



12/05/2017

# Open Belgian Championships Swimming 2017 - Antwerpen

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



**HIGHS**  
SPORTS NUTRITION



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**DAZZLE**  
EVENTS

Paul & Tom DESCAMPS  
www.descampsmenen.be



CAMERLYNCK Tim		GM	GOLD / 10063/98	
Wed 17	100m schoolslag	01:09.71	-0.2	20e 8 Rp
	50m	00:32.81	32.81	
	100m	01:09.71	36.9	
Wed 21	50m vrije slag	00:25.62	0.38	39e 7 Rp
Wed 31	100m vrije slag	00:56.49	2.9	66e 7 Rp
	50m	00:26.58	26.58	
	100m	00:56.49	29.91	

DECONINCK Michiel		GU	GOLD / 10107/95	
Wed 100	5000m vrije slag	57:53.68		2e
	50m	00:31.79	31.79	
	150m	01:40.97	34.47	
	250m	02:49.81	34.44	
	350m	03:58.58	34.3	
	450m	05:07.45	34.45	
	550m	06:16.45	34.66	
	650m	07:25.55	34.65	
	750m	08:34.35	34.31	
	850m	09:43.43	34.58	
	950m	10:52.32	34.43	
	1050m	12:01.52	34.69	
	1150m	13:10.58	34.47	
	1250m	14:19.90	34.82	
	1350m	15:29.03	34.68	
	1450m	16:38.53	34.91	
	1550m	17:48.17	34.88	
	1650m	18:57.22	34.62	
	1750m	20:06.54	34.9	
	1850m	21:16.25	35.02	
	1950m	22:25.86	34.9	
	2050m	23:35.47	35.05	
	2150m	24:45.29	35.16	
	2250m	25:54.74	34.74	
	2350m	27:04.45	35.03	
	2450m	28:13.86	34.87	
	2550m	29:23.79	35.11	
	2650m	30:33.62	35.07	
	2750m	31:43.37	35.14	
	2850m	32:53.55	35.24	
	2950m	34:03.90	35.41	
	3050m	35:14.40	35.29	
	3150m	36:24.49	35.17	
	3250m	37:34.57	35.13	
	3350m	38:44.69	35.23	
	3450m	39:54.72	35.3	
	3550m	41:04.50	35.12	
	3650m	42:14.42	35.11	
	3750m	43:24.22	35.17	
	3850m	44:33.93	34.97	
	3950m	45:43.82	35.1	
	4050m	46:53.66	35.09	
	4150m	48:03.53	35.08	
	4250m	49:13.74	35.32	
	4350m	50:23.54	35.05	
	4450m	51:33.41	35.07	
	4550m	52:43.13	35.16	
	4650m	53:52.70	34.98	
	4750m	55:02.15	34.84	
	4850m	56:11.44	34.67	
	4950m	57:20.41	34.51	
	100m	01:06.50	34.71	
	200m	02:15.37	34.4	
	300m	03:24.28	34.47	
	400m	04:33.00	34.42	
	500m	05:41.79	34.34	
	600m	06:50.90	34.45	
	700m	08:00.04	34.49	
	800m	09:08.85	34.5	
	900m	10:17.89	34.46	
	1000m	11:26.83	34.51	
	1100m	12:36.11	34.59	
	1200m	13:45.08	34.5	
	1300m	14:54.35	34.45	
	1400m	16:03.62	34.59	
	1500m	17:13.29	34.76	
	1600m	18:22.60	34.43	
	1700m	19:31.64	34.42	
	1800m	20:41.23	34.69	
	1900m	21:50.96	34.71	
	2000m	23:00.42	34.56	
	2100m	24:10.13	34.66	
	2200m	25:20.00	34.71	
	2300m	26:29.42	34.68	
	2400m	27:38.99	34.54	
	2500m	28:48.68	34.82	
	2600m	29:58.55	34.76	
	2700m	31:08.23	34.61	
	2800m	32:18.31	34.94	
	2900m	33:28.49	34.94	
	3000m	34:39.11	35.21	
	3100m	35:49.32	34.92	
	3200m	36:59.44	34.95	
	3300m	38:09.46	34.89	
	3400m	39:19.42	34.73	
	3500m	40:29.38	34.66	
	3600m	41:39.31	34.81	
	3700m	42:49.05	34.63	
	3800m	43:58.96	34.74	
	3900m	45:08.72	34.79	
	4000m	46:18.57	34.75	
	4100m	47:28.45	34.79	
	4200m	48:38.42	34.89	
	4300m	49:48.49	34.75	
	4400m	50:58.34	34.8	
	4500m	52:07.97	34.56	
	4600m	53:17.72	34.59	
	4700m	54:27.31	34.61	
	4800m	55:36.77	34.62	
	4900m	56:45.90	34.46	
	5000m	57:53.68	33.27	



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DENEIR Silken		GU	GOLD / 20051/99		
Wed 16	100m schoolslag	01:17.47	0.27	19e 10 Rp	
50m	00:36.74	36.74	100m	01:17.47	40.73

Wed 32	200m schoolslag	02:52.73	5.38	24e 7 Rp	
50m	00:38.62	38.62	100m	01:21.61	42.99
150m	02:07.73	46.12	200m	02:52.73	45

HERMAN Lara		GM	GOLD / 20067/00		
Wed 22	100m rugslag	01:09.81	2.18	16e 9 Rp	
50m	00:33.24	33.24	100m	01:09.81	36.57

Wed 22	100m rugslag	01:08.76	1.13	5e 10 Rp	
50m	00:33.27	33.27	100m	01:08.76	35.49

Wed 34	50m rugslag	00:32.14	0.63	19e 10 Rp
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Wed 34	50m rugslag	00:31.87	0.36	5e 11 Rp
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NAESSENS Nora		GU	GOLD / 20020/94	
Wed 100	5000m vrije slag	1:01:06.		3e

50m	00:32.00	32	100m	01:07.10	35.1
150m	01:42.27	35.17	200m	02:17.74	35.47
250m	02:53.24	35.5	300m	03:28.89	35.65
350m	04:04.60	35.71	400m	04:40.43	35.83
450m	05:16.37	35.94	500m	05:52.14	35.77
550m	06:28.03	35.89	600m	07:03.82	35.79
650m	07:39.92	36.1	700m	08:16.01	36.09
750m	08:52.01	36	800m	09:28.05	36.04
850m	10:04.26	36.21	900m	10:40.35	36.09
950m	11:16.59	36.24	1000m	11:52.78	36.19
1050m	12:29.07	36.29	1100m	13:05.17	36.1
1150m	13:41.56	36.39	1200m	14:17.88	36.32
1250m	14:54.29	36.41	1300m	15:30.58	36.29
1350m	16:07.00	36.42	1400m	16:43.32	36.32
1450m	17:19.83	36.51	1500m	17:56.29	36.46
1550m	18:32.75	36.46	1600m	19:09.11	36.36
1650m	19:45.74	36.63	1700m	20:22.12	36.38
1750m	20:58.95	36.83	1800m	21:35.58	36.63
1850m	22:12.55	36.97	1900m	22:49.29	36.74
1950m	23:26.08	36.79	2000m	24:02.79	36.71
2050m	24:39.73	36.94	2100m	25:16.63	36.9
2150m	25:53.69	37.06	2200m	26:30.54	36.85
2250m	27:07.67	37.13	2300m	27:44.55	36.88
2350m	28:21.70	37.15	2400m	28:58.62	36.92
2450m	29:35.68	37.06	2500m	30:12.78	37.1
2550m	30:49.81	37.03	2600m	31:26.82	37.01
2650m	32:04.17	37.35	2700m	32:41.20	37.03
2750m	33:18.26	37.06	2800m	33:55.25	36.99
2850m	34:32.25	37	2900m	35:09.40	37.15
2950m	35:46.31	36.91	3000m	36:23.56	37.25
3050m	37:00.62	37.06	3100m	37:37.74	37.12
3150m	38:14.76	37.02	3200m	38:51.93	37.17
3250m	39:29.06	37.13	3300m	40:06.16	37.1
3350m	40:43.12	36.96	3400m	41:20.27	37.15
3450m	41:57.25	36.98	3500m	42:34.44	37.19
3550m	43:11.63	37.19	3600m	43:48.94	37.31
3650m	44:26.05	37.11	3700m	45:03.27	37.22
3750m	45:40.49	37.22	3800m	46:17.62	37.13
3850m	46:54.58	36.96	3900m	47:31.63	37.05
3950m	48:08.70	37.07	4000m	48:45.86	37.16
4050m	49:22.90	37.04	4100m	50:00.09	37.19
4150m	50:37.28	37.19	4200m	51:14.60	37.32
4250m	51:52.03	37.43	4300m	52:29.16	37.13
4350m	53:06.41	37.25	4400m	53:43.48	37.07
4450m	54:20.88	37.4	4500m	54:58.02	37.14
4550m	55:35.18	37.16	4600m	56:12.48	37.3
4650m	56:49.73	37.25	4700m	57:27.07	37.34
4750m	58:04.25	37.18	4800m	58:41.20	36.95
4850m	59:18.37	37.17	4900m	59:54.83	36.46
4950m	1:00:31.	36.17	5000m	1:01:06.	35



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## ONGENAE Dries GU GOLD /10350/00

Wed 02 200m vrije slag 02:00.37 2.54 26e 12 Rp

50m	00:27.48	27.48	100m	00:58.18	30.7
150m	01:29.35	31.17	200m	02:00.37	31.02

Wed 21 50m vrije slag 00:26.05 0.37 57e 9 Rp

Wed 25 400m vrije slag 04:17.49 8.12 17e 11 Rp

50m	00:28.73	28.73	100m	01:00.47	31.74
150m	01:32.76	32.29	200m	02:05.99	33.23
250m	02:38.99	33	300m	03:11.91	32.92
350m	03:45.05	33.14	400m	04:17.49	32.44

Wed 31 100m vrije slag 00:55.18 -0.2 47e 12 Rp

50m	00:26.56	26.56	100m	00:55.18	28.62
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## VANLUCHENE Emmanuel GG GOLD /10011/92

Wed 21 50m vrije slag 00:22.60 2e 17 Rp

Wed 21 50m vrije slag 00:22.58 2e 17 Rp

Wed 31 100m vrije slag 00:49.76 0.67 2e 16 Rp

50m	00:24.15	24.15	100m	00:49.76	25.61
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