

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

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

Coaches: Pluijm Saar 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 : 7 Athlete: PEETERS SAMUEL			Q-time: 01:44:34
PB (50m pool): 01:44.34 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:54.37 SB: 01:44.34 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:48.59	01:44.34	
	00:48.59	00:55.75	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 15:05
Heat: 9/13 Lane : 1 Athlete: LESSELIERS EMILY			Q-time: 01:34:31
PB (50m pool): 01:34.31 Antwerpen 15/03/2026			PB (25m pool): 01:33.83 SB: 01:34.31 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.51	01:34.31	
	00:45.51	00:48.80	
			

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 15:13
Heat: 13/13 Lane : 1 Athlete: VAN DEN BERGH ANNA			Q-time: 01:22:39
PB (50m pool): 01:22.39 Wezenberg 01/02/2026			PB (25m pool): 01:22.62 SB: 01:22.39 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:38.43	01:22.39	
	00:38.43	00:43.96	
			

Coach feedback:

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Event number: 19: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 15:19
Heat: 1/1 Lane : 5 Athlete: DE VOCHT ANNE-JULIE					Q-time: 03:09:95
PB (50m pool): 03:09.95 Wezenberg 01/02/2026					PB (25m pool): 03:04.30 SB: 03:09.95 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.11	01:26.77	02:18.35	03:09.95	
	00:39.11	00:47.66	00:51.58	00:51.60	
					

Coach feedback:

Event number: 21: 100M FREESTYLE MEN 11+					Heat:3, starttime: 15:38
Heat: 3/10 Lane : 4 Athlete: PEETERS SAMUEL					Q-time: 01:12:60
PB (50m pool): 01:12.60 Wezenberg 01/02/2026					PB (25m pool): 01:10.76 SB: 01:12.60 Wezenberg 01/02/2026
	5 0 M	1 0 0 M			
PB	00:34.99	01:12.60			
	00:34.99	00:37.61			
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 15:56
Heat: 3/12 Lane : 6 Athlete: FLEERACKERS LAURA					Q-time: 01:20:22
PB (50m pool): 01:20.22 Wezenberg 01/02/2026					PB (25m pool): 01:18.86 SB: 01:20.22 Wezenberg 01/02/2026
	5 0 M	1 0 0 M			
PB	00:38.79	01:20.22			
	00:38.79	00:41.43			
					

Coach feedback:

Event number: 22: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 15:58
Heat: 4/12 Lane : 4 Athlete: THEUNISSEN JOLIEN					Q-time: 01:15:27
PB (50m pool): 01:15.27 Wezenberg 01/02/2026					PB (25m pool): 01:15.95 SB: 01:15.27 Wezenberg 01/02/2026
	5 0 M	1 0 0 M			
PB	00:36.96	01:15.27			
	00:36.96	00:38.31			
					

Coach feedback:

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Event number: 22: 100M FREESTYLE WOMEN 11+										Heat:10, starttime: 16:08	
Heat: 10/12 Lane : 3 Athlete: VERNIERS NIME									Q-time: 01:05:15		
PB (50m pool): 01:05.15 Antwerpen 15/03/2026					PB (25m pool): 01:03.75 SB: 01:05.15 Antwerpen 15/03/2026						
	5 0 M		1 0 0 M								
PB	00:31.54		01:05.15								
	00:31.54		00:33.61								
											

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 17:34	
Heat: 1/7 Lane : 2 Athlete: LYTVYNIUK-HUL SOFIA							Q-time: 99:99:99	
PB (50m pool): 07:00.81 Antwerpen 27/10/2024				PB (25m pool): 06:09.54 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	01:37.78	no time	03:25.81	no time	no time	no time	07:00.81
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 18:09	
Heat: 6/7 Lane : 7 Athlete: VAN DEN BERGH ANNA							Q-time: 05:10:73	
PB (50m pool): 05:10.73 Olympic Pool Wezenberg, Antwer 30/03/2025 PB (25m pool): 05:08.93 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	00:36.10	01:15.95	01:56.39	02:36.40	03:15.98	03:55.34	04:34.59	05:10.73
	00:36.10	00:39.85	00:40.44	00:40.01	00:39.58	00:39.36	00:39.25	00:36.14
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 18:15	
Heat: 7/7 Lane : 6 Athlete: DE RIDDER STERRE							Q-time: 04:48:48	
PB (50m pool): 04:48.48 Antwerpen 27/07/2025				PB (25m pool): 04:48.50SB: 04:50.20 Lago Kortrijk Weide 03/05/2026				
	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	00:33.86	01:10.67	01:47.77	02:24.40	02:59.93	03:36.11	04:12.36	04:48.48
	00:33.86	00:36.81	00:37.10	00:36.63	00:35.53	00:36.18	00:36.25	00:36.12
								

Coach feedback: