



14/01/2012

Vlaamse kampioenschappen (VZF)

GOLD Swimming Team
Live slow, swim fast!

www.speedoweb.be

COREELMAN JONAS GG **GOLD /003/91**

Wed 14 200 m schoolslag 02:18.52 3.93 5e 15 Rp

50m	00:31.29	31.29	100m	01:06.15	34.86
200m	02:18.52	36.19			

Wed 30 200 m schoolslag 02:18.01 -0.5 7e 15 Rp

50m	00:31.17	31.17	100m	01:06.25	35.08
200m	02:18.01	35.88			

Wed 39 100 m schoolslag 01:06.09 1.69 12e 12 Rp

50m	00:31.35	31.35	100m	01:06.09	34.74
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Wed 55 100 m schoolslag 01:05.86 -0.2 13e 12 Rp

50m	00:31.06	31.06	100m	01:05.86	34.80
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DE SAEDELEER JODIE GM **GOLD /023/92**

Wed 07 100 m vlinderslag 01:03.75 0.15 13e 12 Rp

50m	00:29.65	29.65	100m	01:03.75	34.10
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Wed 23 100 m vlinderslag 01:03.51 -0.2 13e 13 Rp

50m	00:29.37	29.37	100m	01:03.51	34.14
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Wed 44 200 m vlinderslag 02:32.54 2.62 17e 6 Rp

50m	00:33.42	33.42	100m	01:11.01	37.59
200m	02:32.54	40.77			

Wed 50 50 m vlinderslag 00:29.23 0.73 17e 12 Rp

Wed 66 50 m vlinderslag 00:28.91 -0.3 15e 12 Rp

GOLD HEREN AFL GG **GOLD /909/85**

Wed 34 4 x 100 m wisselslag 03:52.15 -0.09 3e

50m	00:27.85	27.85	100m	00:57.33	29.48
200m	02:01.70	32.19	300m	02:59.10	28.70
400m	03:52.15	26.53			

HALSBERGHE GAËLLE GM **GOLD /025/94**

Wed 03 200 m vrije slag 02:14.33 0.93 9e 10 Rp

50m	00:30.89	30.89	100m	01:04.93	34.04
200m	02:14.33	34.70			

Wed 15 200 m rugslag 02:34.75 2.2 8e 7 Rp

50m	00:35.53	35.53	100m	01:14.93	39.40
200m	02:34.75	39.91			

Wed 40 200 m wisselslag 02:31.85 -1.2 3e 10 Rp

50m	00:32.11	32.11	100m	01:10.75	38.64
200m	02:31.85	40.55			

Wed 46 400 m vrije slag 04:42.30 2.01 7e 10 Rp

50m	00:31.95	31.95	100m	01:07.40	35.45
200m	02:19.70	36.15	300m	03:31.61	35.96
400m	04:42.30	35.35			

NAESSENS NORA GU **GOLD /020/94**

Wed 01 800 m vrije slag 09:24.43 -3.5 2e 11 Rp

50m	00:31.71	31.71	100m	01:06.52	34.81
200m	02:16.76	35.12	300m	03:27.67	35.46
400m	04:38.59	35.46	500m	05:49.70	35.56
600m	07:01.39	35.85	700m	08:13.56	36.09
800m	09:24.43	35.44			

Wed 17 800 m vrije slag 09:24.43 4e 11 Rp

100m	01:06.52	66.52	200m	02:16.76	70.24
400m	04:38.57	70.91	800m	09:24.43	71.47

Wed 46 400 m vrije slag 04:37.31 -3.3 4e 11 Rp

50m	00:31.16	31.16	100m	01:05.29	34.13
200m	02:15.63	35.17	300m	03:27.21	35.79
400m	04:37.31	35.05			

NAEYE FEBE GR **GOLD /253/97**

Wed 09 50 m rugslag 00:34.49 -0.3 13e 7 Rp

Wed 13 50 m vrije slag 00:28.95 -0.9 10e 10 Rp

Wed 36 100 m vrije slag 01:04.44 -2.0 25e 8 Rp

50m	00:30.12	30.12	100m	01:04.44	34.32
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ROBBE MICHAEL GU **GOLD /008/85**

Wed 06 200 m wisselslag 02:10.03 1.12 15e 13 Rp

50m	00:27.32	27.32	100m	01:02.37	35.05
200m	02:10.03	33.83			

Wed 16 50 m vlinderslag 00:25.61 0.16 13e 12 Rp

Wed 22 200 m wisselslag 02:11.34 1.31 15e 12 Rp

50m	00:26.70	26.7	100m	01:00.98	34.28
200m	02:11.34	35.18			

Wed 32 50 m vlinderslag 00:25.91 0.3 15e 12 Rp

Wed 41 100 m vlinderslag 00:57.38 0.71 17e 12 Rp

50m	00:26.50	26.5	100m	00:57.38	30.88
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Wed 43 50 m rugslag 00:28.14 0.3 12e 10 Rp

Wed 57 100 m vlinderslag 00:57.03 -0.4 14e 12 Rp

50m	00:26.34	26.34	100m	00:57.03	30.69
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Wed 59 50 m rugslag 00:28.27 0.13 12e 10 Rp

SAMYN BOWKE GM **GOLD /076/97**

Wed 10 200 m vlinderslag 02:27.26 -4.3 6e 8 Rp

50m	00:31.81	31.81	100m	01:09.62	37.81
200m	02:27.26	38.82			

Wed 16 50 m vlinderslag 00:28.03 -1.5 4e 12 Rp

Wed 41 100 m vlinderslag 01:02.22 -2.6 3e 12 Rp

Wed 47 50 m vrije slag 00:27.65 -1.4 27e 8 Rp



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SAMYN COWDY		GM	GOLD /024/94	
Wed 10	200 m vlinderslag	02:19.44	-0.3	6e 8 Rp
50m	00:29.96	29.96	100m	01:05.01 35.05
200m	02:19.44	37.22		

Wed 16 50 m vlinderslag 00:26.61 -0.2 3e 12 Rp

Wed 41 100 m vlinderslag 00:59.75 0.58 3e 11 Rp

50m	00:27.55	27.55	100m	00:59.75 32.20
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Wed 47 50 m vrije slag 00:25.63 0.14 10e 10 Rp

VANLUCHENE EMMANUEL		GG	GOLD /011/92	
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Wed 02 100 m vrije slag 00:50.67 0.56 4e 15 Rp

50m	00:24.31	24.31	100m	00:50.67 26.36
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Wed 08 100 m rugslag 00:57.56 1.8 5e 14 Rp

50m	00:27.88	27.88	100m	00:57.56 29.68
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Wed 18 100 m vrije slag 00:50.54 -0.1 5e 15 Rp

50m	00:24.26	24.26	100m	00:50.54 26.28
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Wed 24 100 m rugslag 00:57.30 -0.3 5e 14 Rp

50m	00:28.06	28.06	100m	00:57.30 29.24
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VER ECKE EMILY		GU	GOLD /012/95	
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Wed 03 200 m vrije slag 02:12.47 -1.9 7e 11 Rp

50m	00:30.25	30.25	100m	01:03.88 33.63
200m	02:12.47	34.30		

Wed 09 50 m rugslag 00:32.70 0.15 6e 10 Rp

Wed 13 50 m vrije slag 00:28.13 0.27 6e 11 Rp

Wed 36 100 m vrije slag 01:00.54 -0.3 10e 11 Rp

50m	00:28.30	28.3	100m	01:00.54 32.24
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Wed 42 100 m rugslag 01:11.31 1.08 10e 9 Rp

50m	00:33.84	33.84	100m	01:11.31 37.47
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VEROUDEN LIEKE		GG	GOLD /341/90	
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Wed 03 200 m vrije slag 02:07.90 7.06 27e 11 Rp

50m	00:29.87	29.87	100m	01:02.34 32.47
200m	02:07.90	32.78		

Wed 07 100 m vlinderslag 01:07.18 2.03 31e 9 Rp

50m	00:31.25	31.25	100m	01:07.18 35.93
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WINDELS THIJS		GU	GOLD /014/97	
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Wed 04 50 m schoolslag 00:35.17 -0.8 11e 7 Rp

Wed 08 100 m rugslag 01:11.25 -0.6 17e 4 Rp

50m	00:34.42	34.42	100m	01:11.25 36.83
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Wed 14 200 m schoolslag 02:50.00 1.97 16e 6 Rp

50m	00:37.35	37.35	100m	01:20.32 42.97
200m	02:50.00	44.84		

Wed 39 100 m schoolslag 01:17.35 0.78 17e 7 Rp

50m	00:36.35	36.35	100m	01:17.35 41.00
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Wed 49 200 m rugslag 02:31.84 -1.6 18e 4 Rp

50m	00:35.36	35.36	100m	01:14.17 38.81
200m	02:31.84	38.84		