



28/07/2023

BK-CAT-WE2-2023 - ANTWERPEN

GOLD Swimming Team
Live slow, swim fast!HIGHS
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GARKA

DE SAEDELEER
JEAN-LUC
loodgieter
asfalt- & zinkwerkenVROEGVOGEL
bvba

DEHAUDT Fernando

GOLD /11029/05

Wed 25 1500m vrije slag 15:57.97 -11 3e 15 Rp

50m	00:29.29	29.29	100m	01:00.35	31.06
150m	01:30.95	30.6	200m	02:02.53	31.58
250m	02:33.84	31.31	300m	03:05.32	31.48
350m	03:36.62	31.3	400m	04:08.68	32.06
450m	04:40.04	31.36	500m	05:11.84	31.8
550m	05:43.56	31.72	600m	06:15.79	32.23
650m	06:47.74	31.95	700m	07:20.07	32.33
750m	07:52.24	32.17	800m	08:24.75	32.51
850m	08:56.73	31.98	900m	09:29.05	32.32
950m	10:01.11	32.06	1000m	10:33.73	32.62
1050m	11:06.00	32.27	1100m	11:38.67	32.67
1150m	12:10.84	32.17	1200m	12:43.70	32.86
1250m	13:16.62	32.92	1300m	13:49.86	33.24
1350m	14:22.68	32.82	1400m	14:55.28	32.6
1450m	15:27.17	31.89	1500m	15:57.97	30.8

DELBECQUE Tore

GOLD /11015/00

Wed 29 50m schoolslag 00:31.84 0.71 19e 7 Rp

DEPOORTER Ian

GOLD/11100/07

Wed 08 50m vrije slag 00:26.91 -0.1 47e 7 Rp

LAZOU Lente

GOLD/21110/05

Wed 03 100m vlinderslag 01:08.13 0.73 9e 8 Rp

50m	00:31.94	31.94	100m	01:08.13	36.19
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Wed 30 200m vrije slag 02:10.18 1.57 3e 11 Rp

50m	00:29.74	29.74	100m	01:03.12	33.38
150m	01:36.56	33.44	200m	02:10.18	33.62

Wed 30 200m vrije slag 02:10.90 2.29 5e 11 Rp

50m	00:30.28	30.28	100m	01:03.53	33.25
150m	01:37.32	33.79	200m	02:10.90	33.58

MOERMAN Helena

GOLD /21101/00

Wed 03 100m vlinderslag 01:07.59 -1.2 7e 7 Rp

50m	00:31.35	31.35	100m	01:07.59	36.24
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Wed 03 100m vlinderslag 01:09.80 0.98 8e 5 Rp

50m	00:32.29	32.29	100m	01:09.80	37.51
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Wed 07 50m vrije slag 00:28.83 0.42 17e 7 Rp

Wed 15 100m vrije slag 01:00.57 0.35 5e 10 Rp

50m	00:29.57	29.57	100m	01:00.57	31
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Wed 15 100m vrije slag 01:01.44 1.22 7e 9 Rp

50m	00:29.68	29.68	100m	01:01.44	31.76
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Wed 21 50m vlinderslag 00:31.01 0.35 16e 6 Rp

Wed 30 200m vrije slag 02:13.99 0.92 12e 8 Rp

50m	00:30.91	30.91	100m	01:04.48	33.57
150m	01:39.31	34.83	200m	02:13.99	34.68

Wed 30 200m vrije slag 02:18.30 5.23 8e 5 Rp

50m	00:31.25	31.25	100m	01:05.66	34.41
150m	01:42.53	36.87	200m	02:18.30	35.77

NAERT Zoé

GOLD /21081/08

Wed 09 100m schoolslag 01:18.42 0.38 9e 10 Rp

50m	00:36.47	36.47	100m	01:18.42	41.95
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Wed 09 100m schoolslag 01:18.83 0.79 7e 9 Rp

50m	00:37.16	37.16	100m	01:18.83	41.67
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Wed 19 200m schoolslag 02:56.05 3.8 13e 7 Rp

50m	00:39.01	39.01	100m	01:24.03	45.02
150m	02:09.76	45.73	200m	02:56.05	46.29

Wed 28 50m schoolslag 00:36.16 0.86 10e 10 Rp

Wed 28 50m schoolslag 00:35.27 -0.03 4e 11 Rp

OOSTERLYNCK Anaïs

GOLD/21090/06

Wed 03 100m vlinderslag 01:10.54 -1.0 17e 6 Rp

50m	00:32.56	32.56	100m	01:10.54	37.98
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Wed 15 100m vrije slag 01:03.26 0.09 38e 8 Rp

50m	00:30.50	30.5	100m	01:03.26	32.76
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Wed 23 200m wisselslag 02:37.52 -2.7 36e 6 Rp

50m	00:32.94	32.94	100m	01:13.87	40.93
150m	02:03.18	49.31	200m	02:37.52	34.34

Wed 26 200m vlinderslag 02:39.90 -0.09 12e 4 Rp

50m	00:34.72	34.72	100m	01:15.59	40.87
150m	01:57.62	42.03	200m	02:39.90	42.28

Wed 30 200m vrije slag 02:20.83 2.45 41e 6 Rp

50m	00:31.96	31.96	100m	01:08.01	36.05
150m	01:44.91	36.9	200m	02:20.83	35.92



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OVAERE Luna			GOLD / 21040/06		
Wed 03	100m vlinderslag	01:08.25 1.28 11e 8 Rp	50m	00:31.95 31.95	100m 01:08.25 36.3
Wed 15	100m vrije slag	01:02.81 0.22 26e 9 Rp	50m	00:30.25 30.25	100m 01:02.81 32.56
Wed 21	50m vlinderslag	00:30.42 0.32 13e 9 Rp	50m	00:34.47 34.47	100m 01:13.48 39.01
Wed 26	200m vlinderslag	02:33.72 4.05 7e 7 Rp	150m	01:52.55 39.07	200m 02:33.72 41.17
Wed 26	200m vlinderslag	02:30.51 0.84 7e 9 Rp	50m	00:33.51 33.51	100m 01:11.57 38.06
			150m	01:50.62 39.05	200m 02:30.51 39.89
Wed 30	200m vrije slag	02:16.44 2.47 22e 8 Rp	50m	00:32.24 32.24	100m 01:06.59 34.35
			150m	01:42.25 35.66	200m 02:16.44 34.19

VANSTEENKISTE Lona			GOLD / 21082/08		
Wed 03	100m vlinderslag	01:04.74 1.22 2e 13 Rp	50m	00:30.29 30.29	100m 01:04.74 34.45
Wed 03	100m vlinderslag	01:04.04 0.52 1e 14 Rp	50m	00:30.09 30.09	100m 01:04.04 33.95
Wed 07	50m vrije slag	00:28.16 -0.9 6e 11 Rp	50m	00:29.74 29.74	100m 01:00.56 30.82
Wed 07	50m vrije slag	00:27.90 -1.2 6e 12 Rp	50m	00:28.89 28.89	100m 00:59.53 30.64
Wed 15	100m vrije slag	01:00.56 0.1 5e 12 Rp	50m	00:29.74 29.74	100m 01:00.56 30.82
Wed 15	100m vrije slag	00:59.53 -0.9 4e 13 Rp	50m	00:28.89 28.89	100m 00:59.53 30.64
Wed 21	50m vlinderslag	00:29.48 0.74 5e 13 Rp	50m	00:31.61 31.61	100m 01:06.87 35.26
Wed 21	50m vlinderslag	00:29.11 0.37 4e 14 Rp	150m	01:41.96 35.09	200m 02:17.53 35.57
Wed 24	800m vrije slag	09:17.75 -21 1e 14 Rp	250m	02:52.87 35.34	300m 03:28.68 35.81
			350m	04:03.97 35.29	400m 04:39.96 35.99
			450m	05:15.33 35.37	500m 05:50.83 35.5
			550m	06:25.92 35.09	600m 07:01.21 35.29
			650m	07:35.90 34.69	700m 08:10.86 34.96
			750m	08:44.61 33.75	800m 09:17.75 33.14
Wed 26	200m vlinderslag	02:27.30 4.58 2e 11 Rp	50m	00:32.49 32.49	100m 01:09.99 37.5
			150m	01:49.06 39.07	200m 02:27.30 38.24
Wed 26	200m vlinderslag	02:24.20 1.48 2e 13 Rp	50m	00:32.52 32.52	100m 01:09.28 36.76
			150m	01:46.63 37.35	200m 02:24.20 37.57
Wed 30	200m vrije slag	02:11.76 1.38 6e 12 Rp	50m	00:30.21 30.21	100m 01:04.36 34.15
			150m	01:39.01 34.65	200m 02:11.76 32.75
Wed 30	200m vrije slag	02:09.20 -1.2 3e 13 Rp	50m	00:30.47 30.47	100m 01:03.28 32.81
			150m	01:37.02 33.74	200m 02:09.20 32.18



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VERHEYE Miel

GOLD/11142/06

Wed 02 400m vrije slag 04:11.80 -0.9 8e 13 Rp

50m	00:28.40	28.4	100m	00:59.56	31.16
150m	01:31.86	32.3	200m	02:03.98	32.12
250m	02:36.36	32.38	300m	03:08.86	32.5
350m	03:40.98	32.12	400m	04:11.80	30.82

Wed 06 200m rugslag 02:16.51 0.17 14e 10 Rp

50m	00:32.47	32.47	100m	01:07.07	34.6
150m	01:42.28	35.21	200m	02:16.51	34.23

Wed 16 50m rugslag 00:28.93 -0.2 4e 10 Rp

Wed 16 50m rugslag 00:28.72 -0.4 5e 11 Rp

Wed 31 200m vrije slag 01:58.86 -0.2 17e 13 Rp

50m	00:27.48	27.48	100m	00:57.84	30.36
150m	01:28.65	30.81	200m	01:58.86	30.21

Wed 33 100m rugslag 01:02.70 0.13 4e 10 Rp

50m	00:30.41	30.41	100m	01:02.70	32.29
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Wed 33 100m rugslag 01:02.17 -0.4 4e 10 Rp

50m	00:30.14	30.14	100m	01:02.17	32.03
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