



10/02/2023

OVK 2023 - Antwerpen

GOLD Swimming Team
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bvba**AFLOS Dames 1** GG **GOLD**

Wed 28 4x100m vrije slag 04:01.19 2e

Lona V/Faye D/Helena M/Lente L

50m	00:29.01	29.01	100m	01:00.66	31.65
150m	01:28.83	28.17	200m	02:01.52	32.69
250m	02:30.29	28.77	300m	03:01.67	31.38
350m	03:30.08	28.41	400m	04:01.19	31.11

DEHAUDT Fernando **GOLD /11029/05**

Wed 06 400m vrije slag 04:01.81 0.97 1e 15 Rp

50m	00:27.22	27.22	100m	00:56.46	29.24
150m	01:26.03	29.57	200m	01:56.63	30.6
250m	02:27.13	30.5	300m	02:58.60	31.47
350m	03:30.18	31.58	400m	04:01.81	31.63

Wed 12 800m vrije slag 08:32.57 4.58 1e 14 Rp

50m	00:28.72	28.72	100m	01:00.06	31.34
150m	01:31.83	31.77	200m	02:04.00	32.17
250m	02:36.34	32.34	300m	03:09.20	32.86
350m	03:41.70	32.5	400m	04:14.64	32.94
450m	04:46.97	32.33	500m	05:19.47	32.5
550m	05:52.23	32.76	600m	06:24.87	32.64
650m	06:57.13	32.26	700m	07:29.90	32.77
750m	08:02.00	32.1	800m	08:32.57	30.57

DUJARDIN Faye **GOLD /21035/06**

Wed 05 100m vrije slag 01:01.19 -0.2 8e 11 Rp

50m	00:29.03	29.03	100m	01:01.19	32.16
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Wed 07 50m vlinderslag 00:31.32 -0.09 9e 7 Rp

Wed 22 50m vrije slag 00:28.46 0.16 16e 10 Rp

LAZOU Lente **GOLD/21110/05**

Wed 20 400m vrije slag 04:34.15 4.83 1e 11 Rp

50m	00:30.96	30.96	100m	01:04.97	34.01
150m	01:39.77	34.8	200m	02:14.70	34.93
250m	02:49.25	34.55	300m	03:24.21	34.96
350m	03:59.34	35.13	400m	04:34.15	34.81

Wed 22 50m vrije slag 00:28.41 -2.1 13e 10 Rp

MOERMAN Helena **GOLD /21101/00**

Wed 05 100m vrije slag 01:00.22 -0.8 14e 10 Rp

50m	00:29.15	29.15	100m	01:00.22	31.07
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Wed 05 100m vrije slag 01:01.60 0.54 15e 8 Rp

50m	00:29.93	29.93	100m	01:01.60	31.67
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Wed 07 50m vlinderslag 00:31.83 0.02 43e 4 Rp

Wed 22 50m vrije slag 00:28.56 0.15 33e 8 Rp

Wed 30 200m vrije slag 02:20.77 7.7 69e 4 Rp

50m	00:30.91	30.91	100m	01:06.65	35.74
150m	01:43.77	37.12	200m	02:20.77	37

NAERT Zoé **GOLD /21081/08**

Wed 01 200m wisselslag 02:41.51 1.28 25e 5 Rp

50m	00:35.76	35.76	100m	01:17.81	42.05
150m	02:04.30	46.49	200m	02:41.51	37.21

Wed 09 200m schoolslag 02:57.87 -0.4 10e 6 Rp

50m	00:40.26	40.26	100m	01:25.68	45.42
150m	02:12.24	46.56	200m	02:57.87	45.63

Wed 16 100m schoolslag 01:20.87 -0.8 9e 8 Rp

50m	00:38.09	38.09	100m	01:20.87	42.78
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OOSTERLYNCK Anaïs **GOLD/21090/06**

Wed 01 200m wisselslag 02:40.24 -1.3 19e 5 Rp

50m	00:33.66	33.66	100m	01:15.72	42.06
150m	02:04.81	49.09	200m	02:40.24	35.43

Wed 07 50m vlinderslag 00:31.77 0.28 14e 6 Rp

Wed 30 200m vrije slag 02:18.38 -7 17e 7 Rp

50m	00:31.65	31.65	100m	01:07.15	35.5
150m	01:43.31	36.16	200m	02:18.38	35.07

Wed 34 400m wisselslag 05:34.62 -11 6e 6 Rp

50m	00:35.18	35.18	100m	01:15.42	40.24
150m	01:59.22	43.8	200m	02:41.60	42.38
250m	03:31.83	50.23	300m	04:20.80	48.97
350m	04:58.34	37.54	400m	05:34.62	36.28

OVAERE Luna **GOLD /21040/06**

Wed 01 200m wisselslag 02:38.99 1.83 18e 6 Rp

50m	00:32.20	32.2	100m	01:13.83	41.63
150m	02:03.94	50.11	200m	02:38.99	35.05

Wed 07 50m vlinderslag 00:30.54 -0.1 4e 9 Rp

Wed 24 200m vlinderslag 02:31.77 2.1 1e 8 Rp

50m	00:34.34	34.34	100m	01:12.79	38.45
150m	01:52.44	39.65	200m	02:31.77	39.33

Wed 24 200m vlinderslag 02:30.45 0.78 9e 9 Rp

50m	00:33.63	33.63	100m	01:11.18	37.55
150m	01:50.08	38.9	200m	02:30.45	40.37

Wed 30 200m vrije slag FF 27e

50m	00:33.48	33.48	100m	01:08.33	34.85
150m	01:44.54	36.21	200m	02:20.77	36.23

Wed 38 100m vlinderslag 01:09.04 1.69 5e 7 Rp

50m	00:32.25	32.25	100m	01:09.04	36.79
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loodgieter
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bvba**VANSTEENKISTE Lona** | **GOLD /21082/08**

Wed 05 100m vrije slag 01:00.47 -1 3e 12 Rp

50m	00:29.30	29.3	100m	01:00.47	31.17
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Wed 05 100m vrije slag 01:00.46 -1 13e 12 Rp

50m	00:29.20	29.2	100m	01:00.46	31.26
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Wed 07 50m vlinderslag 00:28.75 -0.1 1e 14 Rp

Wed 07 50m vlinderslag 00:28.74 -0.1 3e 14 Rp

Wed 24 200m vlinderslag 02:24.00 2.18 1e 13 Rp

50m	00:30.82	30.82	100m	01:06.49	35.67
150m	01:44.60	38.11	200m	02:24.00	39.4

Wed 24 200m vlinderslag 02:22.72 0.9 2e 13 Rp

50m	00:31.45	31.45	100m	01:07.90	36.45
150m	01:44.82	36.92	200m	02:22.72	37.9

Wed 30 200m vrije slag 02:14.50 4.12 10e 10 Rp

50m	00:30.21	30.21	100m	01:04.23	34.02
150m	01:39.62	35.39	200m	02:14.50	34.88

Wed 38 100m vlinderslag 01:04.50 0.86 2e 13 Rp

50m	00:30.10	30.1	100m	01:04.50	34.4
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Wed 38 100m vlinderslag 01:03.52 -0.1 2e 15 Rp

50m	00:29.72	29.72	100m	01:03.52	33.8
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VERHEYE Miel | **GOLD/11142/06**

Wed 04 100m rugslag 01:02.65 0.08 3e 10 Rp

50m	00:30.14	30.14	100m	01:02.65	32.51
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Wed 04 100m rugslag 01:02.87 0.3 14e 10 Rp

50m	00:30.34	30.34	100m	01:02.87	32.53
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Wed 15 200m vrije slag 02:01.93 4e 11 Rp

50m	00:28.70	28.7	100m	01:00.88	32.18
150m	01:32.03	31.15	200m	02:01.93	29.9

Wed 17 50m rugslag 00:29.14 -0.1 4e 10 Rp

Wed 17 50m rugslag 00:29.13 -0.2 12e 10 Rp

Wed 31 200m rugslag 02:16.96 -0.5 1e 10 Rp

50m	00:31.66	31.66	100m	01:07.65	35.99
150m	01:42.76	35.11	200m	02:16.96	34.2

Wed 31 200m rugslag 02:17.93 0.45 7e 9 Rp

50m	00:31.80	31.8	100m	01:06.89	35.09
150m	01:42.61	35.72	200m	02:17.93	35.32