

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Konings Antoinette HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 08:38	
Heat: 2/3 Lane : 2 Athlete: JANS AMÉLIE							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	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 08:38	
Heat: 2/3 Lane : 5 Athlete: JANSSENS JANNE							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	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 2: 50M BUTTERFLY MIXED 10-9							Heat:2, starttime: 08:56		
Heat: 2/3 Lane : 8 Athlete: VERJANS AXELLE							Q-time: 99:99:99		
PB (50m pool): no time				PB (25m pool): no time SB: no time					
	5 0 M								
PB	no time								
	no time								
									

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 3: 50M BUTTERFLY MEN 11+		Heat:2, starttime: 09:01
Heat: 2/11 Lane : 3 Athlete: KNAEPEN GUUS-JAN		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:51.89 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+		Heat:2, starttime: 09:01
Heat: 2/11 Lane : 8 Athlete: BRUNINX VICTOR		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+		Heat:3, starttime: 09:02
Heat: 3/11 Lane : 8 Athlete: CROES MATISSE		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+		Heat:10, starttime: 09:10
Heat: 10/11 Lane : 5 Athlete: BERGMANS MATS		Q-time: 00:29:60
PB (50m pool): 00:29.60 Antwerpen 27/07/2025		PB (25m pool): 00:28.96 SB: no time
	5 0 M	
PB	00:29.60	
	00:29.60	
		

Coach feedback:

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Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:14
Heat: 2/12 Lane : 3 Athlete: LIZIN NEL			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 09:21
Heat: 7/12 Lane : 6 Athlete: KOREN ZARA			Q-time: 00:37:82
PB (50m pool): 00:37.82 Seraing 25/01/2026 PB (25m pool): 00:37.06 SB: 00:37.82 Seraing 25/01/2026			
	5 0 M		
PB	00:37.82		
	00:37.82		
			

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 09:22
Heat: 8/12 Lane : 8 Athlete: VANDER MEER AMBER			Q-time: 00:36:33
PB (50m pool): 00:36.33 Antwerpen 15/03/2026 PB (25m pool): 00:37.40 SB: 00:36.33 Antwerpen 15/03/2026			
	5 0 M		
PB	00:36.33		
	00:36.33		
			

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 09:23
Heat: 9/12 Lane : 6 Athlete: SOUVLERIS SOFIA			Q-time: 00:33:98
PB (50m pool): 00:33.86 SportinGenk Park 01/04/2024 PB (25m pool): 00:33.44 SB: no time			
	5 0 M		
PB	00:33.86		
	00:33.86		
			

Coach feedback:

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Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 09:26
Heat: 12/12 Lane : 8 Athlete: SARGESJAN NALA			Q-time: 00:31:03
PB (50m pool): 00:31.03 Antwerpen 08/03/2026			PB (25m pool): 00:30.33 SB: 00:31.03 Antwerpen 08/03/2026
	5 0 M		
PB	00:31.03		
	00:31.03		
			

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 09:30
Heat: 2/6 Lane : 6 Athlete: MOTMANS LANDER			Q-time: 01:45:45
PB (50m pool): no time			PB (25m pool): 01:45.45 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 09:33
Heat: 3/6 Lane : 1 Athlete: BRUNINX LEON			Q-time: 01:37:60
PB (50m pool): no time			PB (25m pool): 01:37.60 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:5, starttime: 09:36
Heat: 5/6 Lane : 1 Athlete: HOUSEN ILYA			Q-time: 01:11:69
PB (50m pool): 01:11.69 Antwerpen 15/03/2026			PB (25m pool): 01:16.57 SB: 01:11.69 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.85	01:11.69	
	00:31.85	00:39.84	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:5, starttime: 09:36
Heat: 5/6 Lane : 6 Athlete: VANOPPEN MATHIAS			Q-time: 01:10:25
PB (50m pool): 01:10.25 Genk 01/02/2026			PB (25m pool): 01:09.06 SB: 01:10.25 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.23	01:10.25	
	00:31.23	00:39.02	
			

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:6, starttime: 09:38
Heat: 6/6 Lane : 2 Athlete: VAN DEN HOORN JELLE			Q-time: 01:01:55
PB (50m pool): 01:01.55 Antwerpen 22/03/2026			PB (25m pool): 00:58.84 SB: 01:01.55 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:28.59	01:01.55	
	00:28.59	00:32.96	
			

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:6, starttime: 09:38
Heat: 6/6 Lane : 6 Athlete: VANGROOTLOON JEF			Q-time: 01:01:11
PB (50m pool): 01:01.11 Antwerpen 08/03/2026			PB (25m pool): 01:04.79 SB: 01:01.11 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.70	01:01.11	
	00:27.70	00:33.41	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 09:40
Heat: 1/6 Lane : 3 Athlete: TAIBI AYA			Q-time: 99:99:99
PB (50m pool): 02:12.94 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): no time SB: 02:12.94 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:55.10	02:12.94	
	00:55.10	01:17.84	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:43
Heat: 2/6 Lane : 1 Athlete: LENAERTS JULIA			Q-time: 01:49:28
PB (50m pool): 01:46.70 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): no time SB: 01:46.70 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:46.26	01:46.70	
	00:46.26	01:00.44	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:43
Heat: 2/6 Lane : 4 Athlete: VANDER MEER NOOR			Q-time: 01:35:37
PB (50m pool): 01:35.37 Antwerpen 15/03/2026			PB (25m pool): 01:40.14 SB: 01:35.37 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.51	01:35.37	
	00:42.51	00:52.86	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:43
Heat: 2/6 Lane : 5 Athlete: FRANSSEN LYNA			Q-time: 01:35:73
PB (50m pool): 01:35.73 Antwerpen 13/07/2025			PB (25m pool): 01:39.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.56	01:35.73	
	00:42.56	00:53.17	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:43
Heat: 2/6 Lane : 6 Athlete: DESAIR ANNA-LOUISE			Q-time: 01:41:16
PB (50m pool): 01:41.16 Gent 08/02/2026			PB (25m pool): 01:39.24 SB: 01:41.16 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:44.88	01:41.16	
	00:44.88	00:56.28	
			

Coach feedback:

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Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:43
Heat: 2/6 Lane : 7 Athlete: STRIGENCZ ELIEN			Q-time: 01:47:82
PB (50m pool): no time			PB (25m pool): 01:47.82 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 09:43
Heat: 2/6 Lane : 8 Athlete: VAN GUYSE ADA			Q-time: 01:50:10
PB (50m pool): 01:50.10 Genk 01/02/2026			PB (25m pool): 01:50.13 SB: 01:50.10 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:45.72	01:50.10	
	00:45.72	01:04.38	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:3, starttime: 09:45
Heat: 3/6 Lane : 5 Athlete: GERETS ANNELIEN			Q-time: 01:26:28
PB (50m pool): 01:26.28 Antwerpen 15/03/2026			PB (25m pool): 01:23.31 SB: 01:26.28 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.82	01:26.28	
	00:38.82	00:47.46	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:3, starttime: 09:45
Heat: 3/6 Lane : 8 Athlete: BEVERNAGE TRIX			Q-time: 01:34:26
PB (50m pool): 01:34.26 Gent 08/02/2026			PB (25m pool): 01:31.83 SB: 01:34.26 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:39.36	01:34.26	
	00:39.36	00:54.90	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:4, starttime: 09:47
Heat: 4/6 Lane : 1 Athlete: MÜLLER RENA			Q-time: 01:24:77
PB (50m pool): 01:24.77 Gent 08/02/2026			PB (25m pool): 01:27.05 SB: 01:24.77 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.46	01:24.77	
	00:38.46	00:46.31	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:4, starttime: 09:47
Heat: 4/6 Lane : 4 Athlete: VANIERSCHOT ELLA			Q-time: 01:18:03
PB (50m pool): 01:17.80 Antwerpen 21/07/2024			PB (25m pool): 01:14.64 SB: 01:21.12 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:17.80	
	no time		
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:4, starttime: 09:47
Heat: 4/6 Lane : 5 Athlete: COPERMAN SAM			Q-time: 01:18:86
PB (50m pool): 01:18.86 Genk 01/02/2026			PB (25m pool): 01:15.41 SB: 01:18.86 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:34.51	01:18.86	
	00:34.51	00:44.35	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:4, starttime: 09:47
Heat: 4/6 Lane : 6 Athlete: JASPERS LIEN			Q-time: 01:21:26
PB (50m pool): 01:21.26 Antwerp 02/02/2025			PB (25m pool): 01:23.34 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.13	01:21.26	
	00:37.13	00:44.13	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 09:49
Heat: 5/6 Lane : 1 Athlete: BEUNCKENS TESS			Q-time: 01:17:78
PB (50m pool): 01:17.78 Genk 01/02/2026			PB (25m pool): 01:17.40 SB: 01:17.78 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:36.07	01:17.78	
	00:36.07	00:41.71	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 09:49
Heat: 5/6 Lane : 2 Athlete: THEWISSEN MIRTHE			Q-time: 01:17:16
PB (50m pool): 01:17.16 Antwerpen 15/03/2026			PB (25m pool): 01:15.67 SB: 01:17.16 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.32	01:17.16	
	00:35.32	00:41.84	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:6, starttime: 09:51
Heat: 6/6 Lane : 5 Athlete: EVENS NOOR			Q-time: 01:07:70
PB (50m pool): 01:07.46 Antwerpen 28/07/2024			PB (25m pool): 01:06.47 SB: 01:09.43 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:07.46	
	no time		
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:6, starttime: 09:51
Heat: 6/6 Lane : 8 Athlete: VERLEYSSEN NOA			Q-time: 01:12:11
PB (50m pool): 01:12.11 Antwerpen 15/03/2026			PB (25m pool): 01:12.59 SB: 01:12.11 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.93	01:12.11	
	00:32.93	00:39.18	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 7: 100M BACKSTROKE MIXED 10-9			Heat:3, starttime: 09:59
Heat: 3/3 Lane : 6 Athlete: VERJANS AXELLE			Q-time: 01:38:85
PB (50m pool): no time			PB (25m pool): 01:38.85 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 11+			Heat:7, starttime: 10:13
Heat: 7/7 Lane : 2 Athlete: VANGROOTLOON JEF			Q-time: 00:29:61
PB (50m pool): 00:29.61 Seraing 25/01/2026			PB (25m pool): 00:29.30 SB: 00:29.61 Seraing 25/01/2026
	5 0 M		
PB	00:29.61		
	00:29.61		
			

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:21
Heat: 5/8 Lane : 8 Athlete: JASPERS LIEN			Q-time: 00:40:30
PB (50m pool): 00:40.30 Antwerpen 13/07/2025			PB (25m pool): 00:38.46 SB: no time
	5 0 M		
PB	00:40.30		
	00:40.30		
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:41
Heat: 2/10 Lane : 2 Athlete: KNAEPEN GUUS-JAN			Q-time: 01:43:35
PB (50m pool): 01:43.35 Mönchengladbach 23/03/2025			PB (25m pool): 01:38.78 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:43.35	
	no time		
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:41
Heat: 2/10 Lane : 3 Athlete: BRUNINX VICTOR			Q-time: 01:40:96
PB (50m pool): no time PB (25m pool): 01:40.96 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:44
Heat: 3/10 Lane : 2 Athlete: MOTMANS LANDER			Q-time: 01:35:91
PB (50m pool): 01:35.91 Genk 01/02/2026 PB (25m pool): 01:37.64 SB: 01:35.91 Genk 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:46.64	01:35.91	
	00:46.64	00:49.27	

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 10:47
Heat: 4/10 Lane : 6 Athlete: SPREUWERS LEI			Q-time: 01:30:92
PB (50m pool): 01:30.92 Antwerpen 15/03/2026 PB (25m pool): 01:31.95 SB: 01:30.92 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:43.20	01:30.92	
	00:43.20	00:47.72	

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:49
Heat: 5/10 Lane : 4 Athlete: BRUNINX LEON			Q-time: 01:23:44
PB (50m pool): 01:23.44 Antwerpen 15/03/2026 PB (25m pool): 01:24.84 SB: 01:23.44 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:40.96	01:23.44	
	00:40.96	00:42.48	

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:54
Heat: 7/10 Lane : 5 Athlete: HOUSEN ILYA			Q-time: 01:17:22
PB (50m pool): 01:17.22 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:17.22 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.26	01:17.22	
	00:38.26	00:38.96	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:56
Heat: 8/10 Lane : 3 Athlete: VANOPPEN MATHIAS			Q-time: 01:15:24
PB (50m pool): 01:13.82 SportinGenk Park 19/05/2024			PB (25m pool): 01:09.92 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:13.82	
	no time		
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 10:59
Heat: 9/10 Lane : 4 Athlete: BERGMANS MATS			Q-time: 01:08:72
PB (50m pool): 01:08.72 Antwerp 02/02/2025			PB (25m pool): 01:07.58 SB: 01:11.56 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.48	01:08.72	
	00:33.48	00:35.24	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:01
Heat: 10/10 Lane : 3 Athlete: VAN DEN HOORN JELLE			Q-time: 01:05:05
PB (50m pool): 01:05.05 Wezenberg Topsportbad, Antwerp 18/02/2026			PB (25m pool): 01:02.73 SB: 01:06.14 Olympic Pool Wezenberg, Antwerp 29/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:05.05	
	no time		
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 11:06
Heat: 2/10 Lane : 2 Athlete: LENAERTS JULIA			Q-time: 01:43:53
PB (50m pool): 01:43.53 Gent 08/02/2026			PB (25m pool): no time SB: 01:43.53 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:52.17	01:43.53	
	00:52.17	00:51.36	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 11:06
Heat: 2/10 Lane : 4 Athlete: TAIBI AYA			Q-time: 01:41:04
PB (50m pool): 01:39.73 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:35.79 SB: 01:39.73 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:47.63	01:39.73	
	00:47.63	00:52.10	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 11:08
Heat: 3/10 Lane : 2 Athlete: STRIGENCZ ELIEN			Q-time: 01:35:08
PB (50m pool): 01:35.08 Seraing 25/01/2026			PB (25m pool): 01:30.50 SB: 01:35.08 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:45.47	01:35.08	
	00:45.47	00:49.61	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 11:08
Heat: 3/10 Lane : 4 Athlete: VAN GUYSE ADA			Q-time: 01:30:59
PB (50m pool): 01:30.59 Genk 01/02/2026			PB (25m pool): 01:24.34 SB: 01:30.59 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:44.16	01:30.59	
	00:44.16	00:46.43	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 11:08
Heat: 3/10 Lane : 8 Athlete: LIZIN NEL			Q-time: 01:40:90
PB (50m pool): no time			PB (25m pool): 01:40.90 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 11:11
Heat: 4/10 Lane : 3 Athlete: BEVERNAGE TRIX			Q-time: 01:26:66
PB (50m pool): 01:26.66 Seraing 25/01/2026			PB (25m pool): 01:23.05 SB: 01:26.66 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:42.99	01:26.66	
	00:42.99	00:43.67	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 11:11
Heat: 4/10 Lane : 6 Athlete: DESAIR ANNA-LOUISE			Q-time: 01:26:85
PB (50m pool): 01:26.85 Antwerpen 15/03/2026			PB (25m pool): 01:27.40 SB: 01:26.85 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.18	01:26.85	
	00:43.18	00:43.67	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 11:11
Heat: 4/10 Lane : 7 Athlete: MÜLLER RENA			Q-time: 01:28:03
PB (50m pool): 01:27.32 Eindhoven 07/07/2024			PB (25m pool): 01:26.74 SB: 01:33.23 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:27.32	
	no time		
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 11:14
Heat: 5/10 Lane : 1 Athlete: GERETS ANNELIEN			Q-time: 01:24:86
PB (50m pool): 01:24.86 Antwerpen 15/03/2026			PB (25m pool): 01:22.38 SB: 01:24.86 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.66	01:24.86	
	00:41.66	00:43.20	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 11:14
Heat: 5/10 Lane : 7 Athlete: SOUVLERIS SOFIA			Q-time: 01:24:11
PB (50m pool): 01:21.33 Genk 28/05/2023			PB (25m pool): 01:19.06 SB: 01:24.11 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:21.33	
	no time		
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 11:16
Heat: 6/10 Lane : 3 Athlete: COPERMAN SAM			Q-time: 01:21:96
PB (50m pool): 01:21.96 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:19.53 SB: 01:23.82 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.95	01:21.96	
	00:39.95	00:42.01	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 11:16
Heat: 6/10 Lane : 4 Athlete: FRANSSEN LYNA			Q-time: 01:21:51
PB (50m pool): 01:21.51 Antwerpen 15/03/2026			PB (25m pool): 01:18.70 SB: 01:21.51 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.97	01:21.51	
	00:39.97	00:41.54	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 11:16
Heat: 6/10 Lane : 5 Athlete: VANDER MEER NOOR			Q-time: 01:21:65
PB (50m pool): 01:20.51 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:18.90 SB: 01:20.51 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:38.93	01:20.51	
	00:38.93	00:41.58	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 11:16
Heat: 6/10 Lane : 8 Athlete: VANDER MEER AMBER			Q-time: 01:22:80
PB (50m pool): 01:22.80 Antwerpen 15/03/2026			PB (25m pool): 01:21.68 SB: 01:22.80 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.69	01:22.80	
	00:39.69	00:43.11	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 11:18
Heat: 7/10 Lane : 4 Athlete: KOREN ZARA			Q-time: 01:18:85
PB (50m pool): 01:18.85 Antwerpen 13/07/2025			PB (25m pool): 01:16.97 SB: 01:20.52 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:38.34	01:18.85	
	00:38.34	00:40.51	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 11:21
Heat: 8/10 Lane : 3 Athlete: SARGESJAN NALA			Q-time: 01:17:26
PB (50m pool): 01:17.26 Seraing 25/01/2026			PB (25m pool): 01:19.07 SB: 01:17.26 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:37.57	01:17.26	
	00:37.57	00:39.69	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 11:21
Heat: 8/10 Lane : 6 Athlete: THEWISSEN MIRTHE			Q-time: 01:17:52
PB (50m pool): 01:17.52 Antwerp 26/01/2025			PB (25m pool): 01:14.86 SB: 01:18.00 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.14	01:17.52	
	00:38.14	00:39.38	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 11:23
Heat: 9/10 Lane : 3 Athlete: VANIERSCHOT ELLA			Q-time: 01:13:01
PB (50m pool): 01:13.01 Antwerp 09/02/2025			PB (25m pool): 01:10.48 SB: 01:13.13 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.76	01:13.01	
	00:35.76	00:37.25	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 11:23
Heat: 9/10 Lane : 6 Athlete: VERLEYSEN NOA			Q-time: 01:13:16
PB (50m pool): 01:13.16 Antwerpen 15/03/2026			PB (25m pool): 01:14.46 SB: 01:13.16 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.65	01:13.16	
	00:35.65	00:37.51	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 11:23
Heat: 9/10 Lane : 8 Athlete: BEUNCKENS TESS			Q-time: 01:16:01
PB (50m pool): 01:16.01 Antwerp 02/02/2025			PB (25m pool): 01:14.72 SB: 01:16.98 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.42	01:16.01	
	00:36.42	00:39.59	
			

Coach feedback:

Paasmeeting GZVN: Session: 1: COACH evaluation sheet for TEAM: HZS

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 11:25
Heat: 10/10 Lane : 8 Athlete: EVENS NOOR			Q-time: 01:12:78
PB (50m pool): 01:12.78 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:09.49 SB: no time			
	5 0 M	1 0 0 M	
PB	00:35.34	01:12.78	
	00:35.34	00:37.44	
			

Coach feedback: