



21/04/2023

**OPEN BELGIAN  
SWIMMINGCHAMPIONSHIPS 2023 -  
ANTWERPEN**



**AFLOS Gemengd 1 GG GOLD**

Wed 40 4x100m vrije slag 03:55.63 6e  
Miel V/Helena M/Luna O/Fernando D

50m	00:27.07	27.07	100m	00:56.24	29.17
150m	01:25.87	29.63	200m	01:58.60	32.73
250m	02:28.72	30.12	300m	03:01.81	33.09
350m	03:27.72	25.91	400m	03:55.63	27.91

**DEHAUDT Fernando GOLD /11029/05**

Wed 10 200m vrije slag 01:53.88 -3.2 3e 15 Rp

50m	00:27.21	27.21	100m	00:55.45	28.24
150m	01:24.71	29.26	200m	01:53.88	29.17

Wed 10 200m vrije slag 01:55.14 -1.9 6e 14 Rp

50m	00:26.61	26.61	100m	00:55.37	28.76
150m	01:24.86	29.49	200m	01:55.14	30.28

Wed 25 400m vrije slag 04:00.04 -0.8 2e 15 Rp

50m	00:27.64	27.64	100m	00:58.18	30.54
150m	01:28.58	30.4	200m	01:59.05	30.47
250m	02:29.36	30.31	300m	03:00.24	30.88
350m	03:30.58	30.34	400m	04:00.04	29.46

Wed 25 400m vrije slag 04:05.46 4.62 5e 14 Rp

50m	00:27.75	27.75	100m	00:57.27	29.52
150m	01:27.26	29.99	200m	01:57.40	30.14
250m	02:28.31	30.91	300m	02:59.52	31.21
350m	03:31.77	32.25	400m	04:05.46	33.69

Wed 31 100m vrije slag 00:54.56 -0.6 37e 11 Rp

50m	00:26.94	26.94	100m	00:54.56	27.62
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Wed 39 800m vrije slag 08:32.00 1.49 6e 14 Rp

50m	00:28.92	28.92	100m	00:59.97	31.05
150m	01:32.02	32.05	200m	02:03.57	31.55
250m	02:35.49	31.92	300m	03:07.73	32.24
350m	03:39.97	32.24	400m	04:12.24	32.27
450m	04:44.94	32.7	500m	05:17.54	32.6
550m	05:50.26	32.72	600m	06:23.10	32.84
650m	06:55.91	32.81	700m	07:29.00	33.09
750m	08:01.98	32.98	800m	08:32.00	30.02

**DELBECQUE Tore GOLD /11015/00**

Wed 08 50m schoolslag 00:31.21 0.08 23e 9 Rp

**LAZOU Lente GOLD/21110/05**

Wed 11 200m vrije slag 02:10.04 1.43 14e 12 Rp

50m	00:29.63	29.63	100m	01:02.34	32.71
150m	01:35.87	33.53	200m	02:10.04	34.17

**MOERMAN Helena GOLD /21101/00**

Wed 11 200m vrije slag 02:14.47 1.4 45e 8 Rp

50m	00:30.68	30.68	100m	01:04.99	34.31
150m	01:40.22	35.23	200m	02:14.47	34.25

Wed 20 50m vrije slag 00:28.76 0.35 36e 7 Rp

Wed 30 100m vrije slag 01:00.94 0.72 33e 9 Rp

50m	00:30.12	30.12	100m	01:00.94	30.82
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Wed 36 50m vlinderslag 00:30.66 -0.08 39e 7 Rp

**NAERT Zoé GOLD /21081/08**

Wed 09 50m schoolslag 00:35.89 -0.9 4e 10 Rp

Wed 09 50m schoolslag 00:35.30 -1.5 14e 11 Rp

Wed 16 100m schoolslag 01:18.90 -2 33e 9 Rp

50m	00:37.39	37.39	100m	01:18.90	41.51
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Wed 16 100m schoolslag 01:18.04 -2.8 15e 10 Rp

50m	00:36.48	36.48	100m	01:18.04	41.56
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Wed 20 50m vrije slag 00:30.12 0.04 105e 6 Rp

Wed 26 200m wisselslag 02:40.77 0.54 49e 6 Rp

50m	00:36.26	36.26	100m	01:17.33	41.07
150m	02:03.91	46.58	200m	02:40.77	36.86

Wed 32 200m schoolslag 02:55.40 -2.5 41e 7 Rp

50m	00:39.12	39.12	100m	01:23.48	44.36
150m	02:09.73	46.25	200m	02:55.40	45.67

**OOSTERLYNCK Anais GOLD/21090/06**

Wed 07 100m vlinderslag 01:12.24 0.22 17e 4 Rp

50m	00:32.98	32.98	100m	01:12.24	39.26
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Wed 18 200m vlinderslag 02:43.46 3.47 23e 2 Rp

50m	00:35.43	35.43	100m	01:16.74	41.31
150m	02:00.64	43.9	200m	02:43.46	42.82



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ANTWERPEN**



**OVAERE Luna GOLD /21040/06**

Wed 07 100m vlinderslag 01:08.33 0.98 12e 8 Rp

50m	00:31.82	31.82	100m	01:08.33	36.51
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Wed 11 200m vrije slag 02:15.54 -0.05 29e 9 Rp

50m	00:32.11	32.11	100m	01:06.29	34.18
150m	01:41.03	34.74	200m	02:15.54	34.51

Wed 18 200m vlinderslag 02:37.18 7.51 16e 5 Rp

50m	00:34.09	34.09	100m	01:13.30	39.21
150m	01:54.21	40.91	200m	02:37.18	42.97

Wed 18 200m vlinderslag 02:33.81 4.14 14e 7 Rp

50m	00:34.42	34.42	100m	01:14.08	39.66
150m	01:54.39	40.31	200m	02:33.81	39.42

Wed 24 400m vrije slag 04:49.28 -2.5 29e 8 Rp

50m	00:34.28	34.28	100m	01:10.49	36.21
150m	01:47.04	36.55	200m	02:22.99	35.95
250m	02:59.35	36.36	300m	03:36.46	37.11
350m	04:13.59	37.13	400m	04:49.28	35.69

Wed 36 50m vlinderslag 00:30.73 0.19 41e 8 Rp

**VANSTEENKISTE Lona GOLD /21082/08**

Wed 07 100m vlinderslag 01:04.11 0.59 1e 14 Rp

50m	00:29.57	29.57	100m	01:04.11	34.54
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Wed 07 100m vlinderslag 01:03.77 0.25 4e 14 Rp

50m	00:29.78	29.78	100m	01:03.77	33.99
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Wed 11 200m vrije slag 02:13.19 2.81 8e 11 Rp

50m	00:30.48	30.48	100m	01:03.86	33.38
150m	01:38.90	35.04	200m	02:13.19	34.29

Wed 18 200m vlinderslag 02:27.06 4.34 4e 11 Rp

50m	00:31.38	31.38	100m	01:07.48	36.1
150m	01:46.58	39.1	200m	02:27.06	40.48

Wed 18 200m vlinderslag 02:23.84 1.12 3e 13 Rp

50m	00:31.27	31.27	100m	01:07.71	36.44
150m	01:45.87	38.16	200m	02:23.84	37.97

Wed 30 100m vrije slag 01:01.38 0.92 38e 11 Rp

50m	00:29.92	29.92	100m	01:01.38	31.46
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Wed 36 50m vlinderslag 00:29.16 0.42 9e 13 Rp

Wed 36 50m vlinderslag 00:28.91 0.17 9e 14 Rp

**VERHEYE Miel GOLD/11142/06**

Wed 02 200m rugslag 02:16.34 -0.6 2e 10 Rp

50m	00:31.23	31.23	100m	01:05.24	34.01
150m	01:41.45	36.21	200m	02:16.34	34.89

Wed 02 200m rugslag 02:17.01 0.05 12e 10 Rp

50m	00:32.43	32.43	100m	01:07.22	34.79
150m	01:42.40	35.18	200m	02:17.01	34.61

Wed 10 200m vrije slag 01:59.98 -2 14e 12 Rp

50m	00:28.21	28.21	100m	00:58.55	30.34
150m	01:29.73	31.18	200m	01:59.98	30.25

Wed 23 100m rugslag 01:03.18 0.61 15e 9 Rp

50m	00:30.62	30.62	100m	01:03.18	32.56
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Wed 23 100m rugslag 01:04.25 1.68 12e 8 Rp

50m	00:31.13	31.13	100m	01:04.25	33.12
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Wed 25 400m vrije slag 04:16.02 -3.6 12e 12 Rp

50m	00:29.36	29.36	100m	01:01.16	31.8
150m	01:34.06	32.9	200m	02:06.89	32.83
250m	02:39.60	32.71	300m	03:12.47	32.87
350m	03:45.10	32.63	400m	04:16.02	30.92

Wed 25 400m vrije slag 04:14.13 -5.5 11e 12 Rp

50m	00:28.57	28.57	100m	01:00.47	31.9
150m	01:32.38	31.91	200m	02:05.23	32.85
250m	02:37.52	32.29	300m	03:10.27	32.75
350m	03:42.74	32.47	400m	04:14.13	31.39

Wed 35 50m rugslag 00:29.47 0.34 16e 9 Rp

Wed 35 50m rugslag 00:29.99 0.86 15e 8 Rp