



14/07/2023

Zomercriterium 2023 - Antwerpen

GOLD Swimming Team
Live slow, swim fast!HIGHS
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ANQUETIL Inaya GM GOLD/21102/09

Wed 05 200m rugslag 02:49.34 -2.4 3e 2 Rp

50m	00:40.99	40.99	100m	01:23.64	42.65
150m	02:07.56	43.92	200m	02:49.34	41.78

Wed 08 100m vlinderslag 01:26.09 1.76 9e

50m	00:39.33	39.33	100m	01:26.09	46.76
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Wed 13 400m vrije slag 05:22.02 -29 13e 1 Rp

50m	00:35.64	35.64	100m	01:15.68	40.04
150m	01:57.25	41.57	200m	02:39.20	41.95
250m	03:21.27	42.07	300m	04:03.12	41.85
350m	04:44.34	41.22	400m	05:22.02	37.68

Wed 49 200m wisselslag 02:50.26 0.47 7e 3 Rp

50m	00:37.93	37.93	100m	01:22.22	44.29
150m	02:12.68	50.46	200m	02:50.26	37.58

Wed 53 100m rugslag 01:21.17 0.14 7e

50m	00:40.91	40.91	100m	01:21.17	40.26
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Wed 55 100m vrije slag 01:06.82 0.22 4e 6 Rp

50m	00:32.88	32.88	100m	01:06.82	33.94
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DE BRUYNE Silke GM GOLD/21128/11

Wed 18 400m vrije slag 05:35.05 -4.7 5e 3 Rp

50m	00:37.28	37.28	100m	01:19.27	41.99
150m	02:02.23	42.96	200m	02:45.12	42.89
250m	03:28.32	43.2	300m	04:11.23	42.91
350m	04:55.17	43.94	400m	05:35.05	39.88

Wed 29 100m schoolslag 01:38.47 -6.0 10e

50m	00:46.25	46.25	100m	01:38.47	52.22
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Wed 39 200m wisselslag 03:04.73 -2.2 11e 1 Rp

50m	00:43.24	43.24	100m	01:30.27	47.03
150m	02:23.90	53.63	200m	03:04.73	40.83

Wed 47 100m vrije slag 01:14.16 -3.1 8e 2 Rp

50m	00:35.92	35.92	100m	01:14.16	38.24
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Wed 60 100m rugslag SW 6.4.c

DE MOOR Maxime GM GOLD/11094/09

Wed 02 400m vrije slag 05:13.35 0.88 14e 1 Rp

50m	00:33.89	33.89	100m	01:12.65	38.76
150m	01:52.26	39.61	200m	02:32.89	40.63
250m	03:13.42	40.53	300m	03:54.05	40.63
350m	04:33.78	39.73	400m	05:13.35	39.57

Wed 16 200m rugslag 02:43.54 1.37 5e

50m	00:37.80	37.8	100m	01:19.39	41.59
150m	02:01.69	42.3	200m	02:43.54	41.85

Wed 19 100m vlinderslag 01:28.85 1.48 8e

50m	00:40.94	40.94	100m	01:28.85	47.91
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MEURISSE Kyana GOLD/21114/10

Wed 05 200m rugslag 02:58.84 -2.6 6e

50m	00:41.11	41.11	100m	01:26.68	45.57
150m	02:13.76	47.08	200m	02:58.84	45.08

Wed 13 400m vrije slag 05:29.81 -22 12e 2 Rp

50m	00:36.23	36.23	100m	01:17.26	41.03
150m	01:59.61	42.35	200m	02:41.92	42.31
250m	03:24.68	42.76	300m	04:07.48	42.8
350m	04:49.96	42.48	400m	05:29.81	39.85

Wed 27 200m vrije slag 02:35.66 -5.7 14e 2 Rp

50m	00:35.19	35.19	100m	01:14.99	39.8
150m	01:56.24	41.25	200m	02:35.66	39.42

Wed 49 200m wisselslag 03:05.73 -3.5 28e

50m	00:40.36	40.36	100m	01:27.52	47.16
150m	02:25.55	58.03	200m	03:05.73	40.18

Wed 53 100m rugslag 01:24.80 2.34 18e

50m	00:40.55	40.55	100m	01:24.80	44.25
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Wed 55 100m vrije slag 01:12.31 -0.01 22e 1 Rp

50m	00:34.90	34.9	100m	01:12.31	37.41
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RIGOLE Mauro GOLD/11145/12

Wed 56 100m vrije slag 01:39.32 4.04 29e

50m	00:48.09	48.09	100m	01:39.32	51.23
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VANDEN BAVIERE Margo GM GOLD/21096/09

Wed 05 200m rugslag 03:06.66 18e

50m	00:43.57	43.57	100m	01:31.37	47.8
150m	02:20.08	48.71	200m	03:06.66	46.58

Wed 08 100m vlinderslag 01:22.68 -1.2 4e

50m	00:36.58	36.58	100m	01:22.68	46.1
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Wed 13 400m vrije slag 05:32.38 -5.2 19e

50m	00:37.44	37.44	100m	01:18.59	41.15
150m	02:00.97	42.38	200m	02:43.32	42.35
250m	03:26.71	43.39	300m	04:08.96	42.25
350m	04:51.47	42.51	400m	05:32.38	40.91

Wed 27 200m vrije slag 02:38.49 -4.8 20e

50m	00:36.42	36.42	100m	01:17.97	41.55
150m	01:59.30	41.33	200m	02:38.49	39.19

Wed 49 200m wisselslag 03:07.13 0.19 35e

50m	00:38.52	38.52	100m	01:28.38	49.86
150m	02:24.41	56.03	200m	03:07.13	42.72

Wed 55 100m vrije slag 01:16.38 2.5 46e

50m	00:35.87	35.87	100m	01:16.38	40.51
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WENES Joelia

GM

GOLD/21141/12

Wed 29 100m schoolslag 01:44.83 0.27 14e

50m	00:49.11	49.11	100m	01:44.83	55.72
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Wed 39 200m wisselslag 03:21.46 -3.3 14e

50m	00:45.46	45.46	100m	01:38.61	53.15
150m	02:35.21	56.6	200m	03:21.46	46.25