



19/01/2019

Flanders Swimming Cup - Antwerpen

GOLD Swimming Team
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bvba**DELBECQUE Tore** GG **GOLD /11015/00**

Wed 15 50m schoolslag 00:31.52 0.41 29e 8 Rp

DENEIR Niels GG **GOLD /10349/03**

Wed 09 400m vrije slag 04:24.57 1.88 43e 11 Rp

50m	00:28.87	28.87	100m	01:00.73	31.86
150m	01:33.89	33.16	200m	02:07.66	33.77
250m	02:42.14	34.48	300m	03:16.76	34.62
350m	03:51.17	34.41	400m	04:24.57	33.4

Wed 13 50m vrije slag 00:26.47 -0.2 85e 9 Rp

Wed 27 400m wisselslag 05:05.73 -2.6 28e 8 Rp

50m	00:32.01	32.01	100m	01:09.88	37.87
150m	01:51.23	41.35	200m	02:32.52	41.29
250m	03:15.28	42.76	300m	03:58.39	43.11
350m	04:33.01	34.62	400m	05:05.73	32.72

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

Wed 10 400m wisselslag 05:24.98 -4.4 24e 10 Rp

50m	00:34.55	34.55	100m	01:15.20	40.65
150m	01:56.51	41.31	200m	02:37.80	41.29
250m	03:23.99	46.19	300m	04:11.25	47.26
350m	04:48.53	37.28	400m	05:24.98	36.45

Wed 18 200m vrije slag 02:19.71 0.86 64e 7 Rp

50m	00:31.68	31.68	100m	01:07.11	35.43
150m	01:43.96	36.85	200m	02:19.71	35.75

Wed 24 200m wisselslag 02:36.14 0.85 34e 8 Rp

50m	00:34.52	34.52	100m	01:13.55	39.03
150m	01:59.24	45.69	200m	02:36.14	36.9

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

Wed 01 200m vrije slag 02:07.18 -0.7 85e 10 Rp

50m	00:28.40	28.4	100m	01:01.03	32.63
150m	01:34.64	33.61	200m	02:07.18	32.54

Wed 09 400m vrije slag 04:33.74 -0.1 56e 9 Rp

50m	00:29.69	29.69	100m	01:04.16	34.47
150m	01:39.69	35.53	200m	02:14.55	34.86
250m	02:49.70	35.15	300m	03:25.13	35.43
350m	04:00.33	35.2	400m	04:33.74	33.41

Wed 25 100m vrije slag 00:56.27 -1.3 85e 12 Rp

50m	00:27.20	27.2	100m	00:56.27	29.07
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Wed 31 50m vlinderslag 00:29.06 0.57 63e 8 Rp