

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

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

Coaches: Deprez Lukas

Coaches: Feyaerts Joeri HEADCOACH

Coaches: Roskin Lotte

Coaches: Mattheus Ibe

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

Event number: 1: 200M MEDLEY MEN 11+					Heat:2, starttime: 08:34
Heat: 2/9 Lane : 2 Athlete: LARDAUX LEON					Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 03:19.81 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:6, starttime: 08:50
Heat: 6/9 Lane : 1 Athlete: LEMMENS LUCA					Q-time: 02:58:24
PB (50m pool): 02:58.24 Antwerpen 20/04/2025			PB (25m pool): 02:49.99 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.40	01:24.72	02:17.89	02:58.24	
	00:38.40	00:46.32	00:53.17	00:40.35	
	.	.	.	.	

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:1, starttime: 09:04
Heat: 1/10 Lane : 2 Athlete: VANDINGENEN JOKE					Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 03:17.85 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:

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Event number: 2: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 09:13
Heat: 3/10 Lane : 5 Athlete: NIJS LOES					Q-time: 03:22:42
PB (50m pool): 03:22.42 Luxembourg 26/04/2026					PB (25m pool): 03:15.84 SB: 03:22.42 Luxembourg 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.43	01:40.71	02:38.82	03:22.42	
	00:47.43	00:53.28	00:58.11	00:43.60	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 09:20
Heat: 5/10 Lane : 7 Athlete: REMANS ALICE					Q-time: 03:05:96
PB (50m pool): 03:05.96 Antwerpen 08/03/2026					PB (25m pool): 03:03.93 SB: 03:05.96 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.03	01:27.06	02:23.62	03:05.96	
	00:38.03	00:49.03	00:56.56	00:42.34	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:24
Heat: 6/10 Lane : 3 Athlete: ROSSEEL JANNE					Q-time: 02:58:82
PB (50m pool): 02:58.82 Antwerpen 08/03/2026					PB (25m pool): 02:56.75 SB: 02:58.82 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.14	01:23.14	02:15.97	02:58.82	
	00:37.14	00:46.00	00:52.83	00:42.85	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:24
Heat: 6/10 Lane : 6 Athlete: REMANS ROSALIE					Q-time: 02:59:84
PB (50m pool): 02:59.84 Molenbeek 01/02/2026					PB (25m pool): 02:51.69 SB: 02:59.84 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	02:59.84	
	no time				
					

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+					Heat:8, starttime: 09:31
Heat: 8/10 Lane : 6 Athlete: MAES JULIE					Q-time: 02:49:49
PB (50m pool): 02:49.49 Antwerpen 13/07/2025					PB (25m pool): 02:43.94 SB: 02:51.04 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.26	01:22.25	02:12.56	02:49.49	
	00:36.26	00:45.99	00:50.31	00:36.93	
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 09:41
Heat: 1/4 Lane : 5 Athlete: FEYAERTS CHARLOTTE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:00.83 SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:4, starttime: 10:28
Heat: 4/5 Lane : 1 Athlete: PASTEELS EINAR					Q-time: 01:07:69
PB (50m pool): 01:07.69 Antwerpen 20/04/2025					PB (25m pool): 01:04.97 SB: 01:08.15 Molenbeek 01/02/2026
	5 0 M	1 0 0 M			
PB	00:30.69	01:07.69			
	00:30.69	00:37.00			
					

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 10:34
Heat: 2/4 Lane : 4 Athlete: ROSSEEL JANNE					Q-time: 01:27:50
PB (50m pool): 01:27.55 Luxembourg 26/04/2026					PB (25m pool): 01:23.92 SB: 01:27.55 Luxembourg 26/04/2026
	5 0 M	1 0 0 M			
PB	00:40.68	01:27.55			
	00:40.68	00:46.87			
					

Coach feedback:

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Event number: 7: 100M BUTTERFLY WOMEN 11+				Heat:3, starttime: 10:36	
Heat: 3/4 Lane : 7 Athlete: REMANS ROSALIE				Q-time: 01:23:28	
PB (50m pool): 01:23.28 Antwerpen 15/03/2026				PB (25m pool): 01:21.88 SB: 01:23.28 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:38.79	01:23.28			
	00:38.79	00:44.49			
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9				Heat:2, starttime: 10:43	
Heat: 2/4 Lane : 3 Athlete: FEYAERTS CHARLOTTE				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 01:36.85 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:3, starttime: 10:58	
Heat: 3/5 Lane : 5 Athlete: NIJS BAS					Q-time: 02:21:34	
PB (50m pool): 02:21.34 Antwerpen 08/03/2026					PB (25m pool): 02:14.13 SB: 02:21.34 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.09	01:07.68	01:45.35	02:21.34		
	00:32.09	00:35.59	00:37.67	00:35.99		
						

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:3, starttime: 10:58	
Heat: 3/5 Lane : 8 Athlete: FEYAERTS JEROEN					Q-time: 02:35:78	
PB (50m pool): 02:35.78 Molenbeek 01/02/2026					PB (25m pool): 02:39.28 SB: 02:35.78 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	no time	01:16.50	no time	02:35.78		
	no time					
						

Coach feedback:

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Event number: 9: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:01
Heat: 4/5 Lane : 7 Athlete: PASTEELS EINAR					Q-time: 02:17:37
PB (50m pool): 02:14.61 Antwerpen 14/07/2024					PB (25m pool): 02:12.35 SB: 02:17.61 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	02:14.61	
	no time				
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:04
Heat: 5/5 Lane : 6 Athlete: STERCKX DAAN					Q-time: 02:08:71
PB (50m pool): 02:08.71 Luxembourg 26/04/2026					PB (25m pool): 02:05.17 SB: 02:08.71 Luxembourg 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.81	01:00.90	01:34.89	02:08.71	
	00:28.81	00:32.09	00:33.99	00:33.82	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:11
Heat: 2/7 Lane : 5 Athlete: CLAESEN SARAH					Q-time: 02:44:44
PB (50m pool): 02:44.44 Antwerpen 13/07/2025					PB (25m pool): 02:45.83 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.35	01:21.78	02:05.07	02:44.44	
	00:38.35	00:43.43	00:43.29	00:39.37	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:21
Heat: 5/7 Lane : 3 Athlete: MAES JULIE					Q-time: 02:27:37
PB (50m pool): 02:27.37 Antwerpen 08/03/2026					PB (25m pool): 02:24.42 SB: 02:27.37 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.99	01:13.40	01:51.46	02:27.37	
	00:34.99	00:38.41	00:38.06	00:35.91	
					

Coach feedback:

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Event number: 10: 200M FREESTYLE WOMEN 13+				Heat:6, starttime: 11:24	
Heat: 6/7 Lane : 4 Athlete: DECONYNCK STERRE				Q-time: 02:21:35	
PB (50m pool): 02:21.35 Antwerpen 13/07/2025				PB (25m pool): 02:18.18 SB: 02:22.97 Luxembourg 26/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.82	01:08.33	01:45.08	02:21.35	
	00:32.82	00:35.51	00:36.75	00:36.27	
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 11:35	
Heat: 1/10 Lane : 3 Athlete: BERTJENS WARRE				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: 11: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 11:35	
Heat: 1/10 Lane : 7 Athlete: VERHAEGEN MARLON				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 01:34.80 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:4, starttime: 11:42	
Heat: 4/10 Lane : 4 Athlete: LARDAUX LEON				Q-time: 01:30:90	
PB (50m pool): 01:30.90 Molenbeek 01/02/2026				PB (25m pool): 01:26.84 SB: 01:30.90 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M			
PB	no time	01:30.90			
	no time				
					

Coach feedback:

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Event number: 11: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 11:47
Heat: 6/10 Lane : 7 Athlete: FEYAERTS JEROEN			Q-time: 01:23:32
PB (50m pool): 01:23.32 Wezenberg 04/01/2026			PB (25m pool): 01:19.32 SB: 01:23.32 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:40.30	01:23.32	
	00:40.30	00:43.02	
			

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:54
Heat: 10/10 Lane : 3 Athlete: STERCKX DAAN			Q-time: 01:04:92
PB (50m pool): 01:04.92 Antwerpen 27/07/2025			PB (25m pool): 01:03.07 SB: 01:05.99 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.13	01:04.92	
	00:32.13	00:32.79	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 11:57
Heat: 1/11 Lane : 2 Athlete: LAMBRECHTS HANNE			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: 12: 100M BACKSTROKE WOMEN 11+			Heat:1, starttime: 11:57
Heat: 1/11 Lane : 6 Athlete: WILLEMS UWIZEYE NAOMI			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:

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Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 12:02
Heat: 3/11 Lane : 2 Athlete: VANDINGENEN JOKE			Q-time: 01:33:62
PB (50m pool): 01:33.62 Antwerpen 15/03/2026			PB (25m pool): 01:27.72 SB: 01:33.62 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:46.08	01:33.62	
	00:46.08	00:47.54	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 12:02
Heat: 3/11 Lane : 8 Athlete: NIJS LOES			Q-time: 01:37:65
PB (50m pool): 01:37.65 Luxembourg 26/04/2026			PB (25m pool): 01:34.46 SB: 01:37.65 Luxembourg 26/04/2026
	5 0 M	1 0 0 M	
PB	00:47.97	01:37.65	
	00:47.97	00:49.68	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 12:06
Heat: 5/11 Lane : 7 Athlete: REMANS ALICE			Q-time: 01:28:69
PB (50m pool): 01:28.69 Antwerpen 08/03/2026			PB (25m pool): 01:24.05 SB: 01:28.69 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:42.05	01:28.69	
	00:42.05	00:46.64	
			

Coach feedback: