



10/05/2018

# OPEN BELGIAN CHAMPIONSHIPS SWIMMING 2018 - GENT

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



**HIGH5**  
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loodgieter  
asfalt- & zinkwerken

**VROEGVOGEL  
bvba**

AFLOS Heren 1		GG	GOLD	
Wed 41	4x100m wisselslag	04:00.23	5e	

Emmanuel V/Tore D/Tim C/Jannes H

50m	00:27.26	27.26	100m	00:56.11	28.85
150m	01:28.39	32.28	200m	02:05.70	37.31
250m	02:32.82	27.12	300m	03:03.79	30.97
350m	03:30.22	26.43	400m	04:00.23	30.01

CAMERLYNCK Tim		GG	GOLD / 10063/98	
Wed 31	100m vrije slag	00:53.73	-2.8	22e 11 Rp

50m	00:25.71	25.71	100m	00:53.73	28.02
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Wed 37 50m vlinderslag 00:26.27 -0.7 12e 10 Rp

Wed 37 50m vlinderslag 00:26.03 -0.9 11e 11 Rp

DECONINCK Michiel		GG	GOLD / 10107/95		
Wed 38	800m vrije slag	08:55.52	-6.5	10e	9 Rp

50m	00:30.10	30.1	100m	01:02.62	32.52
150m	01:36.18	33.56	200m	02:09.98	33.8
250m	02:43.81	33.83	300m	03:17.65	33.84
350m	03:51.45	33.8	400m	04:25.22	33.77
450m	04:58.92	33.7	500m	05:32.65	33.73
550m	06:06.34	33.69	600m	06:40.29	33.95
650m	07:14.21	33.92	700m	07:48.37	34.16
750m	08:22.28	33.91	800m	08:55.52	33.24



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**DECONINCK Michiel** GG **GOLD /10107/95**  
Wed 100 5000m vrije slag 57:54.03 0.35 3e

50m	00:31.93	31.93	100m	01:06.24	34.31
150m	01:40.74	34.5	200m	02:14.96	34.22
250m	02:48.97	34.01	300m	03:23.12	34.15
350m	03:57.37	34.25	400m	04:31.70	34.33
450m	05:05.94	34.24	500m	05:40.39	34.45
550m	06:14.71	34.32	600m	06:48.97	34.26
650m	07:23.32	34.35	700m	07:57.77	34.45
750m	08:32.18	34.41	800m	09:06.58	34.4
850m	09:40.96	34.38	900m	10:15.32	34.36
950m	10:49.50	34.18	1000m	11:23.85	34.35
1050m	11:58.17	34.32	1100m	12:32.44	34.27
1150m	13:06.79	34.35	1200m	13:41.06	34.27
1250m	14:15.54	34.48	1300m	14:50.10	34.56
1350m	15:24.45	34.35	1400m	15:59.04	34.59
1450m	16:33.24	34.2	1500m	17:07.68	34.44
1550m	17:42.21	34.53	1600m	18:16.76	34.55
1650m	18:51.17	34.41	1700m	19:25.65	34.48
1750m	20:00.23	34.58	1800m	20:34.85	34.62
1850m	21:09.61	34.76	1900m	21:44.43	34.82
1950m	22:19.17	34.74	2000m	22:54.02	34.85
2050m	23:28.61	34.59	2100m	24:03.18	34.57
2150m	24:38.04	34.86	2200m	25:12.94	34.9
2250m	25:48.04	35.1	2300m	26:22.95	34.91
2350m	26:57.89	34.94	2400m	27:32.81	34.92
2450m	28:07.99	35.18	2500m	28:43.02	35.03
2550m	29:18.30	35.28	2600m	29:53.34	35.04
2650m	30:28.55	35.21	2700m	31:03.56	35.01
2750m	31:38.44	34.88	2800m	32:13.44	35
2850m	32:48.42	34.98	2900m	33:23.47	35.05
2950m	33:58.71	35.24	3000m	34:33.76	35.05
3050m	35:08.88	35.12	3100m	35:44.02	35.14
3150m	36:19.22	35.2	3200m	36:54.34	35.12
3250m	37:29.35	35.01	3300m	38:04.51	35.16
3350m	38:39.60	35.09	3400m	39:14.67	35.07
3450m	39:49.71	35.04	3500m	40:24.78	35.07
3550m	40:59.67	34.89	3600m	41:34.75	35.08
3650m	42:09.92	35.17	3700m	42:44.93	35.01
3750m	43:20.06	35.13	3800m	43:55.23	35.17
3850m	44:30.23	35	3900m	45:05.41	35.18
3950m	45:40.50	35.09	4000m	46:15.86	35.36
4050m	46:50.95	35.09	4100m	47:26.11	35.16
4150m	48:01.20	35.09	4200m	48:36.32	35.12
4250m	49:11.58	35.26	4300m	49:46.86	35.28
4350m	50:21.92	35.06	4400m	50:57.15	35.23
4450m	51:32.42	35.27	4500m	52:07.42	35
4550m	52:42.38	34.96	4600m	53:17.26	34.88
4650m	53:52.16	34.9	4700m	54:27.24	35.08
4750m	55:02.08	34.84	4800m	55:36.69	34.61
4850m	56:11.26	34.57	4900m	56:45.90	34.64
4950m	57:20.34	34.44	5000m	57:54.03	33.69

**DELBECQUE Tore** GG **GOLD /11015/00**

Wed 08	50m schoolslag	00:31.29	0.12	13e	11 Rp	
Wed 08	50m schoolslag	00:31.11	-0.06	10e	12 Rp	
Wed 17	100m schoolslag	01:09.72	0.09	14e	9 Rp	
	50m	00:32.73	32.73	100m	01:09.72	36.99
Wed 17	100m schoolslag	01:09.13	-0.5	15e	10 Rp	
	50m	00:32.58	32.58	100m	01:09.13	36.55
Wed 33	200m schoolslag	02:37.59	0.82	19e	6 Rp	

**DENEIR Silken** GG **GOLD /20051/99**

Wed 07	50m schoolslag	00:35.58	0.26	13e	8 Rp	
Wed 07	50m schoolslag	00:34.74	-0.6	9e	10 Rp	
Wed 16	100m schoolslag	01:17.80	0.6	9e	8 Rp	
	50m	00:36.39	36.39	100m	01:17.80	41.41
Wed 16	100m schoolslag	01:17.99	0.79	14e	8 Rp	
	50m	00:36.32	36.32	100m	01:17.99	41.67

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

Wed 22	100m rugslag	01:09.92	1.97	23e	9 Rp	
	50m	00:33.60	33.6	100m	01:09.92	36.32
Wed 34	50m rugslag	00:32.25	0.74	18e	10 Rp	
Wed 34	50m rugslag	00:31.83	0.32	11e	10 Rp	

**HIMPE Jannes** GG **GOLD /10068/98**

Wed 21	50m vrije slag	00:25.93	0.27	43e	6 Rp
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**NAESSENS Nora** GG **GOLD / 2020/94**  
Wed 39 1500m vrije slag 17:46.14 -5.6 4e 11 Rp

50m	00:32.19	32.19	100m	01:06.97	34.78
150m	01:42.02	35.05	200m	02:17.18	35.16
250m	02:52.71	35.53	300m	03:28.43	35.72
350m	04:04.09	35.66	400m	04:39.93	35.84
450m	05:15.61	35.68	500m	05:51.51	35.9
550m	06:27.54	36.03	600m	07:03.41	35.87
650m	07:39.53	36.12	700m	08:15.42	35.89
750m	08:51.39	35.97	800m	09:27.27	35.88
850m	10:03.01	35.74	900m	10:38.80	35.79
950m	11:14.36	35.56	1000m	11:50.03	35.67
1050m	12:25.39	35.36	1100m	13:01.00	35.61
1150m	13:36.41	35.41	1200m	14:12.09	35.68
1250m	14:47.53	35.44	1300m	15:23.23	35.7
1350m	15:58.81	35.58	1400m	16:34.75	35.94
1450m	17:10.66	35.91	1500m	17:46.14	35.48

**NAESSENS Nora** GG **GOLD / 2020/94**  
Wed 100 5000m vrije slag 1:01:04. -2.5 6e

50m	00:32.79	32.79	100m	01:08.57	35.78
150m	01:44.04	35.47	200m	02:19.87	35.83
250m	02:55.56	35.69	300m	03:31.40	35.84
350m	04:07.01	35.61	400m	04:43.05	36.04
450m	05:18.89	35.84	500m	05:55.06	36.17
550m	06:30.92	35.86	600m	07:06.98	36.06
650m	07:43.04	36.06	700m	08:19.22	36.18
750m	08:55.41	36.19	800m	09:31.85	36.44
850m	10:08.14	36.29	900m	10:44.57	36.43
950m	11:20.91	36.34	1000m	11:57.38	36.47
1050m	12:33.83	36.45	1100m	13:10.34	36.51
1150m	13:46.86	36.52	1200m	14:23.26	36.4
1250m	14:59.74	36.48	1300m	15:36.30	36.56
1350m	16:12.73	36.43	1400m	16:49.34	36.61
1450m	17:25.87	36.53	1500m	18:02.51	36.64
1550m	18:39.36	36.85	1600m	19:16.06	36.7
1650m	19:52.86	36.8	1700m	20:29.92	37.06
1750m	21:06.65	36.73	1800m	21:43.44	36.79
1850m	22:20.46	37.02	1900m	22:57.45	36.99
1950m	23:34.27	36.82	2000m	24:11.03	36.76
2050m	24:47.78	36.75	2100m	25:24.80	37.02
2150m	26:01.34	36.54	2200m	26:38.10	36.76
2250m	27:14.93	36.83	2300m	27:51.86	36.93
2350m	28:28.49	36.63	2400m	29:05.26	36.77
2450m	29:42.25	36.99	2500m	30:19.28	37.03
2550m	30:55.95	36.67	2600m	31:32.61	36.66
2650m	32:09.33	36.72	2700m	32:45.84	36.51
2750m	33:22.65	36.81	2800m	33:59.73	37.08
2850m	34:36.72	36.99	2900m	35:13.50	36.78
2950m	35:50.58	37.08	3000m	36:27.43	36.85
3050m	37:04.48	37.05	3100m	37:41.30	36.82
3150m	38:18.18	36.88	3200m	38:55.08	36.9
3250m	39:32.16	37.08	3300m	40:09.03	36.87
3350m	40:45.96	36.93	3400m	41:22.78	36.82
3450m	41:59.74	36.96	3500m	42:36.60	36.86
3550m	43:13.66	37.06	3600m	43:50.72	37.06
3650m	44:27.94	37.22	3700m	45:05.38	37.44
3750m	45:42.28	36.9	3800m	46:19.48	37.2
3850m	46:56.43	36.95	3900m	47:33.48	37.05
3950m	48:10.59	37.11	4000m	48:47.56	36.97
4050m	49:24.60	37.04	4100m	50:01.65	37.05
4150m	50:38.68	37.03	4200m	51:15.89	37.21
4250m	51:53.21	37.32	4300m	52:30.25	37.04
4350m	53:07.32	37.07	4400m	53:44.47	37.15
4450m	54:21.32	36.85	4500m	54:58.31	36.99
4550m	55:35.24	36.93	4600m	56:11.68	36.44
4650m	56:48.43	36.75	4700m	57:25.03	36.6
4750m	58:01.91	36.88	4800m	58:38.62	36.71
4850m	59:15.33	36.71	4900m	59:52.19	36.86
4950m	1:00:28.	35.81	5000m	1:01:04.	36



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<b>VANLUCHENE Emmanuel</b>		<b>GG</b>	<b>GOLD /10011/92</b>		
Wed 06	100m vlinderslag	00:55.18	1.28	3e	14 Rp
	50m	00:25.08	25.08	100m	00:55.18 30.1
Wed 06	100m vlinderslag	00:53.25	-0.7	1e	16 Rp
	50m	00:24.68	24.68	100m	00:53.25 28.57
Wed 21	50m vrije slag	00:22.91	0.33	1e	15 Rp
Wed 21	50m vrije slag	00:22.91	0.33	1e	15 Rp
Wed 31	100m vrije slag	00:50.06	0.57	1e	16 Rp
	50m	00:24.26	24.26	100m	00:50.06 25.8
Wed 31	100m vrije slag	00:49.56	0.07	1e	16 Rp
	50m	00:23.70	23.7	100m	00:49.56 25.86