

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

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

Coaches: Mertens Wenke

Coaches: Van den Broeck Stephanie HEADCOACH

Coaches: Van de Weyer Rune

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 : 5 Athlete: VAN WAELDEREN KAREL 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: 1: 200M MEDLEY MEN 11+ Heat:6, starttime: 08:50

Heat: 6/9 Lane : 8 Athlete: CUYPERS ARTHUR Q-time: 03:01:06

PB (50m pool): no time PB (25m pool): 03:01.06 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:9, starttime: 09:00

Heat: 9/9 Lane : 2 Athlete: SLUYTS TIBE Q-time: 02:27:26

PB (50m pool): 02:27.26 Antwerpen 08/03/2026 PB (25m pool): 02:26.82 SB: 02:27.26 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.21	01:08.17	01:54.80	02:27.26	
	00:31.21	00:36.96	00:46.63	00:32.46	
					

Coach feedback:

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Event number: 1: 200M MEDLEY MEN 11+					Heat:9, starttime: 09:00
Heat: 9/9 Lane : 4 Athlete: VAN WAELDEREN THOMAS					Q-time: 02:18:63
PB (50m pool): 02:18.63 Wezenberg 01/02/2026					PB (25m pool): 02:14.89 SB: 02:18.63 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.27	01:03.92	01:46.65	02:18.63	
	00:28.27	00:35.65	00:42.73	00:31.98	
					

Coach feedback:

Event number: 1: 200M MEDLEY MEN 11+					Heat:9, starttime: 09:00
Heat: 9/9 Lane : 6 Athlete: GYULNAZARYAN MAX					Q-time: 02:26:62
PB (50m pool): 02:26.62 Antwerpen 08/03/2026					PB (25m pool): 02:24.21 SB: 02:26.62 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.43	01:08.45	01:54.06	02:26.62	
	00:30.43	00:38.02	00:45.61	00:32.56	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:7, starttime: 09:28
Heat: 7/10 Lane : 3 Athlete: LAUREYS XANTE					Q-time: 02:52:22
PB (50m pool): 02:52.22 Wezenberg 01/02/2026					PB (25m pool): 02:50.82 SB: 02:52.22 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.66	01:22.39	02:14.87	02:52.22	
	00:38.66	00:43.73	00:52.48	00:37.35	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 09:34
Heat: 9/10 Lane : 2 Athlete: LEMMENS FEBE					Q-time: 02:47:36
PB (50m pool): 02:47.36 Antwerpen 20/07/2025					PB (25m pool): 02:41.49 SB: 02:50.74 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.47	01:17.24	02:08.68	02:47.36	
	00:34.47	00:42.77	00:51.44	00:38.68	
					

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 09:34
Heat: 9/10 Lane : 8 Athlete: VAN AERSCHOT NEL				Q-time: 02:48:18	
PB (50m pool): 02:48.18 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:41.88 SB: 02:49.20 Wezenberg 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.77	01:16.17	02:07.46	02:48.18	
	00:33.77	00:42.40	00:51.29	00:40.72	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 09:38
Heat: 10/10 Lane : 5 Athlete: VINGERHOETS MADELIEF					Q-time: 02:36:93
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: 4: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 09:53
Heat: 1/3 Lane : 3 Athlete: MERTENS GIJS					Q-time: 03:36:32
PB (50m pool): 03:36.32 Antwerpen 13/07/2025					PB (25m pool): 03:34.46 SB: 03:42.90 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.81	01:44.49	02:41.12	03:36.32	
	00:48.81	00:55.68	00:56.63	00:55.20	
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 09:57
Heat: 2/3 Lane : 4 Athlete: LAUREYS MILAN					Q-time: 02:56:61
PB (50m pool): 02:56.61 Antwerpen 13/07/2025					PB (25m pool): 02:52.33 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.86	01:26.58	02:12.76	02:56.61	
	00:40.86	00:45.72	00:46.18	00:43.85	
					

Coach feedback:

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Event number: 5: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 10:17
Heat: 4/4 Lane : 7 Athlete: VAN ROOSBROECK YUNA					Q-time: 03:05:55
PB (50m pool): 03:05.55 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 03:06.14 SB: 03:05.55 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.70	01:30.12	02:19.05	03:05.55	
	00:41.70	00:48.42	00:48.93	00:46.50	
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 10:24
Heat: 2/5 Lane : 1 Athlete: VAN WAELDEREN KAREL					Q-time: 01:39:42
PB (50m pool): 01:39.42 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:40.19 SB: 01:39.42 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:45.95	01:39.42			
	00:45.95	00:53.47			
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 10:30
Heat: 5/5 Lane : 4 Athlete: VAN WAELDEREN THOMAS					Q-time: 00:57:57
PB (50m pool): 00:57.57 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 00:57.55 SB: 00:57.57 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:27.43	00:57.57			
	00:27.43	00:30.14			
					

Coach feedback:

Event number: 6: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 10:30
Heat: 5/5 Lane : 5 Athlete: GYULNAZARYAN MAX					Q-time: 01:02:71
PB (50m pool): 01:02.71 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:02.49 SB: 01:02.71 Lago Gent Rozebroeken 03/05/2026					
	5 0 M	1 0 0 M			
PB	00:29.46	01:02.71			
	00:29.46	00:33.25			
					

Coach feedback:

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Event number: 7: 100M BUTTERFLY WOMEN 11+				Heat:4, starttime: 10:38	
Heat: 4/4 Lane : 2 Athlete: VERHEYEN LEONIE				Q-time: 01:15:36	
PB (50m pool): 01:15.36 Antwerpen 15/03/2026				PB (25m pool): 01:15.20 SB: 01:15.36 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:34.60	01:15.36			
	00:34.60	00:40.76			
					

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+				Heat:4, starttime: 10:38	
Heat: 4/4 Lane : 6 Athlete: LEMMENS FEBE				Q-time: 01:12:91	
PB (50m pool): 01:12.91 Lago Gent Rozebroeken 03/05/2026				PB (25m pool): 01:10.35 SB: 01:12.91 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M			
PB	00:33.21	01:12.91			
	00:33.21	00:39.70			
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+				Heat:2, starttime: 10:55	
Heat: 2/5 Lane : 4 Athlete: CUYPERS ARTHUR				Q-time: 02:37:02	
PB (50m pool): no time				PB (25m pool): 02:37.02 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: 9: 200M FREESTYLE MEN 13+				Heat:2, starttime: 10:55	
Heat: 2/5 Lane : 8 Athlete: MERTENS GIJS				Q-time: 02:58:68	
PB (50m pool): 02:58.68 Antwerpen 13/07/2025				PB (25m pool): 02:50.49 SB: 03:05.64 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.29	01:27.02	02:14.93	02:58.68	
	00:40.29	00:46.73	00:47.91	00:43.75	
					

Coach feedback:

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Event number: 9: 200M FREESTYLE MEN 13+					Heat:3, starttime: 10:58
Heat: 3/5 Lane : 2 Athlete: LAUREYS MILAN					Q-time: 02:26:16
PB (50m pool): 02:39.16 Antwerpen 14/07/2024					PB (25m pool): 02:21.58 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	02:39.16	
	no time				
					

Coach feedback:

Event number: 9: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:04
Heat: 5/5 Lane : 2 Athlete: SLUYTS JENNE					Q-time: 02:08:86
PB (50m pool): 02:08.86 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:08.10 SB: 02:08.86 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.38	01:02.25	01:36.09	02:08.86	
	00:29.38	00:32.87	00:33.84	00:32.77	
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 11:11
Heat: 2/7 Lane : 3 Athlete: CUYPERS LEONIE					Q-time: 02:44:93
PB (50m pool): no time					PB (25m pool): 02:44.93 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:4, starttime: 11:17
Heat: 4/7 Lane : 6 Athlete: VAN AERSCHOT NEL					Q-time: 02:33:61
PB (50m pool): 02:33.61 Lago Gent Rozebroeken 03/05/2026					PB (25m pool): 02:24.04 SB: 02:33.61 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.01	01:15.11	01:55.35	02:33.61	
	00:35.01	00:40.10	00:40.24	00:38.26	
					

Coach feedback:

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Event number: 10: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:26	
Heat: 7/7 Lane : 6 Athlete: VINGERHOETS MADELIEF					Q-time: 02:19:15	
PB (50m pool): 02:19.15 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): no time SB: 02:19.15 Lago Gent Rozebroeken 03/05/2026						
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:31.63	01:06.92	01:42.91	02:19.15		
	00:31.63	00:35.29	00:35.99	00:36.24		
						

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 11:42	
Heat: 4/10 Lane : 7 Athlete: DOUWEN MON					Q-time: 01:34:53	
PB (50m pool): 01:34.53 Antwerpen 15/03/2026					PB (25m pool): 01:38.05SB: 01:34.53 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M				
PB	00:47.14	01:34.53				
	00:47.14	00:47.39				
						

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 11:54	
Heat: 10/10 Lane : 5 Athlete: SLUYTS TIBE					Q-time: 01:04:58	
PB (50m pool): 01:04.58 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:03.87 SB: 01:04.58 Lago Gent Rozebroeken 03/05/2026						
	5 0 M	1 0 0 M				
PB	00:31.36	01:04.58				
	00:31.36	00:33.22				
						

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 11:54	
Heat: 10/10 Lane : 8 Athlete: SLUYTS JENNE					Q-time: 01:08:59	
PB (50m pool): 01:08.59 Antwerpen 15/03/2026 PB (25m pool): 01:07.13SB: 01:08.59 Antwerpen 15/03/2026						
	5 0 M	1 0 0 M				
PB	00:33.41	01:08.59				
	00:33.41	00:35.18				
						

Coach feedback:

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Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 12:02
Heat: 3/11 Lane : 5 Athlete: CUYPERS LEONIE			Q-time: 01:33:39
PB (50m pool): 01:33.39 Mol 22/06/2025			PB (25m pool): 01:28.34 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.46	01:33.39	
	00:46.46	00:46.93	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 12:19
Heat: 11/11 Lane : 2 Athlete: LAUREYS XANTE			Q-time: 01:13:93
PB (50m pool): 01:13.93 Antwerpen 27/07/2025			PB (25m pool): 01:14.44 SB: 01:15.53 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.38	01:13.93	
	00:36.38	00:37.55	
			

Coach feedback: