

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

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

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

Event number: 15: 50M BREASTSTROKE MIXED 10-9		Heat:1, starttime: 14:15
Heat: 1/4 Lane : 1 Athlete: OTTO ALISA		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
PB	5 0 M	
	no time	
	no time	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MIXED 10-9		Heat:1, starttime: 14:15
Heat: 1/4 Lane : 5 Athlete: BROUWERS MATHIEU		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): no time SB: no time
PB	5 0 M	
	no time	
	no time	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MIXED 10-9		Heat:2, starttime: 14:17
Heat: 2/4 Lane : 1 Athlete: LOPEZ Y LOPEZ LEÓN		Q-time: 99:99:99
PB (50m pool): no time		PB (25m pool): 00:52.78 SB: no time
PB	5 0 M	
	no time	
	no time	
		

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MIXED 10-9				Heat:2, starttime: 14:17	
Heat: 2/4 Lane : 2 Athlete: TORDEUR ROMI				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): no time SB: no time	
	5 0 M				
PB	no time				
	no time				
	no time				

Coach feedback:

Event number: 15: 50M BREASTSTROKE MIXED 10-9				Heat:2, starttime: 14:17	
Heat: 2/4 Lane : 6 Athlete: CASTRONOVO VINZ				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): no time SB: no time	
	5 0 M				
PB	no time				
	no time				
	no time				

Coach feedback:

Event number: 15: 50M BREASTSTROKE MIXED 10-9				Heat:2, starttime: 14:17	
Heat: 2/4 Lane : 8 Athlete: PUTTEVILS STELLA				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): no time SB: no time	
	5 0 M				
PB	no time				
	no time				
	no time				

Coach feedback:

Event number: 15: 50M BREASTSTROKE MIXED 10-9				Heat:3, starttime: 14:18	
Heat: 3/4 Lane : 1 Athlete: JAEKEN STAN				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 00:50.17 SB: no time	
	5 0 M				
PB	no time				
	no time				
	no time				

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MIXED 10-9			Heat:4, starttime: 14:20
Heat: 4/4 Lane : 3 Athlete: ZGHIBAT HAARITH			Q-time: 00:49:10
PB (50m pool): 00:49.10 Düsseldorf 14/12/2025			PB (25m pool): no time SB: 00:49.10 Düsseldorf 14/12/2025
	5 0 M		
PB	00:49.10		
	00:49.10		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MIXED 10-9			Heat:4, starttime: 14:20
Heat: 4/4 Lane : 5 Athlete: OLAERTS FLORIS			Q-time: 00:48:12
PB (50m pool): 00:48.12 Mönchengladbach 23/03/2025			PB (25m pool): 00:48.40 SB: no time
	5 0 M		
PB	00:48.12		
	00:48.12		
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 14:22
Heat: 1/11 Lane : 6 Athlete: MIJSLINSKI JAYDEN			Q-time: 99:99:99
PB (50m pool): 01:40.33 SportinGenk Park 01/04/2024			PB (25m pool): 01:19.42 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:40.33	
	no time		
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 14:22
Heat: 1/11 Lane : 7 Athlete: KONINCKX MATTHIAS			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: 16: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 14:22
Heat: 1/11 Lane : 8 Athlete: KNOPS JELLE			Q-time: 99:99:99
PB (50m pool): 01:53.08 Antwerpen 14/07/2024			PB (25m pool): 02:00.97 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:53.08	
	no time		
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 14:24
Heat: 2/11 Lane : 2 Athlete: ACHTEN DAAN			Q-time: 02:02:83
PB (50m pool): 02:02.83 SportinGenk Park 11/11/2025			PB (25m pool): no time SB: 02:02.83 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	02:02.83	
	no time		
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 14:24
Heat: 2/11 Lane : 5 Athlete: VANDEBROUCK ARNO			Q-time: 01:55:01
PB (50m pool): 01:55.01 SportinGenk Park 06/04/2026			PB (25m pool): no time SB: 01:55.01 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:55.00	01:55.01	
	00:55.00	01:00.01	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 14:30
Heat: 4/11 Lane : 2 Athlete: PANNEMANS WOUTER			Q-time: 01:46:51
PB (50m pool): 01:46.51 SportinGenk Park 11/11/2025			PB (25m pool): 01:54.94 SB: 01:46.51 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:46.51	
	no time		
			

Coach feedback:

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Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 14:30
Heat: 4/11 Lane : 3 Athlete: POORTERS ARNE			Q-time: 01:45:52
PB (50m pool): 01:45.52 Antwerpen 15/03/2026			PB (25m pool): 01:45.68 SB: 01:45.52 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:50.27	01:45.52	
	00:50.27	00:55.25	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 14:32
Heat: 5/11 Lane : 4 Athlete: VANRUSSELT RAFAËL			Q-time: 01:40:62
PB (50m pool): 01:40.62 Antwerpen 20/07/2025			PB (25m pool): 01:38.14 SB: 01:42.21 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:48.09	01:40.62	
	00:48.09	00:52.53	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 14:34
Heat: 6/11 Lane : 2 Athlete: KÄHLER MATHIAS			Q-time: 01:38:60
PB (50m pool): 01:38.60 Antwerpen 15/03/2026			PB (25m pool): 01:35.71 SB: 01:38.60 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:46.63	01:38.60	
	00:46.63	00:51.97	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 14:36
Heat: 7/11 Lane : 8 Athlete: CUYPERS MAXIME			Q-time: 01:31:74
PB (50m pool): 01:31.74 SportinGenk Park 06/04/2026			PB (25m pool): 01:28.51 SB: 01:31.74 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:42.94	01:31.74	
	00:42.94	00:48.80	
			

Coach feedback:

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Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:8, starttime: 14:38
Heat: 8/11 Lane : 7 Athlete: THOELLEN SIMON			Q-time: 01:25:58
PB (50m pool): 01:25.58 Antwerpen 15/03/2026			PB (25m pool): 01:35.82 SB: 01:25.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.25	01:25.58	
	00:41.25	00:44.33	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:8, starttime: 14:38
Heat: 8/11 Lane : 8 Athlete: TORDEUR KILIAN			Q-time: 01:26:39
PB (50m pool): 01:26.39 SportinGenk Park 06/04/2026			PB (25m pool): 01:21.76 SB: 01:26.39 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:41.09	01:26.39	
	00:41.09	00:45.30	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 14:49
Heat: 2/13 Lane : 5 Athlete: BERGHMANS LAUREN			Q-time: 01:52:87
PB (50m pool): 01:52.87 SportinGenk Park 11/11/2025			PB (25m pool): no time SB: 01:52.87 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:52.87	
	no time		
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 14:52
Heat: 3/13 Lane : 4 Athlete: LBALI ALISA-SARA			Q-time: 01:47:16
PB (50m pool): 01:47.16 SportinGenk Park 11/11/2025			PB (25m pool): 01:39.80 SB: 01:47.16 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:47.16	
	no time		
			

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 14:54
Heat: 4/13 Lane : 1 Athlete: MOORS MAUD			Q-time: 01:46:81
PB (50m pool): 01:46.81 Antwerpen 13/07/2025			PB (25m pool): 01:45.61 SB: 01:47.12 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:51.00	01:46.81	
	00:51.00	00:55.81	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 14:54
Heat: 4/13 Lane : 8 Athlete: VANHAEN ALISSIA			Q-time: 01:46:99
PB (50m pool): 01:46.99 SportinGenk Park 06/04/2026			PB (25m pool): 01:43.92 SB: 01:46.99 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:50.34	01:46.99	
	00:50.34	00:56.65	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 15:01
Heat: 7/13 Lane : 5 Athlete: RATSITKA IRINI			Q-time: 01:36:40
PB (50m pool): 01:36.40 Antwerpen 15/03/2026			PB (25m pool): 01:35.30 SB: 01:36.40 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.74	01:36.40	
	00:45.74	00:50.66	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 15:03
Heat: 8/13 Lane : 3 Athlete: VANHEES HANNAH			Q-time: 01:35:20
PB (50m pool): 01:35.20 Genk 01/02/2026			PB (25m pool): 01:32.79 SB: 01:35.20 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:45.05	01:35.20	
	00:45.05	00:50.15	
			

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 15:03
Heat: 8/13 Lane : 4 Athlete: CUYPERS MANON			Q-time: 01:34:60
PB (50m pool): 01:34.60 SportinGenk Park 01/03/2025			PB (25m pool): 01:30.28 SB: 01:37.13 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:34.60	
	no time		
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 15:05
Heat: 9/13 Lane : 4 Athlete: HABRAKEN AMBER			Q-time: 01:32:25
PB (50m pool): 01:32.25 Genk 01/02/2026			PB (25m pool): 01:27.59 SB: 01:32.25 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:43.03	01:32.25	
	00:43.03	00:49.22	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 15:07
Heat: 10/13 Lane : 8 Athlete: DREESSEN LYANA			Q-time: 01:31:85
PB (50m pool): 01:31.85 Genk 01/02/2026			PB (25m pool): 01:26.86 SB: 01:31.85 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:43.36	01:31.85	
	00:43.36	00:48.49	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 15:13
Heat: 13/13 Lane : 6 Athlete: ZANGARI AURORA			Q-time: 01:22:04
PB (50m pool): 01:22.04 Antwerp 09/02/2025			PB (25m pool): 01:19.29 SB: 01:24.78 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.99	01:22.04	
	00:37.99	00:44.05	
			

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+				Heat:13, starttime: 15:13
Heat: 13/13 Lane : 8 Athlete: BROUX ELISE				Q-time: 01:22:56
PB (50m pool): 01:22.56 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:18.56 SB: no time				
	5 0 M	1 0 0 M		
PB	00:39.07	01:22.56		
	00:39.07	00:43.49		
				

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 15:15
Heat: 1/1 Lane : 1 Athlete: TORDEUR ILIAS					Q-time: 99:99:99
PB (50m pool): 03:12.75 Antwerp 28/01/2024 PB (25m pool): 02:48.25 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	03:12.75	
	no time				
					

Coach feedback:

Event number: 19: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 15:19
Heat: 1/1 Lane : 7 Athlete: PANNEMANS TESSA					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: 20: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 15:24
Heat: 1/4 Lane : 2 Athlete: OTTO ALISA					Q-time: 02:00:09
PB (50m pool): 02:00.09 SportinGenk Park 06/04/2026 PB (25m pool): 01:59.51 SB: 02:00.09 SportinGenk Park 06/04/2026					
	5 0 M	1 0 0 M			
PB	00:55.62	02:00.09			
	00:55.62	01:04.47			
					

Coach feedback:

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Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:1, starttime: 15:24
Heat: 1/4 Lane : 5 Athlete: TORDEUR ROMI			Q-time: 01:45:41
PB (50m pool): 01:45.41 SportinGenk Park 06/04/2026			PB (25m pool): 01:38.96 SB: 01:45.41 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:48.10	01:45.41	
	00:48.10	00:57.31	
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:2, starttime: 15:27
Heat: 2/4 Lane : 2 Athlete: PUTTEVILS STELLA			Q-time: 01:44:27
PB (50m pool): no time			PB (25m pool): 01:40.17 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:2, starttime: 15:27
Heat: 2/4 Lane : 3 Athlete: BROUWERS MATHIEU			Q-time: 01:38:50
PB (50m pool): 01:38.50 SportinGenk Park 06/04/2026			PB (25m pool): 01:37.79 SB: 01:38.50 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:46.78	01:38.50	
	00:46.78	00:51.72	
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:2, starttime: 15:27
Heat: 2/4 Lane : 4 Athlete: OLAERTS FLORIS			Q-time: 01:30:83
PB (50m pool): 01:30.83 SportinGenk Park 21/04/2025			PB (25m pool): 01:18.71 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:30.83	
	no time		
			

Coach feedback:

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

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:2, starttime: 15:27
Heat: 2/4 Lane : 7 Athlete: CASTRONOVO VINZ			Q-time: 01:44:65
PB (50m pool): 01:44.65 SportinGenk Park 11/11/2025			PB (25m pool): 01:29.78 SB: 01:44.65 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:44.65	
	no time		
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 4 Athlete: ZGHIBAT HAARITH			Q-time: 01:24:62
PB (50m pool): 01:24.62 SportinGenk Park 06/04/2026			PB (25m pool): 01:23.26 SB: 01:24.62 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:39.82	01:24.62	
	00:39.82	00:44.80	
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 7 Athlete: JAEKEN STAN			Q-time: 01:30:18
PB (50m pool): 01:30.18 SportinGenk Park 06/04/2026			PB (25m pool): 01:29.62 SB: 01:30.18 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:42.03	01:30.18	
	00:42.03	00:48.15	
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:4, starttime: 15:31
Heat: 4/4 Lane : 6 Athlete: LOPEZ Y LOPEZ LEÓN			Q-time: 01:22:60
PB (50m pool): 01:22.60 SportinGenk Park 11/11/2025			PB (25m pool): 01:17.10 SB: 01:22.60 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:22.60	
	no time		
			

Coach feedback:

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Event number: 21: 100M FREESTYLE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/10 Lane : 3 Athlete: VANDEBROUCK ARNO			Q-time: 01:27:53
PB (50m pool): 01:27.53 SportinGenk Park 06/04/2026			PB (25m pool): 01:34.22 SB: 01:27.53 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:42.68	01:27.53	
	00:42.68	00:44.85	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:2, starttime: 15:36
Heat: 2/10 Lane : 6 Athlete: ACHTEN DAAN			Q-time: 01:27:80
PB (50m pool): 01:27.80 SportinGenk Park 06/04/2026			PB (25m pool): 01:25.14 SB: 01:27.80 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:41.72	01:27.80	
	00:41.72	00:46.08	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:4, starttime: 15:40
Heat: 4/10 Lane : 3 Athlete: CUYPERS MAXIME			Q-time: 01:08:81
PB (50m pool): 01:08.81 Antwerpen 15/03/2026			PB (25m pool): 01:09.36 SB: 01:08.81 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.53	01:08.81	
	00:33.53	00:35.28	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:7, starttime: 15:45
Heat: 7/10 Lane : 8 Athlete: ONA CESAR			Q-time: 01:02:78
PB (50m pool): 01:00.21 Lago Kortrijk Weide 03/05/2026			PB (25m pool): 00:58.89 SB: 01:00.21 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M	
PB	00:29.02	01:00.21	
	00:29.02	00:31.19	
			

Coach feedback:

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Event number: 21: 100M FREESTYLE MEN 11+			Heat:8, starttime: 15:47
Heat: 8/10 Lane : 3 Athlete: KENENS SIMON			Q-time: 00:59:95
PB (50m pool): 00:59.95 Antwerpen 13/07/2025			PB (25m pool): 00:58.93 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.05	00:59.95	
	00:29.05	00:30.90	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:56
Heat: 3/12 Lane : 2 Athlete: VANHAEN ALISSIA			Q-time: 01:21:37
PB (50m pool): 01:21.37 Antwerpen 15/03/2026			PB (25m pool): 01:23.56 SB: 01:21.37 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.33	01:21.37	
	00:37.33	00:44.04	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 16:00
Heat: 5/12 Lane : 1 Athlete: BERGHS JINSE			Q-time: 01:14:86
PB (50m pool): 01:14.86 SportinGenk Park 06/04/2026			PB (25m pool): 01:12.23 SB: 01:14.86 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:35.39	01:14.86	
	00:35.39	00:39.47	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 16:00
Heat: 5/12 Lane : 6 Athlete: CUYPERS MANON			Q-time: 01:13:81
PB (50m pool): 01:13.81 Mönchengladbach 23/03/2025			PB (25m pool): 01:12.10 SB: 01:15.53 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:13.81	
	no time		
			

Coach feedback:

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Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:01
Heat: 6/12 Lane : 8 Athlete: RATSITSKA IRINI			Q-time: 01:13:37
PB (50m pool): 01:13.37 Antwerpen 15/03/2026			PB (25m pool): 01:12.30 SB: 01:13.37 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.47	01:13.37	
	00:34.47	00:38.90	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:03
Heat: 7/12 Lane : 8 Athlete: DREESSEN LYANA			Q-time: 01:12:11
PB (50m pool): 01:12.11 Genk 01/02/2026			PB (25m pool): 01:09.67 SB: 01:12.11 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.22	01:12.11	
	00:35.22	00:36.89	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:08
Heat: 10/12 Lane : 2 Athlete: SCHEPERS MIRTHE			Q-time: 01:05:46
PB (50m pool): 01:05.15 Antwerpen 23/01/2022			PB (25m pool): 01:04.15 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:05.15	
	no time		
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:10
Heat: 11/12 Lane : 6 Athlete: JANSSEN LAUREN			Q-time: 01:04:51
PB (50m pool): 01:04.51 Antwerpen 20/07/2025			PB (25m pool): 01:03.99 SB: 01:05.52 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.43	01:04.51	
	00:31.43	00:33.08	
			

Coach feedback:

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

Event number: 22: 100M FREESTYLE WOMEN 11+							Heat:12, starttime: 16:11		
Heat: 12/12 Lane : 4 Athlete: BROUX ELISE							Q-time: 01:01:30		
PB (50m pool): 01:01.30 SportinGenk Park 15/03/2025							PB (25m pool): 00:59.56 SB: 01:01.41 Düsseldorf 14/12/2025		
	5 0 M		1 0 0 M						
PB	no time		01:01.30						
	no time								
									

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 16:18	
Heat: 1/4 Lane : 1 Athlete: KONINCKX MATTHIAS					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: 23: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 16:18	
Heat: 1/4 Lane : 6 Athlete: KNOPS JELLE					Q-time: 99:99:99	
PB (50m pool): no time					PB (25m pool): 03:20.30 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: 23: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 16:18	
Heat: 1/4 Lane : 7 Athlete: PANNEMANS WOUTER					Q-time: 99:99:99	
PB (50m pool): no time					PB (25m pool): 03:13.23 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: GZVN

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 16:27
Heat: 3/4 Lane : 6 Athlete: TORDEUR KILIAN					Q-time: 02:38:06
PB (50m pool): 02:38.06 Antwerpen 08/03/2026					PB (25m pool): 02:32.39 SB: 02:38.06 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.84	01:17.19	01:57.92	02:38.06	
	00:36.84	00:40.35	00:40.73	00:40.14	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 16:34
Heat: 1/3 Lane : 2 Athlete: LBALI ALISA-SARA					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: 24: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 16:34
Heat: 1/3 Lane : 5 Athlete: MOORS MAUD					Q-time: 03:28:85
PB (50m pool): 03:28.85 Antwerpen 13/07/2025					PB (25m pool): 03:16.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.43	01:43.84	02:38.16	03:28.85	
	00:50.43	00:53.41	00:54.32	00:50.69	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 16:34
Heat: 1/3 Lane : 6 Athlete: BERGHMANS LAUREN					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:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 16:38
Heat: 2/3 Lane : 2 Athlete: HABRAKEN AMBER					Q-time: 03:05:89
PB (50m pool): 03:05.89 SportinGenk Park 01/03/2025					PB (25m pool): 02:56.08 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:31.32	no time	03:05.89	
	no time				
					

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+					Heat:1, starttime: 16:45			
Heat: 1/7 Lane : 5 Athlete: MWIRI SAM					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
	no time							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+					Heat:1, starttime: 16:45			
Heat: 1/7 Lane : 6 Athlete: THOELLEN SIMON					Q-time: 99:99:99			
PB (50m pool): no time					PB (25m pool): 05:23.86 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							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+					Heat:3, starttime: 17:03			
Heat: 3/7 Lane : 1 Athlete: KÄHLER MATHIAS					Q-time: 06:33:63			
PB (50m pool): 06:33.63 Mönchengladbach 23/03/2025					PB (25m pool): 05:36.22 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	01:33.01	no time	03:14.60	no time	04:56.52	no time	06:33.63
	no time							
								

Coach feedback:

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

Event number: 25: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:03	
Heat: 3/7 Lane : 6 Athlete: VANRUSSELT RAFAËL							Q-time: 06:28:47	
PB (50m pool): 06:28.47 Antwerp 26/01/2025				PB (25m pool): 05:48.39SB: 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	00:41.85	01:31.20	02:21.21	03:10.94	04:01.69	04:50.95	05:40.72	06:28.47
	00:41.85	00:49.35	00:50.01	00:49.73	00:50.75	00:49.26	00:49.77	00:47.75
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:03	
Heat: 3/7 Lane : 8 Athlete: POORTERS ARNE							Q-time: 06:39:81	
PB (50m pool): 06:39.81 Mönchengladbach 23/03/2025				PB (25m pool): 05:50.25 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	01:32.51	no time	03:15.59	no time	04:57.32	no time	06:39.81
	no time							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:5, starttime: 17:17	
Heat: 5/7 Lane : 3 Athlete: MIJSLINSKI JAYDEN							Q-time: 05:17:70	
PB (50m pool): 05:17.70 SportinGenk Park 08/03/2025				PB (25m pool): 05:02.06 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	01:10.49	no time	02:31.80	no time	no time	no time	05:17.70
	no time							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:23	
Heat: 6/7 Lane : 4 Athlete: ONA CESAR							Q-time: 04:43:84	
PB (50m pool): 04:43.84 Antwerp 26/01/2025				PB (25m pool): 04:43.83 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	00:30.62	01:06.04	01:42.49	02:19.06	02:55.84	03:32.60	04:09.00	04:43.84
	00:30.62	00:35.42	00:36.45	00:36.57	00:36.78	00:36.76	00:36.40	00:34.84
								

Coach feedback:

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

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:34	
Heat: 1/7 Lane : 4 Athlete: VANHEES HANNAH							Q-time: 99:99:99	
PB (50m pool): 07:56.05 Genk 10/04/2023				PB (25m pool): 05:08.36SB: 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	07:56.05
	no time							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:34	
Heat: 1/7 Lane : 5 Athlete: TORDEUR LUCIE							Q-time: 99:99:99	
PB (50m pool): 05:01.44 ANTWERPEN 23/07/2023				PB (25m pool): 04:54.32 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	05:01.44
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 17:57	
Heat: 4/7 Lane : 2 Athlete: BERGHS JINSE							Q-time: 05:36:67	
PB (50m pool): 05:36.67 Genk 01/02/2026				PB (25m pool): 05:30.47 SB: 05:36.67 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	00:37.09	01:18.57	02:00.84	02:43.77	03:27.54	04:10.92	04:55.31	05:36.67
	00:37.09	00:41.48	00:42.27	00:42.93	00:43.77	00:43.38	00:44.39	00:41.36
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 18:03	
Heat: 5/7 Lane : 8 Athlete: CUYPERS LINNE							Q-time: 05:31:30	
PB (50m pool): 05:16.36 SportinGenk Park 19/05/2024				PB (25m pool): 05:10.73 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	05:16.36
	<i>no time</i>							
								

Coach feedback:

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

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 18:09	
Heat: 6/7 Lane : 5 Athlete: JANSSEN LAUREN							Q-time: 04:58:52	
PB (50m pool): 04:58.52 Antwerpen 20/07/2025			PB (25m pool): 04:53.09 SB: 05:09.66 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	00:33.13	01:10.15	01:48.25	02:26.59	03:04.62	03:42.91	04:21.28	04:58.52
	00:33.13	00:37.02	00:38.10	00:38.34	00:38.03	00:38.29	00:38.37	00:37.24
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 18:15	
Heat: 7/7 Lane : 4 Athlete: ZANGARI AURORA							Q-time: 04:43:36	
PB (50m pool): 04:39.97 ANTWERPEN 23/04/2023				PB (25m pool): 04:41.82 SB: 04:50.38 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	no time	no time	no time	no time	no time	no time	no time	04:39.97
	no time							
								

Coach feedback: