

Belgian Masters Swimming Championships
Charleroi, 18 - 19/11/2017

Confirmation d'inscription pour "CNBA"

CNBA

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Messieurs

ADRIANSSENS, Serge	56	CNBA/006014/56	50m Libre (9)	36.37	50m Brasse (20)	45.23
			100m Libre (17)	1:27.18	100m Brasse (5)	1:44.51
ARNOULD, Xavier	74	CNBA/004387/74	100m Libre (17)	1:05.00	400m Libre (13)	5:40.00
			200m Libre (6)	2:30.00	800m Libre (2)	12:00.00
BRUYERE, Nicolas	84	CNBA/005630/84	100m Libre (17)	1:05.00	200m Papillon (192:50.00)	
			1500m Libre (1)	20:15.00	200m 4 nages (102:40.00)	
			100m Papillon (3)	1:13.00	400m 4 nages (126:00.00)	
OZEL, Tolga	88	CNBA/005935/88	50m Dos (4)	30.31	200m Dos (8)	2:43.00
			100m Dos (15)	1:08.11		

Dames

SKOPINA, Liudmila	57	CNBA/007092/57	50m Brasse (20)	49.14	200m Brasse (16)	3:55.77
			100m Brasse (5)	1:51.21		

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Schedule Session No. 1 - Saturday 18 November 2017

18/11/2017 - 9:00

Warmup: from 8:00

9:00	1.	1500m Freestyle	All	Timed Final	25 - 89	1:30	3 Heats
10:28	2.	800m Freestyle	All	Timed Final	25 - 89	1:40	5 Heats
12:10		Pause de midi / Middag pauze				1:50	
14:00	3.	100m Butterfly	All	Timed Final	25 - 89	0:15	4 Heats
14:09	4.	50m Backstroke	All	Timed Final	25 - 89	0:10	5 Heats
14:17	5.	100m Breaststroke	All	Timed Final	25 - 89	0:20	6 Heats
14:34	6.	200m Freestyle	All	Timed Final	25 - 89	0:25	6 Heats
14:59	7.	4 x 50m Medley	All	Timed Final	100 - 359	0:05	1 Heat
15:02		Pause / Pauze				0:20	
15:22	8.	200m Backstroke	All	Timed Final	25 - 89	0:20	3 Heats
15:36	9.	50m Freestyle	All	Timed Final	25 - 89	0:15	10 Heats
15:52	10.	200m Medley	All	Timed Final	25 - 89	0:25	5 Heats
16:12	11.	4 x 50m Freestyle	Mixed	Timed Final	100 - 359	0:05	1 Heat
16:17		End of session			Total duration	7:17	

Schedule Session No. 2 - Sunday 19 November 2017

19/11/2017 - 10:30

Warmup: from 9:30

10:30	12.	400m Medley	All	Timed Final	25 - 89	0:20	2 Heats
10:46	13.	400m Freestyle	All	Timed Final	25 - 89	0:45	6 Heats
11:31		Pause de Midi / Middag pauze				2:30	
14:00	14.	50m Butterfly	All	Timed Final	25 - 89	0:10	5 Heats
14:08	15.	100m Backstroke	All	Timed Final	25 - 89	0:10	4 Heats
14:17	16.	200m Breaststroke	All	Timed Final	25 - 89	0:30	5 Heats
14:42	17.	100m Freestyle	All	Timed Final	25 - 89	0:20	9 Heats
15:02	18.	4 x 50m Freestyle	All	Timed Final	100 - 359	0:05	1 Heat
15:05		Pause / Pauze				0:20	
15:25	19.	200m Butterfly	All	Timed Final	25 - 89	0:15	2 Heats
15:34	20.	50m Breaststroke	All	Timed Final	25 - 89	0:15	8 Heats
15:47	21.	4 x 50m Medley	Mixed	Timed Final	100 - 359	0:05	1 Heat
15:52		End of session			Total duration	5:22	

Timing à titre indicatif / Het schema is een indicatie