

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

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

Coaches: Lievens Stijn

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

Event number: 1: 200M MEDLEY MEN 11+					Heat:3, starttime: 08:38
Heat: 3/9 Lane : 5 Athlete: VEREYCKEN LUKAS					Q-time: 03:31:54
PB (50m pool): no time PB (25m pool): 03:31.54 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: 1: 200M MEDLEY MEN 11+					Heat:4, starttime: 08:42
Heat: 4/9 Lane : 5 Athlete: LEMBRECHTS LARS					Q-time: 03:19:06
PB (50m pool): 03:19.06 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:25.21 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.65	01:36.58	02:37.98	03:19.06	
	00:44.65	00:51.93	01:01.40	00:41.08	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:7, starttime: 08:54
Heat: 7/9 Lane : 5 Athlete: GYPEN THOMAS					Q-time: 02:40:12
PB (50m pool): 02:40.12 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:36.68 SB: 02:41.97 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.91	01:18.96	02:05.13	02:40.12	
	00:36.91	00:42.05	00:46.17	00:34.99	
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 1: 200M MEDLEY MEN 11+					Heat:8, starttime: 08:57
Heat: 8/9 Lane : 6 Athlete: VOET LARS					Q-time: 02:34:10
PB (50m pool): 02:34.10 Antwerpen 20/07/2025					PB (25m pool): 02:27.12 SB: 02:34.29 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.53	01:15.37	02:00.45	02:34.10	
	00:32.53	00:42.84	00:45.08	00:33.65	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:9, starttime: 09:00
Heat: 9/9 Lane : 3 Athlete: DE WITTE LEO					Q-time: 02:25:82
PB (50m pool): 02:25.82 Eindhoven 22/03/2026					PB (25m pool): 02:22.93 SB: 02:25.82 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.16	01:09.14	01:52.36	02:25.82	
	00:31.16	00:37.98	00:43.22	00:33.46	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:1, starttime: 09:04
Heat: 1/10 Lane : 4 Athlete: FLEERACKERS MIRA					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:49.47 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: 2: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 09:08
Heat: 2/10 Lane : 1 Athlete: PUT JULIE					Q-time: 03:51:27
PB (50m pool): no time					PB (25m pool): 03:51.27 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:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 09:08
Heat: 2/10 Lane : 7 Athlete: DEXTERS MILA					Q-time: 03:38:59
PB (50m pool): 03:38.59 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:06.36 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.91	01:51.15	02:53.53	03:38.59	
	00:50.91	01:00.24	01:02.38	00:45.06	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 09:13
Heat: 3/10 Lane : 3 Athlete: WILLEM NORE					Q-time: 03:24:12
PB (50m pool): no time PB (25m pool): 03:24.12 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: 2: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 09:13
Heat: 3/10 Lane : 6 Athlete: LEMBRECHTS KAAT					Q-time: 03:24:51
PB (50m pool): 03:24.51 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:09.92 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.16	01:39.00	02:40.81	03:24.51	
	00:46.16	00:52.84	01:01.81	00:43.70	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 09:13
Heat: 3/10 Lane : 8 Athlete: WILLEN LUNA					Q-time: 03:29:91
PB (50m pool): 03:29.91 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 03:19.36 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.82	01:46.88	02:46.11	03:29.91	
	00:50.82	00:56.06	00:59.23	00:43.80	
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 2: 200M MEDLEY WOMEN 11+				Heat:4, starttime: 09:17	
Heat: 4/10 Lane : 1 Athlete: SMEKENS ELLA				Q-time: 03:17:30	
PB (50m pool): 03:17.30 Antwerpen 19/04/2026				PB (25m pool): 03:15.49 SB: 03:17.30 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.16	01:32.02	02:34.28	03:17.30	
	00:40.16	00:51.86	01:02.26	00:43.02	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+				Heat:4, starttime: 09:17	
Heat: 4/10 Lane : 8 Athlete: FEYAERTS SAVANNAH				Q-time: 03:19:53	
PB (50m pool): 03:19.53 Gent 08/02/2026				PB (25m pool): 03:19.22 SB: 03:19.53 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	02:37.06	03:19.53	
	no time			00:42.47	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+				Heat:5, starttime: 09:20	
Heat: 5/10 Lane : 1 Athlete: MEURRENS LINA				Q-time: 03:06:20	
PB (50m pool): 03:06.20 Antwerpen 19/04/2026				PB (25m pool): 03:06.28 SB: 03:06.20 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.84	01:31.24	02:26.36	03:06.20	
	00:43.84	00:47.40	00:55.12	00:39.84	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+				Heat:5, starttime: 09:20	
Heat: 5/10 Lane : 5 Athlete: LEMBRECHTS SIEN				Q-time: 03:02:92	
PB (50m pool): 03:02.92 Eindhoven 22/03/2026				PB (25m pool): 02:59.73 SB: 03:02.92 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.80	01:28.73	02:22.49	03:02.92	
	00:42.80	00:45.93	00:53.76	00:40.43	
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:31
Heat: 8/10 Lane : 1 Athlete: GERARD CARYS					Q-time: 02:50:32
PB (50m pool): 02:50.32 Eindhoven 22/03/2026					PB (25m pool): 02:48.35 SB: 02:50.32 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.44	01:21.11	02:12.37	02:50.32	
	00:37.44	00:43.67	00:51.26	00:37.95	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 09:34
Heat: 9/10 Lane : 4 Athlete: GYPEN KAAAT					Q-time: 02:43:92
PB (50m pool): 02:43.92 Antwerpen 20/04/2025					PB (25m pool): 02:41.29 SB: 02:44.57 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.44	01:17.75	02:07.39	02:43.92	
	00:37.44	00:40.31	00:49.64	00:36.53	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 09:38
Heat: 10/10 Lane : 6 Athlete: VERVLOESSEM SISKAA					Q-time: 02:40:41
PB (50m pool): 02:40.41 Antwerpen 27/07/2025					PB (25m pool): 02:38.59 SB: 02:45.81 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.83	01:16.93	02:03.68	02:40.41	
	00:35.83	00:41.10	00:46.75	00:36.73	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 09:38
Heat: 10/10 Lane : 7 Athlete: WOUTERS STIEN					Q-time: 02:42:45
PB (50m pool): 02:42.45 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:39.66 SB: 02:44.73 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.18	01:16.89	02:03.48	02:42.45	
	00:36.18	00:40.71	00:46.59	00:38.97	
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 09:57
Heat: 2/3 Lane : 6 Athlete: VERBRUGGEN MATS					Q-time: 03:07:32
PB (50m pool): 03:05.94 Antwerpen 21/07/2024					PB (25m pool): 02:58.19 SB: 03:07.32 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:05.94	
	no time				
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 10:13
Heat: 3/4 Lane : 3 Athlete: VEREYCKEN ELISE					Q-time: 03:11:38
PB (50m pool): no time					PB (25m pool): 03:11.38 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: 6: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 10:24
Heat: 2/5 Lane : 4 Athlete: VERHEYEN STEPHEN					Q-time: 01:19:47
PB (50m pool): 01:19.47 Gent 08/02/2026					PB (25m pool): 01:15.48 SB: 01:19.47 Gent 08/02/2026
	5 0 M	1 0 0 M			
PB	00:35.70	01:19.47			
	00:35.70	00:43.77			
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 10:28
Heat: 4/5 Lane : 4 Athlete: DE WITTE LEO					Q-time: 01:04:07
PB (50m pool): 01:04.07 Eindhoven 22/03/2026					PB (25m pool): 01:03.73 SB: 01:04.07 Eindhoven 22/03/2026
	5 0 M	1 0 0 M			
PB	00:29.68	01:04.07			
	00:29.68	00:34.39			
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 7: 100M BUTTERFLY WOMEN 11+				Heat:4, starttime: 10:38
Heat: 4/4 Lane : 5 Athlete: MEYER THYRVI				Q-time: 01:10:16
PB (50m pool): 01:09.06 Antwerp 21/01/2024		PB (25m pool): 01:07.19 SB: 01:10.33 Eindhoven 22/03/2026		
	5 0 M	1 0 0 M		
PB	no time	01:09.06		
	no time			
				

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:1, starttime: 10:51
Heat: 1/5 Lane : 5 Athlete: VEREYCKEN LUKAS					Q-time: 03:02:64
PB (50m pool): 03:02.64 Eindhoven 22/03/2026		PB (25m pool): 03:02.69 SB: 03:02.64 Eindhoven 22/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.52	01:29.21	02:17.00	03:02.64	
	00:41.52	00:47.69	00:47.79	00:45.64	
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:2, starttime: 10:55
Heat: 2/5 Lane : 6 Athlete: LEMBRECHTS LARS					Q-time: 02:42:20
PB (50m pool): 02:42.20 Antwerpen 13/07/2025		PB (25m pool): 02:41.59 SB: 02:45.58 Eindhoven 22/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.24	01:16.79	01:59.52	02:42.20	
	00:36.24	00:40.55	00:42.73	00:42.68	
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:3, starttime: 10:58
Heat: 3/5 Lane : 4 Athlete: GYPEN THOMAS					Q-time: 02:21:33
PB (50m pool): 02:21.33 Antwerpen 19/04/2026		PB (25m pool): 02:20.99 SB: 02:21.33 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.11	01:08.91	01:46.23	02:21.33	
	00:33.11	00:35.80	00:37.32	00:35.10	
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 9: 200M FREESTYLE MEN 13+				Heat:4, starttime: 11:01	
Heat: 4/5 Lane : 3 Athlete: ASSCHERICKX SEBASTIAAN				Q-time: 02:14:04	
PB (50m pool): 02:14.04 Antwerpen 19/04/2026				PB (25m pool): 02:10.42 SB: 02:14.04 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.20	01:07.94	01:43.72	02:14.04	
	00:32.20	00:35.74	00:35.78	00:30.32	
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+				Heat:5, starttime: 11:04	
Heat: 5/5 Lane : 1 Athlete: WILLEM ARTHUR				Q-time: 02:12:13	
PB (50m pool): 02:12.13 Eindhoven 22/03/2026				PB (25m pool): 02:07.07 SB: 02:12.13 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.30	01:03.91	01:39.12	02:12.13	
	00:30.30	00:33.61	00:35.21	00:33.01	
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+				Heat:5, starttime: 11:04	
Heat: 5/5 Lane : 8 Athlete: VOET LARS				Q-time: 02:12:74	
PB (50m pool): 02:12.74 Antwerpen 08/03/2026				PB (25m pool): 02:13.45 SB: 02:12.74 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.25	01:03.07	01:38.93	02:12.74	
	00:29.25	00:33.82	00:35.86	00:33.81	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+				Heat:2, starttime: 11:11	
Heat: 2/7 Lane : 1 Athlete: WILLEN LUNA				Q-time: 02:49:54	
PB (50m pool): 02:49.54 Eindhoven 22/03/2026				PB (25m pool): 02:49.58 SB: 02:49.54 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.43	01:22.93	02:07.82	02:49.54	
	00:38.43	00:44.50	00:44.89	00:41.72	
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:11
Heat: 2/7 Lane : 8 Athlete: FEYAERTS SAVANNAH					Q-time: 02:55:66
PB (50m pool): 02:55.66 Eindhoven 22/03/2026					PB (25m pool): 03:22.09 SB: 02:55.66 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.61	01:25.29	02:12.19	02:55.66	
	00:39.61	00:45.68	00:46.90	00:43.47	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 11:14
Heat: 3/7 Lane : 2 Athlete: MEURRENS LINA					Q-time: 02:36:73
PB (50m pool): 02:36.73 Antwerpen 19/04/2026					PB (25m pool): 02:33.32 SB: 02:36.73 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.47	01:16.48	01:57.54	02:36.73	
	00:36.47	00:40.01	00:41.06	00:39.19	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 11:14
Heat: 3/7 Lane : 7 Athlete: LEMBRECHTS SIEN					Q-time: 02:37:40
PB (50m pool): 02:37.40 Antwerpen 19/04/2026					PB (25m pool): 02:33.50 SB: 02:37.40 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.16	01:14.95	01:57.19	02:37.40	
	00:35.16	00:39.79	00:42.24	00:40.21	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 11:17
Heat: 4/7 Lane : 1 Athlete: DE CAT DO					Q-time: 02:34:45
PB (50m pool): 02:34.45 Eindhoven 22/03/2026					PB (25m pool): 02:33.53 SB: 02:34.45 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.77	01:15.67	01:55.88	02:34.45	
	00:35.77	00:39.90	00:40.21	00:38.57	
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 11:17
Heat: 4/7 Lane : 5 Athlete: VEREYCKEN ELISE					Q-time: 02:32:12
PB (50m pool): no time PB (25m pool): 02:32.12 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: 10: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:24
Heat: 6/7 Lane : 7 Athlete: GYPEN KAAT					Q-time: 02:24:37
PB (50m pool): 02:24.37 Molenbeek 01/02/2026 PB (25m pool): 02:19.99 SB: 02:24.37 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:09.41	no time	02:24.37	
	no time				
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:26
Heat: 7/7 Lane : 2 Athlete: ASSCHERICKX CHLOé					Q-time: 02:19:19
PB (50m pool): 02:19.19 Antwerpen 19/04/2026 PB (25m pool): 02:15.68 SB: 02:19.19 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.89	01:08.69	01:45.46	02:19.19	
	00:32.89	00:35.80	00:36.77	00:33.73	
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 11:57		
Heat: 1/11 Lane : 4 Athlete: FLEERACKERS MIRA			Q-time: 01:53:76		
PB (50m pool): 01:53.76 SportinGenk Park 11/11/2025			PB (25m pool): 01:47.79 SB: 01:53.76 SportinGenk Park 11/11/2025		
	5 0 M	1 0 0 M			
PB	no time	01:53.76			
	no time				
					

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 11:59
Heat: 2/11 Lane : 5 Athlete: PUT JULIE			Q-time: 01:41:04
PB (50m pool): 01:41.04 Antwerpen 15/03/2026			PB (25m pool): 01:39.30 SB: 01:41.04 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:50.72	01:41.04	
	00:50.72	00:50.32	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 11:59
Heat: 2/11 Lane : 7 Athlete: WILLEM NORE			Q-time: 01:43:91
PB (50m pool): 01:43.91 Molenbeek 01/02/2026			PB (25m pool): 01:35.03 SB: 01:43.91 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:43.91	
	no time		
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 12:04
Heat: 4/11 Lane : 4 Athlete: LEMBRECHTS KAAT			Q-time: 01:29:84
PB (50m pool): 01:29.84 Antwerpen 15/03/2026			PB (25m pool): 01:28.61 SB: 01:29.84 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.95	01:29.84	
	00:43.95	00:45.89	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 12:04
Heat: 4/11 Lane : 6 Athlete: SMEKENS ELLA			Q-time: 01:30:34
PB (50m pool): 01:30.34 Antwerpen 15/03/2026			PB (25m pool): 01:30.12 SB: 01:30.34 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.80	01:30.34	
	00:43.80	00:46.54	
			

Coach feedback:

M.Christophe Jorissen: Session: 1: COACH evaluation sheet for TEAM: KAZS

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 12:06
Heat: 5/11 Lane : 6 Athlete: DEXTERS MILA			Q-time: 01:28:45
PB (50m pool): 01:28.45 Antwerpen 19/04/2026			PB (25m pool): 01:27.53 SB: 01:28.45 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:43.11	01:28.45	
	00:43.11	00:45.34	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 12:15
Heat: 9/11 Lane : 2 Athlete: GERARD CARYS			Q-time: 01:19:71
PB (50m pool): 01:19.71 Antwerpen 15/03/2026			PB (25m pool): 01:17.57 SB: 01:19.71 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.80	01:19.71	
	00:38.80	00:40.91	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 12:19
Heat: 11/11 Lane : 1 Athlete: WOUTERS STIEN			Q-time: 01:14:56
PB (50m pool): 01:14.56 Antwerpen 27/07/2025			PB (25m pool): 01:12.19 SB: 01:14.82 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.22	01:14.56	
	00:36.22	00:38.34	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 12:19
Heat: 11/11 Lane : 8 Athlete: MEYER THYRVI			Q-time: 01:15:58
PB (50m pool): 01:15.58 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:13.06 SB: 01:16.75 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:36.59	01:15.58	
	00:36.59	00:38.99	
			

Coach feedback: