



20/07/2018

CB-BK-CAT-WE1-2018 - CHARLEROI

GOLD Swimming Team
Live slow, swim fast!



HIGH5
SPORTS NUTRITION



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loodgieter
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VROEGVOGEL
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AFLOS Heren 1 GG **GOLD**

Wed 32 4x100m wisselslag 04:33.09 2e
Thijs V/Miguel D/Bjarne V/Goan D

50m	00:34.41	34.41	100m	01:11.06	36.65
150m	01:47.14	36.08	200m	02:28.78	41.64
250m	02:59.72	30.94	300m	03:35.28	35.56
350m	04:02.74	27.46	400m	04:33.09	30.35

CASTEUR Xander GG **GOLD /11018/04**

Wed 10 200m vrije slag 02:15.53 -0.5 26e 7 Rp

50m	00:30.57	30.57	100m	01:05.51	34.94
150m	01:41.31	35.8	200m	02:15.53	34.22

Wed 24 200m wisselslag 02:30.77 -2.8 8 Rp

50m	00:32.50	32.5	100m	01:12.23	39.73
150m	01:55.64	43.41			

Wed 36 50m vrije slag 00:28.16 -0.2 15e 7 Rp

Wed 43 100m schoolslag 01:19.12 -2.4 11e 6 Rp

50m	00:37.22	37.22	100m	01:19.12	41.9
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DEHAUDT Fernando GG **GOLD /11029/05**

Wed 06 400m wisselslag 05:32.31 -11 7e 8 Rp

50m	00:35.82	35.82	100m	01:18.18	42.36
150m	02:00.08	41.9	200m	02:41.23	41.15
250m	03:31.25	50.02	300m	04:22.18	50.93
350m	04:57.64	35.46	400m	05:32.31	34.67

Wed 10 200m vrije slag 02:18.07 -5.3 12e 9 Rp

50m	00:32.44	32.44	100m	01:08.13	35.69
150m	01:44.26	36.13	200m	02:18.07	33.81

Wed 33 400m vrije slag 04:45.11 -13 5e 11 Rp

50m	00:32.47	32.47	100m	01:08.64	36.17
150m	01:44.87	36.23	200m	02:21.38	36.51
250m	02:58.20	36.82	300m	03:34.68	36.48
350m	04:10.56	35.88	400m	04:45.11	34.55

Wed 39 100m rugslag 01:14.75 1.19 7e 4 Rp

50m	00:36.16	36.16	100m	01:14.75	38.59
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DESIMPELAERE Miguel GG **GOLD /11021/04**

Wed 02 200m rugslag 02:36.97 5.13 26e 4 Rp

50m	00:35.26	35.26	100m	01:15.20	39.94
150m	01:56.21	41.01	200m	02:36.97	40.76

Wed 10 200m vrije slag 02:13.17 0.86 19e 9 Rp

50m	00:30.03	30.03	100m	01:03.61	33.58
150m	01:38.54	34.93	200m	02:13.17	34.63

Wed 18 200m schoolslag 02:55.26 7.43 17e 4 Rp

50m	00:39.20	39.2	100m	01:23.16	43.96
150m	02:08.45	45.29	200m	02:55.26	46.81

Wed 24 200m wisselslag 02:29.90 0.41 7e 9 Rp

50m	00:33.08	33.08	100m	01:12.01	38.93
150m	01:56.04	44.03	200m	02:29.90	33.86

Wed 28 100m vrije slag 01:00.11 -0.5 14e 9 Rp

50m	00:29.17	29.17	100m	01:00.11	30.94
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Wed 39 100m rugslag 01:09.03 -0.9 8e 8 Rp

50m	00:33.72	33.72	100m	01:09.03	35.31
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Wed 43 100m schoolslag 01:19.67 2.73 15e 5 Rp

50m	00:37.46	37.46	100m	01:19.67	42.21
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DUJARDIN Goan GG **GOLD /11020/04**

Wed 10 200m vrije slag 02:11.06 -7.4 11e 10 Rp

50m	00:30.38	30.38	100m	01:04.30	33.92
150m	01:38.83	34.53	200m	02:11.06	32.23

Wed 28 100m vrije slag 00:59.51 -0.9 11e 10 Rp

50m	00:29.28	29.28	100m	00:59.51	30.23
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Wed 33 400m vrije slag 04:41.61 -9.8 13e 9 Rp

50m	00:31.51	31.51	100m	01:06.32	34.81
150m	01:42.83	36.51	200m	02:19.16	36.33
250m	02:55.13	35.97	300m	03:31.41	36.28
350m	04:07.97	36.56	400m	04:41.61	33.64

Wed 36 50m vrije slag 00:27.68 -1.6 9e 9 Rp



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OOSTERLYNCK Anaïs GG GOLD / 21090 / 06

Wed 03 200m wisselslag 02:50.48 -1.5 21e 7 Rp

50m	00:38.53	38.53	100m	01:21.09	42.56
150m	02:11.89	50.8	200m	02:50.48	38.59

Wed 11 100m vlinderslag 01:23.61 -0.7 19e 1 Rp

50m	00:39.15	39.15	100m	01:23.61	44.46
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Wed 19 100m rugslag 01:18.98 -1 22e 6 Rp

50m	00:38.47	38.47	100m	01:18.98	40.51
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Wed 27 400m vrije slag 05:13.08 -11 16e 9 Rp

50m	00:35.96	35.96	100m	01:16.65	40.69
150m	01:56.81	40.16	200m	02:36.50	39.69
250m	03:16.37	39.87	300m	03:56.50	40.13
350m	04:35.37	38.87	400m	05:13.08	37.71

Wed 37 100m vrije slag 01:09.50 -0.6 26e 8 Rp

50m	00:33.43	33.43	100m	01:09.50	36.07
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TRUYE Alexine GG GOLD / 21011 / 04

Wed 01 200m vrije slag 02:18.85 -1.7 16e 9 Rp

50m	00:31.88	31.88	100m	01:07.59	35.71
150m	01:44.17	36.58	200m	02:18.85	34.68

Wed 09 400m wisselslag 05:29.38 -4.6 14e 10 Rp

50m	00:35.94	35.94	100m	01:17.39	41.45
150m	02:00.19	42.8	200m	02:42.96	42.77
250m	03:29.58	46.62	300m	04:16.22	46.64
350m	04:53.95	37.73	400m	05:29.38	35.43

Wed 23 200m rugslag 02:42.20 3.01 28e 6 Rp

50m	00:38.45	38.45	100m	01:19.45	41
150m	02:00.71	41.26	200m	02:42.20	41.49

Wed 38 800m vrije slag 09:52.25 2.09 5e 10 Rp

50m	00:32.88	32.88	100m	01:08.45	35.57
150m	01:45.34	36.89	200m	02:22.19	36.85
250m	02:59.22	37.03	300m	03:36.54	37.32
350m	04:14.39	37.85	400m	04:51.84	37.45
450m	05:29.55	37.71	500m	06:07.19	37.64
550m	06:45.15	37.96	600m	07:22.49	37.34
650m	08:00.22	37.73	700m	08:37.91	37.69
750m	09:15.78	37.87	800m	09:52.25	36.47

Wed 42 200m wisselslag 02:37.27 2.7 23e 9 Rp

50m	00:34.88	34.88	100m	01:15.11	40.23
150m	02:00.89	45.78	200m	02:37.27	36.38

VANDAMME Thijs GG GOLD / 11055 / 05

Wed 02 200m rugslag 02:33.90 -1.9 4e 8 Rp

50m	00:36.00	36	100m	01:15.42	39.42
150m	01:55.51	40.09	200m	02:33.90	38.39

Wed 10 200m vrije slag 02:17.22 -2.3 10e 9 Rp

50m	00:31.70	31.7	100m	01:07.26	35.56
150m	01:43.63	36.37	200m	02:17.22	33.59

Wed 24 200m wisselslag 02:35.10 -3.2 9e 8 Rp

50m	00:34.89	34.89	100m	01:14.37	39.48
150m	02:00.26	45.89	200m	02:35.10	34.84

Wed 28 100m vrije slag 01:02.93 -0.3 11e 9 Rp

50m	00:30.42	30.42	100m	01:02.93	32.51
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Wed 39 100m rugslag 01:11.40 0.34 4e 8 Rp

50m	00:34.56	34.56	100m	01:11.40	36.84
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VANDE CASTEELE Bjarne GG GOLD / 10380 / 04

Wed 10 200m vrije slag 02:08.71 0.81 6e 11 Rp

50m	00:29.75	29.75	100m	01:02.43	32.68
150m	01:36.19	33.76	200m	02:08.71	32.52

Wed 28 100m vrije slag 00:58.19 0.51 4e 12 Rp

50m	00:28.22	28.22	100m	00:58.19	29.97
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Wed 36 50m vrije slag 00:26.93 -1.2 1e 11 Rp

Wed 43 100m schoolslag 01:15.67 -0.8 2e 9 Rp

50m	00:35.93	35.93	100m	01:15.67	39.74
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VANDE CASTEELE Niels GG GOLD / 11058 / 07

Wed 12 400m vrije slag 05:26.29 -37 15e 9 Rp

50m	00:34.80	34.8	100m	01:14.29	39.49
150m	01:56.01	41.72	200m	02:38.08	42.07
250m	03:20.20	42.12	300m	04:02.85	42.65
350m	04:45.21	42.36	400m	05:26.29	41.08

Wed 21 200m wisselslag 03:06.98 -0.4 26e 3 Rp

50m	00:40.16	40.16	100m	01:29.83	49.67
150m	02:25.96	56.13	200m	03:06.98	41.02

Wed 26 100m vrije slag 01:11.72 -1.6 11e 8 Rp

50m	00:34.51	34.51	100m	01:11.72	37.21
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Wed 45 100m schoolslag 01:37.86 -2.5 18e 4 Rp

50m	00:46.61	46.61	100m	01:37.86	51.25
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