



10/11/2019

Grand Prix International Masters -
Challenge Everaert - Charleroi



DECONINCK Michiel GG **GOLD /10107/95**

Wed 13 400m wisselslag 05:05.14 1e 5 Rp

50m	00:34.01	34.01	100m	01:11.28	37.27
150m	01:52.09	40.81	200m	02:30.74	38.65
250m	03:14.74	44	300m	03:57.62	42.88
350m	04:32.52	34.9	400m	05:05.14	32.62

NAESSENS Nora GG **GOLD /20020/94**

Wed 15 1500m vrije slag 18:16.92 30.8 1e 9 Rp

50m	00:33.02	33.02	100m	01:09.17	36.15
150m	01:45.51	36.34	200m	02:21.75	36.24
250m	02:58.28	36.53	300m	03:34.53	36.25
350m	04:10.94	36.41	400m	04:47.56	36.62
450m	05:24.13	36.57	500m	06:00.69	36.56
550m	06:37.48	36.79	600m	07:14.05	36.57
650m	07:51.16	37.11	700m	08:27.62	36.46
750m	09:04.71	37.09	800m	09:41.34	36.63
850m	10:18.17	36.83	900m	10:54.62	36.45
950m	11:31.69	37.07	1000m	12:08.91	37.22
1050m	12:46.01	37.1	1100m	13:22.64	36.63
1150m	13:59.81	37.17	1200m	14:36.55	36.74
1250m	15:13.91	37.36	1300m	15:50.37	36.46
1350m	16:27.69	37.32	1400m	17:04.07	36.38
1450m	17:41.16	37.09	1500m	18:16.92	35.76