



18/07/2014

2014_CB-Cat_BK-Kat I - Charleroi

GOLD Swimming Team
Live slow, swim fast!**AFLOS Dames 1** GG **GOLD**

Wed 16	4x100m vrije slag	04:16.88	4e
Leonie A/Lara H/Laura S/Helena M			
Wed 30	4x100m wisselslag	04:54.06	5e
Lara H/Laura S/Leonie A/Helena M			

50m	00:34.84	34.84	100m	01:12.20	37.36
150m	01:52.17	39.97	200m	02:37.81	45.64
250m	03:11.46	33.65	300m	03:50.47	39.01
350m	04:22.15	31.68	400m	04:54.06	31.91

AFLOS Heren 1 GG **GOLD**

Wed 44	4x100m wisselslag	05:11.99	2e
Matis V/Matisse C/Louka V/Niels D			

50m	00:40.27	40.27	100m	01:23.93	43.66
150m	02:02.84	38.91	200m	02:47.68	44.84
250m	03:20.18	32.5	300m	03:59.17	38.99
350m	04:34.25	35.08	400m	05:11.99	37.74

AFLOS Heren 2 GG **GOLD**

Wed 29	4x100m vrije slag	03:59.01	1e
Dries O/Cian H/Nicolas L/Tibo B			

50m	00:28.14	28.14	100m	00:58.86	30.72
150m	01:27.68	28.82	200m	01:59.49	31.81
250m	02:26.59	27.1	300m	02:56.38	29.79
350m	03:25.85	29.47	400m	03:59.01	33.16

Wed 46	4x100m wisselslag	04:42.56	6e
Tibo B/Dries O/Nicolas L/Cian H			

50m	00:35.27	35.27	100m	01:14.81	39.54
150m	01:52.23	37.42	200m	02:35.33	43.1
250m	03:06.02	30.69	300m	03:41.47	35.45
350m	04:10.64	29.17	400m	04:42.56	31.92

AVET Leonie GU **GOLD /20354/01**

Wed 02	100m vrije slag	01:03.60	-0.8	4e	12 Rp						
Wed 20	100m rugslag	01:13.62	-3.3	7e	10 Rp						
Wed 32	50m vrije slag	00:28.82	-0.8	2e	13 Rp						
Wed 36	100m vlinderslag	01:13.92	-2.9	9e	7 Rp						
<table> <tr> <td>50m</td> <td>00:35.09</td> <td>35.09</td> <td>100m</td> <td>01:13.92</td> <td>38.83</td> </tr> </table>						50m	00:35.09	35.09	100m	01:13.92	38.83
50m	00:35.09	35.09	100m	01:13.92	38.83						
Wed 43	200m rugslag	02:41.01	-5.8	12e	8 Rp						

BRAEKEVELD Tibo GU **GOLD /10280/01**

Wed 13	200m rugslag	02:37.89	-0.2	8e	7 Rp
Wed 33	100m rugslag	01:12.85	1.78	6e	7 Rp

CALLEWAERT Matisse GU **GOLD /10353/02**

Wed 07	100m vrije slag	01:07.43	-0.3	18e	8 Rp						
Wed 11	100m schoolslag	01:23.41	2.48	2e	11 Rp						
<table> <tr> <td>50m</td> <td>00:38.58</td> <td>38.58</td> <td>100m</td> <td>01:23.41</td> <td>44.83</td> </tr> </table>						50m	00:38.58	38.58	100m	01:23.41	44.83
50m	00:38.58	38.58	100m	01:23.41	44.83						

Wed 27	400m vrije slag	05:04.29	-4.5	15e	9 Rp
--------	-----------------	----------	------	-----	------

50m	00:32.83	32.83	100m	01:10.14	37.31
150m	01:48.29	38.15	200m	02:27.09	38.8
250m	03:06.27	39.18	300m	03:45.82	39.55
350m	04:25.56	39.74	400m	05:04.29	38.73

Wed 42	200m wisselslag	02:45.05	-0.7	11e	9 Rp
--------	-----------------	----------	------	-----	------

50m	00:37.10	37.1	100m	01:22.62	45.52
150m	02:07.43	44.81	200m	02:45.05	37.62

DENEIR Niels GU **GOLD /10349/03**

Wed 07	100m vrije slag	01:14.24	0.83	24e	7 Rp						
<table> <tr> <td>50m</td> <td>00:35.42</td> <td>35.42</td> <td>100m</td> <td>01:14.24</td> <td>38.82</td> </tr> </table>						50m	00:35.42	35.42	100m	01:14.24	38.82
50m	00:35.42	35.42	100m	01:14.24	38.82						

Wed 27	400m vrije slag	05:29.92	-0.7	14e	10 Rp
--------	-----------------	----------	------	-----	-------

50m	00:36.79	36.79	100m	01:18.37	41.58
150m	02:00.11	41.74	200m	02:42.12	42.01
250m	03:24.19	42.07	300m	04:06.57	42.38
350m	04:48.61	42.04	400m	05:29.92	41.31

Wed 37	100m vlinderslag	01:29.99	-4.8	16e	1 Rp
--------	------------------	----------	------	-----	------

50m	00:41.32	41.32	100m	01:29.99	48.67
-----	----------	-------	------	----------	-------

HERMAN Cian GU **GOLD /10298/01**

Wed 03	200m wisselslag	02:32.93	0.38	4e	10 Rp
--------	-----------------	----------	------	----	-------

Wed 09	400m vrije slag	04:38.69	-7.1	4e	13 Rp
--------	-----------------	----------	------	----	-------

50m	00:31.78	31.78	100m	01:06.81	35.03
150m	01:42.62	35.81	200m	02:18.18	35.56
250m	02:54.20	36.02	300m	03:29.90	35.7
350m	04:05.50	35.6	400m	04:38.69	33.19

Wed 17	100m vrije slag	01:02.54	1.76	9e	9 Rp
--------	-----------------	----------	------	----	------

50m	00:30.70	30.7	100m	01:02.54	31.84
-----	----------	------	------	----------	-------

Wed 33	100m rugslag	01:11.03	-0.2	3e	9 Rp
--------	--------------	----------	------	----	------

Wed 40	400m wisselslag	05:21.55		3e	12 Rp
--------	-----------------	----------	--	----	-------

50m	00:35.94	35.94	100m	01:16.37	40.43
150m	01:58.14	41.77	200m	02:39.38	41.24
250m	03:24.88	45.5	300m	04:11.06	46.18
350m	04:46.84	35.78	400m	05:21.55	34.71

HERMAN Lara GM **GOLD /20067/00**

Wed 02	100m vrije slag	01:05.85	1.14	31e	7 Rp
--------	-----------------	----------	------	-----	------

Wed 20	100m rugslag	01:13.37	0.28	11e	8 Rp
--------	--------------	----------	------	-----	------

Wed 32	50m vrije slag	00:29.94	-0.2	16e	9 Rp
--------	----------------	----------	------	-----	------

Wed 43	200m rugslag	02:35.41	-4.2	10e	9 Rp
--------	--------------	----------	------	-----	------



18/07/2014

2014_CB-Cat_BK-Kat I - Charleroi

GOLD Swimming Team
Live slow, swim fast!**LOGGHE Nicolas** GM **GOLD /10071/00**Wed 01 50m vrije slag 00:27.02 -0.9 2e 11 Rp
Wed 09 400m vrije slag 04:30.63 -8.6 8e 13 Rp

50m	00:31.79	31.79	100m	01:04.28	32.49
150m	01:38.06	33.78	200m	02:12.80	34.74
250m	02:48.03	35.23	300m	03:23.34	35.31
350m	03:59.25	35.91	400m	04:30.63	31.38

Wed 17 100m vrije slag 00:57.73 -0.5 4e 13 Rp
50m 00:27.98 27.98 100m 00:57.73 29.75Wed 31 200m vrije slag 02:06.41 -2.4 3e 13 Rp
50m 00:29.82 29.82 100m 01:01.02 31.2
150m 01:34.58 33.56 200m 02:06.41 31.83

Wed 33 100m rugslag 01:07.15 -1.1 4e 11 Rp

Wed 40 400m wisselslag 05:14.78 -20 10e 11 Rp
50m 00:32.35 32.35 100m 01:11.42 39.07
150m 01:51.68 40.26 200m 02:30.92 39.24
250m 03:17.26 46.34 300m 04:04.58 47.32
350m 04:40.86 36.28 400m 05:14.78 33.92**MOERMAN Helena** GM **GOLD /20072/00**Wed 02 100m vrije slag 01:03.51 -0.8 7e 10 Rp
Wed 18 200m vrije slag 02:20.03 2.37 12e 8 Rp

50m	00:33.15	33.15	100m	01:09.14	35.99
150m	01:46.59	37.45	200m	02:20.03	33.44

Wed 32 50m vrije slag 00:29.86 -0.2 14e 9 Rp

Wed 41 400m vrije slag 04:54.03 2.59 15e 9 Rp
50m 00:33.30 33.3 100m 01:10.28 36.98
150m 01:48.12 37.84 200m 02:25.86 37.74
250m 03:04.01 38.15 300m 03:41.72 37.71
350m 04:19.12 37.4 400m 04:54.03 34.91**ONGENAE Dries** GU **GOLD /10350/00**Wed 01 50m vrije slag 00:27.63 0.44 11e 10 Rp
Wed 09 400m vrije slag 04:30.37 -7.9 7e 13 Rp

50m	00:31.07	31.07	100m	01:05.29	34.22
150m	01:40.23	34.94	200m	02:15.79	35.56
250m	02:49.56	33.77	300m	03:24.57	35.01
350m	03:58.13	33.56	400m	04:30.37	32.24

Wed 17 100m vrije slag 00:59.21 -0.3 10e 11 Rp
50m 00:28.67 28.67 100m 00:59.21 30.54Wed 31 200m vrije slag 02:08.74 -1.1 9e 12 Rp
50m 00:29.53 29.53 100m 01:02.54 33.01
150m 01:36.50 33.96 200m 02:08.74 32.24**SPINCEMAILLE Laura** GU **GOLD /20301/00**Wed 04 100m schoolslag 01:28.38 1.76 24e 3 Rp
Wed 20 100m rugslag 01:19.48 1.6 37e 2 RpWed 36 100m vlinderslag 01:16.01 3.81 19e 3 Rp
50m 00:34.74 34.74 100m 01:16.01 41.27Wed 41 400m vrije slag 05:09.22 3.43 33e 5 Rp
50m 00:35.37 35.37 100m 01:14.08 38.71
150m 01:53.85 39.77 200m 02:33.31 39.46
250m 03:12.82 39.51 300m 03:52.65 39.83
350m 04:32.19 39.54 400m 05:09.22 37.03**VANDECASTEELE Matis** GM **GOLD /10365/03**Wed 07 100m vrije slag 01:11.19 -0.09 14e 10 Rp
50m 00:35.00 35 100m 01:11.19 36.19Wed 11 100m schoolslag 01:32.70 -1.6 8e 10 Rp
50m 00:44.58 44.58 100m 01:32.70 48.12

Wed 23 100m rugslag 01:22.82 -1.6 11e 9 Rp

Wed 42 200m wisselslag 02:59.85 -8.6 19e 9 Rp
50m 00:41.27 41.27 100m 01:26.62 45.35
150m 02:20.35 53.73 200m 02:59.85 39.5**VANDENABEELE Indra** GM **GOLD /20292/02**Wed 08 100m schoolslag 01:25.46 0.32 5e 10 Rp
50m 00:40.54 40.54 100m 01:25.46 44.92Wed 12 100m vrije slag 01:07.57 -1.6 13e 10 Rp
50m 00:31.86 31.86 100m 01:07.57 35.71Wed 24 400m vrije slag 05:15.16 -3.6 24e 9 Rp
50m 00:34.96 34.96 100m 01:15.02 40.06
150m 01:55.52 40.5 200m 02:35.98 40.46
250m 03:15.87 39.89 300m 03:57.18 41.31
350m 04:37.30 40.12 400m 05:15.16 37.86

Wed 28 100m rugslag 01:21.66 -0.8 32e 4 Rp

Wed 38 200m wisselslag 02:51.01 -0.08 23e 7 Rp
50m 00:38.16 38.16 100m 01:22.71 44.55
150m 02:11.22 48.51 200m 02:51.01 39.79**VANHOUCKE Louka** GM **GOLD /10363/02**Wed 07 100m vrije slag 01:04.36 -0.1 7e 12 Rp
50m 00:30.85 30.85 100m 01:04.36 33.51Wed 27 400m vrije slag 04:48.58 -5.7 2e 13 Rp
50m 00:31.80 31.8 100m 01:07.50 35.7
150m 01:44.26 36.76 200m 02:21.39 37.13
250m 02:58.56 37.17 300m 03:36.33 37.77
350m 04:13.80 37.47 400m 04:48.58 34.78Wed 37 100m vlinderslag 01:11.20 -2.6 2e 12 Rp
50m 00:32.56 32.56 100m 01:11.20 38.64Wed 42 200m wisselslag 02:33.97 -4.3 1e 14 Rp
50m 00:32.87 32.87 100m 01:12.54 39.67
150m 01:59.46 46.92 200m 02:33.97 34.51