

**Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026**
**5 - 22. March 26**
**22/03/2026 - 9:30**
**Event 24**
**Men, 200m Freestyle**
**Open  
Startlist Prelim**
**22/03/2026 - 9:30**
**A-limiet : 2:00.77 / B-limiet 17 +: 2:04.20 / EJK-Limieten : 1:51.11 / EK-Limieten : 1:47.78**

YB				YB			
<u>Heat 1 of 7, 9:30</u>				<u>Heat 2 of 7, 9:33</u>			
1				1 Van Deursen Siebe	09 MEGA	BEL	2:03.77
2				2 Provoost Dajo	08 ROSC	BEL	2:03.31
3 Hauben Sander	07 HZS	BEL	2:04.15	3 Van Daele Daan	09 RSC	BEL	2:02.40
4 Slappendel Juan Cruz	09 ORCA	NED	2:03.95	4 D'Hooge Liam	08 STA	BEL	2:02.07
5 Mathieu Jack	07 ZS	BEL	2:04.02	5 Bahloula Nael	09 BRABO	BEL	2:02.36
6				6 Nijskens Karel	07 BRABO	BEL	2:03.31
7				7 Vanthournout Xander	06 ZGEEL	BEL	2:03.65
8				8 Kockx Henri	06 MEGA	BEL	2:03.83
<u>Heat 3 of 7, 9:35</u>				<u>Heat 4 of 7, 9:38</u>			
1 Leroux Wout	04 MEGA	BEL	2:00.94	1 De Swerdt Niels	07 TRUST	BEL	1:59.22
2 Lissens Tuur	10 LAQUA	BEL	2:00.34	2 Vansielegheem Killian	05 ROSC	BEL	1:58.62
3 Emig Elias	08 AUSTRIA	AUT	1:59.99	3 Stork Floris	03 DZ&PC	FRA	1:58.31
4 Michoel Quinten	09 ZGEEL	BEL	1:59.70	4 Vangrootloon Jef	10 HZS	BEL	1:57.79
5 Van Waelderden Thomas	05 WST	BEL	1:59.89	5 Dufond Nathan	08 ENLN	BEL	1:57.97
6 Mees Brent	03 SCZ	BEL	2:00.02	6 Ponsel Lucca	07 SSGS	GER	1:58.34
7 Schram Thor	05 MEGA	BEL	2:00.74	7 Desmet Leendert	06 TZT	BEL	1:58.78
8 Ravelingien Tibe	08 BRABO	BEL	2:01.11	8 Bhija Tariq	10 KWZC	BEL	1:59.24
<u>Heat 5 of 7, 9:40</u>				<u>Heat 6 of 7, 9:43</u>			
1 Magremanne Matteo	08 LGN	BEL	1:56.29	1 Barrett Alex	07 NCL	IRL	1:56.08
2 Kindt Levi	07 BRABO	BEL	1:54.69	2 Zemansky Noah	06 AUSTRIA	AUT	1:54.66
3 Baumann Leo Ilias	08 SSGS	GER	1:53.47	3 Saive Antoine	04 LGN	BEL	1:52.82
4 Waerniers Bere	08 TZT	BEL	1:51.44	4 Fritzke Lukas	06 SSGS	GER	1:49.54
5 Raje Michael	06 SSGS	GER	1:52.19	5 Laviolette Simon	08 SCR	BEL	1:51.87
6 Spadea Tommaso	08 LAQUA	BEL	1:54.36	6 Lammens Seppe	07 BRABO	BEL	1:53.88
7 Bes Colin	05 DZ&PC	NED	1:55.26	7 Baeye Leon	08 MEGA	BEL	1:54.81
8 Delie Vico	11 ISWIM	BEL	1:57.77	8 Wiersma Tieme	07 DZ&PC	NED	1:57.44
<u>Heat 7 of 7, 9:45</u>							
1 Van Egdome Wout	08 ZN	BEL	1:55.41				
2 Klink Sven	05 SWOL	NED	1:54.37				
3 Claerhout Bas	08 TZT	BEL	1:52.75				
4 Rynn Cormac	05 NCL	IRL	1:49.36				
5 O'Brien Denis	07 NCL	IRL	1:51.80				
6 Buttarelli Claudio	09 SCR	BEL	1:53.81				
7 Laureyssens Lukas	08 ZS	BEL	1:54.79				
8 Vermaut Arthur	06 LAQUA	BEL	1:57.00				

**Event 25**
**Women, 100m Backstroke**
**Open  
Startlist Prelim**
**22/03/2026 - 9:48**
**A-limiet : 1:11.06 / B-limiet 17 +: 1:13.45 / EJK-Limieten : 1:02.64 / EK-Limieten : 1:00.55**

YB				YB			
<u>Heat 1 of 8, 9:48</u>				<u>Heat 2 of 8, 9:50</u>			
1				1 De Backer Birgit	09 ZIOS	BEL	1:12.70
2 Bruinsma Liesette	00 HZ&PC	NED	1:26.89	2 Westerneng Fenna	09 DZ&PC	NED	1:11.62
3 Vlamijnck Lore	09 STA	BEL	1:13.15	3 Michielsens Jinthe	08 AZK	BEL	1:11.56
4 Van Laecke Liese	08 MEGA	BEL	1:13.11	4 Van Laarhoven Alessia	08 BRABO	BEL	1:11.19
5 Tyvaert Manon	08 ISWIM	BEL	1:13.14	5 Van Avondt Lina	09 STA	BEL	1:11.20
6 Bhija Noor	08 KWZC	BEL	1:13.17	6 Landuyt Anna-Lucia	08 TIME	BEL	1:11.59
7				7 Ooms Sari	07 ZGEEL	BEL	1:11.73
8				8 Kuznetcova Svetlana	07 BRABO	BEL	1:12.78

**Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026**
**Event 25, Women, 100m Backstroke, Prelim**
**Heat 3 of 8, 9:53**

1	Renette Lena	09	DBT	BEL	1:11.09
2	Vanhees Ella	09	DBT	BEL	1:10.72
3	Vangampelaere Laura	08	MEGA	BEL	1:10.53
4	Eelbode Emelie	12	ZNA	BEL	1:10.43
5	Loones Thuline	00	MEGA	BEL	1:10.43
6	Roox Amelie	08	ZDKB	BEL	1:10.54
7	Van Gysel Maite	08	MEGA	BEL	1:10.76
8	Ciobanu Anastasia	09	DDAT	BEL	1:11.11

**Heat 4 of 8, 9:55**

1	Geens Amelie	09	ZCK	BEL	1:10.17
2	Van den Wyngaert E.	09	BRABO	BEL	1:09.98
3	Mulder Esmee	08	DZ&PC	NED	1:09.76
4	O'Brien Lucy	09	NCL	IRL	1:09.57
5	Sprangers Kato	08	MOZKA	BEL	1:09.72
6	Migom Lobke	08	ZB	BEL	1:09.87
7	Temmerman Elynne	10	BRABO	BEL	1:09.99
8	Aelen Bente	12	STZ	BEL	1:10.43

**Heat 5 of 8, 9:57**

1	Roffel Maud	07	DZ&PC	NED	1:09.32
2	Frederix Maya	09	DBT	BEL	1:09.03
3	Dalemans Lyn	09	ZCK	BEL	1:07.85
4	Vandevenne Liah	11	DBT	BEL	1:07.40
5	Verluyten Leni	10	TSZ	BEL	1:07.58
6	Wegria Elena	11	LGN	BEL	1:08.82
7	Depaepe Elize	11	ROSC	BEL	1:09.28
8	Bajot Clemence	11	LGN	BEL	1:09.36

**Heat 6 of 8, 9:59**

1	Goethals Hilkie	95	MEGA	BEL	1:06.96
2	Heijl Olivia	07	BRABO	BEL	1:05.92
3	Rooney Cora	05	NCL	IRL	1:04.34
4	Godden Maria	02	NCL	IRL	1:01.89
5	Bussels Fleur	08	DMB	BEL	1:03.76
6	Nazaruk Nicole	09	STZ	BEL	1:05.24
7	Mattheeuws Lie	05	MEGA	BEL	1:06.38
8	Debecker Charlotte	08	DMI	BEL	1:07.05

**Heat 7 of 8, 10:01**

1	Metzemakers Lea	09	BRABO	BEL	1:06.90
2	Beijnsberger Mare	10	RSC	BEL	1:05.84
3	Korthuis Sara	06	DZ&PC	NED	1:04.17
4	Verdonck Fleur	06	ZN	BEL	1:01.80
5	Broeckert Noor	07	BRABO	BEL	1:03.73
6	Durez Laure	06	ENLN	BEL	1:05.10
7	Michiels Nore	08	TSZ	BEL	1:06.32
8	Huens Noor	09	MEGA	BEL	1:07.00

**Heat 8 of 8, 10:03**

1	Melotte Pia	10	DBT	BEL	1:06.62
2	Boxum Fay	09	DZ&PC	NED	1:05.42
3	Groener Yke	05	PSV	NED	1:03.77
4	Vanotterdijk Roos	05	DMB	BEL	58.97
5	Lichtendonk Ismay	04	HZ&PC	NED	1:03.43
6	van Etten Laura	08	HZ&PC	NED	1:04.58
7	Vachaudes Ella	09	ENLN	BEL	1:06.28
8	Vanhoof Marieke	07	RSCM	BEL	1:06.99

**Event 26  
22/03/2026 - 10:06**
**Men, 200m Breaststroke**
**Open  
Startlist Prelim**

A-limiet : 2:37.66 / B-limiet 17+ : 2:45.77 / EJK-Limieten : 2:16.27 / EK-Limieten : 2:11.19

**YB**
**Heat 1 of 6, 10:06**

1					
2					
3	Devriese Jonathan	08	BZK	BEL	2:45.01
4	Lafaut Leon	08	MEGA	BEL	2:42.90
5	Maenhout Arjen	07	UZKZ	BEL	2:44.26
6					
7					
8					

**Heat 3 of 6, 10:12**

1	Meert Vince	09	STZ	BEL	2:37.96
2	Oris Tim	98	DMB	BEL	2:34.86
3	Hoes Tom Alexander	10	MHN	BEL	2:33.74
4	Tolsma Storm	06	DZ&PC	NED	2:32.99
5	Soens Elias	06	DMB	BEL	2:33.02
6	Jorissen Rube	08	DBT	BEL	2:34.44
7	Van den Hoorn Jelle	04	HZS	BEL	2:37.17
8	Christiaens Stijn	06	KZK	BEL	2:38.09

**YB**
**Heat 2 of 6, 10:09**

1	Vandorpe Dante	08	RSC	BEL	2:42.86
2	Callewaert Niels	00	BRABO	BEL	2:40.92
3	De Peyper Noah	08	ZIOS	BEL	2:39.80
4	Slos Robbie	01	FIRST	BEL	2:38.52
5	Persoons Emiel	08	ZIOS	BEL	2:39.11
6	Eshuis Thom	09	BRABO	BEL	2:40.63
7	Verroken Gerben	08	ZIOS	BEL	2:41.88
8					

**Heat 4 of 6, 10:15**

1	de Bruijn Emiel	07	DZ&PC	NED	2:31.55
2	Ducarme Mathis	09	MHN	BEL	2:27.31
3	Orban Olivier	02	STW	BEL	2:22.70
4	Baeten Lukas	07	LAQUA	BEL	2:15.56
5	Volontir Danis	07	COB	ROU	2:21.52
6	de Roij van Zuidewijn J.	00	ALBION	NED	2:23.83
7	Verelzen Robbe	02	KZK	BEL	2:29.43
8	Sciacca Leandro	11	TSZ	BEL	2:32.69

**Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026**
**Event 26, Men, 200m Breaststroke, Prelim**
**Heat 5 of 6, 10:18**

1 Vos Sem	10 SCR	BEL	2:30.96
2 Cleymans Torben	08 STZ	BEL	2:27.23
3 Vranken Bartel	07 DMB	BEL	2:22.57
4 De Schryver Noah	01 ZNA	BEL	2:11.34
5 Matei Vlad Alexandru	06 ASP	ROU	2:19.97
6 Metzmakers Noa	06 BRABO	FRA	2:23.76
7 Holland Matthew	98 WLVM	GBR	2:28.69
8 Cleymans Karsten	02 STZ	BEL	2:32.63

**Heat 6 of 6, 10:21**

1 Rutkowski Franciszek	06 PSV	POL	2:30.39
2 Harvey Senan	06 NCL	IRL	2:26.86
3 D'espallier Daan	09 BRABO	BEL	2:22.13
4 Corbeau Caspar	01 VZF	NED	2:07.73
5 Broekstra Wytse	08 VIKINGS	NED	2:16.66
6 van Groenigen Karsten	08 STZ	BEL	2:23.53
7 Metten Vince	10 DMB	BEL	2:27.90
8 Deprez Lukas	06 TRUST	BEL	2:31.76

**Event 27**
**22/03/2026 - 10:25**
**Women, 200m Butterfly**
**Open  
Startlist Prelim**

A-limiet : 2:43.79 / EJK-Limieten : 2:14.07 / EK-Limieten : 2:12.61

**YB**
**Heat 1 of 2, 10:25**

1 Linskens Elloise	11 TZT	BEL	2:42.43
2 Bellens Lore	11 SHARK	BEL	2:34.22
3 Decoutere Imani	10 KZK	BEL	2:25.08
4 van der Kamp M.	05 HZ&PC	NED	2:21.93
5 De Bruycker Chloe	11 TZT	BEL	2:24.32
6 Broeckaert Noa	09 BRABO	BEL	2:33.19
7 Van Den Brecht Sarah	10 AZL	BEL	2:36.88
8			

**Heat 2 of 2, 10:28**

1 De Decker Febe	10 MEGA	BEL	2:40.97
2 Lammens Louise	08 TZT	BEL	2:34.18
3 Vertessen Fran	09 DBT	BEL	2:24.58
4 Dumont Sarah	07 NOC	BEL	2:09.75
5 De Bont Sam	08 TSZ	BEL	2:23.63
6 Rombout Lisa	01 HZA	BEL	2:27.75
7 Gaudaen Maud	11 TSZ	BEL	2:36.33
8			

**YB**
**Event 28**
**22/03/2026 - 10:32**
**Men, 50m Butterfly**
**Open  
Startlist Prelim**

A-limiet : 27.02 / B-limiet 17 +: 28.26 / EJK-Limieten : 24.35 / EK-Limieten : 23.53

**YB**
**Heat 1 of 10, 10:32**

1			
2			
3 Pelgrims Lowie	08 ZCT	BEL	28.20
4 Simons Vic	08 ZDKB	BEL	28.04
5 De Smaele Keyon	08 FIRST	BEL	28.12
6 Vangampelaere Milan	05 MEGA	BEL	28.26
7			
8			

**Heat 2 of 10, 10:33**

1 De Maesschalck Yarne	08 ALZV	BEL	27.99
2 Nollet Robbe	06 BRABO	BEL	27.94
3 Oris Tim	98 DMB	BEL	27.89
4 Veestraeten Mats	06 DMB	BEL	27.86
5 Debooser Thibaut	04 KZK	BEL	27.88
6 Meert Vince	09 STZ	BEL	27.91
7 Rutkowski Franciszek	06 PSV	POL	27.97
8 D'Heere Remi	09 ROSC	BEL	27.99

**YB**
**Heat 3 of 10, 10:34**

1 Cleymans Karsten	02 STZ	BEL	27.84
2 Nijskens Karel	07 BRABO	BEL	27.70
3 Slappendel Juan Cruz	09 ORCA	NED	27.54
4 Vandycke Lucas	07 ROSC	BEL	27.35
5 Duflocq Seppe	06 ISWIM	BEL	27.41
6 Volckaert Matthias	08 ZIOS	BEL	27.59
7 Robberechts Robbe	07 ALZV	BEL	27.74
8 Devos Rhune	09 ROSC	BEL	27.85

**Heat 4 of 10, 10:35**

1 Vanhoutte Warre	07 ROSC	BEL	27.32
2 Desmet Milan	03 KWZC	BEL	27.25
3 Van Hoof Daan	05 LAQUA	BEL	27.07
4 Van Ballaer Viktor	08 ZGEEL	BEL	27.02
5 Seghers Michiel	07 DDAT	BEL	27.05
6 Vanderhulst Midas	01 TRUST	BEL	27.14
7 Schram Thor	05 MEGA	BEL	27.26
8 Boodts Gerben	07 TSZ	BEL	27.34

**Heat 5 of 10, 10:36**

1 Van Egdom Wout	08 ZN	BEL	26.98
2 Baelen Tobe	10 DBT	BEL	26.87
3 Claeys Oscar	04 MEGA	BEL	26.85
4 Mattheus Ibe	05 TRUST	BEL	26.79
5 Christiaens Stijn	06 KZK	BEL	26.80
6 Vandendorpe Emile	04 UZKZ	BEL	26.86
7 Van Den Bosch Frederic	08 RSCM	BEL	26.89
8 Decupere Cedric	07 KZK	BEL	26.99

**Heat 6 of 10, 10:36**

1 Horovyi Mykyta	07 ZOLA	UKR	26.72
2 Geuens Lars	03 LAQUA	BEL	26.54
3 Coene Xander	10 SOS	BEL	26.50
4 Druwel Mauro	08 TIME	BEL	26.44
5 Opendenbergh Merlijn	09 BRABO	BEL	26.48
6 Barrett Alex	07 NCL	IRL	26.51
7 Grigoras Alexandru Nic	06 ASP	ROU	26.66
8 Bracke Erno	05 BRABO	BEL	26.73

**Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026**
**Event 28, Men, 50m Butterfly, Prelim**
**Heat 7 of 10, 10:37**

1	Laureyssens Lukas	08	ZS	BEL	26.38
2	Van Waelderen Thomas	05	WST	BEL	26.31
3	De Meyer Niels	02	BRABO	BEL	26.11
4	Koehoorn Gijs	08	HZ&PC	NED	25.97
5	Simion Matei	03	ASP	ROU	26.01
6	Ciommo Alessander	08	TRUST	BEL	26.20
7	De Swerdt Mathias	08	TRUST	BEL	26.33
8	Michoel Quinten	09	ZGEEL	BEL	26.40

**Heat 8 of 10, 10:38**

1	Bayer Valentin	99	AUSTRIA	AUT	25.79
2	de Mul Tom	05	MEGA	BEL	25.52
3	Vanhamel Yonas	05	BRABO	BEL	25.13
4	Van Hooydonck Vincent	07	BRABO	BEL	24.21
5	Berges Jens	01	HZA	BEL	24.67
6	Goenawan B.	05	SSGS	GER	25.33
7	Leirs Bavo	06	HZA	BEL	25.65
8	Vansielegheem Killian	05	ROSC	BEL	25.94

**Heat 9 of 10, 10:39**

1	Holland Matthew	98	WLVM	GBR	25.71
2	Thiebaut Noah	08	STZ	BEL	25.43
3	Dumitrache Tobias	03	ASP	ROU	24.97
4	Smink Michael	03	ALBION	NED	23.98
5	Vincent Bradley	91	MRI	MRI	24.60
6	Bulman Lars	06	ALBION	NED	25.25
7	Scharrer Daniel	07	AUSTRIA	AUT	25.57
8	Vervloet Ruwen	04	BRABO	BEL	25.90

**Heat 10 of 10, 10:40**

1	Rathgeber Erik	06	SSGS	GER	25.68
2	De Swerdt Niels	07	TRUST	BEL	25.36
3	Mees Ruben	06	SCZ	BEL	24.81
4	Mihalache Vlad Stefan	06	CSA	ROU	23.53
5	Stevens Stan	03	PSV	NED	24.41
6	Kalogeropoulos Zeno	04	UZKZ	BEL	25.15
7	Lammens Seppe	07	BRABO	BEL	25.55
8	Baeye Leon	08	MEGA	BEL	25.80

**Event 29  
22/03/2026 - 10:42**
**Women, 200m Breaststroke**
**Open  
Startlist Prelim**

A-limiet : 2:52.95 / B-limiet 17 +: 2:56.99 / EJK-Limieten : 2:31.75 / EK-Limieten : 2:27.06

YB

**Heat 1 of 4, 10:42**

1	Uytterhoeven Flo	10	ZCT	BEL	2:52.91
2	Lenaerts Hailey	09	TRUST	BEL	2:52.14
3	Mueller Rena	11	HZS	BEL	2:51.74
5	Struyf Lieselot	04	HZA	BEL	2:51.79
6	Verelst Laura	10	ZCT	BEL	2:52.22
7	Van Laecke Lotte	06	MEGA	BEL	2:55.00
8					

**Heat 2 of 4, 10:45**

1	Boven Axelle	10	SHARK	BEL	2:48.82
2	Raemdonck B.	05	MEGA	BEL	2:45.06
3	Evens Noor	09	HZS	BEL	2:41.29
4	Delcommune Zinke	05	KAZS	BEL	2:29.29
5	Connery Niamh	08	NCL	IRL	2:31.39
6	Luyten Julie	11	AZK	BEL	2:44.39
7	Donin Manon	08	ZIOS	BEL	2:47.22
8	Lepage Amelie	10	BRABO	BEL	2:51.70

**Heat 3 of 4, 10:48**

1	Put Fien	12	DBT	BEL	2:47.83
2	D'Hooghe Katia	07	BRABO	BEL	2:44.65
3	Verstrepen Siel	03	DBT	BEL	2:37.55
4	Gkovari Konstadina A.	07	GREECE	GRE	2:29.05
5	Zsebok Laura	06	HUN	HUN	2:30.46
6	Fontaine Heloise	10	NOC	BEL	2:42.41
7	Vertessen Fran	09	DBT	BEL	2:46.27
8	Christiaens Annabel	06	KZK	BEL	2:51.08

**Heat 4 of 4, 10:52**

1	Doyle Eimear	01	UL	IRL	2:47.44
2	Mulder Esmee	08	DZ&PC	NED	2:44.47
3	Gobert Lies	05	MEGA	BEL	2:36.18
4	Schouten Tes	00	VZF	NED	2:28.54
5	Fangli Henrietta	01	HUN	ROU	2:29.70
6	Brouwers Charlotte	11	DBT	BEL	2:41.89
7	Dillen Norah	08	ZGEEL	BEL	2:45.91
8	Fatih Aya	07	BRABO	BEL	2:50.39

**Event 30  
22/03/2026 - 10:56**
**Men, 100m Backstroke**
**Open  
Startlist Prelim**

A-limiet : 1:04.88 / B-limiet 17 +: 1:07.09 / EJK-Limieten : 56.19 / EK-Limieten : 54.28

YB

**Heat 1 of 7, 10:56**

1	Vandycke Lucas	07	ROSC	BEL	1:06.27
2	De Maesschalck Yarne	08	ALZV	BEL	1:05.98
3	Decaluwe Georges	09	ZCT	BEL	1:05.77
4	Van de Gender Wout	08	STW	BEL	1:05.73
5	Slappendel Juan Cruz	09	ORCA	NED	1:05.74
6	Nollet Robbe	06	BRABO	BEL	1:05.80
7	Hufkens Iben	07	ZGEEL	BEL	1:06.09
8					

**Heat 2 of 7, 10:58**

1	Robberechts Robbe	07	ALZV	BEL	1:05.63
2	Simons Vic	08	ZDKB	BEL	1:05.58
3	Decupere Cedric	07	KZK	BEL	1:04.93
4	Claeys Oscar	04	MEGA	BEL	1:04.61
5	Verbeek Sem	04	SHARK	BEL	1:04.64
6	Leroux Wout	04	MEGA	BEL	1:05.54
7	Verheyden Vinz	09	FIRST	BEL	1:05.62
8	Devos Rhune	09	ROSC	BEL	1:05.68

**Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026**
**Event 30, Men, 100m Backstroke, Prelim**
**Heat 3 of 7, 11:00**

1 Lafaut Leon	08	MEGA	BEL	1:04.47
2 Bahloula Nael	09	BRABO	BEL	1:04.16
3 Provoost Matice	08	ROSC	BEL	1:04.00
4 Michiels Sibe	10	TSZ	BEL	1:03.89
5 De Meyer Niels	02	BRABO	BEL	1:03.89
6 Coene Xander	10	SOS	BEL	1:04.13
7 Haesendonckx Jarne	08	ZGEEL	BEL	1:04.19
8 Boodts Gerben	07	TSZ	BEL	1:04.56

**Heat 4 of 7, 11:02**

1 de Mul Tom	05	MEGA	BEL	1:03.65
2 Baelen Tobe	10	DBT	BEL	1:03.55
3 Verroken Gerben	08	ZIOS	BEL	1:03.44
4 Volckaert Matthias	08	ZIOS	BEL	1:03.09
5 Kindt Liam	10	TZT	BEL	1:03.13
6 Waelput Thomas	09	TSZ	BEL	1:03.49
7 Seys Wout	10	ISWIM	BEL	1:03.61
8 De Swerd Mathias	08	TRUST	BEL	1:03.65

**Heat 5 of 7, 11:04**

1 Heyrman Tigo	03	BRABO	BEL	1:02.44
2 Issard Niek	07	DZ&PC	NED	1:00.50
3 Lecocq Justin	08	LGN	BEL	58.59
4 Irwin Neddie	03	NCL	IRL	57.19
5 Lavdaniti Zhulian Xhoi	03	BRABO	ALB	58.08
6 Volders Arne	10	BRABO	BEL	59.01
7 Van Tilburg Matthias	09	ZGEEL	BEL	1:01.36
8 Hauben Sander	07	HZS	BEL	1:03.07

**Heat 6 of 7, 11:06**

1 Van Deursen Siebe	09	MEGA	BEL	1:02.15
2 Bes Colin	05	DZ&PC	NED	1:00.50
3 Thiebaut Noah	08	STZ	BEL	58.39
4 Alves Torres Paul	03	CNB	FRA	56.70
5 Cousins Emmet	06	NCL	IRL	57.69
6 Emig Elias	08	AUSTRIA	AUT	58.75
7 Goris Ruben	09	BRABO	BEL	1:01.15
8 Feys Jonah	09	KZK	BEL	1:03.04

**Heat 7 of 7, 11:08**

1 Raes Dries	07	KAZS	BEL	1:01.61
2 De Craemer Cas	08	ZB	BEL	1:00.13
3 Minnaert Lars	05	PSV	NED	58.21
4 Verreth Noah	05	MEGA	BEL	54.19
5 Van Hoey Billiet A.	09	STW	BEL	57.35
6 Scharrer Daniel	07	AUSTRIA	AUT	58.59
7 Thonon Matisse	11	TZT	BEL	1:00.77
8 Druwel Mauro	08	TIME	BEL	1:03.00

**Event 31  
22/03/2026 - 11:10**
**Women, 50m Freestyle**
**Open  
Startlist Prelim**

A-limiet : 28.29 / B-limiet 17 +: 28.98 / EJK-Limieten : 25.97 / EK-Limieten : 24.99

YB

**Heat 1 of 7, 11:10**

1 Mertens Helena	09	SHARK	BEL	28.93
2 Donin Manon	08	ZIOS	BEL	28.74
3 Vanderbeke Hasse	08	AST	BEL	28.59
4 Renette Lena	09	DBT	BEL	28.53
5 Migom Lobke	08	ZB	BEL	28.55
6 Frederix Maya	09	DBT	BEL	28.60
7 Christiaens Annabel	06	KZK	BEL	28.81
8				

YB

**Heat 2 of 7, 11:11**

1 Eeckhout Fleur	08	ZB	BEL	28.39
2 Bhija Noor	08	KWZC	BEL	28.35
3 Iannino Valentina	12	STZ	BEL	28.27
4 Jacobs Ella	05	LZV	BEL	28.20
5 Broeckaert Noa	09	BRABO	BEL	28.25
6 Caes Oone	07	ZCT	BEL	28.29
7 Raemdonck B.	05	MEGA	BEL	28.38
8 De Backer Birgit	09	ZIOS	BEL	28.51

**Heat 3 of 7, 11:12**

1 Genbrugge Elea	10	BRABO	BEL	28.17
2 Debecker Charlotte	08	DMI	BEL	28.07
3 Claeys Ditte	10	ROSC	BEL	27.98
4 Vandevenne Liah	11	DBT	BEL	27.94
5 Heijl Olivia	07	BRABO	BEL	27.94
6 Bajot Clemence	11	LGN	BEL	28.07
7 Vanhees Ella	09	DBT	BEL	28.15
8 Ooms Sari	07	ZGEEL	BEL	28.19

**Heat 4 of 7, 11:13**

1 Verstrepen Siel	03	DBT	BEL	27.83
2 Christiaens Jutta	08	KZK	BEL	27.68
3 Desmet Lieze	10	TZT	BEL	27.65
4 Ciobanu Anastasia	09	DDAT	BEL	27.58
5 Van Gysel Maite	08	MEGA	BEL	27.63
6 Nazaruk Nicole	09	STZ	BEL	27.67
7 Streep Flo	09	BRABO	BEL	27.79
8 Caris Marthe	10	KWZC	BEL	27.88

**Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026**
**Event 31, Women, 50m Freestyle, Prelim**
**Heat 5 of 7, 11:14**

1	Beijnsberger Mare	10	RSC	BEL	27.21
2	Van Brabandt Juliette	09	MEGA	BEL	26.85
3	Durez Laure	06	ENLN	BEL	26.51
4	Senanszky Petra	94	HUN	HUN	24.87
5	Bussels Fleur	08	DMB	BEL	26.33
6	Varga Dominika	01	DSC	HUN	26.73
7	Dalemans Lyn	09	ZCK	BEL	27.13
8	De Bruycker Chloe	11	TZT	BEL	27.47

**Heat 6 of 7, 11:15**

1	Kidney Isabel	06	NCL	IRL	27.20
2	Wouters Briana	06	KAZS	BEL	26.77
3	Mattheeuws Lie	05	MEGA	BEL	26.47
4	Vanotterdijk Roos	05	DMB	BEL	24.83
5	Michiels Nore	08	TSZ	BEL	26.29
6	Ravelingien Lana	03	BRABO	BEL	26.67
7	Van den Wyngaert E.	09	BRABO	BEL	27.06
8	Hoste Celeste	07	MEGA	BEL	27.38

**Heat 7 of 7, 11:16**

1	Hannoteau Isalyne	09	ENLN	BEL	27.18
2	Metzemakers Lea	09	BRABO	BEL	26.76
3	van Kalmthout Yara	02	PSV	NED	26.45
4	Gaspard Florine	01	CNB	BEL	24.45
5	Henique Melanie	92	CNM	FRA	25.44
6	Korthuis Sara	06	DZ&PC	NED	26.56
7	Broeckaert Noor	07	BRABO	BEL	26.96
8	Maerevoet Marie	04	BRABO	BEL	27.31

**Event 32  
22/03/2026 - 11:17**
**Men, 200m Medley**
**Open  
Startlist Prelim**

A-limiet : 2:17.87 / B-limiet 17 +: 2:22.09 / EJK-Limieten : 2:04.42 / EK-Limieten : 2:00.14

**YB**
**Heat 1 of 6, 11:17**

1					
2					
3	Devriese Jonathan	08	BZK	BEL	2:21.95
4	Jorissen Rube	08	DBT	BEL	2:20.59
5	Verheyden Vinz	09	FIRST	BEL	2:20.66
6					
7					
8					

**Heat 3 of 6, 11:23**

1	Francois Wout	07	TZT	BEL	2:17.87
2	De Swerd Niels	07	TRUST	BEL	2:17.17
3	Tolsma Storm	06	DZ&PC	NED	2:16.41
4	Desmet Leendert	06	TZT	BEL	2:16.04
5	Van Daele Daan	09	RSC	BEL	2:16.15
6	Vos Sem	10	SCR	BEL	2:16.44
7	Wattiaux Thomas	10	MHN	BEL	2:17.55
8	Provoost Matice	08	ROSC	BEL	2:18.73

**Heat 5 of 6, 11:29**

1	Delie Vico	11	ISWIM	BEL	2:14.83
2	Vermaut Arthur	06	LAQUA	BEL	2:10.21
3	Broekstra Wytse	08	VIKINGS	NED	2:05.98
4	Zemansky Noah	06	AUSTRIA	AUT	2:03.03
5	Cristian Lapadat	04	ASP	ROU	2:05.34
6	Claerhout Bas	08	TZT	BEL	2:08.82
7	Pomsel Lucca	07	SSGS	GER	2:11.72
8	Baelen Tobe	10	DBT	BEL	2:15.72

**YB**
**Heat 2 of 6, 11:20**

1					
2	Christiaens Stijn	06	KZK	BEL	2:19.98
3	Van Ballaer Viktor	08	ZGEEL	BEL	2:19.57
4	Volckaert Matthias	08	ZIOS	BEL	2:18.80
5	Verelzen Robbe	02	KZK	BEL	2:18.94
6	Decupere Cedric	07	KZK	BEL	2:19.74
7	Van Hoof Daan	05	LAQUA	BEL	2:20.01
8					

**Heat 4 of 6, 11:26**

1	Metzemakers Noa	06	BRABO	FRA	2:15.22
2	Bayer Valentin	99	AUSTRIA	AUT	2:10.83
3	Klink Sven	05	SWOL	NED	2:06.33
4	Magold Carl Morris	04	SSGS	GER	2:03.42
5	Van Wellen Joseph	08	HOZT	BEL	2:05.49
6	Baumann Leo Ilias	08	SSGS	GER	2:09.29
7	D'espallier Daan	09	BRABO	BEL	2:13.19
8	Pattyn Lowie	10	TIME	BEL	2:15.98

**Heat 6 of 6, 11:31**

1	Van den Hoorn Jelle	04	HZS	BEL	2:14.73
2	Stork Floris	03	DZ&PC	FRA	2:09.99
3	Ortfeld Levin	05	SSGS	GER	2:05.97
4	Sofikitis Vasileios	04	GREECE	GRE	2:00.67
5	Laviolette Simon	08	SCR	BEL	2:03.88
6	Van Hoey Billiet A.	09	STW	BEL	2:06.35
7	Magremanne Matteo	08	LGN	BEL	2:11.20
8	Koehoorn Gijs	08	HZ&PC	NED	2:15.42

**Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026**
**Event 33  
22/03/2026 - 11:35**
**Women, 400m Freestyle**
**Open  
Startlist Prelim**

A-limiet : 4:38.56 / B-limiet 17 +: 4:43.36 / EJK-Limieten : 4:18.02 / EK-Limieten : 4:12.76

YB				YB			
<u>Heat 1 of 4, 11:35</u>				<u>Heat 2 of 4, 11:40</u>			
1				1 Broux Elise	05 GZVN	BEL	4:38.07
2				2 Lichtendonk Ismay	04 HZ&PC	NED	4:35.35
3 Bruinsma Liesette	00 HZ&PC	NED	5:04.18	3 O'Brien Lucy	09 NCL	IRL	4:33.74
4 Boxum Fay	09 DZ&PC	NED	4:38.78	4 Decraene Satheen	09 AQUABLA	BEL	4:33.04
5 Westerneng Fenna	09 DZ&PC	NED	4:40.85	5 van Etten Laura	08 HZ&PC	NED	4:33.67
6				6 Van Avondt Lina	09 STA	BEL	4:34.43
7				7 Claeys Ditte	10 ROSC	BEL	4:35.91
8				8 Mertens Helena	09 SHARK	BEL	4:38.58
<u>Heat 3 of 4, 11:45</u>				<u>Heat 4 of 4, 11:50</u>			
1 Vervloet Zoe	10 GZVN	BEL	4:31.49	1 Jorissen Janne	11 LGN	BEL	4:30.68
2 Paques Celya	09 LGN	BEL	4:28.34	2 Schmolt Jolina	08 SSGS	GER	4:28.33
3 Ravelingien Lana	03 BRABO	BEL	4:21.50	3 van Kalmthout Yara	02 PSV	NED	4:20.41
4 van der Kamp M.	05 HZ&PC	NED	4:15.10	4 Dumont Sarah	07 NOC	BEL	4:10.47
5 Bolt Hedwig	06 HZ&PC	NED	4:19.26	5 Vanderlinden Siri	09 LAQUA	BEL	4:16.24
6 Paques Typhanie	09 LGN	BEL	4:26.74	6 Vachaudéz Ella	09 ENLN	BEL	4:25.80
7 Lammens Mary	11 TZT	BEL	4:30.52	7 Adelman Clara Cenxi	10 LAQUA	BEL	4:29.53
8 Debecker Charlotte	08 DMI	BEL	4:32.82	8 Delsaer Laurien	11 LGN	BEL	4:32.71

**Event 34  
22/03/2026 - 11:56**
**Men, 1500m Freestyle**
**Open  
Startlist**

EJK-Limieten : 15:41.23 / EK-Limieten : 15:07.20

YB				YB			
<u>Heat 1 of 2, 11:56</u>							
1 Persoons Emiel	08 ZIOS	BEL	18:05.93				
2 Rydant Hannes	93 MEGA	BEL	17:33.69				
3 Van Daele Daan	09 RSC	BEL	17:25.06				
4 Housen Korneel	09 TZT	BEL	16:49.16				
5 Mathieu Jack	07 ZS	BEL	17:13.57				
6 Dehaene Jule	09 ISWIM	BEL	17:27.20				
7 Van der Borghst Floris	08 ZCT	BEL	17:37.83				
8 Claes Elian	10 DDAT	BEL	20:52.65				

Heat 2 scheduled in session 6 at 19:16

Flanders Swimming Cup 2026  
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6 - 22. March 26

22/03/2026 - 17:30

Event 24  
22/03/2026 - 17:30

Men, 200m Freestyle

Open  
Startlist Finals

A-limiet : 2:00.77 / B-limiet 17 +: 2:04.20 / EJK-Limieten : 1:51.11 / EK-Limieten : 1:47.78

YB

YB

Final A

Final B

1  
2  
3  
4  
5  
6  
7  
8

1  
2  
3  
4  
5  
6  
7  
8

Event 25  
22/03/2026 - 17:41

Women, 100m Backstroke

Open  
Startlist Finals

A-limiet : 1:11.06 / B-limiet 17 +: 1:13.45 / EJK-Limieten : 1:02.64 / EK-Limieten : 1:00.55

YB

YB

Final A

Final B

1  
2  
3  
4  
5  
6  
7  
8

1  
2  
3  
4  
5  
6  
7  
8

Event 26  
22/03/2026 - 17:50

Men, 200m Breaststroke

Open  
Startlist Finals

A-limiet : 2:37.66 / B-limiet 17 +: 2:45.77 / EJK-Limieten : 2:16.27 / EK-Limieten : 2:11.19

YB

YB

Final A

Final B

1  
2  
3  
4  
5  
6  
7  
8

1  
2  
3  
4  
5  
6  
7  
8

Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026

Event 27 Women, 200m Butterfly Open  
22/03/2026 - 18:00 Startlist Finals

A-limiet : 2:43.79 / EJK-Limieten : 2:14.07 / EK-Limieten : 2:12.61

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 28 Men, 50m Butterfly Open  
22/03/2026 - 18:12 Startlist Finals

A-limiet : 27.02 / B-limiet 17 +: 28.26 / EJK-Limieten : 24.35 / EK-Limieten : 23.53

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 29 Women, 200m Breaststroke Open  
22/03/2026 - 18:20 Startlist Finals

A-limiet : 2:52.95 / B-limiet 17 +: 2:56.99 / EJK-Limieten : 2:31.75 / EK-Limieten : 2:27.06

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026

Event 30  
22/03/2026 - 18:31

Men, 100m Backstroke

Open  
Startlist Finals

A-limiet : 1:04.88 / B-limiet 17 +: 1:07.09 / EJK-Limieten : 56.19 / EK-Limieten : 54.28

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 31  
22/03/2026 - 18:42

Women, 50m Freestyle

Open  
Startlist Finals

A-limiet : 28.29 / B-limiet 17 +: 28.98 / EJK-Limieten : 25.97 / EK-Limieten : 24.99

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 32  
22/03/2026 - 18:51

Men, 200m Medley

Open  
Startlist Finals

A-limiet : 2:17.87 / B-limiet 17 +: 2:22.09 / EJK-Limieten : 2:04.42 / EK-Limieten : 2:00.14

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Flanders Swimming Cup 2026  
Antwerpen, 20 - 22/3/2026

Event 33  
22/03/2026 - 19:02

Women, 400m Freestyle

Open  
Startlist Finals

A-limiet : 4:38.56 / B-limiet 17+ : 4:43.36 / EJK-Limieten : 4:18.02 / EK-Limieten : 4:12.76

	YB		YB
<u>Final A</u>		<u>Final B</u>	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	

Event 34  
22/03/2026 - 19:16

Men, 1500m Freestyle

Open  
Startlist

EJK-Limieten : 15:41.23 / EK-Limieten : 15:07.20

	YB		YB
<u>Heat 2 of 2, 18:58</u>			
1 Lambert Noah	10 LGN	BEL	16:31.34
2 Sobrie Gautier	08 DM	BEL	16:08.23
3 Lovens Florentin	06 LGN	BEL	15:57.35
4 Vlahogiannakos P.	02 GREECE	GRE	15:33.38
5 Vanhuys Logan	97 DM	BEL	15:46.17
6 Wiersma Tieme	07 DZ&PC	NED	15:57.40
7 Kopriva Ilio	06 DBT	BEL	16:20.87
8 Sodemann Elliot	98 KAZS	SWE	16:35.51

19:35 Medailles finale wedstrijden 17-18 jaar & 19+ Zwemfed