



4/03/2017

Antwerp Diamond Speed Race - Antwerpen

GOLD Swimming Team
Live slow, swim fast!



HIGHS
SPORTS NUTRITION



Frptimize
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AVET Leonie		GU	GOLD /20354/01	
Wed 01	50m vrije slag	00:28.12	0.62	14e 12 Rp
Wed 01	50m vrije slag	00:27.85	0.35	12e 12 Rp
Wed 07	50m rugslag	00:32.74	0.88	8e 10 Rp
Wed 07	50m rugslag	00:32.58	0.72	7e 10 Rp
Wed 13	100m rugslag	01:10.75	1.29	6e 9 Rp
	50m	00:33.81	33.81	100m 01:10.75 36.94
Wed 13	100m rugslag	01:12.13	2.67	7e 7 Rp
	50m	00:33.86	33.86	100m 01:12.13 38.27
Wed 18	100m vrije slag	01:01.34	1.39	15e 11 Rp
	50m	00:29.16	29.16	100m 01:01.34 32.18
Wed 18	100m vrije slag	01:01.18	1.23	13e 11 Rp
	50m	00:29.08	29.08	100m 01:01.18 32.1
Wed 24	200m wisselslag	02:36.99	2.66	9e 7 Rp
	50m	00:33.14	33.14	100m 01:12.80 39.66
	150m	02:00.81	48.01	200m 02:36.99 36.18

BUYSSENS Dario		GU	GOLD /10352/01	
Wed 04	200m rugslag	02:20.25	1.11	4e 9 Rp
	50m	00:32.78	32.78	100m 01:07.63 34.85
	150m	01:43.62	35.99	200m 02:20.25 36.63
Wed 04	200m rugslag	02:19.65	0.51	3e 9 Rp
	50m	00:33.13	33.13	100m 01:08.51 35.38
	150m	01:44.12	35.61	200m 02:19.65 35.53
Wed 19	100m vrije slag	00:57.98	-0.03	29e 9 Rp
	50m	00:27.81	27.81	100m 00:57.98 30.17
Wed 25	100m rugslag	01:06.12	1.04	6e 7 Rp
	50m	00:32.48	32.48	100m 01:06.12 33.64
Wed 25	100m rugslag	01:05.92	0.84	6e 8 Rp
	50m	00:32.32	32.32	100m 01:05.92 33.6
Wed 31	400m vrije slag	04:36.87	2	10e 7 Rp
	50m	00:30.02	30.02	100m 01:03.98 33.96
	150m	01:38.83	34.85	200m 02:13.82 34.99
	250m	02:49.00	35.18	300m 03:24.77 35.77
	350m	04:00.97	36.2	400m 04:36.87 35.9

CALLEWAERT Matisse		GU	GOLD /10353/02	
Wed 02	200m vrije slag	02:10.55	-0.3	23e 8 Rp
	50m	00:29.60	29.6	100m 01:02.94 33.34
	150m	01:37.05	34.11	200m 02:10.55 33.5
Wed 04	200m rugslag	02:26.32	0.51	8e 8 Rp
	50m	00:34.02	34.02	100m 01:10.86 36.84
	150m	01:48.98	38.12	200m 02:26.32 37.34
Wed 04	200m rugslag	02:24.91	-0.9	6e 8 Rp
	50m	00:33.34	33.34	100m 01:10.05 36.71
	150m	01:47.67	37.62	200m 02:24.91 37.24
Wed 12	100m schoolslag	01:13.57	-1.1	7e 10 Rp
	50m	00:34.22	34.22	100m 01:13.57 39.35
Wed 12	100m schoolslag	01:15.60	0.89	6e 8 Rp
	50m	00:34.43	34.43	100m 01:15.60 41.17
Wed 23	200m wisselslag	02:25.55	0.65	8e 9 Rp
	50m	00:30.09	30.09	100m 01:09.05 38.96
	150m	01:50.95	41.9	200m 02:25.55 34.6
Wed 23	200m wisselslag	02:26.49	1.59	7e 8 Rp
	50m	00:30.73	30.73	100m 01:09.90 39.17
	150m	01:52.39	42.49	200m 02:26.49 34.1

DELBECQUE Tore		GM	GOLD /11015/00	
Wed 12	100m schoolslag	01:11.90	-1.1	5e 9 Rp
	50m	00:33.56	33.56	100m 01:11.90 38.34
Wed 12	100m schoolslag	01:12.33	-0.6	4e 9 Rp
	50m	00:33.41	33.41	100m 01:12.33 38.92
Wed 16	50m vrije slag	00:27.95	-1.3	40e 4 Rp
Wed 21	200m schoolslag	02:44.17	-0.7	3e 4 Rp
	50m	00:36.22	36.22	100m 01:18.94 42.72
	150m	02:03.15	44.21	200m 02:44.17 41.02
Wed 21	200m schoolslag	02:44.79	-0.06	3e 4 Rp
	50m	00:36.77	36.77	100m 01:21.05 44.28
	150m	02:04.74	43.69	200m 02:44.79 40.05
Wed 29	50m schoolslag	00:32.28	-0.08	7e 10 Rp
Wed 29	50m schoolslag	00:32.42	0.06	6e 10 Rp

DENEIR Silken		GU	GOLD /20051/99	
Wed 03	100m schoolslag	01:18.93	1.73	6e 9 Rp
	50m	00:36.95	36.95	100m 01:18.93 41.98
Wed 03	100m schoolslag	01:18.91	1.71	7e 9 Rp
	50m	00:37.43	37.43	100m 01:18.91 41.48
Wed 15	50m vlinderslag	00:32.10	-0.01	24e 6 Rp
Wed 18	100m vrije slag	01:04.94	-0.3	27e 5 Rp
	50m	00:31.09	31.09	100m 01:04.94 33.85
Wed 24	200m wisselslag	02:41.31	5.35	15e 4 Rp
	50m	00:33.79	33.79	100m 01:19.53 45.74
	150m	02:04.19	44.66	200m 02:41.31 37.12



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Verzekeringen
Vanluchene
Oostrozebeke

Frptimize
www.frptimize.be

ZORGHUIS
AGORA

CASTCO
www.castco.be

ELIET
Tuinmachines - www.eliel.eu

Bouwonderneming
LAEVENS
Nieuwbouw - Verbouwingen

TVH
www.tvh.com

DAZZLE
EVENTS

Paul & Tom DESCAMPS
www.descampsmen.be

HYUNDAI SUZUKI
TUINPLANNING
DELBEQUE

HERMAN Lara		GM	GOLD / 20067 / 00	
Wed 07	50m rugslag	00:31.77	0.24	4e 11 Rp
Wed 07	50m rugslag	00:31.51	-0.02	3e 12 Rp
Wed 13	100m rugslag	01:08.04	0.41	3e 11 Rp
	50m	00:33.09	33.09	100m
				01:08.04
				34.95
Wed 13	100m rugslag	01:09.11	1.48	4e 10 Rp
	50m	00:33.41	33.41	100m
				01:09.11
				35.7
Wed 28	200m rugslag	02:28.46	-0.3	3e 10 Rp
	50m	00:34.07	34.07	100m
				01:12.00
				37.93
	150m	01:50.73	38.73	200m
				02:28.46
				37.73
Wed 28	200m rugslag	02:26.77	-2	2e 11 Rp
	50m	00:33.74	33.74	100m
				01:11.08
				37.34
	150m	01:49.21	38.13	200m
				02:26.77
				37.56