



01/03/2019

VK 2019 - Antwerpen

GOLD Swimming Team
Live slow, swim fast!HIGHS
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GARKA

DE SAEDELEER
JEAN-LUC
loodgieter
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bvba**BUYSSENS Dario** GG **GOLD /10352/01**

Wed 16 100m rugslag 01:05.33 1.43 15e 6 Rp

50m	00:31.50	31.5	100m	01:05.33	33.83
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Wed 22 400m vrije slag 04:36.20 8.1 20e 5 Rp

50m	00:29.88	29.88	100m	01:02.91	33.03
150m	01:37.26	34.35	200m	02:12.43	35.17
250m	02:48.43	36	300m	03:24.74	36.31
350m	04:01.03	36.29	400m	04:36.20	35.17

Wed 31 200m rugslag 02:23.83 6.1 15e 5 Rp

50m	00:32.86	32.86	100m	01:08.16	35.3
150m	01:45.89	37.73	200m	02:23.83	37.94

CASTEUR Margaux GG **GOLD /21012/03**

Wed 02 100m schoolslag 01:24.46 6.23 28e 4 Rp

50m	00:39.08	39.08	100m	01:24.46	45.38
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Wed 34 50m schoolslag 00:36.86 0.48 15e 8 Rp

CASTEUR Xander GG **GOLD /11018/04**

Wed 03 200m vrije slag 02:10.72 -4.8 34e 8 Rp

50m	00:29.59	29.59	100m	01:03.01	33.42
150m	01:37.42	34.41	200m	02:10.72	33.3

Wed 14 100m schoolslag 01:15.66 1.15 17e 8 Rp

50m	00:35.15	35.15	100m	01:15.66	40.51
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Wed 18 50m vrije slag 00:26.84 -0.3 30e 9 Rp

Wed 27 200m wisselslag 02:25.79 -7.8 15e 8 Rp

50m	00:30.87	30.87	100m	01:10.30	39.43
150m	01:52.79	42.49	200m	02:25.79	33

Wed 29 100m vrije slag 00:59.13 -0.03 28e 8 Rp

50m	00:28.75	28.75	100m	00:59.13	30.38
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DECONINCK Michiel GG **GOLD /10107/95**

Wed 39 5000m vrije slag 58:32.00 38 3e

DELBECQUE Tore GG **GOLD /11015/00**

Wed 07 50m schoolslag 00:31.83 0.72 9e 7 Rp

Wed 14 100m schoolslag 01:10.60 1.74 10e 6 Rp

50m	00:32.80	32.8	100m	01:10.60	37.8
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Wed 14 100m schoolslag 01:10.28 1.42 16e 7 Rp

50m	00:33.15	33.15	100m	01:10.28	37.13
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DENEIR Niels GG **GOLD /10349/03**

Wed 14 100m schoolslag SW 7.1.C 7e

Hoofd doorbreekt wateroppervlak niet vooraleer de armen binnenwaarts te brengen bij de 2de armbeweging

Wed 37 1500m vrije slag 17:54.95 38.1 5e 9 Rp

100m	01:02.80	62.8	200m	02:10.77	67.97
400m	04:31.09	70.16	800m	09:19.96	72.22
1500m	17:54.95	73.57			

Wed 39 5000m vrije slag 59:20.00 5e

DENEIR Silken GG **GOLD /20051/99**

Wed 02 100m schoolslag 01:19.60 3.13 4e 6 Rp

50m	00:37.05	37.05	100m	01:19.60	42.55
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Wed 21 200m schoolslag 02:53.58 2.9 3e 5 Rp

50m	00:39.14	39.14	100m	01:23.69	44.55
150m	02:08.47	44.78	200m	02:53.58	45.11

Wed 34 50m schoolslag 00:36.26 1.52 7e 7 Rp

DESIMPELAERE Miguel GG **GOLD /11021/04**

Wed 14 100m schoolslag 01:14.67 0.31 14e 9 Rp

50m	00:35.03	35.03	100m	01:14.67	39.64
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Wed 16 100m rugslag 01:07.72 -1.3 16e 7 Rp

50m	00:33.20	33.2	100m	01:07.72	34.52
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Wed 29 100m vrije slag 00:57.03 0.35 15e 11 Rp

50m	00:27.37	27.37	100m	00:57.03	29.66
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Wed 31 200m rugslag 02:26.85 -2.7 12e 7 Rp

50m	00:34.37	34.37	100m	01:10.97	36.6
150m	01:49.48	38.51	200m	02:26.85	37.37

Wed 33 200m schoolslag FF 14e

50m	00:37.18	37.18	100m	01:21.00	43.82
150m	02:04.94	43.94	200m	02:49.25	44.31

DUJARDIN Goan GG **GOLD /11020/04**

Wed 03 200m vrije slag 02:10.70 -0.1 33e 8 Rp

50m	00:29.13	29.13	100m	01:02.62	33.49
150m	01:36.99	34.37	200m	02:10.70	33.71

Wed 18 50m vrije slag 00:26.91 -0.06 34e 9 Rp

Wed 22 400m vrije slag 04:44.05 2.44 37e 6 Rp

50m	00:30.09	30.09	100m	01:04.05	33.96
150m	01:39.58	35.53	200m	02:15.83	36.25
250m	02:52.80	36.97	300m	03:30.17	37.37
350m	04:08.42	38.25	400m	04:44.05	35.63

Wed 29 100m vrije slag 00:58.69 -0.6 25e 9 Rp

50m	00:27.79	27.79	100m	00:58.69	30.9
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GARKA

DE SAEDELEER
JEAN-LUC
loodgieter
asfalt- & zinkwerkenVROEGVOGEL
bvba**HERMAN Lara**

GG

GOLD /20067/00

Wed 17 100m vrije slag 01:02.16 0.28 12e 8 Rp

50m	00:29.69	29.69	100m	01:02.16	32.47
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Wed 28 50m rugslag 00:32.39 0.56 5e 8 Rp

HIMPE Jannes

GG

GOLD /10068/98

Wed 18 50m vrije slag 00:25.73 0.07 30e 7 Rp

Wed 29 100m vrije slag 00:56.76 0.15 33e 6 Rp

50m	00:26.99	26.99	100m	00:56.76	29.77
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NAESSENS Nora

GG

GOLD /20020/94

Wed 39 5000m vrije slag 1:01:15. 10.8 7e

TRUYE Alexine

GG

GOLD /21011/04

Wed 10 400m vrije slag 04:46.52 -4 8e 10 Rp

50m	00:33.12	33.12	100m	01:09.36	36.24
150m	01:46.33	36.97	200m	02:23.35	37.02
250m	02:59.55	36.2	300m	03:36.09	36.54
350m	04:11.44	35.35	400m	04:46.52	35.08

Wed 15 200m wisselslag 02:35.62 0.33 14e 8 Rp

50m	00:34.49	34.49	100m	01:13.83	39.34
150m	01:59.13	45.3	200m	02:35.62	36.49

Wed 24 800m vrije slag 09:46.37 -4.9 5e 10 Rp

50m	00:32.91	32.91	100m	01:08.55	35.64
150m	01:45.74	37.19	200m	02:22.53	36.79
250m	02:59.31	36.78	300m	03:36.44	37.13
350m	04:13.77	37.33	400m	04:51.03	37.26
450m	05:28.50	37.47	500m	06:05.75	37.25
550m	06:43.27	37.52	600m	07:20.53	37.26
650m	07:57.80	37.27	700m	08:34.87	37.07
750m	09:10.89	36.02	800m	09:46.37	35.48

Wed 32 400m wisselslag 05:22.31 -2.5 4e 10 Rp

50m	00:34.74	34.74	100m	01:15.41	40.67
150m	01:56.74	41.33	200m	02:36.95	40.21
250m	03:23.05	46.1	300m	04:09.71	46.66
350m	04:46.83	37.12	400m	05:22.31	35.48

Wed 32 400m wisselslag 05:24.31 -0.5 6e 10 Rp

50m	00:34.47	34.47	100m	01:15.22	40.75
150m	01:57.18	41.96	200m	02:37.90	40.72
250m	03:24.47	46.57	300m	04:11.34	46.87
350m	04:49.36	38.02	400m	05:24.31	34.95

VANDE CASTEELE Bjarne

GG

GOLD /10380/04

Wed 03 200m vrije slag 02:06.69 -0.5 17e 10 Rp

50m	00:27.84	27.84	100m	01:00.44	32.6
150m	01:34.16	33.72	200m	02:06.69	32.53

Wed 09 100m vlinderslag 01:04.31 0.12 17e 8 Rp

50m	00:28.96	28.96	100m	01:04.31	35.35
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Wed 14 100m schoolslag 01:14.56 -1.1 13e 9 Rp

50m	00:34.46	34.46	100m	01:14.56	40.1
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Wed 18 50m vrije slag 00:25.66 -0.1 8e 12 Rp

Wed 29 100m vrije slag 00:56.55 0.28 11e 12 Rp

50m	00:27.12	27.12	100m	00:56.55	29.43
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Wed 35 50m vlinderslag 00:28.57 0.08 17e 9 Rp

VANDECASTEELE Matis

GM

GOLD /10365/03

Wed 14 100m schoolslag 01:12.82 0.83 9 Rp

Wed 18 50m vrije slag 00:25.87 0.05 11e 11 Rp