



23/02/2019

Antwerp Diamond Speedo Race -
Olympic Pool Wezenberg, Antwerp



BENOOT Jens		GM	GOLD/11097/08	
Wed 40	100m rugslag	01:47.94		
Wed 45	100m schoolslag	01:57.01	23e	
	50m	00:56.46	56.46	100m 01:57.01 60.55
Wed 50	100m vrije slag	01:39.73	30e	
	50m	00:47.02	47.02	100m 01:39.73 52.71

BUYSSENS Dario		GG	GOLD /10352/01	
Wed 02	200m vrije slag	02:09.59	4.91 73e	5 Rp
	50m	00:29.29	29.29	100m 01:01.89 32.6
	150m	01:35.46	33.57	200m 02:09.59 34.13
Wed 10	50m rugslag	00:30.76	0.21 33e	5 Rp
Wed 17	100m vrije slag	00:58.34	0.66 79e	6 Rp
	50m	00:28.14	28.14	100m 00:58.34 30.2
Wed 27	100m rugslag	01:06.19	2.29 26e	5 Rp
	50m	00:31.91	31.91	100m 01:06.19 34.28

CASTEUR Margaux		GG	GOLD /21012/03	
Wed 01	50m vrije slag	00:31.16	0.15 67e	4 Rp
Wed 13	200m vrije slag	02:30.29	-1.1 55e	1 Rp
	50m	00:34.00	34	100m 01:13.21 39.21
	150m	01:52.57	39.36	200m 02:30.29 37.72
Wed 20	50m schoolslag	00:37.05	0.67 17e	7 Rp
Wed 20	50m schoolslag	00:37.44	1.06 15e	7 Rp
Wed 30	50m vlinderslag	00:33.11	-0.5 45e	3 Rp

CASTEUR Xander		GG	GOLD /11018/04	
Wed 04	100m schoolslag	01:14.51	-4.6 23e	9 Rp
	50m	00:34.77	34.77	100m 01:14.51 39.74
Wed 10	50m rugslag	00:31.63	-2 40e	7 Rp
Wed 14	50m vrije slag	00:27.11	-1.1 82e	8 Rp
Wed 17	100m vrije slag	00:59.16	-2.3 88e	8 Rp
	50m	00:28.41	28.41	100m 00:59.16 30.75
Wed 27	100m rugslag	01:09.46	-3.9 34e	5 Rp
	50m	00:33.41	33.41	100m 01:09.46 36.05

CATTEUW Stan		GM	GOLD/11099/07	
Wed 45	100m schoolslag	01:48.96	-2 17e	
	50m	00:51.70	51.7	100m 01:48.96 57.26
Wed 50	100m vrije slag	01:33.17	29e	
	50m	00:43.73	43.73	100m 01:33.17 49.44

DELBECQUE Tore		GG	GOLD /11015/00	
Wed 04	100m schoolslag	01:09.20	0.34 14e	8 Rp
	50m	00:32.53	32.53	100m 01:09.20 36.67
Wed 04	100m schoolslag	01:09.17	0.31 13e	8 Rp
	50m	00:32.27	32.27	100m 01:09.17 36.9
Wed 19	50m schoolslag	00:31.36	0.25 17e	9 Rp
Wed 23	200m schoolslag	02:37.14	3 8e	4 Rp
	50m	00:35.16	35.16	100m 01:15.39 40.23
	150m	01:57.47	42.08	200m 02:37.14 39.67

DENEIR Niels		GG	GOLD /10349/03	
Wed 02	200m vrije slag	02:04.63	-3.0 54e	10 Rp
	50m	00:28.88	28.88	100m 01:00.41 31.53
	150m	01:32.77	32.36	200m 02:04.63 31.86
Wed 16	1500m vrije slag	17:16.83	-5.1 7e	12 Rp
	50m	00:29.46	29.46	100m 01:01.68 32.22
	150m	01:35.31	33.63	200m 02:09.45 34.14
	250m	02:43.72	34.27	300m 03:18.26 34.54
	350m	03:52.95	34.69	400m 04:27.73 34.78
	450m	05:02.81	35.08	500m 05:37.67 34.86
	550m	06:12.51	34.84	600m 06:47.08 34.57
	650m	07:22.05	34.97	700m 07:57.08 35.03
	750m	08:32.26	35.18	800m 09:07.20 34.94
	850m	09:42.64	35.44	900m 10:17.68 35.04
	950m	10:53.15	35.47	1000m 11:28.60 35.45
	1050m	12:04.08	35.48	1100m 12:38.93 34.85
	1150m	13:14.12	35.19	1200m 13:49.45 35.33
	1250m	14:24.80	35.35	1300m 15:00.02 35.22
	1350m	15:34.70	34.68	1400m 16:09.57 34.87
	1450m	16:43.87	34.3	1500m 17:16.83 32.96

Wed 23	200m schoolslag	02:38.06	-3 10e	9 Rp
	50m	00:35.01	35.01	100m 01:15.57 40.56
	150m	01:56.50	40.93	200m 02:38.06 41.56
Wed 25	200m wisselslag	02:23.23	-3 28e	8 Rp
	50m	00:29.20	29.2	100m 01:07.79 38.59
	150m	01:50.64	42.85	200m 02:23.23 32.59
Wed 31	100m vlinderslag	01:02.09	-7.8 31e	9 Rp
	50m	00:28.65	28.65	100m 01:02.09 33.44



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DENEIR Silken		GG	GOLD /20051/99	
Wed 01	50m vrije slag	00:30.17	59e	4 Rp
Wed 03	100m schoolslag	01:18.91	2.44 12e	7 Rp
	50m	00:37.67	37.67	100m 01:18.91 41.24
Wed 03	100m schoolslag	01:18.61	2.14 10e	7 Rp
	50m	00:36.56	36.56	100m 01:18.61 42.05
Wed 15	100m vlinderslag	01:13.14	25e	1 Rp
	50m	00:33.87	33.87	100m 01:13.14 39.27
Wed 20	50m schoolslag	00:36.56	1.82 14e	6 Rp
Wed 20	50m schoolslag	00:36.02	1.28 11e	7 Rp
Wed 30	50m vlinderslag	00:31.41	-0.7 32e	5 Rp

DEPOORTER Ian		GM	GOLD/11100/07	
Wed 35	100m vlinderslag	01:52.26	11e	
	50m	00:48.12	48.12	100m 01:52.26 64.14
Wed 40	100m rugslag	01:36.35	20e	
	50m	00:47.45	47.45	100m 01:36.35 48.9
Wed 45	100m schoolslag	01:40.95	-7.7 9e	
	50m	00:47.71	47.71	100m 01:40.95 53.24
Wed 50	100m vrije slag	01:18.36	-14 17e	
	50m	00:37.46	37.46	100m 01:18.36 40.9

DEPRAETERE Zoë		GG	GOLD/21086/08	
Wed 43	100m schoolslag	01:48.94	-3.8 25e	
	50m	00:50.70	50.7	100m 01:48.94 58.24
Wed 48	100m vrije slag	01:20.01	-3.5 16e	
	50m	00:37.24	37.24	100m 01:20.01 42.77

DESCAMPS Stan		GM	GOLD /11050/06	
Wed 36	100m vlinderslag	01:48.16	17e	
	50m	00:48.24	48.24	100m 01:48.16 59.92
Wed 41	100m rugslag	01:35.63	2.93 19e	
	50m	00:48.47	48.47	100m 01:35.63 47.16
Wed 46	100m schoolslag	01:55.70		
Wed 51	100m vrije slag	01:15.62	-0.1 23e	
	50m	00:36.32	36.32	100m 01:15.62 39.3

DESIMPELAERE Miguel		GG	GOLD /11021/04	
Wed 47	100m schoolslag	01:14.36	-2.6 1e	9 Rp
	50m	00:35.19	35.19	100m 01:14.36 39.17
Wed 52	100m vrije slag	00:56.68	-3.4 1e	12 Rp
	50m	00:27.46	27.46	100m 00:56.68 29.22

DUJARDIN Goan		GG	GOLD /11020/04	
Wed 02	200m vrije slag	02:10.81	-0.3 79e	8 Rp
	50m	00:29.09	29.09	100m 01:01.93 32.84
	150m	01:37.00	35.07	200m 02:10.81 33.81
Wed 14	50m vrije slag	00:26.97	-0.7 80e	9 Rp

HERMAN Lara		GG	GOLD /20067/00	
Wed 01	50m vrije slag	00:29.26	0.83 51e	6 Rp
Wed 07	50m rugslag	00:32.50	0.67 17e	8 Rp
Wed 07	50m rugslag	00:32.36	0.53 11e	8 Rp
Wed 11	100m rugslag	01:11.83	3.62 20e	5 Rp
	50m	00:34.43	34.43	100m 01:11.83 37.4
Wed 11	100m rugslag	01:10.92	2.71 14e	6 Rp
	50m	00:34.12	34.12	100m 01:10.92 36.8
Wed 18	100m vrije slag	01:02.96	1.08 50e	7 Rp
	50m	00:29.74	29.74	100m 01:02.96 33.22

HIMPE Jannes		GG	GOLD /10068/98	
Wed 10	50m rugslag	00:30.61	-0.03 32e	3 Rp
Wed 14	50m vrije slag	00:25.88	0.22 45e	7 Rp
Wed 17	100m vrije slag	00:56.61	-0.3 63e	7 Rp
	50m	00:26.96	26.96	100m 00:56.61 29.65
Wed 27	100m rugslag	01:06.99	0.05 30e	2 Rp
	50m	00:32.26	32.26	100m 01:06.99 34.73

NAERT Zoé		GG	GOLD /21081/08	
Wed 43	100m schoolslag	01:31.05	1.16 4e	8 Rp
	50m	00:43.39	43.39	100m 01:31.05 47.66
Wed 48	100m vrije slag	01:15.32	-0.4 9e	5 Rp
	50m	00:35.86	35.86	100m 01:15.32 39.46

NAESSENS Nora		GG	GOLD /20020/94	
Wed 32	800m vrije slag	09:32.39	0.87 4e	9 Rp
	50m	00:32.56	32.56	100m 01:07.52 34.96
	150m	01:42.79	35.27	200m 02:18.14 35.35
	250m	02:53.96	35.82	300m 03:29.67 35.71
	350m	04:05.89	36.22	400m 04:41.89 36
	450m	05:18.36	36.47	500m 05:54.46 36.1
	550m	06:31.23	36.77	600m 07:07.51 36.28
	650m	07:44.30	36.79	700m 08:20.71 36.41
	750m	08:57.20	36.49	800m 09:32.39 35.19

PACKET Laura		GM	GOLD/21092/08	
Wed 43	100m schoolslag	01:48.13	-2.8 23e	
	50m	00:52.35	52.35	100m 01:48.13 55.78
Wed 48	100m vrije slag	01:32.61	-6.1 30e	
	50m	00:42.77	42.77	100m 01:32.61 49.84



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TRUYE Alexine GG **GOLD /21011/04**

Wed 05 400m wisselslag 05:25.63 0.65 11e 10 Rp

50m	00:34.81	34.81	100m	01:15.64	40.83
150m	01:57.60	41.96	200m	02:38.21	40.61
250m	03:24.62	46.41	300m	04:11.29	46.67
350m	04:49.42	38.13	400m	05:25.63	36.21

Wed 05 400m wisselslag 05:24.85 -0.1 8e 10 Rp

50m	00:34.75	34.75	100m	01:15.28	40.53
150m	01:57.80	42.52	200m	02:39.39	41.59
250m	03:25.66	46.27	300m	04:11.93	46.27
350m	04:50.04	38.11	400m	05:24.85	34.81

Wed 13 200m vrije slag 02:16.47 -2.4 33e 9 Rp

50m	00:31.63	31.63	100m	01:05.89	34.26
150m	01:41.26	35.37	200m	02:16.47	35.21

Wed 24 200m wisselslag 02:37.47 2.18 21e 8 Rp

50m	00:35.01	35.01	100m	01:15.21	40.2
150m	02:00.86	45.65	200m	02:37.47	36.61

Wed 32 800m vrije slag 09:51.31 -0.9 8e 9 Rp

50m	00:31.43	31.43	100m	01:07.21	35.78
150m	01:43.50	36.29	200m	02:20.56	37.06
250m	02:57.65	37.09	300m	03:35.04	37.39
350m	04:12.70	37.66	400m	04:50.50	37.8
450m	05:28.11	37.61	500m	06:06.02	37.91
550m	06:43.69	37.67	600m	07:21.53	37.84
650m	07:59.45	37.92	700m	08:37.36	37.91
750m	09:14.83	37.47	800m	09:51.31	36.48

VANDE CASTEELE Bjarne GG **GOLD /10380/04**

Wed 04 100m schoolslag 01:15.90 0.23 8 Rp

Wed 14 50m vrije slag 00:25.80 -1.1 43e 12 Rp

Wed 17 100m vrije slag 00:56.39 0.12 59e 12 Rp

50m	00:26.97	26.97	100m	00:56.39	29.42
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Wed 21 50m vlinderslag 00:28.81 0.32 31e 9 Rp

Wed 31 100m vlinderslag 01:04.19 -2.5 39e 8 Rp

50m	00:29.14	29.14	100m	01:04.19	35.05
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VANDE CASTEELE Niels GG **GOLD /11058/07**

Wed 45 100m schoolslag 01:37.35 0.58 7e

50m	00:46.25	46.25	100m	01:37.35	51.1
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Wed 50 100m vrije slag 01:10.74 0.92 5e 4 Rp

50m	00:33.83	33.83	100m	01:10.74	36.91
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VANSTEENKISTE Lona GG **GOLD /21082/08**

Wed 33 100m vlinderslag 01:22.61 -1.3 3e 6 Rp

50m	00:38.67	38.67	100m	01:22.61	43.94
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Wed 38 100m rugslag 01:33.07 16e

50m	00:44.81	44.81	100m	01:33.07	48.26
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