



11/03/2011

## Amsterdam Swim Cup 2011

GOLD Swimming Team  
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**BEELPREZ JONAS**

GG

**GOLD /022/93**

Wed. 01 men, 400m freestyle 4:25.41 11.7 25e 9 Rp

50m	28.57	28.57	100m	1:00.87	32.30
150m	1:34.43	33.56	200m	2:08.53	34.10
250m	2:42.92	34.39	300m	3:17.23	34.31
350m	3:51.66	34.43	400m	4:25.41	33.75

Wed. 09 men, 200m medley 2:17.72 2.53 17e 10 Rp

50m	30.02	30.02	100m	1:04.45	34.43
150m	1:46.19	41.74	200m	2:17.72	31.53

Wed. 15 men, 200m backstroke 2:18.07 3.09 16e 9 Rp

50m	32.06	32.06	100m	1:07.10	35.04
150m	1:42.79	35.69	200m	2:18.07	35.28

Wed. 19 men, 100m freestyle 57.34 1.96 72e 8 Rp

50m	27.16	27.16	100m	57.34	30.18
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Wed. 33 men, 800m freestyle 8:54.47 13.1 6e 12 Rp

50m	29.22	29.22	100m	1:01.87	32.65
150m	1:35.88	34.01	200m	2:09.56	33.68
250m	2:43.45	33.89	300m	3:17.15	33.70
350m	3:51.16	34.01	400m	4:25.06	33.90
450m	4:58.67	33.61	500m	5:32.49	33.82
550m	6:06.56	34.07	600m	6:40.39	33.83
650m	7:14.25	33.86	700m	7:47.81	33.56
750m	8:21.58	33.77	800m	8:54.47	32.89

**DECONINCK LAURA**

GG

**GOLD /005/93**

Wed. 10 women, 200m medley 2:27.77 6.55 14e 12 Rp

50m	31.55	31.55	100m	1:09.20	37.65
150m	1:53.33	44.13	200m	2:27.77	34.44

Wed. 14 women, 400m medley 5:13.74 15.3 8e 12 Rp

50m	32.38	32.38	100m	1:09.95	37.57
150m	1:49.71	39.76	200m	2:29.38	39.67
250m	3:15.23	45.85	300m	4:00.83	45.60
350m	4:37.94	37.11	400m	5:13.74	35.80

Wed. 20 women, 200m freestyle 2:13.06 2.44 36e 10 Rp

50m	30.86	30.86	100m	1:04.45	33.59
150m	1:38.76	34.31	200m	2:13.06	34.30

Wed. 24 women, 50m fly 30.71 37e 9 Rp

Wed. 27 women, 200m backstrok 2:29.46 4.02 14e 10 Rp

50m	35.90	35.9	100m	1:13.83	37.93
150m	1:51.80	37.97	200m	2:29.46	37.66

**DEWULF GILLIAN**

GG

**GOLD /036/96**

Wed. 03 men, 100m breaststroke 1:13.53 0.94 27e 11 Rp

50m	33.93	33.93	100m	1:13.53	39.60
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Wed. 09 men, 200m medley 2:21.74 3.12 25e 12 Rp

50m	30.52	30.52	100m	1:08.64	38.12
150m	1:48.92	40.28	200m	2:21.74	32.82

Wed. 12 men, 50m fly 28.84 57e 10 Rp

Wed. 19 men, 100m freestyle 57.57 -1.8 74e 12 Rp

50m	27.35	27.35	100m	57.57	30.22
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Wed. 28 men, 100m backstroke sic

Wed. 32 men, 200m freestyle sic

**DROOGNE DIDIER**

GG

**GOLD /006/92**

Wed. 22 men, 1500m freestyle 16:59.70 25.4 8e 9 Rp

50m	30.12	30.12	100m	1:03.45	33.33
150m	1:37.26	33.81	200m	2:11.11	33.85
250m	2:45.59	34.48	300m	3:20.32	34.73
350m	3:54.55	34.23	400m	4:28.58	34.03
450m	5:03.30	34.72	500m	5:37.42	34.12
550m	6:11.52	34.10	600m	6:45.53	34.01
650m	7:19.69	34.16	700m	7:53.74	34.05
750m	8:27.82	34.08	800m	9:02.23	34.41
850m	9:36.22	33.99	900m	10:10.33	34.11
950m	10:44.93	34.60	1000m	11:18.85	33.92
1050m	11:53.23	34.38	1100m	12:27.51	34.28
1150m	13:01.97	34.46	1200m	13:36.32	34.35
1250m	14:10.83	34.51	1300m	14:45.21	34.38
1350m	15:19.42	34.21	1400m	15:53.70	34.28
1450m	16:27.65	33.95	1500m	16:59.70	32.05

Wed. 33 men, 800m freestyle 9:00.40 11.3 7e 9 Rp

50m	29.97	29.97	100m	1:03.30	33.33
150m	1:37.24	33.94	200m	2:11.49	34.25
250m	2:46.03	34.54	300m	3:20.48	34.45
350m	3:54.60	34.12	400m	4:28.89	34.29
450m	5:03.02	34.13	500m	5:37.10	34.08
550m	6:11.60	34.50	600m	6:46.20	34.60
650m	7:20.44	34.24	700m	7:54.54	34.10
750m	8:28.24	33.70	800m	9:00.40	32.16



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

Wed. 04 women, 100m breaststr 1:25.61 -1.5 45e 3 Rp

50m	40.50	40.5	100m	1:25.61	45.11
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Wed. 10 women, 200m medley 2:37.05 -0.9 29e 9 Rp

50m	34.04	34.04	100m	1:14.86	40.82
150m	2:02.15	47.29	200m	2:37.05	34.90

Wed. 16 women, 50m backstroke 33.57 31e 9 Rp

Wed. 20 women, 200m freestyle 2:18.61 5.3 61e 9 Rp

50m	31.14	31.14	100m	1:06.06	34.92
150m	1:42.63	36.57	200m	2:18.61	35.98

Wed. 27 women, 200m backstrok 2:34.03 -0.5 24e 9 Rp

50m	35.84	35.84	100m	1:14.72	38.88
150m	1:54.88	40.16	200m	2:34.03	39.15

Wed. 31 women, 100m freestyle 1:02.38 1.31 57e 11 Rp

50m	30.31	30.31	100m	1:02.38	32.07
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**LUST LOTTE** GG **GOLD /034/96**

Wed. 02 women, 400m freestyle 4:53.89 13.0 26e 8 Rp

50m	32.17	32.17	100m	1:08.20	36.03
150m	1:44.97	36.77	200m	2:21.82	36.85
250m	2:58.97	37.15	300m	3:37.09	38.12
350m	4:16.07	38.98	400m	4:53.89	37.82

Wed. 08 women, 100m backstrok 1:14.04 4.26 39e 7 Rp

50m	35.42	35.42	100m	1:14.04	38.62
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Wed. 11 women, 50m freestyle 29.42 65e 10 Rp

Wed. 20 women, 200m freestyle 2:14.21 1.44 40e 11 Rp

50m	30.86	30.86	100m	1:04.76	33.90
150m	1:39.17	34.41	200m	2:14.21	35.04

Wed. 27 women, 200m backstrok 2:35.34 2 29e 9 Rp

50m	35.87	35.87	100m	1:14.73	38.86
150m	1:54.85	40.12	200m	2:35.34	40.49

Wed. 31 women, 100m freestyle 1:03.95 2.21 71e 9 Rp

50m	30.62	30.62	100m	1:03.95	33.33
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**NAESSENS NORA** GU **GOLD /020/94**

Wed. 02 women, 400m freestyle 4:42.49 3.68 16e 10 Rp

50m	31.77	31.77	100m	1:06.80	35.03
150m	1:42.70	35.90	200m	2:18.78	36.08
250m	2:54.92	36.14	300m	3:30.84	35.92
350m	4:07.07	36.23	400m	4:42.49	35.42

Wed. 21 women, 1500m freestyl 18:21.36 26 6e 12 Rp

50m	32.36	32.36	100m	1:08.03	35.67
150m	1:44.39	36.36	200m	2:21.08	36.69
250m	2:57.84	36.76	300m	3:34.47	36.63
350m	4:11.28	36.81	400m	4:47.86	36.58
450m	5:24.66	36.80	500m	6:01.33	36.67
550m	6:38.20	36.87	600m	7:15.19	36.99
650m	7:52.48	37.29	700m	8:29.34	36.86
750m	9:06.62	37.28	800m	9:43.82	37.20
850m	10:21.06	37.24	900m	10:58.15	37.09
950m	11:35.26	37.11	1000m	12:12.72	37.46
1050m	12:49.76	37.04	1100m	13:27.09	37.33
1150m	14:04.42	37.33	1200m	14:41.49	37.07
1250m	15:18.66	37.17	1300m	15:55.17	36.51
1350m	16:31.85	36.68	1400m	17:08.74	36.89
1450m	17:45.74	37.00	1500m	18:21.36	35.62

Wed. 34 women, 800m freestyle 9:32.18 5.1 6e 11 Rp

50m	31.89	31.89	100m	1:06.88	34.99
150m	1:42.76	35.88	200m	2:18.32	35.56
250m	2:54.32	36.00	300m	3:30.24	35.92
350m	4:06.55	36.31	400m	4:42.72	36.17
450m	5:18.88	36.16	500m	5:54.98	36.10
550m	6:31.29	36.31	600m	7:07.79	36.50
650m	7:44.33	36.54	700m	8:20.75	36.42
750m	8:56.81	36.06	800m	9:32.18	35.37



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<b>ROBBE MICHAEL</b>		GG	<b>GOLD /008/85</b>	
Wed. 05	men, 100m fly	56.80	0.06	4e 13 Rp
	50m	26.42	26.42	100m 56.80 30.38
Wed. 05	final a, 100m fly	57.45	0.71	7e 12 Rp
	50m	26.30	26.3	100m 57.45 31.15
Wed. 09	men, 200m medley	2:11.56	2.02	9e 12 Rp
	50m	27.41	27.41	100m 1:02.06 34.65
	150m	1:41.45	39.39	200m 2:11.56 30.11
Wed. 09	final a, 200m medley	2:11.92	2.38	6e 12 Rp
	50m	28.22	28.22	100m 1:02.57 34.35
	150m	1:42.35	39.78	200m 2:11.92 29.57
Wed. 12	men, 50m fly	25.94		12e 12 Rp
Wed. 19	men, 100m freestyle	53.64	0.57	27e 11 Rp
	50m	25.46	25.46	100m 53.64 28.18
Wed. 30	men, 200m fly	2:09.00	1.3	7e 12 Rp
	50m	27.88	27.88	100m 59.95 32.07
	150m	1:34.36	34.41	200m 2:09.00 34.64
Wed. 30	final a, 200m fly	2:10.03	2.33	8e 11 Rp
	50m	27.20	27.2	100m 1:00.34 33.14
	150m	1:35.23	34.89	200m 2:10.03 34.80
Wed. 32	men, 200m freestyle	2:07.13	11.1	43e 6 Rp
	50m	27.10	27.1	100m 58.98 31.88
	150m	1:32.64	33.66	200m 2:07.13 34.49

<b>SAMYN COWDY</b>		GM	<b>GOLD /024/94</b>	
Wed. 05	men, 100m fly	1:01.56	1.05	23e 10 Rp
	50m	28.61	28.61	100m 1:01.56 32.95
Wed. 12	men, 50m fly	27.26		35e 11 Rp
Wed. 19	men, 100m freestyle	56.99	0.1	66e 10 Rp
	50m	27.74	27.74	100m 56.99 29.25
Wed. 23	men, 50m freestyle	26.35		48e 9 Rp
Wed. 30	men, 200m fly	2:26.92	3.36	16e 5 Rp
	50m	32.30	32.3	100m 1:09.30 37.00
	150m	1:48.47	39.17	200m 2:26.92 38.45

<b>SCHOUTTETENS RUTH</b>		GU	<b>GOLD /009/93</b>	
Wed. 10	women, 200m medley	2:27.53	1.89	13e 12 Rp
	50m	30.89	30.89	100m 1:08.58 37.69
	150m	1:53.07	44.49	200m 2:27.53 34.46
Wed. 11	women, 50m freestyle	28.21		36e 10 Rp
Wed. 13	women, 50m breaststro	35.19		19e 12 Rp
Wed. 24	women, 50m fly	30.83		39e 9 Rp
Wed. 31	women, 100m freestyle	1:01.82	1.47	51e 10 Rp
	50m	29.50	29.5	100m 1:01.82 32.32

<b>SINNAEVE KEANU</b>		GK	<b>GOLD /031/96</b>	
Wed. 03	men, 100m breaststroke	1:15.93	2.24	32e 8 Rp
	50m	35.76	35.76	100m 1:15.93 40.17
Wed. 05	men, 100m fly	1:09.48		34e 4 Rp
Wed. 17	men, 200m breaststroke	2:47.22	8.23	34e 7 Rp
	50m	36.76	36.76	100m 1:19.62 42.86
	150m	2:04.26	44.64	200m 2:47.22 42.96
Wed. 19	men, 100m freestyle	1:00.67	-1.7	99e 8 Rp
	50m	29.58	29.58	100m 1:00.67 31.09
Wed. 25	men, 50m breaststroke	34.68		32e 9 Rp
Wed. 28	men, 100m backstroke	DSQ		

<b>VANEYGHEN MIET</b>		GU	<b>GOLD /041/93</b>	
Wed. 02	women, 400m freestyle	4:44.22	5.33	18e 9 Rp
	50m	32.22	32.22	100m 1:07.94 35.72
	150m	1:44.36	36.42	200m 2:20.88 36.52
	250m	2:57.15	36.27	300m 3:33.46 36.31
	350m	4:09.61	36.15	400m 4:44.22 34.61
Wed. 20	women, 200m freestyle	2:18.21	2.33	59e 7 Rp
	50m	31.49	31.49	100m 1:06.77 35.28
	150m	1:42.68	35.91	200m 2:18.21 35.53
Wed. 34	women, 800m freestyle	9:36.56	7.62	7e 11 Rp
	50m	32.16	32.16	100m 1:07.12 34.96
	150m	1:43.49	36.37	200m 2:19.39 35.90
	250m	2:55.50	36.11	300m 3:31.81 36.31
	350m	4:08.50	36.69	400m 4:44.97 36.47
	450m	5:21.30	36.33	500m 5:57.65 36.35
	550m	6:34.32	36.67	600m 7:10.88 36.56
	650m	7:47.85	36.97	700m 8:24.31 36.46
	750m	9:00.55	36.24	800m 9:36.56 36.01

<b>VANNESTE JONI</b>		GG	<b>GOLD /028/93</b>	
Wed. 08	women, 100m backstro	WDR		
Wed. 11	women, 50m freestyle	WDR		
Wed. 16	women, 50m backstroke	WDR		
Wed. 20	women, 200m freestyle	WDR		
Wed. 27	women, 200m backstro	WDR		
Wed. 31	women, 100m freestyle	WDR		

<b>VER ECKE EMILY</b>		GU	<b>GOLD /012/95</b>	
Wed. 08	women, 100m backstro	WDR		
Wed. 11	women, 50m freestyle	WDR		
Wed. 16	women, 50m backstroke	WDR		
Wed. 20	women, 200m freestyle	WDR		
Wed. 27	women, 200m backstro	WDR		
Wed. 31	women, 100m freestyle	WDR		



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<b>VERCRUYSSSE ELIEN</b>	GK	<b>GOLD /035/94</b>
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Wed. 04 women, 100m breaststr 1:17.49 -1.4 17e 11 Rp

50m	36.73	36.73	100m	1:17.49	40.76
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Wed. 20 women, 200m freestyle 2:21.33 0.36 77e 6 Rp

50m	32.55	32.55	100m	1:08.29	35.74
150m	1:44.97	36.68	200m	2:21.33	36.36

Wed. 29 women, 200m breaststr 2:45.59 0.08 11e 11 Rp

50m	37.45	37.45	100m	1:19.08	41.63
150m	2:02.11	43.03	200m	2:45.59	43.48

Wed. 31 women, 100m freestyle 1:05.23 0.04 86e 7 Rp

50m	31.65	31.65	100m	1:05.23	33.58
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<b>VERMEERSCH LORENZ</b>	GK	<b>GOLD /042/91</b>
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Wed. 07 men, 50m backstroke 28.64 16e 9 Rp

Wed. 09 men, 200m medley 2:21.29 1.04 24e 7 Rp

50m	30.58	30.58	100m	1:07.48	36.90
150m	1:48.94	41.46	200m	2:21.29	32.35

Wed. 15 men, 200m backstroke 2:18.94 4.4 17e 7 Rp

50m	32.08	32.08	100m	1:07.53	35.45
150m	1:43.09	35.56	200m	2:18.94	35.85

Wed. 19 men, 100m freestyle 56.01 -0.09 51e 8 Rp

50m	26.58	26.58	100m	56.01	29.43
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Wed. 23 men, 50m freestyle 25.83 37e 7 Rp

Wed. 28 men, 100m backstroke 1:02.45 0.36 17e 8 Rp

50m	30.30	30.3	100m	1:02.45	32.15
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