



21/01/2017

## Flanders Speedo Cup 2017 - ANTWERPEN

**GOLD Swimming Team**  
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**BUYSSENS Dario** GU **GOLD /10352/01**

Wed 01 200m vrije slag 02:05.59 -2.1 60e 10 Rp

50m	00:29.74	29.74	100m	01:01.88	32.14
150m	01:33.85	31.97	200m	02:05.59	31.74

Wed 23 200m rugslag 02:20.75 1.61 26e 9 Rp

50m	00:33.28	33.28	100m	01:08.30	35.02
150m	01:44.13	35.83	200m	02:20.75	36.62

Wed 27 100m vrije slag 00:58.21 -0.3 79e 9 Rp

50m	00:27.71	27.71	100m	00:58.21	30.5
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**DE SAEDELEER Jodie** GM **GOLD /20023/92**

Wed 02 50m vlinderslag 00:30.15 0.08 27e 9 Rp

**DELBECQUE Tore** GM **GOLD /11015/00**

Wed 15 50m schoolslag 00:32.91 -0.05 25e 9 Rp

Wed 25 100m schoolslag 01:14.56 1.61 24e 6 Rp

50m	00:35.17	35.17	100m	01:14.56	39.39
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**DENEIR Silken** GU **GOLD /20051/99**

Wed 06 100m schoolslag 01:18.17 -0.9 17e 10 Rp

50m	00:36.88	36.88	100m	01:18.17	41.29
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Wed 06 100m schoolslag 01:17.67 -1.4 16e 10 Rp

50m	00:36.88	36.88	100m	01:17.67	40.79
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Wed 26 200m wisselslag 02:38.56 2.6 27e 6 Rp

50m	00:32.87	32.87	100m	01:16.82	43.95
150m	02:00.53	43.71	200m	02:38.56	38.03

Wed 34 50m schoolslag 00:35.37 -1.5 15e 10 Rp

Wed 34 50m schoolslag 00:35.95 -0.9 15e 9 Rp

**HERMAN Lara** GM **GOLD /20067/00**

Wed 04 200m rugslag 02:29.74 0.97 22e 9 Rp

50m	00:34.54	34.54	100m	01:12.67	38.13
150m	01:50.99	38.32	200m	02:29.74	38.75

Wed 14 50m rugslag 00:32.14 0.61 14e 10 Rp

Wed 14 50m rugslag 00:32.02 0.49 12e 10 Rp

Wed 30 100m rugslag 01:08.07 0.44 12e 11 Rp

50m	00:33.09	33.09	100m	01:08.07	34.98
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Wed 30 100m rugslag 01:09.04 1.41 14e 10 Rp

50m	00:32.88	32.88	100m	01:09.04	36.16
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**ONGENAE Dries** GU **GOLD /10350/00**

Wed 01 200m vrije slag 02:01.47 3.64 44e 11 Rp

50m	00:27.51	27.51	100m	00:57.57	30.06
150m	01:28.67	31.1	200m	02:01.47	32.8

Wed 09 400m vrije slag 04:16.78 7.41 25e 12 Rp

50m	00:29.33	29.33	100m	01:01.35	32.02
150m	01:34.19	32.84	200m	02:07.08	32.89
250m	02:39.77	32.69	300m	03:12.85	33.08
350m	03:46.08	33.23	400m	04:16.78	30.7

Wed 21 50m vlinderslag 00:29.44 0.7 56e 5 Rp

Wed 27 100m vrije slag 00:56.65 1.31 61e 10 Rp

50m	00:26.78	26.78	100m	00:56.65	29.87
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