

PK LB Limburg: Session: 4: COACH evaluation sheet for TEAM: GZVN

Coachinfo: Warming up from: 13:15 until 13:55. Teamleadmeeting @ The listed starttimes are indicative!

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 30: 100M BREASTSTROKE MEN 11-12 **Heat:1, starttime: 14:00**

Heat: 1/5 Lane : 5 Athlete: NYS ROBBE **Q-time: 02:01:94**

PB (50m pool): 02:01.94 SportinGenk Park 11/11/2025 **PB (25m pool): 01:59.14 SB: 02:01.94 SportinGenk Park 11/11/2025**

	5 0 M	1 0 0 M	
PB	no time	02:01.94	
	<i>no time</i>		
	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12 **Heat:2, starttime: 14:03**

Heat: 2/5 Lane : 3 Athlete: VANDEBROUCK ARNO **Q-time: 01:58:38**

PB (50m pool): 01:58.38 Düsseldorf 14/12/2025 **PB (25m pool): no time SB: 01:58.38 Düsseldorf 14/12/2025**

	5 0 M	1 0 0 M	
PB	no time	01:58.38	
	<i>no time</i>		
	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12 **Heat:2, starttime: 14:03**

Heat: 2/5 Lane : 5 Athlete: CHRISTIAENS GIEL **Q-time: 01:48:54**

PB (50m pool): 01:48.54 SportinGenk Park 11/11/2025 **PB (25m pool): 01:46.00 SB: 01:48.54 SportinGenk Park 11/11/2025**

	5 0 M	1 0 0 M	
PB	no time	01:48.54	
	<i>no time</i>		
	

Coach feedback:

PK LB Limburg: Session: 4: COACH evaluation sheet for TEAM: GZVN

Event number: 30: 100M BREASTSTROKE MEN 11-12		Heat:3, starttime: 14:05	
Heat: 3/5 Lane : 4 Athlete: KÄHLER MATHIAS		Q-time: 01:42:60	
PB (50m pool): 01:42.60 Antwerpen 13/07/2025		PB (25m pool): 01:35.71 SB: no time	
	50 M	100 M	
PB	00:48.33	01:42.60	
	00:48.33	00:54.27	
	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12		Heat:3, starttime: 14:05	
Heat: 3/5 Lane : 7 Athlete: POORTERS ARNE		Q-time: 01:46:65	
PB (50m pool): 01:46.65 Antwerp 26/01/2025		PB (25m pool): 01:45.68 SB: no time	
	50 M	100 M	
PB	00:51.69	01:46.65	
	00:51.69	00:54.96	
	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12		Heat:4, starttime: 14:08	
Heat: 4/5 Lane : 3 Athlete: VANRUSSELT RAFAËL		Q-time: 01:40:62	
PB (50m pool): 01:40.62 Antwerpen 20/07/2025		PB (25m pool): 01:38.14 SB: no time	
	50 M	100 M	
PB	00:48.09	01:40.62	
	00:48.09	00:52.53	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:4, starttime: 14:19	
Heat: 4/9 Lane : 4 Athlete: TORDEUR KILIAN		Q-time: 00:29:83	
PB (50m pool): 00:29.83 Düsseldorf 14/12/2025		PB (25m pool): 00:30.31 SB: 00:29.83 Düsseldorf 14/12/2025	
	50 M		
PB	00:29.83		
	00:29.83		
		

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:4, starttime: 14:19
Heat: 4/9 Lane : 6 Athlete: TORDEUR ILIAS		Q-time: 00:30:61
PB (50m pool): 00:30.61 Düsseldorf 14/12/2025		PB (25m pool): 00:30.57 SB: 00:30.61 Düsseldorf 14/12/2025
	50 M	
PB	00:30.61	
	<i>00:30.61</i>	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:7, starttime: 14:22
Heat: 7/9 Lane : 2 Athlete: MIJSLINSKI JAYDEN		Q-time: 00:27:98
PB (50m pool): 00:27.98 Düsseldorf 14/12/2025		PB (25m pool): 00:34.22 SB: 00:27.98 Düsseldorf 14/12/2025
	50 M	
PB	00:27.98	
	<i>00:27.98</i>	
	

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:7, starttime: 14:22
Heat: 7/9 Lane : 7 Athlete: ONA CESAR		Q-time: 00:28:14
PB (50m pool): no time		PB (25m pool): 00:28.11 SB: no time
	50 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:1, starttime: 14:26
Heat: 1/10 Lane : 4 Athlete: BERGHMANS LAUREN		Q-time: 00:34:78
PB (50m pool): no time		PB (25m pool): 00:34.78 SB: no time
	50 M	
PB	no time	
	<i>no time</i>	
	

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 14:27
Heat: 2/10 Lane : 3 Athlete: BERGHS JINSE		Q-time: 00:34:14
PB (50m pool): 00:34.14 Düsseldorf 14/12/2025		PB (25m pool): 00:33.50 SB: 00:34.14 Düsseldorf 14/12/2025
	5 0 M	
PB	00:34.14	
	00:34.14	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:28
Heat: 3/10 Lane : 3 Athlete: CUYPERS MANON		Q-time: 00:33:24
PB (50m pool): 00:33.24 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 00:32.64 SB: no time
	5 0 M	
PB	00:33.24	
	00:33.24	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:28
Heat: 3/10 Lane : 5 Athlete: DRESSSEN LYANA		Q-time: 00:32:79
PB (50m pool): 00:32.79 Düsseldorf 14/12/2025		PB (25m pool): 00:32.45 SB: 00:32.79 Düsseldorf 14/12/2025
	5 0 M	
PB	00:32.79	
	00:32.79	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:6, starttime: 14:32
Heat: 6/10 Lane : 5 Athlete: CUYPERS LINNE		Q-time: 00:30:78
PB (50m pool): 00:30.78 SportinGenk Park 21/04/2025		PB (25m pool): 00:30.24 SB: no time
	5 0 M	
PB	00:30.78	
	00:30.78	
	

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:7, starttime: 14:33
Heat: 7/10 Lane : 5 Athlete: TORDEUR LUCIE		Q-time: 00:30:17
PB (50m pool): 00:32.00 Genk 18/04/2022		PB (25m pool): 00:30.17 SB: no time
	5 0 M	
PB	00:32.00	
	<i>00:32.00</i>	
	

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:7, starttime: 14:33
Heat: 7/10 Lane : 6 Athlete: HABRAKEN AMBER		Q-time: 00:30:29
PB (50m pool): 00:30.29 Antwerpen 13/07/2025		PB (25m pool): 00:30.56 SB: no time
	5 0 M	
PB	00:30.29	
	<i>00:30.29</i>	
	

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 14:40
Heat: 1/4 Lane : 3 Athlete: THOELLEN SIMON				Q-time: 03:23:42
PB (50m pool): 03:40.96 Eindhoven 07/07/2024				PB (25m pool): 03:23.42 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	no time	no time	no time	03:40.96
	<i>no time</i>			

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 14:40
Heat: 1/4 Lane : 5 Athlete: CUYPERS MAXIME				Q-time: 03:19:88
PB (50m pool): no time				PB (25m pool): 03:19.88 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	no time	no time	no time	no time
	<i>no time</i>			

Coach feedback:

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Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:1, starttime: 14:55	
Heat: 1/6 Lane : 5 Athlete: RATSITKA IRINI				Q-time: 03:44:89	
PB (50m pool): 03:44.89 Mönchengladbach 23/03/2025			PB (25m pool): 03:25.41 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:46.92	no time	03:44.89	
	<i>no time</i>				
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 15:00	
Heat: 2/6 Lane : 3 Athlete: DREESSEN LYANA				Q-time: 03:25:36	
PB (50m pool): 03:25.36 Antwerpen 13/07/2025			PB (25m pool): 03:12.25 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.31	01:39.26	02:32.61	03:25.36	
	<i>00:46.31</i>	<i>00:52.95</i>	<i>00:53.35</i>	<i>00:52.75</i>	
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 15:00	
Heat: 2/6 Lane : 6 Athlete: CUYPERMANON				Q-time: 03:26:13	
PB (50m pool): 03:26.13 SportinGenk Park 08/03/2025			PB (25m pool): 03:12.02 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:37.77	no time	03:26.13	
	<i>no time</i>				
	

