



19/07/2019

BK-CAT-WE1-2019 - GENK

GOLD Swimming Team
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bvba**AFLOS Dames 1** GG **GOLD**

Wed 50 4x100m wisselslag 04:59.80 12e

Anaïs O/Faye D/Luna O/Lente L

50m	00:37.31	37.31	100m	01:17.03	39.72
150m	01:56.39	39.36	200m	02:41.35	44.96
250m	03:16.99	35.64	300m	03:59.01	42.02
350m	04:27.51	28.5	400m	04:59.80	32.29

AFLOS Gemengd 2 GG **GOLD**

Wed 41 4x100m vrije slag 04:03.68 1e

Thijs V/Faye D/Lente L/Fernando D

50m	00:28.55	28.55	100m	00:59.23	30.68
150m	01:29.94	30.71	200m	02:05.03	35.09
250m	02:33.70	28.67	300m	03:05.93	32.23
350m	03:33.92	27.99	400m	04:03.68	29.76

DEHAUDT Fernando GG **GOLD /11029/05**

Wed 02 200m rugslag 02:25.21 -3.1 4e 10 Rp

50m	00:33.68	33.68	100m	01:10.64	36.96
150m	01:48.72	38.08	200m	02:25.21	36.49

Wed 06 400m wisselslag 05:14.82 -5.2 5e 10 Rp

50m	00:34.52	34.52	100m	01:14.16	39.64
150m	01:54.45	40.29	200m	02:33.62	39.17
250m	03:19.76	46.14	300m	04:07.48	47.72
350m	04:42.44	34.96	400m	05:14.82	32.38

Wed 10 200m vrije slag 02:07.35 -2.0 3e 12 Rp

50m	00:29.27	29.27	100m	01:01.85	32.58
150m	01:35.44	33.59	200m	02:07.35	31.91

Wed 22 1500m vrije slag 17:30.75 -42 2e 14 Rp

50m	00:31.55	31.55	100m	01:07.67	36.12
150m	01:42.36	34.69	200m	02:17.66	35.3
250m	02:52.71	35.05	300m	03:28.34	35.63
350m	04:03.22	34.88	400m	04:38.89	35.67
450m	05:13.77	34.88	500m	05:49.21	35.44
550m	06:23.95	34.74	600m	06:59.15	35.2
650m	07:34.17	35.02	700m	08:09.70	35.53
750m	08:44.76	35.06	800m	09:20.42	35.66
850m	09:55.55	35.13	900m	10:31.45	35.9
950m	11:06.67	35.22	1000m	11:42.41	35.74
1050m	12:17.05	34.64	1100m	12:52.72	35.67
1150m	13:27.85	35.13	1200m	14:03.15	35.3
1250m	14:38.58	35.43	1300m	15:14.03	35.45
1350m	15:49.12	35.09	1400m	16:24.29	35.17
1450m	16:57.93	33.64	1500m	17:30.75	32.82

Wed 28 100m vrije slag 01:00.44 0.14 16e 9 Rp

50m	00:29.58	29.58	100m	01:00.44	30.86
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Wed 33 400m vrije slag 04:27.57 -2 3e 13 Rp

50m	00:30.43	30.43	100m	01:04.07	33.64
150m	01:38.41	34.34	200m	02:13.38	34.97
250m	02:47.72	34.34	300m	03:22.08	34.36
350m	03:56.22	34.14	400m	04:27.57	31.35

DEPRAETERE Zoë GG **GOLD/21086/08**

Wed 03 200m wisselslag 03:02.85 -7.7 25e 6 Rp

50m	00:40.14	40.14	100m	01:26.03	45.89
150m	02:21.19	55.16	200m	03:02.85	41.66

Wed 19 100m rugslag 01:24.95 -3.1 24e 5 Rp

50m	00:41.85	41.85	100m	01:24.95	43.1
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Wed 27 400m vrije slag 05:26.11 -18 16e 10 Rp

50m	00:36.96	36.96	100m	01:17.18	40.22
150m	01:58.71	41.53	200m	02:40.30	41.59
250m	03:22.91	42.61	300m	04:04.61	41.7
350m	04:45.87	41.26	400m	05:26.11	40.24

Wed 37 100m vrije slag 01:14.63 -2.6 28e 6 Rp

50m	00:35.78	35.78	100m	01:14.63	38.85
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DUJARDIN Faye GG **GOLD /21035/06**

Wed 01 200m vrije slag 02:24.86 -4.7 20e 8 Rp

50m	00:33.58	33.58	100m	01:11.66	38.08
150m	01:49.26	37.6	200m	02:24.86	35.6

Wed 20 50m vrije slag 00:30.13 -1.2 10e 9 Rp

Wed 29 100m schoolslag 01:23.11 -0.08 8e 9 Rp

50m	00:39.01	39.01	100m	01:23.11	44.1
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Wed 34 200m schoolslag 03:05.96 -2.1 14e 6 Rp

50m	00:42.25	42.25	100m	01:29.90	47.65
150m	02:18.46	48.56	200m	03:05.96	47.5

Wed 42 200m wisselslag 02:47.42 -0.1 41e 6 Rp

50m	00:37.62	37.62	100m	01:22.54	44.92
150m	02:09.70	47.16	200m	02:47.42	37.72

Wed 46 100m vrije slag 01:08.10 2.11 37e 6 Rp

50m	00:32.80	32.8	100m	01:08.10	35.3
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bvba**LAZOU Lente** GG **GOLD/21110/05**

Wed 01 200m vrije slag 02:09.15 -0.8 1e 14 Rp

50m	00:30.96	30.96	100m	01:04.10	33.14
150m	01:37.21	33.11	200m	02:09.15	31.94

Wed 05 100m vlinderslag 01:08.43 0.54 2e 10 Rp

50m	00:31.67	31.67	100m	01:08.43	36.76
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Wed 17 400m vrije slag 04:33.62 -2.3 1e 14 Rp

50m	00:31.78	31.78	100m	01:06.13	34.35
150m	01:40.46	34.33	200m	02:15.67	35.21
250m	02:49.85	34.18	300m	03:24.98	35.13
350m	03:59.95	34.97	400m	04:33.62	33.67

Wed 38 800m vrije slag 09:34.66 1.24 2e 12 Rp

50m	00:32.39	32.39	100m	01:07.43	35.04
150m	01:42.94	35.51	200m	02:18.60	35.66
250m	02:53.59	34.99	300m	03:28.97	35.38
350m	04:04.81	35.84	400m	04:40.87	36.06
450m	05:16.93	36.06	500m	05:53.42	36.49
550m	06:29.89	36.47	600m	07:06.90	37.01
650m	07:44.35	37.45	700m	08:21.88	37.53
750m	08:58.77	36.89	800m	09:34.66	35.89

Wed 46 100m vrije slag 01:00.89 0.1 2e 13 Rp

50m	00:29.23	29.23	100m	01:00.89	31.66
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NAERT Zoé GG **GOLD /21081/08**

Wed 03 200m wisselslag 02:58.01 2.72 17e 8 Rp

50m	00:40.12	40.12	100m	01:27.83	47.71
150m	02:16.43	48.6	200m	02:58.01	41.58

Wed 19 100m rugslag 01:26.87 -1.5 32e 3 Rp

50m	00:41.70	41.7	100m	01:26.87	45.17
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Wed 27 400m vrije slag 05:25.10 -10 14e 10 Rp

50m	00:35.85	35.85	100m	01:16.61	40.76
150m	01:58.81	42.2	200m	02:41.41	42.6
250m	03:22.33	40.92	300m	04:05.15	42.82
350m	04:44.77	39.62	400m	05:25.10	40.33

Wed 44 100m schoolslag 01:28.54 -1.4 4e 10 Rp

50m	00:41.29	41.29	100m	01:28.54	47.25
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OOSTERLYNCK Anaïs GG **GOLD/21090/06**

Wed 01 200m vrije slag 02:25.53 1.46 24e 7 Rp

50m	00:32.68	32.68	100m	01:09.42	36.74
150m	01:48.22	38.8	200m	02:25.53	37.31

Wed 09 400m wisselslag 05:41.05 -11 13e 9 Rp

50m	00:36.50	36.5	100m	01:19.80	43.3
150m	02:02.81	43.01	200m	02:45.33	42.52
250m	03:34.57	49.24	300m	04:24.26	49.69
350m	05:04.19	39.93	400m	05:41.05	36.86

Wed 17 400m vrije slag 05:00.84 2.43 14e 9 Rp

50m	00:34.47	34.47	100m	01:12.46	37.99
150m	01:50.52	38.06	200m	02:28.78	38.26
250m	03:07.08	38.3	300m	03:45.97	38.89
350m	04:24.89	38.92	400m	05:00.84	35.95

Wed 23 200m rugslag 02:40.70 -1.6 15e 8 Rp

50m	00:37.91	37.91	100m	01:19.17	41.26
150m	02:00.69	41.52	200m	02:40.70	40.01

Wed 42 200m wisselslag 02:42.18 -3 17e 8 Rp

50m	00:35.92	35.92	100m	01:17.11	41.19
150m	02:05.36	48.25	200m	02:42.18	36.82

Wed 46 100m vrije slag 01:05.83 -0.3 20e 9 Rp

50m	00:31.89	31.89	100m	01:05.83	33.94
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OVAERE Luna GG **GOLD /21040/06**

Wed 01 200m vrije slag 02:30.13 0.01 45e 5 Rp

50m	00:34.06	34.06	100m	01:12.28	38.22
150m	01:51.51	39.23	200m	02:30.13	38.62

Wed 05 100m vlinderslag 01:19.24 -0.1 19e 1 Rp

50m	00:36.33	36.33	100m	01:19.24	42.91
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Wed 17 400m vrije slag 05:10.43 1.42 30e 6 Rp

50m	00:35.00	35	100m	01:12.81	37.81
150m	01:51.93	39.12	200m	02:30.93	39
250m	03:10.69	39.76	300m	03:51.35	40.66
350m	04:31.64	40.29	400m	05:10.43	38.79

Wed 25 200m vlinderslag SW 8.3 b
afwisselende bewegingen met benen/voeten gemaakt

Wed 42 200m wisselslag 02:48.00 -2.6 42e 6 Rp

50m	00:35.88	35.88	100m	01:19.70	43.82
150m	02:10.07	50.37	200m	02:48.00	37.93



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VANDAMME Thijs GG GOLD /11055/05

Wed 02 200m rugslag 02:27.42 1.18 6e 9 Rp

50m	00:33.75	33.75	100m	01:10.96	37.21
150m	01:49.82	38.86	200m	02:27.42	37.6

Wed 10 200m vrije slag 02:11.40 -4.0 10e 10 Rp

50m	00:30.16	30.16	100m	01:03.83	33.67
150m	01:38.76	34.93	200m	02:11.40	32.64

Wed 24 200m wisselslag 02:28.39 -4.4 8e 9 Rp

50m	00:33.18	33.18	100m	01:09.93	36.75
150m	01:55.68	45.75	200m	02:28.39	32.71

Wed 28 100m vrije slag 00:59.43 -0.5 8e 10 Rp

50m	00:28.62	28.62	100m	00:59.43	30.81
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Wed 39 100m rugslag 01:07.66 -1.1 4e 9 Rp

50m	00:32.82	32.82	100m	01:07.66	34.84
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Wed 43 100m schoolslag 01:17.70 -2.1 12e 7 Rp

50m	00:36.74	36.74	100m	01:17.70	40.96
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VANHAVERBEKE Thibault GG GOLD /11006/05

Wed 06 400m wisselslag 05:30.29 1.63 13e 6 Rp

50m	00:32.19	32.19	100m	01:10.11	37.92
150m	01:51.85	41.74	200m	02:34.34	42.49
250m	03:22.91	48.57	300m	04:11.44	48.53
350m	04:51.38	39.94	400m	05:30.29	38.91

Wed 14 100m vlinderslag 01:08.01 -0.9 12e 6 Rp

50m	00:30.99	30.99	100m	01:08.01	37.02
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Wed 28 100m vrije slag 01:01.94 -2.6 32e 7 Rp

50m	00:29.99	29.99	100m	01:01.94	31.95
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Wed 47 200m vlinderslag 02:30.03 -5.9 6e 7 Rp

50m	00:32.93	32.93	100m	01:10.62	37.69
150m	01:50.01	39.39	200m	02:30.03	40.02

VANSTEENKISTE Lona GG GOLD /21082/08

Wed 03 200m wisselslag 03:02.34 1.62 24e 6 Rp

50m	00:38.03	38.03	100m	01:27.44	49.41
150m	02:22.97	55.53	200m	03:02.34	39.37

Wed 11 100m vlinderslag 01:18.80 -3.4 4e 9 Rp

50m	00:36.74	36.74	100m	01:18.80	42.06
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Wed 27 400m vrije slag 05:28.15 -14 19e 10 Rp

50m	00:36.39	36.39	100m	01:17.29	40.9
150m	01:59.66	42.37	200m	02:41.50	41.84
250m	03:24.07	42.57	300m	04:06.23	42.16
350m	04:48.22	41.99	400m	05:28.15	39.93

Wed 37 100m vrije slag 01:12.19 -0.1 17e 8 Rp

50m	00:34.30	34.3	100m	01:12.19	37.89
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VERSCHUERE Milan GG GOLD/11098/07

Wed 04 100m rugslag 01:19.35 -0.8 23e 5 Rp

50m	00:38.74	38.74	100m	01:19.35	40.61
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Wed 12 400m vrije slag 05:03.22 -7.1 12e 9 Rp

50m	00:34.49	34.49	100m	01:12.81	38.32
150m	01:51.54	38.73	200m	02:30.35	38.81
250m	03:09.25	38.9	300m	03:48.19	38.94
350m	04:27.32	39.13	400m	05:03.22	35.9

Wed 21 200m wisselslag 02:48.95 -1.5 22e 6 Rp

50m	00:36.60	36.6	100m	01:21.18	44.58
150m	02:11.70	50.52	200m	02:48.95	37.25

Wed 26 100m vrije slag 01:06.78 -0.5 18e 8 Rp

50m	00:32.63	32.63	100m	01:06.78	34.15
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Wed 45 100m schoolslag 01:29.41 -2.1 18e 5 Rp

50m	00:42.13	42.13	100m	01:29.41	47.28
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