



13/05/2023

GPSK KZK Spurs - Kortrijk

GOLD Swimming Team
Live slow, swim fast!



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SPORTS NUTRITION



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GARKA

DE SAEDELEER
JEAN-LUC
loodgieter
asfalt- & zinkwerken

VROEGVOGEL
bvba

AFLOS Gemengd 1			GG	GOLD		
Wed 46	4x50m vrije slag	02:08.91		5e		
Inaya A/Margo V/Beau P/Maxime D						
50m	00:31.01	31.01	100m	01:04.08	33.07	
150m	01:37.12	33.04	200m	02:08.91	31.79	

ANQUETIL Inaya			GM	GOLD/21102/09		
Wed 01	100m schoolslag	01:30.48	2.88	9e		
50m	00:44.11	44.11	100m	01:30.48	46.37	
Wed 08	200m rugslag	02:51.70		6e	1 Rp	
50m	00:42.00	42	100m	01:26.33	44.33	
150m	02:09.72	43.39	200m	02:51.70	41.98	

Wed 18	200m wisselslag	02:49.79	-6.5	7e	3 Rp	
50m	00:37.05	37.05	100m	01:22.20	45.15	
150m	02:13.70	51.5	200m	02:49.79	36.09	

Wed 24	100m vrije slag	01:06.60	-1.1	7e	6 Rp	
50m	00:32.20	32.2	100m	01:06.60	34.4	

Wed 24	100m vrije slag	01:07.15	-0.5	7e	5 Rp	
50m	00:33.48	33.48	100m	01:07.15	33.67	

Wed 31	200m schoolslag	03:14.64	-8.8	7e	1 Rp	
50m	00:45.03	45.03	100m	01:36.19	51.16	
150m	02:26.49	50.3	200m	03:14.64	48.15	

Wed 35	100m rugslag	01:21.03	-5.3	14e		
50m	00:39.88	39.88	100m	01:21.03	41.15	

Wed 38	50m schoolslag	00:39.99	0.71	13e	3 Rp	
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DE BRUYNE Sander			GM	GOLD/11135/13		
Wed 26	200m wisselslag	03:37.79		2e		
50m	00:50.25	50.25	100m	01:48.19	57.94	
150m	02:50.20	62.01	200m	03:37.79	47.59	

Wed 37	100m schoolslag	01:57.39				
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Wed 40	100m rugslag	01:42.48		3e		
50m	00:49.50	49.5	100m	01:42.48	52.98	

DE BRUYNE Silke			GM	GOLD/21128/11		
Wed 18	200m wisselslag	03:06.90	-17	8e		
50m	00:41.94	41.94	100m	01:30.96	49.02	
150m	02:25.07	54.11	200m	03:06.90	41.83	

Wed 27	400m vrije slag	05:39.74		3e	2 Rp	
50m	00:37.46	37.46	100m	01:19.95	42.49	
150m	02:03.66	43.71	200m	02:47.94	44.28	
250m	03:32.32	44.38	300m	04:15.39	43.07	
350m	04:58.47	43.08	400m	05:39.74	41.27	

Wed 31	200m schoolslag	03:36.13		4e		
50m	00:50.65	50.65	100m	01:44.50	53.85	
150m	02:40.09	55.59	200m	03:36.13	56.04	

Wed 35	100m rugslag	01:30.62	0.16	19e		
50m	00:43.94	43.94	100m	01:30.62	46.68	

DE MOOR Maxime			GM	GOLD/11094/09		
Wed 02	100m schoolslag	01:36.44	-6.8	20e		
50m	00:46.21	46.21	100m	01:36.44	50.23	

Wed 09	200m rugslag	02:42.17	-12	5e	1 Rp	
50m	00:37.61	37.61	100m	01:18.60	40.99	
150m	02:01.47	42.87	200m	02:42.17	40.7	

Wed 13	100m vlinderslag	01:27.37	-3.5	19e		
50m	00:41.25	41.25	100m	01:27.37	46.12	

Wed 25	100m vrije slag	01:10.55	0.47	16e		
50m	00:33.75	33.75	100m	01:10.55	36.8	

Wed 28	400m vrije slag	05:12.47	-12	11e	1 Rp	
50m	00:35.08	35.08	100m	01:14.26	39.18	
150m	01:54.12	39.86	200m	02:34.26	40.14	
250m	03:14.29	40.03	300m	03:54.80	40.51	
350m	04:34.34	39.54	400m	05:12.47	38.13	

Wed 36	100m rugslag	01:17.34	0.09	12e		
50m	00:37.35	37.35	100m	01:17.34	39.99	

Wed 41	200m wisselslag	02:58.12	-4.2	22e		
50m	00:42.57	42.57	100m	01:26.93	44.36	
150m	02:20.36	53.43	200m	02:58.12	37.76	

DE MOOR Pauline			GM	GOLD /21066/06		
Wed 24	100m vrije slag	01:15.87	-0.2	17e		
50m	00:34.95	34.95	100m	01:15.87	40.92	
Wed 29	50m vlinderslag	00:36.79	-2.8	28e		
Wed 35	100m rugslag	01:25.05	-3.1	12e		
50m	00:39.63	39.63	100m	01:25.05	45.42	



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Wed 07 50m vrije slag 00:27.03 -0.9 17e 7 Rp

Wed 25 100m vrije slag 01:00.24 -4.2 13e 6 Rp

50m	00:28.78	28.78	100m	01:00.24	31.46
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Wed 28 400m vrije slag 04:54.93 4e 2 Rp

50m	00:32.71	32.71	100m	01:09.16	36.45
150m	01:46.81	37.65	200m	02:25.08	38.27
250m	03:03.35	38.27	300m	03:41.35	38
350m	04:19.22	37.87	400m	04:54.93	35.71

DEPOORTER Lion **GOLD/11111/10**

Wed 07 50m vrije slag 00:34.55 -0.01 56e

DEPRAETERE Indy GM **GOLD/21137/13**

Wed 26 200m wisselslag 03:39.36 1e

50m	00:51.10	51.1	100m	01:43.44	52.34
150m	02:45.89	62.45	200m	03:39.36	53.47

Wed 37 100m schoolslag 01:50.93 -14 4e

50m	00:51.63	51.63	100m	01:50.93	59.3
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Wed 40 100m rugslag 01:40.94 -14 1e

50m	00:49.61	49.61	100m	01:40.94	51.33
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LAZOU Lente **GOLD/21110/05**

Wed 04 400m wisselslag 05:22.09 1e 9 Rp

50m	00:32.20	32.2	100m	01:10.69	38.49
150m	01:52.63	41.94	200m	02:33.87	41.24
250m	03:20.81	46.94	300m	04:09.39	48.58
350m	04:45.91	36.52	400m	05:22.09	36.18

Wed 18 200m wisselslag 02:28.88 1e 10 Rp

50m	00:31.51	31.51	100m	01:10.24	38.73
150m	01:55.27	45.03	200m	02:28.88	33.61

Wed 33 200m vrije slag 02:10.10 1.49 1e 11 Rp

50m	00:30.17	30.17	100m	01:02.86	32.69
150m	01:36.53	33.67	200m	02:10.10	33.57

LIZY Kyra GM **GOLD/21119/11**

Wed 24 100m vrije slag 01:20.11 19e

50m	00:37.84	37.84	100m	01:20.11	42.27
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Wed 31 200m schoolslag 03:36.57 5e

50m	00:49.99	49.99	100m	01:44.41	54.42
150m	02:42.52	58.11	200m	03:36.57	54.05

Wed 35 100m rugslag 01:33.53 25e

50m	00:45.15	45.15	100m	01:33.53	48.38
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MOERMAN Helena **GOLD /21101/00**

Wed 06 50m vrije slag 00:28.53 0.12 4e 8 Rp

Wed 12 100m vlinderslag 01:12.33 3.25 6e 2 Rp

50m	00:32.69	32.69	100m	01:12.33	39.64
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Wed 12 100m vlinderslag 01:11.38 2.3 4e 3 Rp

50m	00:33.49	33.49	100m	01:11.38	37.89
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Wed 24 100m vrije slag 01:01.34 1.12 1e 9 Rp

50m	00:30.02	30.02	100m	01:01.34	31.32
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Wed 24 100m vrije slag 01:01.25 1.03 1e 9 Rp

50m	00:29.83	29.83	100m	01:01.25	31.42
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Wed 27 400m vrije slag 04:57.43 4.84 6e 4 Rp

50m	00:33.48	33.48	100m	01:10.81	37.33
150m	01:49.24	38.43	200m	02:27.20	37.96
250m	03:05.50	38.3	300m	03:43.36	37.86
350m	04:21.29	37.93	400m	04:57.43	36.14

NAERT Zoé **GOLD /21081/08**

Wed 01 100m schoolslag 01:19.33 1.29 2e 9 Rp

50m	00:36.81	36.81	100m	01:19.33	42.52
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Wed 01 100m schoolslag 01:19.13 1.09 2e 9 Rp

50m	00:36.93	36.93	100m	01:19.13	42.2
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Wed 18 200m wisselslag 02:40.25 0.02 3e 6 Rp

50m	00:36.06	36.06	100m	01:18.06	42
150m	02:03.79	45.73	200m	02:40.25	36.46

Wed 35 100m rugslag 01:16.38 -2.7 9e 3 Rp

50m	00:36.67	36.67	100m	01:16.38	39.71
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Wed 38 50m schoolslag 00:35.74 0.44 2e 11 Rp



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OOSTERLYNCK Anaïs

GOLD/21090/06

Wed 04 400m wisselslag 05:31.90 -2.7 3e 7 Rp

50m	00:34.37	34.37	100m	01:14.30	39.93
150m	01:56.63	42.33	200m	02:39.14	42.51
250m	03:28.56	49.42	300m	04:18.10	49.54
350m	04:55.75	37.65	400m	05:31.90	36.15

Wed 12 100m vlinderslag 01:12.22 0.66 5e 4 Rp

50m	00:34.15	34.15	100m	01:12.22	38.07
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Wed 12 100m vlinderslag 01:13.09 1.53 6e 3 Rp

50m	00:33.37	33.37	100m	01:13.09	39.72
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Wed 24 100m vrije slag 01:03.80 0.26 7e 8 Rp

50m	00:30.81	30.81	100m	01:03.80	32.99
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Wed 24 100m vrije slag 01:03.17 -0.4 6e 8 Rp

50m	00:30.83	30.83	100m	01:03.17	32.34
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Wed 27 400m vrije slag 04:59.72 -6.5 7e 5 Rp

50m	00:33.13	33.13	100m	01:11.21	38.08
150m	01:50.07	38.86	200m	02:29.15	39.08
250m	03:07.41	38.26	300m	03:46.01	38.6
350m	04:23.93	37.92	400m	04:59.72	35.79

OVAERE Luna

GOLD /21040/06

Wed 04 400m wisselslag 05:28.84 2e 8 Rp

50m	00:33.38	33.38	100m	01:11.51	38.13
150m	01:55.83	44.32	200m	02:38.19	42.36
250m	03:26.66	48.47	300m	04:16.41	49.75
350m	04:53.47	37.06	400m	05:28.84	35.37

Wed 12 100m vlinderslag 01:06.97 -0.3 1e 10 Rp

50m	00:31.63	31.63	100m	01:06.97	35.34
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Wed 12 100m vlinderslag 01:07.26 -0.03 1e 9 Rp

50m	00:31.47	31.47	100m	01:07.26	35.79
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Wed 24 100m vrije slag 01:02.59 -1.9 3e 9 Rp

50m	00:30.27	30.27	100m	01:02.59	32.32
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Wed 24 100m vrije slag 01:02.61 -1.9 4e 9 Rp

50m	00:30.42	30.42	100m	01:02.61	32.19
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Wed 29 50m vlinderslag 00:30.10 -0.4 2e 10 Rp

PACKET Laura

GM GOLD/21092/08

Wed 24 100m vrije slag 01:13.80 27e

50m	00:35.86	35.86	100m	01:13.80	37.94
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Wed 33 200m vrije slag 02:44.65 16e

50m	00:38.12	38.12	100m	01:20.74	42.62
150m	02:04.44	43.7	200m	02:44.65	40.21

PACKET Sarah

GM GOLD/21138/11

Wed 24 100m vrije slag 01:28.82 28e

50m	00:42.16	42.16	100m	01:28.82	46.66
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Wed 33 200m vrije slag 03:12.21 10e

50m	00:43.44	43.44	100m	01:34.76	51.32
150m	02:27.34	52.58	200m	03:12.21	44.87

PENEZ Beau

GM GOLD/11105/10

Wed 02 100m schoolslag 01:37.20 -6.3 21e

50m	00:46.91	46.91	100m	01:37.20	50.29
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Wed 09 200m rugslag 02:53.24 11e

50m	00:40.66	40.66	100m	01:24.90	44.24
150m	02:10.19	45.29	200m	02:53.24	43.05

Wed 13 100m vlinderslag 01:21.37 -4.4 13e

50m	00:37.45	37.45	100m	01:21.37	43.92
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Wed 25 100m vrije slag 01:13.05 -1.1 23e

50m	00:35.36	35.36	100m	01:13.05	37.69
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Wed 28 400m vrije slag 05:34.79 -29 12e

50m	00:37.16	37.16	100m	01:19.81	42.65
150m	02:04.31	44.5	200m	02:47.99	43.68
250m	03:30.95	42.96	300m	04:13.60	42.65
350m	04:55.46	41.86	400m	05:34.79	39.33

Wed 36 100m rugslag 01:22.30 -2.5 21e

50m	00:40.01	40.01	100m	01:22.30	42.29
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Wed 41 200m wisselslag 02:55.82 -14 17e

50m	00:37.71	37.71	100m	01:23.01	45.3
150m	02:17.41	54.4	200m	02:55.82	38.41



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bvba**VANDEN BAVIERE Margo** GM **GOLD/21096/09**Wed 01 100m schoolslag 01:40.38 -6.4 19e
50m 00:48.49 48.49 100m 01:40.38 51.89Wed 10 200m vlinderslag 03:16.65 1e
50m 00:40.54 40.54 100m 01:31.15 50.61
150m 02:21.45 50.3 200m 03:16.65 55.2Wed 12 100m vlinderslag 01:27.16 0.68 7e
50m 00:38.40 38.4 100m 01:27.16 48.76Wed 12 100m vlinderslag 01:23.86 -2.6 6e
50m 00:37.06 37.06 100m 01:23.86 46.8Wed 18 200m wisselslag 03:06.94 -3.8 16e
50m 00:40.03 40.03 100m 01:31.73 51.7
150m 02:26.80 55.07 200m 03:06.94 40.14Wed 24 100m vrije slag 01:14.27 0.39 22e
50m 00:36.31 36.31 100m 01:14.27 37.96Wed 27 400m vrije slag 05:37.57 -19 8e
50m 00:38.25 38.25 100m 01:21.38 43.13
150m 02:04.26 42.88 200m 02:47.93 43.67
250m 03:30.90 42.97 300m 04:15.04 44.14
350m 04:57.56 42.52 400m 05:37.57 40.01Wed 35 100m rugslag 01:27.68 -1.9 25e
50m 00:42.14 42.14 100m 01:27.68 45.54**VANSTEENKISTE Lona** **GOLD /21082/08**Wed 18 200m wisselslag 02:35.89 0.25 2e 8 Rp
50m 00:31.52 31.52 100m 01:10.83 39.31
150m 02:02.98 52.15 200m 02:35.89 32.91Wed 27 400m vrije slag 04:41.73 2.02 1e 11 Rp
50m 00:31.13 31.13 100m 01:05.75 34.62
150m 01:40.72 34.97 200m 02:16.30 35.58
250m 02:52.68 36.38 300m 03:29.89 37.21
350m 04:06.14 36.25 400m 04:41.73 35.59**VERHEYE Miel** **GOLD/11142/06**Wed 09 200m rugslag 02:17.42 1.08 1e 10 Rp
50m 00:31.22 31.22 100m 01:06.55 35.33
150m 01:42.38 35.83 200m 02:17.42 35.04Wed 13 100m vlinderslag 01:04.92 -2.5 10e 5 Rp
50m 00:29.85 29.85 100m 01:04.92 35.07Wed 28 400m vrije slag 04:12.69 -1.4 2e 13 Rp
50m 00:28.20 28.2 100m 00:59.78 31.58
150m 01:31.93 32.15 200m 02:04.07 32.14
250m 02:36.31 32.24 300m 03:08.79 32.48
350m 03:41.77 32.98 400m 04:12.69 30.92Wed 36 100m rugslag 01:03.84 1.27 3e 8 Rp
50m 00:31.14 31.14 100m 01:03.84 32.7Wed 36 100m rugslag 01:03.33 0.76 4e 9 Rp
50m 00:30.35 30.35 100m 01:03.33 32.98**VERPLANCKE Mara** GM **GOLD/21140/13**Wed 26 200m wisselslag 03:55.58 3e
50m 00:52.67 52.67 100m 01:55.37 62.7
150m 03:03.33 67.96 200m 03:55.58 52.25Wed 37 100m schoolslag 02:06.46 -7.7 7e
50m 01:01.11 61.11 100m 02:06.46 65.35

Wed 40 100m rugslag 01:52.03

WENES Joelia GM **GOLD/21141/12**Wed 01 100m schoolslag 01:44.56 -0.3 9e
50m 00:49.30 49.3 100m 01:44.56 55.26Wed 12 100m vlinderslag 01:47.32 8e
50m 00:48.51 48.51 100m 01:47.32 58.81Wed 12 100m vlinderslag 01:44.74 8e
50m 00:46.10 46.1 100m 01:44.74 58.64Wed 18 200m wisselslag 03:24.72 -6.1 25e
50m 00:47.38 47.38 100m 01:41.78 54.4
150m 02:38.52 56.74 200m 03:24.72 46.2Wed 24 100m vrije slag 01:25.50 0.14 26e
50m 00:40.69 40.69 100m 01:25.50 44.81Wed 33 200m vrije slag 03:07.25 9e
50m 00:43.74 43.74 100m 01:31.93 48.19
150m 02:21.62 49.69 200m 03:07.25 45.63