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+				Heat:4, starttime: 15:08	
Heat: 4/6 Lane : 7 Athlete: HABRAKEN AMBER				Q-time: 03:13:29	
PB (50m pool): 03:13.29 Antwerpen 13/07/2025			PB (25m pool): 03:08.07 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.23	01:32.54	02:22.87	03:13.29	
	<i>00:43.23</i>	<i>00:49.31</i>	<i>00:50.33</i>	<i>00:50.42</i>	
	

Coach feedback:

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Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 15:11
Heat: 5/6 Lane : 4 Athlete: ZANGARI AURORA					Q-time: 02:55:26
PB (50m pool): 02:59.46 Antwerpen 21/04/2024			PB (25m pool): 02:55.26 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:59.46	
	<i>no time</i>				
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 15:34
Heat: 1/11 Lane : 2 Athlete: VANDEBROUCK ARNO				Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	<i>no time</i>			
		

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 15:34
Heat: 1/11 Lane : 3 Athlete: NYS ROBBE				Q-time: 01:51:71
PB (50m pool): no time		PB (25m pool): 01:51.71 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	<i>no time</i>			
		

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 15:34
Heat: 1/11 Lane : 6 Athlete: CHRISTIAENS GIEL				Q-time: 01:51:80
PB (50m pool): 01:51.80 SportinGenk Park 21/04/2025		PB (25m pool): 01:47.70 SB: no time		
	5 0 M	1 0 0 M		
PB	00:53.46	01:51.80		
	<i>00:53.46</i>	<i>00:58.34</i>		
		

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+		Heat:3, starttime: 15:40	
Heat: 3/11 Lane : 3 Athlete: KÄHLER MATHIAS		Q-time: 01:33:25	
PB (50m pool): 01:33.25 Düsseldorf 14/12/2025		PB (25m pool): 01:33.06 SB: 01:33.25 Düsseldorf 14/12/2025	
	50 M	100 M	
PB	no time	01:33.25	
	<i>no time</i>		
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:3, starttime: 15:40	
Heat: 3/11 Lane : 5 Athlete: POORTERS ARNE		Q-time: 01:32:94	
PB (50m pool): 01:32.94 Antwerpen 13/07/2025		PB (25m pool): 01:30.13 SB: 01:34.49 Düsseldorf 14/12/2025	
	50 M	100 M	
PB	00:46.15	01:32.94	
	<i>00:46.15</i>	<i>00:46.79</i>	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:5, starttime: 15:45	
Heat: 5/11 Lane : 6 Athlete: VANRUSSELT RAFAËL		Q-time: 01:26:69	
PB (50m pool): 01:26.69 Antwerpen 20/07/2025		PB (25m pool): 01:24.89 SB: 01:26.75 Düsseldorf 14/12/2025	
	50 M	100 M	
PB	00:42.39	01:26.69	
	<i>00:42.39</i>	<i>00:44.30</i>	
	

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:8, starttime: 15:53	
Heat: 8/11 Lane : 6 Athlete: TORDEUR ILIAS		Q-time: 01:15:96	
PB (50m pool): 01:15.96 SportinGenk Park 11/11/2025		PB (25m pool): 01:13.70 SB: 01:15.96 SportinGenk Park 11/11/2025	
	50 M	100 M	
PB	no time	01:15.96	
	<i>no time</i>		
	

Coach feedback:

PK LB Limburg: Session: 4: COACH evaluation sheet for TEAM: GZVN

Event number: 35: 100M BACKSTROKE MEN 11+		Heat:9, starttime: 15:55	
Heat: 9/11 Lane : 3 Athlete: ONA CESAR		Q-time: 01:13:14	
PB (50m pool): 01:13.14 SportinGenk Park 21/04/2025		PB (25m pool): 01:06.02 SB: no time	
	50 M	100 M	
PB	00:35.46	01:13.14	
	00:35.46	00:37.68	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:3, starttime: 16:07	
Heat: 3/12 Lane : 2 Athlete: RATSITKA IRINI		Q-time: 01:32:28	
PB (50m pool): 01:32.28 Antwerp 02/02/2025		PB (25m pool): 01:26.47 SB: no time	
	50 M	100 M	
PB	00:44.42	01:32.28	
	00:44.42	00:47.86	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:3, starttime: 16:07	
Heat: 3/12 Lane : 3 Athlete: BERGHMANS LAUREN		Q-time: 01:30:78	
PB (50m pool): 01:30.78 Antwerpen 13/07/2025		PB (25m pool): 01:25.91 SB: 01:31.92 SportinGenk Park 11/11/2025	
	50 M	100 M	
PB	00:44.35	01:30.78	
	00:44.35	00:46.43	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:4, starttime: 16:10	
Heat: 4/12 Lane : 5 Athlete: BERGHS JINSE		Q-time: 01:26:30	
PB (50m pool): 01:26.30 SportinGenk Park 11/11/2025		PB (25m pool): 01:24.49 SB: 01:26.30 SportinGenk Park 11/11/2025	
	50 M	100 M	
PB	no time	01:26.30	
	no time		
	

Coach feedback:

PK LB Limburg: Session: 4: COACH evaluation sheet for TEAM: GZVN

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:6, starttime: 16:15	
Heat: 6/12 Lane : 4 Athlete: CUYPERS LINNE		Q-time: 01:20:33	
PB (50m pool): 01:20.33 Antwerpen 13/07/2025		PB (25m pool): 01:15.79 SB: no time	
	50 M	100 M	
PB	00:39.52	01:20.33	
	00:39.52	00:40.81	
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:8, starttime: 16:20	
Heat: 8/12 Lane : 3 Athlete: ZANGARI AURORA		Q-time: 01:16:52	
PB (50m pool): 01:16.52 SportinGenk Park 08/03/2025		PB (25m pool): 01:14.63 SB: no time	
	50 M	100 M	
PB	no time	01:16.52	
	no time		
	

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+		Heat:8, starttime: 16:20	
Heat: 8/12 Lane : 4 Athlete: TORDEUR LUCIE		Q-time: 01:16:19	
PB (50m pool): 01:16.07 ANTWERPEN 23/07/2023		PB (25m pool): 01:14.10 SB: no time	
	50 M	100 M	
PB	no time	01:16.07	
	no time		
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:1, starttime: 16:31
Heat: 1/7 Lane : 4 Athlete: CUYPERS MAXIME				Q-time: 03:14:33
PB (50m pool): 03:14.33 Antwerpen 13/07/2025		PB (25m pool): 03:10.20 SB: no time		
	50 M	100 M	150 M	200 M
PB	00:45.80	01:37.20	02:32.52	03:14.33
	00:45.80	00:51.40	00:55.32	00:41.81

Coach feedback:

PK LB Limburg: Session: 4: COACH evaluation sheet for TEAM: GZVN

Event number: 37: 200M MEDLEY MEN 13+				Heat:2, starttime: 16:35	
Heat: 2/7 Lane : 3 Athlete: THOELLEN SIMON				Q-time: 03:00:72	
PB (50m pool): 03:00.72 Antwerpen 13/07/2025			PB (25m pool): 02:56.82 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.06	01:29.75	02:20.49	03:00.72	
	00:40.06	00:49.69	00:50.74	00:40.23	
	

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+				Heat:3, starttime: 16:39	
Heat: 3/7 Lane : 6 Athlete: TORDEUR KILIAN				Q-time: 02:44:00	
PB (50m pool): 02:44.00 Antwerpen 20/07/2025			PB (25m pool): 02:34.60 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.05	01:16.96	02:06.82	02:44.00	
	00:36.05	00:40.91	00:49.86	00:37.18	
	

Coach feedback: