

AFLOS Dames 1 GG **GOLD**

Wed 18	4x50m wisselslag	02:18.61	3e
Anouk D/Alexine T/Lente L/Sarah V			
50m	00:34.42	34.42	100m 01:12.59 38.17
150m	01:47.91	35.32	200m 02:18.61 30.7

Wed 35	4x50m vrije slag	02:04.27	4e
Anouk D/Luna S/Lente L/Sarah V			
50m	00:29.75	29.75	100m 01:02.28 32.53
150m	01:33.78	31.5	200m 02:04.27 30.49

AFLOS Dames 2 GG **GOLD**

Wed 35	4x50m vrije slag	01:56.95	3e
Laura S/Charlotte A/Lara H/Leonie A			
50m	00:30.24	30.24	100m 01:00.33 30.09
150m	01:28.88	28.55	200m 01:56.95 28.07

AFLOS Heren 1 GG **GOLD**

Wed 17	4x50m vrije slag	02:04.46	4e
Thomas D/Goan D/Elian M/Thijs V			
50m	00:30.17	30.17	100m 01:01.49 31.32
150m	01:33.05	31.56	200m 02:04.46 31.41

Wed 36	4x50m wisselslag	02:19.07	3e
Matisse C/Miguel D/Thibault V/Elian M			
50m	00:32.40	32.4	100m 01:12.07 39.67
150m	01:47.74	35.67	200m 02:19.07 31.33

AFLOS Heren 2 GG **GOLD**

Wed 17	4x50m vrije slag	01:44.36	1e
Simon B/Simon C/Lucas D/Dante S			
50m	00:25.50	25.5	100m 00:52.63 27.13
150m	01:18.07	25.44	200m 01:44.36 26.29

Wed 36	4x50m wisselslag	01:56.73	2e
Jannes H/Dante S/Tim C/Dries O			
50m	00:31.14	31.14	100m 01:04.33 33.19
150m	01:30.58	26.25	200m 01:56.73 26.15

ANCKAERT Arthur GU **GOLD /10208/99**

Wed 11	200m vrije slag	02:27.42	0.08	5e
50m	00:32.74	32.74	100m 01:10.53 37.79	
150m	01:49.62	39.09	200m 02:27.42 37.8	

Wed 13	50m schoolslag	00:40.85	0.22	5e
Wed 15	100m rugslag	01:23.41	1.75	5e
50m	00:40.02	40.02	100m 01:23.41 43.39	

Wed 19	100m schoolslag	01:27.20	-0.09	5e
50m	00:41.03	41.03	100m 01:27.20 46.17	

Wed 24	200m rugslag	02:56.08	6.76	4e
50m	00:40.37	40.37	100m 01:25.59 45.22	
150m	02:11.70	46.11	200m 02:56.08 44.38	

ANCKAERT Charlotte GU **GOLD /20213/99**

Wed 01	100m schoolslag	01:28.27	0.13	2e
50m	00:41.99	41.99	100m 01:28.27 46.28	

Wed 03	50m vlinderslag	00:35.13	1.29	4e
--------	-----------------	----------	------	----

Wed 08	100m vrije slag	01:09.09	1.77	7e 1 Rp
50m	00:32.90	32.9	100m 01:09.09 36.19	

Wed 22	50m vrije slag	00:31.03	0.12	4e 4 Rp
--------	----------------	----------	------	---------

Wed 25	200m schoolslag	03:06.53	3.37	4e 1 Rp
50m	00:42.26	42.26	100m 01:29.17 46.91	
150m	02:17.21	48.04	200m 03:06.53 49.32	

Wed 29	200m vrije slag	02:33.83		4e
50m	00:34.08	34.08	100m 01:13.32 39.24	
150m	01:54.21	40.89	200m 02:33.83 39.62	

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

Wed 22	50m vrije slag	00:28.45	0.95	4e 11 Rp
--------	----------------	----------	------	----------

Wed 29	200m vrije slag	02:19.37	6.35	3e 8 Rp
50m	00:32.19	32.19	100m 01:07.85 35.66	
150m	01:43.98	36.13	200m 02:19.37 35.39	

Wed 33	100m rugslag	01:13.87	4.41	5e 6 Rp
50m	00:35.53	35.53	100m 01:13.87 38.34	

BEKAERT Thibaut GU **GOLD /10282/00**

Wed 04	50m vrije slag	00:28.66	-0.6	8e 3 Rp
--------	----------------	----------	------	---------

Wed 11	200m vrije slag	02:20.72	1.4	11e 1 Rp
50m	00:31.28	31.28	100m 01:07.68 36.4	
150m	01:45.15	37.47	200m 02:20.72 35.57	

Wed 15	100m rugslag	01:16.74	3.17	8e
50m	00:36.92	36.92	100m 01:16.74 39.82	

Wed 21	50m vlinderslag	00:31.58	-0.2	7e
--------	-----------------	----------	------	----

Wed 26	100m vrije slag	01:04.02	-0.1	11e 1 Rp
50m	00:30.94	30.94	100m 01:04.02 33.08	

Wed 30	50m rugslag	00:34.88	-0.4	3e
--------	-------------	----------	------	----

Wed 32	400m vrije slag	04:58.41	-2.5	7e 1 Rp
50m	00:33.33	33.33	100m 01:10.47 37.14	
150m	01:49.01	38.54	200m 02:27.07 38.06	
250m	03:06.35	39.28	300m 03:45.08 38.73	
350m	04:23.57	38.49	400m 04:58.41 34.84	



15/10/2016

Provinciale Kampioenschappen 2016 - Brugge

GOLD Swimming Team
Live slow, swim fast!



HIGHS
SPORTS NUTRITION

Verzekeringen
Vanluchene
Coastrozebeke

Frptimize
www.prooptimize.be



ELIET
Tuinmachines - www.eliel.eu

Bouwendemering
LAEVENS
Nieuwbouw - Verbouwingen

TVH
www.tvh.com



BRADT Frauke		GU	GOLD /21004/04	
Wed 03	50m vlinderslag	00:39.74	-2.9	4e
Wed 08	100m vrije slag	01:12.86	-1	8e 4 Rp
	50m	00:34.65	34.65	100m 01:12.86 38.21
Wed 10	200m wisselslag	03:05.79	-3.8	14e
	50m	00:43.17	43.17	100m 01:32.52 49.35
	150m	02:25.30	52.78	200m 03:05.79 40.49
Wed 12	50m rugslag	00:43.39	0.75	6e
Wed 22	50m vrije slag	00:32.78	-1.9	9e 6 Rp
Wed 25	200m schoolslag	03:28.58	-32	12e
	50m	00:46.63	46.63	100m 01:41.22 54.59
	150m	02:34.40	53.18	200m 03:28.58 54.18
Wed 29	200m vrije slag	02:41.83	-11	7e 3 Rp
	50m	00:36.60	36.6	100m 01:18.12 41.52
	150m	02:00.64	42.52	200m 02:41.83 41.19
Wed 33	100m rugslag	01:32.71	1.57	14e
	50m	00:45.11	45.11	100m 01:32.71 47.6

BRAEKEVELD Jana		GU	GOLD /21005/03	
Wed 03	50m vlinderslag	00:37.47	-0.4	10e
Wed 08	100m vrije slag	01:09.48	0.01	16e 5 Rp
	50m	00:34.37	34.37	100m 01:09.48 35.11
Wed 10	200m wisselslag	03:04.81	8.7	20e
	50m	00:40.05	40.05	100m 01:26.43 46.38
	150m	02:25.38	58.95	200m 03:04.81 39.43

BREDA Simon		GU	GOLD /10257/91	
Wed 04	50m vrije slag	00:25.47	0.42	2e 8 Rp
Wed 13	50m schoolslag	00:32.05	1.18	2e 7 Rp

CALLEWAERT Matisse		GU	GOLD /10353/02	
Wed 26	100m vrije slag	00:59.35	-3.7	2e 10 Rp
	50m	00:28.67	28.67	100m 00:59.35 30.68
Wed 28	200m wisselslag	02:31.80	1.94	3e 8 Rp
	50m	00:32.24	32.24	100m 01:13.62 41.38
	150m	01:56.61	42.99	200m 02:31.80 35.19

CAMERLYNCK Tim		GM	GOLD /10063/98	
Wed 19	100m schoolslag	01:12.01	2.1	3e 7 Rp
	50m	00:34.42	34.42	100m 01:12.01 37.59
Wed 26	100m vrije slag	00:55.96	2.37	2e 10 Rp
	50m	00:26.87	26.87	100m 00:55.96 29.09
Wed 30	50m rugslag	00:30.81		3e 5 Rp

CASTEUR Margaux		GU	GOLD /21012/03	
Wed 01	100m schoolslag	01:27.11	-1.2	9e 5 Rp
	50m	00:41.51	41.51	100m 01:27.11 45.6
Wed 08	100m vrije slag	01:13.36	-1.1	21e
	50m	00:35.16	35.16	100m 01:13.36 38.2
Wed 10	200m wisselslag	03:00.57	1.39	16e
	50m	00:41.53	41.53	100m 01:28.86 47.33
	150m	02:18.78	49.92	200m 03:00.57 41.79
Wed 22	50m vrije slag	00:32.62	-2	18e 3 Rp

CASTEUR Xander		GU	GOLD /11018/04	
Wed 04	50m vrije slag	00:30.60	-1.0	3e 9 Rp
Wed 07	200m schoolslag	03:09.45	-3.7	1e 7 Rp
	50m	00:43.14	43.14	100m 01:31.93 48.79
	150m	02:20.47	48.54	200m 03:09.45 48.98
Wed 19	100m schoolslag	01:27.26	-2.1	1e 7 Rp
	50m	00:40.88	40.88	100m 01:27.26 46.38
Wed 26	100m vrije slag	01:07.02	-1.5	2e 8 Rp
	50m	00:32.06	32.06	100m 01:07.02 34.96

COOREVITS Simon		GU	GOLD /10340/01	
Wed 19	100m schoolslag	01:25.44	-2.8	9e
	50m	00:40.36	40.36	100m 01:25.44 45.08
Wed 24	200m rugslag	02:52.81		4e
	50m	00:40.57	40.57	100m 01:25.68 45.11
	150m	02:10.73	45.05	200m 02:52.81 42.08
Wed 32	400m vrije slag	04:57.82	-1.3	6e 3 Rp
	50m	00:32.36	32.36	100m 01:09.73 37.37
	150m	01:48.14	38.41	200m 02:26.40 38.26
	250m	03:05.64	39.24	300m 03:45.08 39.44
	350m	04:22.58	37.5	400m 04:57.82 35.24

CRETEUR Renée		GU	GOLD /21060/06	
Wed 23	400m vrije slag	06:43.75		12e
	50m	00:43.01	43.01	100m 01:32.23 49.22
	150m	02:24.09	51.86	200m 03:16.08 51.99
	250m	04:08.59	52.51	300m 05:00.74 52.15
	350m	05:54.15	53.41	400m 06:43.75 49.6

DE MOOR Pauline		GM	GOLD /21066/06	
Wed 05	200m wisselslag	03:48.91	-24	15e
	50m	00:57.64	57.64	100m 01:54.91 57.27
	150m	02:58.55	63.64	200m 03:48.91 50.36
Wed 23	400m vrije slag	06:54.72		14e
	50m	00:44.79	44.79	100m 01:37.06 52.27
	150m	02:30.79	53.73	200m 03:24.65 53.86
	250m	04:16.90	52.25	300m 05:10.05 53.15
	350m	06:03.15	53.1	400m 06:54.72 51.57



15/10/2016

Provinciale Kampioenschappen 2016 - Brugge

GOLD Swimming Team
Live slow, swim fast!



HIGHS
SPORTS NUTRITION

Verzekeringen
Vanluchene
Oostrozebeke

Frptimize
www.prooptimize.be



CASTCO
www.castco.be

ELIET
Tuinmachines - www.eliel.eu

Bouwenderneming
LAEVENS
Nieuwbouw - Verbouwingen

TVH
www.tvh.com

DAZZLE
EVENTS

DEBLOCK Lucas GU GOLD /10231/00

Wed 11 200m vrije slag 02:09.97 3.36 5e 7 Rp

50m	00:28.84	28.84	100m	01:01.50	32.66
150m	01:35.78	34.28	200m	02:09.97	34.19

Wed 15 100m rugslag 01:06.03 0.5 2e 7 Rp

50m	00:31.41	31.41	100m	01:06.03	34.62
-----	----------	-------	------	----------	-------

Wed 21 50m vlinderslag 00:28.84 0.34 4e 8 Rp

Wed 26 100m vrije slag 00:56.85 -0.4 4e 11 Rp

50m	00:27.14	27.14	100m	00:56.85	29.71
-----	----------	-------	------	----------	-------

Wed 28 200m wisselslag 02:28.39 1.78 3e 6 Rp

50m	00:29.48	29.48	100m	01:08.15	38.67
150m	01:53.76	45.61	200m	02:28.39	34.63

DEBLOCK Thomas GU GOLD /10346/02

Wed 11 200m vrije slag 02:23.86 0.61 13e 3 Rp

50m	00:33.48	33.48	100m	01:10.60	37.12
150m	01:47.84	37.24	200m	02:23.86	36.02

Wed 15 100m rugslag 01:18.08 3.64 13e

50m	00:37.40	37.4	100m	01:18.08	40.68
-----	----------	------	------	----------	-------

Wed 19 100m schoolslag 01:23.57 0.59 3e 1 Rp

50m	00:39.14	39.14	100m	01:23.57	44.43
-----	----------	-------	------	----------	-------

Wed 26 100m vrije slag 01:06.34 0.45 12e 2 Rp

50m	00:31.53	31.53	100m	01:06.34	34.81
-----	----------	-------	------	----------	-------

Wed 28 200m wisselslag 02:46.38 6.11 6e 1 Rp

50m	00:35.90	35.9	100m	01:19.01	43.11
150m	02:07.48	48.47	200m	02:46.38	38.9

DEHAUDT Fernando GM GOLD /11029/05

Wed 21 50m vlinderslag 00:38.69 -1.3 4e 1 Rp

Wed 24 200m rugslag 02:51.37 -6.7 4e 11 Rp

50m	00:41.75	41.75	100m	01:25.54	43.79
150m	02:09.66	44.12	200m	02:51.37	41.71

DEHAUDT Malou GM GOLD /20393/04

Wed 27 200m vlinderslag 02:51.00 3.81 1e 8 Rp

50m	00:37.00	37	100m	01:21.42	44.42
150m	02:05.92	44.5	200m	02:51.00	45.08

DELBECQUE Tore GM GOLD /11015/00

Wed 19 100m schoolslag 01:16.87 3.92 3e 5 Rp

50m	00:36.14	36.14	100m	01:16.87	40.73
-----	----------	-------	------	----------	-------

Wed 26 100m vrije slag 01:04.69 -0.2 14e 1 Rp

50m	00:31.56	31.56	100m	01:04.69	33.13
-----	----------	-------	------	----------	-------

DEMETS Sarah GU GOLD /21062/05

Wed 22 50m vrije slag 00:41.89 -1.4 23e

Wed 25 200m schoolslag 03:36.82 14e 1 Rp

50m	00:47.70	47.7	100m	01:43.61	55.91
150m	02:39.86	56.25	200m	03:36.82	56.96

Wed 33 100m rugslag 01:43.98 1.92 23e

50m	00:49.76	49.76	100m	01:43.98	54.22
-----	----------	-------	------	----------	-------

DEMEYERE Anouk GU GOLD /20399/02

Wed 10 200m wisselslag 02:39.60 5.65 3e 8 Rp

50m	00:33.87	33.87	100m	01:13.26	39.39
150m	02:00.92	47.66	200m	02:39.60	38.68

Wed 16 100m vlinderslag 01:18.51 -7.1 5e

50m	00:35.21	35.21	100m	01:18.51	43.3
-----	----------	-------	------	----------	------

Wed 29 200m vrije slag 02:19.53 1.75 5e 9 Rp

50m	00:31.08	31.08	100m	01:06.82	35.74
150m	01:44.20	37.38	200m	02:19.53	35.33

Wed 33 100m rugslag 01:12.43 1.2 4e 9 Rp

50m	00:35.57	35.57	100m	01:12.43	36.86
-----	----------	-------	------	----------	-------

DEMUYNCK Thibaut GU GOLD /10387/02

Wed 07 200m schoolslag 02:59.55 1.19 4e 2 Rp

50m	00:39.43	39.43	100m	01:25.40	45.97
150m	02:13.02	47.62	200m	02:59.55	46.53

Wed 13 50m schoolslag 00:37.25 -1.2 4e 4 Rp

Wed 19 100m schoolslag 01:24.17 1.93 4e 1 Rp

50m	00:38.94	38.94	100m	01:24.17	45.23
-----	----------	-------	------	----------	-------

