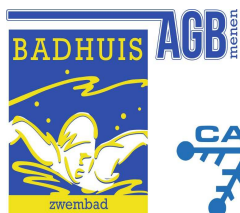




Meense ZwemKring

23/03/2024

Antwerp Diamond Speedo Race - Olympic Pool Wezenberg, Antwerp



DESAEDELEER PASCAL



LOODGIETER ASFALT ZINKWERKEN

ANQUETIL Inaya MZK 21102/09

Wed 03 100m schoolslag 01:26.04 -1.6 29e 2 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:41.53 | 41.53 | 100m | 01:26.04 | 44.51 |
|-----|----------|-------|------|----------|-------|

Wed 11 100m rugslag 01:15.63 -5.4 28e 4 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:38.09 | 38.09 | 100m | 01:15.63 | 37.54 |
|-----|----------|-------|------|----------|-------|

Wed 13 200m vrije slag 02:26.10 -11 52e 4 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:34.47 | 34.47 | 100m | 01:12.71 | 38.24 |
| 150m | 01:50.89 | 38.18 | 200m | 02:26.10 | 35.21 |

Wed 20 100m vrije slag 01:04.24 -1.3 53e 7 Rp

| | | | | | |
|-----|----------|-------|------|----------|------|
| 50m | 00:31.34 | 31.34 | 100m | 01:04.24 | 32.9 |
|-----|----------|-------|------|----------|------|

MOERMAN Helena MZK /21101/00

Wed 13 200m vrije slag 02:18.42 4.43 37e 6 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:31.49 | 31.49 | 100m | 01:06.55 | 35.06 |
| 150m | 01:42.73 | 36.18 | 200m | 02:18.42 | 35.69 |

Wed 15 100m vlinderslag 01:10.48 2.89 24e 4 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:32.64 | 32.64 | 100m | 01:10.48 | 37.84 |
|-----|----------|-------|------|----------|-------|

Wed 15 100m vlinderslag 01:13.80 6.21 16e

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:33.83 | 33.83 | 100m | 01:13.80 | 39.97 |
|-----|----------|-------|------|----------|-------|

Wed 20 100m vrije slag 01:03.77 3.55 49e 6 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:30.76 | 30.76 | 100m | 01:03.77 | 33.01 |
|-----|----------|-------|------|----------|-------|

Wed 28 200m vlinderslag 02:48.08 11e

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:37.26 | 37.26 | 100m | 01:21.53 | 44.27 |
| 150m | 02:06.30 | 44.77 | 200m | 02:48.08 | 41.78 |

NAERT Zoé MZK /21081/08

Wed 01 50m vrije slag 00:30.38 0.39 56e 5 Rp

Wed 03 100m schoolslag 01:22.34 4.3 21e 5 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:38.38 | 38.38 | 100m | 01:22.34 | 43.96 |
|-----|----------|-------|------|----------|-------|

OOSTERLYNCK Anaïs MZK 21090/06

Wed 05 400m wisselslag 05:38.08 6.18 13e 5 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:34.89 | 34.89 | 100m | 01:15.64 | 40.75 |
| 150m | 01:59.74 | 44.1 | 200m | 02:42.59 | 42.85 |
| 250m | 03:32.12 | 49.53 | 300m | 04:22.50 | 50.38 |
| 350m | 05:01.70 | 39.2 | 400m | 05:38.08 | 36.38 |

Wed 15 100m vlinderslag 01:13.27 2.73 29e 2 Rp

| | | | | | |
|-----|----------|------|------|----------|-------|
| 50m | 00:34.40 | 34.4 | 100m | 01:13.27 | 38.87 |
|-----|----------|------|------|----------|-------|

Wed 20 100m vrije slag 01:04.89 1.72 58e 6 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:31.31 | 31.31 | 100m | 01:04.89 | 33.58 |
|-----|----------|-------|------|----------|-------|

Wed 28 200m vlinderslag 02:42.37 2.47 8e 1 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:35.71 | 35.71 | 100m | 01:16.59 | 40.88 |
| 150m | 01:59.82 | 43.23 | 200m | 02:42.37 | 42.55 |

Wed 28 200m vlinderslag 02:42.57 2.67 8e 1 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:35.63 | 35.63 | 100m | 01:16.70 | 41.07 |
| 150m | 02:00.04 | 43.34 | 200m | 02:42.57 | 42.53 |

OVAERE Luna MZK /21040/06

Wed 05 400m wisselslag 05:27.63 -1.2 11e 7 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:33.74 | 33.74 | 100m | 01:12.44 | 38.7 |
| 150m | 01:55.82 | 43.38 | 200m | 02:37.96 | 42.14 |
| 250m | 03:26.41 | 48.45 | 300m | 04:14.55 | 48.14 |
| 350m | 04:52.26 | 37.71 | 400m | 05:27.63 | 35.37 |

Wed 15 100m vlinderslag 01:09.15 2.18 18e 6 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:32.46 | 32.46 | 100m | 01:09.15 | 36.69 |
|-----|----------|-------|------|----------|-------|

Wed 15 100m vlinderslag 01:09.35 2.38 14e 6 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:32.43 | 32.43 | 100m | 01:09.35 | 36.92 |
|-----|----------|-------|------|----------|-------|

Wed 20 100m vrije slag 01:03.75 1.16 48e 7 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:30.77 | 30.77 | 100m | 01:03.75 | 32.98 |
|-----|----------|-------|------|----------|-------|

Wed 28 200m vlinderslag 02:37.33 8.29 7e 4 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:33.98 | 33.98 | 100m | 01:13.56 | 39.58 |
| 150m | 01:54.54 | 40.98 | 200m | 02:37.33 | 42.79 |

Wed 28 200m vlinderslag 02:33.40 4.36 5e 6 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:33.51 | 33.51 | 100m | 01:12.96 | 39.45 |
| 150m | 01:52.79 | 39.83 | 200m | 02:33.40 | 40.61 |

VANSTEENKISTE Lona MZK /21082/08

Wed 13 200m vrije slag 02:13.05 3.85 27e 10 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:30.20 | 30.2 | 100m | 01:03.87 | 33.67 |
| 150m | 01:38.21 | 34.34 | 200m | 02:13.05 | 34.84 |

Wed 15 100m vlinderslag 01:06.23 2.71 11e 11 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:30.02 | 30.02 | 100m | 01:06.23 | 36.21 |
|-----|----------|-------|------|----------|-------|

Wed 15 100m vlinderslag 01:06.05 2.53 8e 11 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:30.22 | 30.22 | 100m | 01:06.05 | 35.83 |
|-----|----------|-------|------|----------|-------|

Wed 20 100m vrije slag 01:02.05 2.52 40e 10 Rp

| | | | | | |
|-----|----------|------|------|----------|-------|
| 50m | 00:29.50 | 29.5 | 100m | 01:02.05 | 32.55 |
|-----|----------|------|------|----------|-------|

Wed 24 400m vrije slag 04:44.10 5.89 16e 9 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:31.24 | 31.24 | 100m | 01:06.33 | 35.09 |
| 150m | 01:42.89 | 36.56 | 200m | 02:19.50 | 36.61 |
| 250m | 02:55.91 | 36.41 | 300m | 03:32.09 | 36.18 |
| 350m | 04:08.92 | 36.83 | 400m | 04:44.10 | 35.18 |



23/03/2024

Antwerp Diamond Speedo Race - Olympic Pool Wezenberg, Antwerp

Meense ZwemKring



DESAEDELEER PASCAL



LOODGIETER
ASFALT ZINKWERKEN

VERHEYE Miel

MZK 11142/06

Wed 06 200m rugslag 02:17.93 1.59 12e 8 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:31.65 | 31.65 | 100m | 01:07.58 | 35.93 |
| 150m | 01:42.89 | 35.31 | 200m | 02:17.93 | 35.04 |

Wed 10 50m rugslag 00:29.64 0.92 16e 7 Rp

Wed 10 50m rugslag 00:29.72 1 15e 7 Rp

Wed 19 100m vrije slag 00:55.86 -0.2 44e 9 Rp

| | | | | | |
|-----|----------|-------|------|----------|-------|
| 50m | 00:27.32 | 27.32 | 100m | 00:55.86 | 28.54 |
|-----|----------|-------|------|----------|-------|

Wed 31 400m vrije slag 04:23.77 12 14e 8 Rp

| | | | | | |
|------|----------|-------|------|----------|-------|
| 50m | 00:28.89 | 28.89 | 100m | 01:01.31 | 32.42 |
| 150m | 01:34.65 | 33.34 | 200m | 02:08.13 | 33.48 |
| 250m | 02:42.32 | 34.19 | 300m | 03:17.08 | 34.76 |
| 350m | 03:50.99 | 33.91 | 400m | 04:23.77 | 32.78 |