

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

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

Coaches: Lievens Stijn

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 14:27
Heat: 3/11 Lane : 6 Athlete: LEMBRECHTS LARS			Q-time: 01:51:94
PB (50m pool): 01:51.94 Eindhoven 22/03/2026			PB (25m pool): 01:42.04 SB: 01:51.94 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:51.56	01:51.94	
	00:51.56	01:00.38	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 14:32
Heat: 5/11 Lane : 2 Athlete: VERHEYEN MATS			Q-time: 01:43:70
PB (50m pool): 01:43.70 Antwerp 02/02/2025			PB (25m pool): 01:32.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.85	01:43.70	
	00:46.85	00:56.85	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:8, starttime: 14:38
Heat: 8/11 Lane : 2 Athlete: GYPEN THOMAS			Q-time: 01:24:91
PB (50m pool): 01:24.91 Antwerp 02/02/2025			PB (25m pool): 01:21.93 SB: 01:25.63 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:40.83	01:24.91	
	00:40.83	00:44.08	
			

Coach feedback:

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 14:40
Heat: 9/11 Lane : 1 Athlete: VERBRUGGEN MATS			Q-time: 01:22:06
PB (50m pool): 01:22.06 Olympic Pool Wezenberg, Antwer 30/03/2026PB (25m pool): 01:19.64 SB: 01:23.81 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:38.76	01:22.06	
	00:38.76	00:43.30	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:10, starttime: 14:42
Heat: 10/11 Lane : 2 Athlete: DE WITTE LEO			Q-time: 01:17:44
PB (50m pool): 01:17.44 Gent 08/02/2026PB (25m pool): 01:14.31 SB: 01:17.44 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:35.58	01:17.44	
	00:35.58	00:41.86	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:10, starttime: 14:42
Heat: 10/11 Lane : 4 Athlete: VOET LARS			Q-time: 01:15:98
PB (50m pool): 01:15.98 Antwerpen 08/03/2026PB (25m pool): 01:15.12 SB: 01:15.98 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:35.83	01:15.98	
	00:35.83	00:40.15	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 14:49
Heat: 2/13 Lane : 3 Athlete: DEXTERS MILA			Q-time: 01:53:38
PB (50m pool): 01:53.38 Molenbeek 01/02/2026PB (25m pool): 02:04.23 SB: 01:53.38 Molenbeek 01/02/2026			
	5 0 M	1 0 0 M	
PB	no time	01:53.38	
	no time		
			

Coach feedback:

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 14:49
Heat: 2/13 Lane : 7 Athlete: PUT JULIE			Q-time: 01:56:46
PB (50m pool): 01:56.46 Antwerpen 15/03/2026			PB (25m pool): 01:52.04 SB: 01:56.46 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:54.15	01:56.46	
	00:54.15	01:02.31	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 14:52
Heat: 3/13 Lane : 1 Athlete: WILLEM NORE			Q-time: 01:50:93
PB (50m pool): 01:50.93 Molenbeek 01/02/2026			PB (25m pool): 01:47.19 SB: 01:50.93 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:50.93	
	no time		
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 14:52
Heat: 3/13 Lane : 6 Athlete: WILLEN LUNA			Q-time: 01:49:23
PB (50m pool): 01:49.23 Gent 08/02/2026			PB (25m pool): 01:47.57 SB: 01:49.23 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:52.03	01:49.23	
	00:52.03	00:57.20	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 14:52
Heat: 3/13 Lane : 8 Athlete: FLEERACKERS MIRA			Q-time: 01:51:28
PB (50m pool): 01:51.28 Molenbeek 01/02/2026			PB (25m pool): 01:48.28 SB: 01:51.28 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:51.28	
	no time		
			

Coach feedback:

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 14:54
Heat: 4/13 Lane : 3 Athlete: FEYAERTS SAVANNAH			Q-time: 01:43:64
PB (50m pool): 01:43.64 Molenbeek 01/02/2026			PB (25m pool): 01:40.22 SB: 01:43.64 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:43.64	
	no time		
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 14:56
Heat: 5/13 Lane : 7 Athlete: LEMBRECHTS KAAT			Q-time: 01:43:30
PB (50m pool): 01:43.30 Antwerpen 15/03/2026			PB (25m pool): 01:42.88 SB: 01:43.30 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:49.74	01:43.30	
	00:49.74	00:53.56	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 15:03
Heat: 8/13 Lane : 2 Athlete: MEURENS LINA			Q-time: 01:35:33
PB (50m pool): 01:35.33 Eindhoven 22/03/2026			PB (25m pool): 01:33.49 SB: 01:35.33 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:44.74	01:35.33	
	00:44.74	00:50.59	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 15:03
Heat: 8/13 Lane : 6 Athlete: LEMBRECHTS SIEN			Q-time: 01:35:27
PB (50m pool): 01:35.27 Eindhoven 22/03/2026			PB (25m pool): 01:32.69 SB: 01:35.27 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:44.84	01:35.27	
	00:44.84	00:50.43	
			

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 15:03
Heat: 8/13 Lane : 7 Athlete: DE CAT DO			Q-time: 01:35:60
PB (50m pool): 01:35.60 Antwerp 02/02/2025			PB (25m pool): 01:33.36 SB: 01:39.50 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:45.95	01:35.60	
	00:45.95	00:49.65	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 15:11
Heat: 12/13 Lane : 8 Athlete: MEYER THYRVI			Q-time: 01:24:52
PB (50m pool): 01:24.52 Gent 08/02/2026			PB (25m pool): 01:21.17 SB: 01:24.52 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:40.73	01:24.52	
	00:40.73	00:43.79	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 15:13
Heat: 13/13 Lane : 2 Athlete: VERVLOESSEM SISKKA			Q-time: 01:22:07
PB (50m pool): 01:22.07 Charleroi 12/01/2025			PB (25m pool): 01:19.35 SB: 01:24.27 Antwerpen 17/05/2026
	5 0 M	1 0 0 M	
PB	00:37.80	01:22.07	
	00:37.80	00:44.27	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:3, starttime: 15:38
Heat: 3/10 Lane : 3 Athlete: VERHEYEN MATS			Q-time: 01:16:48
PB (50m pool): 01:16.48 Antwerp 02/02/2025			PB (25m pool): 01:08.45 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.63	01:16.48	
	00:35.63	00:40.85	
			

Coach feedback:

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Event number: 21: 100M FREESTYLE MEN 11+			Heat:4, starttime: 15:40
Heat: 4/10 Lane : 5 Athlete: VERBRUGGEN MATS			Q-time: 01:08:24
PB (50m pool): 01:08.24 Gent 08/02/2026			PB (25m pool): 01:05.25 SB: 01:08.24 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.15	01:08.24	
	00:33.15	00:35.09	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:4, starttime: 15:40
Heat: 4/10 Lane : 8 Athlete: LEMBRECHTS LARS			Q-time: 01:12:08
PB (50m pool): 01:12.08 Antwerpen 13/07/2025			PB (25m pool): 01:12.02 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.30	01:12.08	
	00:34.30	00:37.78	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:5, starttime: 15:42
Heat: 5/10 Lane : 8 Athlete: VERHEYEN STEPHEN			Q-time: 01:07:56
PB (50m pool): 01:07.56 Antwerpen 15/03/2026			PB (25m pool): 01:05.92 SB: 01:07.56 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.82	01:07.56	
	00:31.82	00:35.74	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:6, starttime: 15:43
Heat: 6/10 Lane : 8 Athlete: GYPEN THOMAS			Q-time: 01:04:56
PB (50m pool): 01:04.56 Antwerpen 15/03/2026			PB (25m pool): 01:03.12 SB: 01:04.56 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.92	01:04.56	
	00:30.92	00:33.64	
			

Coach feedback:

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

Event number: 21: 100M FREESTYLE MEN 11+			Heat:7, starttime: 15:45
Heat: 7/10 Lane : 3 Athlete: VERVLOESSEM FRITS			Q-time: 01:01:82
PB (50m pool): 01:01.82 Olympic Pool Wezenberg, Antwer 30/03/2026PB (25m pool): 01:00.58 SB: no time			
	5 0 M	1 0 0 M	
PB	00:30.12	01:01.82	
	00:30.12	00:31.70	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:8, starttime: 15:47
Heat: 8/10 Lane : 8 Athlete: ASSCHERICKX SEBASTIAAN			Q-time: 01:01:25
PB (50m pool): 01:01.25 Antwerpen 19/04/2026PB (25m pool): 00:59.06 SB: 01:01.25 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	
PB	00:29.27	01:01.25	
	00:29.27	00:31.98	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:9, starttime: 15:48
Heat: 9/10 Lane : 3 Athlete: WILLEM ARTHUR			Q-time: 00:58:35
PB (50m pool): 00:58.35 Eindhoven 22/03/2026PB (25m pool): 00:56.88 SB: 00:58.35 Eindhoven 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:28.46	00:58.35	
	00:28.46	00:29.89	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:10, starttime: 15:50
Heat: 10/10 Lane : 2 Athlete: VOET LARS			Q-time: 00:57:27
PB (50m pool): 00:57.27 Antwerpen 19/04/2026PB (25m pool): 00:56.57 SB: 00:57.27 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	
PB	00:26.88	00:57.27	
	00:26.88	00:30.39	
			

Coach feedback:

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

Event number: 21: 100M FREESTYLE MEN 11+			Heat:10, starttime: 15:50
Heat: 10/10 Lane : 7 Athlete: DE WITTE LEO			Q-time: 00:57:29
PB (50m pool): 00:57.29 Eindhoven 22/03/2026			PB (25m pool): 00:51.25 SB: 00:57.29 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:27.90	00:57.29	
	00:27.90	00:29.39	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 15:52
Heat: 1/12 Lane : 4 Athlete: FLEERACKERS MIRA			Q-time: 01:39:08
PB (50m pool): 01:39.08 SportinGenk Park 11/11/2025			PB (25m pool): 01:36.41 SB: 01:39.08 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:39.08	
	no time		
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:54
Heat: 2/12 Lane : 2 Athlete: WILLEM NORE			Q-time: 01:31:72
PB (50m pool): 01:31.72 Molenbeek 01/02/2026			PB (25m pool): 01:29.86 SB: 01:31.72 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:31.72	
	no time		
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:54
Heat: 2/12 Lane : 7 Athlete: PUT JULIE			Q-time: 01:34:49
PB (50m pool): 01:34.49 Antwerpen 15/03/2026			PB (25m pool): 01:29.94 SB: 01:34.49 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.82	01:34.49	
	00:44.82	00:49.67	
			

Coach feedback:

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

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:56
Heat: 3/12 Lane : 5 Athlete: WILLEN LUNA			Q-time: 01:19:06
PB (50m pool): 01:19.06 Eindhoven 22/03/2026			PB (25m pool): 01:16.94 SB: 01:19.06 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:38.30	01:19.06	
	00:38.30	00:40.76	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:58
Heat: 4/12 Lane : 7 Athlete: FEYAERTS SAVANNAH			Q-time: 01:17:29
PB (50m pool): 01:17.29 Antwerpen 15/03/2026			PB (25m pool): 01:13.60 SB: 01:17.29 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.25	01:17.29	
	00:37.25	00:40.04	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:01
Heat: 6/12 Lane : 5 Athlete: MEURRENS LINA			Q-time: 01:12:33
PB (50m pool): 01:12.33 Eindhoven 22/03/2026			PB (25m pool): 01:11.56 SB: 01:12.33 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:34.81	01:12.33	
	00:34.81	00:37.52	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:01
Heat: 6/12 Lane : 7 Athlete: LEMBRECHTS SIEN			Q-time: 01:13:00
PB (50m pool): 01:13.00 Molenbeek 01/02/2026			PB (25m pool): 01:09.31 SB: 01:13.00 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:13.00	
	no time		
			

Coach feedback:

