



23/02/2018

VLAAMSE KAMPIOENSCHAPPEN 2018 - Antwerpen

GOLD Swimming Team
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GARKA

AFLOS Heren 1 GG GOLD

Wed 12	4x100m wisselslag	04:16.04	3e
Dario B/Tore D/Matis V/Dries O			
50m	00:31.38 31.38	100m	01:04.82 33.44
150m	01:37.17 32.35	200m	02:15.75 38.58
250m	02:44.65 28.9	300m	03:20.35 35.7
350m	03:46.26 25.91	400m	04:16.04 29.78

Wed 25 4x100m vrije slag 03:46.51 6e

Matisse C/Matis V/Dario B/Dries O			
50m	00:26.90 26.9	100m	00:57.37 30.47
150m	01:24.26 26.89	200m	01:54.10 29.84
250m	02:20.95 26.85	300m	02:51.27 30.32
350m	03:17.38 26.11	400m	03:46.51 29.13

BUYSSENS Dario GG GOLD /10352/01

Wed 03	200m vrije slag	02:04.68	-0.9	15e	9 Rp
50m	00:28.68 28.68	100m	01:00.78 32.1		
150m	01:32.50 31.72	200m	02:04.68 32.18		

Wed 16	100m rugslag	01:03.90	0	10e	9 Rp
50m	00:31.25 31.25	100m	01:03.90 32.65		

Wed 22	400m vrije slag	04:28.10	-8.8	12e	8 Rp
50m	00:29.98 29.98	100m	01:03.21 33.23		
150m	01:37.09 33.88	200m	02:10.92 33.83		
250m	02:45.14 34.22	300m	03:19.36 34.22		
350m	03:54.14 34.78	400m	04:28.10 33.96		

Wed 29	100m vrije slag	00:58.23	0.55	37e	8 Rp
50m	00:28.05 28.05	100m	00:58.23 30.18		

Wed 31	200m rugslag	02:20.00	2.27	8e	8 Rp
50m	00:32.47 32.47	100m	01:07.52 35.05		
150m	01:43.76 36.24	200m	02:20.00 36.24		

Wed 31	200m rugslag	02:18.40	0.67	10e	9 Rp
50m	00:32.22 32.22	100m	01:06.93 34.71		
150m	01:42.58 35.65	200m	02:18.40 35.82		

CALLEWAERT Matisse GG GOLD /10353/02

Wed 03	200m vrije slag	02:05.53	-5.0	12e	10 Rp
50m	00:28.82 28.82	100m	01:01.08 32.26		
150m	01:34.12 33.04	200m	02:05.53 31.41		

Wed 07	50m schoolslag	00:33.35	0.64	9e	9 Rp
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Wed 14	100m schoolslag	01:13.90	0.33	12e	8 Rp
50m	00:34.28 34.28	100m	01:13.90 39.62		

Wed 18	50m vrije slag	00:26.43	0.49	19e	9 Rp
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Wed 27	200m wisselslag	02:24.03	2.74	10e	8 Rp
50m	00:30.48 30.48	100m	01:09.31 38.83		
150m	01:50.95 41.64	200m	02:24.03 33.08		

Wed 29	100m vrije slag	00:57.55	-1.0	19e	10 Rp
50m	00:28.09 28.09	100m	00:57.55 29.46		

CASTEUR Margaux GG GOLD /21012/03

Wed 02	100m schoolslag	01:18.23	-1.8	13e	10 Rp
50m	00:35.81 35.81	100m	01:18.23 42.42		

Wed 02	100m schoolslag	01:19.76	-0.3	16e	9 Rp
50m	00:36.53 36.53	100m	01:19.76 43.23		

DELBECQUE Tore GG GOLD /11015/00

Wed 07	50m schoolslag	00:31.29	0	5e	11 Rp
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Wed 07	50m schoolslag	00:31.24	-0.05	12e	11 Rp
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Wed 14	100m schoolslag	01:10.60	0.33	9e	9 Rp
50m	00:33.25 33.25	100m	01:10.60 37.35		

Wed 33 200m schoolslag SW 7.4.a
beenbewegingen niet gelijktijdig of niet in hetzelfde horizontale vlak uitgevoerd



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HYUNDAI SUZUKI

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GARKA

DENEIR Niels GG **GOLD /10349/03**

Wed 05 400m wisselslag 05:13.47 -14 13e 8 Rp

50m	00:31.82	31.82	100m	01:10.17	38.35
150m	01:52.33	42.16	200m	02:34.56	42.23
250m	03:18.93	44.37	300m	04:04.03	45.1
350m	04:39.79	35.76	400m	05:13.47	33.68

Wed 05 400m wisselslag 05:12.11 -16 14e 8 Rp

50m	00:33.15	33.15	100m	01:12.70	39.55
150m	01:55.24	42.54	200m	02:37.26	42.02
250m	03:20.79	43.53	300m	04:04.67	43.88
350m	04:39.14	34.47	400m	05:12.11	32.97

Wed 18 50m vrije slag 00:27.00 -0.9 26e 9 Rp

Wed 22 400m vrije slag 04:29.83 -14 13e 10 Rp

50m	00:30.43	30.43	100m	01:03.30	32.87
150m	01:37.77	34.47	200m	02:12.58	34.81
250m	02:47.29	34.71	300m	03:22.34	35.05
350m	03:56.71	34.37	400m	04:29.83	33.12

Wed 27 200m wisselslag 02:26.22 -6.4 14e 8 Rp

50m	00:30.31	30.31	100m	01:09.93	39.62
150m	01:53.37	43.44	200m	02:26.22	32.85

Wed 33 200m schoolslag

Wed 37 1500m vrije slag 17:34.57 -45 8e 12 Rp

50m	00:30.88	30.88	100m	01:05.12	34.24
150m	01:40.03	34.91	200m	02:15.35	35.32
250m	02:50.56	35.21	300m	03:26.01	35.45
350m	04:01.58	35.57	400m	04:37.61	36.03
450m	05:13.29	35.68	500m	05:49.11	35.82
550m	06:24.38	35.27	600m	07:00.08	35.7
650m	07:35.20	35.12	700m	08:10.89	35.69
750m	08:45.99	35.1	800m	09:21.56	35.57
850m	09:56.94	35.38	900m	10:32.47	35.53
950m	11:07.72	35.25	1000m	11:43.35	35.63
1050m	12:18.57	35.22	1100m	12:54.44	35.87
1150m	13:29.93	35.49	1200m	14:05.62	35.69
1250m	14:40.79	35.17	1300m	15:16.64	35.85
1350m	15:52.28	35.64	1400m	16:28.12	35.84
1450m	17:00.91	32.79	1500m	17:34.57	33.66

HERMAN Lara GG **GOLD /20067/00**

Wed 04 100m rugslag

Wed 17 100m vrije slag

Wed 19 200m rugslag

Wed 28 50m rugslag

ONGENAE Dries GG **GOLD /10350/00**

Wed 03 200m vrije slag 02:00.43 1.77 7e 11 Rp

50m	00:27.06	27.06	100m	00:57.14	30.08
150m	01:28.60	31.46	200m	02:00.43	31.83

Wed 03 200m vrije slag 02:01.93 3.27 16e 10 Rp

50m	00:27.20	27.2	100m	00:58.31	31.11
150m	01:30.41	32.1	200m	02:01.93	31.52

Wed 18 50m vrije slag 00:25.75 0.41 15e 9 Rp

Wed 22 400m vrije slag 04:14.80 1.07 6e 11 Rp

50m	00:28.17	28.17	100m	00:59.57	31.4
150m	01:32.23	32.66	200m	02:04.67	32.44
250m	02:37.71	33.04	300m	03:10.59	32.88
350m	03:43.82	33.23	400m	04:14.80	30.98

Wed 22 400m vrije slag 04:13.20 -0.5 11e 12 Rp

50m	00:28.26	28.26	100m	01:00.08	31.82
150m	01:31.94	31.86	200m	02:04.35	32.41
250m	02:37.28	32.93	300m	03:10.65	33.37
350m	03:42.53	31.88	400m	04:13.20	30.67

Wed 29 100m vrije slag 00:55.90 0.77 17e 10 Rp

50m	00:26.50	26.5	100m	00:55.90	29.4
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VANDECASTEELE Matis GG **GOLD /10365/03**

Wed 09 100m vlinderslag 01:02.60 -4.6 12e 10 Rp

50m	00:29.11	29.11	100m	01:02.60	33.49
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Wed 14 100m schoolslag 01:11.99 0.49 8e 12 Rp

50m	00:33.86	33.86	100m	01:11.99	38.13
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Wed 16 100m rugslag 01:05.91 -2.4 11e 9 Rp

50m	00:32.48	32.48	100m	01:05.91	33.43
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Wed 18 50m vrije slag 00:26.03 0.21 11e 11 Rp

Wed 29 100m vrije slag 00:55.87 -2.9 7e 13 Rp

50m	00:27.01	27.01	100m	00:55.87	28.86
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VANLUCHENE Emmanuel GG **GOLD /10011/92**

Wed 03 200m vrije slag

Wed 09 100m vlinderslag

Wed 18 50m vrije slag

Wed 29 100m vrije slag