



20/01/2012

Diamond Races (BRABO)

GOLD Swimming Team
Live slow, swim fast!

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DECONINCK MICHEL GU **GOLD /107/95**

Wed 10 1500 m vrije slag 18:34.75 -2.7 5e 6 Rp

50m	00:30.78	30.78	100m	01:05.85	35.07
200m	02:20.34	37.25	300m	03:34.99	37.33
400m	04:49.83	37.42	500m	06:04.62	37.40
600m	07:19.15	37.27	700m	08:34.12	37.49
800m	09:49.28	37.58	900m	11:04.71	37.72
1000m	12:20.22	37.76	1100m	13:36.23	38.01
1200m	14:51.07	37.42	1300m	16:06.57	37.75
1400m	17:21.62	37.52	1500m	18:34.75	36.57

Wed 30 400 m vrije slag 04:47.87 -2.5 9e 3 Rp

50m	00:30.74	30.74	100m	01:06.50	35.76
200m	02:19.98	36.74	300m	03:34.17	37.10
400m	04:47.87	36.85			

Wed 52 400 m vrije slag 04:44.16 -3.7 7e 4 Rp

50m	00:31.04	31.04	100m	01:06.09	35.05
200m	02:18.50	36.21	300m	03:31.73	36.62
400m	04:44.16	36.22			

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

Wed 03 50 m rugslag 00:34.44 -0.4 16e 7 Rp

Wed 08 50 m vrije slag 00:29.51 -0.3 19e 9 Rp

Wed 21 100 m vrije slag 01:04.28 -2.2 40e 8 Rp

50m	00:30.46	30.46	100m	01:04.28	33.82
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ROBBE MICHAEL GU **GOLD /008/85**

Wed 02 50 m vlinderslag 00:25.87 0.42 4e 12 Rp

Wed 12 100 m vlinderslag 00:57.86 1.19 3e 11 Rp

50m	00:26.53	26.53	100m	00:57.86	31.33
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Wed 20 200 m vrije slag 02:00.16 3.84 9e 10 Rp

50m	00:26.48	26.48	100m	00:56.81	30.33
200m	02:00.16	31.68			

Wed 22 100 m rugslag 01:02.54 1.86 4e 8 Rp

50m	00:30.11	30.11	100m	01:02.54	32.43
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Wed 28 200 m wisselslag 02:17.42 8.51 4e 8 Rp

50m	00:27.39	27.39	100m	01:02.58	35.19
200m	02:17.42	37.42			

Wed 34 100 m vlinderslag 00:57.04 -0.8 3e 12 Rp

50m	00:26.57	26.57	100m	00:57.04	30.47
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Wed 50 200 m wisselslag 02:10.49 -6.9 2e 12 Rp

50m	00:26.80	26.8	100m	00:59.95	33.15
200m	02:10.49	35.27			

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

Wed 02 50 m vlinderslag 00:28.63 -0.9 16e 10 Rp

Wed 09 50 m vrije slag 00:28.21 -0.9 31e 6 Rp

Wed 12 100 m vlinderslag 01:03.32 -1.5 14e 11 Rp

50m	00:29.38	29.38	100m	01:03.32	33.94
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Wed 24 200 m vlinderslag 02:25.11 -6.5 2e 9 Rp

50m	00:31.50	31.5	100m	01:08.76	37.26
200m	02:25.11	38.18			

Wed 32 100 m vrije slag 01:00.31 -1.4 39e 8 Rp

50m	00:29.03	29.03	100m	01:00.31	31.28
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Wed 34 100 m vlinderslag 01:03.49 0.17 11e 11 Rp

50m	00:29.49	29.49	100m	01:03.49	34.00
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Wed 46 200 m vlinderslag 02:28.52 3.41 6e 8 Rp

50m	00:31.82	31.82	100m	01:09.05	37.23
200m	02:28.52	39.74			

SAMYN COWDY GM **GOLD /024/94**

Wed 02 50 m vlinderslag 00:26.80 0.04 8e 12 Rp

Wed 09 50 m vrije slag 00:25.78 0.29 14e 10 Rp

Wed 12 100 m vlinderslag 00:59.96 0.79 7e 11 Rp

50m	00:27.42	27.42	100m	00:59.96	32.54
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Wed 24 200 m vlinderslag 02:27.69 7.97 6e 3 Rp

50m	00:31.35	31.35	100m	01:08.54	37.19
200m	02:27.69	39.58			

Wed 32 100 m vrije slag 00:56.63 0.05 19e 9 Rp

50m	00:26.86	26.86	100m	00:56.63	29.77
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Wed 34 100 m vlinderslag 01:00.43 0.47 6e 10 Rp

50m	00:27.17	27.17	100m	01:00.43	33.26
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Wed 46 200 m vlinderslag 02:21.87 -5.8 2e 7 Rp

50m	00:28.96	28.96	100m	01:03.51	34.55
200m	02:21.87	39.18			

Wed 54 100 m vrije slag 00:56.10 -0.5 12e 10 Rp



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VANDEN ABEELE SYL		GU	GOLD /136/99	
Wed 06	50 m schoolslag	00:38.93	-0.5	16e 8 Rp
Wed 15	200 m schoolslag	02:56.20	-0.5	7e 10 Rp
	50m	00:40.78	40.78	100m 01:26.48 45.70
	200m	02:56.20	44.86	
Wed 25	400 m wisselslag	05:47.89	-11	9e 8 Rp
	50m	00:36.55	36.55	100m 01:20.60 44.05
	200m	02:52.71	46.06	300m 04:29.16 48.23
	400m	05:47.89	39.37	
Wed 37	200 m schoolslag	02:56.28	0.08	5e 10 Rp
	50m	00:39.30	39.3	100m 01:23.74 44.44
	200m	02:56.28	46.27	
Wed 47	400 m wisselslag	05:47.20	-0.7	8e 8 Rp
	50m	00:35.63	35.63	100m 01:19.14 43.51
	200m	02:49.55	45.21	300m 04:26.19 48.32
	400m	05:47.20	40.51	

VER ECKE EMILY		GU	GOLD /012/95	
Wed 03	50 m rugslag	00:32.66	0.11	11e 10 Rp
Wed 08	50 m vrije slag	00:28.28	0.42	8e 11 Rp
Wed 11	100 m rugslag	01:11.22	0.99	15e 9 Rp
	50m	00:34.23	34.23	100m 01:11.22 36.99
Wed 21	100 m vrije slag	01:00.83	0.03	14e 11 Rp
	50m	00:29.36	29.36	100m 01:00.83 31.47
Wed 33	100 m rugslag	01:10.83	-0.4	14e 9 Rp
	50m	00:33.77	33.77	100m 01:10.83 37.06
Wed 43	100 m vrije slag	01:00.90	0.07	13e 11 Rp
	50m	00:29.14	29.14	100m 01:00.90 31.76

VERDONCK GEERTJE		GU	GOLD /143/96	
Wed 13	400 m vrije slag	05:00.26	-22	14e 6 Rp
	50m	00:32.50	32.5	100m 01:09.56 37.06
	200m	02:26.40	38.42	300m 03:44.26 38.93
	400m	05:00.26	38.00	
Wed 31	200 m vrije slag	02:21.33	-5.6	19e 6 Rp
	50m	00:30.98	30.98	100m 01:06.95 35.97
	200m	02:21.33	37.19	

WINDELS THIJS		GU	GOLD /014/97	
Wed 12	100 m vlinderslag	01:11.97	-0.9	27e 1 Rp
	50m	00:32.71	32.71	100m 01:11.97 39.26
Wed 16	100 m schoolslag	01:17.76	1.19	15e 6 Rp
	50m	00:36.67	36.67	100m 01:17.76 41.09
Wed 22	100 m rugslag	01:10.43	-1.4	28e 4 Rp
	50m	00:34.39	34.39	100m 01:10.43 36.04
Wed 32	100 m vrije slag	01:00.72	-2.7	44e 8 Rp
	50m	00:29.13	29.13	100m 01:00.72 31.59
Wed 38	100 m schoolslag	01:16.70	-1.1	13e 7 Rp
	50m	00:36.02	36.02	100m 01:16.70 40.68