



09/02/2019

VJK 2019 - Antwerpen

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bvba**AFLOS Dames 1** GG **GOLD**

Wed 22 4x100m vrije slag 05:14.30 9e

Zoë N/Luna S/Zoë D/Lona V

50m	00:35.85	35.85	100m	01:16.14	40.29
150m	01:51.58	35.44	200m	02:32.76	41.18
250m	03:12.24	39.48	300m	03:57.59	45.35
350m	04:34.14	36.55	400m	05:14.30	40.16

DEHAUDT Fernando GG **GOLD /11029/05**

Wed 06 400m wisselslag 05:20.01 -12 3e 8 Rp

50m	00:33.78	33.78	100m	01:13.31	39.53
150m	01:54.34	41.03	200m	02:35.22	40.88
250m	03:21.95	46.73	300m	04:09.99	48.04
350m	04:45.81	35.82	400m	05:20.01	34.2

Wed 13 200m vrije slag 02:11.41 -6.7 3e 10 Rp

50m	00:30.19	30.19	100m	01:03.85	33.66
150m	01:38.95	35.1	200m	02:11.41	32.46

Wed 29 200m rugslag 02:28.32 -9.7 2e 9 Rp

50m	00:34.67	34.67	100m	01:13.12	38.45
150m	01:51.25	38.13	200m	02:28.32	37.07

Wed 36 100m vrije slag 01:01.53 -2.3 9e 8 Rp

50m	00:29.17	29.17	100m	01:01.53	32.36
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Wed 44 400m vrije slag 04:33.66 -11 3e 11 Rp

50m	00:30.68	30.68	100m	01:04.82	34.14
150m	01:39.95	35.13	200m	02:15.02	35.07
250m	02:50.47	35.45	300m	03:26.24	35.77
350m	04:00.44	34.2	400m	04:33.66	33.22

DEPRAETERE Zoë GG **GOLD/21086/08**

Wed 03 200m rugslag 03:17.23 12e

50m	00:45.39	45.39	100m	01:35.34	49.95
150m	02:26.48	51.14	200m	03:17.23	50.75

Wed 07 100m schoolslag 01:52.72 -2.5 26e

50m	00:51.43	51.43	100m	01:52.72	61.29
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DUJARDIN Faye GG **GOLD /21035/06**

Wed 01 200m wisselslag 02:49.02 -7.8 16e 5 Rp

50m	00:38.61	38.61	100m	01:22.39	43.78
150m	02:10.77	48.38	200m	02:49.02	38.25

Wed 12 100m vrije slag 01:07.85 -3.4 18e 7 Rp

50m	00:32.75	32.75	100m	01:07.85	35.1
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Wed 16 200m schoolslag 03:08.03 -1.5 8e 5 Rp

50m	00:43.49	43.49	100m	01:31.51	48.02
150m	02:20.63	49.12	200m	03:08.03	47.4

Wed 26 100m schoolslag 01:26.33 -0.5 6e 6 Rp

50m	00:41.20	41.2	100m	01:26.33	45.13
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Wed 37 200m vrije slag 02:29.60 -11 15e 5 Rp

50m	00:34.60	34.6	100m	01:12.94	38.34
150m	01:52.10	39.16	200m	02:29.60	37.5

Wed 41 100m rugslag 01:22.70 25e

50m	00:39.83	39.83	100m	01:22.70	42.87
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NAERT Zoë GG **GOLD /21081/08**

Wed 07 100m schoolslag 01:29.89 -8.8 2e 9 Rp

50m	00:43.40	43.4	100m	01:29.89	46.49
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Wed 14 200m vrije slag 02:44.68 7e 4 Rp

50m	00:38.55	38.55	100m	01:22.09	43.54
150m	02:05.40	43.31	200m	02:44.68	39.28

Wed 32 200m schoolslag 03:12.43 1e 10 Rp

50m	00:44.74	44.74	100m	01:35.14	50.4
150m	02:24.81	49.67	200m	03:12.43	47.62

Wed 35 100m vrije slag 01:15.68 -0.5 13e 5 Rp

50m	00:36.10	36.1	100m	01:15.68	39.58
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Wed 39 200m wisselslag 03:02.73 -15 5e 6 Rp

50m	00:45.21	45.21	100m	01:32.99	47.78
150m	02:22.38	49.39	200m	03:02.73	40.35



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bvba**OOSTERLYNCK Anaïs GG GOLD /21090/06**

Wed 01 200m wisselslag 02:45.18 -5.3 8e 7 Rp

50m	00:36.56	36.56	100m	01:18.44	41.88
150m	02:07.88	49.44	200m	02:45.18	37.3

Wed 05 200m rugslag 02:44.28 -4.6 6e 7 Rp

50m	00:39.43	39.43	100m	01:22.05	42.62
150m	02:03.57	41.52	200m	02:44.28	40.71

Wed 12 100m vrije slag 01:07.51 -2 16e 7 Rp

50m	00:32.65	32.65	100m	01:07.51	34.86
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Wed 20 400m vrije slag 05:04.15 -8.9 7e 8 Rp

50m	00:34.62	34.62	100m	01:13.15	38.53
150m	01:51.85	38.7	200m	02:30.53	38.68
250m	03:09.39	38.86	300m	03:48.23	38.84
350m	04:26.89	38.66	400m	05:04.15	37.26

Wed 30 400m wisselslag 05:52.23 5e 6 Rp

50m	00:38.46	38.46	100m	01:25.36	46.9
150m	02:08.95	43.59	200m	02:52.25	43.3
250m	03:42.79	50.54	300m	04:34.72	51.93
350m	05:14.42	39.7	400m	05:52.23	37.81

Wed 41 100m rugslag 01:18.98 0 13e 4 Rp

50m	00:38.58	38.58	100m	01:18.98	40.4
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OVAERE Luna GG GOLD /21040/06

Wed 09 200m vlinderslag 02:58.97 -12 5e

50m	00:37.61	37.61	100m	01:22.81	45.2
150m	02:11.79	48.98	200m	02:58.97	47.18

Wed 12 100m vrije slag 01:10.67 -2.2 34e 3 Rp

50m	00:34.53	34.53	100m	01:10.67	36.14
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Wed 20 400m vrije slag 05:15.12 -7.1 20e 5 Rp

50m	00:36.08	36.08	100m	01:16.26	40.18
150m	01:56.91	40.65	200m	02:37.18	40.27
250m	03:17.05	39.87	300m	03:57.18	40.13
350m	04:37.25	40.07	400m	05:15.12	37.87

Wed 34 100m vlinderslag 01:20.88 -1.9 10e

50m	00:36.48	36.48	100m	01:20.88	44.4
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Wed 37 200m vrije slag 02:31.23 -6 19e 4 Rp

50m	00:35.07	35.07	100m	01:13.94	38.87
150m	01:53.12	39.18	200m	02:31.23	38.11

Wed 41 100m rugslag 01:23.32 -4.6 27e

50m	00:40.11	40.11	100m	01:23.32	43.21
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VANDAMME Thijs GG GOLD /11055/05

Wed 13 200m vrije slag 02:15.41 -1.8 9e 7 Rp

50m	00:29.79	29.79	100m	01:04.66	34.87
150m	01:41.39	36.73	200m	02:15.41	34.02

Wed 17 100m rugslag 01:09.10 -2 4e 8 Rp

50m	00:33.37	33.37	100m	01:09.10	35.73
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Wed 25 200m wisselslag 02:32.83 -2.3 7e 7 Rp

100m	01:12.87	72.87	200m	02:32.83	79.96
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Wed 29 200m rugslag 02:28.47 -5.4 3e 8 Rp

50m	00:34.37	34.37	100m	01:12.67	38.3
150m	01:51.57	38.9	200m	02:28.47	36.9

Wed 36 100m vrije slag 00:59.92 -3.0 4e 10 Rp

50m	00:28.81	28.81	100m	00:59.92	31.11
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VANDE CASTEELE Niels GG GOLD /11058/07

Wed 11 100m vrije slag 01:09.82 -1.9 12e 5 Rp

50m	00:33.59	33.59	100m	01:09.82	36.23
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Wed 15 200m wisselslag 03:01.38 -5.6 18e

50m	00:40.94	40.94	100m	01:29.96	49.02
150m	02:23.91	53.95	200m	03:01.38	37.47

Wed 31 100m schoolslag 01:36.77 -1.1 16e

50m	00:45.89	45.89	100m	01:36.77	50.88
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Wed 38 200m vrije slag 02:31.70 -7.2 11e 6 Rp

50m	00:34.77	34.77	100m	01:12.91	38.14
150m	01:52.55	39.64	200m	02:31.70	39.15

Wed 42 100m vlinderslag 01:30.54 21e

50m	00:39.74	39.74	100m	01:30.54	50.8
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VANHAVERBEKE Thibault GG GOLD /11006/05

Wed 06 400m wisselslag 05:28.66 -4.7 5e 6 Rp

50m	00:34.34	34.34	100m	01:13.18	38.84
150m	01:55.78	42.6	200m	02:38.27	42.49
250m	03:26.28	48.01	300m	04:13.65	47.37
350m	04:50.91	37.26	400m	05:28.66	37.75

Wed 13 200m vrije slag 02:19.48 -6.1 17e 5 Rp

50m	00:32.18	32.18	100m	01:08.12	35.94
150m	01:44.34	36.22	200m	02:19.48	35.14

Wed 33 200m vlinderslag 02:35.94 -4.7 3e 4 Rp

50m	00:33.64	33.64	100m	01:11.63	37.99
150m	01:52.89	41.26	200m	02:35.94	43.05

Wed 44 400m vrije slag 04:58.43 19e 5 Rp

50m	00:34.36	34.36	100m	01:11.37	37.01
150m	01:49.17	37.8	200m	02:27.14	37.97
250m	03:05.39	38.25	300m	03:43.73	38.34
350m	04:22.23	38.5	400m	04:58.43	36.2



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VANSTEENKISTE Lona GG GOLD /21082/08

Wed 14 200m vrije slag 02:42.50 5e 5 Rp

50m	00:37.00	37	100m	01:20.01	43.01
150m	02:03.16	43.15	200m	02:42.50	39.34

Wed 18 100m vlinderslag 01:23.94 3e 4 Rp

50m	00:38.86	38.86	100m	01:23.94	45.08
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Wed 28 400m vrije slag 05:42.54 -28 10e 6 Rp

50m	00:37.94	37.94	100m	01:20.88	42.94
150m	02:05.70	44.82	200m	02:51.13	45.43
250m	03:35.19	44.06	300m	04:19.60	44.41
350m	05:02.89	43.29	400m	05:42.54	39.65

Wed 35 100m vrije slag 01:13.61 -4.7 8e 7 Rp

50m	00:35.62	35.62	100m	01:13.61	37.99
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Wed 39 200m wisselslag 03:06.43 9e 4 Rp

50m	00:40.91	40.91	100m	01:31.64	50.73
150m	02:26.60	54.96	200m	03:06.43	39.83

VERSCHUERE Milan GG GOLD /11098/07

Wed 04 400m vrije slag 05:14.96 -14 8e 6 Rp

50m	00:35.61	35.61	100m	01:15.21	39.6
150m	01:55.20	39.99	200m	02:35.17	39.97
250m	03:16.17	41	300m	03:56.75	40.58
350m	04:37.43	40.68	400m	05:14.96	37.53

Wed 11 100m vrije slag 01:07.73 -2.8 7e 7 Rp

50m	00:32.76	32.76	100m	01:07.73	34.97
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Wed 15 200m wisselslag 02:53.79 -14 8e 4 Rp

50m	00:41.97	41.97	100m	01:26.09	44.12
150m	02:18.56	52.47	200m	02:53.79	35.23

Wed 19 100m rugslag 01:21.95 -2.6 10e 2 Rp

50m	00:40.21	40.21	100m	01:21.95	41.74
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Wed 38 200m vrije slag 02:27.75 -5.9 7e 8 Rp

50m	00:34.73	34.73	100m	01:12.93	38.2
150m	01:52.33	39.4	200m	02:27.75	35.42

Wed 42 100m vlinderslag 01:32.33 -5.8 23e

50m	00:41.64	41.64	100m	01:32.33	50.69
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