

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

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

Coaches: Deprez Lukas

Coaches: Feyaerts Joeri HEADCOACH

Coaches: Roskin Lotte

Coaches: Mattheus Ibe

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 : 2 Athlete: FEYAERTS CHARLOTTE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 00:51.11 SB: no time
	5 0 M		
PB	no time		
	no time		
	.	.	.

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 14:22
Heat: 1/11 Lane : 1 Athlete: VERHAEGEN MARLON			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:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 14:22
Heat: 1/11 Lane : 3 Athlete: BERTJENS WARRE			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:

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 14:30
Heat: 4/11 Lane : 6 Athlete: LARDAUX LEON			Q-time: 01:46:00
PB (50m pool): 01:46.00 Antwerpen 15/03/2026			PB (25m pool): 01:46.81 SB: 01:46.00 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:48.90	01:46.00	
	00:48.90	00:57.10	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 14:36
Heat: 7/11 Lane : 5 Athlete: NIJS BAS			Q-time: 01:27:88
PB (50m pool): 01:27.88 Antwerpen 08/03/2026			PB (25m pool): 01:29.02 SB: 01:27.88 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:41.56	01:27.88	
	00:41.56	00:46.32	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 14:36
Heat: 7/11 Lane : 6 Athlete: LEMMENS LUCA			Q-time: 01:29:27
PB (50m pool): 01:29.27 Antwerpen 15/03/2026			PB (25m pool): 01:25.92 SB: 01:29.27 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.12	01:29.27	
	00:41.12	00:48.15	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 14:46
Heat: 1/13 Lane : 5 Athlete: LAMBRECHTS HANNE			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:

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 14:46
Heat: 1/13 Lane : 6 Athlete: NIJS LOES			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:52.66 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 14:46
Heat: 1/13 Lane : 7 Athlete: WILLEMS UWIZEYE NAOMI			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:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 14:59
Heat: 6/13 Lane : 8 Athlete: REMANS ALICE			Q-time: 01:41:08
PB (50m pool): 01:41.08 Wezenberg 04/01/2026			PB (25m pool): 01:37.19 SB: 01:41.08 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.35	01:41.08	
	00:47.35	00:53.73	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 15:01
Heat: 7/13 Lane : 3 Athlete: CLAESEN SARAH			Q-time: 01:36:69
PB (50m pool): 01:36.69 Antwerpen 15/03/2026			PB (25m pool): 01:33.62 SB: 01:36.69 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.49	01:36.69	
	00:45.49	00:51.20	
			

Coach feedback:

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 15:01
Heat: 7/13 Lane : 4 Athlete: VANDINGENEN JOKE			Q-time: 01:36:36
PB (50m pool): 01:36.36 Antwerpen 15/03/2026			PB (25m pool): 01:34.57 SB: 01:36.36 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.68	01:36.36	
	00:45.68	00:50.68	
			

Coach feedback:

Event number: 20: 100M FREESTYLE MIXED 10-9			Heat:1, starttime: 15:24
Heat: 1/4 Lane : 1 Athlete: FEYAERTS CHARLOTTE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:26.00 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:1, starttime: 15:33
Heat: 1/10 Lane : 5 Athlete: VERHAEGEN MARLON			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:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:1, starttime: 15:33
Heat: 1/10 Lane : 6 Athlete: BERTJENS WARRE			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:

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

Event number: 21: 100M FREESTYLE MEN 11+			Heat:3, starttime: 15:38
Heat: 3/10 Lane : 2 Athlete: LARDAUX LEON			Q-time: 01:20:18
PB (50m pool): 01:20.18 Antwerpen 15/03/2026			PB (25m pool): 01:17.21 SB: 01:20.18 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.47	01:20.18	
	00:38.47	00:41.71	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:7, starttime: 15:45
Heat: 7/10 Lane : 7 Athlete: PASTEELS EINAR			Q-time: 01:02:03
PB (50m pool): 01:02.03 Antwerpen 15/03/2026			PB (25m pool): 01:00.33 SB: 01:02.03 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.90	01:02.03	
	00:29.90	00:32.13	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:10, starttime: 15:50
Heat: 10/10 Lane : 8 Athlete: STERCKX DAAN			Q-time: 00:57:83
PB (50m pool): 00:57.83 Luxembourg 26/04/2026			PB (25m pool): 00:56.23 SB: 00:57.83 Luxembourg 26/04/2026
	5 0 M	1 0 0 M	
PB	00:27.92	00:57.83	
	00:27.92	00:29.91	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 15:52
Heat: 1/12 Lane : 1 Athlete: LAMBRECHTS HANNE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:29.07 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 15:52
Heat: 1/12 Lane : 3 Athlete: WILLEMS UWIZEYE NAOMI			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:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 15:54
Heat: 2/12 Lane : 3 Athlete: NIJS LOES			Q-time: 01:29:65
PB (50m pool): 01:29.65 Luxembourg 26/04/2026			PB (25m pool): 01:19.70 SB: 01:29.65 Luxembourg 26/04/2026
	5 0 M	1 0 0 M	
PB	00:43.00	01:29.65	
	00:43.00	00:46.65	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:56
Heat: 3/12 Lane : 7 Athlete: VANDINGENEN JOKE			Q-time: 01:22:57
PB (50m pool): 01:22.57 Antwerpen 15/03/2026			PB (25m pool): 01:19.23 SB: 01:22.57 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.16	01:22.57	
	00:40.16	00:42.41	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 16:01
Heat: 6/12 Lane : 4 Athlete: ROSSEEL JANNE			Q-time: 01:12:28
PB (50m pool): 01:12.28 Wezenberg 04/01/2026			PB (25m pool): 01:10.45 SB: 01:12.28 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.22	01:12.28	
	00:34.22	00:38.06	
			

Coach feedback:

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

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:7, starttime: 16:03	
Heat: 7/12 Lane : 7 Athlete: REMANS ALICE				Q-time: 01:11:92	
PB (50m pool): 01:11.92 Antwerpen 08/03/2026				PB (25m pool): 01:10.88 SB: 01:11.92 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M			
PB	00:34.44	01:11.92			
	00:34.44	00:37.48			
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:9, starttime: 16:06	
Heat: 9/12 Lane : 1 Athlete: REMANS ROSALIE				Q-time: 01:08:47	
PB (50m pool): 01:08.47 Antwerpen 15/03/2026				PB (25m pool): 01:06.68 SB: 01:08.47 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:33.41	01:08.47			
	00:33.41	00:35.06			
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:10, starttime: 16:08	
Heat: 10/12 Lane : 4 Athlete: DECONYNCK STERRE				Q-time: 01:05:02	
PB (50m pool): 01:05.02 Antwerpen 15/03/2026				PB (25m pool): 01:04.62 SB: 01:05.02 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:31.55	01:05.02			
	00:31.55	00:33.47			
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+				Heat:2, starttime: 16:23	
Heat: 2/4 Lane : 2 Athlete: FEYAERTS JEROEN				Q-time: 02:58:96	
PB (50m pool): 02:58.96 Luxembourg 26/04/2026				PB (25m pool): 02:48.98 SB: 02:58.96 Luxembourg 26/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.78	01:29.07	02:15.16	02:58.96	
	00:41.78	00:47.29	00:46.09	00:43.80	
					

Coach feedback:

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Event number: 25: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:10	
Heat: 4/7 Lane : 4 Athlete: LEMMENS LUCA							Q-time: 05:36:23	
PB (50m pool): 05:36.23 Antwerp 26/01/2025							PB (25m pool): 05:27.35 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	00:36.89	01:19.80	02:03.16	02:46.34	03:31.22	04:14.45	04:55.69	05:36.23
	00:36.89	00:42.91	00:43.36	00:43.18	00:44.88	00:43.23	00:41.24	00:40.54
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:23	
Heat: 6/7 Lane : 2 Athlete: NIJS BAS							Q-time: 04:49:75	
PB (50m pool): 05:22.85 Antwerpen 14/07/2024							PB (25m pool): 04:49.75 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	05:22.85
	no time							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:7, starttime: 17:28	
Heat: 7/7 Lane : 6 Athlete: PASTEELS EINAR							Q-time: 04:37:61	
PB (50m pool): 04:56.71 Antwerpen 16/07/2023							PB (25m pool): 04:37.61 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	04:56.71
	no time							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 17:57	
Heat: 4/7 Lane : 4 Athlete: CLAESEN SARAH							Q-time: 05:34:84	
PB (50m pool): 05:34.84 Molenbeek 01/02/2026							PB (25m pool): 05:24.24 SB: 05:34.84 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	01:18.66	no time	02:45.40	no time	no time	no time	05:34.84
	no time							
								

Coach feedback:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 18:03	
Heat: 5/7 Lane : 5 Athlete: MAES JULIE							Q-time: 05:19:36	
PB (50m pool): 05:08.12 Seraing 14/05/2026				PB (25m pool): 04:57.04 SB: 05:08.12 Seraing 14/05/2026				
	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	00:34.51	01:12.00	01:52.04	02:31.23	03:11.47	03:50.97	04:30.30	05:08.12
	00:34.51	00:37.49	00:40.04	00:39.19	00:40.24	00:39.50	00:39.33	00:37.82
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 18:09	
Heat: 6/7 Lane : 4 Athlete: DECONYNCK STERRE							Q-time: 04:58:28	
PB (50m pool): 04:58.19 ANTWERPEN 23/07/2023				PB (25m pool): 04:50.67 SB: 05:04.45 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	no time	no time	no time	no time	no time	no time	04:58.19
	<i>no time</i>							
								

Coach feedback: