

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

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

Coaches: Smeets Sara HEADCOACH

PB => Personal Best time

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 14:24
Heat: 2/11 Lane : 4 Athlete: BIESIADECKI ALEXANDER			Q-time: 01:54:50
PB (50m pool): 01:54.50 Genk 01/02/2026			PB (25m pool): 01:51.55 SB: 01:54.50 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:56.09	01:54.50	
	00:56.09	00:58.41	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 14:24
Heat: 2/11 Lane : 8 Athlete: BEIJNSBERGER MATHIJS			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:25.53 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 14:27
Heat: 3/11 Lane : 3 Athlete: TIMMERS BJARNE			Q-time: 01:51:59
PB (50m pool): 01:51.59 SportinGenk Park 11/11/2025			PB (25m pool): 01:51.94 SB: 01:51.59 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:51.59	
	no time		
			

Coach feedback:

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 14:27
Heat: 3/11 Lane : 4 Athlete: RUELENS HENRI			Q-time: 01:49:62
PB (50m pool): 01:49.62 Genk 01/02/2026			PB (25m pool): 01:43.44 SB: 01:49.62 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:53.03	01:49.62	
	00:53.03	00:56.59	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 14:30
Heat: 4/11 Lane : 4 Athlete: JORISKES GIJS			Q-time: 01:44:68
PB (50m pool): 01:44.68 Antwerpen 08/03/2026			PB (25m pool): 01:40.43 SB: 01:44.68 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:50.44	01:44.68	
	00:50.44	00:54.24	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 14:30
Heat: 4/11 Lane : 5 Athlete: MOORS VICTOR			Q-time: 01:44:91
PB (50m pool): 01:44.91 SportinGenk Park 11/11/2025			PB (25m pool): 01:38.92 SB: 01:44.91 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:44.91	
	no time		
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 14:32
Heat: 5/11 Lane : 3 Athlete: NIJS VIKTOR			Q-time: 01:41:20
PB (50m pool): 01:41.20 Genk 01/02/2026			PB (25m pool): 01:36.91 SB: 01:41.20 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:48.40	01:41.20	
	00:48.40	00:52.80	
			

Coach feedback:

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 14:34
Heat: 6/11 Lane : 5 Athlete: FERREIRA CRAVO ENZO			Q-time: 01:36:28
PB (50m pool): 01:36.28 Antwerpen 08/03/2026			PB (25m pool): 01:33.89 SB: 01:36.28 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:46.09	01:36.28	
	00:46.09	00:50.19	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 14:34
Heat: 6/11 Lane : 6 Athlete: BOSMANS VINCE			Q-time: 01:38:30
PB (50m pool): 01:38.30 Antwerpen 08/03/2026			PB (25m pool): 01:35.79 SB: 01:38.30 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:46.63	01:38.30	
	00:46.63	00:51.67	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 14:34
Heat: 6/11 Lane : 8 Athlete: SEGERS FERRE			Q-time: 01:39:75
PB (50m pool): 01:39.75 Antwerpen 19/04/2026			PB (25m pool): 01:41.00 SB: 01:39.75 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:47.09	01:39.75	
	00:47.09	00:52.66	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:8, starttime: 14:38
Heat: 8/11 Lane : 6 Athlete: WALTERUS KILYAN			Q-time: 01:24:14
PB (50m pool): 01:24.14 Antwerpen 19/04/2026			PB (25m pool): 01:22.59 SB: 01:24.14 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:39.09	01:24.14	
	00:39.09	00:45.05	
			

Coach feedback:

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 14:40
Heat: 9/11 Lane : 4 Athlete: TIELEN SANDER			Q-time: 01:19:31
PB (50m pool): 01:19.31 Antwerpen 15/03/2026			PB (25m pool): 01:16.65 SB: 01:19.31 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.03	01:19.31	
	00:37.03	00:42.28	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:10, starttime: 14:42
Heat: 10/11 Lane : 1 Athlete: SERVLANCKX SENNE			Q-time: 01:18:73
PB (50m pool): 01:18.73 Antwerpen 15/03/2026			PB (25m pool): 01:15.42 SB: 01:18.73 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.88	01:18.73	
	00:35.88	00:42.85	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:10, starttime: 14:42
Heat: 10/11 Lane : 8 Athlete: EVENS VINCE			Q-time: 01:19:21
PB (50m pool): 01:19.21 Antwerpen 15/03/2026			PB (25m pool): 01:18.07 SB: 01:19.21 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.55	01:19.21	
	00:37.55	00:41.66	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 14:44
Heat: 11/11 Lane : 2 Athlete: DAEMEN TUUR			Q-time: 01:13:61
PB (50m pool): 01:13.61 Antwerpen 22/03/2026			PB (25m pool): 01:10.76 SB: 01:13.61 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:34.05	01:13.61	
	00:34.05	00:39.56	
			

Coach feedback:

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Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 14:44
Heat: 11/11 Lane : 4 Athlete: METTEN VINCE			Q-time: 01:05:47
PB (50m pool): 01:05.47 Antwerpen 22/03/2026			PB (25m pool): 01:04.83 SB: 01:05.47 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:30.70	01:05.47	
	00:30.70	00:34.77	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 14:44
Heat: 11/11 Lane : 5 Athlete: ORIS TIM			Q-time: 01:09:30
PB (50m pool): 01:09.21 Antwerpen 21/04/2024			PB (25m pool): 01:06.48 SB: 01:10.11 Neuss 07/12/2025
	5 0 M	1 0 0 M	
PB	no time	01:09.21	
	no time		
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 14:49
Heat: 2/13 Lane : 1 Athlete: SCHROOTEN LIEN			Q-time: 01:57:63
PB (50m pool): 01:57.63 Genk 01/02/2026			PB (25m pool): 01:49.49 SB: 01:57.63 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:56.28	01:57.63	
	00:56.28	01:01.35	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 14:49
Heat: 2/13 Lane : 8 Athlete: SMEETS ELLA			Q-time: 02:11:40
PB (50m pool): 02:11.40 SportinGenk Park 01/03/2025			PB (25m pool): 02:02.38 SB: no time
	5 0 M	1 0 0 M	
PB	no time	02:11.40	
	no time		
			

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 14:54
Heat: 4/13 Lane : 5 Athlete: MOORS CALISTA			Q-time: 01:43:47
PB (50m pool): 01:43.47 Antwerpen 19/04/2026			PB (25m pool): 01:41.52 SB: 01:43.47 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:50.81	01:43.47	
	00:50.81	00:52.66	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 14:56
Heat: 5/13 Lane : 4 Athlete: BIANCHI MAIA			Q-time: 01:41:16
PB (50m pool): 01:41.16 Antwerpen 19/04/2026			PB (25m pool): 01:45.53 SB: 01:41.16 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:48.47	01:41.16	
	00:48.47	00:52.69	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 14:56
Heat: 5/13 Lane : 6 Athlete: BEIJNSBERGER JULIE			Q-time: 01:42:05
PB (50m pool): 01:42.05 Antwerpen 08/03/2026			PB (25m pool): 01:33.90 SB: 01:42.05 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:48.73	01:42.05	
	00:48.73	00:53.32	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 14:59
Heat: 6/13 Lane : 6 Athlete: NULENS AZZURRA			Q-time: 01:39:51
PB (50m pool): 01:39.51 Antwerpen 19/04/2026			PB (25m pool): 01:37.55 SB: 01:39.51 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:47.61	01:39.51	
	00:47.61	00:51.90	
			

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 15:03
Heat: 8/13 Lane : 1 Athlete: VAN EYGEN LOUISE			Q-time: 01:35:96
PB (50m pool): 01:35.96 Genk 01/02/2026			PB (25m pool): 01:33.40 SB: 01:35.96 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:45.87	01:35.96	
	00:45.87	00:50.09	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 15:05
Heat: 9/13 Lane : 2 Athlete: LUDWICZAK LENA			Q-time: 01:33:07
PB (50m pool): 01:33.07 Genk 01/02/2026			PB (25m pool): 01:31.82 SB: 01:33.07 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:44.21	01:33.07	
	00:44.21	00:48.86	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 15:05
Heat: 9/13 Lane : 3 Athlete: VANDEWAERDE OOB			Q-time: 01:32:85
PB (50m pool): 01:32.85 Antwerpen 15/03/2026			PB (25m pool): 01:33.66 SB: 01:32.85 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.51	01:32.85	
	00:44.51	00:48.34	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 15:05
Heat: 9/13 Lane : 7 Athlete: BEIJNSBERGER LOUISE			Q-time: 01:33:85
PB (50m pool): 01:33.85 Antwerpen 20/07/2025			PB (25m pool): 01:29.86 SB: 01:34.03 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:43.76	01:33.85	
	00:43.76	00:50.09	
			

Coach feedback:

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 15:07
Heat: 10/13 Lane : 5 Athlete: BOUSSON JULIE			Q-time: 01:30:28
PB (50m pool): 01:30.28 Genk 01/02/2026			PB (25m pool): 01:25.65 SB: 01:30.28 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:42.27	01:30.28	
	00:42.27	00:48.01	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 15:09
Heat: 11/13 Lane : 4 Athlete: VANGELOVEN FRAN			Q-time: 01:24:56
PB (50m pool): 01:24.56 Antwerp 26/01/2025			PB (25m pool): 01:22.98 SB: 01:24.63 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.00	01:24.56	
	00:39.00	00:45.56	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 15:11
Heat: 12/13 Lane : 2 Athlete: RUELENS COBIEN			Q-time: 01:24:26
PB (50m pool): 01:24.26 Antwerpen 19/04/2026			PB (25m pool): 01:20.91 SB: 01:24.26 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:39.13	01:24.26	
	00:39.13	00:45.13	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 15:11
Heat: 12/13 Lane : 3 Athlete: LAMBRIGTS GITTE			Q-time: 01:23:62
PB (50m pool): 01:23.62 SportinGenk Park 06/04/2026			PB (25m pool): 01:22.58 SB: 01:23.62 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:39.74	01:23.62	
	00:39.74	00:43.88	
			

Coach feedback:

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+				Heat:12, starttime: 15:11
Heat: 12/13 Lane : 7 Athlete: NOUWEN FLEUR				Q-time: 01:24:38
PB (50m pool): 01:24.38 Antwerpen 20/07/2025		PB (25m pool): 01:24.73 SB: 01:25.77 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M		
PB	00:40.26	01:24.38		
	00:40.26	00:44.12		
				

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 15:15
Heat: 1/1 Lane : 6 Athlete: VANDIJCK SAMUEL					Q-time: 02:37:34
PB (50m pool): 02:37.34 Antwerpen 19/04/2026			PB (25m pool): 02:40.60 SB: 02:37.34 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.71	01:12.91	01:55.23	02:37.34	
	00:32.71	00:40.20	00:42.32	00:42.11	
					

Coach feedback:

Event number: 19: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 15:19
Heat: 1/1 Lane : 2 Athlete: VANHEESWIJCK AMELEA					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: 19: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 15:19
Heat: 1/1 Lane : 4 Athlete: JORISKES LORE					Q-time: 02:46:54
PB (50m pool): 02:46.54 Antwerpen 19/04/2026			PB (25m pool): 02:45.20 SB: 02:46.54 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.89	01:18.05	02:01.49	02:46.54	
	00:35.89	00:42.16	00:43.44	00:45.05	
					

Coach feedback:

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Event number: 21: 100M FREESTYLE MEN 11+			Heat:5, starttime: 15:42
Heat: 5/10 Lane : 6 Athlete: GEUTJENS MAXIME			Q-time: 01:06:22
PB (50m pool): 01:06.22 Genk 01/02/2026			PB (25m pool): 01:06.33 SB: 01:06.22 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.03	01:06.22	
	00:32.03	00:34.19	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:6, starttime: 15:43
Heat: 6/10 Lane : 2 Athlete: WALTERUS KILYAN			Q-time: 01:04:27
PB (50m pool): 01:04.27 Antwerpen 08/03/2026			PB (25m pool): 01:02.81 SB: 01:04.27 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:30.80	01:04.27	
	00:30.80	00:33.47	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:7, starttime: 15:45
Heat: 7/10 Lane : 6 Athlete: EVENS VINCE			Q-time: 01:01:91
PB (50m pool): 01:01.91 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:00.17 SB: 01:01.91 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:29.91	01:01.91	
	00:29.91	00:32.00	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:8, starttime: 15:47
Heat: 8/10 Lane : 2 Athlete: TIELEN SANDER			Q-time: 01:00:49
PB (50m pool): 01:00.49 Antwerpen 19/04/2026			PB (25m pool): 00:59.56 SB: 01:00.49 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:28.70	01:00.49	
	00:28.70	00:31.79	
			

Coach feedback:

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Event number: 21: 100M FREESTYLE MEN 11+			Heat:8, starttime: 15:47
Heat: 8/10 Lane : 6 Athlete: SERVANCKX SENNE			Q-time: 01:00:12
PB (50m pool): 01:00.12 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 00:58.70 SB: 01:00.12 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:28.81	01:00.12	
	00:28.81	00:31.31	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:9, starttime: 15:48
Heat: 9/10 Lane : 2 Athlete: METTEN VINCE			Q-time: 00:58:59
PB (50m pool): 00:58.59 Genk 01/02/2026			PB (25m pool): 00:58.80 SB: 00:58.59 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:28.44	00:58.59	
	00:28.44	00:30.15	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:9, starttime: 15:48
Heat: 9/10 Lane : 6 Athlete: DAEMEN TUUR			Q-time: 00:58:40
PB (50m pool): 00:58.40 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 00:55.47 SB: 00:58.40 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:27.29	00:58.40	
	00:27.29	00:31.11	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:9, starttime: 15:48
Heat: 9/10 Lane : 8 Athlete: DAEMEN JUUL			Q-time: 00:59:65
PB (50m pool): 00:59.65 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:59.41 SB: 00:59.65 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:28.27	00:59.65	
	00:28.27	00:31.38	
			

Coach feedback:

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Event number: 21: 100M FREESTYLE MEN 11+			Heat:10, starttime: 15:50
Heat: 10/10 Lane : 6 Athlete: EVENS MATS			Q-time: 00:57:06
PB (50m pool): 00:57.06 Antwerpen 19/04/2026			PB (25m pool): 00:55.43 SB: 00:57.06 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:27.54	00:57.06	
	00:27.54	00:29.52	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 15:52
Heat: 1/12 Lane : 5 Athlete: SMEETS ELLA			Q-time: 01:40:52
PB (50m pool): 01:40.52 SportinGenk Park 11/11/2025			PB (25m pool): 01:33.95 SB: 01:40.52 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:40.52	
	no time		
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:58
Heat: 4/12 Lane : 5 Athlete: FRANSSEN EMILY			Q-time: 01:15:35
PB (50m pool): 01:15.35 SportinGenk Park 06/04/2026			PB (25m pool): 01:12.54 SB: 01:15.35 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:35.74	01:15.35	
	00:35.74	00:39.61	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:03
Heat: 7/12 Lane : 4 Athlete: HUYBREGTS JOLIEN			Q-time: 01:10:14
PB (50m pool): 01:10.14 SportinGenk Park 21/04/2025			PB (25m pool): 01:07.03 SB: 01:11.87 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:34.17	01:10.14	
	00:34.17	00:35.97	
			

Coach feedback:

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Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:03
Heat: 7/12 Lane : 5 Athlete: REMANS QUIN			Q-time: 01:10:37
PB (50m pool): 01:10.37 SportinGenk Park 11/11/2025			PB (25m pool): 01:08.67 SB: 01:10.37 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:10.37	
	no time		
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:05
Heat: 8/12 Lane : 4 Athlete: JORISKES LORE			Q-time: 01:08:54
PB (50m pool): 01:08.54 Antwerpen 08/03/2026			PB (25m pool): 01:06.72 SB: 01:08.54 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.69	01:08.54	
	00:32.69	00:35.85	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:06
Heat: 9/12 Lane : 2 Athlete: VANHEESWIJCK AMELEA			Q-time: 01:07:40
PB (50m pool): 01:07.40 Genk 01/02/2026			PB (25m pool): 01:06.68 SB: 01:07.40 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.45	01:07.40	
	00:32.45	00:34.95	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:06
Heat: 9/12 Lane : 5 Athlete: LAMBRIGHTS GITTE			Q-time: 01:06:79
PB (50m pool): 01:06.79 SportinGenk Park 06/04/2026			PB (25m pool): 01:07.38 SB: 01:06.79 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:31.72	01:06.79	
	00:31.72	00:35.07	
			

Coach feedback:

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

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:06
Heat: 9/12 Lane : 6 Athlete: BEIJNSBERGER LOUISE			Q-time: 01:07:29
PB (50m pool): 01:07.29 Antwerpen 08/03/2026			PB (25m pool): 01:06.98 SB: 01:07.29 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.70	01:07.29	
	00:32.70	00:34.59	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:06
Heat: 9/12 Lane : 7 Athlete: KERKHOF KAAT			Q-time: 01:07:76
PB (50m pool): 01:07.76 Antwerp 26/01/2025			PB (25m pool): 01:05.50 SB: 01:09.95 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.16	01:07.76	
	00:32.16	00:35.60	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:10
Heat: 11/12 Lane : 7 Athlete: THEUWISSEN NORE			Q-time: 01:04:60
PB (50m pool): 01:04.60 Antwerpen 20/07/2025			PB (25m pool): 01:02.65 SB: 01:05.05 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.74	01:04.60	
	00:31.74	00:32.86	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:10
Heat: 11/12 Lane : 8 Athlete: WEVERS GITTE			Q-time: 01:04:80
PB (50m pool): 01:04.80 Antwerpen 20/07/2025			PB (25m pool): 01:02.97 SB: 01:04.89 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.05	01:04.80	
	00:31.05	00:33.75	
			

Coach feedback:

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

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:12, starttime: 16:11	
Heat: 12/12 Lane : 1 Athlete: THEUWIS RUNE				Q-time: 01:03:51	
PB (50m pool): 01:03.28 ANTWERPEN 30/07/2023				PB (25m pool): 01:01.54 SB: 01:05.28 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M			
PB	no time	01:03.28			
	no time				
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:12, starttime: 16:11	
Heat: 12/12 Lane : 6 Athlete: WEYTJENS AMBER				Q-time: 01:03:28	
PB (50m pool): 01:04.73 ANTWERPEN 30/07/2023				PB (25m pool): 01:03.28 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	01:04.73			
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 16:18	
Heat: 1/4 Lane : 3 Athlete: DAEMEN JUUL					Q-time: 99:99:99	
PB (50m pool): 02:47.62 ANTWERPEN 23/07/2023					PB (25m pool): 02:38.28 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	02:47.62		
	no time					
						

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 16:18	
Heat: 1/4 Lane : 5 Athlete: TIMMERS BJARNE					Q-time: 03:43:58	
PB (50m pool): no time					PB (25m pool): 03:43.58 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	no time		
	no time					
						

Coach feedback:

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

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 16:27
Heat: 3/4 Lane : 1 Athlete: VANDIJCK SAMUEL					Q-time: 02:42:92
PB (50m pool): 02:42.92 SportinGenk Park 01/03/2025					PB (25m pool): 02:31.09 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:19.26	no time	02:42.92	
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 16:27
Heat: 3/4 Lane : 5 Athlete: EVENS MATS					Q-time: 02:31:88
PB (50m pool): 02:31.88 SportinGenk Park 01/03/2025					PB (25m pool): 02:23.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:13.82	no time	02:31.88	
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 16:30
Heat: 4/4 Lane : 1 Athlete: ORIS TIM					Q-time: 02:29:35
PB (50m pool): 02:29.35 SportinGenk Park 01/03/2025					PB (25m pool): 02:17.72 SB: 02:29.99 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:12.36	no time	02:29.35	
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 16:30
Heat: 4/4 Lane : 4 Athlete: VEESTRAETEN MATS					Q-time: 02:17:87
PB (50m pool): 02:17.87 Antwerpen 27/07/2025					PB (25m pool): 02:14.17 SB: 02:21.62 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.33	01:07.34	01:42.82	02:17.87	
	00:32.33	00:35.01	00:35.48	00:35.05	
					

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 16:38
Heat: 2/3 Lane : 5 Athlete: NOUWEN FLEUR					Q-time: 02:51:99
PB (50m pool): 02:51.99 SportinGenk Park 01/03/2025					PB (25m pool): 02:56.77 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:26.29	no time	02:51.99	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 16:38
Heat: 2/3 Lane : 8 Athlete: VANDEWAERDE OOB					Q-time: 03:13:19
PB (50m pool): 03:13.19 SportinGenk Park 01/03/2025					PB (25m pool): 03:06.13 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:35.61	no time	03:13.19	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 16:42
Heat: 3/3 Lane : 6 Athlete: THEUWISSEN NORE					Q-time: 02:44:04
PB (50m pool): 02:44.04 SportinGenk Park 01/03/2025					PB (25m pool): 02:42.75 SB: 02:44.54 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:19.13	no time	02:44.04	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 16:42
Heat: 3/3 Lane : 8 Athlete: BOUSSON JULIE					Q-time: 02:46:88
PB (50m pool): 02:46.88 Antwerpen 19/04/2026					PB (25m pool): 02:42.28 SB: 02:46.88 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.36	01:20.24	02:04.31	02:46.88	
	00:38.36	00:41.88	00:44.07	00:42.57	
					

Coach feedback:

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

Event number: 25: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:45	
Heat: 1/7 Lane : 4 Athlete: BEIJNSBERGER MATHIJS							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	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
	<i>no time</i>							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:54	
Heat: 2/7 Lane : 1 Athlete: BIESIADECKI ALEXANDER							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 06:22.26 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
	<i>no time</i>							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:54	
Heat: 2/7 Lane : 3 Athlete: MOORS VICTOR							Q-time: 07:14:46	
PB (50m pool): 07:14.46 SportinGenk Park 08/03/2025				PB (25m pool): 06:04.90 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	01:38.14	no time	03:30.56	no time	no time	no time	07:14.46
	<i>no time</i>							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:54	
Heat: 2/7 Lane : 5 Athlete: SEGERS MATHIS							Q-time: 06:59:46	
PB (50m pool): 07:30.66 SportinGenk Park 21/04/2025				PB (25m pool): 06:59.46 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	00:46.80	01:43.21	02:40.95	03:41.93	04:38.80	05:38.04	06:33.29	07:30.66
	00:46.80	00:56.41	00:57.74	01:00.98	00:56.87	00:59.24	00:55.25	00:57.37
								

Coach feedback:

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

Event number: 25: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:03	
Heat: 3/7 Lane : 4 Athlete: SEGERS FERRE							Q-time: 06:08:45	
PB (50m pool): 07:17.44 SportinGenk Park 11/11/2024 PB (25m pool): 06:08.45 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	01:42.30	no time	03:33.22	no time	no time	no time	07:17.44
	<i>no time</i>							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:03	
Heat: 3/7 Lane : 7 Athlete: RUELENS HENRI							Q-time: 06:32:46	
PB (50m pool): 06:32.46 Antwerp 26/01/2025								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:10	
Heat: 4/7 Lane : 5 Athlete: JORISKES GIJS							Q-time: 05:39:72	
PB (50m pool): 05:39.72 Antwerpen 20/07/2025 PB (25m pool): 05:23.28 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	00:38.90	01:21.18	02:04.83	02:48.04	03:31.49	04:15.66	05:00.22	05:39.72
	00:38.90	00:42.28	00:43.65	00:43.21	00:43.45	00:44.17	00:44.56	00:39.50
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:10	
Heat: 4/7 Lane : 6 Athlete: FERREIRA CRAVO ENZO							Q-time: 05:46:25	
PB (50m pool): 05:46.25 Antwerpen 20/07/2025								

Coach feedback:

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

Event number: 25: 400M FREESTYLE MEN 11+							Heat:5, starttime: 17:17	
Heat: 5/7 Lane : 1 Athlete: NIJS VIKTOR							Q-time: 05:26:19	
PB (50m pool): 08:41.54 Genk 10/04/2023							PB (25m pool): 05:26.19 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	08:41.54
	no time							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:5, starttime: 17:17	
Heat: 5/7 Lane : 6 Athlete: BOSMANS VINCE							Q-time: 05:21:82	
PB (50m pool): 05:21.82 Antwerpen 20/07/2025							PB (25m pool): 05:08.66 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	00:34.90	01:14.67	01:56.84	02:39.60	03:21.21	04:03.71	04:43.33	05:21.82
	00:34.90	00:39.77	00:42.17	00:42.76	00:41.61	00:42.50	00:39.62	00:38.49
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:5, starttime: 17:17	
Heat: 5/7 Lane : 7 Athlete: GEUTJENS MAXIME							Q-time: 05:25:60	
PB (50m pool): 05:25.60 Antwerp 26/01/2025							PB (25m pool): 04:58.15 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	00:35.97	01:16.76	01:58.67	02:40.52	03:22.00	04:04.42	04:45.38	05:25.60
	00:35.97	00:40.79	00:41.91	00:41.85	00:41.48	00:42.42	00:40.96	00:40.22
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:42	
Heat: 2/7 Lane : 1 Athlete: BIANCHI MAIA							Q-time: 07:29:68	
PB (50m pool): 07:29.68 SportinGenk Park 21/04/2025							PB (25m pool): 05:49.00 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	00:44.59	01:40.55	02:40.76	03:38.11	04:37.12	05:35.33	06:34.99	07:29.68
	00:44.59	00:55.96	01:00.21	00:57.35	00:59.01	00:58.21	00:59.66	00:54.69
								

Coach feedback:

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

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:42	
Heat: 2/7 Lane : 2 Athlete: VAN EYGEN LOUISE							Q-time: 07:01:39	
PB (50m pool): 07:01.39 SportinGenk Park 21/04/2025 PB (25m pool): 05:54.66 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	00:44.93	01:36.64	02:31.75	03:27.05	04:21.54	05:16.10	06:12.10	07:01.39
	00:44.93	00:51.71	00:55.11	00:55.30	00:54.49	00:54.56	00:56.00	00:49.29
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:42	
Heat: 2/7 Lane : 5 Athlete: BEIJNSBERGER JULIE							Q-time: 06:25:11	
PB (50m pool): 06:25.11 SportinGenk Park 21/04/2025 PB (25m pool): 05:33.98 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	00:39.49	01:25.38	02:16.22	03:08.83	04:01.15	04:50.20	05:40.99	06:25.11
	00:39.49	00:45.89	00:50.84	00:52.61	00:52.32	00:49.05	00:50.79	00:44.12
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:42	
Heat: 2/7 Lane : 7 Athlete: SCHROOTEN LIEN							Q-time: 07:12:82	
PB (50m pool): 07:12.82 SportinGenk Park 21/04/2025 PB (25m pool): 06:23.97 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	01:40.09	02:35.50	03:32.62	04:28.24	05:25.97	06:20.53	07:12.82
	<i>no time</i>		00:55.41	00:57.12	00:55.62	00:57.73	00:54.56	00:52.29
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 17:50	
Heat: 3/7 Lane : 5 Athlete: FRANSSEN EMILY							Q-time: 05:59:96	
PB (50m pool): 05:59.96 SportinGenk Park 15/03/2025 PB (25m pool): 05:29.16 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	01:24.07	no time	02:57.71	no time	no time	no time	05:59.96
	<i>no time</i>							
								

Coach feedback:

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

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 17:50	
Heat: 3/7 Lane : 8 Athlete: NULENS AZZURRA							Q-time: 06:23:74	
PB (50m pool): 06:23.74 Antwerp 26/01/2025				PB (25m pool): 05:27.87 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	00:40.37	01:27.75	02:17.47	03:09.53	04:00.12	04:50.32	05:41.48	06:23.74
	00:40.37	00:47.38	00:49.72	00:52.06	00:50.59	00:50.20	00:51.16	00:42.26
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 17:57	
Heat: 4/7 Lane : 3 Athlete: MOORS CALISTA							Q-time: 05:35:02	
PB (50m pool): no time				PB (25m pool): 05:35.02 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
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 17:57	
Heat: 4/7 Lane : 5 Athlete: REMANS QUIN							Q-time: 05:34:92	
PB (50m pool): 05:34.92 SportinGenk Park 15/03/2025				PB (25m pool): 05:19.01 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	01:17.75	no time	02:45.26	no time	no time	no time	05:34.92
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 18:03	
Heat: 5/7 Lane : 3 Athlete: RUELENS COBIEN							Q-time: 05:21:17	
PB (50m pool): 05:21.17 Antwerp 26/01/2025				PB (25m pool): 04:58.33 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	00:36.17	01:16.66	01:58.38	02:39.80	03:21.84	04:03.26	04:44.22	05:21.17
	00:36.17	00:40.49	00:41.72	00:41.42	00:42.04	00:41.42	00:40.96	00:36.95
								

Coach feedback:

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

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 18:09	
Heat: 6/7 Lane : 2 Athlete: KERKHOF KAAT							Q-time: 05:03:46	
PB (50m pool): 05:03.46 Antwerpen 20/07/2025				PB (25m pool): 04:52.17 SB: 05:04.52 Olympic Pool Wezenberg, Antwer 2				
	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	00:34.08	01:11.23	01:49.09	02:28.07	03:07.07	03:46.68	04:25.65	05:03.46
	00:34.08	00:37.15	00:37.86	00:38.98	00:39.00	00:39.61	00:38.97	00:37.81
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 18:09	
Heat: 6/7 Lane : 6 Athlete: VANGELOVEN FRAN							Q-time: 05:00:42	
PB (50m pool): 05:00.42 Antwerpen 20/07/2025				PB (25m pool): 04:57.25 SB: 05:09.07 Genk 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	00:34.64	01:12.07	01:50.14	02:28.79	03:07.25	03:45.89	04:24.05	05:00.42
	00:34.64	00:37.43	00:38.07	00:38.65	00:38.46	00:38.64	00:38.16	00:36.37
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 18:09	
Heat: 6/7 Lane : 8 Athlete: LUDWICZAK LENA							Q-time: 05:18:71	
PB (50m pool): no time				PB (25m pool): 05:18.71 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
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 18:15	
Heat: 7/7 Lane : 1 Athlete: WEVERS GITTE							Q-time: 04:52:28	
PB (50m pool): 04:52.28 Antwerpen 19/04/2026				PB (25m pool): 04:42.93 SB: 04:52.28 Antwerpen 19/04/2026				
	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	00:32.29	01:08.52	01:45.78	02:22.93	03:01.17	03:39.13	04:17.03	04:52.28
	00:32.29	00:36.23	00:37.26	00:37.15	00:38.24	00:37.96	00:37.90	00:35.25
								

Coach feedback:

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

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 18:15	
Heat: 7/7 Lane : 3 Athlete: WEYTJENS AMBER							Q-time: 04:47:90	
PB (50m pool): 04:41.98 Antwerpen 12/02/2023								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 18:15	
Heat: 7/7 Lane : 5 Athlete: THEUWIS RUNE							Q-time: 04:46:39	
PB (50m pool): 04:42.78 ANTWERPEN 30/07/2023							PB (25m pool): 04:38.05 SB: 04:54.12 Olympic Pool Wezenberg, Antwer 29	
	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	04:42.78
	<i>no time</i>							
								

Coach feedback: