



18/01/2020

## Flanders Swimming Cup - Antwerp

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## DECONINCK Michiel GG GOLD /10107/95

Wed 09 400m vrije slag 04:21.37 -4.4 25e 7 Rp

50m	00:29.91	29.91	100m	01:02.81	32.9
150m	01:35.96	33.15	200m	02:09.10	33.14
250m	02:42.61	33.51	300m	03:15.64	33.03
350m	03:49.01	33.37	400m	04:21.37	32.36

Wed 26 400m wisselslag 05:01.10 -4.0 17e 6 Rp

50m	00:32.44	32.44	100m	01:09.93	37.49
150m	01:49.13	39.2	200m	02:28.21	39.08
250m	03:11.06	42.85	300m	03:54.52	43.46
350m	04:29.02	34.5	400m	05:01.10	32.08

## DEHAUDT Fernando GG GOLD /11029/05

Wed 01 200m vrije slag 02:02.55 -4.4 58e 12 Rp

50m	00:28.68	28.68	100m	01:00.16	31.48
150m	01:32.29	32.13	200m	02:02.55	30.26

Wed 09 400m vrije slag 04:20.44 -5.6 24e 12 Rp

50m	00:29.47	29.47	100m	01:01.92	32.45
150m	01:35.21	33.29	200m	02:08.58	33.37
250m	02:41.73	33.15	300m	03:14.85	33.12
350m	03:48.28	33.43	400m	04:20.44	32.16

## DEHAUDT Malou GM GOLD /20393/04

Wed 25 400m vrije slag 04:49.43 -1.8 27e 8 Rp

50m	00:31.81	31.81	100m	01:06.51	34.7
150m	01:42.07	35.56	200m	02:18.25	36.18
250m	02:54.90	36.65	300m	03:32.74	37.84
350m	04:10.99	38.25	400m	04:49.43	38.44

## DELBECQUE Tore GG GOLD /11015/00

Wed 05 200m schoolslag 02:33.80 1.6 14e 6 Rp

50m	00:34.46	34.46	100m	01:13.69	39.23
150m	01:54.62	40.93	200m	02:33.80	39.18

Wed 15 50m schoolslag 00:30.94 -0.1 15e 9 Rp

Wed 15 50m schoolslag 00:31.10 0.05 13e 9 Rp

## LAZOU Lente GG GOLD /21110/05

Wed 08 100m vrije slag 01:00.70 -0.09 40e 12 Rp

50m	00:29.36	29.36	100m	01:00.70	31.34
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Wed 17 200m vrije slag 02:07.85 -1.3 20e 14 Rp

50m	00:29.92	29.92	100m	01:02.51	32.59
150m	01:35.47	32.96	200m	02:07.85	32.38

Wed 25 400m vrije slag 04:28.76 -4.9 10e 14 Rp

50m	00:31.55	31.55	100m	01:06.22	34.67
150m	01:40.13	33.91	200m	02:14.50	34.37
250m	02:48.18	33.68	300m	03:22.40	34.22
350m	03:55.87	33.47	400m	04:28.76	32.89

Wed 25 400m vrije slag 04:32.70 -0.9 11e 13 Rp

50m	00:31.96	31.96	100m	01:06.86	34.9
150m	01:41.68	34.82	200m	02:16.64	34.96
250m	02:50.61	33.97	300m	03:25.13	34.52
350m	03:59.56	34.43	400m	04:32.70	33.14

## TRUYE Alexine GG GOLD /21011/04

Wed 16 800m vrije slag 09:36.70 -4.5 8e 10 Rp

50m	00:32.32	32.32	100m	01:07.17	34.85
150m	01:43.37	36.2	200m	02:19.10	35.73
250m	02:55.55	36.45	300m	03:31.73	36.18
350m	04:08.35	36.62	400m	04:45.05	36.7
450m	05:21.54	36.49	500m	05:58.34	36.8
550m	06:35.40	37.06	600m	07:12.42	37.02
650m	07:49.18	36.76	700m	08:25.47	36.29
750m	09:01.76	36.29	800m	09:36.70	34.94

Wed 17 200m vrije slag 02:15.24 -0.3 33e 9 Rp

50m	00:31.70	31.7	100m	01:06.54	34.84
150m	01:41.63	35.09	200m	02:15.24	33.61

Wed 25 400m vrije slag 04:45.47 2.24 19e 9 Rp

50m	00:32.12	32.12	100m	01:07.55	35.43
150m	01:43.83	36.28	200m	02:20.52	36.69
250m	02:57.22	36.7	300m	03:34.57	37.35
350m	04:10.20	35.63	400m	04:45.47	35.27

## VANDE CASTEELE Bjarne GG GOLD /10380/04

Wed 01 200m vrije slag 02:05.00 -1.1 66e 10 Rp

50m	00:28.27	28.27	100m	01:00.19	31.92
150m	01:32.89	32.7	200m	02:05.00	32.11

Wed 13 50m vrije slag 00:25.79 0.13 49e 11 Rp

Wed 24 100m vrije slag 00:56.65 0.58 78e 11 Rp

50m	00:27.17	27.17	100m	00:56.65	29.48
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