

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

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

Coaches: Tutenel Hilde HEADCOACH

Coaches: Muls Quinten

Coaches: De Punder Wout

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

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:28
Heat: 7/10 Lane : 2 Athlete: AMADOU CAMILLE					Q-time: 02:52:69
PB (50m pool): 02:52.69 Molenbeek 01/02/2026 PB (25m pool): 02:50.49 SB: 02:52.69 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:52.69	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:28
Heat: 7/10 Lane : 5 Athlete: VAN BOXSTAEL NORA					Q-time: 02:51:76
PB (50m pool): 02:51.76 Molenbeek 01/02/2026 PB (25m pool): 02:44.09 SB: 02:51.76 Molenbeek 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:51.76	
	no time				
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 09:57
Heat: 2/3 Lane : 2 Athlete: VAN GORP LUCAS					Q-time: 03:08:25
PB (50m pool): 03:08.25 Antwerpen 19/04/2026 PB (25m pool): 03:09.22 SB: 03:08.25 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.48	01:31.29	02:20.50	03:08.25	
	00:42.48	00:48.81	00:49.21	00:47.75	
					

Coach feedback:

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Event number: 6: 100M BUTTERFLY MEN 11+				Heat:4, starttime: 10:28
Heat: 4/5 Lane : 7 Athlete: DEHAEN FERRE				Q-time: 01:07:57
PB (50m pool): 01:07.57 Wezenberg 03/01/2026		PB (25m pool): 01:05.91 SB: 01:07.57 Wezenberg 03/01/2026		
	5 0 M	1 0 0 M		
PB	00:30.71	01:07.57		
	00:30.71	00:36.86		
				

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+				Heat:3, starttime: 10:36
Heat: 3/4 Lane : 5 Athlete: FERNANDEZ PEDRERA TARIK LAILA				Q-time: 01:19:92
PB (50m pool): 01:19.92 Antwerpen 19/04/2026		PB (25m pool): 01:17.58 SB: 01:19.92 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M		
PB	00:38.71	01:19.92		
	00:38.71	00:41.21		
				

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+				Heat:3, starttime: 10:58
Heat: 3/5 Lane : 7 Athlete: VAN GORP LUCAS				Q-time: 02:28:81
PB (50m pool): 02:28.81 Antwerpen 19/04/2026		PB (25m pool): 02:34.19 SB: 02:28.81 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:34.48	01:12.93	01:51.85	02:28.81
	00:34.48	00:38.45	00:38.92	00:36.96
				

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+				Heat:4, starttime: 11:01
Heat: 4/5 Lane : 6 Athlete: FLORES SéBASTIEN				Q-time: 02:14:42
PB (50m pool): 02:14.42 Antwerpen 19/04/2026		PB (25m pool): 02:19.84 SB: 02:14.42 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M
PB	00:30.21	01:05.82	01:40.64	02:14.42
	00:30.21	00:35.61	00:34.82	00:33.78
				

Coach feedback:

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Event number: 9: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:04
Heat: 5/5 Lane : 7 Athlete: DEHAEN FERRE					Q-time: 02:12:13
PB (50m pool): 02:12.13 Seraing 25/01/2026					PB (25m pool): 02:10.79 SB: 02:12.13 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.07	01:03.57	01:37.93	02:12.13	
	00:30.07	00:33.50	00:34.36	00:34.20	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:11
Heat: 2/7 Lane : 6 Athlete: ALLOING MYRTHE					Q-time: 02:45:44
PB (50m pool): 02:40.54 Antwerp 14/04/2024					PB (25m pool): 02:37.49 SB: 02:45.44 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:40.54	
	no time				
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 11:14
Heat: 3/7 Lane : 6 Athlete: ROOSEN TESS					Q-time: 02:36:38
PB (50m pool): 02:36.38 Antwerpen 19/04/2026					PB (25m pool): 02:32.13 SB: 02:36.38 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.91	01:15.86	01:56.83	02:36.38	
	00:35.91	00:39.95	00:40.97	00:39.55	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 11:17
Heat: 4/7 Lane : 2 Athlete: AMADOU CAMILLE					Q-time: 02:34:13
PB (50m pool): 02:34.13 Antwerpen 13/07/2025					PB (25m pool): 02:32.15 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.17	01:16.25	01:56.38	02:34.13	
	00:36.17	00:40.08	00:40.13	00:37.75	
					

Coach feedback:

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Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:21
Heat: 5/7 Lane : 1 Athlete: ADAM MAELINE					Q-time: 02:30:39
PB (50m pool): 02:30.39 Antwerpen 19/04/2026					PB (25m pool): 02:30.59 SB: 02:30.39 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.54	01:14.43	01:53.91	02:30.39	
	00:35.54	00:38.89	00:39.48	00:36.48	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:21
Heat: 5/7 Lane : 6 Athlete: VAN BOXSTAEL NORA					Q-time: 02:27:58
PB (50m pool): 02:27.58 Antwerpen 19/04/2026					PB (25m pool): 02:25.07 SB: 02:27.58 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.11	01:12.11	01:50.44	02:27.58	
	00:34.11	00:38.00	00:38.33	00:37.14	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:24
Heat: 6/7 Lane : 2 Athlete: DESMET STERRE					Q-time: 02:24:01
PB (50m pool): 02:24.01 Seraing 25/01/2026					PB (25m pool): 02:18.76 SB: 02:24.01 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.54	01:10.23	01:47.77	02:24.01	
	00:33.54	00:36.69	00:37.54	00:36.24	
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 11:47
Heat: 6/10 Lane : 4 Athlete: FLORES SéBASTIEN					Q-time: 01:18:74
PB (50m pool): 01:18.74 Molenbeek 01/02/2026					PB (25m pool): 01:15.09 SB: 01:18.74 Molenbeek 01/02/2026
	5 0 M	1 0 0 M			
PB	no time	01:18.74			
	no time				
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+				Heat:7, starttime: 12:10			
Heat: 7/11 Lane : 2 Athlete: ROOSEN TESS				Q-time: 01:24:39			
PB (50m pool): 01:22.29 Woluwe-Saint-Pierre 16/03/2024				PB (25m pool): 01:19.43 SB: 01:24.39 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M					
PB	no time	01:22.29					
	no time						
							

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+				Heat:7, starttime: 12:10			
Heat: 7/11 Lane : 4 Athlete: ALLOING MYRTHE				Q-time: 01:22:20			
PB (50m pool): 01:20.27 Antwerpen 14/07/2024				PB (25m pool): 01:15.74 SB: 01:23.48 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M					
PB	no time	01:20.27					
	no time						
							

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+				Heat:9, starttime: 12:15			
Heat: 9/11 Lane : 6 Athlete: ADAM MAELINE				Q-time: 01:19:36			
PB (50m pool): 01:19.36 Antwerpen 15/03/2026				PB (25m pool): 01:21.68 SB: 01:19.36 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M					
PB	00:38.68	01:19.36					
	00:38.68	00:40.68					
							

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 13+				Heat:2, starttime: 12:47				
Heat: 2/2 Lane : 2 Athlete: FERNANDEZ PEDRERA TARIK LAILA				Q-time: 06:09:32				
PB (50m pool): 06:09.32 Molenbeek 01/02/2026				PB (25m pool): 06:12.59 SB: 06:09.32 Molenbeek 01/02/2026				
	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	01:26.70	no time	no time	no time	no time	no time	06:09.32
	no time							
								

Coach feedback:

Event number: 14: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 12:47	
Heat: 2/2 Lane : 3 Athlete: DESMET STERRE							Q-time: 05:54:27	
PB (50m pool): 05:54.27 Antwerpen 19/04/2026								

Coach feedback: