



AFLOS Gemengd 1 GG **GOLD**

Wed 00 4x100m wisselslag 04:18.40 21e

Lara H/Niels D/Lente L/Michiel D

50m	00:32.92	32.92	100m	01:07.79	34.87
150m	01:39.49	31.7	200m	02:16.35	36.86
250m	02:47.19	30.84	300m	03:23.69	36.5
350m	03:49.37	25.68	400m	04:18.40	29.03

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

Wed 00 1500m vrije slag 16:27.91 -11 12e 11 Rp

50m	00:29.79	29.79	100m	01:01.63	31.84
150m	01:34.05	32.42	200m	02:06.63	32.58
250m	02:39.30	32.67	300m	03:11.76	32.46
350m	03:44.50	32.74	400m	04:17.24	32.74
450m	04:50.06	32.82	500m	05:23.41	33.35
550m	05:56.62	33.21	600m	06:29.77	33.15
650m	07:02.61	32.84	700m	07:36.05	33.44
750m	08:09.39	33.34	800m	08:42.81	33.42
850m	09:16.29	33.48	900m	09:49.69	33.4
950m	10:23.12	33.43	1000m	10:56.50	33.38
1050m	11:29.72	33.22	1100m	12:02.97	33.25
1150m	12:36.24	33.27	1200m	13:09.47	33.23
1250m	13:42.64	33.17	1300m	14:16.04	33.4
1350m	14:49.35	33.31	1400m	15:22.71	33.36
1450m	15:55.89	33.18	1500m	16:27.91	32.02

Wed 101 400m wisselslag 04:45.13 34e 10 Rp

50m	00:31.52	31.52	100m	01:07.43	35.91
150m	01:44.15	36.72	200m	02:19.88	35.73
250m	02:59.95	40.07	300m	03:40.28	40.33
350m	04:13.48	33.2	400m	04:45.13	31.65

Wed 121 400m wisselslag 04:45.13 6e 10 Rp

50m	00:31.52	31.52	100m	01:07.43	35.91
150m	01:44.15	36.72	200m	02:19.88	35.73
250m	02:59.95	40.07	300m	03:40.28	40.33
350m	04:13.48	33.2	400m	04:45.13	31.65

Wed 311 400m vrije slag 04:10.56 -4.6 30e 11 Rp

50m	00:28.97	28.97	100m	01:00.04	31.07
150m	01:31.69	31.65	200m	02:03.48	31.79
250m	02:35.47	31.99	300m	03:07.70	32.23
350m	03:39.84	32.14	400m	04:10.56	30.72

Wed 331 400m vrije slag 04:10.56 -4.6 6e 11 Rp

50m	00:28.97	28.97	100m	01:00.04	31.07
150m	01:31.69	31.65	200m	02:03.48	31.79
250m	02:35.47	31.99	300m	03:07.70	32.23
350m	03:39.84	32.14	400m	04:10.56	30.72

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

Wed 105 50m schoolslag 00:30.26 -0.3 27e 11 Rp

Wed 204 100m schoolslag 01:05.57 -0.3 26e 12 Rp

50m	00:30.70	30.7	100m	01:05.57	34.87
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Wed 307 200m schoolslag 02:24.57 -1.5 27e 11 Rp

50m	00:31.98	31.98	100m	01:08.84	36.86
150m	01:47.03	38.19	200m	02:24.57	37.54

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

Wed 202 200m vrije slag 01:58.93 0.02 65e 14 Rp

50m	00:27.79	27.79	100m	00:58.00	30.21
150m	01:28.73	30.73	200m	01:58.93	30.2

Wed 204 100m schoolslag 01:08.84 -0.05 56e 13 Rp

50m	00:32.60	32.6	100m	01:08.84	36.24
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Wed 222 200m vrije slag 01:58.93 0.02 28e 14 Rp

50m	00:27.79	27.79	100m	00:58.00	30.21
150m	01:28.73	30.73	200m	01:58.93	30.2

Wed 224 100m schoolslag 01:08.84 -0.05 18e 13 Rp

50m	00:32.60	32.6	100m	01:08.84	36.24
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Wed 303 100m vlinderslag 00:59.36 -0.7 44e 12 Rp

50m	00:27.91	27.91	100m	00:59.36	31.45
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Wed 307 200m schoolslag 02:29.80 -2.2 36e 12 Rp

50m	00:33.56	33.56	100m	01:11.55	37.99
150m	01:50.75	39.2	200m	02:29.80	39.05

Wed 323 100m vlinderslag 00:59.36 -0.7 10e 12 Rp

50m	00:27.91	27.91	100m	00:59.36	31.45
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Wed 327 200m schoolslag 02:29.80 -2.2 5e 12 Rp

50m	00:33.56	33.56	100m	01:11.55	37.99
150m	01:50.75	39.2	200m	02:29.80	39.05

HERMAN Lara GG **GOLD /20067/00**

Wed 108 200m rugslag 02:25.38 0.06 50e 10 Rp

50m	00:33.82	33.82	100m	01:10.92	37.1
150m	01:48.71	37.79	200m	02:25.38	36.67

Wed 128 200m rugslag 02:25.38 0.06 16e 10 Rp

50m	00:33.82	33.82	100m	01:10.92	37.1
150m	01:48.71	37.79	200m	02:25.38	36.67

Wed 205 50m vrije slag 00:27.99 -0.4 66e 10 Rp

Wed 209 100m rugslag 01:07.42 1.82 61e 10 Rp

50m	00:32.38	32.38	100m	01:07.42	35.04
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Wed 225 50m vrije slag 00:27.99 -0.4 29e 10 Rp

Wed 229 100m rugslag 01:07.42 1.82 24e 10 Rp

50m	00:32.38	32.38	100m	01:07.42	35.04
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Wed 306 50m rugslag 00:31.08 0.42 54e 11 Rp

Wed 326 50m rugslag 00:31.08 0.42 19e 11 Rp



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HIMPE Jannes		GG	GOLD /10068/98		
Wed 103	100m vrije slag	00:54.35	0.01	70e	10 Rp
	50m	00:25.76	25.76	100m	00:54.35 28.59
Wed 123	100m vrije slag	00:54.35	0.01	32e	10 Rp
	50m	00:25.76	25.76	100m	00:54.35 28.59
Wed 206	50m rugslag	00:29.21	0.1	73e	6 Rp
Wed 226	50m rugslag	00:29.21	0.1	34e	6 Rp
Wed 305	50m vrije slag	00:24.79	-0.2	53e	10 Rp
Wed 325	50m vrije slag	00:24.79	-0.2	16e	10 Rp

LAZOU Lente		GG	GOLD/21110/05		
Wed 104	100m vrije slag	00:59.51	-0.3	61e	14 Rp
	50m	00:28.70	28.7	100m	00:59.51 30.81
Wed 124	100m vrije slag	00:59.51	-0.3	24e	14 Rp
	50m	00:28.70	28.7	100m	00:59.51 30.81
Wed 211	400m vrije slag	04:29.04	1.66	21e	15 Rp
	50m	00:30.26	30.26	100m	01:03.25 32.99
	150m	01:36.77	33.52	200m	02:10.66 33.89
	250m	02:44.71	34.05	300m	03:19.50 34.79
	350m	03:54.62	35.12	400m	04:29.04 34.42
Wed 302	200m vrije slag	02:06.98	-1.6	29e	15 Rp
	50m	00:29.60	29.6	100m	01:02.31 32.71
	150m	01:34.87	32.56	200m	02:06.98 32.11
Wed 308	200m vlinderslag	02:31.41		50e	11 Rp
	50m	00:32.92	32.92	100m	01:10.75 37.83
	150m	01:50.63	39.88	200m	02:31.41 40.78
Wed 322	200m vrije slag	02:06.98	-1.6	5e	15 Rp
	50m	00:29.60	29.6	100m	01:02.31 32.71
	150m	01:34.87	32.56	200m	02:06.98 32.11
Wed 328	200m vlinderslag	02:31.41		14e	11 Rp
	50m	00:32.92	32.92	100m	01:10.75 37.83
	150m	01:50.63	39.88	200m	02:31.41 40.78

NAESSENS Nora		GG	GOLD /20020/94		
Wed 00	800m vrije slag	09:23.80	5.31	25e	10 Rp
	50m	00:31.85	31.85	100m	01:06.18 34.33
	150m	01:40.84	34.66	200m	02:15.74 34.9
	250m	02:50.49	34.75	300m	03:25.57 35.08
	350m	04:00.79	35.22	400m	04:36.03 35.24
	450m	05:11.55	35.52	500m	05:47.23 35.68
	550m	06:23.13	35.9	600m	06:59.19 36.06
	650m	07:35.32	36.13	700m	08:11.65 36.33
	750m	08:47.89	36.24	800m	09:23.80 35.91
Wed 00	1500m vrije slag	17:41.40		13e	12 Rp
	50m	00:31.72	31.72	100m	01:06.07 34.35
	150m	01:41.07	35	200m	02:16.02 34.95
	250m	02:51.04	35.02	300m	03:26.27 35.23
	350m	04:01.54	35.27	400m	04:36.89 35.35
	450m	05:12.13	35.24	500m	05:47.72 35.59
	550m	06:23.33	35.61	600m	06:58.95 35.62
	650m	07:34.56	35.61	700m	08:10.20 35.64
	750m	08:45.97	35.77	800m	09:21.76 35.79
	850m	09:57.63	35.87	900m	10:33.32 35.69
	950m	11:09.23	35.91	1000m	11:45.11 35.88
	1050m	12:20.89	35.78	1100m	12:56.78 35.89
	1150m	13:32.66	35.88	1200m	14:08.45 35.79
	1250m	14:44.25	35.8	1300m	15:19.85 35.6
	1350m	15:55.47	35.62	1400m	16:30.87 35.4
	1450m	17:06.28	35.41	1500m	17:41.40 35.12
Wed 211	400m vrije slag	04:34.92	0.33	33e	10 Rp
	50m	00:31.20	31.2	100m	01:05.09 33.89
	150m	01:39.50	34.41	200m	02:14.38 34.88
	250m	02:49.34	34.96	300m	03:24.55 35.21
	350m	04:00.14	35.59	400m	04:34.92 34.78
Wed 231	400m vrije slag	04:34.92	0.33	3e	10 Rp
	50m	00:31.20	31.2	100m	01:05.09 33.89
	150m	01:39.50	34.41	200m	02:14.38 34.88
	250m	02:49.34	34.96	300m	03:24.55 35.21
	350m	04:00.14	35.59	400m	04:34.92 34.78



13/12/2019

Scottish Short Course Championships -
Edinburgh



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

Wed 102 400m wisselslag 05:09.80 1.74 17e 13 Rp

50m	00:34.54	34.54	100m	01:12.05	37.51
150m	01:50.63	38.58	200m	02:30.92	40.29
250m	03:14.41	43.49	300m	03:59.50	45.09
350m	04:35.27	35.77	400m	05:09.80	34.53

Wed 201 200m wisselslag 02:27.48 -1.2 44e 12 Rp

50m	00:33.51	33.51	100m	01:09.90	36.39
150m	01:53.37	43.47	200m	02:27.48	34.11

Wed 211 400m vrije slag 04:37.70 40e 12 Rp

50m	00:31.16	31.16	100m	01:04.96	33.8
150m	01:40.13	35.17	200m	02:15.95	35.82
250m	02:51.57	35.62	300m	03:27.37	35.8
350m	04:02.80	35.43	400m	04:37.70	34.9

Wed 221 200m wisselslag 02:27.48 -1.2 10e 12 Rp

50m	00:33.51	33.51	100m	01:09.90	36.39
150m	01:53.37	43.47	200m	02:27.48	34.11

Wed 231 400m vrije slag 04:37.70 9e 12 Rp

50m	00:31.16	31.16	100m	01:04.96	33.8
150m	01:40.13	35.17	200m	02:15.95	35.82
250m	02:51.57	35.62	300m	03:27.37	35.8
350m	04:02.80	35.43	400m	04:37.70	34.9

Wed 310 100m wisselslag 01:09.80 -0.1 57e

50m	00:32.92	32.92	100m	01:09.80	36.88
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Wed 330 100m wisselslag 01:09.80 -0.1 23e

50m	00:32.92	32.92	100m	01:09.80	36.88
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