

UZKZ DAMES (versie 31/12/2025)

	EENDJES		BENJAMINS		MINIEMEN		KADETTE		JUNIORS/SENIORS 17/17+ jaar	
	9 jaar	10 jaar	11jaar	12 jaar	13 jaar	14 jaar	15 jaar	16 jaar		
50M VRIJE SLAG	VANDEN ABEEL Syl 0:35.14 12Rp (25) 28/09/08 Kortri	LAZOU Lente 00:32.98 13Rp (25) 28/06/15 Menen	LAZOU Lente 00:31.29 12Rp (25) 26/06/16 Menen	LAZOU Lente 00:29.48 14Rp (25) 25/06/17 Menen	LIBBRECHT Zoë 0:28.44 (25) 01/06/25 Menen	SCHOOTTETENS Ruth 0:27.83 14Rp (25) 04/11/07 Wachite	AVET Leonie 00:27.35 14Rp (25) 22/10/16 Aachen	SCHOOTTETENS Ruth 0:27.10 14Rp (25) 14/11/09 Wachite	DE MARE Annelies 0:25.94 17Rp (25) 17/11/07 Wachite	50M VRIJE SLAG
100M VRIJE SLAG	VANDEN ABEEL Syl 1:16.86 14Rp (25) 21/12/08 Diksmu	LAZOU Lente 01:12.53 13Rp (25) 21/11/15 NIJLEN	VANDEN ABEEL Syl 1:06.68 14Rp (25) 27/11/10 NIJLEN	LAZOU Lente 01:01.21 17Rp (25) 19/11/17 Nijlen	LIBBRECHT Zoë 01:00.77 (25) 11/05/25 Zvevegem	AVET Leonie 01:00.21 14Rp (25) 15/11/15 Gent	VER EECKE Emily 0:59.59 14Rp (25) 20/11/10 Wachitebeke	AVET Leonie 00:59.10 14Rp (25) 12/11/17 Gent	DE MARE Annelies 0:56.43 17Rp (25) 17/11/07 Wachite	100M VRIJE SLAG
200M VRIJE SLAG	VANDEN ABEEL Syl 2:46.24 16Rp (25) 30/11/08 Zveveg	VANDEN ABEEL Syl 2:30.59 17Rp (25) 06/12/09 Kortri	LAZOU Lente 02:24.78 14Rp (25) 26/12/16 Kortrijk	LAZOU Lente 02:10.46 19Rp (25) 11/11/17 Gent	LAZOU Lente 2:11.18 15Rp (25) 20/05/18 Tiel	AVET Leonie 02:11.62 13Rp (25) 14/11/15 Gent	VER EECKE Emily 2:09.32 13Rp (25) 20/11/10 Wachitebeke	AVET Leonie 2:07.83 13Rp (25) 11/11/17 Gent	DE MARE Annelies 02:03.84 15Rp (25) 19/04/08 Ettelbruck	200M VRIJE SLAG
400M VRIJE SLAG	VANDEN ABEEL Syl 6:00.08 14Rp (25) 19/10/08 Diksmu	VANDEN ABEEL Syl 5:25.28 15Rp (25) 29/11/09 Zveveg	VANDEN ABEEL Syl 5:04.63 15Rp (25) 06/11/10 WACHTE	LAZOU Lente 04:36.42 18Rp (25) 12/11/17 Gent	LAZOU Lente 4:42.97 13Rp (50) 10/02/18 Antwemem	GHEQUIERE Time 4:40.74 12Rp 12/01/96 Zveveg	DECONINCK Laura 4:34.60 13Rp (25) 07/12/08 Kortrijk	DECONINCK Laura 4:28.10 14Rp (25) 27/12/09 Laken	DE MARE Annelies 04:26.62 14Rp (25) 23/12/07 Bree	400M VRIJE SLAG
800M VRIJE SLAG			GHEQUIERE Time 10:35.63 14Rp (25) 7/11/93 Diksmuide	LAZOU Lente 10:09.15 14Rp (50) 10/02/17 ANTWER	LIBBRECHT Zoë 9:40.35 26/10/2025 Zvevegem	DECONINCK Laura 9:36.85 12Rp (25) 11/11/07 Kortri	DECONINCK Laura 9:19.57 14Rp (25) 07/12/08 Kortrijk	NAESSENS Nora 9:20.21 13Rp (25) 20/11/10 WACHTE	NAESSENS Nora 09:12.68 12Rp (25) 14/11/15 Gent	800M VRIJE SLAG
1500M VRIJE SLAG				TRUYE Alexine 19:26.67 16Rp (25) 10/01/16 TIELT	TRUYE Alexine 18:44.54 15Rp (25) 15/01/17 Tiel	NAESSENS Nora 18:08.60 15Rp (25) 07/12/08 Kortri	DECONINCK Laura 17:46.14 14Rp (25) 28/12/08 Hofstade	DECONINCK Laura 17:36.63 14Rp (25) 04/10/09 Tiel	DECONINCK Laura 17:42.02 14Rp (25) 03/10/10 KORTRI	1500M VRIJE SLAG
5000M VRIJE SLAG									NAESSENS Nora 1:00:25.48 (50) 16/05/15 Antwemem	5000M VRIJE SLAG
50M SCHOOLSLAG	VANDEN ABEEL Syl 0:45.83 14Rp (25) 05/10/08 Kortri	VANDEN ABEEL Syl 0:42.86 11Rp (25) 08/11/09 Zveveg	VANDEN ABEEL Syl 0:38.48 15Rp (25) 27/11/10 NIJLEN	VANDEN ABEEL Syl 0:36.44 15Rp (25) 09/04/11 ETTEL	LAZOU Miet 0:35.69 14Rp 22/05/92	DECONINCK Laura 0:35.55 13Rp (25) 17/11/07 Wachite	DECONINCK Laura 0:34.09 15Rp (25) 15/11/08 Wachitebeke	DECONINCK Laura 0:34.19 13Rp (25) 14/11/09 Wachite	SCHOOTTETENS Ruth 0:33.13 15Rp (25) 20/11/10 WACHTE	50M SCHOOLSLAG
100M SCHOOLSLAG	VANDEN ABEEL Syl 1:37.33 16Rp (25) 23/11/08 Ottien	HERMAN Sofie 1:29.58 14Rp 11/10/97	VANDEN ABEEL Syl 1:21.55 16Rp (25) 27/11/10 NIJLEN	TRUYE Alexine 01:20.54 14Rp (25) 19/11/16 Nijlen	VANDEN ABEEL Syl 1:19.66 12Rp (25) 21/04/12 Ettel	DECONINCK Laura 01:14.89 15Rp (25) 17/11/07 Wachite	DECONINCK Laura 1:11.06 17Rp (25) 15/11/08 Wachitebeke	DECONINCK Laura 1:12.60 15Rp (25) 14/11/09 Wachite	SCHAUBROECK Febe 01:12.73 13Rp (25) 19/11/11 Wachite	100M SCHOOLSLAG
200M SCHOOLSLAG	VANDEN ABEEL Syl 3:31.97 15Rp (25) 02/11/08 Veurne	VANDEN ABEEL Syl 3:08.01 16Rp (25) 08/11/09 Zveveg	VANDEN ABEEL Syl 2:54.55 17Rp (25) 06/11/10 WACHTE	DECONINCK Laura 2:53.27 14Rp (25) 05/11/05 Wachite	TRUYE Alexine 02:50.98 12Rp (25) 19/03/17 Zveveg	DECONINCK Laura 2:40.30 16Rp (25) 17/11/07 Wachite	DECONINCK Laura 2:32.09 18Rp (25) 16/11/08 Wachitebeke	DECONINCK Laura 2:33.88 16Rp (25) 14/11/09 Wachite	SCHAUBROECK Febe 2:33.42 15Rp (25) 19/11/11 Wachite	200M SCHOOLSLAG
50M RUGSLAG	VER EECKE Emily 0:43.09 10Rp (25) 24/01/04 WAREGE	VANDEN ABEEL Syl 0:41.20 7Rp (25) 01/02/09 Veurne	SCHOOTTETENS Ruth 00:38.26 8Rp (25) 05/12/04 Zveveg	VER EECKE Emily 0:34.70 12Rp (25) 03/11/07 Wachite	LIBBRECHT Zoë 0:32.41 (25) 30/11/25 Diksmuide	AVET Leonie 00:31.94 13Rp (25) 14/11/15 Gent	DEMEYERE Anouk 00:31.07 14Rp (25) 12/11/17 Gent	DEMEYERE Anouk 0:31.28 13Rp (25) 11/11/17 Gent	SCHOOTTETENS Ruth 0:30.34 14Rp (25) 20/11/10 WACHTE	50M RUGSLAG
100M RUGSLAG	VANDEN ABEEL Syl 1:30.80 12Rp (25) 21/12/08 Diksmu	VANDEN ABEEL Syl 1:24.28 12Rp (25) 22/11/09 Diksmu	LAZOU Lente 01:19.45 11Rp (25) 20/11/16 Nijlen	LAZOU Lente 1:12.77 13Rp (25) 19/11/17 Nijlen	LIBBRECHT Zoë 1:10:45 (25) 12/10/25 Diksmuide	VER EECKE Emily 1:08.51 13Rp (25) 27/12/09 Laken	DEMEYERE Anouk 01:07.68 13Rp (25) 19/11/17 Nijlen	DEMEYERE Anouk 1:06.76 13Rp (25) 11/11/18 Gent	DEMEYERE Anouk 1:05.58 12Rp (25) 24/07/21 Kortrijk	100M RUGSLAG
200M RUGSLAG	YSENBAERT Amélie 03:27.67 9Rp (25) 29/11/15 Zveveg	LAZOU Lente 02:58.56 13Rp (25) 29/11/15 Zveveg	VANDEN ABEEL Syl 2:46.20 13Rp (25) 26/12/10 KORTRI	VER EECKE Emily 2:39.65 12Rp (25) 29/12/07 Laken	DEMEYERE Anouk 02:32.82 12Rp (25) 26/12/15 Kortrijk	DEMEYERE Anouk 02:26.33 13Rp (25) 26/12/16 Kortrijk	VER EECKE Emily 2:24.53 13Rp (25) 20/11/10 Wachitebeke	DEMEYERE Anouk 02:23.41 13Rp (25) 21/04/18 Aarschot	DECONINCK Laura 2:20.98 14Rp (25) 22/10/10 AACHEN	200M RUGSLAG
50M VLINDERSLAG	VER EECKE Emily 0:43.21 5Rp (25) 04/04/04 MENEN	VANDEN ABEEL Syl 0:37.45 9Rp (25) 26/12/09 Kortri	LAZOU Lente 00:34.23 10Rp (25) 20/11/16 Nijlen	LAZOU Lente 00:32.57 11Rp (50) 21/10/17 Brugge	LIBBRECHT Zoë 0:30:46 (25) 09/06/25 Zvevegem	VAN DE SOMPEL Del 0:30.43 12Rp 19/02/05	DECONINCK Laura 0:29.87 12Rp (50) 02/08/08 Belgrado	SCHOOTTETENS Ruth 0:29.88 11Rp (50) 24/04/09 La Lou	SCHOOTTETENS Ruth 0:29.10 13Rp (50) 29/04/11 ANTWER	50M VLINDERSLAG