Wed 26 100m vrije slag 01:08.22 -5.3 13e

50m	00:31.49	31.49	100m	01:08.22	36.73
-----	----------	-------	------	----------	-------

DENEIR Niels GU GOLD /10349/03

Wed 02 400m wisselslag 05:47.54 5.56 5e 5 Rp

50m	00:36.97	36.97	100m	01:21.64	44.67
150m	02:09.02	47.38	200m	02:52.30	43.28
250m	03:42.41	50.11	300m	04:31.24	48.83
350m	05:10.85	39.61	400m	05:47.54	36.69

Wed 11 200m vrije slag 02:20.32 0.02 7e 7 Rp

50m	00:32.03	32.03	100m	01:08.89	36.86
150m	01:45.79	36.9	200m	02:20.32	34.53

DENEIR Silken GU GOLD /20051/99

Wed 20 400m wisselslag 05:40.11 1.22 1e 5 Rp

50m	00:34.75	34.75	100m	01:16.42	41.67
150m	02:04.08	47.66	200m	02:49.23	45.15
250m	03:35.10	45.87	300m	04:22.34	47.24
350m	05:02.42	40.08	400m	05:40.11	37.69

Wed 25 200m schoolslag 02:56.76 8.89 2e 6 Rp

50m	00:39.82	39.82	100m	01:24.71	44.89
150m	02:11.49	46.78	200m	02:56.76	45.27



GOLD Swimming Team
Live slow, swim fast!

15/10/2016

Provinciale Kampioenschappen 2016 - Brugge



HIGHS
SPORTS NUTRITION

Verzekeringen
Vanluchene
Oostrozebeke

Frptimize
www.prooptimize.be



ELIET
Tuinmachines - www.eliel.eu

Bouwendemering
LAEVENS
Nieuwbouw - Verbouwingen



DENYS Margo GU **GOLD / 20382/02**

Wed 08	100m vrije slag	01:16.32	2	25e
	50m	00:36.11	36.11	100m 01:16.32 40.21

Wed 12	50m rugslag	00:40.28	-0.9	8e
--------	-------------	----------	------	----

Wed 22	50m vrije slag	00:34.01	-1.2	23e
--------	----------------	----------	------	-----

Wed 29	200m vrije slag	02:46.62	6.03	25e
	50m	00:37.11	37.11	100m 01:19.46 42.35
	150m	02:03.31	43.85	200m 02:46.62 43.31

Wed 33	100m rugslag	01:26.29	1.84	18e
	50m	00:42.25	42.25	100m 01:26.29 44.04

DEQUESNE Jari GU **GOLD / 10114/99**

Wed 11	200m vrije slag	02:20.35		4e
	50m	00:32.06	32.06	100m 01:08.48 36.42
	150m	01:44.81	36.33	200m 02:20.35 35.54

Wed 13	50m schoolslag	00:39.30		4e
--------	----------------	----------	--	----

DESCAMPS Stan GM **GOLD / 11050/06**

Wed 05	200m wisselslag	03:35.54	-3.9	8e
	50m	00:52.53	52.53	100m 01:48.30 55.77
	150m	02:52.14	63.84	200m 03:35.54 43.4

Wed 23	400m vrije slag	06:13.25	6e	4 Rp
	50m	00:39.54	39.54	100m 01:26.45 46.91
	150m	02:16.11	49.66	200m 03:04.85 48.74
	250m	03:52.60	47.75	300m 04:41.70 49.1
	350m	05:28.57	46.87	400m 06:13.25 44.68

DESCHUYMER Sam GU **GOLD / 10116/94**

Wed 24	200m rugslag	02:44.77		2e
	50m	00:35.26	35.26	100m 01:15.97 40.71
	150m	01:59.20	43.23	200m 02:44.77 45.57

DESIMPELAERE Aurelie GM **GOLD / 21043/06**

Wed 23	400m vrije slag	06:03.21	1e	7 Rp
	50m	00:38.93	38.93	100m 01:23.30 44.37
	150m	02:09.29	45.99	200m 02:56.69 47.4
	250m	03:43.37	46.68	300m 04:31.23 47.86
	350m	05:18.03	46.8	400m 06:03.21 45.18

DESIMPELAERE Miguel GM **GOLD / 11021/04**

Wed 19	100m schoolslag	01:27.47	0.4	2e 6 Rp
	50m	00:41.22	41.22	100m 01:27.47 46.25

Wed 24	200m rugslag	02:44.67	2.04	1e 7 Rp
	50m	00:38.58	38.58	100m 01:20.99 42.41
	150m	02:03.11	42.12	200m 02:44.67 41.56

Wed 32	400m vrije slag	05:08.96	-32	1e 8 Rp
	50m	00:34.28	34.28	100m 01:11.68 37.4
	150m	01:51.09	39.41	200m 02:30.77 39.68
	250m	03:11.01	40.24	300m 03:51.05 40.04
	350m	04:31.25	40.2	400m 05:08.96 37.71

DUJARDIN Faye GM **GOLD / 21035/06**

Wed 05	200m wisselslag	03:17.23	-2.3	2e 6 Rp
	50m	00:47.00	47	100m 01:39.37 52.37
	150m	02:33.63	54.26	200m 03:17.23 43.6

DUJARDIN Goan GM **GOLD / 11020/04**

Wed 04	50m vrije slag	00:30.94	-2.3	4e 8 Rp
--------	----------------	----------	------	---------

Wed 11	200m vrije slag	02:29.01	-2.3	3e 8 Rp
	50m	00:34.17	34.17	100m 01:12.76 38.59
	150m	01:52.23	39.47	200m 02:29.01 36.78

Wed 15	100m rugslag	01:22.88	-2.2	5e 1 Rp
	50m	00:40.52	40.52	100m 01:22.88 42.36

EGGERMONT Steven GU **GOLD / 10018/94**

Wed 19	100m schoolslag	01:19.19	0.39	3e
	50m	00:36.35	36.35	100m 01:19.19 42.84

Wed 26	100m vrije slag	01:02.97	0.91	3e
	50m	00:29.54	29.54	100m 01:02.97 33.43

ENGELAERE Evie GU **GOLD / 21038/04**

Wed 03	50m vlinderslag	00:39.20	-7.3	3e
--------	-----------------	----------	------	----

Wed 06	200m rugslag	03:23.29	-9.3	11e
	50m	00:46.70	46.7	100m 01:39.38 52.68
	150m	02:32.91	53.53	200m 03:23.29 50.38

Wed 22	50m vrije slag	00:33.91	-2.0	11e 3 Rp
--------	----------------	----------	------	----------

Wed 25	200m schoolslag	03:25.65	-11	8e 1 Rp
	50m	00:45.27	45.27	100m 01:39.31 54.04
	150m	02:34.36	55.05	200m 03:25.65 51.29

Wed 29	200m vrije slag	02:56.07	-30	11e
	50m	00:38.83	38.83	100m 01:24.69 45.86
	150m	02:12.20	47.51	200m 02:56.07 43.87

FABBRO Hubert GU **GOLD / 11033/04**

Wed 07	200m schoolslag	03:37.78	-2.5	5e
	50m	00:50.76	50.76	100m 01:46.00 55.24
	150m	02:43.86	57.86	200m 03:37.78 53.92

Wed 13	50m schoolslag	00:49.91	0.91	5e
--------	----------------	----------	------	----

Wed 15	100m rugslag	01:32.26	-0.6	14e
	50m	00:44.73	44.73	100m 01:32.26 47.53

GEERAERT Fien GU **GOLD / 20378/02**

Wed 03	50m vlinderslag	00:38.81	-2.3	11e
--------	-----------------	----------	------	-----

Wed 06	200m rugslag	03:00.21	-5	8e
	50m	00:44.10	44.1	100m 01:30.24 46.14
	150m	02:16.22	45.98	200m 03:00.21 43.99

Wed 08	100m vrije slag	01:11.77	1.03	20e
	50m	00:33.89	33.89	100m 01:11.77 37.88

Wed 12	50m rugslag	00:40.09	-1.3	7e
--------	-------------	----------	------	----



15/10/2016

Provinciale Kampioenschappen 2016 - Brugge

GOLD Swimming Team
Live slow, swim fast!



HIGHS
SPORTS NUTRITION

Verzekeringen
Vanluchene
Oostrozebeke

Frptimize
www.prooptimize.be



ASTCO
www.astco.be

ELIET
Tuinmachines - www.eliel.eu

Bouwendemering
LAEVENS
Nieuwbouw - Verbouwingen

TVH
www.tvh.com

DAZZLE
EVENTS

HARTING Ruben GM GOLD /11052/04

Wed 04 50m vrije slag 00:35.62 -2.3 14e

Wed 11 200m vrije slag 03:05.20 10.8 19e

50m	00:39.16	39.16	100m	01:27.36	48.2
150m	02:17.72	50.36	200m	03:05.20	47.48

Wed 21 50m vlinderslag 00:44.41 5.54 8e

HERMAN Lara GM GOLD /20067/00

Wed 22 50m vrije slag 00:29.44 0.95 9e 8 Rp

Wed 33 100m rugslag 01:08.48 0.85 1e 11 Rp

50m	00:33.44	33.44	100m	01:08.48	35.04
-----	----------	-------	------	----------	-------

HIMPE Jannes GM GOLD /10068/98

Wed 26 100m vrije slag 00:57.91 1.72 3e 7 Rp

50m	00:27.74	27.74	100m	00:57.91	30.17
-----	----------	-------	------	----------	-------

Wed 30 50m rugslag 00:31.03 0.58 4e 4 Rp

HIMPE Thieben GM GOLD /11023/05

Wed 19 100m schoolslag 01:50.03 14e

50m	00:53.18	53.18	100m	01:50.03	56.85
-----	----------	-------	------	----------	-------

Wed 26 100m vrije slag 01:23.23 2.42 20e

50m	00:39.28	39.28	100m	01:23.23	43.95
-----	----------	-------	------	----------	-------

Wed 30 50m rugslag 00:43.65 1.19 5e

LAZOU Lente GU GOLD /21013/05

Wed 10 200m wisselslag 02:52.69 -3 7e 10 Rp

50m	00:38.34	38.34	100m	01:25.04	46.7
150m	02:14.32	49.28	200m	02:52.69	38.37

Wed 29 200m vrije slag 02:31.30 1.49 5e 11 Rp

50m	00:34.57	34.57	100m	01:14.12	39.55
150m	01:53.52	39.4	200m	02:31.30	37.78

LECOMPTE Lennert GM GOLD /11073/04

Wed 30 50m rugslag 00:43.94 6e

Wed 32 400m vrije slag 06:49.85 14e

50m	00:43.56	43.56	100m	01:33.36	49.8
150m	02:26.43	53.07	200m	03:18.40	51.97
250m	04:12.63	54.23	300m	05:05.69	53.06
350m	06:00.24	54.55	400m	06:49.85	49.61

MABBE Elian GU GOLD /11042/04

Wed 11 200m vrije slag 02:32.76 -0.6 6e 6 Rp

50m	00:34.37	34.37	100m	01:13.91	39.54
150m	01:54.70	40.79	200m	02:32.76	38.06

Wed 15 100m rugslag 01:24.28 4.42 8e

50m	00:40.86	40.86	100m	01:24.28	43.42
-----	----------	-------	------	----------	-------

Wed 19 100m schoolslag 01:37.11 -3.6 6e

50m	00:47.26	47.26	100m	01:37.11	49.85
-----	----------	-------	------	----------	-------

Wed 24 200m rugslag 02:53.16 -11 6e 4 Rp

50m	00:41.55	41.55	100m	01:27.54	45.99
150m	02:11.95	44.41	200m	02:53.16	41.21

Wed 26 100m vrije slag 01:10.28 2.48 7e 5 Rp

50m	00:33.95	33.95	100m	01:10.28	36.33
-----	----------	-------	------	----------	-------

Wed 32 400m vrije slag 05:29.10 6.94 5e 3 Rp

50m	00:36.48	36.48	100m	01:18.44	41.96
150m	02:00.90	42.46	200m	02:43.26	42.36
250m	03:26.13	42.87	300m	04:09.40	43.27
350m	04:51.25	41.85	400m	05:29.10	37.85

MABBE Norah GU GOLD /21064/06

Wed 05 200m wisselslag 03:55.64 16e

50m	00:59.30	59.3	100m	01:57.97	58.67
150m	02:58.76	60.79	200m	03:55.64	56.88

Wed 23 400m vrije slag 07:18.33 18e

50m	00:48.63	48.63	100m	01:44.30	55.67
150m	02:41.64	57.34	200m	03:38.47	56.83
250m	04:35.37	56.9	300m	05:31.57	56.2
350m	06:25.18	53.61	400m	07:18.33	53.15

MIGNAUW Laura GU GOLD /21039/05

Wed 10 200m wisselslag 03:12.13 -1.4 15e 2 Rp

50m	00:46.39	46.39	100m	01:35.45	49.06
150m	02:31.79	56.34	200m	03:12.13	40.34

Wed 14 400m vrije slag 06:03.34 9.84 10e 2 Rp

50m	00:39.89	39.89	100m	01:24.96	45.07
150m	02:12.14	47.18	200m	02:57.98	45.84
250m	03:45.25	47.27	300m	04:32.19	46.94
350m	05:20.32	48.13	400m	06:03.34	43.02

Wed 29 200m vrije slag 02:49.19 -6.7 10e 2 Rp

50m	00:38.55	38.55	100m	01:22.13	43.58
150m	02:06.24	44.11	200m	02:49.19	42.95

MONDY Yana GU GOLD /21037/04

Wed 03 50m vlinderslag 00:42.92 1.72 5e

Wed 10 200m wisselslag 03:14.21 9.87 16e

50m	00:42.10	42.1	100m	01:34.19	52.09
150m	02:29.61	55.42	200m	03:14.21	44.6

Wed 25 200m schoolslag 03:28.07 -9.6 11e

50m	00:46.50	46.5	100m	01:39.87	53.37
150m	02:34.01	54.14	200m	03:28.07	54.06



15/10/2016

Provinciale Kampioenschappen 2016 - Brugge

GOLD Swimming Team
Live slow, swim fast!



HIGHS
SPORTS NUTRITION

Verzekeringen
Vanluchene
Oostrozebeke

Frptimize
www.prooptimize.be



ONGENAE Dries GU GOLD /10350/00

Wed 26 100m vrije slag 00:56.29 0.95 3e 11 Rp
50m 00:26.93 26.93 100m 00:56.29 29.36

Wed 32 400m vrije slag 04:21.52 12.2 2e 12 Rp

50m	00:29.24	29.24	100m	01:01.55	32.31
150m	01:34.97	33.42	200m	02:08.09	33.12
250m	02:42.00	33.91	300m	03:15.54	33.54
350m	03:49.50	33.96	400m	04:21.52	32.02

OVAERE Jelle GU GOLD /20128/99

Wed 03 50m vlinderslag 00:34.05 0.63 3e 2 Rp

Wed 12 50m rugslag 00:36.23 0.31 4e 1 Rp

Wed 22 50m vrije slag 00:32.16 0.26 6e 1 Rp

Wed 31 50m schoolslag 00:40.54 0.07 2e

Wed 33 100m rugslag 01:22.01 3.43 4e

50m	00:40.27	40.27	100m	01:22.01	41.74
-----	----------	-------	------	----------	-------

OVAERE Luna GM GOLD /21040/06

Wed 05 200m wisselslag 03:24.37 7e 3 Rp

50m	00:46.48	46.48	100m	01:38.51	52.03
150m	02:37.48	58.97	200m	03:24.37	46.89

Wed 23 400m vrije slag 06:39.90 9e

50m	00:43.18	43.18	100m	01:32.16	48.98
150m	02:23.63	51.47	200m	03:14.01	50.38
250m	04:06.97	52.96	300m	04:57.98	51.01
350m	05:50.75	52.77	400m	06:39.90	49.15

POLLET Elena GU GOLD /20347/02

Wed 01 100m schoolslag 01:35.50 1.12 17e

50m	00:44.59	44.59	100m	01:35.50	50.91
-----	----------	-------	------	----------	-------

Wed 06 200m rugslag 03:05.33 0.78 10e

50m	00:42.26	42.26	100m	01:29.48	47.22
150m	02:17.16	47.68	200m	03:05.33	48.17

Wed 10 200m wisselslag 03:04.19 6.75 19e

50m	00:40.37	40.37	100m	01:28.42	48.05
150m	02:20.73	52.31	200m	03:04.19	43.46

RIGOLE Luna GU GOLD /20388/03

Wed 03 50m vlinderslag 00:40.31 -1.0 12e

Wed 06 200m rugslag 02:54.09 5.41 7e 2 Rp

50m	00:40.84	40.84	100m	01:25.09	44.25
150m	02:09.59	44.5	200m	02:54.09	44.5

Wed 12 50m rugslag 00:39.08 0.24 5e

Wed 16 100m vlinderslag 01:33.14 1.41 7e

50m	00:42.14	42.14	100m	01:33.14	51
-----	----------	-------	------	----------	----

Wed 29 200m vrije slag 02:45.42 7.51 24e

50m	00:37.82	37.82	100m	01:20.06	42.24
150m	02:03.50	43.44	200m	02:45.42	41.92

Wed 33 100m rugslag 01:22.52 2.05 14e

50m	00:40.14	40.14	100m	01:22.52	42.38
-----	----------	-------	------	----------	-------

SEIFERT Ibo GU GOLD /11070/06

Wed 23 400m vrije slag 07:03.49 13e

50m	00:42.81	42.81	100m	01:36.28	53.47
150m	02:31.55	55.27	200m	03:28.47	56.92
250m	04:24.02	55.55	300m	05:20.08	56.06
350m	06:15.27	55.19	400m	07:03.49	48.22

SERVAEGE Dante GU GOLD /11014/95

Wed 04 50m vrije slag 00:26.85 -0.1 3e 4 Rp

Wed 13 50m schoolslag 00:33.66 0.19 3e 3 Rp

Wed 19 100m schoolslag 01:15.60 2.88 2e 1 Rp

50m	00:34.63	34.63	100m	01:15.60	40.97
-----	----------	-------	------	----------	-------

Wed 28 200m wisselslag 02:34.13 4.88 1e

50m	00:30.37	30.37	100m	01:12.32	41.95
150m	01:56.76	44.44	200m	02:34.13	37.37

Wed 34 100m vlinderslag 01:08.95 2.01 3e

50m	00:30.07	30.07	100m	01:08.95	38.88
-----	----------	-------	------	----------	-------

SPILLEBEEN Emiel GU GOLD /10203/97

Wed 19 100m schoolslag 01:25.96 1.96 4e

50m	00:39.26	39.26	100m	01:25.96	46.7
-----	----------	-------	------	----------	------

SPINCEMAILLE Laura GU GOLD /20301/00

Wed 10 200m wisselslag 02:46.49 3.22 6e 3 Rp

50m	00:35.23	35.23	100m	01:17.73	42.5
150m	02:05.55	47.82	200m	02:46.49	40.94

Wed 22 50m vrije slag 00:30.96 0.11 12e 4 Rp

Wed 31 50m schoolslag 00:39.95 0.97 3e 1 Rp

Wed 33 100m rugslag 01:19.32 1.61 12e

50m	00:37.72	37.72	100m	01:19.32	41.6
-----	----------	-------	------	----------	------



15/10/2016

Provinciale Kampioenschappen 2016 - Brugge

GOLD Swimming Team
 Live slow, swim fast!

HIGHS
 SPORTS NUTRITION

 Verzekeringen
 Vanluchene
 Oostrozebeke

Frptimize
 www.prooptimize.be


SPINCEMAILLE Luna		GU	GOLD /20381/03	
Wed 01	100m schoolslag	01:31.04	1.73	14e 1 Rp
	50m	00:43.00	43	
	100m	01:31.04	48.04	
Wed 10	200m wisselslag	02:52.88	2.7	12e 3 Rp
	50m	00:39.32	39.32	
	100m	01:24.08	44.76	
	150m	02:14.59	50.51	
	200m	02:52.88	38.29	
Wed 22	50m vrije slag	00:32.87	-0.7	21e 2 Rp
Wed 29	200m vrije slag	02:37.91	6.06	18e 1 Rp
	50m	00:34.62	34.62	
	100m	01:14.89	40.27	
	150m	01:56.31	41.42	
	200m	02:37.91	41.6	
Wed 33	100m rugslag	01:26.45	4.5	19e
	50m	00:42.34	42.34	
	100m	01:26.45	44.11	

SPINCEMAILLE Zita		GU	GOLD /21045/06	
Wed 05	200m wisselslag	03:32.69		11e
	50m	00:47.46	47.46	
	100m	01:43.38	55.92	
	150m	02:43.97	60.59	
	200m	03:32.69	48.72	
Wed 23	400m vrije slag	06:58.96		15e
	50m	00:47.67	47.67	
	100m	01:40.71	53.04	
	150m	02:34.78	54.07	
	200m	03:28.42	53.64	
	250m	04:23.08	54.66	
	300m	05:17.21	54.13	
	350m	06:11.34	54.13	
	400m	06:58.96	47.62	

TRUYE Alexine		GU	GOLD /21011/04	
Wed 10	200m wisselslag	02:40.23	-2.8	1e 12 Rp
	50m	00:37.12	37.12	
	100m	01:18.70	41.58	
	150m	02:03.91	45.21	
	200m	02:40.23	36.32	
Wed 12	50m rugslag	00:37.40	-0.6	1e 6 Rp
Wed 25	200m schoolslag	02:56.58	-4.3	1e 12 Rp
	50m	00:41.29	41.29	
	100m	01:25.89	44.6	
	150m	02:11.84	45.95	
	200m	02:56.58	44.74	

VANDAMME Thijs		GM	GOLD /11055/05	
Wed 11	200m vrije slag	02:30.41	-3.4	4e 12 Rp
	50m	00:34.19	34.19	
	100m	01:12.96	38.77	
	150m	01:53.17	40.21	
	200m	02:30.41	37.24	
Wed 15	100m rugslag	01:20.28	0.5	3e 10 Rp
	50m	00:38.64	38.64	
	100m	01:20.28	41.64	
Wed 24	200m rugslag	02:49.15	-5.1	2e 12 Rp
	50m	00:39.52	39.52	
	100m	01:22.68	43.16	
	150m	02:06.94	44.26	
	200m	02:49.15	42.21	
Wed 26	100m vrije slag	01:09.91	0.11	6e 10 Rp
	50m	00:33.40	33.4	
	100m	01:09.91	36.51	

VANHAVERBEKE Thibault		GU	GOLD /11006/05	
Wed 11	200m vrije slag	02:42.49	1.14	11e 7 Rp
	50m	00:36.04	36.04	
	100m	01:17.92	41.88	
	150m	02:00.26	42.34	
	200m	02:42.49	42.23	
Wed 30	50m rugslag	00:39.16	-0.6	3e 5 Rp
Wed 34	100m vlinderslag	01:24.07	-2.6	3e 5 Rp
	50m	00:40.73	40.73	
	100m	01:24.07	43.34	

VANLUCHEHE Helena		GU	GOLD /21065/05	
Wed 01	100m schoolslag	01:59.86	-1.3	20e
	50m	00:56.67	56.67	
	100m	01:59.86	63.19	
Wed 08	100m vrije slag	01:34.82	1.59	24e
	50m	00:42.52	42.52	
	100m	01:34.82	52.3	
Wed 12	50m rugslag	00:49.70	-1.4	12e

VELLE Mathis		GU	GOLD /11010/03	
Wed 30	50m rugslag	00:44.07	-3.8	7e
Wed 32	400m vrije slag	06:31.01	-5.5	8e
	50m	00:44.31	44.31	
	100m	01:34.08	49.77	
	150m	02:24.11	50.03	
	200m	03:15.69	51.58	
	250m	04:06.26	50.57	
	300m	04:56.89	50.63	
	350m	05:47.50	50.61	
	400m	06:31.01	43.51	

VERBEKE Hanne		GU	GOLD /20141/98	
Wed 01	100m schoolslag	01:31.52	3.29	3e
	50m	00:44.21	44.21	
	100m	01:31.52	47.31	
Wed 08	100m vrije slag	01:11.61	2.24	8e
	50m	00:34.00	34	
	100m	01:11.61	37.61	
Wed 14	400m vrije slag	05:24.56	1.39	5e
	50m	00:36.33	36.33	
	100m	01:16.59	40.26	
	150m	01:57.52	40.93	
	200m	02:39.41	41.89	
	250m	03:20.98	41.57	
	300m	04:02.77	41.79	
	350m	04:44.18	41.41	
	400m	05:24.56	40.38	

VERBEKE Sarah		GU	GOLD /20351/02	
Wed 03	50m vlinderslag	00:36.75	-0.8	8e
Wed 08	100m vrije slag	01:07.35	0.88	12e 5 Rp
	50m	00:32.29	32.29	
	100m	01:07.35	35.06	
Wed 12	50m rugslag	00:39.04	-5.4	4e
Wed 14	400m vrije slag	05:17.47	9.06	14e 3 Rp
	50m	00:35.12	35.12	
	100m	01:14.10	38.98	
	150m	01:54.61	40.51	
	200m	02:35.54	40.93	
	250m	03:16.54	41	
	300m	03:58.02	41.48	
	350m	04:39.25	41.23	
	400m	05:17.47	38.22	
Wed 22	50m vrije slag	00:31.12	-0.6	13e 6 Rp
Wed 29	200m vrije slag	02:30.46	4.29	12e 3 Rp
	50m	00:34.59	34.59	
	100m	01:12.19	37.6	
	150m	01:52.84	40.65	
	200m	02:30.46	37.62	
Wed 31	50m schoolslag	00:42.37	-0.7	10e



15/10/2016

Provinciale Kampioenschappen 2016 - Brugge

GOLD Swimming Team
Live slow, swim fast!



HIGH5
SPORTS NUTRITION

Verzekeringen
Vanluchene
Oostrozebeke

Frptimize
www.prooptimize.be



ELIET
Tuinmachines - www.eliel.eu

Bouwonderneming
LAEVENS
Nieuwbouw - Verbouwingen

TVH
www.tvh.com



VERFAILLIE Marie

GU

GOLD / 21063/06

Wed 05 200m wisselslag 03:36.01 14e

50m	00:44.94	44.94	100m	01:44.10	59.16
150m	02:44.10	60	200m	03:36.01	51.91

Wed 23 400m vrije slag 07:11.66 17e

50m	00:48.70	48.7	100m	01:44.89	56.19
150m	02:40.09	55.2	200m	03:37.06	56.97
250m	04:31.51	54.45	300m	05:27.38	55.87
350m	06:21.46	54.08	400m	07:11.66	50.2

YSENBART Amélie

GU

GOLD / 21048/06

Wed 05 200m wisselslag 03:23.95 -4.5 6e 3 Rp

50m	00:46.62	46.62	100m	01:39.18	52.56
150m	02:38.74	59.56	200m	03:23.95	45.21

Wed 23 400m vrije slag 06:19.12 4e 4 Rp

50m	00:40.84	40.84	100m	01:27.16	46.32
150m	02:17.06	49.9	200m	03:05.66	48.6
250m	03:56.17	50.51	300m	04:46.18	50.01
350m	05:36.16	49.98	400m	06:19.12	42.96