

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

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

Coaches: Pluijm Saar HEADCOACH

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

Event number: 1: 200M MEDLEY MEN 11+					Heat:5, starttime: 08:46
Heat: 5/9 Lane : 4 Athlete: PEETERS SAMUEL					Q-time: 03:02:57
PB (50m pool): 03:02.57 Wezenberg 01/02/2026					PB (25m pool): 03:01.35 SB: 03:02.57 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.72	01:26.35	02:23.07	03:02.57	
	00:39.72	00:46.63	00:56.72	00:39.50	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:2, starttime: 09:08
Heat: 2/10 Lane : 6 Athlete: FLEERACKERS LAURA					Q-time: 03:34:78
PB (50m pool): 03:34.78 Aalst 20/12/2025					PB (25m pool): 03:31.74 SB: 03:34.78 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:54.02	01:47.43	02:49.06	03:34.78	
	00:54.02	00:53.41	01:01.63	00:45.72	
					

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 09:24
Heat: 6/10 Lane : 4 Athlete: LESSELIERS EMILY					Q-time: 02:55:75
PB (50m pool): 02:55.75 Olympic Pool Wezenberg, Antwer 29/03/2025					PB (25m pool): 02:53.01 SB: 02:55.75 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.89	01:23.81	02:17.11	02:55.75	
	00:39.89	00:43.92	00:53.30	00:38.64	
					

Coach feedback:

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Event number: 2: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 09:38
Heat: 10/10 Lane : 1 Athlete: VAN DEN BERGH ANNA					Q-time: 02:43:47
PB (50m pool): 02:43.35 Aalst 26/04/2026					PB (25m pool): 02:38.81 SB: 02:43.35 Aalst 26/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.33	01:20.63	02:06.34	02:43.35	
	00:38.33	00:42.30	00:45.71	00:37.01	
					

Coach feedback:

Event number: 3: 100M BREASTSTROKE MIXED 10-9					Heat:1, starttime: 09:41
Heat: 1/4 Lane : 3 Athlete: GYSEN RAYES					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 01:49.00 SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 5: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 10:09
Heat: 2/4 Lane : 5 Athlete: THEUNISSEN JOLIEN					Q-time: 03:19:90
PB (50m pool): 03:19.90 Olympic Pool Wezenberg, Antwer 29/03/25					PB (25m pool): 03:45.17 SB: 03:19.90 Olympic Pool Wezenberg, Antwer 29/03/25
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.47	01:38.86	02:30.62	03:19.90	
	00:47.47	00:51.39	00:51.76	00:49.28	
					

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 10:34
Heat: 2/4 Lane : 7 Athlete: LYTVYNIUK-HUL SOFIA					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 01:32.56 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: 7: 100M BUTTERFLY WOMEN 11+				Heat:3, starttime: 10:36	
Heat: 3/4 Lane : 3 Athlete: DE VOCHT ANNE-JULIE				Q-time: 01:21:15	
PB (50m pool): 01:21.15 Wezenberg 05/01/2025				PB (25m pool): 01:18.19SB: 01:21.26 Aalst 20/12/2025	
	5 0 M	1 0 0 M			
PB	00:36.04	01:21.15			
	00:36.04	00:45.11			
					

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 11+				Heat:4, starttime: 10:38	
Heat: 4/4 Lane : 1 Athlete: VERNIERS NIME				Q-time: 01:17:20	
PB (50m pool): 01:17.20 Antwerpen 15/03/2026				PB (25m pool): no time SB: 01:17.20 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:35.82	01:17.20			
	00:35.82	00:41.38			
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MIXED 10-9				Heat:1, starttime: 10:41	
Heat: 1/4 Lane : 3 Athlete: GYSEN RAYES				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 01:31.16SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 10: 200M FREESTYLE WOMEN 13+				Heat:2, starttime: 11:11	
Heat: 2/7 Lane : 2 Athlete: THEUNISSEN JOLIEN				Q-time: 02:46:19	
PB (50m pool): 02:46.19 Olympic Pool Wezenberg, Antwer 29/03/2025				PB (25m pool): 03:03.23SB: 02:46.19 Olympic Pool Wezenberg, Antwer 29/03/2025	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.66	01:20.91	02:04.53	02:46.19	
	00:38.66	00:42.25	00:43.62	00:41.66	
					

Coach feedback:

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Event number: 10: 200M FREESTYLE WOMEN 13+				Heat:7, starttime: 11:26	
Heat: 7/7 Lane : 4 Athlete: DE RIDDER STERRE				Q-time: 02:17:23	
PB (50m pool): 02:17.23 Antwerp 09/02/2025				PB (25m pool): 02:16.56 SB: 02:18.34 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.70	01:07.17	01:42.29	02:17.23	
	00:32.70	00:34.47	00:35.12	00:34.94	
					

Coach feedback:

Event number: 11: 100M BACKSTROKE MEN 11+				Heat:6, starttime: 11:47	
Heat: 6/10 Lane : 2 Athlete: PEETERS SAMUEL				Q-time: 01:22:94	
PB (50m pool): 01:22.94 Olympic Pool Wezenberg, Antwer 29/03/2026				PB (25m pool): 01:37.41 SB: 01:22.94 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M			
PB	00:39.99	01:22.94			
	00:39.99	00:42.95			
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 12:04	
Heat: 4/11 Lane : 8 Athlete: FLEERACKERS LAURA				Q-time: 01:31:36	
PB (50m pool): 01:31.36 Olympic Pool Wezenberg, Antwer 29/03/2026				PB (25m pool): 01:32.29 SB: 01:31.36 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M			
PB	00:44.60	01:31.36			
	00:44.60	00:46.76			
					

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+				Heat:7, starttime: 12:10	
Heat: 7/11 Lane : 5 Athlete: LESSELIERS EMILY				Q-time: 01:22:47	
PB (50m pool): 01:22.47 Antwerpen 15/03/2026				PB (25m pool): 01:21.78 SB: 01:22.47 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:40.24	01:22.47			
	00:40.24	00:42.23			
					

Coach feedback:

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Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 12:13
Heat: 8/11 Lane : 5 Athlete: DE VOCHT ANNE-JULIE			Q-time: 01:20:69
PB (50m pool): 01:20.69 Antwerpen 19/04/2026			PB (25m pool): 01:20.19 SB: 01:20.69 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:38.70	01:20.69	
	00:38.70	00:41.99	
			

Coach feedback:

Event number: 12: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 12:19
Heat: 11/11 Lane : 3 Athlete: VERNIERS NIME			Q-time: 01:13:65
PB (50m pool): 01:13.65 Wezenberg 03/01/2026			PB (25m pool): 01:15.02 SB: 01:13.65 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:36.28	01:13.65	
	00:36.28	00:37.37	
			

Coach feedback: