



15/01/2011

Flanders Open (VZF)

GOLD Swimming Team
Live slow, swim fast!

www.speedoweb.be

BEELPREZ JONAS GG **GOLD /022/93**

Wed. 01 100 m vrije slag 00:55.38 -0.01 8e 11 Rp

50m	00:26.62	26.62	100m	00:55.38	28.76
-----	----------	-------	------	----------	-------

Wed. 11 400 m vrije slag 04:15.34 1.61 5e 12 Rp

50m	00:28.50	28.5	100m	01:00.52	32.02
200m	02:05.85	32.67	300m	03:10.88	32.52
400m	04:15.34	32.23			

Wed. 36 200 m vrije slag 02:01.97 1.86 8e 10 Rp

50m	00:27.34	27.34	100m	00:57.95	30.61
200m	02:01.97	32.01			

Wed. 48 200 m rugslag 02:15.81 0.83 4e 10 Rp

50m	00:31.86	31.86	100m	01:06.39	34.53
200m	02:15.81	34.71			

Wed. 52 finale 200 m vrije slag 02:01.20 -0.8 15e 11 Rp

50m	00:27.80	27.8	100m	00:58.52	30.72
200m	02:01.20	31.34			

COREELMAN JONAS GG **GOLD /003/91**

Wed. 03 50 m schoolslag 00:30.07 0.18 5e 13 Rp

Wed. 13 200 m schoolslag 02:19.29 2.19 3e 15 Rp

50m	00:31.09	31.09	100m	01:06.39	35.30
200m	02:19.29	36.45			

Wed. 29 finale 200 m schoolslag 02:16.70 -2.6 2e 17 Rp

50m	00:30.42	30.42	100m	01:05.16	34.74
200m	02:16.70	35.77			

Wed. 38 100 m schoolslag 01:05.90 1.45 6e 13 Rp

50m	00:30.87	30.87	100m	01:05.90	35.03
-----	----------	-------	------	----------	-------

Wed. 54 finale 100 m schoolslag 01:04.90 -1 5e 14 Rp

50m	00:30.45	30.45	100m	01:04.90	34.45
-----	----------	-------	------	----------	-------

DE SAEDELEER JODIE GM **GOLD /023/92**

Wed. 06 100 m vlinderslag 01:03.95 1.04 6e 13 Rp

50m	00:29.70	29.7	100m	01:03.95	34.25
-----	----------	------	------	----------	-------

Wed. 22 finale 100 m vlinderslag 01:03.87 -0.08 6e 13 Rp

50m	00:29.52	29.52	100m	01:03.87	34.35
-----	----------	-------	------	----------	-------

Wed. 35 100 m vrije slag 01:02.24 1.65 27e 8 Rp

50m	00:29.77	29.77	100m	01:02.24	32.47
-----	----------	-------	------	----------	-------

Wed. 43 50 m vlinderslag 00:29.00 0.19 5e 13 Rp

Wed. 59 finale 50 m vlinderslag 00:29.26 0.26 8e 12 Rp

DECONINCK LAURA GG **GOLD /005/93**

Wed. 10 200 m wisselslag 02:24.29 3.07 2e 13 Rp

50m	00:30.62	30.62	100m	01:07.64	37.02
200m	02:24.29	38.33			

Wed. 14 200 m rugslag 02:26.12 0.68 4e 12 Rp

50m	00:35.03	35.03	100m	01:12.07	37.04
200m	02:26.12	37.03			

Wed. 26 finale 200 m wisselslag 02:24.08 -0.2 4e 14 Rp

50m	00:30.44	30.44	100m	01:07.04	36.60
200m	02:24.08	38.52			

Wed. 39 400 m wisselslag 05:10.25 11.8 4e 13 Rp

50m	00:32.09	32.09	100m	01:08.76	36.67
200m	02:27.98	39.61	300m	03:58.48	45.25
400m	05:10.25	35.89			

DERYCKE JENS GU **GOLD /017/93**

Wed. 01 100 m vrije slag 00:55.43 -0.6 9e 11 Rp

50m	00:26.25	26.25	100m	00:55.43	29.18
-----	----------	-------	------	----------	-------

Wed. 07 50 m vlinderslag 00:27.26 -0.4 3e 10 Rp

Wed. 44 50 m vrije slag 00:25.07 -0.3 5e 12 Rp

Wed. 60 finale 50 m vrije slag 00:24.85 -0.2 10e 13 Rp

DEWULF GILLIAN GG **GOLD /036/96**

Wed. 05 400 m wisselslag 04:57.97 -14 2e 12 Rp

50m	00:30.66	30.66	100m	01:05.31	34.65
200m	02:22.35	38.52	300m	03:48.56	43.11
400m	04:57.97	34.71			

Wed. 15 100 m vlinderslag 01:03.54 -3.3 3e 11 Rp

50m	00:29.68	29.68	100m	01:03.54	33.86
-----	----------	-------	------	----------	-------

Wed. 21 finale 400 m wisselslag 04:57.24 -0.7 7e 13 Rp

50m	00:31.71	31.71	100m	01:06.66	34.95
200m	02:21.77	37.56	300m	03:48.08	43.16
400m	04:57.24	34.58			

Wed. 50 1500 m vrije slag 17:14.28 -51 2e 14 Rp

50m	00:29.39	29.39	100m	01:02.77	33.38
200m	02:12.55	34.89	300m	03:22.76	35.11
400m	04:32.42	34.83	500m	05:42.65	35.12
600m	06:52.68	35.02	700m	08:02.58	34.95
800m	09:12.32	34.87	900m	10:22.23	34.96
1000m	11:32.20	34.99	1100m	12:41.94	34.87
1200m	13:51.29	34.68	1300m	15:00.68	34.70
1400m	16:09.39	34.36	1500m	17:14.28	32.45

Wed. 66 finale 1500 m vrije slag 17:14.28 4e 14 Rp

100m	01:02.77	62.77	200m	02:12.49	69.72
400m	04:32.42	69.97	800m	09:12.32	69.98
1500m	17:14.28	68.85			



15/01/2011

Flanders Open (VZF)

GOLD Swimming Team
Live slow, swim fast!

www.speedoweb.be

GOLD DAMES AFL GG **GOLD /910/85**

Wed. 34 4 x 100 m vrije slag 04:04.20 2.08 4e

VANNESTE JONI / DE SAEDELEER JODI / LOUWAGIE HANNELORE / SCHOUTTETENS RUTH

50m	00:29.64	29.64	100m	01:01.39	31.75
200m	02:02.99	30.80	300m	03:04.18	30.60
400m	04:04.20	30.01			

Wed. 67 4 x 100 m wisselslag 04:28.81 4.17 e

SCHOUTTETENS RUTH / DECONINCK LAURA / DE SAEDELEER JODIE / VANNESTE JONI

50m	00:32.87	32.87	100m	01:08.77	35.90
200m	02:25.93	38.58	300m	03:29.59	31.83
400m	04:28.81	29.61			

GOLD HEREN AFL GG **GOLD /909/85**

Wed. 33 4 x 100 m wisselslag 03:54.83 0.51 2e

VANLUCHENE EMMANUEL / COREELMAN JONAS / ROBBE MICHAEL / DELPREZ JONAS

50m	00:28.48	28.48	100m	00:58.69	30.21
200m	02:03.32	32.32	300m	03:00.13	28.41
400m	03:54.83	27.35			

Wed. 68 4 x 100 m vrije slag 03:34.24 0.11 e

VANLUCHENE EMANUEL / DERIJCKE JENS / BEELPREZ JONAS / ROBBE MICHAEL

50m	00:24.90	24.9	100m	00:51.34	26.44
200m	01:45.88	27.27	300m	02:41.54	27.83
400m	03:34.24	26.35			

HALSBERGHE GAËLLE GM **GOLD /025/94**

Wed. 02 200 m vrije slag 02:13.40 -3.1 12e 11 Rp

50m	00:30.80	30.8	100m	01:04.88	34.08
200m	02:13.40	34.26			

Wed. 10 200 m wisselslag 02:33.16 0.67 13e 10 Rp

50m	00:33.39	33.39	100m	01:13.89	40.50
200m	02:33.16	39.64			

Wed. 35 100 m vrije slag 01:01.35 -0.9 8e 11 Rp

50m	00:29.54	29.54	100m	01:01.35	31.81
-----	----------	-------	------	----------	-------

Wed. 45 400 m vrije slag 04:40.29 -4.4 9e 11 Rp

50m	00:31.52	31.52	100m	01:07.04	35.52
200m	02:18.57	35.77	300m	03:30.89	36.16
400m	04:40.29	34.70			

LOUWAGIE HANNELORE GK **GOLD /043/95**

Wed. 02 200 m vrije slag 02:14.73 -2.2 8e 11 Rp

50m	00:31.24	31.24	100m	01:05.74	34.50
200m	02:14.73	34.50			

Wed. 08 50 m rugslag 00:34.09 0.54 12e 8 Rp

Wed. 12 50 m vrije slag 00:28.90 0.46 8e 11 Rp

Wed. 35 100 m vrije slag 01:01.51 -0.04 4e 12 Rp

50m	00:30.07	30.07	100m	01:01.51	31.44
-----	----------	-------	------	----------	-------

Wed. 41 100 m rugslag 01:11.31 -0.5 10e 10 Rp

50m	00:34.87	34.87	100m	01:11.31	36.44
-----	----------	-------	------	----------	-------

LUST LOTTE GG **GOLD /034/96**

Wed. 02 200 m vrije slag 02:17.05 4.28 11e 10 Rp

50m	00:31.60	31.6	100m	01:06.42	34.82
200m	02:17.05	35.32			

Wed. 14 200 m rugslag FF

Wed. 35 100 m vrije slag 01:03.19 1.45 12e 10 Rp

50m	00:30.17	30.17	100m	01:03.19	33.02
-----	----------	-------	------	----------	-------

Wed. 41 100 m rugslag 01:12.85 2.77 12e 9 Rp

50m	00:35.23	35.23	100m	01:12.85	37.62
-----	----------	-------	------	----------	-------

Wed. 43 50 m vlinderslag 00:30.83 0.14 6e 11 Rp

NAESSENS NORA GU **GOLD /020/94**

Wed. 45 400 m vrije slag 04:43.28 4.47 12e 10 Rp

50m	00:31.73	31.73	100m	01:06.35	34.62
200m	02:17.77	35.71	300m	03:30.52	36.38
400m	04:43.28	36.38			

NIJS JEFFREY GU **GOLD /127/96**

Wed. 01 100 m vrije slag 00:59.38 -4.2 17e 10 Rp

50m	00:27.94	27.94	100m	00:59.38	31.44
-----	----------	-------	------	----------	-------

Wed. 09 100 m rugslag 01:06.28 -2 7e 10 Rp

50m	00:32.35	32.35	100m	01:06.28	33.93
-----	----------	-------	------	----------	-------

Wed. 42 50 m rugslag 00:31.34 -0.9 9e 9 Rp

Wed. 48 200 m rugslag 02:23.89 -3.6 7e 10 Rp

50m	00:32.67	32.67	100m	01:09.67	37.00
200m	02:23.89	37.11			

ROBBE MICHAEL GG **GOLD /008/85**

Wed. 09 100 m rugslag 01:00.68 0.28 8e 10 Rp

50m	00:29.41	29.41	100m	01:00.68	31.27
-----	----------	-------	------	----------	-------

Wed. 15 100 m vlinderslag 00:56.80 -0.8 7e 13 Rp

50m	00:26.18	26.18	100m	00:56.80	30.62
-----	----------	-------	------	----------	-------

Wed. 31 finale 100 m vlinderslag 00:56.74 -0.06 7e 13 Rp

50m	00:25.96	25.96	100m	00:56.74	30.78
-----	----------	-------	------	----------	-------

Wed. 42 50 m rugslag 00:27.86 -0.08 7e 11 Rp

Wed. 46 200 m wisselslag 02:09.54 -0.05 4e 13 Rp

50m	00:26.72	26.72	100m	01:00.11	33.39
200m	02:09.54	34.72			

Wed. 58 finale 50 m rugslag 00:27.94 0.08 8e 11 Rp

Wed. 62 finale 200 m wisselslag 02:11.15 1.61 6e 12 Rp

50m	00:27.10	27.1	100m	01:00.98	33.88
200m	02:11.15	35.09			



15/01/2011
Flanders Open (VZF)

GOLD Swimming Team
Live slow, swim fast!



www.speedoweb.be

SAMYN COWDY		GM	GOLD /024/94	
Wed. 07	50 m vlinderslag	00:27.49	0.55	4e 11 Rp
Wed. 15	100 m vlinderslag	01:00.61	0.1	5e 11 Rp
	50m	00:28.07	28.07	100m 01:00.61 32.54
Wed. 40	200 m vlinderslag	02:23.84	3.09	3e 6 Rp
	50m	00:31.51	31.51	100m 01:08.00 36.49
	200m	02:23.84	37.92	

SCHOUTTETENS RUTH		GU	GOLD /009/93	
Wed. 10	200 m wisselslag	02:26.44	0.8	6e 12 Rp
	50m	00:30.21	30.21	100m 01:07.95 37.74
	200m	02:26.44	39.25	
Wed. 12	50 m vrije slag	00:28.36	0.65	5e 10 Rp
Wed. 26	finale 200 m wisselslag	02:27.30	0.86	11e 12 Rp
	50m	00:30.41	30.41	100m 01:07.86 37.45
	200m	02:27.30	39.72	
Wed. 28	finale 50 m vrije slag	00:27.68	-0.7	12e 12 Rp
Wed. 35	100 m vrije slag	01:02.03	1.68	10e 10 Rp
	50m	00:29.49	29.49	100m 01:02.03 32.54
Wed. 37	50 m schoolslag	00:35.11	0.46	4e 12 Rp
Wed. 53	finale 50 m schoolslag	00:34.40	-0.7	5e 14 Rp

SERVAEGE DANTE		GU	GOLD /010/95	
Wed. 01	100 m vrije slag	00:58.64	-0.2	14e 9 Rp
	50m	00:27.46	27.46	100m 00:58.64 31.18
Wed. 07	50 m vlinderslag	00:28.66	-0.05	4e 9 Rp
Wed. 15	100 m vlinderslag	01:04.37	0.33	5e 8 Rp
	50m	00:29.41	29.41	100m 01:04.37 34.96
Wed. 38	100 m schoolslag	01:12.87	2.7	6e 10 Rp
	50m	00:33.88	33.88	100m 01:12.87 38.99
Wed. 44	50 m vrije slag	00:26.89	-0.2	6e 9 Rp

SINNAEVE KEANU		GK	GOLD /031/96	
Wed. 03	50 m schoolslag	00:34.20	-0.7	12e 10 Rp
Wed. 13	200 m schoolslag	02:41.29	-0.5	6e 10 Rp
	50m	00:36.06	36.06	100m 01:17.61 41.55
	200m	02:41.29	41.84	
Wed. 29	finale 200 m schoolslag	02:38.99	-2.3	13e 11 Rp
	50m	00:35.34	35.34	100m 01:16.12 40.78
	200m	02:38.99	41.44	
Wed. 38	100 m schoolslag	01:16.03	1.59	12e 8 Rp
	50m	00:34.95	34.95	100m 01:16.03 41.08
Wed. 46	200 m wisselslag	02:30.75	-0.7	13e 7 Rp
	50m	00:32.82	32.82	100m 01:14.68 41.86
	200m	02:30.75	38.04	

VANEYGHEN MIET		GU	GOLD /041/93	
Wed. 45	400 m vrije slag	04:48.61	9.72	14e 8 Rp
	50m	00:32.83	32.83	100m 01:08.85 36.02
	200m	02:23.37	37.26	300m 03:36.80 36.72
	400m	04:48.61	35.91	

VANLUCHENE EMMANUEL		GG	GOLD /011/92	
Wed. 01	100 m vrije slag	00:50.99	0.02	3e 15 Rp
	50m	00:24.25	24.25	100m 00:50.99 26.74
Wed. 09	100 m rugslag	00:56.77	-0.07	1e 15 Rp
	50m	00:27.45	27.45	100m 00:56.77 29.32
Wed. 25	finale 100 m rugslag	00:56.06	-0.7	1e 15 Rp
	50m	00:27.10	27.1	100m 00:56.06 28.96
Wed. 42	50 m rugslag	00:26.41	0.09	1e 15 Rp
Wed. 46	200 m wisselslag	02:10.20	3.37	6e 13 Rp
	50m	00:26.76	26.76	100m 00:59.94 33.18
	200m	02:10.20	35.13	
Wed. 58	finale 50 m rugslag	00:26.26	-0.2	1e 15 Rp
Wed. 62	finale 200 m wisselslag	02:07.83	-2.4	3e 14 Rp
	50m	00:26.82	26.82	100m 00:59.88 33.06
	200m	02:07.83	33.98	

VANNESTE JONI		GG	GOLD /028/93	
Wed. 02	200 m vrije slag	02:10.12	0.54	6e 12 Rp
	50m	00:30.26	30.26	100m 01:02.52 32.26
	200m	02:10.12	33.80	
Wed. 12	50 m vrije slag	00:28.37	0.35	6e 10 Rp
Wed. 14	200 m rugslag	02:27.93	3.74	5e 11 Rp
	50m	00:35.35	35.35	100m 01:12.15 36.80
	200m	02:27.93	37.89	
Wed. 28	finale 50 m vrije slag	00:28.10	-0.3	16e 11 Rp
Wed. 35	100 m vrije slag	01:00.05	0.39	4e 13 Rp
	50m	00:29.05	29.05	100m 01:00.05 31.00
Wed. 41	100 m rugslag	01:09.56	0.34	5e 10 Rp
	50m	00:34.36	34.36	100m 01:09.56 35.20

VER ECKE EMILY		GU	GOLD /012/95	
Wed. 02	200 m vrije slag			AT
Wed. 14	200 m rugslag			AT
Wed. 35	100 m vrije slag			AT
Wed. 41	100 m rugslag			AT