

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

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

Coaches: Tutenel Hilde HEADCOACH

Coaches: Muls Quinten

Coaches: De Punder Wout

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 14:36
Heat: 7/11 Lane : 4 Athlete: VAN GORP LUCAS			Q-time: 01:27:20
PB (50m pool): 01:27.20 Antwerpen 19/04/2026			PB (25m pool): 01:25.94 SB: 01:27.20 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:41.17	01:27.20	
	00:41.17	00:46.03	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 14:59
Heat: 6/13 Lane : 4 Athlete: ALLOING MYRTHE			Q-time: 01:38:28
PB (50m pool): 01:35.02 Antwerpen 16/07/2023			PB (25m pool): 01:31.53 SB: 01:38.28 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:35.02	
	no time		
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 15:03
Heat: 8/13 Lane : 8 Athlete: ROOSEN TESS			Q-time: 01:36:29
PB (50m pool): 01:32.59 ANTWERPEN 23/07/2023			PB (25m pool): 01:33.49 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:32.59	
	no time		
			

Coach feedback:

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Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 15:09
Heat: 11/13 Lane : 7 Athlete: ADAM MAELINE			Q-time: 01:28:84
PB (50m pool): 01:28.84 Antwerpen 19/04/2026			PB (25m pool): 01:27.85 SB: 01:28.84 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:41.18	01:28.84	
	00:41.18	00:47.66	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 15:13
Heat: 13/13 Lane : 7 Athlete: AMADOU CAMILLE			Q-time: 01:22:34
PB (50m pool): 01:22.34 Antwerpen 19/04/2026			PB (25m pool): 01:21.24 SB: 01:22.34 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:38.68	01:22.34	
	00:38.68	00:43.66	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:5, starttime: 15:42
Heat: 5/10 Lane : 4 Athlete: VAN GORP LUCAS			Q-time: 01:05:05
PB (50m pool): 01:05.05 Antwerpen 19/04/2026			PB (25m pool): 01:04.25 SB: 01:05.05 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:30.87	01:05.05	
	00:30.87	00:34.18	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:7, starttime: 15:45
Heat: 7/10 Lane : 1 Athlete: FLORES SéBASTIEN			Q-time: 01:02:05
PB (50m pool): 01:02.05 Antwerpen 19/04/2026			PB (25m pool): 01:01.55 SB: 01:02.05 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:29.61	01:02.05	
	00:29.61	00:32.44	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:7, starttime: 15:45
Heat: 7/10 Lane : 4 Athlete: DEHAEN FERRE			Q-time: 01:01:29
PB (50m pool): 01:01.29 Charleroi 11/05/2025			PB (25m pool): 00:59.95 SB: 01:01.81 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:29.73	01:01.29	
	00:29.73	00:31.56	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:01
Heat: 6/12 Lane : 3 Athlete: ALLOING MYRTHE			Q-time: 01:12:47
PB (50m pool): 01:10.39 Antwerpen 14/07/2024			PB (25m pool): 01:09.51 SB: 01:15.13 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:10.39	
	no time		
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:01
Heat: 6/12 Lane : 6 Athlete: FERNANDEZ PEDRERA TARIK LAILA			Q-time: 01:12:84
PB (50m pool): 01:12.84 Antwerpen 13/07/2025			PB (25m pool): 01:10.51 SB: 01:14.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.97	01:12.84	
	00:34.97	00:37.87	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 16:03
Heat: 7/12 Lane : 1 Athlete: ROOSEN TESS			Q-time: 01:11:95
PB (50m pool): 01:11.95 Wezenberg 03/01/2026			PB (25m pool): 01:10.78 SB: 01:11.95 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:34.89	01:11.95	
	00:34.89	00:37.06	
			

Coach feedback:

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

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:05
Heat: 8/12 Lane : 2 Athlete: AMADOU CAMILLE			Q-time: 01:09:48
PB (50m pool): 01:09.48 Wezenberg 03/01/2026			PB (25m pool): 01:08.19 SB: 01:09.48 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:33.43	01:09.48	
	00:33.43	00:36.05	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:06
Heat: 9/12 Lane : 3 Athlete: VAN BOXSTAEL NORA			Q-time: 01:06:92
PB (50m pool): 01:06.92 Antwerpen 13/07/2025			PB (25m pool): 01:04.35 SB: 01:07.10 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:32.03	01:06.92	
	00:32.03	00:34.89	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:06
Heat: 9/12 Lane : 8 Athlete: ADAM MAELINE			Q-time: 01:08:49
PB (50m pool): 01:08.49 Antwerpen 19/04/2026			PB (25m pool): 01:08.42 SB: 01:08.49 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:32.82	01:08.49	
	00:32.82	00:35.67	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:08
Heat: 10/12 Lane : 1 Athlete: DESMET STERRE			Q-time: 01:06:04
PB (50m pool): 01:06.04 Antwerpen 19/04/2026			PB (25m pool): 01:04.70 SB: 01:06.04 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:31.90	01:06.04	
	00:31.90	00:34.14	
			

Coach feedback:

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

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 16:34
Heat: 1/3 Lane : 7 Athlete: FERNANDEZ PEDRERA TARIK LAILA					Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 03:07.34 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:3, starttime: 16:42
Heat: 3/3 Lane : 2 Athlete: DESMET STERRE					Q-time: 02:44:25
PB (50m pool): 02:42.22 Antwerpen 21/07/2024			PB (25m pool): 02:38.95 SB: 02:44.25 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:42.22	
	no time				
					

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:23	
Heat: 6/7 Lane : 7 Athlete: FLORES SéBASTIEN							Q-time: 04:58:16	
PB (50m pool): 04:58.16 Molenbeek 01/02/2026			PB (25m pool): 04:45.71 SB: 04:58.16 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	01:10.40	no time	02:28.49	no time	no time	no time	04:58.16
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 18:03	
Heat: 5/7 Lane : 1 Athlete: VAN BOXSTAEL NORA							Q-time: 05:27:60	
PB (50m pool): 05:24.86 Antwerpen 14/07/2024			PB (25m pool): 05:02.73SB: 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	05:24.86
	<i>no time</i>							
								

Coach feedback: