



27/01/2023

VJTC - Antwerpen

GOLD Swimming Team
Live slow, swim fast!**HIGH5**
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GARKA

DE SAEDELEER
JEAN-LUC
loodgieter
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bvba

WENES Joelia

GM

GOLD/21141/12

Wed 10 400m vrije slag 06:31.73 -33 33e

50m	00:42.03	42.03	100m	01:29.74	47.71
150m	02:19.85	50.11	200m	03:10.01	50.16
250m	04:01.74	51.73	300m	04:52.75	51.01
350m	05:44.60	51.85	400m	06:31.73	47.13

Wed 16 100m rugslag 01:40.54 34e

50m	00:48.87	48.87	100m	01:40.54	51.67
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Wed 20 50m vlinderslag 00:48.72 37e

Wed 28 100m vrije slag 01:25.36 -4.4 36e

50m	00:41.14	41.14	100m	01:25.36	44.22
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Wed 32 100m schoolslag 01:44.88 15e

50m	00:49.38	49.38	100m	01:44.88	55.5
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Wed 38 200m wisselslag 03:30.85 32e

50m	00:51.15	51.15	100m	01:44.92	53.77
150m	02:42.16	57.24	200m	03:30.85	48.69