

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

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

Coaches: Van Looveren An

Coaches: Haarler Laura

Coaches: Dekoninck Nicole

Coaches: Tisson Fabienne

Coaches: Emmers Kelly HEADCOACH

PB => Personal Best time

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

Event number: 1: 200M MEDLEY MEN 11+					Heat:4, starttime: 08:42
Heat: 4/9 Lane : 2 Athlete: FRANSEN LUCIANO					Q-time: 03:21:42
PB (50m pool): 03:21.42 Seraing 26/01/2025					PB (25m pool): 03:10.05 SB: 03:24.74 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.83	01:40.40	02:39.35	03:21.42	
	00:48.83	00:51.57	00:58.95	00:42.07	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:5, starttime: 08:46
Heat: 5/9 Lane : 6 Athlete: MEYLAERS SEPPE					Q-time: 03:07:78
PB (50m pool): 03:07.78 Antwerpen 19/04/2026					PB (25m pool): 03:10.08 SB: 03:07.78 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.55	01:29.36	02:26.24	03:07.78	
	00:42.55	00:46.81	00:56.88	00:41.54	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:5, starttime: 08:46
Heat: 5/9 Lane : 8 Athlete: VOSSEN NOAH					Q-time: 03:16:46
PB (50m pool): 03:16.46 Antwerpen 19/04/2026					PB (25m pool): 03:21.06 SB: 03:16.46 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.99	01:36.00	02:34.60	03:16.46	
	00:44.99	00:51.01	00:58.60	00:41.86	
					

Coach feedback:

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

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 09:13
Heat: 3/10 Lane : 1 Athlete: THOMAS LYNE					Q-time: 03:29:47
PB (50m pool): 03:29.47 SportinGenk Park 11/11/2025					PB (25m pool): 03:17.16 SB: 03:29.47 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:29.47	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:17
Heat: 4/10 Lane : 2 Athlete: CYPERS DE LANDRECY JOZEFIEN					Q-time: 03:14:55
PB (50m pool): 03:14.55 SportinGenk Park 11/11/2025					PB (25m pool): 03:14.19 SB: 03:14.55 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:14.55	
	no time				
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:4, starttime: 09:17
Heat: 4/10 Lane : 3 Athlete: VANEESBECK EMMA					Q-time: 03:10:75
PB (50m pool): 03:07.85 Eindhoven 10/05/2026					PB (25m pool): 03:03.40 SB: 03:07.85 Eindhoven 10/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.19	01:31.56	02:26.75	03:07.85	
	00:43.19	00:48.37	00:55.19	00:41.10	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 09:20
Heat: 5/10 Lane : 4 Athlete: TEKAY SEDEF					Q-time: 03:02:71
PB (50m pool): 03:02.71 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 02:59.21 SB: 03:04.94 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.97	01:24.38	02:21.35	03:02.71	
	00:36.97	00:47.41	00:56.97	00:41.36	
					

Coach feedback:

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

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:28
Heat: 7/10 Lane : 4 Athlete: VLASSAKS ROSALIE					Q-time: 02:51:04
PB (50m pool): 02:51.04 Antwerpen 20/07/2025					PB (25m pool): 02:46.77 SB: 02:58.84 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.50	01:21.82	02:11.99	02:51.04	
	00:36.50	00:45.32	00:50.17	00:39.05	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 09:34
Heat: 9/10 Lane : 1 Athlete: MAES LEONIE					Q-time: 02:47:48
PB (50m pool): 02:47.48 Antwerpen 20/07/2025					PB (25m pool): 02:45.08 SB: 02:49.40 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.06	01:17.30	02:08.46	02:47.48	
	00:34.06	00:43.24	00:51.16	00:39.02	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 09:34
Heat: 9/10 Lane : 3 Athlete: JANSEN ELINE					Q-time: 02:45:30
PB (50m pool): 02:45.30 Seraing 25/01/2026					PB (25m pool): 02:44.01 SB: 02:45.30 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.24	01:23.88	02:08.41	02:45.30	
	00:37.24	00:46.64	00:44.53	00:36.89	
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 09:44
Heat: 2/4 Lane : 1 Athlete: MEYLAERS ZOë					Q-time: 02:23:74
PB (50m pool): 02:23.74 SportinGenk Park 06/04/2026					PB (25m pool): 02:18.71 SB: 02:23.74 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M			
PB	01:08.54	02:23.74			
	01:08.54	01:15.20			
					

Coach feedback:

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Event number: 3: 100M BREASTSTROKE MIXED 10-9				Heat:2, starttime: 09:44	
Heat: 2/4 Lane : 3 Athlete: DAENS NORE				Q-time: 02:03:60	
PB (50m pool): 02:03.60 SportinGenk Park 06/04/2026				PB (25m pool): 02:01.04 SB: 02:03.60 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M			
PB	00:59.40	02:03.60			
	00:59.40	01:04.20			
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9				Heat:3, starttime: 09:47	
Heat: 3/4 Lane : 3 Athlete: NACKAERTS LYNN				Q-time: 01:55:68	
PB (50m pool): 01:55.68 SportinGenk Park 06/04/2026				PB (25m pool): 01:55.39 SB: 01:55.68 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M			
PB	00:54.98	01:55.68			
	00:54.98	01:00.70			
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9				Heat:3, starttime: 09:47	
Heat: 3/4 Lane : 5 Athlete: BOLLEN CLEO				Q-time: 01:53:73	
PB (50m pool): 01:53.73 SportinGenk Park 06/04/2026				PB (25m pool): 01:53.52 SB: 01:53.73 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M			
PB	00:56.07	01:53.73			
	00:56.07	00:57.66			
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 09:53	
Heat: 1/3 Lane : 2 Athlete: VAN DE POLDER KOBE				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 04:13.25 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: PZC

Event number: 6: 100M BUTTERFLY MEN 11+			Heat:2, starttime: 10:24
Heat: 2/5 Lane : 7 Athlete: BOLLEN WARRE			Q-time: 01:32:27
PB (50m pool): 01:32.27 Antwerpen 20/07/2025			PB (25m pool): 01:42.55 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.18	01:32.27	
	00:43.18	00:49.09	
			

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 10:26
Heat: 3/5 Lane : 1 Athlete: DANILOV MICHAËL			Q-time: 01:15:71
PB (50m pool): 01:15.71 Mol 22/06/2025			PB (25m pool): 01:12.74 SB: 01:16.15 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.74	01:15.71	
	00:33.74	00:41.97	
			

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 10:34
Heat: 2/4 Lane : 6 Athlete: VANEESBECK EMMA			Q-time: 01:40:46
PB (50m pool): 01:40.46 SportinGenk Park 11/11/2025			PB (25m pool): no time SB: 01:40.46 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:40.46	
	no time		
			

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9			Heat:2, starttime: 10:43
Heat: 2/4 Lane : 5 Athlete: NACKAERTS LYNN			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:45.90 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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

Event number: 8: 100M BACKSTROKE MIXED 10-9				Heat:2, starttime: 10:43
Heat: 2/4 Lane : 6 Athlete: MEYLAERS ZOë				Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 01:58.44 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9				Heat:3, starttime: 10:46
Heat: 3/4 Lane : 1 Athlete: BOLLEN CLEO				Q-time: 01:51:97
PB (50m pool): 01:51.97 Mol 22/06/2025		PB (25m pool): 01:34.87 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	01:51.97		
	no time			
				

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9				Heat:3, starttime: 10:46
Heat: 3/4 Lane : 8 Athlete: DAENS NORE				Q-time: 01:52:58
PB (50m pool): 01:52.58 SportinGenk Park 06/04/2026		PB (25m pool): 01:48.60 SB: 01:52.58 SportinGenk Park 06/04/2026		
	5 0 M	1 0 0 M		
PB	00:57.05	01:52.58		
	00:57.05	00:55.53		
				

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:01
Heat: 4/5 Lane : 5 Athlete: FRANSEN DYLANO					Q-time: 02:13:67
PB (50m pool): 02:13.67 Antwerpen 13/07/2025			PB (25m pool): 02:08.19 SB: 02:13.95 Eindhoven 22/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.00	01:06.12	01:41.59	02:13.67	
	00:31.00	00:35.12	00:35.47	00:32.08	
					

Coach feedback:

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

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 11:17
Heat: 4/7 Lane : 4 Athlete: VLASSAKS ROSALIE					Q-time: 02:31:54
PB (50m pool): 02:31.54 Antwerpen 19/04/2026			PB (25m pool): 02:33.28 SB: 02:31.54 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.10	01:13.96	01:54.21	02:31.54	
	00:35.10	00:38.86	00:40.25	00:37.33	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:21
Heat: 5/7 Lane : 2 Athlete: JANSEN ELINE					Q-time: 02:27:80
PB (50m pool): 02:27.80 Genk 01/02/2026			PB (25m pool): 02:21.87 SB: 02:27.80 Genk 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.80	01:11.55	01:50.08	02:27.80	
	00:33.80	00:37.75	00:38.53	00:37.72	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:24
Heat: 6/7 Lane : 3 Athlete: MAES HELENE					Q-time: 02:22:80
PB (50m pool): 02:22.80 Antwerpen 13/07/2025			PB (25m pool): 02:19.25 SB: 02:24.30 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.49	01:09.10	01:46.28	02:22.80	
	00:32.49	00:36.61	00:37.18	00:36.52	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:24
Heat: 6/7 Lane : 8 Athlete: BOLLEN GITTE					Q-time: 02:25:68
PB (50m pool): 02:25.68 Antwerpen 13/07/2025			PB (25m pool): 02:23.32 SB: 02:27.66 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.38	01:10.94	01:49.59	02:25.68	
	00:33.38	00:37.56	00:38.65	00:36.09	
					

Coach feedback:

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

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 11:42
Heat: 4/10 Lane : 2 Athlete: MEYLAERS SEPPE			Q-time: 01:33:70
PB (50m pool): 01:33.70 Genk 01/02/2026			PB (25m pool): 01:30.02 SB: 01:33.70 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:45.94	01:33.70	
	00:45.94	00:47.76	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 11:42
Heat: 4/10 Lane : 3 Athlete: VOSSEN NOAH			Q-time: 01:32:62
PB (50m pool): 01:32.62 SportinGenk Park 06/04/2026			PB (25m pool): 01:31.28 SB: 01:32.62 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:44.78	01:32.62	
	00:44.78	00:47.84	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 11:44
Heat: 5/10 Lane : 2 Athlete: FRANSEN LUCIANO			Q-time: 01:28:87
PB (50m pool): 01:28.87 SportinGenk Park 06/04/2026			PB (25m pool): 01:28.11 SB: 01:28.87 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:44.64	01:28.87	
	00:44.64	00:44.23	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 11:44
Heat: 5/10 Lane : 7 Athlete: VAN DE POLDER KOBE			Q-time: 01:28:94
PB (50m pool): 01:28.94 SportinGenk Park 11/11/2025			PB (25m pool): 01:28.75 SB: 01:28.94 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:28.94	
	no time		
			

Coach feedback:

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

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 11:49
Heat: 7/10 Lane : 2 Athlete: FRANSEN DYLANO			Q-time: 01:17:07
PB (50m pool): 01:17.07 Antwerpen 13/07/2025			PB (25m pool): 01:12.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.38	01:17.07	
	00:37.38	00:39.69	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 11:49
Heat: 7/10 Lane : 5 Athlete: DANILOV MICHAËL			Q-time: 01:15:87
PB (50m pool): 01:15.87 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:14.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.22	01:15.87	
	00:36.22	00:39.65	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 11:49
Heat: 7/10 Lane : 8 Athlete: BOLLEN WARRE			Q-time: 01:18:59
PB (50m pool): 01:18.59 SportinGenk Park 06/04/2026			PB (25m pool): 01:17.28 SB: 01:18.59 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:39.16	01:18.59	
	00:39.16	00:39.43	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 12:02
Heat: 3/11 Lane : 3 Athlete: THOMAS LYNE			Q-time: 01:33:54
PB (50m pool): 01:33.54 SportinGenk Park 11/11/2025			PB (25m pool): 01:41.41 SB: 01:33.54 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:33.54	
	no time		
			

Coach feedback:

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

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 12:06
Heat: 5/11 Lane : 8 Athlete: TEKAY SEDEF			Q-time: 01:29:12
PB (50m pool): 01:29.12 Seraing 26/01/2025			PB (25m pool): 01:24.00 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.12	01:29.12	
	00:43.12	00:46.00	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 12:08
Heat: 6/11 Lane : 5 Athlete: CYPERS DE LANDRECY JOZEFIEN			Q-time: 01:25:64
PB (50m pool): 01:25.64 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:21.81 SB: 01:28.30 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	00:41.28	01:25.64	
	00:41.28	00:44.36	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 12:17
Heat: 10/11 Lane : 1 Athlete: MAES LEONIE			Q-time: 01:18:57
PB (50m pool): 01:18.57 Seraing 25/01/2026			PB (25m pool): 01:15.02 SB: 01:18.57 Seraing 25/01/2026
	5 0 M	1 0 0 M	
PB	00:37.94	01:18.57	
	00:37.94	00:40.63	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 12:17
Heat: 10/11 Lane : 2 Athlete: VLASSAKS LENA			Q-time: 01:17:81
PB (50m pool): 01:17.81 Antwerpen 13/07/2025			PB (25m pool): 01:16.01 SB: 01:20.39 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:38.05	01:17.81	
	00:38.05	00:39.76	
			

Coach feedback:

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Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 12:17
Heat: 10/11 Lane : 6 Athlete: MAES HELENE			Q-time: 01:17:32
PB (50m pool): 01:17.32 Antwerpen 13/07/2025			PB (25m pool): 01:14.60 SB: 01:19.68 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:37.84	01:17.32	
	00:37.84	00:39.48	
			

Coach feedback: