ^e | PB |
| DERUYCK Joke | Jun | 50m crawl | 00.29.38 | 1 ^e | VZR-Record |
| | | 50m schoolslag | 00.41.36 | 4 ^e | PB |
| BAUWENS Chloé | Sen | 50m crawl | 00.31.44 | 1 ^e | PB |
| | | 50m schoolslag | 00.40.37 | 1 ^e | |
| PROVOST Cyr | Sen | 50m schoolslag | 00.35.11 | 4 ^e | |
| | | 50m crawl | 00.25.15 | 1 ^e | |
| VZR Dames I | Open | 4x50m wissel | 02.26.59 | 2 ^e | |
| Jorinde – Chloé – Marie-Aline – Joke | | | | | |



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Sportieve samenwerking met MEGA Swimming Team



VZR Uitslagen 2009

Finales FROS Leeftijdskampioenschappen

17 mei 2009 – Zwembad 't Strop

www.vzr.be – www.fros.be

| | | | | | |
|----------------------|-----|--------------|---------|----------------------|----|
| MATTELIN Marie-Aline | Kad | 100m crawl | 1.08.21 | 3^e | PB |
| | | 100m vlinder | 1.17.43 | 2^e | |
| | | 200m wissel | 2.55.66 | 6 ^e | |
| VIVILLE Ellen | Kad | 100m school | 1.29.45 | 5 ^e | |
| | | 100m crawl | 1.06.05 | 1^e | |
| DERUYCK Joke | Jun | 100m crawl | 1.06.20 | 1^e | PB |
| | | 100m vlinder | 1.28.65 | 3^e | PB |
| VIVILLE Lynn | Sen | 100m vlinder | 1.17.07 | 2^e | PB |
| | | 100m rugslag | 1.22.61 | 3^e | |
| | | 200m wissel | 2.46.56 | 1^e | |
| BAUWENS Chloe | Sen | 100m crawl | 1.06.27 | 1^e | PB |
| | | 200m wissel | 2.53.50 | 4 ^e | PB |
| | | 100m school | 1.27.21 | 2^e | |
| | | 100m crawl | 1.07.55 | 1^e | PB |

Internationale Meeting Almere (NL)

21 mei 2009 – Zwembad 'Almere Stad' (NL)

www.vzr.be – www.fros.be

| | | | | | |
|---------------------------|------|---|-----------------|----------------------|--|
| VIVILLE Yana | Dolf | 50m crawl | 00.50.10 | 3^e | PB + Finale Australian Run |
| | | 50m rug | 00.56.30 | 2^e | PB |
| | | 50m school | DQ | DQ | |
| | | Finale Australian Run (8-9 jaar) | | 3^e | |
| Van den Driessche Justine | Min | 100m crawl | 1.25.70 | 11 ^e | PB |
| | | 100m rug | DQ | DQ | |
| | | 100m vlinder | 1.48.40 | 8 ^e | PB |
| | | 100m school | 1.45.20 | 7 ^e | PB |
| VIVILLE Ellen | Kad | 100m crawl | 1.05.70 | 1^e | Finale Australian Run |
| | | 100m rug | 1.15.70 | 2^e | |
| | | 100m vlinder | 1.13.50 | 2^e | |
| | | 100m school | 1.31.10 | 3^e | PB |
| | | Finale Australian Run (16-17 jaar) | | 1^e | Winnaar Australian Run |
| DERUYCK Joke | Jun | 100m crawl | 1.05.80 | 3^e | PB + Finale Australian Run |
| | | 100m rug | 1.25.00 | 6 ^e | |
| | | 100m vlinder | 1.32.30 | 5 ^e | PB |
| | | 100m school | 1.31.60 | 4 ^e | |
| | | Finale Australian Run (Open) | | 3^e | |
| BURMS Aaron | Sen | 100m crawl | 00.58.20 | 5 ^e | Finale Australian Run |
| | | 100m rug | 01.10.30 | 5 ^e | |
| | | 100m vlinder | 01.05.50 | 2^e | |
| | | 100m school | 1.16.10 | 2^e | |
| | | Finale Australian Run (Open) | | 6 ^e | |
| PROVOST Cyr | Sen | 100m crawl | 00.54.90 | 1^e | Leeftijdsrecord + Finale Australian Run |
| | | 100m vlinder | 01.01.30 | 1^e | Leeftijdsrecord |
| | | | | 1^e | Winnaar Australian Run |



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VZR Uitslagen 2009

Lange Afstandscriterium

13 september 2009 – Zwembad Aarschot

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| | | | | | |
|----------------------|------|--------------------|-----------------|----------------------|---|
| MATTELIN Marie-Aline | Kad | 200m crawl | 02.33.57 | 1^e | PB |
| HAINAUT Ines | Kad | 200m crawl | 02.46.92 | 3^e | PB |
| | | 200m school | 03.30.08 | 4^e | PB |
| VIVILLE Ellen | Kad | 1500m crawl | 19.54.22 | 1^e | VZR record |
| DERUYCK Joke | Jun | 200m crawl | 02.37.82 | 1^e | |
| VIVILLE Lynn | Sen | 1500m crawl | 20.42.39 | 1^e | VZR Leeftijdsrecord |
| | | 800m crawl | 10.59.38 | | VZR Leeftijdsrecord (tussentijd 1500m) |
| BURMS Aaron | Sen | 1500m crawl | 19.26.14 | 2^e | |
| | | 200m school | 02.49.76 | 1^e | |
| PROVOST Cyr | Sen | 200m crawl | 02.05.25 | 1^e | VZR Leeftijdsrecord |
| VZR Dames I | Open | 4x200m crawl | 10.03.74 | 1^e | VZR-Record |
| | | <i>Marie-Aline</i> | <i>02.33.80</i> | | |
| | | <i>Joke</i> | <i>02.35.88</i> | | |
| | | <i>Lynn</i> | <i>02.30.27</i> | | |
| | | <i>Ellen</i> | <i>02.23.95</i> | | |

Beker 30 jaar Vrije Zwemmers Drongen

27 september 2009 – Zwembad 't Strop

www.vzr.be – www.fros.be

| | | | | | |
|---------------------------|------|---------------|----------|----------------------|----|
| VIVILLE Yana | Dolf | 50m school | 01.07.42 | 14 ^e | PB |
| | | 50m crawl | 00.49.52 | 10 ^e | PB |
| BETHUNE Hendrik | Dolf | 50m crawl | 00.46.86 | 9 ^e | PB |
| | | 50m school | 01.01.16 | 14 ^e | PB |
| MEIRHAEGHE Jorinde | Benj | 100m school | 01.45.02 | 5 ^e | PB |
| | | 100m crawl | 01.31.75 | 6 ^e | PB |
| BAILLU Florent | Benj | 100m crawl | 01.29.93 | 6 ^e | PB |
| | | 100m school | 02.00.40 | 11 ^e | PB |
| VAN DEN DRIESSCHE Justine | Min | 100m school | 01.44.75 | 17 ^e | PB |
| | | 100m crawl | 01.25.31 | 9 ^e | PB |
| MATTELIN Marie-Aline | Kad | 100m school | 01.36.44 | 4 ^e | |
| | | 100m crawl | 01.10.11 | 2^e | |
| VIVILLE Ellen | Kad | 100m crawl | 01.04.67 | 1^e | |
| DERUYCK Joke | Jun | 100m school | 01.33.97 | 2^e | |
| | | 100m crawl | 01.09.13 | 2^e | |
| VIVILLE Lynn | Sen | 100m school | 01.31.76 | 2^e | |
| | | 100m crawl | 01.07.64 | 1^e | |
| BURMS Aaron | Sen | 100m crawl | 00.59.05 | 2^e | |
| | | 100m school | 01.15.26 | 2^e | PB |
| VZR Dames I | Open | 4x100m wissel | 05.10.70 | 1^e | |
| VZR Gemengd I | Open | 8x50m crawl | 04.29.08 | 5 ^e | |



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VZR Uitslagen 2009

12^e International Meeting Cyr Provost

11 oktober 2009 – Zwembad Ronse

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| | | | | | |
|-------------------------|--------|-------------|-----------------|-----------------|------------------------------|
| BETHUNE Elise | Eendje | 50m school | DNS | | |
| | | 50m crawl | DNS | | |
| | | 50m rug | DQ | | |
| VIVILLE Yana | Dolf | 50m school | 01.06.96 | 10 ^e | PB |
| | | 50m crawl | 00.51.03 | 10 ^e | |
| | | 50m rug | 00.57.87 | 8 ^e | |
| MATTELIN Elise | Dolf | 50m crawl | 00.59.57 | 12 ^e | PB |
| MEIRHAEGHE Jorinde | Benj | 50m school | 00.46.41 | 2 ^e | PB |
| | | 50m crawl | 00.38.89 | 2 ^e | PB |
| | | 100m wissel | 01.40.60 | 2 ^e | PB |
| | | 50m rug | 00.45.57 | 2 ^e | PB |
| DEVUYST Maya | Benj | 50m school | 00.51.24 | 3 ^e | PB |
| MATTELIN Valerie | Min | 50m crawl | 00.35.57 | 4 ^e | PB |
| VAN DEN DRIESSE Justine | Min | 50m school | 00.46.33 | 4 ^e | PB |
| | | 50m crawl | 00.36.36 | 6 ^e | PB |
| | | 50m vlinder | 00.45.10 | 3 ^e | PB |
| VIVILLE Ellen | Kad | 50m crawl | 00.29.42 | 1 ^e | Finale Australian Run |
| | | 200m wissel | 02.43.10 | 1 ^e | |
| | | 50m vlinder | 00.31.76 | 1 ^e | VZR Record |
| | | 50m rug | 00.35.54 | 1 ^e | |
| HAINAUT Ines | Kad | 50m school | 00.41.28 | 1 ^e | PB |
| | | 50m crawl | 00.33.76 | 3 ^e | PB |
| | | 50m vlinder | 00.40.54 | 4 ^e | PB |
| | | 50m rug | 00.43.87 | 4 ^e | PB |
| MATTELIN Marie-Aline | Kad | 50m school | 00.42.88 | 3 ^e | PB |
| | | 50m crawl | 00.31.03 | 2 ^e | Finale Australian Run |
| | | 200m wissel | 02.53.14 | 2 ^e | PB |
| | | 50m vlinder | 00.33.33 | 2 ^e | PB |
| | | 50m rug | 00.38.60 | 2 ^e | PB |
| DERUYCK Joke | Jun | 50m school | 00.41.02 | 2 ^e | PB |
| | | 50m crawl | 00.29.38 | 1 ^e | Finale Australian Run |
| MOREAU Julie | Jun | 50m school | 00.46.98 | 3 ^e | |
| | | 50m crawl | 00.36.90 | 4 ^e | |
| | | 50m rug | 00.45.38 | 4 ^e | |
| BAUWENS Chloé | Sen | 50m school | 00.40.39 | 1 ^e | |
| | | 50m crawl | 00.31.72 | 3 ^e | |
| | | 50m rug | 00.39.18 | 2 ^e | PB |
| VIVILLE Lynn | Sen | 50m crawl | 00.31.10 | 2 ^e | |
| | | 200m wissel | 02.49.58 | 2 ^e | Finale Australian Run |
| | | 50m vlinder | 00.34.89 | 2 ^e | PB |
| DE JAEGHER Stephanie | Master | 50m school | 00.43.23 | 1 ^e | |
| | | 50m crawl | 00.37.64 | 1 ^e | |
| | | 200m wissel | 03.23.68 | 1 ^e | |
| | | 50m vlinder | 00.39.73 | 1 ^e | |
| DE BLEEKER Muriel | Master | 50m school | 00.55.57 | 6 ^e | PB |
| | | 50m crawl | 00.39.26 | 3 ^e | PB |
| COTTON Sophie | Master | 50m crawl | 00.37.68 | 2 ^e | |



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| | | | | | |
|-----------------|--------|--------------|-----------------|----------------|---------------------------------|
| BETHUNE Hendrik | Dolf | 50m rug | 00.44.38 | 1 ^e | |
| | | 50m school | DNS | | |
| | | 50m crawl | DNS | | |
| BAILLU Florent | Benj | 50m rug | 01.07.09 | 2 ^e | PB |
| | | 50m school | 00.52.91 | 5 ^e | PB |
| | | 50m crawl | 00.39.26 | 5 ^e | PB |
| MENMADALA David | Jun | 50m rug | 00.48.56 | 5 ^e | PB |
| | | 50m school | 00.39.16 | 3 ^e | PB |
| | | 50m crawl | 00.30.62 | 3 ^e | PB |
| BURMS Aaron | Sen | 50m vlinder | 00.37.55 | 2 ^e | PB |
| | | 50m school | 00.34.85 | 1 ^e | PB |
| | | 50m crawl | 00.27.07 | 1 ^e | Finale Australian Run |
| | | 200m wissel | 02.24.08 | 1 ^e | PB |
| | | 50m vlinder | 00.29.53 | 2 ^e | PB |
| DEWILDE Laurent | Sen | 50m rug | 00.32.60 | 1 ^e | PB |
| | | 50m school | 00.42.50 | 4 ^e | PB |
| | | 50m crawl | 00.29.44 | 6 ^e | PB |
| | | 50m vlinder | 00.32.43 | 4 ^e | PB |
| | | 50m rug | 00.39.80 | 5 ^e | PB |
| D'HONDT Bert | Sen | 50m crawl | 00.27.75 | 3 ^e | Finale Australian Run |
| | | 50m vlinder | 00.33.82 | 6 ^e | PB |
| DOSSCHE Tom | Master | 50m vlinder | 00.58.48 | 3 ^e | PB |
| | | 50m crawl | 00.33.92 | 3 ^e | PB |
| VZR Dames 1 | Open | 4x50m wissel | 02.15.64 | 1 ^e | IMCP - VZR - FROS RECORD |
| VZR Dames 2 | Open | 4x50m wissel | DQ | | |
| VZR Dames 3 | Open | 4x50m wissel | 02.53.32 | 6 ^e | |
| VZR Dames 1 | Open | 4x50m crawl | 02.01.53 | 1 ^e | IMCP - VZR RECORD |
| VZR Dames 2 | Open | 4x50m crawl | 02.17.06 | 2 ^e | |
| VZR Dames 3 | Open | 4x50m crawl | 02.27.36 | 5 ^e | |
| VZR Heren 1 | Open | 4x50m crawl | 01.54.07 | 1 ^e | |
| VZR Heren 1 | Open | 4x50m wissel | 02.14.39 | 2 ^e | |

FROS Nationale Kampioenschappen

24-25 oktober 2009 – Zwembad Doornik

www.vzr.be – www.fros.be

| | | | | | |
|----------------------|------|--------------|-----------------|-----------------|-------------------|
| VIVILLE Ellen | Open | 50m vlinder | 00.32.10 | 1 ^e | |
| | | 200m vlinder | 02.42.33 | 1 ^e | VZR-Record |
| | | 50m crawl | 00.29.37 | 2 ^e | |
| | | 100m vlinder | 01.11.22 | 1 ^e | |
| | | 200m wissel | 02.42.85 | 1 ^e | |
| | | 100m crawl | 01.04.51 | 2 ^e | |
| HAINAUT Ines | Open | 100m rug | 01.33.47 | 17 ^e | PB |
| | | 50m crawl | 00.32.74 | 18 ^e | PB |
| | | 200m school | 03.23.23 | 11 ^e | PB |
| MATTELIN Marie-Aline | Open | 50m vlinder | 00.33.43 | 2 ^e | |
| | | 200m vlinder | 02.32.69 | 6 ^e | |
| | | 50m crawl | 00.31.00 | 8 ^e | |
| | | 100m vlinder | 01.15.04 | 2 ^e | |



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VZR Uitslagen 2009

| | | | | | |
|--------------|------|---------------|----------|-----------------|--|
| | | 50m rug | 00.38.31 | 13 ^e | |
| | | 100m crawl | 01.09.02 | 8 ^e | |
| DERUYCK Joke | Open | 200m crawl | 02.37.71 | 11 ^e | |
| | | 50m school | 00.40.96 | 7 ^e | |
| | | 50m rug | 00.37.79 | 9 ^e | |
| | | 50m crawl | 00.29.37 | 3 ^e | |
| | | 100m crawl | 01.08.37 | 6 ^e | |
| VIVILLE Lynn | Open | 50m vlinder | 00.34.97 | 7 ^e | |
| | | 200m crawl | 02.27.04 | 3 ^e | |
| | | 50m crawl | 00.31.34 | 11 ^e | |
| | | 400m crawl | 05.13.76 | 2 ^e | |
| | | 100m vlinder | 01.19.53 | 4 ^e | |
| | | 100m crawl | 01.07.06 | 4 ^e | |
| VZR Dames 1 | Open | 4x50m crawl | 02.02.53 | 1 ^e | |
| VZR Dames 1 | Open | 4x100m wissel | DQ | DQ | |
| VZR Dames 1 | Open | 4x100m crawl | 04.35.98 | 1 ^e | |
| VZR Dames 1 | Open | 4x50m wissel | 02.18.57 | 1 ^e | |

Oost-Vlaamse FROS Kampioenschappen

15 november 2009 – Zwembad Ronse

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| | | | | | |
|---------------------------|------|--------------|----------|----------------|----|
| BETHUNE Elise | Eend | 50m rug | 01.04.86 | 3 ^e | PB |
| | | 50m school | 00.58.76 | 1 ^e | PB |
| MATTELIN Elise | Dolf | 50m crawl | 00.57.59 | 3 ^e | PB |
| | | 50m school | 01.02.86 | 2 ^e | PB |
| VIVILLE Yana | Dolf | 50m crawl | 00.49.48 | 2 ^e | PB |
| | | 50m rug | 00.58.76 | 2 ^e | |
| | | 50m school | 01.06.20 | 3 ^e | PB |
| MEIRHAEGHE Jorinde | Benj | 100m crawl | 01.30.64 | 2 ^e | PB |
| | | 100m rug | 01.43.42 | 2 ^e | PB |
| | | 100m wissel | DQ | DQ | |
| | | 100m school | 01.46.86 | 2 ^e | |
| LAMMENS Helena | Benj | 100m crawl | 01.42.42 | 4 ^e | PB |
| | | 100m rug | 01.49.51 | 3 ^e | PB |
| | | 100m wissel | 01.55.80 | 3 ^e | PB |
| | | 100m school | 01.52.72 | 5 ^e | PB |
| DEVUYST Maya | Benj | 100m school | 01.52.14 | 4 ^e | PB |
| VAN DEN DRIESSCHE Justine | Min | 100m vlinder | DQ | DQ | |
| | | 100m crawl | 01.29.50 | 4 ^e | |
| | | 100m wissel | DQ | DQ | |
| | | 100m school | 01.42.23 | 2 ^e | PB |
| HAINAUT Ines | Kad | 100m crawl | 01.13.12 | 2 ^e | PB |
| | | 100m rug | 01.32.10 | 2 ^e | PB |
| | | 200m wissel | 03.12.20 | 2 ^e | |
| | | 100m school | 01.31.15 | 1 ^e | PB |
| MATTELIN Marie-Aline | Kad | 100m vlinder | 01.15.39 | 1 ^e | PB |
| | | 100m crawl | 01.09.51 | 1 ^e | PB |
| | | 100m rug | 01.20.89 | 1 ^e | PB |
| | | 200m wissel | 02.53.33 | 1 ^e | |
| DERUYCK Joke | Jun | 100m crawl | 01.06.98 | 1 ^e | |



Vrije Zwemmers Ronse vzw – 34 jaar ervaring in de zwemsport

www.vzr.be - info@vzr.be

Aangesloten bij FROS Amateursportfederatie en gouden evaluatie door BLOSO
Sportieve samenwerking met MEGA Swimming Team



VZR Uitslagen 2009

| | | | | | |
|-------------------|--------|---------------|-----------------|----------------|----------------------------|
| | | 100m rug | 01.26.80 | 1 ^e | |
| | | 100m school | 01.29.16 | 1 ^e | PB |
| VIVILLE Lynn | Sen | 100m vlinder | 01.16.95 | 1 ^e | |
| | | 100m crawl | 01.07.10 | 1 ^e | |
| | | 200m wissel | 02.47.76 | 1 ^e | |
| DE BLEEKER Muriel | Master | 50m crawl | 00.38.03 | 1 ^e | VZR-Leeftijdsrecord |
| | | 50m school | 00.55.45 | 1 ^e | |
| COTTON Sophie | Master | 50m crawl | 00.36.10 | 1 ^e | |
| | | 50m school | 00.47.98 | 1 ^e | |
| BETHUNE Hendrik | Dolf | 50m crawl | 00.53.45 | 7 ^e | |
| | | 50m rug | DQ | DQ | |
| | | 50m school | 01.02.16 | 8 ^e | |
| BAILLU Florent | Benj | 100m crawl | 01.27.39 | 5 ^e | PB |
| | | 100m rug | 01.58.70 | 4 ^e | PB |
| | | 100m wissel | 01.46.45 | 4 ^e | PB |
| | | 100m rug | 02.05.96 | 7 ^e | |
| BURMS Aaron | Sen | 100m vlinder | 01.04.26 | 2 ^e | PB |
| | | 100m crawl | 01.00.45 | 2 ^e | PB |
| | | 200m wissel | 02.26.23 | 1 ^e | |
| | | 100m school | 01.19.89 | 1 ^e | |
| DEWILDE Laurent | Sen | 100m crawl | 01.06.00 | 3 ^e | PB |
| PROVOST Cyr | Sen | 100m vlinder | 01.03.02 | 1 ^e | |
| | | 100m crawl | 00.57.02 | 1 ^e | |
| DOSSCHE Tom | Master | 50m crawl | 00.33.80 | 1 ^e | |
| | | 50m school | 00.47.95 | 1 ^e | |
| VZR Dames 1 | Open | 4x100m wissel | 05.27.02 | 1 ^e | |
| VZR Heren 1 | Open | 4x100m wissel | 05.19.36 | 3 ^e | |

Beker van Vlaanderen – G. De Muyck

29 november 2009 – 't Strop, Gent

www.vzr.be – www.fros.be

| | | | | | |
|---------------------------|--------|-------------|-----------------|-----------------|----|
| BETHUNE Elise | Eend | 50m school | 00.55.36 | 2 ^e | PB |
| | | 50m crawl | DQ | DQ | |
| VIVILLE Yana | Dolf | 50m school | 01.04.35 | 16 ^e | PB |
| | | 50m crawl | 00.52.16 | 14 ^e | |
| MEIRHAEGHE Jorinde | Benj | 100m wissel | 01.43.14 | 10 ^e | |
| | | 100m school | 01.46.39 | 7 ^e | |
| | | 100m crawl | 01.32.94 | 8 ^e | PB |
| VAN DEN DRIESSCHE Justine | Min | 100m wissel | 01.36.86 | 9 ^e | PB |
| | | 100m school | 01.42.59 | 8 ^e | PB |
| | | 100m crawl | 01.28.45 | 11 ^e | |
| VIVILLE Lynn | Sen | 200m wissel | 02.47.82 | 1 ^e | |
| | | 100m crawl | 01.07.98 | 1 ^e | |
| DE BLEEKER Muriel | Master | 50m school | 00.54.39 | 1 ^e | PB |
| | | 50m crawl | 00.39.11 | 1 ^e | PB |
| BETHUNE Hendrik | Dolf | 50m school | 01.00.65 | 10 ^e | PB |
| | | 50m crawl | DQ | DQ | |
| BAILLU Florent | Benj | 100m wissel | 01.43.10 | 8 ^e | PB |
| | | 100m school | 01.58.52 | 12 ^e | PB |
| | | 100m crawl | 01.30.26 | 9 ^e | |



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VZR Uitslagen 2009

| | | | | | |
|-------------|------|---------------|----------|----------------|----|
| BURMS Aaron | Sen | 200m wissel | 02.24.39 | 2 ^e | PB |
| | | 100m school | 01.15.62 | 1 ^e | |
| PROVOST Cyr | Sen | 200m wissel | 02.28.80 | 3 ^e | |
| | | 100m crawl | 00.55.77 | 1 ^e | |
| VZR Dames 1 | Open | 4x100m wissel | 06.17.08 | 4 ^e | |

