

M.Christophe Jorissen: Session: 2: COACH evaluation sheet for TEAM: DIZV

Coachinfo: Warming up from: 13:15 untill 14:10. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Gillain Alexandra

Coaches: De Paepe Inge HEADCOACH

PB => Personal Best time

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

Event number: 16: 100M BREASTSTROKE MEN 11+ Heat:5, starttime: 14:32

Heat: 5/11 Lane : 5 Athlete: PROPS LUKAS		Q-time: 01:41:02	
PB (50m pool): 01:44.73 Antwerpen 15/03/2026		PB (25m pool): 01:41.02 SB: 01:44.73 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:48.84	01:44.73	
	00:48.84	00:55.89	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+ Heat:8, starttime: 14:38

Heat: 8/11 Lane : 4 Athlete: VERHERSTRAETEN KOBE		Q-time: 01:22:81	
PB (50m pool): 01:27.06 Antwerpen 13/07/2025		PB (25m pool): 01:22.81 SB: 01:27.70 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:40.46	01:27.06	
	00:40.46	00:46.60	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+ Heat:4, starttime: 14:54

Heat: 4/13 Lane : 2 Athlete: DERIJCKE LAURA		Q-time: 01:45:77	
PB (50m pool): 01:45.77 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:43.82 SB: no time	
	5 0 M	1 0 0 M	
PB	00:47.54	01:45.77	
	00:47.54	00:58.23	
			

Coach feedback:

M.Christophe Jorissen: Session: 2: COACH evaluation sheet for TEAM: DIZV

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 15:09
Heat: 11/13 Lane : 1 Athlete: DE WILDE MARGOT			Q-time: 01:29:46
PB (50m pool): 01:31.74 Antwerpen 15/03/2026			PB (25m pool): 01:29.46 SB: 01:31.74 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.19	01:31.74	
	00:44.19	00:47.55	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/10 Lane : 5 Athlete: HAEZEBROUCK THIJS			Q-time: 01:26:69
PB (50m pool): 01:30.31 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:26.69 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.42	01:30.31	
	00:41.42	00:48.89	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:4, starttime: 15:40
Heat: 4/10 Lane : 6 Athlete: VERSTRYNGE OSCAR			Q-time: 01:08:92
PB (50m pool): 01:09.70 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:08.92 SB: 01:09.70 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:33.84	01:09.70	
	00:33.84	00:35.86	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:58
Heat: 4/12 Lane : 2 Athlete: VANDEROOST CLARA			Q-time: 01:17:13
PB (50m pool): 01:26.74 Antwerp 02/02/2025			PB (25m pool): 01:17.13 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.78	01:26.74	
	00:39.78	00:46.96	
			

Coach feedback:

M.Christophe Jorissen: Session: 2: COACH evaluation sheet for TEAM: DIZV

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:6, starttime: 16:01	
Heat: 6/12 Lane : 1 Athlete: MOXHET TESS				Q-time: 01:13:34	
PB (50m pool): 01:13.34 Antwerpen 15/03/2026				PB (25m pool): 01:13.54 SB: 01:13.34 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:35.59	01:13.34			
	00:35.59	00:37.75			
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:8, starttime: 16:05	
Heat: 8/12 Lane : 5 Athlete: DE WILDE LORE				Q-time: 01:09:06	
PB (50m pool): 01:09.06 Antwerpen 13/07/2025				PB (25m pool): 01:10.30 SB: 01:12.22 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:33.45	01:09.06			
	00:33.45	00:35.61			
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+				Heat:2, starttime: 16:23	
Heat: 2/4 Lane : 3 Athlete: VERSTRYNGE OSCAR				Q-time: 02:54:44	
PB (50m pool): 03:03.50 Molenbeek 01/02/2026				PB (25m pool): 02:54.44 SB: 03:03.50 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:30.48	no time	03:03.50	
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+				Heat:2, starttime: 16:23	
Heat: 2/4 Lane : 8 Athlete: HAEZEBROUCK THIJS				Q-time: 03:18:56	
PB (50m pool): 03:24.31 Molenbeek 01/02/2026				PB (25m pool): 03:18.56 SB: 03:24.31 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:40.48	no time	03:24.31	
	no time				
					

Coach feedback:

M.Christophe Jorissen: Session: 2: COACH evaluation sheet for TEAM: DIZV

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 16:27
Heat: 3/4 Lane : 7 Athlete: VERHERSTRAETEN KOBE					Q-time: 02:42:35
PB (50m pool): 02:43.72 Molenbeek 01/02/2026					PB (25m pool): 02:42.35 SB: 02:43.72 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:21.16	no time	02:43.72	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 16:38
Heat: 2/3 Lane : 1 Athlete: VANDEROOST CLARA					Q-time: 03:13:08
PB (50m pool): 03:56.47 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 03:13.08 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	03:56.47	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 16:38
Heat: 2/3 Lane : 6 Athlete: DE WILDE MARGOT					Q-time: 02:55:09
PB (50m pool): 03:26.77 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:55.09 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	03:26.77	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 16:42
Heat: 3/3 Lane : 1 Athlete: DE WILDE LORE					Q-time: 02:46:28
PB (50m pool): 02:53.05 Antwerpen 13/07/2025					PB (25m pool): 02:46.28 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.63	01:25.06	02:10.24	02:53.05	
	00:40.63	00:44.43	00:45.18	00:42.81	
					

Coach feedback:

M.Christophe Jorissen: Session: 2: COACH evaluation sheet for TEAM: DIZV

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 16:42
Heat: 3/3 Lane : 4 Athlete: VERHERSTRAETEN LORE					Q-time: 02:31:12
PB (50m pool): 02:43.85 Molenbeek 01/02/2026					PB (25m pool): 02:31.12 SB: 02:43.85 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:20.89	no time	02:43.85	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 16:42
Heat: 3/3 Lane : 7 Athlete: MOXHET TESS					Q-time: 02:44:47
PB (50m pool): 02:52.35 Molenbeek 01/02/2026					PB (25m pool): 02:44.47 SB: 02:52.35 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:26.49	no time	02:52.35	
	no time				
					

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:10	
Heat: 4/7 Lane : 1 Athlete: PROPS LUKAS							Q-time: 05:56:28	
PB (50m pool): 06:04.80 Molenbeek 01/02/2026							PB (25m pool): 05:56.28 SB: 06:04.80 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	01:28.28	no time	03:04.55	no time	no time	no time	06:04.80
	no time							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 17:57	
Heat: 4/7 Lane : 6 Athlete: DERIJCKE LAURA							Q-time: 05:35:39	
PB (50m pool): no time							PB (25m pool): 05:35.39 SB: no time	
	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	no time	no time	no time	no time	no time	no time	no time
	no time							
								

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 18:15	
Heat: 7/7 Lane : 7 Athlete: VERHERSTRAETEN LORE							Q-time: 04:50:97	
PB (50m pool): 05:00.15 Molenbeek 01/02/2026								
PB (25m pool): 04:50.97 SB: 05:00.15 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	01:08.54	no time	02:25.98	no time	no time	no time	05:00.15
	no time							
								

Coach feedback: