



HIGHS
SPORTS NUTRITION



CADCAMATIC
JUST MECHATRONICS

choc-d-lait



GARKA

DE SAEDELEER
JEAN-LUC
loodgieter
asfalt- & zinkwerken

VROEGVOGEL
bvba

ANQUETIL Inaya GM **GOLD/21102/09**

Wed 15 200m wisselslag 03:51.55 10e

50m	00:50.67	50.67	100m	01:51.94	61.27
150m	02:53.44	61.5	200m	03:51.55	58.11

Wed 35 400m vrije slag 07:35.77 20e

50m	00:46.55	46.55	100m	01:43.67	57.12
150m	02:42.74	59.07	200m	03:42.83	60.09
250m	04:42.51	59.68	300m	05:41.86	59.35
350m	06:39.88	58.02	400m	07:35.77	55.89

BENOOT Jens GM **GOLD/11097/08**

Wed 04 50m vrije slag 00:40.88 34e

Wed 06 200m schoolslag 03:53.71 17e

50m	00:53.21	53.21	100m	01:53.28	60.07
150m	02:55.15	61.87	200m	03:53.71	58.56

Wed 10 200m vrije slag 03:21.74 34e

50m	00:45.05	45.05	100m	01:37.00	51.95
150m	02:31.45	54.45	200m	03:21.74	50.29

Wed 17 100m rugslag 01:42.03 -2.9 23e

50m	00:51.06	51.06	100m	01:42.03	50.97
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Wed 31 200m wisselslag 03:32.29 23e

50m	00:47.69	47.69	100m	01:43.30	55.61
150m	02:43.08	59.78	200m	03:32.29	49.21

Wed 36 400m vrije slag 06:57.47 -9.2 16e

50m	00:44.08	44.08	100m	01:36.88	52.8
150m	02:30.28	53.4	200m	03:25.00	54.72
250m	04:19.68	54.68	300m	05:13.56	53.88
350m	06:08.54	54.98	400m	06:57.47	48.93

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

Wed 04 50m vrije slag 00:25.92 -0.4 2e 12 Rp

Wed 06 200m schoolslag 02:41.21 2e 9 Rp

50m	00:34.31	34.31	100m	01:15.49	41.18
150m	01:57.86	42.37	200m	02:41.21	43.35

Wed 21 100m schoolslag 01:11.71 -2.1 1e 12 Rp

Wed 23 50m vlinderslag 00:29.00 0.07 6e 8 Rp

DE MOOR Maxime GM **GOLD/11094/09**

Wed 35 400m vrije slag 06:14.07 11e 3 Rp

50m	00:41.70	41.7	100m	01:28.39	46.69
150m	02:15.99	47.6	200m	03:04.62	48.63
250m	03:52.87	48.25	300m	04:41.77	48.9
350m	05:29.32	47.55	400m	06:14.07	44.75

DE MOOR Pauline GM **GOLD /21066/06**

Wed 30 200m vrije slag 03:08.32 -2.9 34e

50m	00:41.11	41.11	100m	01:30.92	49.81
150m	02:21.20	50.28	200m	03:08.32	47.12

Wed 37 100m rugslag 01:38.14 -0.5 22e

50m	00:46.38	46.38	100m	01:38.14	51.76
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DECLERCQ Ryan GM **GOLD/11107/08**

Wed 04 50m vrije slag 00:42.32 35e

Wed 33 50m rugslag 00:53.88 12e

Wed 36 400m vrije slag 07:35.21 17e

50m	00:46.41	46.41	100m	01:42.49	56.08
150m	02:42.02	59.53	200m	03:39.91	57.89
250m	04:41.40	61.49	300m	05:38.37	56.97
350m	06:41.08	62.71	400m	07:35.21	54.13

DECONINCK Michiel GG **GOLD /10107/95**

Wed 10 200m vrije slag 02:05.80 3e 6 Rp

50m	00:28.77	28.77	100m	01:00.12	31.35
150m	01:33.46	33.34	200m	02:05.80	32.34

Wed 27 100m vrije slag 00:58.53 -1.6 5e 4 Rp

50m	00:27.85	27.85	100m	00:58.53	30.68
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Wed 36 400m vrije slag 04:25.80 1e 6 Rp

50m	00:30.58	30.58	100m	01:03.25	32.67
150m	01:36.86	33.61	200m	02:10.36	33.5
250m	02:44.55	34.19	300m	03:18.34	33.79
350m	03:52.63	34.29	400m	04:25.80	33.17

DEHAUDT Fernando GG **GOLD /11029/05**

Wed 10 200m vrije slag 02:06.90 -0.5 2e 12 Rp

50m	00:29.09	29.09	100m	01:01.37	32.28
150m	01:35.01	33.64	200m	02:06.90	31.89

Wed 31 200m wisselslag 02:27.36 -8.2 2e 10 Rp

50m	00:30.75	30.75	100m	01:08.05	37.3
150m	01:54.54	46.49	200m	02:27.36	32.82

Wed 36 400m vrije slag 04:26.07 -1.5 2e 13 Rp

50m	00:29.96	29.96	100m	01:04.55	34.59
150m	01:38.82	34.27	200m	02:13.23	34.41
250m	02:46.97	33.74	300m	03:20.99	34.02
350m	03:54.13	33.14	400m	04:26.07	31.94



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DEHAUDT Malou GM **GOLD /20393/04**

Wed 16 400m vrije slag 04:55.00 -18 3e 7 Rp

50m	00:33.72	33.72	100m	01:10.01	36.29
150m	01:48.10	38.09	200m	02:25.75	37.65
250m	03:04.22	38.47	300m	03:41.63	37.41
350m	04:19.74	38.11	400m	04:55.00	35.26

Wed 30 200m vrije slag 02:19.49 0.36 4e 8 Rp

50m	00:33.24	33.24	100m	01:08.01	34.77
150m	01:44.40	36.39	200m	02:19.49	35.09

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

Wed 02 400m wisselslag 05:21.76 -6.8 2e 1 Rp

50m	00:33.82	33.82	100m	01:15.30	41.48
150m	01:56.08	40.78	200m	02:36.94	40.86
250m	03:21.11	44.17	300m	04:06.07	44.96
350m	04:45.33	39.26	400m	05:21.76	36.43

Wed 14 50m schoolslag 00:31.63 0.58 2e 8 Rp

Wed 21 100m schoolslag 01:11.81 3.89 2e 5 Rp

50m	00:33.91	33.91	100m	01:11.81	37.9
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Wed 25 200m rugslag 02:31.56 3e

50m	00:35.29	35.29	100m	01:14.15	38.86
150m	01:53.27	39.12	200m	02:31.56	38.29

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

Wed 02 400m wisselslag 05:07.83 6.04 3e 8 Rp

50m	00:31.00	31	100m	01:07.05	36.05
150m	01:49.26	42.21	200m	02:30.31	41.05
250m	03:14.66	44.35	300m	03:58.98	44.32
350m	04:34.31	35.33	400m	05:07.83	33.52

Wed 06 200m schoolslag 02:37.13 1.48 1e 9 Rp

50m	00:36.12	36.12	100m	01:17.51	41.39
150m	01:57.79	40.28	200m	02:37.13	39.34

Wed 12 1500m vrije slag 18:06.13 67.6 1e 8 Rp

50m	00:31.45	31.45	100m	01:05.88	34.43
150m	01:40.92	35.04	200m	02:16.10	35.18
250m	02:51.18	35.08	300m	03:26.46	35.28
350m	04:01.69	35.23	400m	04:37.28	35.59
450m	05:12.80	35.52	500m	05:48.19	35.39
550m	06:24.29	36.1	600m	07:00.61	36.32
650m	07:37.27	36.66	700m	08:13.94	36.67
750m	08:50.57	36.63	800m	09:27.53	36.96
850m	10:04.71	37.18	900m	10:42.04	37.33
950m	11:19.39	37.35	1000m	11:56.89	37.5
1050m	12:34.15	37.26	1100m	13:11.20	37.05
1150m	13:48.13	36.93	1200m	14:25.29	37.16
1250m	15:02.31	37.02	1300m	15:39.54	37.23
1350m	16:16.64	37.1	1400m	16:53.66	37.02
1450m	17:30.32	36.66	1500m	18:06.13	35.81

Wed 36 400m vrije slag 04:19.40 0.94 1e 12 Rp

50m	00:28.94	28.94	100m	01:00.43	31.49
150m	01:32.98	32.55	200m	02:06.05	33.07
250m	02:39.80	33.75	300m	03:13.52	33.72
350m	03:47.40	33.88	400m	04:19.40	32

Wed 38 100m vlinderslag 01:01.20 0.47 1e 10 Rp

50m	00:29.23	29.23	100m	01:01.20	31.97
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DEPOORTER Ian GM **GOLD/11100/07**

Wed 04 50m vrije slag 00:33.78 -1.5 19e

Wed 06 200m schoolslag 03:29.30 10e

50m	00:47.42	47.42	100m	01:41.40	53.98
150m	02:37.49	56.09	200m	03:29.30	51.81

Wed 21 100m schoolslag 01:37.24 1.05 8e

50m	00:46.90	46.9	100m	01:37.24	50.34
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Wed 27 100m vrije slag 01:14.53 -2.9 17e

50m	00:35.07	35.07	100m	01:14.53	39.46
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DEPRAETERE Zoë GG **GOLD/21086/08**

Wed 05 200m rugslag 02:55.57 -8.8 3e 8 Rp

50m	00:41.72	41.72	100m	01:25.67	43.95
150m	02:10.75	45.08	200m	02:55.57	44.82

Wed 13 50m rugslag 00:40.18 -1.8 5e 3 Rp

Wed 16 400m vrije slag 05:35.79 9.68 5e 8 Rp

50m	00:36.02	36.02	100m	01:17.93	41.91
150m	02:00.53	42.6	200m	02:44.37	43.84
250m	03:27.50	43.13	300m	04:11.04	43.54
350m	04:53.48	42.44	400m	05:35.79	42.31

Wed 30 200m vrije slag 02:40.00 -4.4 8e 6 Rp

50m	00:36.60	36.6	100m	01:17.53	40.93
150m	01:59.80	42.27	200m	02:40.00	40.2

DUJARDIN Faye GG **GOLD /21035/06**

Wed 01 100m schoolslag 01:22.39 -0.7 4e 9 Rp

50m	00:39.06	39.06	100m	01:22.39	43.33
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Wed 07 100m vrije slag 01:06.64 0.65 8e 8 Rp

50m	00:32.29	32.29	100m	01:06.64	34.35
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Wed 30 200m vrije slag 02:25.66 0.8 6e 7 Rp

50m	00:33.74	33.74	100m	01:11.91	38.17
150m	01:49.51	37.6	200m	02:25.66	36.15

Wed 34 50m schoolslag 00:37.29 -1.8 1e 11 Rp

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

Wed 04 50m vrije slag 00:26.71 -0.2 5e 10 Rp

Wed 06 200m schoolslag 02:53.89 0.3 8e 3 Rp

50m	00:36.77	36.77	100m	01:21.64	44.87
150m	02:08.59	46.95	200m	02:53.89	45.3

Wed 21 100m schoolslag 01:17.59 0.06 6e 6 Rp

50m	00:36.54	36.54	100m	01:17.59	41.05
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Wed 23 50m vlinderslag 00:29.14 0.08 7e 8 Rp

Wed 27 100m vrije slag 00:58.48 -0.1 4e 9 Rp

50m	00:27.91	27.91	100m	00:58.48	30.57
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HERMAN Lara GG **GOLD /20067/00**

Wed 05 200m rugslag 02:35.83 3.94 2e 4 Rp

50m	00:35.18	35.18	100m	01:14.86	39.68
150m	01:55.33	40.47	200m	02:35.83	40.5

Wed 07 100m vrije slag 01:03.17 1.84 4e 6 Rp

50m	00:30.44	30.44	100m	01:03.17	32.73
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Wed 13 50m rugslag 00:32.57 0.74 1e 8 Rp

HIMPE Jannes GG **GOLD /10068/98**

Wed 25 200m rugslag 02:24.37 2e 3 Rp

50m	00:33.10	33.1	100m	01:08.89	35.79
150m	01:46.43	37.54	200m	02:24.37	37.94

Wed 27 100m vrije slag 00:57.75 1.29 4e 5 Rp

50m	00:27.99	27.99	100m	00:57.75	29.76
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Wed 33 50m rugslag 00:31.10 0.49 2e 1 Rp

LAZOU Lente GG **GOLD/21110/05**

Wed 05 200m rugslag 02:40.15 -1.0 3e 7 Rp

50m	00:35.70	35.7	100m	01:16.57	40.87
150m	01:58.66	42.09	200m	02:40.15	41.49

Wed 11 200m wisselslag 02:35.57 2.85 2e 10 Rp

50m	00:32.62	32.62	100m	01:12.75	40.13
150m	02:01.44	48.69	200m	02:35.57	34.13

LERNOUT Merel GM **GOLD/21104/07**

Wed 26 200m schoolslag 03:58.34 20e

50m	00:54.02	54.02	100m	01:54.17	60.15
150m	02:57.03	62.86	200m	03:58.34	61.31

Wed 30 200m vrije slag 03:16.89 29e

50m	00:44.04	44.04	100m	01:34.80	50.76
150m	02:28.87	54.07	200m	03:16.89	48.02

Wed 34 50m schoolslag 00:52.84 13e

Wed 37 100m rugslag 01:37.42 20e

50m	00:47.59	47.59	100m	01:37.42	49.83
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NAERT Zoé GG **GOLD /21081/08**

Wed 01 100m schoolslag 01:26.42 -2.1 1e 12 Rp

50m	00:41.06	41.06	100m	01:26.42	45.36
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Wed 07 100m vrije slag 01:12.52 -0.5 5e 8 Rp

50m	00:34.86	34.86	100m	01:12.52	37.66
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Wed 11 200m wisselslag 02:55.82 0.53 5e 9 Rp

50m	00:40.40	40.4	100m	01:27.60	47.2
150m	02:15.03	47.43	200m	02:55.82	40.79

Wed 24 50m vrije slag 00:32.98 -0.4 7e 8 Rp

Wed 26 200m schoolslag 03:06.55 -5.9 1e 12 Rp

50m	00:42.94	42.94	100m	01:31.83	48.89
150m	02:19.01	47.18	200m	03:06.55	47.54



NAESSENS Nora GG **GOLD /2020/94**

Wed 07 100m vrije slag 01:04.32 5e 5 Rp

50m	00:30.04	30.04	100m	01:04.32	34.28
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Wed 16 400m vrije slag 04:43.73 2e 8 Rp

50m	00:31.68	31.68	100m	01:06.83	35.15
150m	01:42.06	35.23	200m	02:18.09	36.03
250m	02:53.96	35.87	300m	03:30.65	36.69
350m	04:07.28	36.63	400m	04:43.73	36.45

OOSTERLYNCK Anaïs GG **GOLD /21090/06**

Wed 05 200m rugslag 02:41.57 0.87 5e 8 Rp

50m	00:37.65	37.65	100m	01:19.15	41.5
200m	02:41.57	41.21			

Wed 07 100m vrije slag 01:05.36 -0.5 3e 10 Rp

50m	00:31.55	31.55	100m	01:05.36	33.81
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Wed 24 50m vrije slag 00:29.91 -1.6 7e 10 Rp

Wed 28 200m vlinderslag 02:59.00 2e

50m	00:36.61	36.61	100m	01:23.30	46.69
150m	02:09.78	46.48	200m	02:59.00	49.22

OVAERE Luna GG **GOLD /21040/06**

Wed 11 200m wisselslag 02:45.82 -2.2 8e 7 Rp

50m	00:36.29	36.29	100m	01:18.69	42.4
150m	02:07.82	49.13	200m	02:45.82	38

Wed 30 200m vrije slag 02:27.14 -3 11e 6 Rp

50m	00:34.60	34.6	100m	01:11.62	37.02
150m	01:50.08	38.46	200m	02:27.14	37.06

SIX Luna GM **GOLD /21071/07**

Wed 01 100m schoolslag 01:35.01 -11 8e 1 Rp

50m	00:43.80	43.8	100m	01:35.01	51.21
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Wed 03 50m vlinderslag 00:42.97 11e

Wed 07 100m vrije slag 01:17.63 -5.8 20e

50m	00:37.04	37.04	100m	01:17.63	40.59
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TRUYE Alexine GG **GOLD /21011/04**

Wed 11 200m wisselslag 02:33.77 1.17 3e 9 Rp

50m	00:33.84	33.84	100m	01:13.18	39.34
150m	01:58.26	45.08	200m	02:33.77	35.51

Wed 16 400m vrije slag 04:45.85 2.62 1e 10 Rp

50m	00:32.93	32.93	150m	01:44.47	35.77
200m	02:20.93	36.46	250m	02:57.51	36.58
300m	03:34.00	36.49	350m	04:10.96	36.96
400m	04:45.85	34.89			

Wed 30 200m vrije slag 02:16.06 0.57 2e 9 Rp

50m	00:31.67	31.67	100m	01:06.54	34.87
150m	01:41.52	34.98	200m	02:16.06	34.54

VANDAMME Thijs GG **GOLD /11055/05**

Wed 04 50m vrije slag 00:27.34 -0.5 5e 10 Rp

Wed 06 200m schoolslag 02:50.13 1e 6 Rp

50m	00:37.43	37.43	100m	01:21.14	43.71
150m	02:05.95	44.81	200m	02:50.13	44.18

Wed 10 200m vrije slag 02:12.97 1.57 5e 9 Rp

50m	00:29.35	29.35	100m	01:03.35	34
150m	01:38.54	35.19	200m	02:12.97	34.43

Wed 17 100m rugslag 01:08.20 0.54 2e 9 Rp

50m	00:32.28	32.28	100m	01:08.20	35.92
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VANDE CASTEELE Bjarne GG **GOLD /10380/04**

Wed 12 1500m vrije slag 18:14.44 11.5 2e 9 Rp

50m	00:31.67	31.67	100m	01:07.17	35.5
150m	01:42.75	35.58	200m	02:18.99	36.24
250m	02:54.75	35.76	300m	03:31.33	36.58
350m	04:07.11	35.78	400m	04:43.89	36.78
450m	05:19.90	36.01	500m	05:56.34	36.44
550m	06:32.50	36.16	600m	07:09.21	36.71
700m	08:22.61	36.7	750m	08:59.39	36.78
800m	09:36.35	36.96	900m	10:50.53	37.09
950m	11:27.59	37.06	1000m	12:04.69	37.1
1100m	13:18.83	37.07	1150m	13:55.49	36.66
1200m	14:32.94	37.45	1250m	15:10.26	37.32
1300m	15:47.81	37.55	1350m	16:24.63	36.82
1400m	17:02.32	37.69	1450m	17:38.64	36.32
1500m	18:14.44	35.8			

Wed 23 50m vlinderslag 00:28.57 0.08 4e 9 Rp

Wed 27 100m vrije slag 00:56.82 0.75 3e 11 Rp

50m	00:27.12	27.12	100m	00:56.82	29.7
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VANDEN BAVIERE Margo GM **GOLD /21096/09**

Wed 15 200m wisselslag 03:54.08 -15 12e

50m	00:58.44	58.44	100m	02:00.34	61.9
150m	03:01.31	60.97	200m	03:54.08	52.77

Wed 35 400m vrije slag 07:01.17 13e

50m	00:48.39	48.39	100m	01:41.01	52.62
150m	02:37.95	56.94	200m	03:32.19	54.24
250m	04:27.72	55.53	300m	05:20.57	52.85
350m	06:13.71	53.14	400m	07:01.17	47.46



VANSTEENKISTE Lona GG GOLD /21082/08

Wed 11 200m wisselslag 02:58.54 -2.2 8e 8 Rp

50m	00:37.53	37.53	100m	01:26.41	48.88
150m	02:21.39	54.98	200m	02:58.54	37.15

Wed 18 100m vlinderslag 01:18.55 -0.3 1e 10 Rp

50m	00:35.56	35.56	100m	01:18.55	42.99
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Wed 32 800m vrije slag 11:16.32 1e 10 Rp

50m	00:37.72	37.72	100m	01:20.34	42.62
150m	02:04.60	44.26	200m	02:48.31	43.71
250m	03:32.60	44.29	300m	04:15.49	42.89
350m	04:58.82	43.33	400m	05:41.73	42.91
450m	06:25.51	43.78	500m	07:07.78	42.27
550m	07:50.89	43.11	600m	08:33.08	42.19
650m	09:15.98	42.9	700m	09:57.19	41.21
750m	10:38.71	41.52	800m	11:16.32	37.61

VERSCHUERE Milan GG GOLD/11098/07

Wed 12 1500m vrije slag 20:25.19 -78 1e 10 Rp

50m	00:35.56	35.56	100m	01:15.89	40.33
150m	01:57.34	41.45	200m	02:39.89	42.55
250m	03:20.64	40.75	300m	04:02.94	42.3
350m	04:44.41	41.47	400m	05:26.32	41.91
450m	06:08.53	42.21	500m	06:50.17	41.64
550m	07:31.62	41.45	600m	08:13.07	41.45
650m	08:53.99	40.92	700m	09:35.20	41.21
750m	10:16.10	40.9	800m	10:57.03	40.93
850m	11:38.14	41.11	900m	12:19.70	41.56
950m	13:01.22	41.52	1000m	13:42.43	41.21
1050m	14:23.52	41.09	1100m	15:05.11	41.59
1150m	15:46.28	41.17	1200m	16:28.28	42
1250m	17:08.69	40.41	1300m	17:50.06	41.37
1350m	18:30.54	40.48	1400m	19:10.70	40.16
1450m	19:50.72	40.02	1500m	20:25.19	34.47

Wed 25 200m rugslag 02:48.90 -3.4 4e 6 Rp

50m	00:39.54	39.54	100m	01:22.72	43.18
150m	02:07.28	44.56	200m	02:48.90	41.62

Wed 27 100m vrije slag 01:06.89 0.11 4e 8 Rp

50m	00:32.91	32.91	100m	01:06.89	33.98
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VERSCHUERE Rune GOLD/11112/05

Wed 04 50m vrije slag 00:31.65 17e

Wed 06 200m schoolslag 03:28.88 15e

50m	00:47.73	47.73	100m	01:41.18	53.45
150m	02:35.81	54.63	200m	03:28.88	53.07

Wed 12 1500m vrije slag 22:47.40 5e

50m	00:37.05	37.05	100m	01:19.15	42.1
150m	02:01.55	42.4	200m	02:45.49	43.94
250m	03:29.99	44.5	300m	04:15.17	45.18
350m	05:00.28	45.11	400m	05:45.83	45.55
450m	06:30.72	44.89	500m	07:16.94	46.22
600m	08:49.40	46.23	650m	09:35.86	46.46
700m	10:23.10	47.24	750m	11:08.62	45.52
800m	11:55.93	47.31	850m	12:42.32	46.39
900m	13:29.03	46.71	950m	14:15.41	46.38
1000m	15:03.56	48.15	1050m	15:49.72	46.16
1100m	16:37.26	47.54	1150m	17:24.07	46.81
1200m	18:10.98	46.91	1250m	18:57.21	46.23
1300m	19:44.86	47.65	1350m	20:30.73	45.87
1400m	21:17.31	46.58	1450m	22:02.73	45.42
1500m	22:47.40	44.67			

Wed 25 200m rugslag 02:57.40 9e

50m	00:42.82	42.82	100m	01:26.90	44.08
150m	02:13.16	46.26	200m	02:57.40	44.24

Wed 27 100m vrije slag 01:11.00 -8.2 22e

50m	00:33.58	33.58	100m	01:11.00	37.42
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Wed 36 400m vrije slag 05:17.65 -28 9e

50m	00:35.47	35.47	100m	01:16.54	41.07
150m	01:57.55	41.01	200m	02:38.17	40.62
250m	03:18.28	40.11	300m	03:59.04	40.76
350m	04:40.14	41.1	400m	05:17.65	37.51