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

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:08
Heat: 10/12 Lane : 6 Athlete: GYPEN KAAT			Q-time: 01:05:33
PB (50m pool): 01:05.33 Molenbeek 01/02/2026			PB (25m pool): 01:03.67 SB: 01:05.33 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:05.33	
	no time		
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 16:11
Heat: 12/12 Lane : 2 Athlete: VERVLOESSEM SISKI			Q-time: 01:03:32
PB (50m pool): 01:03.32 Eindhoven 22/03/2026			PB (25m pool): 01:03.12 SB: 01:03.32 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:30.58	01:03.32	
	00:30.58	00:32.74	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 16:11
Heat: 12/12 Lane : 3 Athlete: MEYER THYRVI			Q-time: 01:03:19
PB (50m pool): 01:03.19 Gent 08/02/2026			PB (25m pool): 01:01.21 SB: 01:03.19 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.31	01:03.19	
	00:30.31	00:32.88	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 16:11
Heat: 12/12 Lane : 5 Athlete: ASSCHERICKX CHLOé			Q-time: 01:02:72
PB (50m pool): 01:02.72 Antwerpen 20/07/2025			PB (25m pool): 01:02.13 SB: 01:03.40 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:30.82	01:02.72	
	00:30.82	00:31.90	
			

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 16:38
Heat: 2/3 Lane : 3 Athlete: GERARD CARYS					Q-time: 02:53:92
PB (50m pool): 02:53.92 Eindhoven 22/03/2026					PB (25m pool): 02:44.92 SB: 02:53.92 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.20	01:25.34	02:10.54	02:53.92	
	00:41.20	00:44.14	00:45.20	00:43.38	
					

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:23	
Heat: 6/7 Lane : 6 Athlete: ASSCHERICKX SEBASTIAAN							Q-time: 04:48:88	
PB (50m pool): 04:48.88 Eindhoven 22/03/2026				PB (25m pool): 04:38.56 SB: 04:48.88 Eindhoven 22/03/2026				
	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	00:33.36	01:11.52	01:49.31	02:26.57	03:03.70	03:41.24	04:16.85	04:48.88
	00:33.36	00:38.16	00:37.79	00:37.26	00:37.13	00:37.54	00:35.61	00:32.03
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:23	
Heat: 6/7 Lane : 8 Athlete: VERHEYEN STEPHEN							Q-time: 05:11:75	
PB (50m pool): 05:11.75 Eindhoven 22/03/2026				PB (25m pool): 04:55.23SB: 05:11.75 Eindhoven 22/03/2026				
	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	00:35.25	01:15.54	01:57.07	02:37.31	03:17.11	03:55.61	04:34.05	05:11.75
	00:35.25	00:40.29	00:41.53	00:40.24	00:39.80	00:38.50	00:38.44	00:37.70
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:7, starttime: 17:28	
Heat: 7/7 Lane : 5 Athlete: VETS SIEBE							Q-time: 04:29:24	
PB (50m pool): 04:29.24 Molenbeek 01/02/2026				PB (25m pool): 04:19.66SB: 04:29.24 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	01:04.28	no time	02:12.98	no time	no time	no time	04:29.24
	<i>no time</i>							
								

Coach feedback:

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

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 17:57	
Heat: 4/7 Lane : 1 Athlete: DEXTERS MILA							Q-time: 05:47:72	
PB (50m pool): no time			PB (25m pool): 05:47.72 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: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 17:57	
Heat: 4/7 Lane : 8 Athlete: LEMBRECHTS KAAT							Q-time: 05:48:07	
PB (50m pool): no time			PB (25m pool): 05:48.07 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:5, starttime: 18:03	
Heat: 5/7 Lane : 7 Athlete: DE CAT DO							Q-time: 05:26:87	
PB (50m pool): 05:26.87 Eindhoven 22/03/2026				PB (25m pool): 05:15.03SB: 05:26.87 Eindhoven 22/03/2026				
	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	00:36.73	01:16.68	01:58.06	02:39.81	03:22.14	04:04.15	04:46.63	05:26.87
	00:36.73	00:39.95	00:41.38	00:41.75	00:42.33	00:42.01	00:42.48	00:40.24
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 18:09	
Heat: 6/7 Lane : 3 Athlete: ASSCHERICKX CHLOé							Q-time: 05:00:00	
PB (50m pool): 05:00.00 Antwerpen 20/07/2025				PB (25m pool): 04:50.03SB: 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	00:32.90	01:09.62	01:48.15	02:26.62	03:05.86	03:45.63	04:23.60	05:00.00
	00:32.90	00:36.72	00:38.53	00:38.47	00:39.24	00:39.77	00:37.97	00:36.40
								

Coach feedback: