



DECOCK Nand

MZK/11xxx/14

Wed 17 400m vrije slag 07:08.78 5e

50m	00:47.26	47.26	100m	01:40.77	53.51
150m	02:34.72	53.95	200m	03:30.02	55.3
250m	04:25.19	55.17	300m	05:20.04	54.85
350m	06:15.06	55.02	400m	07:08.78	53.72

POOT Ruben

MZK/11152/14

Wed 17 400m vrije slag 07:31.71 6e

50m	00:47.29	47.29	100m	01:42.51	55.22
150m	02:40.68	58.17	200m	03:41.63	60.95
250m	04:40.32	58.69	300m	05:38.75	58.43
350m	06:37.65	58.9	400m	07:31.71	54.06