

# Championnats de Belgique Masters longues distances

## Molenbeek (50m) - 28 novembre 2010

### Course 1 - 1500m Nage Libre

#### 30ans - 34ans

3 Vaast Arnaud CNSW/269/76 **21:18,78** 319  
100m: 01:16.84 - 200m: 02:41.15 - 400m: 05:33.59 - 800m: 11:19.60

#### 35ans - 39ans

2 Content Stéphane CNSW/228/71 **21:08,15** 327  
100m: 01:18.00 - 200m: 02:43.00 - 400m: 05:34.00 - 800m: 11:15.00

5 Rongvaux Dominique CNSW/181/72 **24:35,67** 208  
100m: 01:26.92 - 200m: 03:02.95 - 400m: 06:25.70 - 800m: 13:12.29

#### 40ans - 44ans

3 Gius Michele CNSW/266/66 **24:46,00** 203  
100m: 01:26.56 - 200m: 03:01.52 - 400m: 06:20.53 - 800m: 12:58.34

4 Saillez Christophe CNSW/469/68 **25:39,92** 183  
100m: 01:25.48 - 200m: 03:00.74 - 400m: 06:24.95 - 800m: 13:22.54

5 Froidbise Emmanuel CNSW/145/68 **27:10,86** 154  
100m: 01:40.26 - 200m: 03:26.07 - 400m: 07:03.82 - 800m: 14:23.20

### Course 2 - 800m Nage Libre

#### 25ans - 29ans

2 Slegers Nicolas CNSW/360/84 **12:31,26** 217  
100m: 01:17.39 - 200m: 02:49.02 - 400m: 06:02.92

#### 35ans - 39ans

Balancier Pascal CNSW/361/74 **Forfait**

#### 45ans - 49ans

1 Delfosse Olivier CNSW/344/63 **09:45,99** 459  
100m: 01:08.11 - 200m: 02:21.15 - 400m: 04:48.51

#### 55ans - 59ans

3 Hohenbichler Michaël CNSW/058/53 **16:01,90** 103  
100m: 01:51.19 - 200m: 03:49.50 - 400m: 07:51.27

#### 55ans - 59ans

3 Blondeel-Gourmet Fernande CNSW/011/52 **16:24,87** 126  
100m: 01:53.69 - 200m: 03:56.46 - 400m: 08:05.97

### Course 3 - 400m 4 Nages

#### 30ans - 34ans

2 Seuleiman Sev CNSW/240/79 **06:42,64** 299  
100m: 01:26.44

#### 40ans - 44ans

1 Nahon Bruno CNSW/211/70 **06:11,10** 283  
100m: 01:26.36

### Course 4 - 400m Nage Libre

#### 25ans - 29ans

4 Slegers Nicolas CNSW/360/84 **05:58,67** 230  
100m: 01:16.92 - 200m: 02:47.67

#### 30ans - 34ans

4 Blondeel Olivier CNSW/002/80 **05:13,53** 345

100m: 01:11.88 - 200m: 02:30.72

**35ans - 39ans**

2 Content Stéphane CNSW/228/71 **05:25,69** 308

100m: 01:18.58 - 200m: 02:41.17

**40ans - 44ans**

1 Nahon Bruno CNSW/211/70 **05:26,22** 307

100m: 01:16.91 - 200m: 02:40.00

**45ans - 49ans**

Delfosse Olivier CNSW/344/63 **Forfait**

**50ans - 54ans**

2 De Gunsch Eric CNSW/378/60 **06:35,27** 172

100m: 01:19.88 - 200m: 02:59.08

**55ans - 59ans**

3 Hohenbichler Michaël CNSW/058/53 **07:31,72** 115

100m: 01:44.70 - 200m: 03:40.72

**55ans - 59ans**

3 Blondeel-Gourmet Fernande CNSW/011/52 **08:11,83** 114

100m: 01:48.98 - 200m: 03:54.60