

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

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

Coaches: Mertens Wenke

Coaches: Van den Broeck Stephanie HEADCOACH

Coaches: Van de Weyer Rune

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 14:34
Heat: 6/11 Lane : 7 Athlete: VAN WAELDEREN KAREL			Q-time: 01:38:61
PB (50m pool): 01:38.61 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:44.83 SB: 01:38.61 Lago Gent Rozebroeken 03/05/2026			
PB	5 0 M	1 0 0 M	
	00:47.76	01:38.61	
	00:47.76	00:50.85	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 14:40
Heat: 9/11 Lane : 2 Athlete: SLUYTS TIBE			Q-time: 01:20:74
PB (50m pool): 01:20.74 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:17.12 SB: 01:20.74 Lago Gent Rozebroeken 03/05/2026			
PB	5 0 M	1 0 0 M	
	00:37.19	01:20.74	
	00:37.19	00:43.55	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 14:40
Heat: 9/11 Lane : 8 Athlete: GYULNAZARYAN MAX			Q-time: 01:22:48
PB (50m pool): 01:22.48 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:17.47 SB: 01:22.48 Lago Gent Rozebroeken 03/05/2026			
PB	5 0 M	1 0 0 M	
	00:38.93	01:22.48	
	00:38.93	00:43.55	
			

Coach feedback:

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 14:59
Heat: 6/13 Lane : 7 Athlete: CUYPERS LEONIE			Q-time: 01:40:18
PB (50m pool): 01:37.69 Mol 22/06/2025			PB (25m pool): 01:36.34 SB: 01:40.18 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:46.99	01:37.69	
	00:46.99	00:50.70	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 15:07
Heat: 10/13 Lane : 3 Athlete: VERHEYEN LEONIE			Q-time: 01:30:57
PB (50m pool): 01:30.57 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:28.91 SB: 01:30.57 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:42.17	01:30.57	
	00:42.17	00:48.40	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 15:07
Heat: 10/13 Lane : 7 Athlete: VAN AERSCHOT NEL			Q-time: 01:31:42
PB (50m pool): 01:31.42 Antwerpen 15/03/2026			PB (25m pool): 01:24.63 SB: 01:31.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.06	01:31.42	
	00:41.06	00:50.36	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 15:09
Heat: 11/13 Lane : 3 Athlete: LEMMENS FEBE			Q-time: 01:25:44
PB (50m pool): 01:25.44 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:23.32 SB: 01:25.44 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:39.91	01:25.44	
	00:39.91	00:45.53	
			

Coach feedback:

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+							Heat:11, starttime: 15:09		
Heat: 11/13 Lane : 6 Athlete: VAN ROOSBROECK YUNA							Q-time: 01:25:47		
PB (50m pool): 01:25.47 Antwerpen 15/03/2026							PB (25m pool): 01:24.30 SB: 01:25.47 Antwerpen 15/03/2026		
	5 0 M		1 0 0 M						
PB	00:39.76		01:25.47						
	00:39.76		00:45.71						
									

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+							Heat:13, starttime: 15:13		
Heat: 13/13 Lane : 5 Athlete: VINGERHOETS MADELIEF							Q-time: 01:20:92		
PB (50m pool): 01:20.92 Lago Gent Rozebroeken 03/05/2026							PB (25m pool): no time SB: 01:20.92 Lago Gent Rozebroeken 03/05/2026		
	5 0 M		1 0 0 M						
PB	00:37.18		01:20.92						
	00:37.18		00:43.74						
									

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 15:15
Heat: 1/1 Lane : 5 Athlete: VAN WAELDEREN THOMAS				Q-time: 02:22:10	
PB (50m pool): 02:22.10		Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 02:15.61 SB: 02:22.10 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.94	01:07.30	01:45.09	02:22.10	
	00:30.94	00:36.36	00:37.79	00:37.01	
					

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+							Heat:2, starttime: 15:36		
Heat: 2/10 Lane : 4 Athlete: DOUWEN MON							Q-time: 01:23:37		
PB (50m pool): 01:23.37 Wezenberg 01/02/2026				PB (25m pool): 01:24.92 SB: 01:23.37 Wezenberg 01/02/2026					
	5 0 M		1 0 0 M						
PB	00:40.57		01:23.37						
	00:40.57		00:42.80						
									

Coach feedback:

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

Event number: 21: 100M FREESTYLE MEN 11+			Heat:3, starttime: 15:38
Heat: 3/10 Lane : 8 Athlete: VAN WAELDEREN KAREL			Q-time: 01:20:86
PB (50m pool): 01:20.86 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:24.19 SB: 01:20.86 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:38.42	01:20.86	
	00:38.42	00:42.44	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:4, starttime: 15:40
Heat: 4/10 Lane : 7 Athlete: CUYPERS ARTHUR			Q-time: 01:09:77
PB (50m pool): 01:09.77 SportinGenk Park 06/04/2026			PB (25m pool): 01:09.78 SB: 01:09.77 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:33.01	01:09.77	
	00:33.01	00:36.76	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:9, starttime: 15:48
Heat: 9/10 Lane : 4 Athlete: GYULNAZARYAN MAX			Q-time: 00:57:96
PB (50m pool): 00:57.96 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 00:58.14 SB: 00:57.96 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:28.14	00:57.96	
	00:28.14	00:29.82	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:10, starttime: 15:50
Heat: 10/10 Lane : 1 Athlete: SLUYTS JENNE			Q-time: 00:57:38
PB (50m pool): 00:57.38 Antwerpen 15/03/2026			PB (25m pool): 00:57.28 SB: 00:57.38 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:27.23	00:57.38	
	00:27.23	00:30.15	
			

Coach feedback:

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

Event number: 21: 100M FREESTYLE MEN 11+			Heat:10, starttime: 15:50
Heat: 10/10 Lane : 4 Athlete: VAN WAELDEREN THOMAS			Q-time: 00:53:78
PB (50m pool): 00:53.78 Antwerpen 22/03/2026			PB (25m pool): 00:52.02 SB: 00:53.78 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:25.77	00:53.78	
	00:25.77	00:28.01	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:05
Heat: 8/12 Lane : 8 Athlete: VAN ROOSBROECK YUNA			Q-time: 01:09:70
PB (50m pool): 01:09.70 Antwerpen 15/03/2026			PB (25m pool): 01:08.92 SB: 01:09.70 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.28	01:09.70	
	00:33.28	00:36.42	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:08
Heat: 10/12 Lane : 8 Athlete: VERHEYEN LEONIE			Q-time: 01:06:17
PB (50m pool): 01:06.17 Antwerpen 15/03/2026			PB (25m pool): 01:05.53 SB: 01:06.17 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.96	01:06.17	
	00:31.96	00:34.21	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:10
Heat: 11/12 Lane : 2 Athlete: VINGERHOETS MADELIEF			Q-time: 01:04:52
PB (50m pool): 01:04.87 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): no time SB: 01:04.87 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M	
PB	00:30.27	01:04.87	
	00:30.27	00:34.60	
			

Coach feedback:

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

Event number: 22: 100M FREESTYLE WOMEN 11+							Heat:11, starttime: 16:10		
Heat: 11/12 Lane : 5 Athlete: LEMMENS FEBE							Q-time: 01:04:42		
PB (50m pool): 01:04.42 Antwerpen 15/03/2026							PB (25m pool): 01:02.35 SB: 01:04.42 Antwerpen 15/03/2026		
	5 0 M		1 0 0 M						
PB	00:30.95		01:04.42						
	00:30.95		00:33.47						
									

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 16:30		
Heat: 4/4 Lane : 6 Athlete: SLUYTS TIBE					Q-time: 02:25:12		
PB (50m pool): 02:25.12 Wezenberg 01/02/2026					PB (25m pool): 02:26.96 SB: 02:25.12 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M			
PB	00:32.92	01:09.68	01:48.41	02:25.12			
	00:32.92	00:36.76	00:38.73	00:36.71			
							

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+						Heat:7, starttime: 17:28		
Heat: 7/7 Lane : 8 Athlete: SLUYTS JENNE						Q-time: 04:42:90		
PB (50m pool): 04:42.90 Zwembad Brigitte Becue 30/05/2025						PB (25m pool): 04:35.48 SB: 04:45.96 Wezenberg 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	00:31.62	01:07.46	01:43.23	02:20.00	02:55.96	03:32.15	04:08.85	04:42.90
	00:31.62	00:35.84	00:35.77	00:36.77	00:35.96	00:36.19	00:36.70	00:34.05
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+						Heat:5, starttime: 18:03		
Heat: 5/7 Lane : 2 Athlete: VAN AERSCHOT NEL						Q-time: 05:25:18		
PB (50m pool): 05:25.18 Mol 22/06/2025						PB (25m pool): 05:13.27 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	00:34.82	01:13.58	01:54.62	02:35.86	03:18.05	04:00.69	04:43.34	05:25.18
	00:34.82	00:38.76	00:41.04	00:41.24	00:42.19	00:42.64	00:42.65	00:41.84
								

Coach feedback: