



15/10/2022

Provinciale Kampioenschappen Korte Afstand 2022 - Diksmuide



AFLOS Dames 1		GG	GOLD		
Wed 20	4x50m wisselslag	02:33.50	9e		
Silke D/Inaya A/Margo V/Kyana M					
50m	00:42.40	42.4	100m	01:22.57	40.17
150m	02:01.43	38.86	200m	02:33.50	32.07

AFLOS Gemengd 1		GG	GOLD		
Wed 09	4x100m vrije slag	04:57.91	5e		
Inaya A/Jens B/Beau P/Laura P					
50m	00:33.07	33.07	100m	01:09.82	36.75
150m	01:46.36	36.54	200m	02:27.97	41.61
250m	03:04.55	36.58	300m	03:44.18	39.63
350m	04:19.46	35.28	400m	04:57.91	38.45

Wed 29	4x100m wisselslag	05:53.56	6e		
Maxime D/Beau P/Kyana M/Margo V					
50m	00:38.43	38.43	100m	01:19.37	40.94
150m	02:08.08	48.71	200m	03:00.30	52.22
250m	03:42.86	42.56	300m	04:37.30	54.44
350m	05:12.91	35.61	400m	05:53.56	40.65

ANQUETIL Inaya		GM	GOLD/21102/09		
Wed 01	100m schoolslag	01:29.49	-0.6	6e	3 Rp
50m	00:42.72	42.72	100m	01:29.49	46.77
Wed 11	200m wisselslag	02:58.44	4.99	9e	1 Rp
50m	00:39.24	39.24	100m	01:27.05	47.81
150m	02:18.52	51.47	200m	02:58.44	39.92
Wed 16	400m vrije slag	05:34.82	-14	3e	
50m	00:36.54	36.54	100m	01:18.12	41.58
150m	02:01.86	43.74	200m	02:45.26	43.4
250m	03:29.17	43.91	300m	04:12.37	43.2
350m	04:55.36	42.99	400m	05:34.82	39.46

BALCAEN Sander		GOLD/11134/11			
Wed 21	100m schoolslag	01:44.84	-9.6	7e	
50m	00:49.72	49.72	100m	01:44.84	55.12
Wed 27	100m vrije slag	01:25.78	-9.9	11e	
50m	00:39.24	39.24	100m	01:25.78	46.54
Wed 34	50m rugslag	00:42.69	-1.3	3e	

BENOOT Jens		GM	GOLD/11097/08		
Wed 04	50m vrije slag	00:34.71	-2.7	10e	
Wed 06	200m schoolslag	03:29.26	-8.7	4e	
50m	00:46.45	46.45	100m	01:39.63	53.18
150m	02:35.42	55.79	200m	03:29.26	53.84
Wed 13	100m wisselslag	01:28.91	-6.5	9e	
50m	00:41.54	41.54	100m	01:28.91	47.37
Wed 17	100m rugslag	01:28.81	-0.8	9e	
50m	00:42.68	42.68	100m	01:28.81	46.13
Wed 21	100m schoolslag	01:38.44	-1.2	4e	
50m	00:46.89	46.89	100m	01:38.44	51.55
Wed 27	100m vrije slag	01:19.39	-4.5	9e	
50m	00:37.76	37.76	100m	01:19.39	41.63
Wed 31	200m wisselslag	03:07.66	-16	9e	
50m	00:42.02	42.02	100m	01:30.08	48.06
150m	02:24.88	54.8	200m	03:07.66	42.78
Wed 34	50m rugslag	00:40.32	-2.4	5e	

DE BRUYNE Sander		GM	GOLD/11135/13		
Wed 32	100m wisselslag	01:46.19	3e		
50m	00:48.55	48.55	100m	01:46.19	57.64

DE BRUYNE Silke		GM	GOLD/21128/11		
Wed 03	50m vlinderslag	00:41.24	2e		
Wed 07	100m vrije slag	01:24.03	-4.5	13e	
50m	00:40.59	40.59	100m	01:24.03	43.44
Wed 11	200m wisselslag	03:19.11	-25	9e	
50m	00:44.64	44.64	100m	01:35.28	50.64
150m	02:31.29	56.01	200m	03:19.11	47.82
Wed 14	50m rugslag	00:43.66	-1.5	3e	
Wed 33	100m wisselslag	01:33.14	-3.2	7e	
50m	00:42.83	42.83	100m	01:33.14	50.31
Wed 37	100m rugslag	01:31.31	-1.7	9e	
50m	00:43.83	43.83	100m	01:31.31	47.48



DE MOOR Maxime GM **GOLD/11094/09**

Wed 10 200m vrije slag 02:31.53 -3.2 11e 1 Rp

50m	00:34.36	34.36	100m	01:13.45	39.09
150m	01:53.52	40.07	200m	02:31.53	38.01

Wed 13 100m wisselslag 01:22.63 0.16 8e

50m	00:38.52	38.52	100m	01:22.63	44.11
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Wed 17 100m rugslag 01:19.74 1.07 9e

50m	00:38.86	38.86	100m	01:19.74	40.88
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Wed 25 200m rugslag 02:45.76 -5.6 2e 3 Rp

50m	00:38.60	38.6	100m	01:20.90	42.3
150m	02:04.24	43.34	200m	02:45.76	41.52

Wed 34 50m rugslag 00:36.94 -1.2 4e

Wed 36 400m vrije slag 05:17.63 -10 5e 2 Rp

50m	00:35.06	35.06	100m	01:14.65	39.59
150m	01:54.89	40.24	200m	02:35.28	40.39
250m	03:16.25	40.97	300m	03:57.05	40.8
350m	04:38.15	41.1	400m	05:17.63	39.48

DE MOOR Pauline GM **GOLD /21066/06**

Wed 24 50m vrije slag 00:32.30 0.12 8e 1 Rp

Wed 30 200m vrije slag 02:43.03 4.56 12e

50m	00:36.17	36.17	100m	01:17.05	40.88
150m	02:00.35	43.3	200m	02:43.03	42.68

DECLERCQ Ziva **GOLD/21136/10**

Wed 07 100m vrije slag 01:36.82 -13 13e

50m	00:44.64	44.64	100m	01:36.82	52.18
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Wed 11 200m wisselslag SW 8.2.a
armen niet boven water naar voor gebracht

Wed 14 50m rugslag 00:50.61 -1.6 6e

DELBECQUE Tore **GOLD /11015/00**

Wed 04 50m vrije slag 00:25.98 0.1 6e 6 Rp

Wed 15 50m schoolslag 00:30.70 0.62 1e 10 Rp

DEPOORTER Ian **GOLD/11100/07**

Wed 04 50m vrije slag 00:27.73 -0.6 6e 6 Rp

Wed 10 200m vrije slag 02:16.66 -5.5 10e 4 Rp

50m	00:30.87	30.87	100m	01:05.61	34.74
150m	01:41.47	35.86	200m	02:16.66	35.19

DEPOORTER Lion **GOLD/11111/10**

Wed 04 50m vrije slag 00:34.77 -0.4 6e

Wed 10 200m vrije slag SW 4.4
valse start

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

Wed 32 100m wisselslag 01:46.97 2e

50m	00:49.65	49.65	100m	01:46.97	57.32
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DUJARDIN Faye **GOLD /21035/06**

Wed 07 100m vrije slag 01:00.65 0.48 1e 12 Rp

50m	00:29.24	29.24	100m	01:00.65	31.41
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Wed 33 100m wisselslag 01:10.78 0.4 2e

50m	00:32.53	32.53	100m	01:10.78	38.25
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LAZOU Lente **GOLD/21110/05**

Wed 30 200m vrije slag 02:07.07 3.38 1e 13 Rp

50m	00:29.68	29.68	100m	01:02.18	32.5
150m	01:34.63	32.45	200m	02:07.07	32.44

Wed 33 100m wisselslag 01:08.73 0.35 2e

50m	00:31.39	31.39	100m	01:08.73	37.34
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MEURISSE Kyana **GOLD/21114/10**

Wed 05 200m rugslag 02:54.94 -6.7 2e 4 Rp

50m	00:40.39	40.39	100m	01:25.18	44.79
150m	02:11.10	45.92	200m	02:54.94	43.84

Wed 07 100m vrije slag 01:14.97 -2.7 8e 2 Rp

50m	00:34.85	34.85	100m	01:14.97	40.12
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Wed 11 200m wisselslag 03:04.01 -5.7 7e 1 Rp

50m	00:40.43	40.43	100m	01:26.72	46.29
150m	02:23.07	56.35	200m	03:04.01	40.94

Wed 14 50m rugslag 00:38.37 -0.8 1e 2 Rp

Wed 22 400m wisselslag 06:39.66 2e

50m	00:40.24	40.24	100m	01:36.60	56.36
150m	02:25.21	48.61	200m	03:11.91	46.7
250m	04:09.11	57.2	300m	05:10.03	60.92
350m	05:56.40	46.37	400m	06:39.66	43.26

Wed 24 50m vrije slag 00:32.63 -0.7 3e 6 Rp

Wed 33 100m wisselslag 01:25.88 -2 6e

50m	00:38.76	38.76	100m	01:25.88	47.12
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Wed 37 100m rugslag 01:22.62 0.44 3e 2 Rp

50m	00:39.54	39.54	100m	01:22.62	43.08
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MOERMAN Helena **GOLD /21101/00**

Wed 03 50m vlinderslag 00:30.97 -1.2 2e 6 Rp

Wed 07 100m vrije slag 01:00.93 -0.8 3e 9 Rp

50m	00:29.61	29.61	100m	01:00.93	31.32
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Wed 24 50m vrije slag 00:28.41 -0.02 3e 8 Rp

Wed 30 200m vrije slag 02:18.13 4.93 2e 6 Rp

50m	00:30.46	30.46	100m	01:05.38	34.92
150m	01:42.05	36.67	200m	02:18.13	36.08



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NAERT Zoé		GOLD /21081/08	
Wed 01	100m schoolslag	01:22.10	2.77 3e 8 Rp
50m	00:38.07 38.07	100m	01:22.10 44.03
Wed 07	100m vrije slag	01:06.04	0.57 8e 7 Rp
50m	00:31.47 31.47	100m	01:06.04 34.57
Wed 26	200m schoolslag	02:55.33	3.44 1e 9 Rp
50m	00:39.06 39.06	100m	01:23.19 44.13
150m	02:09.36 46.17	200m	02:55.33 45.97

OOSTERLYNCK Anais		GOLD /21090/06	
Wed 11	200m wisselslag	02:35.68	-2.4 3e 8 Rp
50m	00:32.92 32.92	100m	01:13.45 40.53
150m	02:00.34 46.89	200m	02:35.68 35.34
Wed 18	100m vlinderslag	01:10.26	-0.3 3e 6 Rp
50m	00:32.60 32.6	100m	01:10.26 37.66
Wed 22	400m wisselslag	05:26.27	-12 1e 9 Rp
50m	00:34.07 34.07	100m	01:14.19 40.12
150m	01:57.16 42.97	200m	02:38.78 41.62
250m	03:26.51 47.73	300m	04:14.00 47.49
350m	04:50.55 36.55	400m	05:26.27 35.72
Wed 30	200m vrije slag	02:16.30	-0.6 3e 8 Rp
50m	00:31.57 31.57	100m	01:06.44 34.87
150m	01:41.62 35.18	200m	02:16.30 34.68

OVAERE Luna		GOLD /21040/06	
Wed 18	100m vlinderslag	01:08.14	-1.7 2e 9 Rp
50m	00:31.89 31.89	100m	01:08.14 36.25
Wed 30	200m vrije slag	02:14.55	0.71 1e 9 Rp
50m	00:30.97 30.97	100m	01:04.84 33.87
150m	01:39.36 34.52	200m	02:14.55 35.19
Wed 33	100m wisselslag	01:12.23	0.4 3e
50m	00:32.82 32.82	100m	01:12.23 39.41

PACKET Laura		GM GOLD /21092/08	
Wed 03	50m vlinderslag	00:39.24	0.1 5e
Wed 07	100m vrije slag	01:14.01	1.14 19e
50m	00:35.20 35.2	100m	01:14.01 38.81

PACKET Sarah		GM GOLD /21138/11	
Wed 01	100m schoolslag	01:51.89	-1.5 8e
50m	00:52.71 52.71	100m	01:51.89 59.18
Wed 07	100m vrije slag	01:33.15	-3.1 16e
50m	00:43.41 43.41	100m	01:33.15 49.74

PENEZ Beau		GM GOLD /11105/10	
Wed 02	400m wisselslag	06:31.42	4e
50m	00:44.06 44.06	100m	01:36.89 52.83
150m	02:26.90 50.01	200m	03:15.78 48.88
250m	04:11.80 56.02	300m	05:06.92 55.12
350m	05:50.35 43.43	400m	06:31.42 41.07

Wed 10	200m vrije slag	02:42.78	-4.3 10e
50m	00:38.20 38.2	100m	01:20.35 42.15
150m	02:02.58 42.23	200m	02:42.78 40.2

Wed 13	100m wisselslag	01:27.15	1.02 3e
50m	00:40.39 40.39	100m	01:27.15 46.76

Wed 25	200m rugslag	02:59.26	3.43 4e
50m	00:42.42 42.42	100m	01:28.95 46.53
150m	02:15.26 46.31	200m	02:59.26 44

Wed 27	100m vrije slag	01:15.04	-4.3 6e
50m	00:36.81 36.81	100m	01:15.04 38.23

Wed 31	200m wisselslag	03:02.16	-19 7e
50m	00:40.29 40.29	100m	01:27.54 47.25
150m	02:21.88 54.34	200m	03:02.16 40.28

Wed 36	400m vrije slag	05:42.93	-29 5e
50m	00:38.93 38.93	100m	01:22.28 43.35
150m	02:07.22 44.94	200m	02:51.92 44.7
250m	03:37.01 45.09	300m	04:20.90 43.89
350m	05:03.48 42.58	400m	05:42.93 39.45

VALCKE Mirthe		GOLD /21139/08	
Wed 01	100m schoolslag	01:43.54	7.4 11e
50m	00:48.87 48.87	100m	01:43.54 54.67
Wed 07	100m vrije slag	01:25.12	2.38 23e
50m	00:40.88 40.88	100m	01:25.12 44.24



VANDEN BAVIERE Margo GM **GOLD/21096/09**

Wed 03 50m vlinderslag 00:39.60 -2.7 7e

Wed 07 100m vrije slag 01:16.20 -4.1 15e

50m	00:36.96	36.96	100m	01:16.20	39.24
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Wed 11 200m wisselslag 03:07.32 -11 14e

50m	00:39.45	39.45	100m	01:28.78	49.33
150m	02:24.25	55.47	200m	03:07.32	43.07

Wed 18 100m vlinderslag 01:32.07 -0.3 4e

50m	00:40.49	40.49	100m	01:32.07	51.58
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Wed 22 400m wisselslag 06:34.36 4e

50m	00:41.16	41.16	100m	01:35.60	54.44
150m	02:26.21	50.61	200m	03:14.36	48.15
250m	04:10.87	56.51	300m	05:09.03	58.16
350m	05:53.85	44.82	400m	06:34.36	40.51

Wed 28 200m vlinderslag SW 8.3.b
afwisselende bewegingen met benen/voeten gemaakt

Wed 30 200m vrije slag 02:45.12 -3.7 10e

50m	00:37.70	37.7	100m	01:21.02	43.32
150m	02:04.33	43.31	200m	02:45.12	40.79

VANDEBERGHE Lukas GM **GOLD/11133/10**

Wed 21 100m schoolslag 01:36.27 -5.3 2e

50m	00:46.69	46.69	100m	01:36.27	49.58
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Wed 23 50m vlinderslag 00:42.55 2e

Wed 27 100m vrije slag 01:19.65 -10 8e

50m	00:38.68	38.68	100m	01:19.65	40.97
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Wed 31 200m wisselslag 03:10.47 -27 10e

50m	00:43.55	43.55	100m	01:33.21	49.66
150m	02:26.15	52.94	200m	03:10.47	44.32

Wed 34 50m rugslag 00:41.88 -4.1 5e

VANDEBERGHE Staf

Wed 21 100m schoolslag 01:42.10 6e

50m	00:47.79	47.79	100m	01:42.10	54.31
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Wed 27 100m vrije slag 01:27.42 12e

50m	00:41.50	41.5	100m	01:27.42	45.92
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Wed 34 50m rugslag 00:46.57 -3 5e

VANSTEENKISTE Lona **GOLD /21082/08**

Wed 16 400m vrije slag 04:36.38 -3.3 1e 13 Rp

50m	00:31.00	31	100m	01:05.38	34.38
150m	01:40.17	34.79	200m	02:15.26	35.09
250m	02:50.75	35.49	300m	03:26.42	35.67
350m	04:01.90	35.48	400m	04:36.38	34.48

Wed 18 100m vlinderslag 01:04.82 -3.3 1e 14 Rp

50m	00:30.37	30.37	100m	01:04.82	34.45
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Wed 28 200m vlinderslag 02:25.17 -6.2 1e 14 Rp

50m	00:30.56	30.56	100m	01:06.61	36.05
150m	01:44.97	38.36	200m	02:25.17	40.2

VERHEYE Miel **GOLD/11142/06**

Wed 17 100m rugslag 01:04.89 1e 8 Rp

50m	00:31.68	31.68	100m	01:04.89	33.21
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Wed 27 100m vrije slag 00:59.21 8e 7 Rp

50m	00:28.45	28.45	100m	00:59.21	30.76
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VERPLANCKE Mara GM **GOLD/21140/13**

Wed 32 100m wisselslag 01:54.37 4e

50m	00:56.40	56.4	100m	01:54.37	57.97
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