

# 41ste OPEN VLAAMSE KAMPIOENSCHAPPEN

## STARTTABEL

### Starting shedule - Startliste - Ordre des épreuves

Zaterdag: JEUGDSPELEN VOOR PUPILLEN (van 8 tot 10 jaar)

11:00 uur: MK1 behendigheidsomloop  
 14:00 uur: 500 m lopen  
 15:40 uur: MK1 1000 m  
 18:00 uur: prijsuitreiking

Saturday: YOUTH GAMES FOR PUPILLEN (from 8 to 10 years old)

11:00: MK1 skill circuit  
 14:00: run 500 m  
 15:40: MK1 1.000 m  
 18:00: Awards ceremony

Samstag: SCHÜLERSPIELE (von 8 bis 10 Jahre)

11:00 Uhr: MK1 Parcours  
 14:00 Uhr: Laufen 500 m  
 15:40 Uhr: MK1 1.000 m  
 18:00 Uhr: Preisverleihung

Samedi: JEUX DE LA JEUNESSE POUR PUPILLEN (de 8 à 10 ans)

11:00 h.: MK1 cours d' agilité  
 14:00 h.: courir 500 m  
 15:40 h.:MK1 1.000 m  
 18:00 h.: remise des prix

#### MK1

Minimum breedte: 46 cm, minimum gewicht: 10 kg

Minimum width: 46 cm, minimum weight: 10 kg

Minimum Breite: 46 cm, Minimum Gewicht: 10 kg

Largeur minimal: 46 cm, poids minimal: 10 kg

#### K1 classic

Minimum breedte: 50 cm, minimum gewicht: 12 kg

Minimum width: 50 cm, minimum weight: 12 kg

Minimum Breite: 50 cm, Minimum Gewicht: 12 kg

Largeur minimal: 50 cm, poids minimal: 12 kg

DAMES

women

Damen

dames

\* = APART KLASSEMENT

\* = separate classification

\* = getrennte Wertung

\* = classement séparé

HEREN

men

Herren

hommes

ZATERDAG 24 AUGUSTUS 2024: 200m en LANGEBAAN

Saturday 24th of August 2024: 200m and long distance

Samstag, den 24. August 2024: 200m und Langstrecke

Samedi 24 août 2024: 200m et courses de fond

|    |       |     |                                                                                |          |
|----|-------|-----|--------------------------------------------------------------------------------|----------|
| 1  | 14:00 | K1  | dames miniemen (women 11-12)                                                   | 200 m    |
| 2  | 14:04 | K1  | dames kadetten (women 13-14)                                                   | 200 m    |
| 3  | 14:08 | K2  | dames aspiranten (women 15-16)                                                 | 200 m    |
| 4  | 14:12 | K2  | dames junioren(women 17-18)                                                    | 200 m    |
| 5  | 14:16 | K1  | dames senioren (women 19-34)                                                   | 200 m    |
| 6  | 14:20 | K1  | dames veteranen (w35+)                                                         | 200 m    |
| 7  | 14:24 | K1  | dames classic(w15+;boat width 50cm+)                                           | 200 m    |
| 8  | 14:28 | K1  | heren miniemen (men 11-12)                                                     | 200 m    |
| 9  | 14:32 | K1  | heren kadetten (men 13-14)                                                     | 200 m    |
| 10 | 14:36 | K2  | heren aspiranten (men 15-16)                                                   | 200 m    |
| 11 | 14:40 | K2  | heren junioren (men 17-18)                                                     | 200 m    |
| 12 | 14:44 | K1  | heren senioren (men 19-34)                                                     | 200 m    |
| 13 | 14:48 | K2  | heren veteranen (men 35+)                                                      | 200 m    |
| 14 | 14:52 | K1  | heren classic (men 15+;boat width 50cm+)                                       | 200 m    |
| 15 | 14:56 | K2  | dames miniemen (women 11-12)                                                   | 200 m    |
| 16 | 15:00 | K2  | dames kadetten (women 13-14)                                                   | 200 m    |
| 17 | 15:03 | K1  | dames aspiranten (women 15-16)                                                 | 200 m    |
| 18 | 15:06 | K1  | dames junioren (women 17-18)                                                   | 200 m    |
| 19 | 15:09 | K2  | dames senioren (w19-34)                                                        | 200 m    |
| 20 | 15:12 | K2  | dames veteranen (w35+)                                                         | 200 m    |
| 21 | 15:15 | K2  | heren miniemen (men 11-12)                                                     | 200 m    |
| 22 | 15:18 | K2  | heren kadetten (men 13-14)                                                     | 200 m    |
| 23 | 15:21 | K1  | heren aspiranten (men 15-16)                                                   | 200 m    |
| 24 | 15:24 | K1  | heren junioren (men 17-18)                                                     | 200 m    |
| 25 | 15:27 | K2  | heren senioren (men 19-34)                                                     | 200 m    |
| 26 | 15:30 | K1  | heren veteranen (men 35+)                                                      | 200 m    |
| 27 | 15:40 | MK1 | mix pupillen (8-10)                                                            | 1000 m * |
| 28 | 16:00 | K1  | dames kadetten (women 13-14)                                                   | 2000 m   |
| 29 | 16:03 | K1  | dames miniemen (women 11-12)                                                   | 2000 m   |
| 30 | 16:25 | K1  | heren kadetten (men 13-14)                                                     | 2000 m   |
| 31 | 16:28 | K1  | heren miniemen (men 11-12)                                                     | 2000 m   |
| 32 | 17:22 | K1  | dames senioren (w19-34)/veteranen (w35+)/classic (w15+;boat width 50cm+)       | 5000 m * |
| 33 | 17:24 | K1  | dames junioren (women 17-18)                                                   | 5000 m   |
| 34 | 17:26 | K1  | dames aspiranten (women 15-16)                                                 | 5000 m   |
| 35 | 18:10 | K1  | heren junioren (men 17-18)                                                     | 5000 m   |
| 36 | 18:13 | K1  | heren aspiranten (men 15-16)                                                   | 5000 m   |
| 37 | 19:00 | K1  | heren veteranen I - II - III - IV (men 35+)/classic (men 15+;boat width 50cm+) | 5000 m * |
| 38 | 19:14 | K1  | heren senioren (men 19-34)                                                     | 5000 m   |

ZONDAG 25 AUGUSTUS 2024: FINALES 500/1000m

Sunday 25th of August 2024: Finals 500/1000m

Sonntag, den 25. August 2024: Endlaufe 500/1000m

Dimanche 25 août 2024: Finales 500/1000m

|    |       |     |                                                               |          |
|----|-------|-----|---------------------------------------------------------------|----------|
| 39 | 13:30 | MK1 | mix pupillen (8-10)                                           | 100 m *  |
| 40 | 13:36 | K4  | dames kadetten (w13-14)/miniemen (w11-12)                     | 500 m *  |
| 41 | 13:42 | K2  | dames aspiranten (women 15-16)                                | 500 m    |
| 42 | 13:48 | K2  | dames junioren (women 17-18)                                  | 500 m    |
| 43 | 13:54 | K1  | dames senioren (women 19-34)                                  | 500 m    |
| 44 | 14:00 | K1  | dames veteranen I - II - III - IV (w35+)                      | 500 m *  |
| 45 | 14:06 | K1  | dames classic (w15+;boat width 50cm+)                         | 500 m    |
| 46 | 14:12 | K1  | heren miniemen (men 11-12)                                    | 500 m    |
| 47 | 14:18 | K1  | heren kadetten (men 13-14)                                    | 500 m    |
| 48 | 14:24 | K4  | heren junioren (m17-18)/aspiranten (m15/16)                   | 500 m *  |
| 49 | 14:30 | K1  | heren senioren (men 19-34)                                    | 1000 m   |
| 50 | 14:36 | K2  | heren veteranen (men 35+)                                     | 500 m    |
| 51 | 14:42 | K2  | dames miniemen (women 11-12)                                  | 500 m    |
| 52 | 14:48 | K2  | dames kadetten (women 13-14)                                  | 500 m    |
| 53 | 14:54 | K4  | dames senioren (w19-34)/junioren (w17-18)/aspiranten (w15-16) | 500 m *  |
| 54 | 15:00 | MK2 | mix pupillen (8-10)                                           | 100 m    |
| 55 | 15:06 | K2  | heren miniemen (men 11-12)                                    | 500 m    |
| 56 | 15:12 | K2  | heren kadetten (men 13-14)                                    | 500 m    |
| 57 | 15:18 | K1  | heren aspiranten (men 15-16)                                  | 1000 m   |
| 58 | 15:24 | K1  | heren junioren (men 17-18)                                    | 1000 m   |
| 59 | 15:30 | K1  | heren veteranen I - II - III - IV (men 35+)                   | 1000 m * |
| 60 | 15:36 | K1  | heren classic (men 15+;boat width 50cm+)                      | 1000 m   |
| 61 | 15:42 | K2  | heren senioren (men 19-34)                                    | 500 m    |
| 62 | 15:48 | K1  | dames miniemen (women 11-12)                                  | 500 m    |
| 63 | 15:54 | K1  | dames kadetten (women 13-14)                                  | 500 m    |
| 64 | 16:00 | K1  | dames aspiranten (women 15-16)                                | 500 m    |
| 65 | 16:06 | K1  | dames junioren (women 17-18)                                  | 500 m    |
| 66 | 16:12 | K2  | dames senioren (women 19-34)                                  | 500 m    |
| 67 | 16:18 | K2  | dames veteranen (women 35+)                                   | 500 m    |
| 68 | 16:24 | MK4 | mix pupillen (8-10)                                           | 100 m    |
| 69 | 16:30 | K4  | heren kadetten (m13-14)/miniemen(m11-12)                      | 500 m *  |
| 70 | 16:36 | K2  | heren aspiranten (men 15-16)                                  | 500 m    |
| 71 | 16:42 | K2  | heren junioren (man 17-18)                                    | 500 m    |
| 72 | 16:48 | K4  | heren senioren (m19-34)/veteranen (m35+)                      | 500 m *  |