100M VLINDERSLAG	VER EECKE Emily 1:32.70 14Rp 26/09/04	VANDEN ABEEL Syl 1:25.48 9Rp (25) 22/11/09 Diksmu	LAZOU Lente 01:15.07 13Rp (25) 19/11/16 Nijlen	LAZOU Lente 01:09.19 15Rp (25) 18/11/17 Nijlen	LIBBRECHT Zoë 1:08:16 (25) 11/10/25 Diksmuide	DECONINCK Laura 1:08.20 11Rp (25) 24/11/07 Nijlen	DECONINCK Laura 1:06.30 12Rp (25) 15/11/08 Wachitebeke	DECONINCK Laura 1:05.94 11Rp (25) 09/05/09 Zveveg	DECONINCK Laura 1:05.64 11Rp (50) 13/11/10 ANTWER	100M VLINDERSLAG
200M VLINDERSLAG		LAMMERTIJN G 3:39.00 1Rp 20/04/74	LAZOU Lente 02:55.94 10Rp (25) 26/12/16 Kortrijk	VAN DE SOMPEL Del 2:53.32 7Rp 19/04/03	GHEQUIERE Time 2:41.47 8Rp 26/05/95 Bethune	GHEQUIERE Time 2:32.19 10Rp 05/05/96 Gosselies	DECONINCK Laura 2:23.80 9Rp 10/05/97 Bethune	DECONINCK Laura 2:23.40 13Rp (25) 23/10/09 Aachen	DECONINCK Laura 2:24.84 12Rp (50) 30/07/10 ANTWER	200M VLINDERSLAG
100M WISSELSLAG	VER EECKE Emily 1:32.70 (25) 26/09/04 ZWEVEG	LAZOU Lente 01:23.38 (25) 21/11/15 NIJLEN	VANDEN ABEEL Syl 1:18.70 (25) 27/06/10 Menen	LIBBRECHT Zoë 01:11.16 (25) 29/12/24 Diksmuide	LIBBRECHT Zoë 1:10:34 (25) 27/09/25 Waregem	DECONINCK Laura 1:08.21 (25) 17/11/07 Wachite	DECONINCK Laura 1:05.57 (25) 15/11/08 Wachitebeke	DECONINCK Laura 1:05.64 (25) 23/10/09 Aachen	SCHOOTTETENS Ruth 1:04.28 (25) 20/11/10 WACHTE	100M WISSELSLAG
200M WISSELSLAG	LAZOU Lente 03:18.42 12Rp (25) 26/12/14 Kortrijk	VANDEN ABEEL Syl 2:49.24 17Rp (25) 26/12/09 Kortri	VANDEN ABEEL Syl 2:41.35 15Rp (25) 06/11/10 WACHTE	LAZOU Lente 2:32.73 15Rp (25) 26/12/17 Kortrijk	LIBBRECHT Zoë 02:26:46 (25) 16/11/25 Temse	DECONINCK Laura 2:24.97 15Rp (25) 17/11/07 Wachite	DECONINCK Laura 2:19.71 16Rp (25) 15/11/08 Wachitebeke	DECONINCK Laura 2:20.11 16Rp (25) 23/10/09 Aachen	SCHOOTTETENS Ruth 2:20.07 15Rp (25) 20/11/10 WACHTE	200M WISSELSLAG
400M WISSELSLAG	VERVAECKE V 7:20.00 12Rp	LAMMERTIJN G 6:57.00 6Rp	VANDEN ABEEL Syl 5:49.23 14Rp (25) 17/10/10 KORTRI	DECONINCK Laura 5:44.99 12Rp (25) 04/12/05 Veurne	LIBBRECHT Zoë 05:24.77 (25) 09/03/25 Diksmuide	DECONINCK Laura 5:07.46 15Rp (25) 17/11/07 Wachite	DECONINCK Laura 4:55.74 17Rp (25) 15/11/08 Wachitebeke	DECONINCK Laura 4:53.76 16Rp (25) 14/11/09 Wachite	DECONINCK Laura 4:55.99 16Rp (25) 22/10/10 AACHEN	400M WISSELSLAG