

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 13:00 untill 13:55. 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: 12: 100M BREASTSTROKE MIXED 10-9			Heat:5, starttime: 14:11
Heat: 5/6 Lane : 6 Athlete: JANS AMÉLIE			Q-time: 01:56:59
PB (50m pool): no time			PB (25m pool): 01:56.59 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 14:42
Heat: 9/11 Lane : 6 Athlete: JASPERS LIEN			Q-time: 00:41:45
PB (50m pool): 00:46.33 SportinGenk Park 01/04/2024			PB (25m pool): 00:41.45 SB: no time
	5 0 M		
PB	00:46.33		
	00:46.33		
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 14:42
Heat: 9/11 Lane : 8 Athlete: VANIERSCHOT ELLA			Q-time: 00:41:89
PB (50m pool): 00:41.89 Antwerpen 15/03/2026			PB (25m pool): 00:40.34 SB: 00:41.89 Antwerpen 15/03/2026
	5 0 M		
PB	00:41.89		
	00:41.89		
			

Coach feedback:

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Event number: 14: 50M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 14:44		
Heat: 10/11 Lane : 7 Athlete: SOUVLERIS SOFIA			Q-time: 00:40:26		
PB (50m pool): no time			PB (25m pool): 00:38.92 SB: no time		
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 14:46		
Heat: 1/7 Lane : 5 Athlete: BRUNINX VICTOR			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			
	no time				
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 14:49		
Heat: 2/7 Lane : 3 Athlete: KNAEPEN GUUS-JAN			Q-time: 01:51:35		
PB (50m pool): 01:51.35 Antwerp 02/02/2025			PB (25m pool): 01:51.86 SB: no time		
	5 0 M	1 0 0 M			
PB	00:52.68	01:51.35			
	00:52.68	00:58.67			
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 14:52		
Heat: 3/7 Lane : 1 Athlete: SPREUWERS LEI			Q-time: 01:45:01		
PB (50m pool): 01:45.01 Antwerpen 13/07/2025			PB (25m pool): 01:37.50 SB: no time		
	5 0 M	1 0 0 M			
PB	00:48.79	01:45.01			
	00:48.79	00:56.22			
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 14:52
Heat: 3/7 Lane : 4 Athlete: BRUNINX LEON			Q-time: 01:39:47
PB (50m pool): 01:39.47 Antwerpen 15/03/2026			PB (25m pool): 01:36.63 SB: 01:39.47 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.16	01:39.47	
	00:47.16	00:52.31	
			

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 14:56
Heat: 5/7 Lane : 8 Athlete: HOUSEN ILYA			Q-time: 01:26:10
PB (50m pool): 01:26.10 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:26.10 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.57	01:26.10	
	00:40.57	00:45.53	
			

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 14:58
Heat: 6/7 Lane : 4 Athlete: VANOPPEN MATHIAS			Q-time: 01:15:79
PB (50m pool): 01:15.79 Gent 08/02/2026			PB (25m pool): 01:13.06 SB: 01:15.79 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:34.20	01:15.79	
	00:34.20	00:41.59	
			

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 15:00
Heat: 7/7 Lane : 3 Athlete: VAN DEN HOORN JELLE			Q-time: 01:10:03
PB (50m pool): 01:10.03 Antwerpen 27/07/2025			PB (25m pool): 01:06.63 SB: 01:12.84 Olympic Pool Wezenberg, Antwer 29
	5 0 M	1 0 0 M	
PB	00:33.53	01:10.03	
	00:33.53	00:36.50	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 15:00
Heat: 7/7 Lane : 4 Athlete: CROES MATISSE			Q-time: 01:06:77
PB (50m pool): no time			PB (25m pool): 01:06.77 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 15:00
Heat: 7/7 Lane : 7 Athlete: VANGROOTLOON JEF			Q-time: 01:14:91
PB (50m pool): 01:14.91 Gent 08/02/2026			PB (25m pool): 01:11.74 SB: 01:14.91 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:35.20	01:14.91	
	00:35.20	00:39.71	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 15:02
Heat: 1/10 Lane : 5 Athlete: LIZIN NEL			Q-time: 02:11:46
PB (50m pool): 01:52.68 Olympic Pool Wezenberg, Antwer 29/03/2025			PB (25m pool): no time SB: 01:52.68 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	
PB	00:52.66	01:52.68	
	00:52.66	01:00.02	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 15:05
Heat: 2/10 Lane : 1 Athlete: TAIBI AYA			Q-time: 01:57:86
PB (50m pool): 01:57.86 Genk 01/02/2026			PB (25m pool): 01:57.22 SB: 01:57.86 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:54.29	01:57.86	
	00:54.29	01:03.57	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:07
Heat: 3/10 Lane : 2 Athlete: DESAIR ANNA-LOUISE			Q-time: 01:46:26
PB (50m pool): 01:46.26 Genk 01/02/2026			PB (25m pool): 01:46.68 SB: 01:46.26 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:50.01	01:46.26	
	00:50.01	00:56.25	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:10
Heat: 4/10 Lane : 2 Athlete: VAN GUYSE ADA			Q-time: 01:40:60
PB (50m pool): 01:40.60 Genk 01/02/2026			PB (25m pool): 01:39.82 SB: 01:40.60 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:47.97	01:40.60	
	00:47.97	00:52.63	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:10
Heat: 4/10 Lane : 4 Athlete: BEVERNAGE TRIX			Q-time: 01:36:46
PB (50m pool): 01:36.46 Antwerpen 08/03/2026			PB (25m pool): 01:39.69 SB: 01:36.46 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:46.32	01:36.46	
	00:46.32	00:50.14	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:10
Heat: 4/10 Lane : 7 Athlete: VANDER MEER NOOR			Q-time: 01:40:72
PB (50m pool): 01:40.72 Genk 01/02/2026			PB (25m pool): 01:39.45 SB: 01:40.72 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:47.82	01:40.72	
	00:47.82	00:52.90	
			

Coach feedback:

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Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:12
Heat: 5/10 Lane : 1 Athlete: KOREN ZARA			Q-time: 01:35:34
PB (50m pool): 01:35.34 Antwerp 02/02/2025			PB (25m pool): 01:32.39 SB: 01:36.81 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.26	01:35.34	
	00:44.26	00:51.08	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:12
Heat: 5/10 Lane : 6 Athlete: LENAERTS JULIA			Q-time: 01:34:39
PB (50m pool): 01:34.37 Olympic Pool Wezenberg, Antwer 29/03/2025			PB (25m pool): 01:40.48 SB: 01:34.37 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	
PB	00:45.07	01:34.37	
	00:45.07	00:49.30	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:12
Heat: 5/10 Lane : 7 Athlete: COPERMAN SAM			Q-time: 01:34:90
PB (50m pool): 01:34.90 Genk 01/02/2026			PB (25m pool): 01:33.57 SB: 01:34.90 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:44.76	01:34.90	
	00:44.76	00:50.14	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 15:12
Heat: 5/10 Lane : 8 Athlete: STRIGENCZ ELIEN			Q-time: 01:36:25
PB (50m pool): 01:36.25 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:36.25 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.23	01:36.25	
	00:45.23	00:51.02	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:14
Heat: 6/10 Lane : 2 Athlete: FRANSSEN LYNA			Q-time: 01:32:78
PB (50m pool): 01:32.78 Seraing 25/01/2026			PB (25m pool): 01:33.61 SB: 01:32.78 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:45.35	01:32.78	
	00:45.35	00:47.43	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:14
Heat: 6/10 Lane : 6 Athlete: GERETS ANNELIEN			Q-time: 01:32:51
PB (50m pool): 01:32.51 Antwerpen 15/03/2026			PB (25m pool): 01:35.12 SB: 01:32.51 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.14	01:32.51	
	00:44.14	00:48.37	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 15:14
Heat: 6/10 Lane : 8 Athlete: VERLEYSEN NOA			Q-time: 01:33:06
PB (50m pool): 01:33.06 Antwerpen 15/03/2026			PB (25m pool): 01:27.86 SB: 01:33.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.40	01:33.06	
	00:44.40	00:48.66	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 15:16
Heat: 7/10 Lane : 3 Athlete: BEUNCKENS TESS			Q-time: 01:28:13
PB (50m pool): 01:28.13 Genk 01/02/2026			PB (25m pool): 01:25.87 SB: 01:28.13 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:41.80	01:28.13	
	00:41.80	00:46.33	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 15:16
Heat: 7/10 Lane : 8 Athlete: VANDER MEER AMBER			Q-time: 01:30:41
PB (50m pool): 01:30.17 Antwerpen 14/07/2024			PB (25m pool): 01:29.40 SB: 01:30.41 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:30.17	
	no time		
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 15:18
Heat: 8/10 Lane : 5 Athlete: THEWISSEN MIRTHE			Q-time: 01:24:91
PB (50m pool): 01:24.91 Antwerpen 15/03/2026			PB (25m pool): 01:24.31 SB: 01:24.91 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.28	01:24.91	
	00:40.28	00:44.63	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 15:18
Heat: 8/10 Lane : 7 Athlete: SARGESJAN NALA			Q-time: 01:26:00
PB (50m pool): 01:26.00 Genk 01/02/2026			PB (25m pool): 01:21.28 SB: 01:26.00 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:40.50	01:26.00	
	00:40.50	00:45.50	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 15:20
Heat: 9/10 Lane : 3 Athlete: MÜLLER RENA			Q-time: 01:21:38
PB (50m pool): 01:21.38 Gent 08/02/2026			PB (25m pool): 01:20.84 SB: 01:21.38 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.52	01:21.38	
	00:38.52	00:42.86	
			

Coach feedback:

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Event number: 16: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 15:22
Heat: 10/10 Lane : 2 Athlete: EVENS NOOR			Q-time: 01:15:49
PB (50m pool): 01:15.49 Antwerp 09/02/2025			PB (25m pool): 01:13.21 SB: 01:18.54 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.08	01:15.49	
	00:35.08	00:40.41	
			

Coach feedback:

Event number: 17: 200M MEDLEY MIXED 10-9					Heat:2, starttime: 15:28
Heat: 2/2 Lane : 5 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	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 19: 50M FREESTYLE MEN 11+			Heat:6, starttime: 15:51
Heat: 6/6 Lane : 4 Athlete: CROES MATISSE			Q-time: 00:23:81
PB (50m pool): no time			PB (25m pool): 00:23.81 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 20: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:56
Heat: 4/9 Lane : 5 Athlete: VANDER MEER AMBER			Q-time: 00:33:54
PB (50m pool): 00:33.54 Antwerpen 13/07/2025			PB (25m pool): no time SB: no time
	5 0 M		
PB	00:33.54		
	00:33.54		
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 20: 50M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:00		
Heat: 8/9 Lane : 3 Athlete: VANIERSCHOT ELLA			Q-time: 00:29:26		
PB (50m pool): 00:29.26 Antwerpen 15/03/2026			PB (25m pool): 00:29.17 SB: 00:29.26 Antwerpen 15/03/2026		
	5 0 M				
PB	00:29.26				
	00:29.26				
					

Coach feedback:

Event number: 20: 50M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:01		
Heat: 9/9 Lane : 7 Athlete: SARGESJAN NALA			Q-time: 00:28:31		
PB (50m pool): 00:28.31 Gent 08/02/2026			PB (25m pool): 00:28.02 SB: 00:28.31 Gent 08/02/2026		
	5 0 M				
PB	00:28.31				
	00:28.31				
					

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:2, starttime: 16:15		
Heat: 2/12 Lane : 7 Athlete: BRUNINX VICTOR			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			
	no time				
					

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:17		
Heat: 3/12 Lane : 1 Athlete: SPREUWERS LEI			Q-time: 01:30:83		
PB (50m pool): 01:30.83 Antwerpen 13/07/2025			PB (25m pool): 01:30.17 SB: no time		
	5 0 M	1 0 0 M			
PB	00:41.34	01:30.83			
	00:41.34	00:49.49			
					

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 21: 100M FREESTYLE MEN 11+			Heat:4, starttime: 16:19
Heat: 4/12 Lane : 1 Athlete: KNAEPEN GUUS-JAN			Q-time: 01:22:56
PB (50m pool): 01:22.56 Antwerp 02/02/2025			PB (25m pool): 01:28.15 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.70	01:22.56	
	00:39.70	00:42.86	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:7, starttime: 16:25
Heat: 7/12 Lane : 7 Athlete: BRUNINX LEON			Q-time: 01:09:82
PB (50m pool): 01:09.82 Antwerpen 15/03/2026			PB (25m pool): 01:16.69 SB: 01:09.82 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.58	01:09.82	
	00:34.58	00:35.24	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:10, starttime: 16:29
Heat: 10/12 Lane : 8 Athlete: HOUSEN ILYA			Q-time: 01:03:79
PB (50m pool): 01:03.79 Antwerpen 15/03/2026			PB (25m pool): 01:07.81 SB: 01:03.79 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.29	01:03.79	
	00:31.29	00:32.50	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:11, starttime: 16:31
Heat: 11/12 Lane : 2 Athlete: VANOPPEN MATHIAS			Q-time: 00:59:76
PB (50m pool): 00:59.30 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 00:59.35 SB: 00:59.30 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:28.55	00:59.30	
	00:28.55	00:30.75	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 21: 100M FREESTYLE MEN 11+			Heat:12, starttime: 16:33
Heat: 12/12 Lane : 4 Athlete: VANGROOTLOON JEF			Q-time: 00:53:45
PB (50m pool): 00:53.45 Antwerpen 22/03/2026			PB (25m pool): 00:52.76 SB: 00:53.45 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:25.68	00:53.45	
	00:25.68	00:27.77	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:12, starttime: 16:33
Heat: 12/12 Lane : 5 Athlete: VAN DEN HOORN JELLE			Q-time: 00:53:82
PB (50m pool): 00:53.82 Antwerpen 27/07/2025			PB (25m pool): 00:51.83 SB: 00:54.36 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:26.27	00:53.82	
	00:26.27	00:27.55	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 16:37
Heat: 2/12 Lane : 2 Athlete: TAIBI AYA			Q-time: 01:38:94
PB (50m pool): 01:38.94 Genk 01/02/2026			PB (25m pool): 01:39.59 SB: 01:38.94 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:45.47	01:38.94	
	00:45.47	00:53.47	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 16:37
Heat: 2/12 Lane : 8 Athlete: LIZIN NEL			Q-time: 01:56:05
PB (50m pool): 01:35.12 Olympic Pool Wezenberg, Antwer 29/03/2025			PB (25m pool): no time SB: 01:35.12 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	
PB	00:44.49	01:35.12	
	00:44.49	00:50.63	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:39
Heat: 3/12 Lane : 3 Athlete: LENAERTS JULIA			Q-time: 01:24:64
PB (50m pool): 01:20.15 Olympic Pool Wezenberg, Antwer 29/03/26			PB (25m pool): 01:22.81 SB: 01:20.15 Olympic Pool Wezenberg, Antwer 29/03/26
	5 0 M	1 0 0 M	
PB	00:39.42	01:20.15	
	00:39.42	00:40.73	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 16:39
Heat: 3/12 Lane : 4 Athlete: STRIGENCZ ELIEN			Q-time: 01:22:32
PB (50m pool): 01:22.32 Gent 08/02/2026			PB (25m pool): 01:29.30 SB: 01:22.32 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:39.16	01:22.32	
	00:39.16	00:43.16	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 16:41
Heat: 4/12 Lane : 1 Athlete: VAN GUYSE ADA			Q-time: 01:21:49
PB (50m pool): 01:21.49 Genk 01/02/2026			PB (25m pool): 01:24.29 SB: 01:21.49 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.19	01:21.49	
	00:39.19	00:42.30	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 16:43
Heat: 5/12 Lane : 1 Athlete: DESAIR ANNA-LOUISE			Q-time: 01:17:25
PB (50m pool): 01:17.25 Antwerpen 15/03/2026			PB (25m pool): 01:20.78 SB: 01:17.25 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.47	01:17.25	
	00:36.47	00:40.78	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:45
Heat: 6/12 Lane : 3 Athlete: BEVERNAGE TRIX			Q-time: 01:13:64
PB (50m pool): 01:13.64 Genk 01/02/2026			PB (25m pool): 01:17.97 SB: 01:13.64 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.84	01:13.64	
	00:35.84	00:37.80	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:45
Heat: 6/12 Lane : 4 Athlete: FRANSSEN LYNA			Q-time: 01:13:23
PB (50m pool): 01:13.23 Genk 01/02/2026			PB (25m pool): 01:12.06 SB: 01:13.23 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.82	01:13.23	
	00:35.82	00:37.41	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:47
Heat: 7/12 Lane : 2 Athlete: VANDER MEER NOOR			Q-time: 01:12:36
PB (50m pool): 01:12.36 Antwerpen 15/03/2026			PB (25m pool): 01:14.87 SB: 01:12.36 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.58	01:12.36	
	00:34.58	00:37.78	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:47
Heat: 7/12 Lane : 8 Athlete: JASPERS LIEN			Q-time: 01:12:89
PB (50m pool): 01:12.89 Antwerpen 13/07/2025			PB (25m pool): 01:08.16 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.90	01:12.89	
	00:34.90	00:37.99	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:48
Heat: 8/12 Lane : 5 Athlete: THEWISSEN MIRTHE			Q-time: 01:10:30
PB (50m pool): 01:10.30 Antwerpen 15/03/2026			PB (25m pool): 01:07.75 SB: 01:10.30 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.81	01:10.30	
	00:33.81	00:36.49	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:50
Heat: 9/12 Lane : 2 Athlete: GERETS ANNELIEN			Q-time: 01:09:82
PB (50m pool): 01:09.82 Antwerpen 15/03/2026			PB (25m pool): 01:12.21 SB: 01:09.82 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.32	01:09.82	
	00:33.32	00:36.50	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:50
Heat: 9/12 Lane : 6 Athlete: SOUVLERIS SOFIA			Q-time: 01:09:07
PB (50m pool): 01:07.51 ANTWERPEN 23/07/2023			PB (25m pool): 01:07.34 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:07.51	
	no time		
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:50
Heat: 9/12 Lane : 8 Athlete: KOREN ZARA			Q-time: 01:10:11
PB (50m pool): 01:10.11 Antwerp 02/02/2025			PB (25m pool): 01:10.27 SB: 01:12.97 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.88	01:10.11	
	00:32.88	00:37.23	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:52
Heat: 10/12 Lane : 6 Athlete: VERLEYSEN NOA			Q-time: 01:06:67
PB (50m pool): 01:06.09 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:06.33 SB: 01:06.09 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:32.92	01:06.09	
	00:32.92	00:33.17	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:52
Heat: 10/12 Lane : 7 Athlete: MÜLLER RENA			Q-time: 01:07:67
PB (50m pool): 01:07.67 Genk 01/02/2026			PB (25m pool): 01:07.98 SB: 01:07.67 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.11	01:07.67	
	00:33.11	00:34.56	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:53
Heat: 11/12 Lane : 1 Athlete: COPERMAN SAM			Q-time: 01:04:87
PB (50m pool): 01:04.87 Antwerpen 15/03/2026			PB (25m pool): 01:03.98 SB: 01:04.87 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.58	01:04.87	
	00:31.58	00:33.29	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:53
Heat: 11/12 Lane : 6 Athlete: BEUNCKENS TESS			Q-time: 01:04:38
PB (50m pool): 01:04.38 Antwerpen 15/03/2026			PB (25m pool): 01:01.81 SB: 01:04.38 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.08	01:04.38	
	00:31.08	00:33.30	
			

Coach feedback:

Paasmeeting GZVN: Session: 2: COACH evaluation sheet for TEAM: HZS

Event number: 22: 100M FREESTYLE WOMEN 11+		Heat:12, starttime: 16:55	
Heat: 12/12 Lane : 1 Athlete: EVENS NOOR			Q-time: 01:02:59
PB (50m pool): 01:02.38 SportinGenk Park 19/05/2024 PB (25m pool): 00:59.93 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:02.38	
	no time		
			

Coach feedback: