

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

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

Coaches: Jhaes Tess

Coaches: Claes Cédric HEADCOACH

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 14:32
Heat: 5/11 Lane : 8 Athlete: SWENNEN JARNE			Q-time: 01:44:40
PB (50m pool): 01:44.40 SportinGenk Park 21/04/2025			PB (25m pool): 01:34.75 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:44.40	
	no time		
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:6, starttime: 14:34
Heat: 6/11 Lane : 1 Athlete: LYSSENS SIEBE			Q-time: 01:39:42
PB (50m pool): 01:39.42 Genk 01/02/2026			PB (25m pool): 01:48.02 SB: 01:39.42 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:47.50	01:39.42	
	00:47.50	00:51.92	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 14:36
Heat: 7/11 Lane : 3 Athlete: SWENDROWSKI MILAN			Q-time: 01:28:54
PB (50m pool): 01:28.54 Genk 01/02/2026			PB (25m pool): 01:25.18 SB: 01:28.54 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:40.55	01:28.54	
	00:40.55	00:47.99	
			

Coach feedback:

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:8, starttime: 14:38
Heat: 8/11 Lane : 1 Athlete: THEUWIS TIJL			Q-time: 01:25:65
PB (50m pool): 01:25.65 Olympic Pool Wezenberg, Antwer 30/03/2026PB (25m pool): 01:21.06 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.00	01:25.65	
	00:40.00	00:45.65	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:9, starttime: 14:40
Heat: 9/11 Lane : 6 Athlete: JANS SEN			Q-time: 01:20:42
PB (50m pool): 01:20.42 SportinGenk Park 06/04/2026PB (25m pool): 01:16.50 SB: 01:20.42 SportinGenk Park 06/04/2026			
	5 0 M	1 0 0 M	
PB	00:38.62	01:20.42	
	00:38.62	00:41.80	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:10, starttime: 14:42
Heat: 10/11 Lane : 7 Athlete: VAN GOMPEL TRISTAN			Q-time: 01:17:50
PB (50m pool): 01:17.50 Antwerp 02/02/2025PB (25m pool): 01:15.83 SB: 01:21.33 Genk 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:37.05	01:17.50	
	00:37.05	00:40.45	
			

Coach feedback:

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 14:44
Heat: 11/11 Lane : 1 Athlete: SWENNEN LARS			Q-time: 01:15:02
PB (50m pool): 01:15.02 Antwerpen 27/07/2025PB (25m pool): 01:12.41 SB: 01:15.90 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:36.02	01:15.02	
	00:36.02	00:39.00	
			

Coach feedback:

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

Event number: 16: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 14:44
Heat: 11/11 Lane : 6 Athlete: MOERMANS TIJMEN			Q-time: 01:12:84
PB (50m pool): 01:12.84 SportinGenk Park 06/04/2026			PB (25m pool): 01:10.69 SB: 01:12.84 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:33.96	01:12.84	
	00:33.96	00:38.88	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 14:56
Heat: 5/13 Lane : 5 Athlete: WOLFS LOLA			Q-time: 01:41:22
PB (50m pool): 01:41.22 Mol 22/06/2025			PB (25m pool): 01:40.03 SB: 01:42.16 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:48.17	01:41.22	
	00:48.17	00:53.05	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 15:01
Heat: 7/13 Lane : 8 Athlete: PLASSCHAERT MARTHA			Q-time: 01:38:23
PB (50m pool): 01:38.23 Genk 01/02/2026			PB (25m pool): 01:39.00 SB: 01:38.23 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:46.56	01:38.23	
	00:46.56	00:51.67	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 15:07
Heat: 10/13 Lane : 6 Athlete: JANSSEN LOTTE			Q-time: 01:30:57
PB (50m pool): 01:30.57 Mol 22/06/2025			PB (25m pool): 01:31.46 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.00	01:30.57	
	00:43.00	00:47.57	
			

Coach feedback:

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

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 15:09
Heat: 11/13 Lane : 5 Athlete: JANSSEN LORE			Q-time: 01:24:91
PB (50m pool): 01:24.91 Eindhoven 16/02/2025			PB (25m pool): 01:20.89 SB: 01:27.59 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.70	01:24.91	
	00:39.70	00:45.21	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 15:09
Heat: 11/13 Lane : 8 Athlete: VANDEVENNE FEBE			Q-time: 01:29:88
PB (50m pool): 01:35.31 Mol 23/06/2024			PB (25m pool): 01:29.88 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:35.31	
	no time		
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 15:11
Heat: 12/13 Lane : 1 Athlete: ROOX AMÉLIE			Q-time: 01:24:42
PB (50m pool): 01:24.42 SportinGenk Park 06/04/2026			PB (25m pool): 01:20.77 SB: 01:24.42 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:38.82	01:24.42	
	00:38.82	00:45.60	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:5, starttime: 15:42
Heat: 5/10 Lane : 1 Athlete: SWENDROWSKI MILAN			Q-time: 01:07:42
PB (50m pool): 01:07.42 Genk 01/02/2026			PB (25m pool): 01:06.70 SB: 01:07.42 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.00	01:07.42	
	00:32.00	00:35.42	
			

Coach feedback:

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

Event number: 21: 100M FREESTYLE MEN 11+			Heat:5, starttime: 15:42
Heat: 5/10 Lane : 2 Athlete: REPRIELS ARTHUR			Q-time: 01:06:45
PB (50m pool): 01:06.45 Mol 22/06/2025			PB (25m pool): 01:01.67 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.13	01:06.45	
	00:31.13	00:35.32	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:6, starttime: 15:43
Heat: 6/10 Lane : 1 Athlete: JANS SEN			Q-time: 01:04:56
PB (50m pool): 01:04.56 Genk 01/02/2026			PB (25m pool): 01:02.83 SB: 01:04.56 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.24	01:04.56	
	00:31.24	00:33.32	
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:6, starttime: 15:43
Heat: 6/10 Lane : 4 Athlete: VAN GOMPEL TRISTAN			Q-time: 01:02:93
PB (50m pool): 01:10.63 Mol 23/06/2024			PB (25m pool): 01:02.93 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:10.63	
	no time		
			

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+			Heat:6, starttime: 15:43
Heat: 6/10 Lane : 5 Athlete: SWENNEN LARS			Q-time: 01:03:34
PB (50m pool): 01:03.34 SportinGenk Park 06/04/2026			PB (25m pool): 00:59.46 SB: 01:03.34 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:30.56	01:03.34	
	00:30.56	00:32.78	
			

Coach feedback:

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

Event number: 21: 100M FREESTYLE MEN 11+			Heat:8, starttime: 15:47
Heat: 8/10 Lane : 4 Athlete: MOERMANS TIJMEN			Q-time: 00:59:82
PB (50m pool): 00:59.82 SportinGenk Park 06/04/2026			PB (25m pool): 00:58.67 SB: 00:59.82 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:28.95	00:59.82	
	00:28.95	00:30.87	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:58
Heat: 4/12 Lane : 1 Athlete: PLASSCHAERT MARTHA			Q-time: 01:17:35
PB (50m pool): 01:17.35 Genk 01/02/2026			PB (25m pool): 01:24.11 SB: 01:17.35 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:37.02	01:17.35	
	00:37.02	00:40.33	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 16:00
Heat: 5/12 Lane : 2 Athlete: VANDEVENNE FEBE			Q-time: 01:14:70
PB (50m pool): 01:14.70 Eindhoven 16/02/2025			PB (25m pool): 01:12.06 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.78	01:14.70	
	00:35.78	00:38.92	
			

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 16:05
Heat: 8/12 Lane : 3 Athlete: COEMANS KAAT			Q-time: 01:09:35
PB (50m pool): 01:09.35 Genk 01/02/2026			PB (25m pool): 01:09.92 SB: 01:09.35 Genk 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.84	01:09.35	
	00:33.84	00:35.51	
			

Coach feedback:

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Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:8, starttime: 16:05	
Heat: 8/12 Lane : 7 Athlete: JANSSEN LOTTE				Q-time: 01:09:66	
PB (50m pool): 01:09.66 Mol 22/06/2025				PB (25m pool): 01:06.71 SB: no time	
	5 0 M	1 0 0 M			
PB	00:33.75	01:09.66			
	00:33.75	00:35.91			
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:9, starttime: 16:06	
Heat: 9/12 Lane : 4 Athlete: JANSSEN LORE				Q-time: 01:06:23	
PB (50m pool): 01:06.23 SportinGenk Park 15/03/2025				PB (25m pool): 01:04.39 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	01:06.23			
	no time				
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+				Heat:12, starttime: 16:11	
Heat: 12/12 Lane : 8 Athlete: ROOX AMÉLIE				Q-time: 01:04:35	
PB (50m pool): 01:04.35 SportinGenk Park 15/03/2025				PB (25m pool): 01:01.79 SB: 01:05.86 Genk 01/02/2026	
	5 0 M	1 0 0 M			
PB	no time	01:04.35			
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE MEN 13+				Heat:2, starttime: 16:23	
Heat: 2/4 Lane : 4 Athlete: SWENNEN JARNE				Q-time: 02:52:23	
PB (50m pool): 02:52.23 Genk 01/02/2026				PB (25m pool): 02:34.33 SB: 02:52.23 Genk 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:25.91	no time	02:52.23	
	no time				
					

Coach feedback:

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Event number: 23: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 16:23
Heat: 2/4 Lane : 6 Athlete: LYSENS SIEBE					Q-time: 02:58:78
PB (50m pool): 02:58.78 Genk 01/02/2026					PB (25m pool): 03:03.02 SB: 02:58.78 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.59	01:28.34	02:18.12	02:58.78	
	00:40.59	00:47.75	00:49.78	00:40.66	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 16:34
Heat: 1/3 Lane : 4 Athlete: WOLFS LOLA					Q-time: 03:16:27
PB (50m pool): no time					PB (25m pool): 03:16.27 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: 25: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:54	
Heat: 2/7 Lane : 8 Athlete: KRYLOV ALEXANDER							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
	<i>no time</i>							
								

Coach feedback:

Event number: 25: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:10	
Heat: 4/7 Lane : 8 Athlete: ERNOTS JOPPE							Q-time: 06:04:56	
PB (50m pool): no time			PB (25m pool): 06:04.56 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:

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Event number: 25: 400M FREESTYLE MEN 11+							Heat:7, starttime: 17:28	
Heat: 7/7 Lane : 7 Athlete: THEUWIS TIJL							Q-time: 04:40:44	
PB (50m pool): 04:40.44 Genk 01/02/2026				PB (25m pool): 04:34.75 SB: 04:40.44 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	00:31.09	01:06.28	01:42.04	02:17.67	02:53.48	03:30.21	04:06.14	04:40.44
	00:31.09	00:35.19	00:35.76	00:35.63	00:35.81	00:36.73	00:35.93	00:34.30
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:34	
Heat: 1/7 Lane : 1 Athlete: MARCHAL ELLE							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
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:34	
Heat: 1/7 Lane : 3 Athlete: VAN GOMPEL ANAÏS							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
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:34	
Heat: 1/7 Lane : 7 Athlete: POOTERS LIVIA							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
	<i>no time</i>							
								

Coach feedback:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:34	
Heat: 1/7 Lane : 8 Athlete: LELIAERT OLIVIA							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
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:42	
Heat: 2/7 Lane : 6 Athlete: LAPIERRE EMMA							Q-time: 06:59:90	
PB (50m pool): no time			PB (25m pool): 06:59.90 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: