



21/02/2020

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AFLOS Dames 1 GG GOLD

Wed 13 4x100m wisselslag 04:59.03 11e

Anais O/Faye D/Luna O/Lente L

50m	00:37.39	37.39	100m	01:17.18	39.79
150m	01:56.07	38.89	200m	02:41.43	45.36
250m	03:16.86	35.43	300m	03:59.24	42.38
350m	04:27.45	28.21	400m	04:59.03	31.58

AFLOS Gemengd 2 GG GOLD

Wed 38 4x100m wisselslag 04:29.83 10e

Alexine T/Tore D/Malou D/Jannes H

50m	00:35.76	35.76	100m	01:14.39	38.63
150m	01:46.20	31.81	200m	02:23.61	37.41
250m	02:54.51	30.9	300m	03:34.14	39.63
350m	03:59.89	25.75	400m	04:29.83	29.94

DECONINCK Michiel GG GOLD /10107/95

Wed 21 400m vrije slag 04:20.74 -0.6 21e 7 Rp

50m	00:29.33	29.33	100m	01:01.91	32.58
150m	01:34.89	32.98	200m	02:07.96	33.07
250m	02:41.51	33.55	300m	03:14.94	33.43
350m	03:48.36	33.42	400m	04:20.74	32.38

Wed 28 400m wisselslag 04:55.95 -5.2 9e 7 Rp

50m	00:31.66	31.66	100m	01:08.20	36.54
150m	01:46.68	38.48	200m	02:24.11	37.43
250m	03:07.36	43.25	300m	03:49.99	42.63
350m	04:23.99	34	400m	04:55.95	31.96

Wed 28 400m wisselslag 04:57.57 -3.5 8e 7 Rp

50m	00:31.17	31.17	100m	01:07.57	36.4
150m	01:46.55	38.98	200m	02:24.86	38.31
250m	03:07.50	42.64	300m	03:51.04	43.54
350m	04:24.98	33.94	400m	04:57.57	32.59

DEHAUDT Fernando GG GOLD /11029/05

Wed 03 200m vrije slag 02:03.53 0.98 7e 12 Rp

50m	00:28.37	28.37	100m	00:59.76	31.39
150m	01:32.38	32.62	200m	02:03.53	31.15

Wed 03 200m vrije slag 02:02.32 -0.2 7e 12 Rp

50m	00:28.21	28.21	100m	00:59.36	31.15
150m	01:31.08	31.72	200m	02:02.32	31.24

Wed 11 1500m vrije slag 17:03.65 -27 2e 14 Rp

50m	00:30.43	30.43	100m	01:04.06	33.63
150m	01:38.32	34.26	200m	02:12.02	33.7
250m	02:46.06	34.04	300m	03:20.08	34.02
350m	03:54.43	34.35	400m	04:28.33	33.9
450m	05:02.75	34.42	500m	05:37.14	34.39
550m	06:11.67	34.53	600m	06:45.81	34.14
650m	07:20.46	34.65	700m	07:55.10	34.64
750m	08:30.03	34.93	800m	09:04.24	34.21
850m	09:39.19	34.95	900m	10:13.75	34.56
950m	10:48.56	34.81	1000m	11:22.83	34.27
1050m	11:57.84	35.01	1100m	12:32.28	34.44
1150m	13:06.27	33.99	1200m	13:40.83	34.56
1250m	14:15.61	34.78	1300m	14:49.67	34.06
1350m	15:24.25	34.58	1400m	15:58.03	33.78
1450m	16:31.12	33.09	1500m	17:03.65	32.53

Wed 21 400m vrije slag 04:19.22 -1.2 3e 13 Rp

50m	00:29.02	29.02	100m	01:01.60	32.58
150m	01:34.78	33.18	200m	02:07.54	32.76
250m	02:41.42	33.88	300m	03:14.74	33.32
350m	03:48.21	33.47	400m	04:19.22	31.01

Wed 21 400m vrije slag 04:17.60 -2.8 2e 13 Rp

50m	00:28.87	28.87	100m	01:01.29	32.42
150m	01:34.29	33	200m	02:07.48	33.19
250m	02:40.89	33.41	300m	03:14.00	33.11
350m	03:47.23	33.23	400m	04:17.60	30.37

Wed 36 200m rugslag 02:21.67 -3.5 5e 10 Rp

50m	00:33.21	33.21	100m	01:09.53	36.32
150m	01:46.12	36.59	200m	02:21.67	35.55

Wed 36 200m rugslag 02:19.93 -5.3 4e 11 Rp

50m	00:32.81	32.81	100m	01:08.33	35.52
150m	01:44.58	36.25	200m	02:19.93	35.35



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bvba**DEHAUDT Malou** GG **GOLD /20393/04**

Wed 06 50m vrije slag 00:29.66 -0.4 68e 7 Rp

Wed 10 200m vlinderslag 02:37.56 3.51 10e 5 Rp

50m	00:32.68	32.68	100m	01:09.66	36.98
150m	01:51.26	41.6	200m	02:37.56	46.3

Wed 10 200m vlinderslag 02:35.35 1.3 6e 6 Rp

50m	00:33.72	33.72	100m	01:12.45	38.73
150m	01:53.76	41.31	200m	02:35.35	41.59

Wed 16 100m vrije slag 01:03.82 -0.7 59e 8 Rp

50m	00:30.50	30.5	100m	01:03.82	33.32
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Wed 31 200m vrije slag 02:16.60 -2.5 33e 8 Rp

50m	00:31.39	31.39	100m	01:05.47	34.08
150m	01:40.30	34.83	200m	02:16.60	36.3

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

Wed 09 50m schoolslag 00:30.75 -0.2 12e 10 Rp

Wed 09 50m schoolslag 00:31.16 0.22 11e 9 Rp

Wed 15 100m schoolslag 01:08.30 0.38 9e 9 Rp

50m	00:31.93	31.93	100m	01:08.30	36.37
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Wed 15 100m schoolslag 01:08.38 0.46 8e 9 Rp

50m	00:31.95	31.95	100m	01:08.38	36.43
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Wed 32 200m schoolslag 02:33.64 1.44 11e 6 Rp

50m	00:34.20	34.2	100m	01:13.74	39.54
150m	01:53.81	40.07	200m	02:33.64	39.83

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

Wed 04 100m schoolslag 01:24.28 1.89 29e 6 Rp

50m	00:39.41	39.41	100m	01:24.28	44.87
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Wed 06 50m vrije slag 00:30.30 0.17 49e 7 Rp

Wed 16 100m vrije slag 01:03.87 0.26 22e 9 Rp

50m	00:30.51	30.51	100m	01:03.87	33.36
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Wed 18 200m schoolslag 03:10.20 4.24 24e 2 Rp

50m	00:42.27	42.27	100m	01:31.77	49.5
150m	02:20.76	48.99	200m	03:10.20	49.44

Wed 29 50m schoolslag 00:37.66 0.37 14e 8 Rp

Wed 31 200m vrije slag 02:23.89 -1 37e 6 Rp

50m	00:33.30	33.3	100m	01:10.52	37.22
150m	01:48.10	37.58	200m	02:23.89	35.79

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

Wed 16 100m vrije slag 01:02.40 1.07 42e 7 Rp

50m	00:29.94	29.94	100m	01:02.40	32.46
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HIMPE Jannes GG **GOLD /10068/98**

Wed 17 50m vrije slag 00:25.75 0.21 66e 7 Rp

Wed 30 100m vrije slag 00:56.05 -0.4 61e 7 Rp

50m	00:26.76	26.76	100m	00:56.05	29.29
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LAZOU Lente GG **GOLD/21110/05**

Wed 08 400m vrije slag 04:31.22 2.46 3e 13 Rp

50m	00:31.09	31.09	100m	01:05.35	34.26
150m	01:39.94	34.59	200m	02:14.68	34.74
250m	02:48.58	33.9	300m	03:22.85	34.27
350m	03:56.89	34.04	400m	04:31.22	34.33

Wed 08 400m vrije slag 04:29.95 1.19 3e 14 Rp

50m	00:30.97	30.97	100m	01:05.03	34.06
150m	01:39.34	34.31	200m	02:14.38	35.04
250m	02:48.31	33.93	300m	03:22.88	34.57
350m	03:56.77	33.89	400m	04:29.95	33.18

Wed 16 100m vrije slag 01:01.06 0.36 5e 11 Rp

50m	00:29.55	29.55	100m	01:01.06	31.51
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Wed 16 100m vrije slag 01:00.23 -0.5 4e 12 Rp

50m	00:28.78	28.78	100m	01:00.23	31.45
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Wed 24 800m vrije slag 09:26.04 -7.4 1e 13 Rp

100m	02:19.85	139.85	200m	03:31.07	71.22
400m	04:42.43	35.68	800m	09:26.04	70.9

Wed 31 200m vrije slag 02:09.80 1.95 2e 13 Rp

50m	00:30.01	30.01	100m	01:03.23	33.22
150m	01:36.48	33.25	200m	02:09.80	33.32

Wed 31 200m vrije slag 02:08.24 0.39 2e 14 Rp

50m	00:29.59	29.59	100m	01:01.89	32.3
150m	01:35.12	33.23	200m	02:08.24	33.12



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OOSTERLYNCK Anaïs GG GOLD/21090/06

Wed 08 400m vrije slag 05:00.41 3.75 31e 7 Rp

50m	00:33.62	33.62	100m	01:11.40	37.78
150m	01:49.59	38.19	200m	02:28.01	38.42
250m	03:06.56	38.55	300m	03:45.28	38.72
350m	04:23.23	37.95	400m	05:00.41	37.18

Wed 14 200m wisselslag 02:41.01 -1.2 21e 7 Rp

50m	00:35.25	35.25	100m	01:16.05	40.8
150m	02:04.58	48.53	200m	02:41.01	36.43

Wed 16 100m vrije slag 01:05.84 0.48 43e 7 Rp

50m	00:31.54	31.54	100m	01:05.84	34.3
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Wed 22 200m rugslag 02:44.26 3.56 22e 5 Rp

50m	00:38.91	38.91	100m	01:20.50	41.59
150m	02:03.27	42.77	200m	02:44.26	40.99

Wed 33 400m wisselslag 05:43.28 2.23 12e 7 Rp

50m	00:36.34	36.34	100m	01:19.22	42.88
150m	02:03.19	43.97	200m	02:46.26	43.07
250m	03:35.24	48.98	300m	04:25.88	50.64
350m	05:05.34	39.46	400m	05:43.28	37.94

OVAERE Luna GG GOLD /21040/06

Wed 10 200m vlinderslag 02:45.60 -0.7 7e 4 Rp

50m	00:35.63	35.63	100m	01:18.19	42.56
150m	02:01.28	43.09	200m	02:45.60	44.32

Wed 14 200m wisselslag 02:46.18 0.36 28e 4 Rp

50m	00:34.69	34.69	100m	01:18.21	43.52
150m	02:08.98	50.77	200m	02:46.18	37.2

Wed 16 100m vrije slag 01:07.33 1.17 60e 5 Rp

50m	00:32.75	32.75	100m	01:07.33	34.58
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Wed 20 50m vlinderslag 00:32.63 -0.3 23e 7 Rp

Wed 31 200m vrije slag 02:23.57 -2.2 33e 6 Rp

50m	00:33.35	33.35	100m	01:09.86	36.51
150m	01:47.07	37.21	200m	02:23.57	36.5

TRUYE Alexine GG GOLD /21011/04

Wed 08 400m vrije slag 04:42.34 -0.9 15e 10 Rp

50m	00:32.29	32.29	100m	01:07.44	35.15
150m	01:43.09	35.65	200m	02:19.31	36.22
250m	02:55.80	36.49	300m	03:32.36	36.56
350m	04:08.69	36.33	400m	04:42.34	33.65

Wed 08 400m vrije slag 04:45.10 1.87 15e 9 Rp

50m	00:32.17	32.17	100m	01:07.49	35.32
150m	01:43.28	35.79	200m	02:19.98	36.7
250m	02:56.41	36.43	300m	03:33.70	37.29
350m	04:09.83	36.13	400m	04:45.10	35.27

Wed 24 800m vrije slag 09:38.46 1.76 6e 10 Rp

100m	01:07.34	67.34	200m	02:19.35	72.01
400m	04:45.87	73.26	800m	09:38.46	73.15

Wed 33 400m wisselslag 05:21.34 4.78 8e 10 Rp

50m	00:34.81	34.81	100m	01:14.72	39.91
150m	01:56.81	42.09	200m	02:38.47	41.66
250m	03:23.61	45.14	300m	04:09.84	46.23
350m	04:46.82	36.98	400m	05:21.34	34.52

Wed 33 400m wisselslag 05:20.58 4.02 7e 10 Rp

50m	00:33.83	33.83	100m	01:14.08	40.25
150m	01:55.09	41.01	200m	02:36.14	41.05
250m	03:21.87	45.73	300m	04:08.57	46.7
350m	04:46.26	37.69	400m	05:20.58	34.32

VANDAMME Thijs GG GOLD /11055/05

Wed 03 200m vrije slag 02:09.05 -2.4 20e 8 Rp

50m	00:29.17	29.17	100m	01:01.32	32.15
150m	01:35.48	34.16	200m	02:09.05	33.57

Wed 05 200m wisselslag 02:25.54 -2.6 10e 8 Rp

50m	00:31.86	31.86	100m	01:07.14	35.28
150m	01:52.65	45.51	200m	02:25.54	32.89

Wed 17 50m vrije slag 00:26.35 -1 11e 10 Rp

Wed 23 100m rugslag 01:05.11 -2.6 6e 10 Rp

50m	00:31.20	31.2	100m	01:05.11	33.91
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Wed 23 100m rugslag 01:05.18 -2.5 6e 10 Rp

50m	00:31.71	31.71	100m	01:05.18	33.47
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Wed 30 100m vrije slag 00:57.54 -1.7 13e 10 Rp

50m	00:28.24	28.24	100m	00:57.54	29.3
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Wed 36 200m rugslag 02:23.66 -2.6 9e 9 Rp

50m	00:33.02	33.02	100m	01:09.39	36.37
150m	01:47.00	37.61	200m	02:23.66	36.66

Wed 36 200m rugslag 02:23.15 -3.1 7e 9 Rp

50m	00:33.01	33.01	100m	01:08.53	35.52
150m	01:46.31	37.78	200m	02:23.15	36.84



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

Wed 03 200m vrije slag 02:05.20 0.2 10e 10 Rp

50m	00:28.36	28.36	100m	01:00.52	32.16
150m	01:33.26	32.74	200m	02:05.20	31.94

Wed 07 100m vlinderslag 01:03.56 0.03 7e 7 Rp

50m	00:29.08	29.08	100m	01:03.56	34.48
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Wed 07 100m vlinderslag 01:03.34 -0.2 8e 7 Rp

50m	00:28.78	28.78	100m	01:03.34	34.56
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Wed 30 100m vrije slag 00:55.92 -0.2 9e 12 Rp

50m	00:26.73	26.73	100m	00:55.92	29.19
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