

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

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

Coaches: Dierckx Davy HEADCOACH

Coaches: Moeskops Kathleen

Coaches: Verbeek Mats

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 2: 50M BUTTERFLY MIXED 10-9		Heat:1, starttime: 08:54
Heat: 1/3 Lane : 5 Athlete: DE BIE APOLLINE		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: 2: 50M BUTTERFLY MIXED 10-9		Heat:2, starttime: 08:56
Heat: 2/3 Lane : 7 Athlete: VAN GORP FÉLINE		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:4, starttime: 09:03
Heat: 4/11 Lane : 2 Athlete: JANSSENS ALEXANDER		Q-time: 00:45:86
PB (50m pool): 00:45.86 SportinGenk Park 21/04/2025		PB (25m pool): 00:46.81 SB: 00:46.71 Wezenberg 01/02/2026
	5 0 M	
PB	00:45.86	
	00:45.86	
		

Coach feedback:

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Event number: 3: 50M BUTTERFLY MEN 11+										Heat:5, starttime: 09:05																					
Heat: 5/11 Lane : 6 Athlete: VAN GORP TUUR																				Q-time: 00:40:16											
PB (50m pool): 00:40.16 Wezenberg 04/01/2026										PB (25m pool): 00:46.34 SB: 00:40.16 Wezenberg 04/01/2026																					
		5 0 M																													
PB		00:40.16																													
		00:40.16																													
																															

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+										Heat:8, starttime: 09:08																				
Heat: 8/11 Lane : 6 Athlete: FEYEN AEDEN																				Q-time: 00:32:90										
PB (50m pool): 00:32.90 Wezenberg 03/01/2026										PB (25m pool): 00:33.92 SB: 00:32.90 Wezenberg 03/01/2026																				
	5 0 M																													
PB	00:32.90																													
	00:32.90																													
																														

Coach feedback:

Event number: 3: 50M BUTTERFLY MEN 11+										Heat:11, starttime: 09:11																				
Heat: 11/11 Lane : 7 Athlete: BERTELS QUILLAN																				Q-time: 00:29:10										
PB (50m pool): 00:29.10 Wezenberg 03/01/2026										PB (25m pool): 00:29.25 SB: 00:29.10 Wezenberg 03/01/2026																				
	5 0 M																													
PB	00:29.10																													
	00:29.10																													
																														

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+										Heat:8, starttime: 09:22																													
Heat: 8/12																				Lane : 2					Athlete: VAN LOMMEL ANTHE										Q-time: 00:35:81				
PB (50m pool): 00:38.31										Wezenberg					01/02/2026					PB (25m pool): 00:35.81 SB: 00:38.31										Wezenberg					01/02/2026				
	5 0 M																																						
PB	00:38.31																																						
	00:38.31																																						
																																							

Coach feedback:

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

Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 09:23
Heat: 9/12 Lane : 4 Athlete: JANSSENS ELISABETH			Q-time: 00:33:05
PB (50m pool): 00:33.20 SportinGenk Park 21/04/2025			PB (25m pool): 00:33.05 SB: no time
	5 0 M		
PB	00:33.20		
	00:33.20		
			

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 09:24
Heat: 10/12 Lane : 6 Athlete: BIERINCKX MIE			Q-time: 00:32:91
PB (50m pool): 00:35.52 Wezenberg 04/01/2026			PB (25m pool): 00:32.91 SB: 00:35.52 Wezenberg 04/01/2026
	5 0 M		
PB	00:35.52		
	00:35.52		
			

Coach feedback:

Event number: 4: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 09:26
Heat: 12/12 Lane : 2 Athlete: BOVEN AXELLE			Q-time: 00:30:20
PB (50m pool): 00:30.52 Antwerpen 08/03/2026			PB (25m pool): 00:30.20 SB: 00:30.52 Antwerpen 08/03/2026
	5 0 M		
PB	00:30.52		
	00:30.52		
			

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 09:30
Heat: 2/6 Lane : 3 Athlete: WILMS BRAM			Q-time: 01:44:02
PB (50m pool): 01:50.98 Wezenberg 04/01/2026			PB (25m pool): 01:44.02 SB: 01:50.98 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:49.99	01:50.98	
	00:49.99	01:00.99	
			

Coach feedback:

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Event number: 5: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 09:30
Heat: 2/6 Lane : 5 Athlete: BELLENS PIETER			Q-time: 01:40:23
PB (50m pool): no time			PB (25m pool): 01:40.23 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:4, starttime: 09:35
Heat: 4/6 Lane : 7 Athlete: MERTENS DIETER			Q-time: 01:15:08
PB (50m pool): 01:16.04 Antwerpen 20/07/2025			PB (25m pool): 01:15.08 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.52	01:16.04	
	00:35.52	00:40.52	
			

Coach feedback:

Event number: 5: 100M BUTTERFLY MEN 11+			Heat:6, starttime: 09:38
Heat: 6/6 Lane : 4 Athlete: VERBEEK SEM			Q-time: 00:58:21
PB (50m pool): 00:59.16 Antwerpen 28/07/2024			PB (25m pool): 00:57.43 SB: 00:59.72 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	no time	00:59.16	
	no time		
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 09:49
Heat: 5/6 Lane : 4 Athlete: MERTENS FEMKE			Q-time: 01:12:55
PB (50m pool): 01:15.21 Aalst 28/06/2025			PB (25m pool): 01:12.55 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.96	01:15.21	
	00:34.96	00:40.25	
			

Coach feedback:

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

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 09:49
Heat: 5/6 Lane : 7 Athlete: DIERCKX FEMKE			Q-time: 01:17:30
PB (50m pool): 01:19.93 Antwerpen 15/03/2026			PB (25m pool): 01:17.30 SB: 01:19.93 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.74	01:19.93	
	00:35.74	00:44.19	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY WOMEN 11+			Heat:6, starttime: 09:51
Heat: 6/6 Lane : 3 Athlete: BELLENS LORE			Q-time: 01:09:11
PB (50m pool): 01:10.30 Wezenberg 01/02/2026			PB (25m pool): 01:09.11 SB: 01:10.30 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.24	01:10.30	
	00:32.24	00:38.06	
			

Coach feedback:

Event number: 7: 100M BACKSTROKE MIXED 10-9			Heat:3, starttime: 09:59
Heat: 3/3 Lane : 2 Athlete: DE BIE APOLLINE			Q-time: 01:39:20
PB (50m pool): no time			PB (25m pool): 01:39.20 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 7: 100M BACKSTROKE MIXED 10-9			Heat:3, starttime: 09:59
Heat: 3/3 Lane : 8 Athlete: VAN GORP FéLINE			Q-time: 01:44:39
PB (50m pool): 01:44.39 SportinGenk Park 11/11/2025			PB (25m pool): 01:36.42 SB: 01:44.39 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:44.39	
	no time		
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 11+		Heat:7, starttime: 10:13
Heat: 7/7 Lane : 4 Athlete: VERBEEK SEM		Q-time: 00:27:83
PB (50m pool): 00:29.05 Antwerpen 27/07/2025 PB (25m pool): 00:27.01 SB: no time		
	5 0 M	
PB	00:29.05	
	00:29.05	
		

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 11+		Heat:7, starttime: 10:13
Heat: 7/7 Lane : 8 Athlete: BERTELS QUILLAN		Q-time: 00:30:88
PB (50m pool): 00:36.74 Genk 18/04/2022 PB (25m pool): 00:30.88 SB: no time		
	5 0 M	
PB	00:36.74	
	00:36.74	
		

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 11+		Heat:6, starttime: 10:23
Heat: 6/8 Lane : 1 Athlete: VAN LOMMEL ANTHE		Q-time: 00:38:02
PB (50m pool): no time PB (25m pool): 00:38.02 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 9: 50M BACKSTROKE WOMEN 11+		Heat:7, starttime: 10:25
Heat: 7/8 Lane : 5 Athlete: BELLENS LORE		Q-time: 00:34:16
PB (50m pool): 00:35.73 Antwerpen 08/03/2026 PB (25m pool): 00:34.16 SB: 00:35.73 Antwerpen 08/03/2026		
	5 0 M	
PB	00:35.73	
	00:35.73	
		

Coach feedback:

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

Event number: 9: 50M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:26
Heat: 8/8 Lane : 6 Athlete: BIERINCKX MIE			Q-time: 00:32:69
PB (50m pool): 00:33.25 Wezenberg 01/02/2026			PB (25m pool): 00:32.69 SB: 00:33.25 Wezenberg 01/02/2026
	5 0 M		
PB	00:33.25		
	00:33.25		
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:41
Heat: 2/10 Lane : 6 Athlete: WILMS BRAM			Q-time: 01:41:55
PB (50m pool): 01:42.79 Antwerpen 15/03/2026			PB (25m pool): 01:41.55 SB: 01:42.79 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:51.58	01:42.79	
	00:51.58	00:51.21	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:49
Heat: 5/10 Lane : 1 Athlete: BELLENS PIETER			Q-time: 01:27:96
PB (50m pool): 01:31.51 SportinGenk Park 11/11/2025			PB (25m pool): 01:27.96 SB: 01:31.51 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:31.51	
	no time		
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:49
Heat: 5/10 Lane : 7 Athlete: JANSSENS ALEXANDER			Q-time: 01:27:53
PB (50m pool): 01:33.14 Wezenberg 01/02/2026			PB (25m pool): 01:27.53 SB: 01:33.14 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:44.35	01:33.14	
	00:44.35	00:48.79	
			

Coach feedback:

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

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:52
Heat: 6/10 Lane : 1 Athlete: VAN GORP TUUR			Q-time: 01:22:43
PB (50m pool): 01:29.72 Antwerpen 13/07/2025			PB (25m pool): 01:22.43 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.08	01:29.72	
	00:43.08	00:46.64	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:54
Heat: 7/10 Lane : 6 Athlete: FEYEN AEDEN			Q-time: 01:18:23
PB (50m pool): 01:19.70 Antwerpen 15/03/2026			PB (25m pool): 01:18.23 SB: 01:19.70 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.79	01:19.70	
	00:37.79	00:41.91	
			

Coach feedback:

Event number: 10: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:56
Heat: 8/10 Lane : 2 Athlete: MERTENS DIETER			Q-time: 01:15:61
PB (50m pool): 01:19.17 Wezenberg 01/02/2026			PB (25m pool): 01:15.61 SB: 01:19.17 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.59	01:19.17	
	00:38.59	00:40.58	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 11:18
Heat: 7/10 Lane : 5 Athlete: DIERCKX FEMKE			Q-time: 01:19:31
PB (50m pool): 01:22.61 Antwerpen 15/03/2026			PB (25m pool): 01:19.31 SB: 01:22.61 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.42	01:22.61	
	00:39.42	00:43.19	
			

Coach feedback:

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

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 11:25
Heat: 10/10 Lane : 4 Athlete: BOVEN AXELLE			Q-time: 01:08:00
PB (50m pool): 01:11.57 Antwerpen 08/03/2026			PB (25m pool): 01:08.00 SB: 01:11.57 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.36	01:11.57	
	00:34.36	00:37.21	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 11:25
Heat: 10/10 Lane : 5 Athlete: MERTENS FEMKE			Q-time: 01:08:39
PB (50m pool): 01:10.39 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:08.39 SB: 01:10.39 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:34.34	01:10.39	
	00:34.34	00:36.05	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 11:25
Heat: 10/10 Lane : 7 Athlete: JANSSENS ELISABETH			Q-time: 01:11:23
PB (50m pool): 01:12.53 Antwerpen 08/03/2026			PB (25m pool): 01:11.23 SB: 01:12.53 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:35.14	01:12.53	
	00:35.14	00:37.39	
			

Coach feedback: