

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 20  
24/01/2016 - 8:30

Dames, 200m vrije slag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	2:00.90	Van Koeckhoven Nina	MEGA	Helsinki (FIN)	7/07/2000
Vlaams records	2:00.90	Van Koeckhoven Nina	MZV	Helsinki (FIN)	7/07/2000
Event record	1:57.19	Hosszu Katinka	HUN	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup : 2:17.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt	100m	200m
1.	Turner Rebecca	92 COSE GBR	<b>2:01.76</b>	798	59.12 1:02.64
2.	Boyle Georgina	98 GBR GBR	<b>2:02.50</b>	784	1:01.19 1:01.31
3.	Faulkner Eleanor	93 COSE GBR	<b>2:02.52</b>	784	59.91 1:02.61
4.	Willmott Aimee	93 GBR GBR	<b>2:02.61</b>	782	1:00.28 1:02.33
5.	Goris Lotte	00 BRABO BEL	<b>2:03.29</b>	769	1:00.54 1:02.75
6.	Coates Georgia	99 GBR GBR	<b>2:03.41</b>	767	1:01.26 1:02.15
7.	Delno Marjolein	94 NED NED	<b>2:04.67</b>	744	1:01.37 1:03.30
8.	Duraes Diana Margarida	96 POR POR	<b>2:04.68</b>	744	1:00.50 1:04.18
9.	McKenzie Lucy	97 STMN GBR	<b>2:05.07</b>	737	1:01.62 1:03.45
10.	Casini Juliette	97 FFBN BEL	<b>2:05.16</b>	735	1:00.59 1:04.57
11.	Bro Sarah	96 DEN DEN	<b>2:05.27</b>	733	1:01.39 1:03.88
12.	Hibbott Holly	99 GBR GBR	<b>2:05.39</b>	731	1:01.48 1:03.91
13.	de Jonge Saskia	86 NED NED	<b>2:06.04</b>	720	1:01.11 1:04.93
14.	Anderson Rachel	02 MILW GBR	<b>2:06.80</b>	707	1:02.82 1:03.98
15.	Smits Jade	01 BRABO BEL	<b>2:06.81</b>	707	1:01.02 1:05.79
16.	Bouden Camille	01 ZB BEL	<b>2:06.89</b>	705	1:01.87 1:05.02
17.	Sherwin Rebecca	00 GBR GBR	<b>2:07.27</b>	699	1:02.30 1:04.97
18.	Griffiths Isobel	99 ASA GBR	<b>2:07.38</b>	697	1:02.53 1:04.85
19.	Vanlommel Anke	00 MOZKA BEL	<b>2:07.67</b>	693	1:01.37 1:06.30
	Finch Chloe	98 GBR GBR	<b>2:07.67</b>	693	1:02.18 1:05.49
21.	Southward Ellinor	01 ASA GBR	<b>2:07.89</b>	689	1:04.48 1:03.41
22.	Close Breanna	97 STMN GBR	<b>2:08.06</b>	686	1:01.69 1:06.37
23.	Azevedo Francisca Gomes	97 POR POR	<b>2:08.38</b>	681	1:02.67 1:05.71
24.	Vermeylen Jolien	94 LAQUA BEL	<b>2:08.56</b>	678	1:02.95 1:05.61
25.	Frischknecht Rita Barros	98 POR POR	<b>2:08.64</b>	677	1:03.20 1:05.44
26.	Vanleynseele Sara	97 BRABO BEL	<b>2:09.49</b>	664	1:02.34 1:07.15
27.	Jones Isabel	00 MILW GBR	<b>2:09.90</b>	657	1:02.47 1:07.43
28.	Dumont Juliette	00 FFBN BEL	<b>2:10.84</b>	643	1:02.58 1:08.26
29.	Hofland Niamh	02 ASA GBR	<b>2:11.36</b>	636	1:04.78 1:06.58
30.	Kerr Pauline E	98 DALLAS USA	<b>2:11.50</b>	634	1:04.56 1:06.94
31.	Townson Holly	00 ASA GBR	<b>2:12.33</b>	622	1:04.72 1:07.61
32.	Van Nyverseel Silke	01 ZS BEL	<b>2:12.38</b>	621	1:04.14 1:08.24
33.	Peeters Kristien	97 ZCT BEL	<b>2:12.52</b>	619	1:06.12 1:06.40
34.	Hoare Madeleine	02 ASA GBR	<b>2:12.53</b>	619	1:05.10 1:07.43
35.	Azevedo Madalena Gomes	99 POR POR	<b>2:12.54</b>	619	1:05.31 1:07.23
36.	Dionysopoulou Maria	00 BRABO BEL	<b>2:13.37</b>	607	1:05.43 1:07.94
37.	Walker Georgina	00 ASA GBR	<b>2:13.80</b>	602	1:04.01 1:09.79
38.	Krause Carina	01 SGB GER	<b>2:13.94</b>	600	1:05.54 1:08.40
39.	Vanhee Steffi	01 KZK BEL	<b>2:13.96</b>	599	1:04.87 1:09.09
40.	Van Deuren Charlotte	01 BRABO BEL	<b>2:14.16</b>	597	1:05.11 1:09.05
41.	Dalligan Shannon	01 ASA GBR	<b>2:15.33</b>	581	1:05.49 1:09.84
42.	Mondonedo Sonoma	00 SCWR BEL	<b>2:15.65</b>	577	1:05.25 1:10.40
43.	Kaminskaya Victoria	95 POR POR	<b>2:15.67</b>	577	1:06.20 1:09.47
44.	Koens Rebecca	99 LAQUA NED	<b>2:15.77</b>	576	1:06.37 1:09.40
45.	Eddy Grace	01 ASA GBR	<b>2:15.84</b>	575	1:04.02 1:11.82
46.	Cobbaert Justine	00 ZB BEL	<b>2:16.73</b>	564	1:05.71 1:11.02

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 20, Dames, 200m vrije slag, Voorronde, open leeftijdsgroep

Rang	Geb.			Tijd	Pnt	100m	200m
47.	D'Hondt Ischara	98	ZB BEL	<b>2:16.83</b>	562	1:06.30	1:10.53
48.	Feyaerts Marie	99	ZCT BEL	<b>2:17.47</b>	555	1:06.86	1:10.61
49.	Hansenne Nona	01	ZCK BEL	<b>2:17.51</b>	554	1:06.84	1:10.67
50.	Florence Caroline G	97	DALLAS USA	<b>2:17.73</b>	551	1:07.12	1:10.61
51.	Van Laere Megan	01	ZS BEL	<b>2:19.32</b>	533	1:06.82	1:12.50
52.	Op De Beeck Tine	00	ZVL BE	<b>2:19.55</b>	530	1:07.42	1:12.13
53.	Haegeman Karen	97	AST BEL	<b>2:19.92</b>	526	1:06.51	1:13.41
54.	Limpens Amelie	00	MEGA BEL	<b>2:20.50</b>	519	1:07.22	1:13.28
55.	Moerbeek Enya	00	BRABO BEL	<b>2:23.75</b>	485	1:08.39	1:15.36
FF	Vicary Eva	00	ASA GBR				
FF	Gage Emma	89	STMN GBR				
FF	Holub Tamila Hryhorivna	99	POR POR				

Programmanr. 21  
24/01/2016 - 9:05

Heren, 50m vlinderslag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	23.34	Heersbrandt Francois	CNSW	Kazan (RUS)	2/08/2015
Vlaams records	23.99	De Wilde Gilles	MEGA	Antwerpen	18/05/2013
Event record	23.66	Proud Benjamin	GBR	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup 15 - 18: 29.00; open: 28.00

Punten: FINA 2014

Rang	Geb.			Tijd	Pnt
1.	Margevicius Deividas	95	LTU	LTU	<b>24.64</b> 754
2.	Barrett Adam	92	LCLA	GBR	<b>24.83</b> 737
3.	Vangoetsenhoven Dries	97	BRABO	BEL	<b>24.95</b> 726
4.	Carvalho Diogo Filipe	88	POR	POR	<b>25.17</b> 707
5.	De Meulemeester Sebastien	98	ZNA	BEL	<b>25.32</b> 695
6.	Luecker Philip	94	SGN	GER	<b>25.43</b> 686
7.	De Graeve Birgen	98	LAQUA	BEL	<b>25.48</b> 682
8.	Bodiroza Nick	00	BRABO	SLO	<b>25.60</b> 672
9.	Brooks-Clarke Cameron	99	COSE	GBR	<b>25.65</b> 668
10.	Nijland Luuk	97	DWK	NED	<b>25.69</b> 665
11.	Svendsen Marcus Kroeyer	97	DEN	DEN	<b>25.81</b> 656
12.	Quintanilha Nuno Goncalo	87	POR	POR	<b>25.85</b> 653
13.	van Leeuwen Ruben	97	NED	NED	<b>26.14</b> 631
14.	Kostons Jeremy	97	HELLAS	NED	<b>26.22</b> 626
15.	De Meyer Diego	95	MEGA	BEL	<b>26.26</b> 623
16.	Hajder Ensar	91	SGE	GER	<b>26.42</b> 611
17.	Carremans Maarten	98	WLW	BEL	<b>26.45</b> 609
18.	Kosirnik Matic	00	LAQUA	SLO	<b>26.59</b> 600
19.	Munro Miles	96	GBR	GBR	<b>26.61</b> 598
20.	Terryn Julien	93	RSC	BEL	<b>26.65</b> 596
21.	Vandersypen Vincent	99	BRABO	BEL	<b>26.70</b> 592
22.	Parmentier Bavo	98	BZK	BEL	<b>26.79</b> 586
23.	Haegeman Jonas	99	AST	BEL	<b>26.81</b> 585
24.	Bierberg Grégory	98	VN	BEL	<b>26.91</b> 579
25.	Kingham Thomas	98	MILW	GBR	<b>26.98</b> 574
26.	Delferiere Alan	98	SCSG	BEL	<b>27.02</b> 572
27.	Meganck Gaetan	95	STW	BEL	<b>27.09</b> 567

Timingonline: [www.toptime.be](http://www.toptime.be)

Uitslagen [www.zwemfed.be](http://www.zwemfed.be)

Splash Meet Manager 11, 11.40736

Registered to Provincie Antwerpen

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Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 21, Heren, 50m vlinderslag, Voorronde, open leeftijdsgroep

Rang	Geb.			Tijd	Pnt
28.	Duhamel Louis	98	ZCK BEL	<b>27.11</b>	566
29.	Stanford Benjamin	99	ASA GBR	<b>27.30</b>	554
30.	Benn Parker J	99	DALLAS USA	<b>27.39</b>	549
31.	De Jonge Andres	00	BRABO BEL	<b>27.45</b>	545
32.	De Coster Robbe	98	COAST BEL	<b>27.51</b>	542
33.	Van Looy Quinten	99	SHARK BEL	<b>27.53</b>	540
34.	Van Den Bergh Floriaan	99	LOR BEL	<b>27.54</b>	540
	Vincke Warre	98	DDAT BEL	<b>27.54</b>	540
36.	Murcott Kane	00	ASA GBR	<b>27.59</b>	537
37.	De Meyer Sam	98	GBZ BEL	<b>27.62</b>	535
38.	Van Vooren Jelle	98	MEGA BEL	<b>27.68</b>	532
39.	Lepers Robin	99	BEST BEL	<b>27.71</b>	530
40.	Lemaire Arne	99	ZCK BEL	<b>27.91</b>	519
41.	Heye Arko	00	WLW BEL	<b>27.95</b>	516
42.	Gensorowsky Daniel	88	SGE GER	<b>28.07</b>	510
43.	Hermans Janou	98	STT BEL	<b>28.08</b>	509
44.	Derez Matthias	00	KZK BEL	<b>28.13</b>	506
45.	Rogers Alexander	99	ASA GBR	<b>28.15</b>	505
46.	Gillie James R	98	MILW GBR	<b>28.17</b>	504
47.	Callewaert Niels	00	BRABO BEL	<b>28.23</b>	501
48.	Van Son Lander	99	BRABO BEL	<b>28.32</b>	496
49.	D'Rozario Reggie	98	BRABO BEL	<b>28.42</b>	491
FF	McCusker Max	99	MILW GBR		
FF	Takacs Krisztian	85	GUSE HUN		
FF	Dimitriadis Stefanos	89	GRE GRE		
FF	Astrauskas Darijus	99	LTU LTU		
FF	Aluisio Vincent	98	BRABO BEL		

Programmanr. 22  
24/01/2016 - 9:20

Dames, 100m vlinderslag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	58.36	Buyts Kimberly	BRABO	Kazan (RUS)	2/08/2015
Vlaams records	58.36	Buyts Kimberly	BRABO	Kazan (RUS)	2/08/2015
Event record	57.90	Dekker Inge	NED	Antwerpen	13/01/2007

Limieten Flanders Speedo Cup : 1:09.00

Punten: FINA 2014

Rang	Geb.			Tijd	Pnt
1.	Kelly Rachael	94	GBR GBR	<b>58.62</b>	870
2.	Hallsall Francesca	90	GBR GBR	<b>58.99</b>	854
3.	Vourna Kristel	92	GRE GRE	<b>59.33</b>	839
4.	Beckmann Emilie	97	DEN DEN	<b>1:00.33</b>	798
5.	Hibbott Holly	99	GBR GBR	<b>1:02.18</b>	729
6.	Busch Kim	98	NED NED	<b>1:02.25</b>	727
7.	Erichsen Caroline	98	DEN DEN	<b>1:02.30</b>	725
8.	Buyts Kimberly	89	BRABO BEL	<b>1:02.33</b>	724
9.	Pugh Tazmin	00	GBR GBR	<b>1:02.46</b>	719
10.	Clynes Amelia	99	GBR GBR	<b>1:02.57</b>	716

Timingonline: [www.toptime.be](http://www.toptime.be)

Uitslagen [www.zwemfed.be](http://www.zwemfed.be)

Splash Meet Manager 11, 11.40736

Registered to Provincie Antwerpen

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Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 22, Dames, 100m vlinderslag, Voorronde, open leeftijdsgroep

Rang	Geb.			Tijd	Pnt	
11.	Gage Emma	89	STMN	GBR	<b>1:02.67</b>	712
12.	Dyer Orla	99	COSE	GBR	<b>1:02.82</b>	707
13.	Wood Abbie	99	GBR	GBR	<b>1:02.90</b>	704
14.	Mikkelsen Amalie	97	DEN	DEN	<b>1:03.50</b>	685
15.	Jochems Charissa	01	SHARK	BEL	<b>1:03.70</b>	678
16.	Hubbard Caitlin	01	ASA	GBR	<b>1:04.20</b>	662
17.	Van Heghe Margot	99	FIRST	BEL	<b>1:04.27</b>	660
18.	Bell Amy	00	COSE	GBR	<b>1:04.43</b>	655
19.	Dumont Valentine	00	FFBN	BEL	<b>1:04.55</b>	652
20.	Goris Mirthe	96	HZS	BEL	<b>1:04.56</b>	651
21.	Dumont Juliette	00	FFBN	BEL	<b>1:04.72</b>	647
22.	Gillet Victoria	98	VN	BEL	<b>1:04.76</b>	645
23.	Bos Esmée	96	NED	NED	<b>1:04.84</b>	643
24.	Henriques Ines Jacinto	00	POR	POR	<b>1:05.29</b>	630
25.	Swinnen Marie-Lien	00	DMB	BEL	<b>1:05.69</b>	618
26.	Vanlommel Anke	00	MOZKA	BEL	<b>1:07.84</b>	561
27.	Maes Rosanne	01	ZCK	BEL	<b>1:08.59</b>	543
28.	Vanoost Margeaux	01	KZK	BEL	<b>1:09.44</b>	523
29.	Gielen Indra	00	DMB	BEL	<b>1:09.84</b>	514
30.	Meert Jessy	99	SCSG	BEL	<b>1:09.89</b>	513
31.	Wood Lily	02	ASA	GBR	<b>1:09.99</b>	511
32.	Horemans Kaat	00	ZCT	BEL	<b>1:11.30</b>	483
33.	Broos Yarissa	00	ZORO	BEL	<b>1:11.89</b>	472
FF	Close Breanna	97	STMN	GBR		
FF	Kohlat Katharina	97	SGE	GER		
FF	Monteiro Ana Catarina	93	POR	POR		

Programmanr. 23  
24/01/2016 - 9:35

Heren, 200m rugslag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	1:59.64	Maene Stefaan	BZK	Barcelona (ESP)	28/07/1992
Vlaams records	1:59.64	Maene Stefaan	BZK	Barcelona (ESP)	28/07/1992
Event record	1:58.04	Rapsys Danas	LTU	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup 15 - 18: 2:25.00; open: 2:19.00

Punten: FINA 2014

Rang	Geb.			Tijd	Pnt	100m	200m
1.	Rapsys Danas	95	LTU	LTU	<b>2:01.23</b>	786	59.45 1:01.78
2.	Bukin Danil	94	UZB	UZB	<b>2:02.62</b>	760	1:00.02 1:02.60
3.	Hendrickx Lander	94	LAQUA	BEL	<b>2:02.79</b>	757	1:00.20 1:02.59
4.	Williams Brodie	99	MILW	GBR	<b>2:03.18</b>	750	59.93 1:03.25
5.	Lelliott Jay	95	GBR	GBR	<b>2:03.64</b>	741	1:01.05 1:02.59
6.	Hulme Joseph	97	GBR	GBR	<b>2:03.95</b>	736	1:01.15 1:02.80
7.	Van Audekerke Nils	96	TSZ	BEL	<b>2:04.59</b>	724	59.81 1:04.78
8.	Luyten Sjobbe	98	MOZKA	BEL	<b>2:04.81</b>	721	1:01.38 1:03.43
9.	Litchfield Max	95	GBR	GBR	<b>2:04.88</b>	719	1:00.73 1:04.15
10.	Lopes Gabriel Jose	97	POR	POR	<b>2:07.00</b>	684	1:01.93 1:05.07
11.	Vital Joao Alexandre	98	POR	POR	<b>2:07.54</b>	675	1:02.62 1:04.92
12.	Clogg Elliot	99	COSE	GBR	<b>2:08.73</b>	657	1:00.56 1:08.17

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 23, Heren, 200m rugslag, Voorronde, open leeftijdsgroep

Rang	Geb.		Tijd	Pnt	100m	200m
13.	Theodoris Nathan Keith	95 POR POR	<b>2:09.53</b>	645	1:03.22	1:06.31
14.	Dixon Jake	98 ASA GBR	<b>2:09.64</b>	643	1:02.15	1:07.49
15.	Santos Alexis Manacas	92 POR POR	<b>2:09.83</b>	640	1:02.61	1:07.22
16.	Crowe William	97 DALLAS USA	<b>2:10.27</b>	634	1:03.24	1:07.03
17.	Beard-Jones Ciaran	95 STMN GBR	<b>2:10.42</b>	631	1:04.83	1:05.59
18.	Chesterman Henry	98 MILW GBR	<b>2:11.14</b>	621	1:03.46	1:07.68
19.	Marcourt Alexandre	99 STT BEL	<b>2:12.00</b>	609	1:04.44	1:07.56
20.	Mulkers Lander	00 HZS BEL	<b>2:12.60</b>	601	1:05.12	1:07.48
21.	Heuninck Maarten	00 FIRST BEL	<b>2:13.21</b>	593	1:03.38	1:09.83
22.	Bisschop Tibo	98 BZK BEL	<b>2:13.66</b>	587	1:05.58	1:08.08
23.	Heitkemper Fabian	97 SGB GER	<b>2:14.02</b>	582	1:03.77	1:10.25
24.	Van Riet Tom	99 BRABO BEL	<b>2:14.14</b>	580	1:05.87	1:08.27
25.	Griffiths Hayden	97 ASA GBR	<b>2:14.50</b>	576	1:05.65	1:08.85
26.	Small Joseph	00 ASA GBR	<b>2:15.90</b>	558	1:06.65	1:09.25
27.	King Robert C	99 DALLAS USA	<b>2:16.08</b>	556	1:06.41	1:09.67
28.	Doukmani Zakariya	99 HN BEL	<b>2:16.12</b>	555	1:05.55	1:10.57
	Guldentops Kevin	00 TSZ BEL	<b>2:16.12</b>	555	1:05.58	1:10.54
30.	Den Haese Milan	98 DMB BEL	<b>2:16.77</b>	547	1:04.38	1:12.39
31.	De Muyncck Noah	96 MEGA BEL	<b>2:16.87</b>	546	1:06.97	1:09.90
32.	Beyens Sam	98 MOZKA BEL	<b>2:17.72</b>	536	1:06.73	1:10.99
33.	Donati Alexandre	01 HN BEL	<b>2:18.37</b>	529	1:06.79	1:11.58
34.	Vandermaesen Kevin	97 LAQUA BEL	<b>2:18.79</b>	524	1:05.74	1:13.05
35.	Dawans Audric	97 STD BEL	<b>2:19.21</b>	519	1:07.50	1:11.71
36.	Biermans Cas	00 BEST BEL	<b>2:21.34</b>	496	1:08.43	1:12.91
37.	Bearelle Thibo	00 KZK BEL	<b>2:21.66</b>	493	1:07.65	1:14.01
38.	Dewulf Tjorven	98 KZK BEL	<b>2:23.74</b>	472	1:08.22	1:15.52
39.	Blankers Gaetan	00 BRABO BEL	<b>2:24.17</b>	467	1:08.85	1:15.32
40.	Meuleman Matthias	00 BRABO BEL	<b>2:25.10</b>	458	1:10.06	1:15.04
41.	Noyez Clement	01 KZK BEL	<b>2:27.30</b>	438	1:11.36	1:15.94
FF	Jakupsson Magnus	94 DEN DEN				
FF	Balog Gabor	90 GUSE HUN				

Programmanr. 24  
24/01/2016 - 10:00

Dames, 200m schoolslag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	2:23.77	Lecluyse Fanny	DM	Kazan (RUS)	6/08/2015
Vlaams records	2:27.04	Matthysen Elise	BRABO	Beijing (CHN)	13/08/2008
Event record	2:25.05	Pedersen Rikke M.	DEN	Antwerpen	20/01/2013

Limieten Flanders Speedo Cup : 2:49.00

Punten: FINA 2014

Rang	Geb.		Tijd	Pnt	100m	200m
1.	Matts Katie	98 GBR GBR	<b>2:29.96</b>	798	1:11.58	1:18.38
2.	Coates Georgia	99 GBR GBR	<b>2:30.36</b>	791	1:13.39	1:16.97
3.	Cain Emma	99 GBR GBR	<b>2:32.40</b>	760	1:14.37	1:18.03
4.	Lambert Michelle	94 SGE GER	<b>2:33.70</b>	741	1:13.90	1:19.80
5.	Black Layla	00 GBR GBR	<b>2:33.88</b>	738	1:15.46	1:18.42
6.	Michels Lise	99 FFBN BEL	<b>2:36.25</b>	705	1:16.39	1:19.86
7.	Geeroms Anke	00 SCZ BEL	<b>2:38.62</b>	674	1:15.81	1:22.81
8.	Pereira Raquel Gomes	00 POR POR	<b>2:38.68</b>	673	1:16.64	1:22.04
9.	Kamau Rebecca	99 ASA GBR	<b>2:40.02</b>	656	1:15.47	1:24.55
10.	Clark Imogen	99 GBR GBR	<b>2:41.25</b>	642	1:15.56	1:25.69

Timingonline: [www.toptime.be](http://www.toptime.be)

Uitslagen [www.zwemfed.be](http://www.zwemfed.be)

Splash Meet Manager 11, 11.40736

Registered to Provincie Antwerpen

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Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 24, Dames, 200m schoolslag, Voorronde, open leeftijdsgroep

Rang	Geb.		Tijd	Pnt	100m	200m
11.	Rodrigues Ana	POR	POR	<b>2:43.19</b>	619	1:18.42 1:24.77
12.	Wijnants Jasmine	02	SHARK	<b>2:43.62</b>	614	1:17.46 1:26.16
13.	Vermeylen Jolien	94	LAQUA	<b>2:44.02</b>	610	1:20.82 1:23.20
14.	Staes Jolien	02	SHARK	<b>2:46.18</b>	586	1:20.85 1:25.33
15.	Adams Kymberly	00	GOLD	<b>2:46.24</b>	585	1:19.60 1:26.64
16.	Taecke Lore	00	COAST	<b>2:50.75</b>	540	1:21.53 1:29.22
17.	Van Loon Lien	01	LAQUA	<b>2:51.15</b>	536	1:22.51 1:28.64
18.	Limpens Amelie	00	MEGA	<b>2:53.86</b>	512	1:23.11 1:30.75
19.	Corstjens Britt	00	DMB	<b>2:53.92</b>	511	1:22.97 1:30.95
20.	Borgonie Tine	98	RZV	<b>2:54.88</b>	503	1:23.47 1:31.41
FF	Flas Camille	01	STD			
FF	Elzerman Anouk	90	HAQUE			

Programmanr. 25  
24/01/2016 - 10:15

Heren, 100m schoolslag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	1:00.60	Deburghgraeve Fred	BEL	Atlanta (USA)	20/07/1996
Vlaams records	1:00.60	Deburghgraeve Frederik	RZV	Atlanta (USA)	20/07/1996
Event record	59.48	Peaty Adam	GBR	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup 15 - 18: 1:15.00; open: 1:12.00

Punten: FINA 2014

Rang	Geb.		Tijd	Pnt
1.	Mustafin Vladislav	95 UZB	UZB	<b>1:00.61</b> 897
2.	Sidlauskas Andrius	97 LTU	LTU	<b>1:01.58</b> 855
3.	Attwood Charlie	97 GBR	GBR	<b>1:02.46</b> 819
4.	Holderness Robert	90 MILW	GBR	<b>1:02.74</b> 808
5.	Wilby James	93 GBR	GBR	<b>1:02.77</b> 807
6.	Kerc Aljaz	90 PK Olimpija	SLO	<b>1:02.93</b> 801
7.	Willis Andrew	90 GBR	GBR	<b>1:03.33</b> 786
8.	Vandevelde Raf	93 STT	BEL	<b>1:03.43</b> 782
9.	Caerts Basten	97 DBT	BEL	<b>1:04.06</b> 760
10.	Slater Tristan	93 MILW	GBR	<b>1:04.23</b> 753
11.	Davies Luke	97 GBR	GBR	<b>1:04.33</b> 750
12.	Simenko Nejc	93 PK Olimpija	SLO	<b>1:04.95</b> 729
13.	Greven Lucas	95 NED	NED	<b>1:05.00</b> 727
14.	Ashton Edmund	98 LACCP	GBR	<b>1:05.19</b> 721
15.	De Gols Senne	98 ZNA	BEL	<b>1:05.55</b> 709
16.	Rasmussen Christian V.	96 DEN	DEN	<b>1:06.02</b> 694
17.	De Meyer Diego	95 MEGA	BEL	<b>1:07.38</b> 653
18.	Waddingham Charlie	98 ASA	GBR	<b>1:07.68</b> 644
19.	Richards Samuel	97 ASA	GBR	<b>1:07.75</b> 642
20.	Ruijten Sander	01 DMB	BEL	<b>1:08.25</b> 628
	Staes Thomas	00 SHARK	BEL	<b>1:08.25</b> 628
22.	Eekhof Maxime	97 ZCT	BEL	<b>1:08.64</b> 617
23.	Kosirnik Matic	00 LAQUA	SLO	<b>1:08.69</b> 616
24.	Swillen Timon	00 TZ	BEL	<b>1:09.28</b> 600
25.	Senior Cian	98 COSE	GBR	<b>1:09.64</b> 591
26.	Van Damme Antoon	99 AZL	BEL	<b>1:10.22</b> 577

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 25, Heren, 100m schoolslag, Voorronde, open leeftijdsgroep

Rang		Geb.			Tijd	Pnt
27.	De Coster Robbe	98	COAST	BEL	<b>1:10.56</b>	568
28.	Rogers Alexander	99	ASA	GBR	<b>1:10.59</b>	567
29.	Van Cauwelaert Jasper	98	DALLAS	BEL	<b>1:10.83</b>	562
30.	Decuyper Brecht	00	MEGA	BEL	<b>1:11.20</b>	553
31.	Moyaert Theodore	01	ISWIM	BEL	<b>1:11.57</b>	544
32.	Steed Hayden R	99	DALLAS	USA	<b>1:11.60</b>	544
33.	Benn Parker J	99	DALLAS	USA	<b>1:11.64</b>	543
34.	Vranckx Bjarne	99	BEST	BEL	<b>1:11.80</b>	539
	Engels Aaron	99	STW	BEL	<b>1:11.80</b>	539
36.	Kruijtzter Jelle	99	BRABO	BEL	<b>1:12.47</b>	524
37.	Raes Lou	99	LOR	BEL	<b>1:12.54</b>	523
38.	Vermeulen Robbin	98	STW	BEL	<b>1:12.61</b>	521
39.	Van Den Abeele Frederik	00	BRABO	BEL	<b>1:13.11</b>	511
40.	Vaes Stef	99	BRABO	BEL	<b>1:13.35</b>	506
41.	Laceur Joni	98	BEST	BEL	<b>1:13.47</b>	503
42.	Bark Luca	00	AST	BEL	<b>1:14.68</b>	479
43.	Parmentier Aymeric	93	WN	BEL	<b>1:15.59</b>	462
44.	Leemans Mats	99	WLW	BEL	<b>1:15.62</b>	462
dis	Lawson Joshua	99	MILW	GBR		
	<i>SW 7.6 - Niet met 2 handen gelijktijdig muur geraakt bij Keerpunt of Aankomst en/of handen op elkaar gelegd</i>					
FF	Carvalho Diogo Filipe	88	POR	POR		

Programmanr. 26  
24/01/2016 - 10:35

Dames, 200m wisselslag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	2:13.68	Lecluyse Fanny	DM	Shanghai (CHN)	24/07/2011
Vlaams records	2:15.33	Buys Kimberly	BRABO	Antwerpen	22/01/2011
Event record	2:10.36	Hosszu Katinka	HUN	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup : 2:35.00

Punten: FINA 2014

Rang		Geb.			Tijd	Pnt	100m	200m
1.	Amanova Ranohon	94	UZB	UZB	<b>2:15.81</b>	801	1:04.33	1:11.48
2.	Coates Georgia	99	GBR	GBR	<b>2:17.04</b>	780	1:06.34	1:10.70
3.	Quigley Lauren	95	GBR	GBR	<b>2:18.18</b>	760	1:03.43	1:14.75
4.	Willmott Aimee	93	GBR	GBR	<b>2:18.23</b>	760	1:05.40	1:12.83
5.	Van der Zanden Wendy	88	BRABO	NED	<b>2:18.29</b>	759	1:02.87	1:15.42
6.	Wood Abbie	99	GBR	GBR	<b>2:19.16</b>	744	1:05.73	1:13.43
7.	Delno Marjolein	94	NED	NED	<b>2:19.21</b>	744	1:06.22	1:12.99
8.	Rudin Rosie	98	GBR	GBR	<b>2:19.31</b>	742	1:05.00	1:14.31
9.	McKenzie Lucy	97	STMN	GBR	<b>2:19.51</b>	739	1:06.17	1:13.34
10.	Kaminskaya Victoria	95	POR	POR	<b>2:20.22</b>	728	1:06.07	1:14.15
11.	Goris Lotte	00	BRABO	BEL	<b>2:20.57</b>	722	1:07.13	1:13.44
12.	Newlands Anna	98	STMN	GBR	<b>2:20.80</b>	719	1:04.62	1:16.18
13.	Bell Amy	00	COSE	GBR	<b>2:22.28</b>	696	1:08.34	1:13.94
14.	Bouden Camille	01	ZB	BEL	<b>2:23.06</b>	685	1:07.71	1:15.35
15.	Bos Esmée	96	NED	NED	<b>2:23.48</b>	679	1:07.69	1:15.79
16.	De Bock Sonia	98	BRABO	BEL	<b>2:24.48</b>	665	1:06.26	1:18.22
17.	Anderson Rachel	02	MILW	GBR	<b>2:24.54</b>	664	1:07.96	1:16.58

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 26, Dames, 200m wisselslag, Voorronde, open leeftijdsgroep

Rang		Geb.			Tijd	Pnt	100m	200m
18.	Southward Ellinor	01	ASA	GBR	<b>2:24.68</b>	662	1:06.10	1:18.58
19.	Kamau Rebecca	99	ASA	GBR	<b>2:24.69</b>	662	1:09.65	1:15.04
20.	Dumont Valentine	00	FFBN	BEL	<b>2:26.63</b>	636	1:09.49	1:17.14
21.	Dumont Juliette	00	FFBN	BEL	<b>2:28.19</b>	616	1:10.00	1:18.19
22.	Azevedo Madalena Gomes	99	POR	POR	<b>2:28.91</b>	607	1:10.36	1:18.55
23.	Hofland Niamh	02	ASA	GBR	<b>2:28.95</b>	607	1:10.21	1:18.74
24.	Wood Lily	02	ASA	GBR	<b>2:29.97</b>	595	1:09.97	1:20.00
25.	de Jonge Saskia	86	NED	NED	<b>2:30.33</b>	590	1:14.09	1:16.24
26.	Gillet Victoria	98	VN	BEL	<b>2:30.83</b>	585	1:09.23	1:21.60
27.	Daemen Sien	01	DMB	BEL	<b>2:31.99</b>	571	1:09.10	1:22.89
28.	Carlu Axelle	00	KZK	BEL	<b>2:32.37</b>	567	1:11.80	1:20.57
29.	Leyman Merel	98	DDAT	BEL	<b>2:33.85</b>	551	1:14.76	1:19.09
30.	Cobbaert Justine	00	ZB	BEL	<b>2:34.47</b>	544	1:12.58	1:21.89
31.	Cas Emma	99	ZS	BEL	<b>2:35.15</b>	537	1:13.92	1:21.23
32.	Koch Hannah	01	SGB	GER	<b>2:37.62</b>	512	1:14.46	1:23.16
33.	Donckers Kali	00	BRABO	BEL	<b>2:37.65</b>	512	1:13.47	1:24.18
34.	Gielen Indra	00	DMB	BEL	<b>2:39.05</b>	498	1:14.44	1:24.61
35.	Vanoost Margeaux	01	KZK	BEL	<b>2:40.34</b>	487	1:16.53	1:23.81
36.	Hansenne Nona	01	ZCK	BEL	<b>2:40.89</b>	482	1:13.34	1:27.55
37.	Tuytschaever Dora	00	LOR	BEL	<b>2:41.47</b>	476	1:17.42	1:24.05
38.	Maes Rosanne	01	ZCK	BEL	<b>2:45.42</b>	443	1:14.89	1:30.53
FF	Mikkelsen Amalie	97	DEN	DEN				

Programmanr. 27  
24/01/2016 - 11:00

Heren, 100m vrije slag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	48.22	Timmers Pieter	BRABO	Kazan (RUS)	5/08/2015
Vlaams records	48.22	Timmers Pieter	BRABO	Kazan (RUS)	5/08/2015
Event record	48.76	Timmers Pieter	BEL	Antwerpen	20/01/2013

Limieten Flanders Speedo Cup 15 - 18: 1:00.00; open: 58.00

Punten: FINA 2014

Rang		Geb.			Tijd	Pnt
1.	Aerents Jasper	92	BZK	BEL	<b>49.51</b>	850
2.	Surgeloose Glenn	89	BRABO	BEL	<b>49.72</b>	839
3.	Vanluchene Emmanuel	92	GOLD	BEL	<b>49.86</b>	832
4.	Dekoninck Dieter	91	BRABO	BEL	<b>49.92</b>	829
5.	Tulupov Daniil	88	UZB	UZB	<b>50.46</b>	803
6.	Disney-May James	92	LCLA	GBR	<b>50.57</b>	798
7.	Timm Braxston	92	COSE	GBR	<b>51.02</b>	777
8.	Grainger Nicholas	94	GBR	GBR	<b>51.20</b>	769
9.	Tursunov Khurshid	94	UZB	UZB	<b>51.43</b>	758
10.	Pijnenburg Stan	96	NED	NED	<b>51.51</b>	755
11.	Barrett Adam	92	LCLA	GBR	<b>51.71</b>	746
12.	Nascimento Miguel Duarte	95	POR	POR	<b>51.81</b>	742
13.	Ovesen Sebastian	94	DEN	DEN	<b>51.88</b>	739
14.	Munro Miles	96	GBR	GBR	<b>51.89</b>	738
15.	Thijs Thomas	97	ZGEEL	BEL	<b>51.97</b>	735
16.	Pereira Mario Alexandre	92	POR	POR	<b>52.02</b>	733
17.	Quigley Grant	93	STMN	GBR	<b>52.37</b>	718



Flanders Speedo Cup 2016  
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Programmanr. 27, Heren, 100m vrije slag, Voorronde, open leeftijdsgroep

Rang		Geb.			Tijd	Pnt
18.	Weiremans Lorenz	96	BRABO	BEL	<b>52.39</b>	717
19.	De Meulemeester Sebastien	98	ZNA	BEL	<b>52.44</b>	715
20.	Chisholm Kyle	97	GBR	GBR	<b>52.68</b>	706
21.	Santos Alexis Manacas	92	POR	POR	<b>52.70</b>	705
22.	Hulme Joseph	97	GBR	GBR	<b>52.71</b>	704
23.	Cortens Ken	93	LAQUA	BEL	<b>52.73</b>	704
24.	Astrauskas Darijus	99	LTU	LTU	<b>52.89</b>	697
25.	Mylonas Fotios	96	GRE	GRE	<b>52.90</b>	697
	Trap Alexander	97	BRABO	BEL	<b>52.90</b>	697
27.	Clogg Elliot	99	COSE	GBR	<b>52.92</b>	696
28.	Vangoetsenhoven Dries	97	BRABO	BEL	<b>52.98</b>	694
29.	De Graeve Birgen	98	LAQUA	BEL	<b>52.99</b>	693
30.	Kostons Jeremy	97	HELLAS	NED	<b>53.02</b>	692
31.	Nijland Luuk	97	DWK	NED	<b>53.12</b>	688
32.	Jackson Jacob	98	ASA	GBR	<b>53.16</b>	687
33.	Luecker Philip	94	SGN	GER	<b>53.20</b>	685
34.	Irvine Sam	97	MILW	GBR	<b>53.31</b>	681
35.	Beard-Jones Ciaran	95	STMN	GBR	<b>53.36</b>	679
36.	Barker Louis	99	MILW	GBR	<b>53.49</b>	674
37.	Kingham Thomas	98	MILW	GBR	<b>53.56</b>	671
38.	Blanch Nicolas	97	DEN	DEN	<b>53.63</b>	669
39.	Luyten Sjobbe	98	MOZKA	BEL	<b>53.66</b>	668
40.	Atkinson Thomas	98	COSE	GBR	<b>53.68</b>	667
41.	Stanford Benjamin	99	ASA	GBR	<b>53.74</b>	665
42.	Svendson Marcus Kroeyer	97	DEN	DEN	<b>53.76</b>	664
43.	Senior Cian	98	COSE	GBR	<b>53.89</b>	659
44.	Budd Samuel	98	COSE	GBR	<b>53.90</b>	659
45.	Gillie James R	98	MILW	GBR	<b>54.00</b>	655
46.	Rasmussen Christian V.	96	DEN	DEN	<b>54.27</b>	645
47.	Carremans Maarten	98	WLW	BEL	<b>54.31</b>	644
48.	Brooks-Clarke Cameron	99	COSE	GBR	<b>54.38</b>	641
49.	Van Cauwelaert Felix	00	DALLAS	BEL	<b>54.41</b>	640
50.	Waddingham Charlie	98	ASA	GBR	<b>54.48</b>	638
51.	Sieling Nino	97	DWK	NED	<b>54.54</b>	636
52.	Dixon Jake	98	ASA	GBR	<b>54.88</b>	624
	Crowe William	97	DALLAS	USA	<b>54.88</b>	624
54.	Parmentier Bavo	98	BZK	BEL	<b>54.96</b>	621
55.	Hajder Ensar	91	SGE	GER	<b>54.98</b>	621
56.	Van Looy Quinten	99	SHARK	BEL	<b>55.03</b>	619
57.	Derbyshire Tom	98	ASA	GBR	<b>55.08</b>	617
58.	Van Lierde Thomas	99	ZNA	BEL	<b>55.11</b>	616
59.	Housen Stef	00	DMB	BEL	<b>55.14</b>	615
60.	Dael Simon	99	BRABO	BEL	<b>55.30</b>	610
61.	Bodiroza Nick	00	BRABO	SLO	<b>55.45</b>	605
62.	Derez Matthias	00	KZK	BEL	<b>55.55</b>	602
63.	Bierberg Grégory	98	VN	BEL	<b>55.61</b>	600
64.	Van Vooren Jelle	98	MEGA	BEL	<b>55.68</b>	597

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 27, Heren, 100m vrije slag, Voorronde, open leeftijdsgroep

Rang		Geb.			Tijd	Pnt
65.	Beirnaert Jonas	97	STW	BEL	<b>55.77</b>	595
66.	Pina Guilherme Filipe	98	POR	POR	<b>55.90</b>	590
67.	Vincke Warre	98	DDAT	BEL	<b>55.95</b>	589
68.	Raymaekers Robbert	98	LAQUA	BEL	<b>55.97</b>	588
69.	King Robert C	99	DALLAS	USA	<b>56.21</b>	581
70.	Heye Arko	00	WLW	BEL	<b>56.27</b>	579
71.	Beyens Sam	98	MOZKA	BEL	<b>56.31</b>	578
72.	Blankers Gaetan	00	BRABO	BEL	<b>56.36</b>	576
73.	Daems Gilles	98	ZCT	BEL	<b>56.48</b>	572
74.	Gensorowsky Daniel	88	SGE	GER	<b>56.50</b>	572
	Langmans Wannas	99	SHARK	BEL	<b>56.50</b>	572
76.	Van Den Bergh Floriaan	99	LOR	BEL	<b>56.57</b>	570
77.	Marichal Seppe	01	BRABO	BEL	<b>56.61</b>	569
78.	Lemaire Arne	99	ZCK	BEL	<b>57.07</b>	555
79.	Duhamel Louis	98	ZCK	BEL	<b>57.28</b>	549
80.	Willems Bruno	99	ZVL	BE	<b>57.35</b>	547
81.	Beckwee Emile	98	DDAT	BEL	<b>57.46</b>	544
82.	Small Joseph	00	ASA	GBR	<b>57.48</b>	543
83.	Vincke Toon	00	DDAT	BEL	<b>57.51</b>	542
84.	Braeckmans Louis	01	ZS	BEL	<b>57.66</b>	538
85.	Raes Lou	99	LOR	BEL	<b>57.69</b>	537
86.	Rots Simon	00	AST	BEL	<b>57.70</b>	537
87.	Emo Jerome	00	HN	BEL	<b>57.76</b>	535
	Hermans Janou	98	STT	BEL	<b>57.76</b>	535
89.	De Block Killian	98	LAQUA	BEL	<b>57.79</b>	534
90.	Van Den Broeck Brent	00	ZCT	BEL	<b>57.80</b>	534
91.	Van Son Lander	99	BRABO	BEL	<b>57.85</b>	533
92.	Leenders Bram	00	SHARK	BEL	<b>57.93</b>	530
93.	Cloes Janek	99	BEST	BEL	<b>57.94</b>	530
94.	Everaert Fabian	99	ZVL	BE	<b>57.95</b>	530
95.	Lepers Robin	99	BEST	BEL	<b>58.17</b>	524
96.	Daems Etienne	01	ZCT	BEL	<b>58.23</b>	522
97.	Staes Thomas	00	SHARK	BEL	<b>58.29</b>	521
98.	Coenegrachts Wout	99	ZCT	BEL	<b>58.44</b>	517
99.	Englebert Antoine	00	STD	BEL	<b>58.61</b>	512
100.	Tormans Jasper	98	BEST	BEL	<b>58.65</b>	511
101.	Verhulsel Sander	99	ZVL	BE	<b>58.68</b>	510
102.	Noyez Clement	01	KZK	BEL	<b>58.69</b>	510
103.	van Sas Stijn	00	ZCT	BEL	<b>58.73</b>	509
	Couckuyt Henri	00	KZK	BEL	<b>58.73</b>	509
105.	Van Den Broeck Matteo	01	LOR	BEL	<b>58.77</b>	508
106.	Stouten Louka	99	WLW	BEL	<b>58.82</b>	507
107.	Beulen Cesar	01	BZK	BEL	<b>58.95</b>	503
108.	Callewaert Niels	00	BRABO	BEL	<b>59.07</b>	500
109.	Van Den Berghe Bryan	99	LOR	BEL	<b>59.17</b>	498
110.	Laceur Joni	98	BEST	BEL	<b>59.21</b>	497
111.	Huygh Elias	00	WLW	BEL	<b>59.79</b>	482

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Programmanr. 27, Heren, 100m vrije slag, Voorronde, open leeftijdsgroep

Rang		Geb.			Tijd	Pnt
112.	Praet Nick	98	LOR	BEL	<b>59.91</b>	480
	FF Jakupsson Magnus	94	DEN	DEN		
	FF Takacs Krisztian	85	GUSE	HUN		
	FF Strazdas Povilas	96	LTU	LTU		
	FF De Graaf Christophe	99	ZS	BEL		
	FF Downey Ben	99	SHARK	BEL		
	FF Van Den Wijngaert Roel	96	SHARK	BEL		
	FF Aluisio Vincent	98	BRABO	BEL		
	FF Timmers Pieter	88	BRABO	BEL		
	FF Dewulf Tjorven	98	KZK	BEL		

Programmanr. 28 Dames, 400m vrije slag open leeftijdsgroep  
24/01/2016 - 11:45 Resultaten Voorronde

Belgisch record	4:11.71	Arnould Isabelle	BEL	Seoul (KOR)	22/09/1988
Vlaams records	4:17.38	Goffin Sofie	ZS	Charleroi	9/08/1998
Event record	4:06.68	Carlin Jazmin	GBR	Antwerpen	26/01/2014

Limieten Flanders Speedo Cup : 4:49.00

Punten: FINA 2014

Rang		Geb.			Tijd	Pnt	100m	200m	300m	400m		
1.	Holub Tamila Hryhorivna	99	POR	POR	<b>4:17.92</b>	797	1:02.47	1:05.57	1:05.68	1:04.20		
	50m:	30.31	30.31	150m:	1:35.15	32.68	250m:	2:40.73	32.69	350m:	3:46.18	32.46
	100m:	1:02.47	32.16	200m:	2:08.04	32.89	300m:	3:13.72	32.99	400m:	4:17.92	31.74
2.	Wood Abbie	99	GBR	GBR	<b>4:18.37</b>	793	1:02.78	1:05.95	1:05.42	1:04.22		
	50m:	30.61	30.61	150m:	1:35.92	33.14	250m:	2:41.58	32.85	350m:	3:47.02	32.87
	100m:	1:02.78	32.17	200m:	2:08.73	32.81	300m:	3:14.15	32.57	400m:	4:18.37	31.35
3.	Boyle Georgina	98	GBR	GBR	<b>4:18.81</b>	788	1:02.86	1:06.71	1:04.94	1:04.30		
	50m:	29.85	29.85	150m:	1:36.26	33.40	250m:	2:41.83	32.26	350m:	3:47.13	32.62
	100m:	1:02.86	33.01	200m:	2:09.57	33.31	300m:	3:14.51	32.68	400m:	4:18.81	31.68
	Hibbott Holly	99	GBR	GBR	<b>4:18.81</b>	788	1:04.09	1:06.47	1:04.36	1:03.89		
	50m:	30.69	30.69	150m:	1:36.99	32.90	250m:	2:42.45	31.89	350m:	3:47.41	32.49
	100m:	1:04.09	33.40	200m:	2:10.56	33.57	300m:	3:14.92	32.47	400m:	4:18.81	31.40
5.	Willmott Aimee	93	GBR	GBR	<b>4:18.94</b>	787	1:03.66	1:06.72	1:04.58	1:03.98		
	50m:	30.47	30.47	150m:	1:36.72	33.06	250m:	2:42.46	32.08	350m:	3:47.31	32.35
	100m:	1:03.66	33.19	200m:	2:10.38	33.66	300m:	3:14.96	32.50	400m:	4:18.94	31.63
6.	Faulkner Eleanor	93	COSE	GBR	<b>4:19.28</b>	784	1:02.29	1:06.19	1:05.93	1:04.87		
	50m:	29.56	29.56	150m:	1:35.13	32.84	250m:	2:41.45	32.97	350m:	3:47.33	32.92
	100m:	1:02.29	32.73	200m:	2:08.48	33.35	300m:	3:14.41	32.96	400m:	4:19.28	31.95
7.	Duraes Diana Margarida	96	POR	POR	<b>4:21.65</b>	763	1:03.00	1:06.48	1:06.12	1:06.05		
	50m:	30.43	30.43	150m:	1:36.15	33.15	250m:	2:42.43	32.95	350m:	3:49.04	33.44
	100m:	1:03.00	32.57	200m:	2:09.48	33.33	300m:	3:15.60	33.17	400m:	4:21.65	32.61
8.	Dumont Valentine	00	FFBN	BEL	<b>4:22.60</b>	755	1:04.82	1:07.31	1:05.99	1:04.48		
	50m:	31.55	31.55	150m:	1:38.47	33.65	250m:	2:45.04	32.91	350m:	3:50.71	32.59
	100m:	1:04.82	33.27	200m:	2:12.13	33.66	300m:	3:18.12	33.08	400m:	4:22.60	31.89
9.	Griffiths Isobel	99	ASA	GBR	<b>4:23.14</b>	750	1:03.76	1:06.60	1:06.66	1:06.12		
	50m:	30.61	30.61	150m:	1:36.68	32.92	250m:	2:43.35	32.99	350m:	3:50.30	33.28
	100m:	1:03.76	33.15	200m:	2:10.36	33.68	300m:	3:17.02	33.67	400m:	4:23.14	32.84
10.	Vicary Eva	00	ASA	GBR	<b>4:25.50</b>	730	1:03.64	1:08.28	1:07.80	1:05.78		
	50m:	30.25	30.25	150m:	1:37.54	33.90	250m:	2:45.69	33.77	350m:	3:53.06	33.34
	100m:	1:03.64	33.39	200m:	2:11.92	34.38	300m:	3:19.72	34.03	400m:	4:25.50	32.44

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Programmanr. 28, Dames, 400m vrije slag, Voorronde, open leeftijdsgroep

Rang	Geb.		Tijd Pnt		100m	200m	300m	400m
11.	Finch Chloe	98 GBR	GBR	<b>4:26.01</b> 726	1:04.47	1:07.81	1:06.95	1:06.78
	50m: 31.24	31.24	150m: 1:38.19	33.72	250m: 2:45.71	33.43	350m: 3:52.98	33.75
	100m: 1:04.47	33.23	200m: 2:12.28	34.09	300m: 3:19.23	33.52	400m: 4:26.01	33.03
12.	Lauridsen Julie Aglund	96 DEN	DEN	<b>4:26.99</b> 718	1:04.92	1:07.90	1:07.53	1:06.64
	50m: 31.38	31.38	150m: 1:38.85	33.93	250m: 2:46.58	33.76	350m: 3:54.25	33.90
	100m: 1:04.92	33.54	200m: 2:12.82	33.97	300m: 3:20.35	33.77	400m: 4:26.99	32.74
13.	Mattens Edith	97 KZK	BEL	<b>4:28.80</b> 704	1:04.76	1:07.49	1:08.55	1:08.00
	50m: 31.26	31.26	150m: 1:38.28	33.52	250m: 2:46.38	34.13	350m: 3:54.92	34.12
	100m: 1:04.76	33.50	200m: 2:12.25	33.97	300m: 3:20.80	34.42	400m: 4:28.80	33.88
14.	Geeroms Anke	00 SCZ	BEL	<b>4:30.73</b> 689	1:06.96	1:09.26	1:07.55	1:06.96
	50m: 31.96	31.96	150m: 1:41.37	34.41	250m: 2:49.40	33.18	350m: 3:57.47	33.70
	100m: 1:06.96	35.00	200m: 2:16.22	34.85	300m: 3:23.77	34.37	400m: 4:30.73	33.26
15.	Dawans Axelle	99 STD	BEL	<b>4:31.83</b> 680	1:05.41	1:07.79	1:09.64	1:08.99
	50m: 31.68	31.68	150m: 1:39.29	33.88	250m: 2:47.69	34.49	350m: 3:57.77	34.93
	100m: 1:05.41	33.73	200m: 2:13.20	33.91	300m: 3:22.84	35.15	400m: 4:31.83	34.06
16.	Hofland Niamh	02 ASA	GBR	<b>4:33.09</b> 671	1:06.15	1:09.41	1:10.01	1:07.52
	50m: 32.17	32.17	150m: 1:40.90	34.75	250m: 2:50.93	35.37	350m: 4:00.38	34.81
	100m: 1:06.15	33.98	200m: 2:15.56	34.66	300m: 3:25.57	34.64	400m: 4:33.09	32.71
17.	Jones Isabel	00 MILW	GBR	<b>4:33.82</b> 666	1:07.13	1:09.87	1:07.86	1:08.96
	50m: 31.60	31.60	150m: 1:41.79	34.66	250m: 2:49.89	32.89	350m: 3:59.42	34.56
	100m: 1:07.13	35.53	200m: 2:17.00	35.21	300m: 3:24.86	34.97	400m: 4:33.82	34.40
18.	Henriques Ines Jacinto	00 POR	POR	<b>4:34.08</b> 664	1:06.60	1:09.76	1:08.96	1:08.76
	50m: 31.68	31.68	150m: 1:41.55	34.95	250m: 2:50.44	34.08	350m: 4:00.12	34.80
	100m: 1:06.60	34.92	200m: 2:16.36	34.81	300m: 3:25.32	34.88	400m: 4:34.08	33.96
19.	Erichsen Caroline	98 DEN	DEN	<b>4:35.58</b> 653	1:06.12	1:09.96	1:10.64	1:08.86
	50m: 31.43	31.43	150m: 1:40.93	34.81	250m: 2:51.35	35.27	350m: 4:01.46	34.74
	100m: 1:06.12	34.69	200m: 2:16.08	35.15	300m: 3:26.72	35.37	400m: 4:35.58	34.12
	Van Deuren Charlotte	01 BRABO	BEL	<b>4:35.58</b> 653	1:05.71	1:09.33	1:11.25	1:09.29
	50m: 31.59	31.59	150m: 1:40.06	34.35	250m: 2:50.40	35.36	350m: 4:01.24	34.95
	100m: 1:05.71	34.12	200m: 2:15.04	34.98	300m: 3:26.29	35.89	400m: 4:35.58	34.34
21.	Hubbard Caitlin	01 ASA	GBR	<b>4:36.23</b> 648	1:05.43	1:10.85	1:10.61	1:09.34
	50m: 31.00	31.00	150m: 1:40.44	35.01	250m: 2:51.42	35.14	350m: 4:01.73	34.84
	100m: 1:05.43	34.43	200m: 2:16.28	35.84	300m: 3:26.89	35.47	400m: 4:36.23	34.50
22.	Townson Holly	00 ASA	GBR	<b>4:38.14</b> 635	1:07.53	1:11.07	1:11.56	1:07.98
	50m: 32.10	32.10	150m: 1:42.46	34.93	250m: 2:54.20	35.60	350m: 4:04.50	34.34
	100m: 1:07.53	35.43	200m: 2:18.60	36.14	300m: 3:30.16	35.96	400m: 4:38.14	33.64
23.	Dalligan Shannon	01 ASA	GBR	<b>4:38.41</b> 633	1:07.04	1:10.63	1:10.95	1:09.79
	50m: 31.92	31.92	150m: 1:42.19	35.15	250m: 2:52.93	35.26	350m: 4:04.26	35.64
	100m: 1:07.04	35.12	200m: 2:17.67	35.48	300m: 3:28.62	35.69	400m: 4:38.41	34.15
24.	Dionysopoulou Maria	00 BRABO	BEL	<b>4:40.06</b> 622	1:07.16	1:10.51	1:11.85	1:10.54
	50m: 32.43	32.43	150m: 1:42.38	35.22	250m: 2:53.44	35.77	350m: 4:05.42	35.90
	100m: 1:07.16	34.73	200m: 2:17.67	35.29	300m: 3:29.52	36.08	400m: 4:40.06	34.64
25.	Krause Carina	01 SGB	GER	<b>4:41.28</b> 614	1:07.92	1:12.03	1:12.03	1:09.30
	50m: 32.07	32.07	150m: 1:43.58	35.66	250m: 2:55.96	36.01	350m: 4:07.32	35.34
	100m: 1:07.92	35.85	200m: 2:19.95	36.37	300m: 3:31.98	36.02	400m: 4:41.28	33.96
26.	Van Nyverseel Silke	01 ZS	BEL	<b>4:42.10</b> 609	1:08.21	1:12.10	1:12.17	1:09.62
	50m: 32.41	32.41	150m: 1:44.07	35.86	250m: 2:56.10	35.79	350m: 4:07.95	35.47
	100m: 1:08.21	35.80	200m: 2:20.31	36.24	300m: 3:32.48	36.38	400m: 4:42.10	34.15
27.	van Ruiten Evelien	96 NED	NED	<b>4:42.64</b> 605	1:07.07	1:10.71	1:12.94	1:11.92
	50m: 31.77	31.77	150m: 1:42.18	35.11	250m: 2:54.05	36.27	350m: 4:07.04	36.32
	100m: 1:07.07	35.30	200m: 2:17.78	35.60	300m: 3:30.72	36.67	400m: 4:42.64	35.60

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Programmanr. 28, Dames, 400m vrije slag, Voorronde, open leeftijdsgroep

Rang	Geb.	Tijd Pnt	100m	200m	300m	400m	
28.	Kerr Pauline E 50m: 32.58 100m: 1:07.27	98 DALLAS USA 150m: 1:43.07 200m: 2:18.86	35.80 35.79	4:42.80 604 250m: 2:55.43 300m: 3:32.00	1:07.27 36.57	1:11.59 350m: 4:08.04	1:13.14 1:10.80 36.04 400m: 4:42.80 34.76
29.	De Baere Marie-Claire 50m: 32.60 100m: 1:07.84	97 STW BEL 150m: 1:44.34 200m: 2:20.79	36.50 36.45	4:43.78 598 250m: 2:56.92 300m: 3:32.86	1:07.84 36.13	1:12.95 350m: 4:09.10	1:12.07 1:10.92 36.24 400m: 4:43.78 34.68
30.	Koens Rebecca 50m: 32.48 100m: 1:08.18	99 LAQUA NED 150m: 1:44.20 200m: 2:20.64	36.02 36.44	4:46.10 584 250m: 2:55.83 300m: 3:32.56	1:08.18 35.19	1:12.46 350m: 4:09.44	1:11.92 1:13.54 36.88 400m: 4:46.10 36.66
31.	Vanhee Steffi 50m: 32.33 100m: 1:08.03	01 KZK BEL 150m: 1:44.21 200m: 2:20.93	36.18 36.72	4:47.57 575 250m: 2:57.72 300m: 3:34.98	1:08.03 36.79	1:12.90 350m: 4:11.82	1:14.05 1:12.59 36.84 400m: 4:47.57 35.75
32.	Leyman Merel 50m: 32.52 100m: 1:09.34	98 DDAT BEL 150m: 1:46.56 200m: 2:24.34	37.22 37.78	4:49.49 563 250m: 3:01.35 300m: 3:38.72	1:09.34 37.01	1:15.00 350m: 4:14.89	1:14.38 1:10.77 36.17 400m: 4:49.49 34.60
33.	Van Suetendael Sara 50m: 31.79 100m: 1:06.87	00 BRABO BEL 150m: 1:43.50 200m: 2:20.86	36.63 37.36	4:49.51 563 250m: 2:58.56 300m: 3:35.96	1:06.87 37.70	1:13.99 350m: 4:13.58	1:15.10 1:13.55 37.62 400m: 4:49.51 35.93
34.	Eddy Grace 50m: 31.75 100m: 1:07.00	01 ASA GBR 150m: 1:43.67 200m: 2:20.75	36.67 37.08	4:49.57 563 250m: 2:58.24 300m: 3:36.09	1:07.00 37.49	1:13.75 350m: 4:13.57	1:15.34 1:13.48 37.48 400m: 4:49.57 36.00
35.	Stockmann Lena 50m: 33.04 100m: 1:09.00	01 SGB GER 150m: 1:46.26 200m: 2:23.30	37.26 37.04	4:50.40 558 250m: 3:00.58 300m: 3:37.37	1:09.00 37.28	1:14.30 350m: 4:14.61	1:14.07 1:13.03 37.24 400m: 4:50.40 35.79
36.	Van Assche Hanneleen 50m: 32.41 100m: 1:07.85	98 LAQUA BEL 150m: 1:44.44 200m: 2:21.74	36.59 37.30	4:51.12 554 250m: 2:58.84 300m: 3:36.03	1:07.85 37.10	1:13.89 350m: 4:13.96	1:14.29 1:15.09 37.93 400m: 4:51.12 37.16
37.	Florence Caroline G 50m: 32.88 100m: 1:09.61	97 DALLAS USA 150m: 1:46.51 200m: 2:24.21	36.90 37.70	4:51.39 552 250m: 3:01.38 300m: 3:39.26	1:09.61 37.17	1:14.60 350m: 4:15.89	1:15.05 1:12.13 36.63 400m: 4:51.39 35.50
38.	Haegeman Karen 50m: 32.20 100m: 1:08.45	97 AST BEL 150m: 1:45.60 200m: 2:22.95	37.15 37.35	4:52.13 548 250m: 3:00.48 300m: 3:37.99	1:08.45 37.53	1:14.50 350m: 4:15.84	1:15.04 1:14.14 37.85 400m: 4:52.13 36.29
39.	Mondonedo Sonoma 50m: 32.26 100m: 1:08.60	00 SCWR BEL 150m: 1:45.47 200m: 2:22.69	36.87 37.22	4:53.24 542 250m: 3:00.52 300m: 3:38.27	1:08.60 37.83	1:14.09 350m: 4:16.77	1:15.58 1:14.97 38.50 400m: 4:53.24 36.47
40.	Walker Georgina 50m: 33.15 100m: 1:09.51	00 ASA GBR 150m: 1:46.83 200m: 2:24.59	37.32 37.76	4:53.40 541 250m: 3:02.16 300m: 3:39.36	1:09.51 37.57	1:15.08 350m: 4:17.18	1:14.77 1:14.04 37.82 400m: 4:53.40 36.22
41.	Op De Beeck Tine 50m: 33.68 100m: 1:10.32	00 ZVL BE 150m: 1:48.20 200m: 2:26.17	37.88 37.97	4:57.34 520 250m: 3:04.67 300m: 3:43.00	1:10.32 38.50	1:15.85 350m: 4:21.03	1:16.83 1:14.34 38.03 400m: 4:57.34 36.31
42.	Moerbeek Enya 50m: 34.11 100m: 1:11.72	00 BRABO BEL 150m: 1:49.61 200m: 2:28.33	37.89 38.72	5:01.30 500 250m: 3:07.31 300m: 3:46.09	1:11.72 38.98	1:16.61 350m: 4:25.22	1:17.76 1:15.21 39.13 400m: 5:01.30 36.08
43.	Collier Jille 50m: 31.81 100m: 1:08.79	01 BRABO BEL 150m: 1:47.10 200m: 2:27.22	38.31 40.12	5:10.38 457 250m: 3:08.02 300m: 3:49.43	1:08.79 40.80	1:18.43 350m: 4:29.82	1:22.21 1:20.95 40.39 400m: 5:10.38 40.56
FF	Hoare Madeleine	02 ASA GBR					
FF	McKenzie Lucy	97 STMN GBR					

Flanders Speedo Cup 2016  
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Programmanr. 29  
24/01/2016 - 12:25

Heren, 400m wisselslag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	4:16.71	Bauwens Ward	BRABO	London (GBR)	28/07/2012
Vlaams records	4:16.71	Bauwens Ward	BRABO	Londen (GBR)	28/07/2012
Event record	4:15.39	Cseh Laszlo	HUN	Antwerpen	15/01/2011

Limieten Flanders Speedo Cup 15 - 18: 5:14.00; open: 5:06.00

Punten: FINA 2014

Rang	Geb.	Tijd Pnt	100m	200m	300m	400m	
1. Dal Thomas	97 FFBN	<b>4:27.70</b> 755	1:00.75	1:10.43	1:13.32	1:03.20	
50m: 28.15	28.15	150m: 1:36.98	36.23	250m: 2:47.57	36.39	350m: 3:56.90	32.40
100m: 1:00.75	32.60	200m: 2:11.18	34.20	300m: 3:24.50	36.93	400m: 4:27.70	30.80
2. Slater Tristan	93 MILW	<b>4:28.47</b> 749	1:01.26	1:09.12	1:16.33	1:01.76	
50m: 28.43	28.43	150m: 1:35.73	34.47	250m: 2:48.43	38.05	350m: 3:58.54	31.83
100m: 1:01.26	32.83	200m: 2:10.38	34.65	300m: 3:26.71	38.28	400m: 4:28.47	29.93
3. Vital Joao Alexandre	98 POR	<b>4:29.25</b> 742*	1:00.58	1:08.31	1:17.39	1:02.97	
50m: 28.32	28.32	150m: 1:35.82	35.24	250m: 2:47.63	38.74	350m: 3:58.51	32.23
100m: 1:00.58	32.26	200m: 2:08.89	33.07	300m: 3:26.28	38.65	400m: 4:29.25	30.74
4. Derlyugov Aleksey	91 UZB	<b>4:32.36</b> 717	1:02.35	1:11.88	1:16.22	1:01.91	
50m: 29.04	29.04	150m: 1:38.21	35.86	250m: 2:52.36	38.13	350m: 4:01.79	31.34
100m: 1:02.35	33.31	200m: 2:14.23	36.02	300m: 3:30.45	38.09	400m: 4:32.36	30.57
5. Veloso Tomas Miguel	96 POR	<b>4:34.23</b> 703	1:01.69	1:12.01	1:17.48	1:03.05	
50m: 28.70	28.70	150m: 1:37.90	36.21	250m: 2:51.94	38.24	350m: 4:03.73	32.55
100m: 1:01.69	32.99	200m: 2:13.70	35.80	300m: 3:31.18	39.24	400m: 4:34.23	30.50
6. Vanhuys Logan	97 FFBN	<b>4:34.67</b> 699	1:00.85			1:03.10	
50m: 27.98	27.98	150m: 1:35.95	35.10	250m: 2:49.72		350m: 4:04.20	32.63
100m: 1:00.85	32.87	200m:		300m: 3:31.57	41.85	400m: 4:34.67	30.47
7. De Gols Senne	98 ZNA	<b>4:34.80</b> 698*	1:03.55	1:11.08	1:17.47	1:02.70	
50m: 28.95	28.95	150m: 1:39.02	35.47	250m: 2:52.56	37.93	350m: 4:03.98	31.88
100m: 1:03.55	34.60	200m: 2:14.63	35.61	300m: 3:32.10	39.54	400m: 4:34.80	30.82
8. Williams Brodie	99 MILW	<b>4:35.21</b> 695*	1:01.51	1:07.42	1:22.12	1:04.16	
50m: 28.48	28.48	150m: 1:36.12	34.61	250m: 2:49.72	40.79	350m: 4:04.58	33.53
100m: 1:01.51	33.03	200m: 2:08.93	32.81	300m: 3:31.05	41.33	400m: 4:35.21	30.63
9. Davies Luke	97 GBR	<b>4:37.25</b> 680	1:01.94	1:13.92	1:15.28	1:06.11	
50m: 28.45	28.45	150m: 1:39.61	37.67	250m: 2:52.84	36.98	350m: 4:04.82	33.68
100m: 1:01.94	33.49	200m: 2:15.86	36.25	300m: 3:31.14	38.30	400m: 4:37.25	32.43
10. Meskens Dries	99 AZL	<b>4:38.07</b> 674*	1:02.41	1:11.83	1:20.06	1:03.77	
50m: 28.70	28.70	150m: 1:38.67	36.26	250m: 2:54.07	39.83	350m: 4:06.89	32.59
100m: 1:02.41	33.71	200m: 2:14.24	35.57	300m: 3:34.30	40.23	400m: 4:38.07	31.18
11. Swillen Timon	00 TZ	<b>4:41.15</b> 652*	1:01.29	1:14.16	1:23.72	1:01.98	
50m: 28.10	28.10	150m: 1:38.31	37.02	250m: 2:56.90	41.45	350m: 4:10.94	31.77
100m: 1:01.29	33.19	200m: 2:15.45	37.14	300m: 3:39.17	42.27	400m: 4:41.15	30.21
12. Griffiths Hayden	97 ASA	<b>4:41.89</b> 647	1:03.73	1:13.10	1:20.32	1:04.74	
50m: 29.31	29.31	150m: 1:40.87	37.14	250m: 2:56.76	39.93	350m: 4:09.84	32.69
100m: 1:03.73	34.42	200m: 2:16.83	35.96	300m: 3:37.15	40.39	400m: 4:41.89	32.05
13. Mulkers Lander	00 HZS	<b>4:46.01</b> 619*	1:03.43	1:13.93	1:23.98	1:04.67	
50m: 29.23	29.23	150m: 1:40.57	37.14	250m: 2:59.29	41.93	350m: 4:14.20	32.86
100m: 1:03.43	34.20	200m: 2:17.36	36.79	300m: 3:41.34	42.05	400m: 4:46.01	31.81
14. Van Cauwelaert Felix	00 DALLAS	<b>4:47.47</b> 610*	1:03.59	1:14.38	1:21.91	1:07.59	
50m: 28.95	28.95	150m: 1:41.62	38.03	250m: 2:58.34	40.37	350m: 4:14.07	34.19
100m: 1:03.59	34.64	200m: 2:17.97	36.35	300m: 3:39.88	41.54	400m: 4:47.47	33.40
15. Markall Ashley	99 ASA	<b>4:48.65</b> 602*	1:05.40	1:15.00	1:21.99	1:06.26	
50m: 30.17	30.17	150m: 1:43.54	38.14	250m: 3:01.42	41.02	350m: 4:16.54	34.15
100m: 1:05.40	35.23	200m: 2:20.40	36.86	300m: 3:42.39	40.97	400m: 4:48.65	32.11

Flanders Speedo Cup 2016  
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Programmanr. 29, Heren, 400m wisselslag, Voorronde, open leeftijdsgroep

Rang	Geb.	Tijd Pnt	100m	200m	300m	400m
16.	Van Cauwelaert Jasper 98	DALLAS BEL <b>4:52.11</b> 581*	1:05.28	1:17.00	1:22.85	1:06.98
	50m: 30.02 30.02	150m: 1:44.07 38.79	250m: 3:03.91 41.63	350m: 4:19.40 34.27		
	100m: 1:05.28 35.26	200m: 2:22.28 38.21	300m: 3:45.13 41.22	400m: 4:52.11 32.71		
17.	Heitkemper Julian 00	SGB GER <b>4:52.86</b> 577*	1:07.15	1:15.78	1:25.84	1:04.09
	50m: 31.54 31.54	150m: 1:46.09 38.94	250m: 3:05.79 42.86	350m: 4:22.29 33.52		
	100m: 1:07.15 35.61	200m: 2:22.93 36.84	300m: 3:48.77 42.98	400m: 4:52.86 30.57		
18.	Decuyper Brecht 00	MEGA BEL <b>4:54.66</b> 566*	1:08.44	1:17.97	1:22.85	1:05.40
	50m: 30.84 30.84	150m: 1:47.76 39.32	250m: 3:07.93 41.52	350m: 4:22.78 33.52		
	100m: 1:08.44 37.60	200m: 2:26.41 38.65	300m: 3:49.26 41.33	400m: 4:54.66 31.88		
19.	Steed Hayden R 99	DALLAS USA <b>4:55.93</b> 559*	1:06.93	1:16.19	1:23.73	1:09.08
	50m: 30.91 30.91	150m: 1:45.10 38.17	250m: 3:04.96 41.84	350m: 4:21.59 34.74		
	100m: 1:06.93 36.02	200m: 2:23.12 38.02	300m: 3:46.85 41.89	400m: 4:55.93 34.34		
20.	Ruijten Sander 01	DMB BEL <b>4:56.18</b> 558*	1:07.31	1:16.31	1:23.39	1:09.17
	50m: 30.85 30.85	150m: 1:45.88 38.57	250m: 3:04.73 41.11	350m: 4:22.36 35.35		
	100m: 1:07.31 36.46	200m: 2:23.62 37.74	300m: 3:47.01 42.28	400m: 4:56.18 33.82		
21.	Van Riet Tom 99	BRABO BEL <b>4:57.56</b> 550*	1:06.91	1:16.10	1:26.24	1:08.31
	50m: 30.86 30.86	150m: 1:45.73 38.82	250m: 3:04.65 41.64	350m: 4:23.91 34.66		
	100m: 1:06.91 36.05	200m: 2:23.01 37.28	300m: 3:49.25 44.60	400m: 4:57.56 33.65		
22.	Lawson Joshua 99	MILW GBR <b>4:58.15</b> 547*	1:04.71	1:21.61	1:22.46	1:09.37
	50m: 28.74 28.74	150m: 1:46.17 41.46	250m: 3:07.23 40.91	350m: 4:24.32 35.54		
	100m: 1:04.71 35.97	200m: 2:26.32 40.15	300m: 3:48.78 41.55	400m: 4:58.15 33.83		
23.	De Jonge Andres 00	BRABO BEL <b>4:59.36</b> 540*	1:09.11	1:19.29	1:24.43	1:06.53
	50m: 31.34 31.34	150m: 1:48.99 39.88	250m: 3:09.67 41.27	350m: 4:26.71 33.88		
	100m: 1:09.11 37.77	200m: 2:28.40 39.41	300m: 3:52.83 43.16	400m: 4:59.36 32.65		
24.	Heuninck Stijn 00	FIRST BEL <b>5:00.57</b> 533*	1:07.31	1:17.22	1:26.71	1:09.33
	50m: 31.12 31.12	150m: 1:45.69 38.38	250m: 3:07.36 42.83	350m: 4:26.50 35.26		
	100m: 1:07.31 36.19	200m: 2:24.53 38.84	300m: 3:51.24 43.88	400m: 5:00.57 34.07		
25.	Vandersypen Vincent 99	BRABO BEL <b>5:01.66</b> 528*	1:06.50	1:19.57	1:28.58	1:07.01
	50m: 30.43 30.43	150m: 1:46.06 39.56	250m: 3:10.32 44.25	350m: 4:28.86 34.21		
	100m: 1:06.50 36.07	200m: 2:26.07 40.01	300m: 3:54.65 44.33	400m: 5:01.66 32.80		
26.	Donati Alexandre 01	HN BEL <b>5:04.71</b> 512*	1:04.96	1:19.73	1:28.84	1:11.18
	50m: 29.46 29.46	150m: 1:45.44 40.48	250m: 3:08.58 43.89	350m: 4:29.27 35.74		
	100m: 1:04.96 35.50	200m: 2:24.69 39.25	300m: 3:53.53 44.95	400m: 5:04.71 35.44		
27.	Stavart Corentin 99	STT BEL <b>5:05.88</b> 506*	1:05.58	1:19.88	1:26.03	1:14.39
	50m: 30.00 30.00	150m: 1:45.91 40.33	250m: 3:07.43 41.97	350m: 4:29.46 37.97		
	100m: 1:05.58 35.58	200m: 2:25.46 39.55	300m: 3:51.49 44.06	400m: 5:05.88 36.42		
28.	Beckwee Emile 98	DDAT BEL <b>5:07.71</b> 497	1:07.31	1:20.21	1:33.01	1:07.18
	50m: 30.59 30.59	150m: 1:47.56 40.25	250m: 3:13.38 45.86	350m: 4:35.74 35.21		
	100m: 1:07.31 36.72	200m: 2:27.52 39.96	300m: 4:00.53 47.15	400m: 5:07.71 31.97		
29.	Samyn Jonas 00	KZK BEL <b>5:07.73</b> 497	1:06.72	1:19.92	1:32.34	1:08.75
	50m: 30.59 30.59	150m: 1:46.70 39.98	250m: 3:12.46 45.82	350m: 4:34.83 35.85		
	100m: 1:06.72 36.13	200m: 2:26.64 39.94	300m: 3:58.98 46.52	400m: 5:07.73 32.90		
30.	Van Den Abeele Frederik 00	BRABO BEL <b>5:11.24</b> 480	1:10.95	1:20.04	1:27.87	1:12.38
	50m: 32.10 32.10	150m: 1:52.11 41.16	250m: 3:14.30 43.31	350m: 4:36.16 37.30		
	100m: 1:10.95 38.85	200m: 2:30.99 38.88	300m: 3:58.86 44.56	400m: 5:11.24 35.08		
31.	Van Damme Antoon 99	AZL BEL <b>5:14.71</b> 465	1:09.93	1:27.67	1:24.13	1:12.98
	50m: 31.70 31.70	150m: 1:55.03 45.10	250m: 3:19.74 42.14	350m: 4:38.74 37.01		
	100m: 1:09.93 38.23	200m: 2:37.60 42.57	300m: 4:01.73 41.99	400m: 5:14.71 35.97		
dis	Litchfield Max 95	GBR GBR				

SW 7.1.a - meer dan één vilinderslag beenbeweging uitgevoerd

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 29, Heren, 400m wisselslag, Voorronde, open leeftijdsgroep

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
dis	Benn Parker J	99	DALLAS	USA			*
<i>SW 9.3 - een wedstrijdgedeelte (stijl) niet beëindigd (= A) zoals voorgeschreven voor die stijl</i>							
FF	Iacovides Joseph	99	ASA	GBR			
FF	Richards Samuel	97	ASA	GBR			

Programmanr. 30  
24/01/2016 - 13:00

Dames, 100m rugslag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	1:01.13	Buyts Kimberly	BRABO	Antwerpen	19/05/2013
Vlaams records	1:01.13	Buyts Kimberly	BRABO	Antwerpen	19/05/2013
Event record	1:00.53	Quigley Lauren	GBR	Antwerpen	26/01/2014

Limieten Flanders Speedo Cup : 1:12.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt
1.	Quigley Lauren	95 GBR	GBR 1:02.06 821
2.	Davies Georgia	90 LCLA	GBR 1:02.13 818
3.	Maine Anna	00 GBR	GBR 1:02.89 789
4.	Bro Sarah	96 DEN	DEN 1:04.07 746
5.	Sacha Ioanna	99 GRE	GRE 1:04.08 746
6.	Horton Brittany	98 GBR	GBR 1:04.20 741
7.	Goris Mirthe	96 HZS	BEL 1:04.63 727
8.	Newlands Anna	98 STMN	GBR 1:04.69 725
9.	Rudin Rosie	98 GBR	GBR 1:04.77 722
10.	Southward Ellinor	01 ASA	GBR 1:05.02 714
11.	Leite Ana Sofia	93 POR	POR 1:05.12 710
12.	Sherwin Rebecca	00 GBR	GBR 1:05.46 699
13.	Swinen Marie-Lien	00 DMB	BEL 1:05.53 697
14.	Azevedo Francisca Gomes	97 POR	POR 1:06.05 681
	Frischknecht Rita Barros	98 POR	POR 1:06.05 681
16.	Walravens Sofie	99 SCSG	BEL 1:06.81 658
17.	Anderson Rachel	02 MILW	GBR 1:07.23 646
18.	Hubbard Caitlin	01 ASA	GBR 1:07.73 631
19.	D'Hondt Ischara	98 ZB	BEL 1:08.33 615
20.	Hansenne Nona	01 ZCK	BEL 1:08.74 604
21.	Daemen Sien	01 DMB	BEL 1:09.09 595
22.	Jungling Florence	99 STD	BEL 1:09.26 590
23.	Wood Lily	02 ASA	GBR 1:09.29 590
24.	Van Heghe Margot	99 FIRST	BEL 1:11.02 548
25.	Van Wallendael Sarah	02 BRABO	BEL 1:11.50 537
26.	Koens Rebecca	99 LAQUA	NED 1:11.53 536
27.	Eddy Grace	01 ASA	GBR 1:11.71 532
28.	Donckers Kali	00 BRABO	BEL 1:12.94 505
29.	Carlu Axelle	00 KZK	BEL 1:14.16 481
FF	Vandenhooft Louison	01 HN	BEL
FF	Fullalove Jessica	96 GBR	GBR
FF	Buyts Kimberly	89 BRABO	BEL



Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 31  
24/01/2016 - 13:10

Heren, 200m vlinderslag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	1:55.39	Croenen Louis	SHARK	Kazan (RUS)	5/08/2015
Vlaams records	1:55.39	Croenen Louis	SHARK	Kazan (RUS)	5/08/2015
Event record	1:57.20	Cseh Laszlo	HUN	Antwerpen	15/01/2011

Limieten Flanders Speedo Cup 15 - 18: 2:24.00; open: 2:19.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt	100m	200m		
1.	Croenen Louis	94	SHARK BEL	<b>2:02.23</b>	759	58.86	1:03.37
2.	Quintanilha Nuno Goncalo	87	POR POR	<b>2:02.77</b>	749	59.06	1:03.71
3.	Carvalho Diogo Filipe	88	POR POR	<b>2:03.18</b>	741	58.95	1:04.23
4.	Howdle Luke	94	COSE GBR	<b>2:03.44</b>	737	58.80	1:04.64
5.	Dimitriadis Stefanos	89	GRE GRE	<b>2:03.82</b>	730	59.69	1:04.13
6.	Nascimento Miguel Duarte	95	POR POR	<b>2:04.06</b>	726	58.95	1:05.11
7.	Carvalho Jose Paula	98	POR POR	<b>2:06.45</b>	685	1:00.85	1:05.60
8.	Luecker Philip	94	SGN GER	<b>2:06.87</b>	678	1:00.53	1:06.34
9.	van Leeuwen Ruben	97	NED NED	<b>2:06.93</b>	678	59.23	1:07.70
10.	Jackson Jacob	98	ASA GBR	<b>2:07.02</b>	676	1:00.33	1:06.69
11.	Marcourt Alexandre	99	STT BEL	<b>2:07.92</b>	662	1:01.92	1:06.00
12.	Blanch Nicolas	97	DEN DEN	<b>2:07.99</b>	661	1:00.80	1:07.19
13.	Borisavljevic Valentin	97	LAQUA BEL	<b>2:08.66</b>	651	1:00.13	1:08.53
14.	Chisholm Kyle	97	GBR GBR	<b>2:08.86</b>	648	1:00.34	1:08.52
15.	Murcott Kane	00	ASA GBR	<b>2:11.95</b>	603	1:02.49	1:09.46
16.	Vanhuys Logan	97	FFBN BEL	<b>2:12.70</b>	593	1:02.08	1:10.62
17.	Markall Ashley	99	ASA GBR	<b>2:14.01</b>	576	1:04.52	1:09.49
18.	Folens Simon	99	LAQUA BEL	<b>2:15.17</b>	561	1:03.78	1:11.39
19.	King Robert C	99	DALLAS USA	<b>2:15.67</b>	555	1:04.08	1:11.59
20.	Bierberg Grégory	98	VN BEL	<b>2:16.39</b>	546	1:02.17	1:14.22
21.	De Coster Robbe	98	COAST BEL	<b>2:16.89</b>	540	1:04.62	1:12.27
22.	D'Rozario Reggie	98	BRABO BEL	<b>2:17.30</b>	535	1:06.71	1:10.59
23.	De Schutter Hannes	98	SHARK BEL	<b>2:18.65</b>	520	1:04.62	1:14.03
24.	Meganck Gaetan	95	STW BEL	<b>2:22.92</b>	474	1:07.58	1:15.34
25.	Terryn Julien	93	RSC BEL	<b>2:24.40</b>	460	1:06.79	1:17.61
26.	Vincke Warre	98	DDAT BEL	<b>2:25.06</b>	454	1:07.05	1:18.01
FF	Steed Hayden R	99	DALLAS USA				

Programmanr. 32  
24/01/2016 - 13:30

Dames, 50m vrije slag

open leeftijdsgroep  
Resultaten Voorronde

Belgisch record	25.37	Sysmans Jolien	BRABO	Antwerpen	17/03/2012
Vlaams records	25.37	Sysmans Jolien	ZGEEL	Antwerpen	17/03/2012
Event record	24.37	Veldhuis Marleen	NED	Antwerpen	13/01/2007

Limieten Flanders Speedo Cup : 29.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt		
1.	Hallsall Francesca	90	GBR GBR	<b>25.04</b>	851
2.	Busch Kim	98	NED NED	<b>25.67</b>	789
3.	van Vliet Tamara	94	HAQUE NED	<b>25.69</b>	788
4.	Quigley Lauren	95	GBR GBR	<b>25.80</b>	778
5.	Bro Sarah	96	DEN DEN	<b>26.20</b>	743
6.	Beckmann Emilie	97	DEN DEN	<b>26.29</b>	735
7.	Gage Emma	89	STMN GBR	<b>26.30</b>	734

Timingonline: [www.toptime.be](http://www.toptime.be)

Uitslagen [www.zwemfed.be](http://www.zwemfed.be)

Splash Meet Manager 11, 11.40736

Registered to Provincie Antwerpen

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Flanders Speedo Cup 2016  
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Programmanr. 32, Dames, 50m vrije slag, Voorronde, open leeftijdsgroep

Rang		Geb.			Tijd	Pnt
8.	Casini Juliette	97	FFBN	BEL	<b>26.41</b>	725
9.	Senden Chantal	93	HELLAS	NED	<b>26.77</b>	696
10.	Leite Ana Sofia	93	POR	POR	<b>26.80</b>	694
11.	Vanlommel Anke	00	MOZKA	BEL	<b>27.11</b>	670
12.	de Jonge Saskia	86	NED	NED	<b>27.15</b>	667
13.	Duraes Diana Margarida	96	POR	POR	<b>27.31</b>	656
14.	Rodrigues Ana Pinho	94	POR	POR	<b>27.36</b>	652
	De Bock Sonia	98	BRABO	BEL	<b>27.36</b>	652
16.	Dumont Juliette	00	FFBN	BEL	<b>27.37</b>	651
17.	Tanner Millicent	99	MILW	GBR	<b>27.49</b>	643
18.	Dyer Orla	99	COSE	GBR	<b>27.55</b>	639
19.	Vanleynseele Sara	97	BRABO	BEL	<b>27.56</b>	638
20.	Ruhnau Alice	95	SGE	GER	<b>27.57</b>	637
21.	Sherwin Rebecca	00	GBR	GBR	<b>27.80</b>	621
22.	De Graaf Julie	01	ZS	BEL	<b>28.03</b>	606
23.	Cobbaert Justine	00	ZB	BEL	<b>28.09</b>	602
24.	Dumont Valentine	00	FFBN	BEL	<b>28.14</b>	599
25.	Melis Nala	99	BRABO	BEL	<b>28.19</b>	596
26.	De Keersmaeker Audrey	99	BRABO	BEL	<b>28.22</b>	594
27.	Beugnies Noa	01	KZK	BEL	<b>28.34</b>	587
28.	Horemans Kaat	00	ZCT	BEL	<b>28.37</b>	585
29.	Maes Rosanne	01	ZCK	BEL	<b>28.44</b>	580
30.	Hubbard Caitlin	01	ASA	GBR	<b>28.55</b>	574
31.	Townson Holly	00	ASA	GBR	<b>28.61</b>	570
32.	Mondonedo Sonoma	00	SCWR	BEL	<b>28.66</b>	567
33.	Eddy Grace	01	ASA	GBR	<b>28.71</b>	564
34.	Feyaerts Marie	99	ZCT	BEL	<b>28.75</b>	562
35.	Kaminskaya Victoria	95	POR	POR	<b>28.76</b>	561
36.	Peeters Saar	01	SHARK	BEL	<b>28.80</b>	559
37.	Kerr Pauline E	98	DALLAS	USA	<b>28.96</b>	550
38.	Van Der Velpen Emma	00	LAQUA	BEL	<b>29.01</b>	547
39.	Collier Jille	01	BRABO	BEL	<b>29.30</b>	531
40.	Florence Caroline G	97	DALLAS	USA	<b>29.34</b>	529
41.	Van Laere Megan	01	ZS	BEL	<b>29.42</b>	524
42.	Vanoost Margeaux	01	KZK	BEL	<b>29.47</b>	522
43.	Moerbeek Enya	00	BRABO	BEL	<b>29.65</b>	512
44.	Koch Hannah	01	SGB	GER	<b>29.67</b>	511
45.	Dalligan Shannon	01	ASA	GBR	<b>29.68</b>	511
46.	Borgonie Marie	00	RZV	BEL	<b>29.86</b>	501
FF	Turner Rebecca	92	COSE	GBR		
FF	Kohlat Katharina	97	SGE	GER		
FF	Vourna Kristel	92	GRE	GRE		
FF	Boyle Georgina	98	GBR	GBR		
FF	Smits Jade	01	BRABO	BEL		

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 33  
24/01/2016 - 13:45

Heren, 50m rugslag

open leeftijdsgroep  
Resultaten Voorrunde

Belgisch record	25.36	Heersbrandt Francois	CNSW	Antwerpen	10/05/2015
Vlaams records	25.84	Claeys Bruno	BZK	Rome (ITA)	1/08/2009
Event record	25.24	Plummer David	USA	Antwerpen	26/01/2014

Limieten Flanders Speedo Cup 15 - 18: 32.00; open: 30.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt
1.	Kopelev Jonatan	91 ISR	ISR 25.66 822
2.	Jakupsson Magnus	94 DEN	DEN 25.92 797
3.	Tancock Liam	85 GBR	GBR 25.99 791
4.	Disney-May James	92 LCLA	GBR 26.23 769
5.	Santos Alexis Manacas	92 POR	POR 26.54 743
6.	Beard-Jones Ciaran	95 STMN	GBR 26.80 721
7.	Clogg Elliot	99 COSE	GBR 26.88 715
8.	Theodoris Nathan Keith	95 POR	POR 26.89 714
9.	Chesterman Henry	98 MILW	GBR 26.92 712
10.	Lopes Gabriel Jose	97 POR	POR 27.26 685
11.	Quigley Grant	93 STMN	GBR 27.45 671
12.	Pijnenburg Stan	96 NED	NED 27.54 665
13.	Luyten Sjobbe	98 MOZKA	BEL 27.67 655
14.	Jackson Jacob	98 ASA	GBR 27.85 643
15.	Nijland Luuk	97 DWK	NED 27.89 640
16.	Small Joseph	00 ASA	GBR 28.18 620
17.	Heuninck Maarten	00 FIRST	BEL 28.25 616
18.	Van Lierde Thomas	99 ZNA	BEL 28.43 604
19.	van Leeuwen Ruben	97 NED	NED 28.59 594
20.	Swillen Timon	00 TZ	BEL 28.66 590
	Kostons Jeremy	97 HELLAS	NED 28.66 590
22.	Gensorowsky Daniel	88 SGE	GER 28.70 587
23.	Van Cauwelaert Felix	00 DALLAS	BEL 28.72 586
24.	Bisschop Tibo	98 BZK	BEL 28.75 584
25.	Sieling Nino	97 DWK	NED 28.86 577
26.	Dawans Audric	97 STD	BEL 28.92 574
27.	Den Haese Milan	98 DMB	BEL 29.05 566
28.	Van Riet Tom	99 BRABO	BEL 29.11 563
29.	Delferiere Alan	98 SCSG	BEL 29.17 559
30.	Vandermaesen Kevin	97 LAQUA	BEL 29.26 554
31.	Blankers Gaetan	00 BRABO	BEL 29.62 534
32.	Vincke Warre	98 DDAT	BEL 29.95 517
33.	Stavart Corentin	99 STT	BEL 30.05 512
34.	Bearelle Thibo	00 KZK	BEL 30.06 511
35.	Beyens Sam	98 MOZKA	BEL 30.20 504
36.	Doukmani Zakariya	99 HN	BEL 30.32 498
37.	Duhamel Louis	98 ZCK	BEL 30.33 497
38.	Cloes Janek	99 BEST	BEL 30.37 495
39.	Heuninck Stijn	00 FIRST	BEL 30.45 492
40.	Stanford Benjamin	99 ASA	GBR 30.57 486
41.	Rots Simon	00 AST	BEL 30.60 484
42.	Vranckx Bjarne	99 BEST	BEL 30.71 479

Timingonline: [www.toptime.be](http://www.toptime.be)

Uitslagen [www.zwemfed.be](http://www.zwemfed.be)

Splash Meet Manager 11, 11.40736

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Flanders Speedo Cup 2016  
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Programmanr. 33, Heren, 50m rugslag, Voorronde, open leeftijdsgroep

Rang	Geb.			Tijd	Pnt
43.	Stouten Louka	99	WLW BEL	<b>31.02</b>	465
44.	Meuleman Matthias	00	BRABO BEL	<b>31.07</b>	463
45.	Van Son Lander	99	BRABO BEL	<b>31.16</b>	459
46.	Laceur Joni	98	BEST BEL	<b>31.31</b>	452
	Hermans Janou	98	STT BEL	<b>31.31</b>	452
48.	Van Den Bergh Floriaan	99	LOR BEL	<b>31.43</b>	447
	Huygh Elias	00	WLW BEL	<b>31.43</b>	447
50.	Hendrickx Viktor	00	ZCK BEL	<b>31.50</b>	444
51.	Biermans Cas	00	BEST BEL	<b>31.52</b>	443
52.	Braeckmans Louis	01	ZS BEL	<b>31.70</b>	436
53.	Callewaert Niels	00	BRABO BEL	<b>31.72</b>	435
FF	Irvine Sam	97	MILW GBR		
FF	Van Audekerke Nils	96	TSZ BEL		
FF	Balog Gabor	90	GUSE HUN		
FF	Mylonas Fotios	96	GRE GRE		
FF	De Graaf Christophe	99	ZS BEL		
FF	Van Den Wijngaert Roel	96	SHARK BEL		
FF	Dewulf Tjorven	98	KZK BEL		

Programmanr. 34 Dames, 50m schoolslag open leeftijdsgroep  
24/01/2016 - 14:05 Resultaten Voorronde

Belgisch record	30.75	Lecluyse Fanny	DM	Kazan (RUS)	8/08/2015
Vlaams records	31.52	Janssens Kim	BRABO	Barcelona (ESP)	3/08/2013
Event record	31.03	Pedersen Rikke M.	DEN	Antwerpen	20/01/2013

Limieten Flanders Speedo Cup : 37.00

Punten: FINA 2014

Rang	Geb.			Tijd	Pnt
1.	Clark Imogen	99	GBR GBR	<b>31.24</b>	840
2.	Matts Katie	98	GBR GBR	<b>32.29</b>	760
3.	Vermeiren Fleur	02	BRABO BEL	<b>32.82</b>	724
4.	Rodrigues Ana Pinho	94	POR POR	<b>33.14</b>	703
5.	Senden Chantal	93	HELLAS NED	<b>33.15</b>	703
6.	Ruhnau Alice	95	SGE GER	<b>33.33</b>	691
7.	Gregoire Raphaëlle	98	VN BEL	<b>33.90</b>	657
8.	Lambert Michelle	94	SGE GER	<b>34.03</b>	650
9.	Pereira Raquel Gomes	00	POR POR	<b>34.10</b>	646
10.	Cain Emma	99	GBR GBR	<b>34.12</b>	644
11.	Michels Lise	99	FFBN BEL	<b>34.19</b>	641
12.	Kamau Rebecca	99	ASA GBR	<b>34.55</b>	621
13.	Schoefs Elise	98	HZS BEL	<b>34.61</b>	617
14.	Black Layla	00	GBR GBR	<b>35.37</b>	578
15.	Lemmens Nina	98	BRABO BEL	<b>35.44</b>	575
16.	Adams Kymberly	00	GOLD BEL	<b>35.52</b>	571
17.	Wijnants Jasmine	02	SHARK BEL	<b>35.64</b>	565
18.	Carlu Axelle	00	KZK BEL	<b>35.77</b>	559
19.	Pluijm Saar	99	ZS BEL	<b>36.61</b>	522

Timingonline: [www.toptime.be](http://www.toptime.be)

Uitslagen [www.zwemfed.be](http://www.zwemfed.be)

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Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 34, Dames, 50m schoolslag, Voorrunde, open leeftijdsgroep

Rang	Geb.	Tijd	Pnt
19. Den Haese Mette	01 DMB BEL	<b>36.61</b>	522
21. Weyts Maxine	01 STW BEL	<b>36.97</b>	507
22. Taecke Lore	00 COAST BEL	<b>37.21</b>	497
23. Corstjens Britt	00 DMB BEL	<b>37.66</b>	479
FF Delno Marjolein	94 NED NED		

Programmanr. 35 Heren, 1500m vrije slag open leeftijdsgroep  
24/01/2016 - 14:15 Resultaten

Belgisch record	15:11.04	Vangeneugden Tom	OZV	Beijing (CHN)	15/08/2008
Vlaams records	15:11.04	Vangeneugden Tom	OZV	Beijing (CHN)	15/08/2008
Event record	15:10.60	Grainger Nicholas	GBR	Antwerpen	26/01/2014

Limieten Flanders Speedo Cup 15 - 18: 18:26.00; open: 17:50.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt
1. Lelliott Jay	95 GBR	<b>15:12.30</b>	870
100m: 58.87 58.87	500m: 5:04.97 1:01.40	900m: 9:07.55 1:00.67	1300m: 13:12.45 1:01.50
200m: 2:00.64 1:01.77	600m: 6:05.83 1:00.86	1000m: 10:08.42 1:00.87	1400m: 14:13.60 1:01.15
300m: 3:02.00 1:01.36	700m: 7:06.45 1:00.62	1100m: 11:09.72 1:01.30	1500m: 15:12.30 58.70
400m: 4:03.57 1:01.57	800m: 8:06.88 1:00.43	1200m: 12:10.95 1:01.23	
2. Grainger Nicholas	94 GBR	<b>15:27.76</b>	827
100m: 59.04 59.04	500m: 5:07.26 1:01.89	900m: 9:14.41 1:03.19	1300m: 13:24.42 1:02.84
200m: 2:00.95 1:01.91	600m: 6:07.40 1:00.14	1000m: 10:17.09 1:02.68	1400m: 14:26.33 1:01.91
300m: 3:03.15 1:02.20	700m: 7:08.70 1:01.30	1100m: 11:19.34 1:02.25	1500m: 15:27.76 1:01.43
400m: 4:05.37 1:02.22	800m: 8:11.22 1:02.52	1200m: 12:21.58 1:02.24	
3. Derbyshire Tom	98 ASA	<b>15:32.04</b>	816
100m: 58.65 58.65	500m: 5:05.41 1:01.47	900m: 9:15.99 1:03.09	1300m: 13:28.21 1:03.10
200m: 2:00.14 1:01.49	600m: 6:07.40 1:01.99	1000m: 10:19.18 1:03.19	1400m: 14:30.90 1:02.69
300m: 3:02.23 1:02.09	700m: 7:10.05 1:02.65	1100m: 11:22.10 1:02.92	1500m: 15:32.04 1:01.14
400m: 4:03.94 1:01.71	800m: 8:12.90 1:02.85	1200m: 12:25.11 1:03.01	
4. Pina Guilherme Filipe	98 POR	<b>15:43.81</b>	786
100m: 1:00.10 1:00.10	500m: 5:13.59 1:03.46	900m: 9:26.24 1:03.19	1300m: 13:39.74 1:03.36
200m: 2:03.39 1:03.29	600m: 6:16.88 1:03.29	1000m: 10:29.51 1:03.27	1400m: 14:42.76 1:03.02
300m: 3:06.80 1:03.41	700m: 7:20.11 1:03.23	1100m: 11:32.79 1:03.28	1500m: 15:43.81 1:01.05
400m: 4:10.13 1:03.33	800m: 8:23.05 1:02.94	1200m: 12:36.38 1:03.59	
5. Heitkemper Fabian	97 SGB	<b>16:04.07</b>	737
100m: 59.42 59.42	500m: 5:16.27 1:04.37	900m: 9:34.44 1:04.57	1300m: 13:56.06 1:05.95
200m: 2:03.17 1:03.75	600m: 6:20.99 1:04.72	1000m: 10:39.52 1:05.08	1400m: 15:01.43 1:05.37
300m: 3:07.47 1:04.30	700m: 7:25.49 1:04.50	1100m: 11:44.59 1:05.07	1500m: 16:04.07 1:02.64
400m: 4:11.90 1:04.43	800m: 8:29.87 1:04.38	1200m: 12:50.11 1:05.52	
6. Vital Joao Alexandre	98 POR	<b>16:09.45</b>	725
100m: 1:00.40 1:00.40	500m: 5:16.72 1:04.37	900m: 9:38.41 1:05.80	1300m: 14:00.07 1:04.97
200m: 2:03.72 1:03.32	600m: 6:21.74 1:05.02	1000m: 10:44.15 1:05.74	1400m: 15:04.66 1:04.59
300m: 3:07.88 1:04.16	700m: 7:27.27 1:05.53	1100m: 11:49.45 1:05.30	1500m: 16:09.45 1:04.79
400m: 4:12.35 1:04.47	800m: 8:32.61 1:05.34	1200m: 12:55.10 1:05.65	
7. Williams Brodie	99 MILW	<b>16:10.94</b>	721
100m: 1:01.46 1:01.46	500m: 5:22.27 1:05.01	900m: 9:41.24 1:04.78	1300m: 14:01.98 1:05.76
200m: 2:06.43 1:04.97	600m: 6:26.81 1:04.54	1000m: 10:46.18 1:04.94	1400m: 15:07.77 1:05.79
300m: 3:11.74 1:05.31	700m: 7:32.24 1:05.43	1100m: 11:51.18 1:05.00	1500m: 16:10.94 1:03.17
400m: 4:17.26 1:05.52	800m: 8:36.46 1:04.22	1200m: 12:56.22 1:05.04	

Flanders Speedo Cup 2016  
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Programmanr. 35, Heren, 1500m vrije slag, open leeftijdsgroep

Rang			Geb.				Tijd	Pnt
8.	Guy James		95	GBR	GBR	GBR	<b>16:11.70</b>	720
	100m: 58.83	58.83	500m: 5:13.29	1:04.63	900m: 9:37.08	1:06.82	1300m: 14:06.28	1:06.79
	200m: 2:01.73	1:02.90	600m: 6:18.13	1:04.84	1000m: 10:44.95	1:07.87	1400m: 15:11.75	1:05.47
	300m: 3:04.93	1:03.20	700m: 7:23.28	1:05.15	1100m: 11:52.38	1:07.43	1500m: 16:11.70	59.95
	400m: 4:08.66	1:03.73	800m: 8:30.26	1:06.98	1200m: 12:59.49	1:07.11		
9.	Kurle Cameron		97	GBR	GBR	GBR	<b>16:11.79</b>	720
	100m: 1:00.14	1:00.14	500m: 5:17.16	1:04.53	900m: 9:38.09	1:05.53	1300m: 14:04.67	1:07.11
	200m: 2:03.64	1:03.50	600m: 6:22.37	1:05.21	1000m: 10:43.99	1:05.90	1400m: 15:11.84	1:07.17
	300m: 3:08.15	1:04.51	700m: 7:27.52	1:05.15	1100m: 11:50.38	1:06.39	1500m: 16:11.79	59.95
	400m: 4:12.63	1:04.48	800m: 8:32.56	1:05.04	1200m: 12:57.56	1:07.18		
10.	Budd Samuel		98	COSE	GBR	GBR	<b>16:12.83</b>	717
	100m: 1:00.12	1:00.12	500m: 5:18.33	1:04.77	900m: 9:39.59	1:06.00	1300m: 14:03.57	1:06.10
	200m: 2:04.53	1:04.41	600m: 6:23.47	1:05.14	1000m: 10:45.56	1:05.97	1400m: 15:09.78	1:06.21
	300m: 3:08.68	1:04.15	700m: 7:28.57	1:05.10	1100m: 11:51.58	1:06.02	1500m: 16:12.83	1:03.05
	400m: 4:13.56	1:04.88	800m: 8:33.59	1:05.02	1200m: 12:57.47	1:05.89		
11.	Dal Lucas		99	FFBN	BEL	BEL	<b>16:16.70</b>	709
	100m: 1:00.25	1:00.25	500m: 5:20.26	1:05.55	900m: 9:44.23	1:05.95	1300m: 14:09.91	1:06.57
	200m: 2:04.68	1:04.43	600m: 6:26.08	1:05.82	1000m: 10:50.66	1:06.43	1400m: 15:16.25	1:06.34
	300m: 3:09.26	1:04.58	700m: 7:32.03	1:05.95	1100m: 11:57.02	1:06.36	1500m: 16:16.70	1:00.45
	400m: 4:14.71	1:05.45	800m: 8:38.28	1:06.25	1200m: 13:03.34	1:06.32		
12.	Smits Pepijn		96	NED	NED	NED	<b>16:21.45</b>	699
	100m: 1:00.62	1:00.62	500m: 5:20.48	1:05.61	900m: 9:44.41	1:06.16	1300m: 14:10.38	1:06.46
	200m: 2:04.85	1:04.23	600m: 6:26.32	1:05.84	1000m: 10:50.75	1:06.34	1400m: 15:17.32	1:06.94
	300m: 3:09.63	1:04.78	700m: 7:32.28	1:05.96	1100m: 11:57.20	1:06.45	1500m: 16:21.45	1:04.13
	400m: 4:14.87	1:05.24	800m: 8:38.25	1:05.97	1200m: 13:03.92	1:06.72		
13.	Martens Noah		00	MEGA	BEL	BEL	<b>16:32.63</b>	675
	100m: 1:04.31	1:04.31	500m: 5:32.24	1:06.75	900m: 9:58.15	1:06.02	1300m: 14:23.11	1:06.35
	200m: 2:11.68	1:07.37	600m: 6:38.51	1:06.27	1000m: 11:04.68	1:06.53	1400m: 15:28.45	1:05.34
	300m: 3:18.61	1:06.93	700m: 7:45.84	1:07.33	1100m: 12:10.92	1:06.24	1500m: 16:32.63	1:04.18
	400m: 4:25.49	1:06.88	800m: 8:52.13	1:06.29	1200m: 13:16.76	1:05.84		
14.	Atkinson Thomas		98	COSE	GBR	GBR	<b>16:36.13</b>	668
	100m: 59.96	59.96	500m: 5:23.49	1:06.67	900m: 9:52.92	1:07.89	1300m: 14:23.38	1:07.52
	200m: 2:05.19	1:05.23	600m: 6:30.65	1:07.16	1000m: 11:00.40	1:07.48	1400m: 15:30.43	1:07.05
	300m: 3:10.40	1:05.21	700m: 7:37.81	1:07.16	1100m: 12:08.09	1:07.69	1500m: 16:36.13	1:05.70
	400m: 4:16.82	1:06.42	800m: 8:45.03	1:07.22	1200m: 13:15.86	1:07.77		
15.	Iacovides Joseph		99	ASA	GBR	GBR	<b>16:49.16</b>	642
	100m: 1:01.40	1:01.40	500m: 5:27.07	1:07.49	900m: 9:59.45	1:08.57	1300m: 14:33.66	1:08.22
	200m: 2:07.35	1:05.95	600m: 6:34.70	1:07.63	1000m: 11:08.36	1:08.91	1400m: 15:42.22	1:08.56
	300m: 3:12.82	1:05.47	700m: 7:42.95	1:08.25	1100m: 12:16.94	1:08.58	1500m: 16:49.16	1:06.94
	400m: 4:19.58	1:06.76	800m: 8:50.88	1:07.93	1200m: 13:25.44	1:08.50		
16.	Marichal Seppe		01	BRABO	BEL	BEL	<b>16:51.67</b>	638
	100m: 1:04.08	1:04.08	500m: 5:33.66	1:07.21	900m: 10:01.62	1:07.57	1300m: 14:34.06	1:08.27
	200m: 2:11.67	1:07.59	600m: 6:40.74	1:07.08	1000m: 11:09.40	1:07.78	1400m: 15:44.40	1:10.34
	300m: 3:19.20	1:07.53	700m: 7:47.16	1:06.42	1100m: 12:17.34	1:07.94	1500m: 16:51.67	1:07.27
	400m: 4:26.45	1:07.25	800m: 8:54.05	1:06.89	1200m: 13:25.79	1:08.45		
17.	Wittevrongel Jorik		99	MEGA	BEL	BEL	<b>17:03.47</b>	616
	100m: 1:05.43	1:05.43	500m: 5:36.51	1:08.57	900m: 10:11.65	1:08.65	1300m: 14:46.11	1:08.99
	200m: 2:13.40	1:07.97	600m: 6:45.73	1:09.22	1000m: 11:19.51	1:07.86	1400m: 15:55.02	1:08.91
	300m: 3:21.09	1:07.69	700m: 7:54.62	1:08.89	1100m: 12:28.25	1:08.74	1500m: 17:03.47	1:08.45
	400m: 4:27.94	1:06.85	800m: 9:03.00	1:08.38	1200m: 13:37.12	1:08.87		

Flanders Speedo Cup 2016  
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Programmanr. 35, Heren, 1500m vrije slag, open leeftijdsgroep

Rang			Geb.				Tijd	Pnt
18.	Sodemann Elliot		98	LAQUA	SWE		<b>17:08.74</b>	606
	100m: 1:04.69	1:04.69	500m: 5:33.08	1:06.97	900m: 10:08.92	1:09.77	1300m: 14:50.05	1:10.55
	200m: 2:12.45	1:07.76	600m: 6:41.25	1:08.17	1000m: 11:19.37	1:10.45	1400m: 16:00.21	1:10.16
	300m: 3:19.65	1:07.20	700m: 7:49.83	1:08.58	1100m: 12:29.49	1:10.12	1500m: 17:08.74	1:08.53
	400m: 4:26.11	1:06.46	800m: 8:59.15	1:09.32	1200m: 13:39.50	1:10.01		
19.	Dael Simon		99	BRABO	BEL		<b>17:12.23</b>	600
	100m: 1:02.21	1:02.21	500m: 5:35.92	1:09.08	900m: 10:14.76	1:10.01	1300m: 14:55.30	1:09.74
	200m: 2:09.80	1:07.59	600m: 6:45.53	1:09.61	1000m: 11:24.94	1:10.18	1400m: 16:04.75	1:09.45
	300m: 3:18.21	1:08.41	700m: 7:55.16	1:09.63	1100m: 12:35.30	1:10.36	1500m: 17:12.23	1:07.48
	400m: 4:26.84	1:08.63	800m: 9:04.75	1:09.59	1200m: 13:45.56	1:10.26		
20.	Heitkemper Julian		00	SGB	GER		<b>17:18.05</b>	590
	100m: 1:03.71	1:03.71	500m: 5:38.15	1:08.96	900m: 10:18.98	1:10.83	1300m: 15:00.79	1:10.45
	200m: 2:11.93	1:08.22	600m: 6:47.96	1:09.81	1000m: 11:29.10	1:10.12	1400m: 16:11.02	1:10.23
	300m: 3:20.42	1:08.49	700m: 7:58.03	1:10.07	1100m: 12:39.84	1:10.74	1500m: 17:18.05	1:07.03
	400m: 4:29.19	1:08.77	800m: 9:08.15	1:10.12	1200m: 13:50.34	1:10.50		
21.	Willems Bruno		99	ZVL	BE		<b>17:20.75</b>	586
	100m: 1:06.03	1:06.03	500m: 5:44.69	1:09.58	900m: 10:22.96	1:09.63	1300m: 15:01.79	1:09.99
	200m: 2:15.38	1:09.35	600m: 6:54.09	1:09.40	1000m: 11:32.64	1:09.68	1400m: 16:11.78	1:09.99
	300m: 3:25.45	1:10.07	700m: 8:03.72	1:09.63	1100m: 12:42.24	1:09.60	1500m: 17:20.75	1:08.97
	400m: 4:35.11	1:09.66	800m: 9:13.33	1:09.61	1200m: 13:51.80	1:09.56		
22.	Berghmans Jens		01	ZS	BEL		<b>18:02.71</b>	520
	100m: 1:03.83	1:03.83	500m: 5:47.32	1:12.87	900m: 10:40.57	1:13.53	1300m: 15:37.46	1:14.24
	200m: 2:13.17	1:09.34	600m: 7:00.60	1:13.28	1000m: 11:55.22	1:14.65	1400m: 16:50.76	1:13.30
	300m: 3:23.19	1:10.02	700m: 8:13.62	1:13.02	1100m: 13:09.18	1:13.96	1500m: 18:02.71	1:11.95
	400m: 4:34.45	1:11.26	800m: 9:27.04	1:13.42	1200m: 14:23.22	1:14.04		
FF	McCusker Max		99	MILW	GBR			

Programmanr. 36  
24/01/2016 - 14:50

Dames, 1500m vrije slag  
Snelste serie

open leeftijdsgroep  
Resultaten

Belgisch record	16:52.26	Arnould Isabelle	BEL	Buffalo (USA)	8/07/1993
Vlaams records	16:54.68	Mattens Edith	IKZ	Poznan (POL)	12/07/2013

Limieten Flanders Speedo Cup : 18:50.00

Punten: FINA 2014

Rang			Geb.				Tijd	Pnt
1.	Holub Tamila Hryhorivna		99	POR	POR		<b>16:45.29</b>	808
	100m: 1:04.56	1:04.56	500m: 5:34.98	1:07.52	900m: 10:04.35	1:07.22	1300m: 14:33.20	1:06.84
	200m: 2:11.84	1:07.28	600m: 6:42.48	1:07.50	1000m: 11:11.91	1:07.56	1400m: 15:39.79	1:06.59
	300m: 3:19.56	1:07.72	700m: 7:49.80	1:07.32	1100m: 12:19.39	1:07.48	1500m: 16:45.29	1:05.50
	400m: 4:27.46	1:07.90	800m: 8:57.13	1:07.33	1200m: 13:26.36	1:06.97		
2.	Mattens Edith		97	KZK	BEL		<b>17:20.02</b>	730
	100m: 1:08.71	1:08.71	500m: 5:44.93	1:08.88	900m: 10:22.42	1:09.50	1300m: 15:00.89	1:09.71
	200m: 2:18.07	1:09.36	600m: 6:53.90	1:08.97	1000m: 11:31.91	1:09.49	1400m: 16:10.87	1:09.98
	300m: 3:27.12	1:09.05	700m: 8:03.32	1:09.42	1100m: 12:41.57	1:09.66	1500m: 17:20.02	1:09.15
	400m: 4:36.05	1:08.93	800m: 9:12.92	1:09.60	1200m: 13:51.18	1:09.61		
3.	van Ruiten Evelien		96	NED	NED		<b>18:08.68</b>	636
	100m: 1:09.30	1:09.30	500m: 6:00.87	1:12.71	900m: 10:53.90	1:13.38	1300m: 15:46.62	1:13.19
	200m: 2:22.24	1:12.94	600m: 7:14.00	1:13.13	1000m: 12:07.10	1:13.20	1400m: 16:58.51	1:11.89
	300m: 3:35.17	1:12.93	700m: 8:27.29	1:13.29	1100m: 13:20.38	1:13.28	1500m: 18:08.68	1:10.17
	400m: 4:48.16	1:12.99	800m: 9:40.52	1:13.23	1200m: 14:33.43	1:13.05		

Timingonline: [www.toptime.be](http://www.toptime.be)

Uitslagen [www.zwemfed.be](http://www.zwemfed.be)

Splash Meet Manager 11, 11.40736

Registered to Provincie Antwerpen

25/01/2016 9:47 - pagina 23

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 36, Dames, 1500m vrije slag, open leeftijdsgroep

Rang	Geb.		Tijd				Pnt
4.	Krause Carina	01 SGB	GER	<b>18:25.97</b>	607		
	100m: 1:09.97 1:09.97	500m: 6:08.24 1:14.38	900m: 11:03.83 1:13.51	1300m: 16:00.93 1:14.02			
	200m: 2:24.23 1:14.26	600m: 7:22.92 1:14.68	1000m: 12:17.81 1:13.98	1400m: 17:14.65 1:13.72			
	300m: 3:38.93 1:14.70	700m: 8:36.88 1:13.96	1100m: 13:31.80 1:13.99	1500m: 18:25.97 1:11.32			
	400m: 4:53.86 1:14.93	800m: 9:50.32 1:13.44	1200m: 14:46.91 1:15.11				
5.	Gysen Sophie-Charlotte	99 MOZKA	BEL	<b>18:35.66</b>	591		
	100m: 1:08.85 1:08.85	500m: 6:05.27 1:14.56	900m: 11:05.64 1:15.22	1300m: 16:07.39 1:15.44			
	200m: 2:22.61 1:13.76	600m: 7:20.11 1:14.84	1000m: 12:20.85 1:15.21	1400m: 17:22.27 1:14.88			
	300m: 3:36.70 1:14.09	700m: 8:35.20 1:15.09	1100m: 13:36.26 1:15.41	1500m: 18:35.66 1:13.39			
	400m: 4:50.71 1:14.01	800m: 9:50.42 1:15.22	1200m: 14:51.95 1:15.69				
6.	Stockmann Lena	01 SGB	GER	<b>19:44.89</b>	493		
	100m: 1:11.64 1:11.64	500m: 6:23.27 1:18.87	900m: 11:40.68 1:19.55	1300m: 17:04.98 1:21.10			
	200m: 2:28.35 1:16.71	600m: 7:42.62 1:19.35	1000m: 13:01.05 1:20.37	1400m: 18:25.65 1:20.67			
	300m: 3:46.10 1:17.75	700m: 9:01.79 1:19.17	1100m: 14:22.03 1:20.98	1500m: 19:44.89 1:19.24			
	400m: 5:04.40 1:18.30	800m: 10:21.13 1:19.34	1200m: 15:43.88 1:21.85				

Programmanr. 20  
24/01/2016

Dames, 200m vrije slag

open leeftijdsgroep  
Resultaten Finale

Belgisch record	2:00.90	Van Koeckhoven Nina	MEGA	Helsinki (FIN)	7/07/2000
Vlaams records	2:00.90	Van Koeckhoven Nina	MZV	Helsinki (FIN)	7/07/2000
Event record	1:57.19	Hosszu Katinka	HUN	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup : 2:17.00

Punten: FINA 2014

Rang	Geb.		Tijd		Pnt	100m	200m
Finale A							
1.	Boyle Georgina	98 GBR	GBR	<b>2:00.63</b>	821	1:00.18	1:00.45
2.	Turner Rebecca	92 COSE	GBR	<b>2:00.83</b>	817	59.50	1:01.33
	Faulkner Eleanor	93 COSE	GBR	<b>2:00.83</b>	817	59.64	1:01.19
4.	Goris Lotte	00 BRABO	BEL	<b>2:02.74</b>	779	1:00.24	1:02.50
5.	McKenzie Lucy	97 STMN	GBR	<b>2:02.75</b>	779	1:00.49	1:02.26
6.	Delno Marjolein	94 NED	NED	<b>2:03.06</b>	773	59.82	1:03.24
7.	Coates Georgia	99 GBR	GBR	<b>2:03.31</b>	769	1:01.27	1:02.04
8.	Duraes Diana Margarida	96 POR	POR	<b>2:03.59</b>	763	1:00.07	1:03.52
Finale B							
9.	Casini Juliette	97 FFBN	BEL	<b>2:02.22</b>	789	59.44	1:02.78
10.	Smits Jade	01 BRABO	BEL	<b>2:05.36</b>	732	1:00.77	1:04.59
11.	Bouden Camille	01 ZB	BEL	<b>2:05.89</b>	722	1:01.51	1:04.38
12.	Vanlommel Anke	00 MOZKA	BEL	<b>2:06.57</b>	711	1:01.15	1:05.42
13.	Vanleynseele Sara	97 BRABO	BEL	<b>2:08.83</b>	674	1:01.81	1:07.02
14.	Dumont Juliette	00 FFBN	BEL	<b>2:09.42</b>	665	1:02.71	1:06.71
15.	Van Nyverseel Silke	01 ZS	BEL	<b>2:11.91</b>	628	1:03.96	1:07.95
16.	Peeters Kristien	97 ZCT	BEL	<b>2:13.66</b>	603	1:03.62	1:10.04



Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 21  
24/01/2016

Heren, 50m vlinderslag

open leeftijdsgroep  
Resultaten Finale

Belgisch record	23.34	Heersbrandt Francois	CNSW	Kazan (RUS)	2/08/2015
Vlaams records	23.99	De Wilde Gilles	MEGA	Antwerpen	18/05/2013
Event record	23.66	Proud Benjamin	GBR	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup 15 - 18: 29.00; open: 28.00

Punten: FINA 2014

Rang	Geb.			Tijd	Pnt	
<b>Finale A</b>						
1.	Margevicius Deividas	95	LTU	LTU	<b>24.25</b>	791
2.	Barrett Adam	92	LCLA	GBR	<b>24.36</b>	780
3.	Vangoetsenhoven Dries	97	BRABO	BEL	<b>24.92</b>	729
4.	Luecker Philip	94	SGN	GER	<b>25.13</b>	711
5.	Carvalho Diogo Filipe	88	POR	POR	<b>25.23</b>	702
6.	De Graeve Birgen	98	LAQUA	BEL	<b>25.34</b>	693
7.	De Meulemeester Sebastien	98	ZNA	BEL	<b>25.35</b>	692
8.	Bodiroza Nick	00	BRABO	SLO	<b>25.59</b>	673

<b>Finale B</b>						
9.	De Meyer Diego	95	MEGA	BEL	<b>26.11</b>	633
10.	Carremans Maarten	98	WLW	BEL	<b>26.19</b>	628
11.	Vandersypen Vincent	99	BRABO	BEL	<b>26.50</b>	606
12.	Haegeman Jonas	99	AST	BEL	<b>26.56</b>	602
13.	Parmentier Bavo	98	BZK	BEL	<b>26.64</b>	596
14.	Terryn Julien	93	RSC	BEL	<b>26.68</b>	594
15.	Delferiere Alan	98	SCSG	BEL	<b>26.94</b>	577
16.	Bierberg Grégory	98	VN	BEL	<b>27.00</b>	573

Programmanr. 22  
24/01/2016

Dames, 100m vlinderslag

open leeftijdsgroep  
Resultaten Finale

Belgisch record	58.36	Buys Kimberly	BRABO	Kazan (RUS)	2/08/2015
Vlaams records	58.36	Buys Kimberly	BRABO	Kazan (RUS)	2/08/2015
Event record	57.90	Dekker Inge	NED	Antwerpen	13/01/2007

Limieten Flanders Speedo Cup : 1:09.00

Punten: FINA 2014

Rang	Geb.			Tijd	Pnt	
<b>Finale A</b>						
1.	Kelly Rachael	94	GBR	GBR	<b>57.74</b>	911
2.	Vourna Kristel	92	GRE	GRE	<b>58.99</b>	854
3.	Beckmann Emilie	97	DEN	DEN	<b>59.82</b>	819
4.	Buys Kimberly	89	BRABO	BEL	<b>1:00.43</b>	794
5.	Pugh Tazmin	00	GBR	GBR	<b>1:01.07</b>	770
6.	Busch Kim	98	NED	NED	<b>1:01.51</b>	753
7.	Erichsen Caroline	98	DEN	DEN	<b>1:01.91</b>	739
8.	Hibbott Holly	99	GBR	GBR	<b>1:02.43</b>	720

<b>Finale B</b>						
9.	Dumont Valentine	00	FFBN	BEL	<b>1:03.61</b>	681
10.	Jochems Charissa	01	SHARK	BEL	<b>1:03.68</b>	679

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 22, Dames, 100m vlinderslag, Finale, open leeftijdsgroep

Rang		Geb.			Tijd	Pnt
11.	Gillet Victoria	98	VN	BEL	<b>1:03.73</b>	677
12.	Van Heghe Margot	99	FIRST	BEL	<b>1:04.06</b>	667
13.	Dumont Juliette	00	FFBN	BEL	<b>1:04.14</b>	664
14.	Maes Rosanne	01	ZCK	BEL	<b>1:07.58</b>	568
15.	Gielen Indra	00	DMB	BEL	<b>1:08.17</b>	553
16.	Vanoost Margeaux	01	KZK	BEL	<b>1:10.13</b>	508

Programmanr. 23 Heren, 200m rugslag open leeftijdsgroep  
24/01/2016 Resultaten Finale

Belgisch record	1:59.64	Maene Stefaan	BZK	Barcelona (ESP)	28/07/1992
Vlaams records	1:59.64	Maene Stefaan	BZK	Barcelona (ESP)	28/07/1992
Event record	1:58.04	Rapsys Danas	LTU	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup 15 - 18: 2:25.00; open: 2:19.00

Punten: FINA 2014

Rang		Geb.			Tijd	Pnt	100m	200m
Finale A								
1.	Rapsys Danas	95	LTU	LTU	<b>1:56.72</b>	881	56.77	59.95
2.	Hendrickx Lander	94	LAQUA	BEL	<b>2:01.91</b>	773	59.78	1:02.13
3.	Van Audekerke Nils	96	TSZ	BEL	<b>2:02.13</b>	769	59.49	1:02.64
4.	Bukin Danil	94	UZB	UZB	<b>2:02.48</b>	763	59.78	1:02.70
5.	Luyten Sjobbe	98	MOZKA	BEL	<b>2:03.28</b>	748	1:00.18	1:03.10
6.	Hulme Joseph	97	GBR	GBR	<b>2:03.83</b>	738	1:01.32	1:02.51
7.	Litchfield Max	95	GBR	GBR	<b>2:04.44</b>	727	1:00.91	1:03.53
8.	Williams Brodie	99	MILW	GBR	<b>2:07.93</b>	669	1:01.64	1:06.29
Finale B								
9.	Heuninck Maarten	00	FIRST	BEL	<b>2:10.31</b>	633	1:03.33	1:06.98
10.	Mulkers Lander	00	HZS	BEL	<b>2:11.10</b>	622	1:04.53	1:06.57
11.	Marcourt Alexandre	99	STT	BEL	<b>2:11.28</b>	619	1:02.63	1:08.65
12.	Bisschop Tibo	98	BZK	BEL	<b>2:13.71</b>	586	1:06.67	1:07.04
13.	Van Riet Tom	99	BRABO	BEL	<b>2:13.77</b>	585	1:06.13	1:07.64
14.	Doukmani Zakariya	99	HN	BEL	<b>2:14.72</b>	573	1:05.79	1:08.93
15.	Guldentops Kevin	00	TSZ	BEL	<b>2:17.47</b>	539	1:06.92	1:10.55
16.	Den Haese Milan	98	DMB	BEL	<b>2:20.13</b>	509	1:07.58	1:12.55

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 24  
24/01/2016

Dames, 200m schoolslag  
B finale na wedstrijd 35

open leeftijdsgroep  
Resultaten Finale

Belgisch record	2:23.77	Lecluyse Fanny	DM	Kazan (RUS)	6/08/2015
Vlaams records	2:27.04	Matthysen Elise	BRABO	Beijing (CHN)	13/08/2008
Event record	2:25.05	Pedersen Rikke M.	DEN	Antwerpen	20/01/2013

Limieten Flanders Speedo Cup : 2:49.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt	100m	200m		
<b>Finale A</b>							
1.	Matts Katie	98 GBR	GBR	<b>2:27.78</b>	834	1:10.81	1:16.97
2.	Coates Georgia	99 GBR	GBR	<b>2:30.93</b>	782	1:13.45	1:17.48
3.	Cain Emma	99 GBR	GBR	<b>2:31.76</b>	770	1:13.59	1:18.17
4.	Lambert Michelle	94 SGE	GER	<b>2:32.17</b>	763	1:14.22	1:17.95
5.	Black Layla	00 GBR	GBR	<b>2:33.27</b>	747	1:14.93	1:18.34
6.	Michels Lise	99 FFBN	BEL	<b>2:34.80</b>	725	1:14.99	1:19.81
7.	Pereira Raquel Gomes	00 POR	POR	<b>2:36.28</b>	705	1:15.68	1:20.60
8.	Geeroms Anke	00 SCZ	BEL	<b>2:40.28</b>	653	1:16.55	1:23.73
<b>Finale B</b>							
9.	Wijnants Jasmine	02 SHARK	BEL	<b>2:40.38</b>	652	1:16.94	1:23.44
10.	Staes Jolien	02 SHARK	BEL	<b>2:43.38</b>	617	1:19.51	1:23.87
11.	Adams Kymberly	00 GOLD	BEL	<b>2:43.92</b>	611	1:18.93	1:24.99
12.	Van Loon Lien	01 LAQUA	BEL	<b>2:48.83</b>	559	1:20.56	1:28.27
13.	Taecke Lore	00 COAST	BEL	<b>2:50.43</b>	543	1:21.44	1:28.99
14.	Limpens Amelie	00 MEGA	BEL	<b>2:51.56</b>	533	1:22.88	1:28.68
15.	Borgonie Tine	98 RZV	BEL	<b>2:52.73</b>	522	1:22.48	1:30.25
16.	Corstjens Britt	00 DMB	BEL	<b>2:52.89</b>	520	1:22.54	1:30.35

Programmanr. 25  
24/01/2016

Heren, 100m schoolslag

open leeftijdsgroep  
Resultaten Finale

Belgisch record	1:00.60	Deburghgraeve Fred	BEL	Atlanta (USA)	20/07/1996
Vlaams records	1:00.60	Deburghgraeve Frederik	RZV	Atlanta (USA)	20/07/1996
Event record	59.48	Peaty Adam	GBR	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup 15 - 18: 1:15.00; open: 1:12.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt		
<b>Finale A</b>					
1.	Mustafin Vladislav	95 UZB	UZB	<b>1:00.64</b>	895
2.	Sidlauskas Andrius	97 LTU	LTU	<b>1:01.49</b>	859
3.	Attwood Charlie	97 GBR	GBR	<b>1:01.83</b>	845
4.	Wilby James	93 GBR	GBR	<b>1:01.84</b>	844
5.	Holderness Robert	90 MILW	GBR	<b>1:02.52</b>	817
6.	Willis Andrew	90 GBR	GBR	<b>1:02.61</b>	814
7.	Kerc Aljaz	90 PK Olimpija	SLO	<b>1:02.85</b>	804
8.	Vandevelde Raf	93 STT	BEL	<b>1:03.69</b>	773
<b>Finale B</b>					
9.	Caerts Basten	97 DBT	BEL	<b>1:03.72</b>	772
10.	De Gols Senne	98 ZNA	BEL	<b>1:04.94</b>	729
11.	De Meyer Diego	95 MEGA	BEL	<b>1:06.81</b>	669
12.	Eekhof Maxime	97 ZCT	BEL	<b>1:06.84</b>	669

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 25, Heren, 100m schoolslag, Finale, open leeftijdsgroep

Rang	Geb.			Tijd	Pnt
13.	Ruijten Sander	01	DMB	BEL	<b>1:07.88</b> 638
14.	Staes Thomas	00	SHARK	BEL	<b>1:08.92</b> 610
15.	De Coster Robbe	98	COAST	BEL	<b>1:09.97</b> 583
16.	Van Damme Antoon	99	AZL	BEL	<b>1:11.09</b> 556

Programmanr. 26 Dames, 200m wisselslag open leeftijdsgroep  
24/01/2016 Resultaten Finale

Belgisch record	2:13.68	Lecluyse Fanny	DM	Shanghai (CHN)	24/07/2011
Vlaams records	2:15.33	Buys Kimberly	BRABO	Antwerpen	22/01/2011
Event record	2:10.36	Hosszu Katinka	HUN	Antwerpen	25/01/2015

Limieten Flanders Speedo Cup : 2:35.00

Punten: FINA 2014

Rang	Geb.			Tijd	Pnt	100m	200m
Finale A							
1.	Amanova Ranohon	94	UZB	UZB	<b>2:12.53</b> 862	1:03.13	1:09.40
2.	Willmott Aimee	93	GBR	GBR	<b>2:13.53</b> 843	1:03.51	1:10.02
3.	Van der Zanden Wendy	88	BRABO	NED	<b>2:14.97</b> 816	1:02.22	1:12.75
4.	Wood Abbie	99	GBR	GBR	<b>2:17.26</b> 776	1:05.37	1:11.89
5.	Coates Georgia	99	GBR	GBR	<b>2:17.59</b> 770	1:07.38	1:10.21
6.	McKenzie Lucy	97	STMN	GBR	<b>2:18.39</b> 757	1:06.10	1:12.29
7.	Delno Marjolein	94	NED	NED	<b>2:19.49</b> 739	1:06.29	1:13.20
8.	Rudin Rosie	98	GBR	GBR	<b>2:19.63</b> 737	1:04.65	1:14.98
Finale B							
9.	Goris Lotte	00	BRABO	BEL	<b>2:20.26</b> 727	1:07.88	1:12.38
10.	De Bock Sonia	98	BRABO	BEL	<b>2:23.14</b> 684	1:07.24	1:15.90
11.	Bouden Camille	01	ZB	BEL	<b>2:24.03</b> 671	1:07.48	1:16.55
12.	Gillet Victoria	98	VN	BEL	<b>2:28.89</b> 608	1:09.51	1:19.38
13.	Daemen Sien	01	DMB	BEL	<b>2:32.12</b> 570	1:09.23	1:22.89
14.	Cobbaert Justine	00	ZB	BEL	<b>2:32.52</b> 565	1:10.17	1:22.35
15.	Leyman Merel	98	DDAT	BEL	<b>2:33.32</b> 557	1:14.25	1:19.07
16.	Carlu Axelle	00	KZK	BEL	<b>2:37.67</b> 512	1:13.60	1:24.07

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 27  
24/01/2016

Heren, 100m vrije slag

open leeftijdsgroep  
Resultaten Finale

Belgisch record	48.22	Timmers Pieter	BRABO	Kazan (RUS)	5/08/2015
Vlaams records	48.22	Timmers Pieter	BRABO	Kazan (RUS)	5/08/2015
Event record	48.76	Timmers Pieter	BEL	Antwerpen	20/01/2013

Limieten Flanders Speedo Cup 15 - 18: 1:00.00; open: 58.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt
<b>Finale A</b>			
1.	Aerents Jasper	92 BZK BEL	<b>49.21</b> 866
2.	Surgeloose Glenn	89 BRABO BEL	<b>49.63</b> 844
3.	Vanluchene Emmanuel	92 GOLD BEL	<b>50.01</b> 825
4.	Dekoninck Dieter	91 BRABO BEL	<b>50.05</b> 823
5.	Tulupov Daniil	88 UZB UZB	<b>50.31</b> 810
6.	Tursunov Khurshid	94 UZB UZB	<b>50.33</b> 809
7.	Disney-May James	92 LCLA GBR	<b>50.60</b> 796
8.	Timm Braxston	92 COSE GBR	<b>51.13</b> 772

**Finale B**

9.	Weiremans Lorenz	96 BRABO BEL	<b>51.31</b> 764
10.	Cortens Ken	93 LAQUA BEL	<b>51.90</b> 738
11.	De Meulemeester Sebastien	98 ZNA BEL	<b>52.22</b> 724
12.	Thijs Thomas	97 ZGEEL BEL	<b>52.51</b> 712
13.	Trap Alexander	97 BRABO BEL	<b>53.09</b> 689
14.	De Graeve Birgen	98 LAQUA BEL	<b>53.22</b> 684
15.	Luyten Sjobbe	98 MOZKA BEL	<b>56.15</b> 583
FF	Vangoetsenhoven Dries	97 BRABO BEL	

Programmanr. 28  
24/01/2016

Dames, 400m vrije slag

open leeftijdsgroep  
Resultaten Finale

Belgisch record	4:11.71	Arnould Isabelle	BEL	Seoul (KOR)	22/09/1988
Vlaams records	4:17.38	Goffin Sofie	ZS	Charleroi	9/08/1998
Event record	4:06.68	Carlin Jazmin	GBR	Antwerpen	26/01/2014

Limieten Flanders Speedo Cup : 4:49.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m	
<b>Finale A</b>								
1.	Hibbott Holly	99 GBR	GBR	<b>4:13.53</b> 839	1:02.74	1:04.72	1:04.17	1:01.90
	50m: 30.53	30.53	150m: 1:35.06	32.32	250m: 2:39.73	32.27	350m: 3:42.91	31.28
	100m: 1:02.74	32.21	200m: 2:07.46	32.40	300m: 3:11.63	31.90	400m: 4:13.53	30.62
2.	Faulkner Eleanor	93 COSE	GBR	<b>4:13.88</b> 835	1:01.79	1:04.39	1:04.21	1:03.49
	50m: 29.51	29.51	150m: 1:33.90	32.11	250m: 2:37.95	31.77	350m: 3:42.64	32.25
	100m: 1:01.79	32.28	200m: 2:06.18	32.28	300m: 3:10.39	32.44	400m: 4:13.88	31.24
3.	Willmott Aimee	93 GBR	GBR	<b>4:15.20</b> 822	1:02.46	1:04.48	1:04.91	1:03.35
	50m: 30.44	30.44	150m: 1:34.79	32.33	250m: 2:39.47	32.53	350m: 3:44.20	32.35
	100m: 1:02.46	32.02	200m: 2:06.94	32.15	300m: 3:11.85	32.38	400m: 4:15.20	31.00
4.	Wood Abbie	99 GBR	GBR	<b>4:16.11</b> 814	1:02.63	1:05.56	1:04.54	1:03.38
	50m: 30.11	30.11	150m: 1:35.28	32.65	250m: 2:40.24	32.05	350m: 3:44.66	31.93
	100m: 1:02.63	32.52	200m: 2:08.19	32.91	300m: 3:12.73	32.49	400m: 4:16.11	31.45

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 28, Dames, 400m vrije slag, Finale, open leeftijdsgroep

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
5.	Boyle Georgina 98 GBR	GBR	<b>4:19.55</b> 782	1:03.71	1:06.07	1:04.55	1:05.22
	50m: 30.26 30.26	150m: 1:36.58 32.87	250m: 2:41.78 32.87	32.00	350m: 3:47.15 32.82		
	100m: 1:03.71 33.45	200m: 2:09.78 33.20	300m: 3:14.33 32.55	400m: 4:19.55 32.40			
6.	Dumont Valentine 00 FFBN	BEL	<b>4:19.80</b> 779	1:02.90	1:05.75	1:06.19	1:04.96
	50m: 30.67 30.67	150m: 1:35.78 32.88	250m: 2:41.45 32.80	32.80	350m: 3:47.85 33.01		
	100m: 1:02.90 32.23	200m: 2:08.65 32.87	300m: 3:14.84 33.39	400m: 4:19.80 31.95			
7.	Holub Tamila Hryhorivna 99 POR	POR	<b>4:21.59</b> 764	1:02.93	1:05.86	1:06.63	1:06.17
	50m: 30.39 30.39	150m: 1:35.80 32.87	250m: 2:42.09 32.87	33.30	350m: 3:48.99 33.57		
	100m: 1:02.93 32.54	200m: 2:08.79 32.99	300m: 3:15.42 33.33	400m: 4:21.59 32.60			
8.	Duraes Diana Margarida 96 POR	POR	<b>4:24.89</b> 735	1:02.90	1:07.39	1:07.85	1:06.75
	50m: 30.39 30.39	150m: 1:36.19 33.29	250m: 2:44.13 33.29	33.84	350m: 3:51.54 33.40		
	100m: 1:02.90 32.51	200m: 2:10.29 34.10	300m: 3:18.14 34.10	400m: 4:24.89 33.35			

Finale B

9.	Mattens Edith 97 KZK	BEL	<b>4:25.81</b> 728	1:03.85	1:06.46	1:07.69	1:07.81
	50m: 31.04 31.04	150m: 1:36.85 33.00	250m: 2:44.03 33.72	33.72	350m: 3:52.18 34.18		
	100m: 1:03.85 32.81	200m: 2:10.31 33.46	300m: 3:18.00 33.97	400m: 4:25.81 33.63			
10.	Geeroms Anke 00 SCZ	BEL	<b>4:33.01</b> 672	1:04.72	1:09.73	1:09.76	1:08.80
	50m: 30.98 30.98	150m: 1:39.19 34.47	250m: 2:49.19 34.74	34.74	350m: 3:59.13 34.92		
	100m: 1:04.72 33.74	200m: 2:14.45 35.26	300m: 3:24.21 35.02	400m: 4:33.01 33.88			
11.	Van Deuren Charlotte 01 BRABO	BEL	<b>4:36.24</b> 648	1:05.37	1:11.18	1:10.57	1:09.12
	50m: 31.49 31.49	150m: 1:40.71 35.34	250m: 2:51.59 35.04	35.04	350m: 4:02.09 34.97		
	100m: 1:05.37 33.88	200m: 2:16.55 35.84	300m: 3:27.12 35.53	400m: 4:36.24 34.15			
12.	Dionysopoulou Maria 00 BRABO	BEL	<b>4:38.30</b> 634	1:06.15	1:10.11	1:11.48	1:10.56
	50m: 31.77 31.77	150m: 1:40.83 34.68	250m: 2:51.76 35.50	35.50	350m: 4:03.42 35.68		
	100m: 1:06.15 34.38	200m: 2:16.26 35.43	300m: 3:27.74 35.98	400m: 4:38.30 34.88			
13.	Van Nyverseel Silke 01 ZS	BEL	<b>4:38.91</b> 630	1:06.80	1:11.46	1:11.80	1:08.85
	50m: 32.24 32.24	150m: 1:42.67 35.87	250m: 2:54.54 36.28	36.28	350m: 4:05.66 35.60		
	100m: 1:06.80 34.56	200m: 2:18.26 35.59	300m: 3:30.06 35.52	400m: 4:38.91 33.25			
14.	De Baere Marie-Claire 97 STW	BEL	<b>4:42.71</b> 605	1:07.90	1:11.64	1:12.01	1:11.16
	50m: 32.36 32.36	150m: 1:43.48 35.58	250m: 2:55.43 35.89	35.89	350m: 4:07.83 36.28		
	100m: 1:07.90 35.54	200m: 2:19.54 36.06	300m: 3:31.55 36.12	400m: 4:42.71 34.88			
15.	Vanhee Steffi 01 KZK	BEL	<b>4:45.28</b> 589	1:06.29	1:12.04	1:13.80	1:13.15
	50m: 31.88 31.88	150m: 1:42.13 35.84	250m: 2:55.20 36.87	36.87	350m: 4:09.49 37.36		
	100m: 1:06.29 34.41	200m: 2:18.33 36.20	300m: 3:32.13 36.93	400m: 4:45.28 35.79			
16.	Leyman Merel 98 DDAT	BEL	<b>4:48.22</b> 571	1:08.76	1:13.54	1:14.13	1:11.79
	50m: 32.90 32.90	150m: 1:45.46 36.70	250m: 2:59.55 37.25	37.25	350m: 4:13.30 36.87		
	100m: 1:08.76 35.86	200m: 2:22.30 36.84	300m: 3:36.43 36.88	400m: 4:48.22 34.92			

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 29  
24/01/2016

Heren, 400m wisselslag  
B reeks na wedstrijd 35

open leeftijdsgroep  
Resultaten Finale

Belgisch record	4:16.71	Bauwens Ward	BRABO	London (GBR)	28/07/2012
Vlaams records	4:16.71	Bauwens Ward	BRABO	Londen (GBR)	28/07/2012
Event record	4:15.39	Cseh Laszlo	HUN	Antwerpen	15/01/2011

Limieten Flanders Speedo Cup 15 - 18: 5:14.00; open: 5:06.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m		
<b>Finale A</b>									
1.	Vital Joao Alexandre 98	POR	POR	<b>4:25.52</b>	774*	1:00.72	1:07.26	1:16.94	1:00.60
	50m: 28.46	28.46	150m: 1:35.15	34.43	250m: 2:46.45	38.47	350m: 3:56.33	31.41	
	100m: 1:00.72	32.26	200m: 2:07.98	32.83	300m: 3:24.92	38.47	400m: 4:25.52	29.19	
2.	Slater Tristan 93	MILW	GBR	<b>4:25.94</b>	770	1:00.65	1:09.88	1:15.52	59.89
	50m: 27.93	27.93	150m: 1:36.10	35.45	250m: 2:48.01	37.48	350m: 3:56.71	30.66	
	100m: 1:00.65	32.72	200m: 2:10.53	34.43	300m: 3:26.05	38.04	400m: 4:25.94	29.23	
3.	Derlyugov Aleksey 91	UZB	UZB	<b>4:25.96</b>	770	59.78	1:10.37	1:15.93	59.88
	50m: 27.56	27.56	150m: 1:34.49	34.71	250m: 2:47.89	37.74	350m: 3:56.77	30.69	
	100m: 59.78	32.22	200m: 2:10.15	35.66	300m: 3:26.08	38.19	400m: 4:25.96	29.19	
4.	Dal Thomas 97	FFBN	BEL	<b>4:26.41</b>	766	1:00.70	1:10.95	1:12.09	1:02.67
	50m: 28.16	28.16	150m: 1:36.33	35.63	250m: 2:46.72	35.07	350m: 3:56.19	32.45	
	100m: 1:00.70	32.54	200m: 2:11.65	35.32	300m: 3:23.74	37.02	400m: 4:26.41	30.22	
5.	Vanhuyts Logan 97	FFBN	BEL	<b>4:31.58</b>	723	1:01.03	1:12.89	1:16.17	1:01.49
	50m: 27.73	27.73	150m: 1:37.23	36.20	250m: 2:51.02	37.10	350m: 4:01.53	31.44	
	100m: 1:01.03	33.30	200m: 2:13.92	36.69	300m: 3:30.09	39.07	400m: 4:31.58	30.05	
6.	Veloso Tomas Miguel 96	POR	POR	<b>4:37.25</b>	680	1:02.38	1:12.13	1:18.19	1:04.55
	50m: 29.32	29.32	150m: 1:38.93	36.55	250m: 2:53.22	38.71	350m: 4:05.96	33.26	
	100m: 1:02.38	33.06	200m: 2:14.51	35.58	300m: 3:32.70	39.48	400m: 4:37.25	31.29	
7.	De Gols Senne 98	ZNA	BEL	<b>4:39.23</b>	665*	1:04.25	1:12.45	1:17.56	1:04.97
	50m: 29.55	29.55	150m: 1:41.02	36.77	250m: 2:55.00	38.30	350m: 4:07.66	33.40	
	100m: 1:04.25	34.70	200m: 2:16.70	35.68	300m: 3:34.26	39.26	400m: 4:39.23	31.57	
8.	Williams Brodie 99	MILW	GBR	<b>4:42.39</b>	643*	1:03.55	1:11.78	1:21.15	1:05.91
	50m: 29.49	29.49	150m: 1:40.07	36.52	250m: 2:55.38	40.05	350m: 4:10.24	33.76	
	100m: 1:03.55	34.06	200m: 2:15.33	35.26	300m: 3:36.48	41.10	400m: 4:42.39	32.15	
<b>Finale B</b>									
9.	Meskens Dries 99	AZL	BEL	<b>4:37.61</b>	677*	1:01.27	1:12.07	1:20.95	1:03.32
	50m: 28.27	28.27	150m: 1:37.78	36.51	250m: 2:53.54	40.20	350m: 4:06.58	32.29	
	100m: 1:01.27	33.00	200m: 2:13.34	35.56	300m: 3:34.29	40.75	400m: 4:37.61	31.03	
10.	Swillen Timon 00	TZ	BEL	<b>4:40.54</b>	656*	1:00.59	1:13.96	1:23.24	1:02.75
	50m: 27.64	27.64	150m: 1:37.83	37.24	250m: 2:55.87	41.32	350m: 4:09.61	31.82	
	100m: 1:00.59	32.95	200m: 2:14.55	36.72	300m: 3:37.79	41.92	400m: 4:40.54	30.93	
11.	Mulkers Lander 00	HZS	BEL	<b>4:46.07</b>	619*	1:03.26	1:14.67	1:23.80	1:04.34
	50m: 29.22	29.22	150m: 1:40.91	37.65	250m: 2:59.58	41.65	350m: 4:14.78	33.05	
	100m: 1:03.26	34.04	200m: 2:17.93	37.02	300m: 3:41.73	42.15	400m: 4:46.07	31.29	
12.	Heuninck Stijn 00	FIRST	BEL	<b>5:02.51</b>	523*	1:08.83	1:18.30	1:26.06	1:09.32
	50m: 31.59	31.59	150m: 1:48.08	39.25	250m: 3:09.51	42.38	350m: 4:28.84	35.65	
	100m: 1:08.83	37.24	200m: 2:27.13	39.05	300m: 3:53.19	43.68	400m: 5:02.51	33.67	
13.	Samyn Jonas 00	KZK	BEL	<b>5:06.82</b>	501	1:08.09	1:20.36	1:30.69	1:07.68
	50m: 30.78	30.78	150m: 1:48.49	40.40	250m: 3:13.16	44.71	350m: 4:34.88	35.74	
	100m: 1:08.09	37.31	200m: 2:28.45	39.96	300m: 3:59.14	45.98	400m: 5:06.82	31.94	
14.	Van Damme Antoon 99	AZL	BEL	<b>5:07.43</b>	498	1:09.31	1:24.99	1:23.59	1:09.54
	50m: 31.88	31.88	150m: 1:53.08	43.77	250m: 3:16.14	41.84	350m: 4:34.73	36.84	
	100m: 1:09.31	37.43	200m: 2:34.30	41.22	300m: 3:57.89	41.75	400m: 5:07.43	32.70	

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 29, Heren, 400m wisselslag, Finale, open leeftijdsgroep

Rang	Geb.	Tijd	Pnt	100m	200m	300m	400m
dis	Beckwee Emile	98	DDAT	BEL			
<i>SW 8.3.b - afwisselende bewegingen met benen/voeten gemaakt</i>							

Programmanr. 30 Dames, 100m rugslag open leeftijdsgroep  
24/01/2016 Resultaten Finale

Belgisch record	1:01.13	Buyts Kimberly	BRABO	Antwerpen	19/05/2013
Vlaams records	1:01.13	Buyts Kimberly	BRABO	Antwerpen	19/05/2013
Event record	1:00.53	Quigley Lauren	GBR	Antwerpen	26/01/2014

Limieten Flanders Speedo Cup : 1:12.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt
<b>Finale A</b>			
1.	Davies Georgia	90 LCLA	GBR 1:01.06 862
2.	Quigley Lauren	95 GBR	GBR 1:01.89 828
3.	Maine Anna	00 GBR	GBR 1:02.27 813
4.	Sacha Ioanna	99 GRE	GRE 1:03.80 755
5.	Horton Brittany	98 GBR	GBR 1:03.84 754
6.	Newlands Anna	98 STMN	GBR 1:04.02 748
7.	Bro Sarah	96 DEN	DEN 1:04.33 737
8.	Goris Mirthe	96 HZS	BEL 1:04.93 717
<b>Finale B</b>			
9.	Walravens Sofie	99 SCSG	BEL 1:06.09 680
10.	Swinnen Marie-Lien	00 DMB	BEL 1:06.11 679
11.	D'Hondt Ischara	98 ZB	BEL 1:07.59 635
12.	Hansenne Nona	01 ZCK	BEL 1:08.81 602
13.	Daemen Sien	01 DMB	BEL 1:09.57 583
14.	Van Heghe Margot	99 FIRST	BEL 1:10.78 553
15.	Donckers Kali	00 BRABO	BEL 1:11.54 536
FF	Van Wallendael Sarah	02 BRABO	BEL



Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 31  
24/01/2016

Heren, 200m vlinderslag  
B finale na wedstrijd 35

open leeftijdsgroep  
Resultaten Finale

Belgisch record	1:55.39	Croenen Louis	SHARK	Kazan (RUS)	5/08/2015
Vlaams records	1:55.39	Croenen Louis	SHARK	Kazan (RUS)	5/08/2015
Event record	1:57.20	Cseh Laszlo	HUN	Antwerpen	15/01/2011

Limieten Flanders Speedo Cup 15 - 18: 2:24.00; open: 2:19.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt	100m	200m
<b>Finale A</b>					
1.	Croenen Louis	94 SHARK BEL	<b>1:58.82</b>	826	57.66 1:01.16
2.	Dimitriadis Stefanos	89 GRE	<b>1:59.20</b>	818	58.00 1:01.20
3.	Nascimento Miguel Duarte	95 POR	<b>2:00.39</b>	794	57.35 1:03.04
4.	Howdle Luke	94 COSE GBR	<b>2:01.60</b>	771	58.27 1:03.33
5.	Carvalho Diogo Filipe	88 POR	<b>2:01.81</b>	767	58.33 1:03.48
6.	Quintanilha Nuno Goncalo	87 POR	<b>2:02.57</b>	752	58.10 1:04.47
7.	Luecker Philip	94 SGN GER	<b>2:07.45</b>	669	59.44 1:08.01
8.	Carvalho Jose Paula	98 POR	<b>2:08.32</b>	656	1:01.59 1:06.73
<b>Finale B</b>					
9.	Borisavljevic Valentin	97 LAQUA BEL	<b>2:06.60</b>	683	59.93 1:06.67
10.	Marcourt Alexandre	99 STT BEL	<b>2:09.00</b>	645	1:00.47 1:08.53
11.	Bierberg Grégory	98 VN BEL	<b>2:16.08</b>	550	1:02.10 1:13.98
12.	De Coster Robbe	98 COAST BEL	<b>2:16.51</b>	545	1:05.40 1:11.11
13.	Folens Simon	99 LAQUA BEL	<b>2:17.21</b>	536	1:04.64 1:12.57
14.	D'Rozario Reggie	98 BRABO BEL	<b>2:18.02</b>	527	1:06.05 1:11.97
15.	De Schutter Hannes	98 SHARK BEL	<b>2:19.74</b>	508	1:04.57 1:15.17
16.	Vincke Warre	98 DDAT BEL	<b>2:24.56</b>	458	1:07.06 1:17.50

Programmanr. 32  
24/01/2016

Dames, 50m vrije slag

open leeftijdsgroep  
Resultaten Finale

Belgisch record	25.37	Sysmans Jolien	BRABO	Antwerpen	17/03/2012
Vlaams records	25.37	Sysmans Jolien	ZGEEL	Antwerpen	17/03/2012
Event record	24.37	Veldhuis Marleen	NED	Antwerpen	13/01/2007

Limieten Flanders Speedo Cup : 29.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt
<b>Finale A</b>			
1.	Halls Francesca	90 GBR	GBR <b>24.78</b> 878
2.	Busch Kim	98 NED	NED <b>25.26</b> 829
3.	van Vliet Tamara	94 HAQUE	NED <b>25.50</b> 805
4.	Quigley Lauren	95 GBR	GBR <b>25.90</b> 769
5.	Gage Emma	89 STMN	GBR <b>25.94</b> 765
6.	Beckmann Emilie	97 DEN	DEN <b>26.14</b> 748
7.	Bro Sarah	96 DEN	DEN <b>26.54</b> 714
8.	Casini Juliette	97 FFBN	BEL <b>26.59</b> 710
<b>Finale B</b>			
9.	De Bock Sonia	98 BRABO	BEL <b>26.79</b> 694
10.	Vanlommel Anke	00 MOZKA	BEL <b>26.83</b> 691
11.	Vanleynseele Sara	97 BRABO	BEL <b>26.95</b> 682
12.	Dumont Juliette	00 FFBN	BEL <b>27.25</b> 660

Timingonline: [www.toptime.be](http://www.toptime.be)

Uitslagen [www.zwemfed.be](http://www.zwemfed.be)

Splash Meet Manager 11, 11.40736

Registered to Provincie Antwerpen

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Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 32, Dames, 50m vrije slag, Finale, open leeftijdsgroep

Rang	Geb.			Tijd	Pnt
13.	Dumont Valentine	00	FFBN	BEL	<b>27.80</b> 621
14.	De Graaf Julie	01	ZS	BEL	<b>27.81</b> 621
15.	Melis Nala	99	BRABO	BEL	<b>28.11</b> 601
16.	Cobbaert Justine	00	ZB	BEL	<b>28.27</b> 591

Programmanr. 33  
24/01/2016

Heren, 50m rugslag

open leeftijdsgroep  
Resultaten Finale

Belgisch record	25.36	Heersbrandt Francois	CNSW	Antwerpen	10/05/2015
Vlaams records	25.84	Claeys Bruno	BZK	Rome (ITA)	1/08/2009
Event record	25.24	Plummer David	USA	Antwerpen	26/01/2014

Limieten Flanders Speedo Cup 15 - 18: 32.00; open: 30.00

Punten: FINA 2014

Rang	Geb.			Tijd	Pnt
<b>Finale A</b>					
1.	Jakupsson Magnus	94	DEN	DEN	<b>25.44</b> 843
2.	Kopelev Jonatan	91	ISR	ISR	<b>25.58</b> 830
3.	Tancock Liam	85	GBR	GBR	<b>25.64</b> 824
4.	Disney-May James	92	LCLA	GBR	<b>26.46</b> 749
5.	Santos Alexis Manacas	92	POR	POR	<b>26.47</b> 749
6.	Theodoris Nathan Keith	95	POR	POR	<b>26.73</b> 727
7.	Beard-Jones Ciaran	95	STMN	GBR	<b>26.92</b> 712
8.	Clogg Elliot	99	COSE	GBR	<b>27.05</b> 701
<b>Finale B</b>					
9.	Luyten Sjobbe	98	MOZKA	BEL	<b>27.22</b> 688
10.	Van Lierde Thomas	99	ZNA	BEL	<b>27.91</b> 639
11.	Heuninck Maarten	00	FIRST	BEL	<b>28.21</b> 618
12.	Swillen Timon	00	TZ	BEL	<b>28.35</b> 609
13.	Bisschop Tibo	98	BZK	BEL	<b>28.48</b> 601
14.	Van Riet Tom	99	BRABO	BEL	<b>29.20</b> 558
15.	Den Haese Milan	98	DMB	BEL	<b>29.25</b> 555
16.	Blankers Gaetan	00	BRABO	BEL	<b>29.59</b> 536

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 34 Dames, 50m schoolslag open leeftijdsgroep  
24/01/2016 Resultaten Finale

Belgisch record	30.75	Lecluyse Fanny	DM	Kazan (RUS)	8/08/2015
Vlaams records	31.52	Janssens Kim	BRABO	Barcelona (ESP)	3/08/2013
Event record	31.03	Pedersen Rikke M.	DEN	Antwerpen	20/01/2013

Limieten Flanders Speedo Cup : 37.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt
<b>Finale A</b>			
1. Clark Imogen	99 GBR	<b>31.10</b>	851
2. Matts Katie	98 GBR	<b>32.41</b>	752
3. Rodrigues Ana Pinho	94 POR	<b>32.69</b>	733
4. Vermeiren Fleur	02 BRABO	<b>32.93</b>	717
5. Senden Chantal	93 HELLAS	<b>33.15</b>	703
6. Ruhnau Alice	95 SGE	<b>33.36</b>	690
7. Gregoire Raphaëlle	98 VN	<b>33.99</b>	652
8. Lambert Michelle	94 SGE	<b>34.64</b>	616

**Finale B**

9. Michels Lise	99 FFBN	<b>34.24</b>	638
10. Schoefs Elise	98 HZS	<b>34.55</b>	621
11. Adams Kymberly	00 GOLD	<b>34.98</b>	598
12. Wijnants Jasmine	02 SHARK	<b>35.32</b>	581
13. Lemmens Nina	98 BRABO	<b>35.88</b>	554
14. Carlu Axelle	00 KZK	<b>36.36</b>	532
15. Den Haese Mette	01 DMB	<b>36.47</b>	528
16. Pluijm Saar	99 ZS	<b>37.27</b>	494

Programmanr. 35 Heren, 1500m vrije slag open leeftijdsgroep  
24/01/2016 Resultaten

Belgisch record	15:11.04	Vangeneugden Tom	OZV	Beijing (CHN)	15/08/2008
Vlaams records	15:11.04	Vangeneugden Tom	OZV	Beijing (CHN)	15/08/2008
Event record	15:10.60	Grainger Nicholas	GBR	Antwerpen	26/01/2014

Limieten Flanders Speedo Cup 15 - 18: 18:26.00; open: 17:50.00

Punten: FINA 2014

Rang	Geb.	Tijd	Pnt
<b>1. Lelliott Jay</b>			
100m: 58.87	58.87	500m: 5:04.97	1:01.40
200m: 2:00.64	1:01.77	600m: 6:05.83	1:00.86
300m: 3:02.00	1:01.36	700m: 7:06.45	1:00.62
400m: 4:03.57	1:01.57	800m: 8:06.88	1:00.43
900m: 9:07.55	1:00.67	1200m: 12:10.95	1:01.23
1300m: 13:12.45	1:01.50		
1400m: 14:13.60	1:01.15		
1500m: 15:12.30	58.70		
<b>2. Grainger Nicholas</b>			
100m: 59.04	59.04	500m: 5:07.26	1:01.89
200m: 2:00.95	1:01.91	600m: 6:07.40	1:00.14
300m: 3:03.15	1:02.20	700m: 7:08.70	1:01.30
400m: 4:05.37	1:02.22	800m: 8:11.22	1:02.52
900m: 9:14.41	1:03.19	1200m: 12:21.58	1:02.24
1300m: 13:24.42	1:02.84		
1400m: 14:26.33	1:01.91		
1500m: 15:27.76	1:01.43		

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 35, Heren, 1500m vrije slag, open leeftijdsgroep

Rang			Geb.				Tijd	Pnt
3.	Derbyshire Tom		98	ASA	GBR		<b>15:32.04</b>	816
	100m: 58.65	58.65	500m: 5:05.41	1:01.47	900m: 9:15.99	1:03.09	1300m: 13:28.21	1:03.10
	200m: 2:00.14	1:01.49	600m: 6:07.40	1:01.99	1000m: 10:19.18	1:03.19	1400m: 14:30.90	1:02.69
	300m: 3:02.23	1:02.09	700m: 7:10.05	1:02.65	1100m: 11:22.10	1:02.92	1500m: 15:32.04	1:01.14
	400m: 4:03.94	1:01.71	800m: 8:12.90	1:02.85	1200m: 12:25.11	1:03.01		
4.	Pina Guilherme Filipe		98	POR	POR		<b>15:43.81</b>	786
	100m: 1:00.10	1:00.10	500m: 5:13.59	1:03.46	900m: 9:26.24	1:03.19	1300m: 13:39.74	1:03.36
	200m: 2:03.39	1:03.29	600m: 6:16.88	1:03.29	1000m: 10:29.51	1:03.27	1400m: 14:42.76	1:03.02
	300m: 3:06.80	1:03.41	700m: 7:20.11	1:03.23	1100m: 11:32.79	1:03.28	1500m: 15:43.81	1:01.05
	400m: 4:10.13	1:03.33	800m: 8:23.05	1:02.94	1200m: 12:36.38	1:03.59		
5.	Heitkemper Fabian		97	SGB	GER		<b>16:04.07</b>	737
	100m: 59.42	59.42	500m: 5:16.27	1:04.37	900m: 9:34.44	1:04.57	1300m: 13:56.06	1:05.95
	200m: 2:03.17	1:03.75	600m: 6:20.99	1:04.72	1000m: 10:39.52	1:05.08	1400m: 15:01.43	1:05.37
	300m: 3:07.47	1:04.30	700m: 7:25.49	1:04.50	1100m: 11:44.59	1:05.07	1500m: 16:04.07	1:02.64
	400m: 4:11.90	1:04.43	800m: 8:29.87	1:04.38	1200m: 12:50.11	1:05.52		
6.	Vital Joao Alexandre		98	POR	POR		<b>16:09.45</b>	725
	100m: 1:00.40	1:00.40	500m: 5:16.72	1:04.37	900m: 9:38.41	1:05.80	1300m: 14:00.07	1:04.97
	200m: 2:03.72	1:03.32	600m: 6:21.74	1:05.02	1000m: 10:44.15	1:05.74	1400m: 15:04.66	1:04.59
	300m: 3:07.88	1:04.16	700m: 7:27.27	1:05.53	1100m: 11:49.45	1:05.30	1500m: 16:09.45	1:04.79
	400m: 4:12.35	1:04.47	800m: 8:32.61	1:05.34	1200m: 12:55.10	1:05.65		
7.	Williams Brodie		99	MILW	GBR		<b>16:10.94</b>	721
	100m: 1:01.46	1:01.46	500m: 5:22.27	1:05.01	900m: 9:41.24	1:04.78	1300m: 14:01.98	1:05.76
	200m: 2:06.43	1:04.97	600m: 6:26.81	1:04.54	1000m: 10:46.18	1:04.94	1400m: 15:07.77	1:05.79
	300m: 3:11.74	1:05.31	700m: 7:32.24	1:05.43	1100m: 11:51.18	1:05.00	1500m: 16:10.94	1:03.17
	400m: 4:17.26	1:05.52	800m: 8:36.46	1:04.22	1200m: 12:56.22	1:05.04		
8.	Guy James		95	GBR	GBR		<b>16:11.70</b>	720
	100m: 58.83	58.83	500m: 5:13.29	1:04.63	900m: 9:37.08	1:06.82	1300m: 14:06.28	1:06.79
	200m: 2:01.73	1:02.90	600m: 6:18.13	1:04.84	1000m: 10:44.95	1:07.87	1400m: 15:11.75	1:05.47
	300m: 3:04.93	1:03.20	700m: 7:23.28	1:05.15	1100m: 11:52.38	1:07.43	1500m: 16:11.70	59.95
	400m: 4:08.66	1:03.73	800m: 8:30.26	1:06.98	1200m: 12:59.49	1:07.11		
9.	Kurle Cameron		97	GBR	GBR		<b>16:11.79</b>	720
	100m: 1:00.14	1:00.14	500m: 5:17.16	1:04.53	900m: 9:38.09	1:05.53	1300m: 14:04.67	1:07.11
	200m: 2:03.64	1:03.50	600m: 6:22.37	1:05.21	1000m: 10:43.99	1:05.90	1400m: 15:11.84	1:07.17
	300m: 3:08.15	1:04.51	700m: 7:27.52	1:05.15	1100m: 11:50.38	1:06.39	1500m: 16:11.79	59.95
	400m: 4:12.63	1:04.48	800m: 8:32.56	1:05.04	1200m: 12:57.56	1:07.18		
10.	Budd Samuel		98	COSE	GBR		<b>16:12.83</b>	717
	100m: 1:00.12	1:00.12	500m: 5:18.33	1:04.77	900m: 9:39.59	1:06.00	1300m: 14:03.57	1:06.10
	200m: 2:04.53	1:04.41	600m: 6:23.47	1:05.14	1000m: 10:45.56	1:05.97	1400m: 15:09.78	1:06.21
	300m: 3:08.68	1:04.15	700m: 7:28.57	1:05.10	1100m: 11:51.58	1:06.02	1500m: 16:12.83	1:03.05
	400m: 4:13.56	1:04.88	800m: 8:33.59	1:05.02	1200m: 12:57.47	1:05.89		
11.	Dal Lucas		99	FFBN	BEL		<b>16:16.70</b>	709
	100m: 1:00.25	1:00.25	500m: 5:20.26	1:05.55	900m: 9:44.23	1:05.95	1300m: 14:09.91	1:06.57
	200m: 2:04.68	1:04.43	600m: 6:26.08	1:05.82	1000m: 10:50.66	1:06.43	1400m: 15:16.25	1:06.34
	300m: 3:09.26	1:04.58	700m: 7:32.03	1:05.95	1100m: 11:57.02	1:06.36	1500m: 16:16.70	1:00.45
	400m: 4:14.71	1:05.45	800m: 8:38.28	1:06.25	1200m: 13:03.34	1:06.32		
12.	Smits Pepijn		96	NED	NED		<b>16:21.45</b>	699
	100m: 1:00.62	1:00.62	500m: 5:20.48	1:05.61	900m: 9:44.41	1:06.16	1300m: 14:10.38	1:06.46
	200m: 2:04.85	1:04.23	600m: 6:26.32	1:05.84	1000m: 10:50.75	1:06.34	1400m: 15:17.32	1:06.94
	300m: 3:09.63	1:04.78	700m: 7:32.28	1:05.96	1100m: 11:57.20	1:06.45	1500m: 16:21.45	1:04.13
	400m: 4:14.87	1:05.24	800m: 8:38.25	1:05.97	1200m: 13:03.92	1:06.72		

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 35, Heren, 1500m vrije slag, open leeftijdsgroep

Rang			Geb.				Tijd	Pnt
13.	Martens Noah		00	MEGA	BEL		<b>16:32.63</b>	675
	100m: 1:04.31	1:04.31	500m: 5:32.24	1:06.75	900m: 9:58.15	1:06.02	1300m: 14:23.11	1:06.35
	200m: 2:11.68	1:07.37	600m: 6:38.51	1:06.27	1000m: 11:04.68	1:06.53	1400m: 15:28.45	1:05.34
	300m: 3:18.61	1:06.93	700m: 7:45.84	1:07.33	1100m: 12:10.92	1:06.24	1500m: 16:32.63	1:04.18
	400m: 4:25.49	1:06.88	800m: 8:52.13	1:06.29	1200m: 13:16.76	1:05.84		
14.	Atkinson Thomas		98	COSE	GBR		<b>16:36.13</b>	668
	100m: 59.96	59.96	500m: 5:23.49	1:06.67	900m: 9:52.92	1:07.89	1300m: 14:23.38	1:07.52
	200m: 2:05.19	1:05.23	600m: 6:30.65	1:07.16	1000m: 11:00.40	1:07.48	1400m: 15:30.43	1:07.05
	300m: 3:10.40	1:05.21	700m: 7:37.81	1:07.16	1100m: 12:08.09	1:07.69	1500m: 16:36.13	1:05.70
	400m: 4:16.82	1:06.42	800m: 8:45.03	1:07.22	1200m: 13:15.86	1:07.77		
15.	Iacovides Joseph		99	ASA	GBR		<b>16:49.16</b>	642
	100m: 1:01.40	1:01.40	500m: 5:27.07	1:07.49	900m: 9:59.45	1:08.57	1300m: 14:33.66	1:08.22
	200m: 2:07.35	1:05.95	600m: 6:34.70	1:07.63	1000m: 11:08.36	1:08.91	1400m: 15:42.22	1:08.56
	300m: 3:12.82	1:05.47	700m: 7:42.95	1:08.25	1100m: 12:16.94	1:08.58	1500m: 16:49.16	1:06.94
	400m: 4:19.58	1:06.76	800m: 8:50.88	1:07.93	1200m: 13:25.44	1:08.50		
16.	Marichal Seppe		01	BRABO	BEL		<b>16:51.67</b>	638
	100m: 1:04.08	1:04.08	500m: 5:33.66	1:07.21	900m: 10:01.62	1:07.57	1300m: 14:34.06	1:08.27
	200m: 2:11.67	1:07.59	600m: 6:40.74	1:07.08	1000m: 11:09.40	1:07.78	1400m: 15:44.40	1:10.34
	300m: 3:19.20	1:07.53	700m: 7:47.16	1:06.42	1100m: 12:17.34	1:07.94	1500m: 16:51.67	1:07.27
	400m: 4:26.45	1:07.25	800m: 8:54.05	1:06.89	1200m: 13:25.79	1:08.45		
17.	Wittevrongel Jorik		99	MEGA	BEL		<b>17:03.47</b>	616
	100m: 1:05.43	1:05.43	500m: 5:36.51	1:08.57	900m: 10:11.65	1:08.65	1300m: 14:46.11	1:08.99
	200m: 2:13.40	1:07.97	600m: 6:45.73	1:09.22	1000m: 11:19.51	1:07.86	1400m: 15:55.02	1:08.91
	300m: 3:21.09	1:07.69	700m: 7:54.62	1:08.89	1100m: 12:28.25	1:08.74	1500m: 17:03.47	1:08.45
	400m: 4:27.94	1:06.85	800m: 9:03.00	1:08.38	1200m: 13:37.12	1:08.87		
18.	Sodemann Elliot		98	LAQUA	SWE		<b>17:08.74</b>	606
	100m: 1:04.69	1:04.69	500m: 5:33.08	1:06.97	900m: 10:08.92	1:09.77	1300m: 14:50.05	1:10.55
	200m: 2:12.45	1:07.76	600m: 6:41.25	1:08.17	1000m: 11:19.37	1:10.45	1400m: 16:00.21	1:10.16
	300m: 3:19.65	1:07.20	700m: 7:49.83	1:08.58	1100m: 12:29.49	1:10.12	1500m: 17:08.74	1:08.53
	400m: 4:26.11	1:06.46	800m: 8:59.15	1:09.32	1200m: 13:39.50	1:10.01		
19.	Dael Simon		99	BRABO	BEL		<b>17:12.23</b>	600
	100m: 1:02.21	1:02.21	500m: 5:35.92	1:09.08	900m: 10:14.76	1:10.01	1300m: 14:55.30	1:09.74
	200m: 2:09.80	1:07.59	600m: 6:45.53	1:09.61	1000m: 11:24.94	1:10.18	1400m: 16:04.75	1:09.45
	300m: 3:18.21	1:08.41	700m: 7:55.16	1:09.63	1100m: 12:35.30	1:10.36	1500m: 17:12.23	1:07.48
	400m: 4:26.84	1:08.63	800m: 9:04.75	1:09.59	1200m: 13:45.56	1:10.26		
20.	Heitkemper Julian		00	SGB	GER		<b>17:18.05</b>	590
	100m: 1:03.71	1:03.71	500m: 5:38.15	1:08.96	900m: 10:18.98	1:10.83	1300m: 15:00.79	1:10.45
	200m: 2:11.93	1:08.22	600m: 6:47.96	1:09.81	1000m: 11:29.10	1:10.12	1400m: 16:11.02	1:10.23
	300m: 3:20.42	1:08.49	700m: 7:58.03	1:10.07	1100m: 12:39.84	1:10.74	1500m: 17:18.05	1:07.03
	400m: 4:29.19	1:08.77	800m: 9:08.15	1:10.12	1200m: 13:50.34	1:10.50		
21.	Willems Bruno		99	ZVL	BE		<b>17:20.75</b>	586
	100m: 1:06.03	1:06.03	500m: 5:44.69	1:09.58	900m: 10:22.96	1:09.63	1300m: 15:01.79	1:09.99
	200m: 2:15.38	1:09.35	600m: 6:54.09	1:09.40	1000m: 11:32.64	1:09.68	1400m: 16:11.78	1:09.99
	300m: 3:25.45	1:10.07	700m: 8:03.72	1:09.63	1100m: 12:42.24	1:09.60	1500m: 17:20.75	1:08.97
	400m: 4:35.11	1:09.66	800m: 9:13.33	1:09.61	1200m: 13:51.80	1:09.56		
22.	Berghmans Jens		01	ZS	BEL		<b>18:02.71</b>	520
	100m: 1:03.83	1:03.83	500m: 5:47.32	1:12.87	900m: 10:40.57	1:13.53	1300m: 15:37.46	1:14.24
	200m: 2:13.17	1:09.34	600m: 7:00.60	1:13.28	1000m: 11:55.22	1:14.65	1400m: 16:50.76	1:13.30
	300m: 3:23.19	1:10.02	700m: 8:13.62	1:13.02	1100m: 13:09.18	1:13.96	1500m: 18:02.71	1:11.95
	400m: 4:34.45	1:11.26	800m: 9:27.04	1:13.42	1200m: 14:23.22	1:14.04		

Flanders Speedo Cup 2016  
ANTWERPEN, 23 - 24/1/2016

Programmanr. 35, Heren, 1500m vrije slag, open leeftijdsgroep

Rang	Geb.	Tijd	Pnt
FF McCusker Max	99 MILW GBR		

Programmanr. 37 Heren, 4 x 100m vrije slag open leeftijdsgroep  
24/01/2016 Resultaten

Belgisch record	3:17.54	Zwemclub Brabo Antwerpen	BRABO	Antwerp	20/01/2013
Vlaams records	3:17.54		BRABO	Antwerpen	20/01/2013

Punten: FINA 2014

Rang					Tijd	Pnt
1.	TEAM BRABO		BRABO	BEL	<b>3:23.47</b>	791
	Dekoninck Dieter	23.88	50.00	Surgeloose Glenn	+0,17	23.37 49.18
	Weiremans Lorenz	+0,39 24.50	51.46	Trap Alexander	+0,31	25.33 52.83
2.	TEAM DEN		DEN	DEN	<b>3:30.12</b>	719
	Ovesen Sebastian	+0,63 24.75	51.44	Svendsen Marcus Kroeyer	+0,17	24.88 53.18
	Jakupsson Magnus	+0,39 24.55	51.87	Blanch Nicolas	+0,29	25.40 53.63
3.	TEAM BZK		BZK	BEL	<b>3:41.30</b>	615
	Aerents Jasper	+0,64 23.94	49.47	Bisschop Tibo	+0,31	27.21 57.53
	Beulen Cesar	+0,49 27.79	58.56	Parmentier Bavo	+0,66	26.42 55.74
4.	TEAM LOR		LOR	BEL	<b>3:53.77</b>	522
	Van Den Broeck Matteo	+0,74 28.32	1:00.75	Raes Lou	+0,26	27.34 57.36
	Van Den Berghe Bryan	+0,43 28.40	59.05	Van Den Bergh Floriaan	+0,54	26.66 56.61
5.	TEAM DDAT		DDAT	BEL	<b>4:00.02</b>	482
	Beckwee Emile	+0,66 28.63	1:00.15	Meere Jarno	+0,67	29.54 1:03.25
	Vincke Toon	+0,55 27.37	57.08	Vincke Warre	+0,36	28.10 59.54
FF	TEAM DALLAS		DALLAS	USA		

Programmanr. 38 Dames, 4 x 100m wisselslag open leeftijdsgroep  
24/01/2016 Resultaten

Belgisch record	4:07.75	Zwemclub Brabo Antwerpen	BRABO	Antwerpen	18/05/2013
Vlaams records	4:07.75		BRABO	Antwerpen	18/05/2013

Punten: FINA 2014

Rang					Tijd	Pnt
1.	TEAM BRABO		BRABO	BEL	<b>4:18.79</b>	720
	Smits Jade	31.49	1:05.62	Buys Kimberly	+0,54	28.04 1:00.99
	Vermeiren Fleur	34.07	1:14.65	Goris Lotte	+0,36	27.23 57.53
2.	TEAM DDAT		DDAT	BEL	<b>4:50.80</b>	508
	De Wolf Silke	35.11	1:13.15	Leyman Merel	+0,55	32.74 1:11.33
	Dhaenens Emma	+0,48 38.62	1:21.96	Verdijck Astrid	+0,53	30.74 1:04.36

dis TEAM DEN DEN DEN

*SW 7.5.c - Afwisselende beenbewegingen of neerwaartse beenbewegingen vlinder (behalve zoals bescheven onder SW)*  
Bro Sarah, Lauridsen Julie Aglund, Beckmann Emilie, Erichsen Caroline