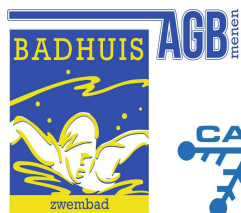




19/01/2024

## Flanders Swimming Cup - Antwerp

Meense ZwemKring



DESAEDELEER PASCAL

LOODGIETER  
ASFALT ZINKWERKEN

## DEHAUDT Fernando

MZK /11029/05

Wed 23 800m vrije slag 08:21.13 -3.6 3e 13 Rp

50m	00:28.25	28.25	100m	00:58.89	30.64
150m	01:29.66	30.77	200m	02:01.05	31.39
250m	02:31.98	30.93	300m	03:03.15	31.17
350m	03:34.00	30.85	400m	04:05.53	31.53
450m	04:36.96	31.43	500m	05:08.67	31.71
550m	05:40.16	31.49	600m	06:12.46	32.3
650m	06:44.91	32.45	700m	07:18.12	33.21
750m	07:50.88	32.76	800m	08:21.13	30.25

Wed 34 1500m vrije slag 16:07.92 9.95 5e 12 Rp

50m	00:29.09	29.09	100m	01:01.23	32.14
150m	01:33.47	32.24	200m	02:05.87	32.4
250m	02:38.75	32.88	300m	03:11.33	32.58
350m	03:44.06	32.73	400m	04:16.51	32.45
450m	04:49.18	32.67	500m	05:21.77	32.59
550m	05:54.57	32.8	600m	06:26.84	32.27
650m	06:59.37	32.53	700m	07:31.90	32.53
750m	08:04.46	32.56	800m	08:36.70	32.24
850m	09:09.06	32.36	900m	09:41.25	32.19
950m	10:13.61	32.36	1000m	10:45.81	32.2
1050m	11:18.30	32.49	1100m	11:50.68	32.38
1150m	12:23.12	32.44	1200m	12:55.65	32.53
1250m	13:28.37	32.72	1300m	14:00.99	32.62
1350m	14:33.56	32.57	1400m	15:06.58	33.02
1450m	15:38.76	32.18	1500m	16:07.92	29.16

## MOERMAN Helena

MZK /21101/00

Wed 02 200m vrije slag 02:19.93 5.94 18e 5 Rp

50m	00:30.90	30.9	100m	01:06.04	35.14
150m	01:42.92	36.88	200m	02:19.93	37.01

## NAERT Zoé

MZK /21081/08

Wed 06 50m schoolslag 00:36.22 0.95 7e 9 Rp

Wed 06 50m schoolslag 00:36.42 1.15 5e 8 Rp

Wed 10 200m wisselslag 02:41.51 1.26 42e 5 Rp

50m	00:34.98	34.98	100m	01:16.95	41.97
150m	02:04.55	47.6	200m	02:41.51	36.96

Wed 18 100m schoolslag 01:19.81 1.77 8e 8 Rp

50m	00:37.39	37.39	100m	01:19.81	42.42
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Wed 18 100m schoolslag 01:18.85 0.81 4e 9 Rp

50m	00:36.60	36.6	100m	01:18.85	42.25
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Wed 20 100m vrije slag 01:04.45 -0.8 40e 7 Rp

50m	00:30.86	30.86	100m	01:04.45	33.59
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Wed 31 200m schoolslag 02:55.87 3.62 11e 6 Rp

50m	00:38.71	38.71	100m	01:23.62	44.91
150m	02:09.38	45.76	200m	02:55.87	46.49

Wed 31 200m schoolslag 02:53.31 1.06 7e 7 Rp

50m	00:38.54	38.54	100m	01:22.72	44.18
150m	02:07.40	44.68	200m	02:53.31	45.91

## OOSTERLYNCK Anaïs

MZK 21090/06

Wed 02 200m vrije slag 02:20.36 1.98 33e 5 Rp

50m	00:32.01	32.01	100m	01:07.88	35.87
150m	01:44.60	36.72	200m	02:20.36	35.76

## OVAERE Luna

MZK /21040/06

Wed 02 200m vrije slag 02:16.54 2.57 15e 7 Rp

50m	00:32.05	32.05	100m	01:06.52	34.47
150m	01:42.09	35.57	200m	02:16.54	34.45

Wed 08 100m vlinderslag 01:09.33 2.36 9e 6 Rp

50m	00:32.73	32.73	100m	01:09.33	36.6
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Wed 12 50m vlinderslag 00:30.36 0.26 12e 9 Rp

Wed 20 100m vrije slag 01:03.29 0.7 32e 8 Rp

50m	00:30.96	30.96	100m	01:03.29	32.33
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Wed 27 200m vlinderslag 02:33.35 3.57 4e 6 Rp

50m	00:33.30	33.3	100m	01:12.15	38.85
150m	01:52.17	40.02	200m	02:33.35	41.18

Wed 227 200m vlinderslag 02:29.04 -0.7 1e 8 Rp

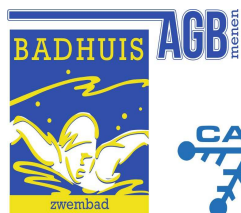
50m	00:33.01	33.01	100m	01:10.94	37.93
150m	01:49.70	38.76	200m	02:29.04	39.34



19/01/2024

## Flanders Swimming Cup - Antwerp

Meense ZwemKring



DESAEDELEER PASCAL

LOODGIETER  
ASFALT ZINKWERKEN**VANSTEENKISTE Lona** **MZK /21082/08**

Wed 02 200m vrije slag 02:13.50 4.30 8e 10 Rp

50m	00:31.01	31.01	100m	01:04.96	33.95
150m	01:39.59	34.63	200m	02:13.50	33.91

Wed 02 200m vrije slag 02:12.93 3.73 5e 10 Rp

50m	00:30.72	30.72	100m	01:04.53	33.81
150m	01:39.19	34.66	200m	02:12.93	33.74

Wed 08 100m vlinderslag 01:06.90 3.38 4e 10 Rp

50m	00:30.68	30.68	100m	01:06.90	36.22
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Wed 20 100m vrije slag 01:01.08 1.55 10e 11 Rp

50m	00:29.25	29.25	100m	01:01.08	31.83
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Wed 20 100m vrije slag 01:01.22 1.69 6e 11 Rp

50m	00:29.72	29.72	100m	01:01.22	31.5
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Wed 29 50m vrije slag 00:28.25 0.35 9e 11 Rp

Wed 29 50m vrije slag 00:27.92 0.02 2e 12 Rp

Wed 33 400m vrije slag 04:38.21 -0.1 5e 11 Rp

50m	00:31.05	31.05	100m	01:06.44	35.39
150m	01:41.83	35.39	200m	02:17.34	35.51
250m	02:52.95	35.61	300m	03:28.87	35.92
350m	04:03.98	35.11	400m	04:38.21	34.23

Wed 208 100m vlinderslag 01:05.83 2.31 3e 11 Rp

50m	00:30.70	30.7	100m	01:05.83	35.13
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Wed 233 400m vrije slag 04:40.28 1.97 5e 10 Rp

50m	00:31.41	31.41	100m	01:05.56	34.15
150m	01:40.82	35.26	200m	02:16.06	35.24
250m	02:51.99	35.93	300m	03:28.85	36.86
350m	04:05.41	36.56	400m	04:40.28	34.87

**VERHEYE Miel** **MZK 11142/06**

Wed 03 100m rugslag 01:02.02 -0.2 3e 10 Rp

50m	00:29.52	29.52	100m	01:02.02	32.5
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Wed 07 400m vrije slag 04:13.84 2.04 6e 11 Rp

50m	00:28.42	28.42	100m	00:59.74	31.32
150m	01:32.11	32.37	200m	02:04.47	32.36
250m	02:37.11	32.64	300m	03:09.98	32.87
350m	03:42.79	32.81	400m	04:13.84	31.05

Wed 15 50m rugslag 00:29.23 0.51 8e 8 Rp

Wed 24 200m rugslag 02:16.52 0.18 4e 9 Rp

50m	00:30.59	30.59	100m	01:05.36	34.77
150m	01:41.24	35.88	200m	02:16.52	35.28

Wed 32 200m vrije slag 02:00.44 1.58 9e 11 Rp

50m	00:27.90	27.9	100m	00:59.05	31.15
150m	01:30.31	31.26	200m	02:00.44	30.13

Wed 203 100m rugslag 01:01.91 -0.3 2e 10 Rp

50m	00:29.58	29.58	100m	01:01.91	32.33
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Wed 207 400m vrije slag 04:16.18 4.38 6e 10 Rp

50m	00:28.63	28.63	100m	01:00.70	32.07
150m	01:33.73	33.03	200m	02:06.89	33.16
250m	02:39.95	33.06	300m	03:12.40	32.45
350m	03:45.24	32.84	400m	04:16.18	30.94

Wed 224 200m rugslag 02:17.05 0.71 4e 9 Rp

50m	00:31.71	31.71	100m	01:06.51	34.8
150m	01:42.49	35.98	200m	02:17.05	34.56