



21/01/2023

FSC 2023 - Antwerpen

GOLD Swimming Team
Live slow, swim fast!HIGHS
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Vanluchene
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Bouw- & VerhuurondernemingBouwonderneming
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Nieuwbouw - VerbouwingenAXIS
Finance
www.axisfinance.bePaul & Tom DESCAMPS
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JUST MECHATRONICS

GARKA

DE SAEDELEER
JEAN-LUC
loodgieter
asfalt- & zinkwerkenVROEGVOGEL
bvba

DEHAUDT Fernando

GOLD /11029/05

Wed 01 400m vrije slag 04:06.92 6.08 11e 13 Rp

50m	00:27.95	27.95	100m	00:58.36	30.41
150m	01:29.19	30.83	200m	02:00.80	31.61
250m	02:32.61	31.81	300m	03:04.26	31.65
350m	03:35.95	31.69	400m	04:06.92	30.97

Wed 01 400m vrije slag 04:06.57 5.73 10e 13 Rp

50m	00:28.71	28.71	100m	00:59.44	30.73
150m	01:31.00	31.56	200m	02:02.92	31.92
250m	02:34.18	31.26	300m	03:05.27	31.09
350m	03:36.22	30.95	400m	04:06.57	30.35

Wed 16 800m vrije slag 08:45.85 17.9 8e 12 Rp

50m	00:29.65	29.65	100m	01:01.65	32
150m	01:34.49	32.84	200m	02:07.26	32.77
250m	02:40.13	32.87	300m	03:12.95	32.82
350m	03:46.01	33.06	400m	04:19.08	33.07
450m	04:52.33	33.25	500m	05:25.49	33.16
550m	05:59.22	33.73	600m	06:32.65	33.43
650m	07:06.35	33.7	700m	07:40.22	33.87
750m	08:13.75	33.53	800m	08:45.85	32.1

Wed 34 1500m vrije slag 16:22.83 15.0 7e 13 Rp

50m	00:29.32	29.32	100m	01:00.91	31.59
150m	01:33.05	32.14	200m	02:05.34	32.29
250m	02:38.24	32.9	300m	03:10.89	32.65
350m	03:43.91	33.02	400m	04:16.73	32.82
450m	04:49.89	33.16	500m	05:22.70	32.81
550m	05:55.77	33.07	600m	06:28.70	32.93
650m	07:01.91	33.21	700m	07:34.55	32.64
750m	08:07.56	33.01	800m	08:40.32	32.76
850m	09:13.57	33.25	900m	09:46.31	32.74
950m	10:19.78	33.47	1000m	10:52.52	32.74
1050m	11:25.88	33.36	1100m	11:58.85	32.97
1150m	12:32.51	33.66	1200m	13:05.82	33.31
1250m	13:39.49	33.67	1300m	14:12.54	33.05
1350m	14:46.19	33.65	1400m	15:19.60	33.41
1450m	15:52.93	33.33	1500m	16:22.83	29.9

DELBECQUE Tore

GOLD /11015/00

Wed 15 50m schoolslag 00:31.13 -0.3 17e 9 Rp

DUJARDIN Faye

GOLD /21035/06

Wed 02 200m vrije slag 02:13.89 -2.4 49e 9 Rp

50m	00:30.42	30.42	100m	01:04.89	34.47
150m	01:39.08	34.19	200m	02:13.89	34.81

Wed 12 50m vrije slag 00:28.43 0.13 40e 10 Rp

LAZOU Lente

GOLD/21110/05

Wed 02 200m vrije slag 02:08.83 0.22 28e 12 Rp

50m	00:30.50	30.5	100m	01:03.45	32.95
150m	01:36.46	33.01	200m	02:08.83	32.37

Wed 17 400m vrije slag 04:33.40 4.08 16e 12 Rp

50m	00:31.41	31.41	100m	01:05.80	34.39
150m	01:40.32	34.52	200m	02:14.85	34.53
250m	02:49.03	34.18	300m	03:24.16	35.13
350m	03:59.35	35.19	400m	04:33.40	34.05

Wed 17 400m vrije slag 04:31.67 2.35 13e 12 Rp

50m	00:31.34	31.34	100m	01:04.98	33.64
150m	01:39.50	34.52	200m	02:13.93	34.43
250m	02:48.64	34.71	300m	03:22.70	34.06
350m	03:57.76	35.06	400m	04:31.67	33.91

MOERMAN Helena

GOLD /21101/00

Wed 02 200m vrije slag 02:14.55 1.48 52e 8 Rp

50m	00:31.10	31.1	100m	01:05.01	33.91
150m	01:40.22	35.21	200m	02:14.55	34.33

Wed 12 50m vrije slag 00:28.88 0.47 52e 7 Rp

Wed 17 400m vrije slag 04:52.77 0.18 46e 5 Rp

50m	00:33.30	33.3	100m	01:10.12	36.82
150m	01:47.66	37.54	200m	02:24.98	37.32
250m	03:02.80	37.82	300m	03:40.40	37.6
350m	04:17.70	37.3	400m	04:52.77	35.07

Wed 27 100m vrije slag 01:01.66 0.6 53e 8 Rp

50m	00:29.85	29.85	100m	01:01.66	31.81
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OVAERE Luna

GOLD /21040/06

Wed 02 200m vrije slag 02:16.79 1.2 64e 8 Rp

50m	00:32.99	32.99	100m	01:07.50	34.51
150m	01:42.33	34.83	200m	02:16.79	34.46

Wed 10 100m vlinderslag 01:08.46 1.11 32e 8 Rp

50m	00:31.83	31.83	100m	01:08.46	36.63
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Wed 21 200m vlinderslag 02:33.58 3.91 6e 7 Rp

50m	00:33.92	33.92	100m	01:12.40	38.48
150m	01:52.25	39.85	200m	02:33.58	41.33

Wed 21 200m vlinderslag 02:31.67 2 6e 8 Rp

50m	00:33.04	33.04	100m	01:11.75	38.71
150m	01:51.48	39.73	200m	02:31.67	40.19

Wed 27 100m vrije slag 01:04.53 -0.04 80e 7 Rp

50m	00:31.18	31.18	100m	01:04.53	33.35
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LAEVENS
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GARKA

DE SAEDELEER
JEAN-LUC
loodgieter
asfalt- & zinkwerkenVROEGVOGEL
bvba

VANSTEENKISTE Lona

GOLD / 21082/08

Wed 02 200m vrije slag 02:10.38 -2.8 36e 12 Rp

50m	00:30.34	30.34	100m	01:03.91	33.57
150m	01:38.01	34.1	200m	02:10.38	32.37

Wed 10 100m vlinderslag 01:04.82 1.18 15e 13 Rp

50m	00:30.07	30.07	100m	01:04.82	34.75
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Wed 10 100m vlinderslag 01:03.99 0.35 12e 14 Rp

50m	00:29.83	29.83	100m	01:03.99	34.16
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Wed 21 200m vlinderslag 02:24.73 2.91 2e 12 Rp

50m	00:31.08	31.08	100m	01:08.02	36.94
150m	01:46.09	38.07	200m	02:24.73	38.64

Wed 21 200m vlinderslag 02:25.55 3.73 3e 12 Rp

50m	00:30.90	30.9	100m	01:07.30	36.4
150m	01:46.10	38.8	200m	02:25.55	39.45

Wed 29 50m vlinderslag 00:29.10 -0.5 10e 14 Rp

Wed 29 50m vlinderslag 00:28.88 -0.7 9e 14 Rp

Wed 29 50m vlinderslag 00:29.35 -0.2 8e 13 Rp

VERHEYE Miel

GOLD/11142/06

Wed 07 100m rugslag 01:03.62 17e 9 Rp

50m	00:30.67	30.67	100m	01:03.62	32.95
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Wed 07 100m rugslag 01:02.57 13e 10 Rp

50m	00:30.14	30.14	100m	01:02.57	32.43
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Wed 24 200m rugslag 02:19.36 14e 9 Rp

50m	00:32.70	32.7	100m	01:08.43	35.73
150m	01:44.60	36.17	200m	02:19.36	34.76

Wed 24 200m rugslag 02:17.48 13e 10 Rp

50m	00:31.84	31.84	100m	01:07.00	35.16
150m	01:43.22	36.22	200m	02:17.48	34.26

Wed 30 50m rugslag 00:29.40 -0.7 16e 9 Rp

Wed 30 50m rugslag 00:29.28 -0.9 12e 9 Rp