

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Courier Erik HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:1, starttime: 14:00	
Heat: 1/2 Lane : 1 Athlete: NUYES NORE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 06:29.80SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:1, starttime: 14:00	
Heat: 1/2 Lane : 2 Athlete: BOGAERT ISAAC							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 05:51.31 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:1, starttime: 14:00	
Heat: 1/2 Lane : 3 Athlete: VERSCHEURE LARS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 05:47.58 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:05	
Heat: 2/2 Lane : 1 Athlete: SWIERS NELL							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 05:09.71 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:05	
Heat: 2/2 Lane : 2 Athlete: LEENDERS MADELON							Q-time: 99:99:99	
PB (25m pool): 05:04.53 Arendonk 22/12/2024				PB (50m pool): 05:10.66SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:13.11		no time		02:30.26
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:04.53
								

Coach feedback:

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:05	
Heat: 2/2 Lane : 3 Athlete: WUYTS MARIE							Q-time: 99:99:99	
PB (25m pool): 05:10.17 Arendonk 22/12/2024				PB (50m pool): 05:03.06SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:14.09		no time		02:32.78
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:10.17
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 1: 400M FREESTYLE MIXED 10-9							Heat:2, starttime: 14:05	
Heat: 2/2 Lane : 4 Athlete: VAN CRAENENBROECK VIK							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 05:23.69SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 2: 200M MEDLEY MIXED 10-9							Heat:2, starttime: 14:15	
Heat: 2/2 Lane : 3 Athlete: KEBERS AMÉLIE							Q-time: 03:14:44	
PB (25m pool): Sportoase 23/12/2023			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:05.69				
	no time							
								

Coach feedback:

Event number: 3: 100M FREESTYLE MIXED 10-9										Heat:1, starttime: 14:19	
Heat: 1/2 Lane : 1 Athlete: BOLSIUS CAROLINE										Q-time: 99:99:99	
PB (25m pool): no time					PB (50m pool): no time SB: no time						
PB	2 5 M		5 0 M		7 5 M		1 0 0 M				
			no time				no time				
	no time										
											

Coach feedback:

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Event number: 3: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 14:19
Heat: 1/2 Lane : 2 Athlete: BOGAERS LEON					Q-time: 01:33:38
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 14:19
Heat: 1/2 Lane : 3 Athlete: BLOCK OLIVIA					Q-time: 01:41:26
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 14:21
Heat: 2/2 Lane : 1 Athlete: MAESEN AMÉLIE					Q-time: 01:29:75
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 14:21
Heat: 2/2 Lane : 2 Athlete: HERMANS MORI					Q-time: 01:26:52
PB (25m pool): no time Arendonk 02/06/2024 PB (50m pool): 01:22.90 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 3: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 14:21
Heat: 2/2 Lane : 3 Athlete: LACROIX MERIN					Q-time: 01:28:34
PB (25m pool): no time			PB (50m pool): 01:37.44 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 14:21
Heat: 2/2 Lane : 4 Athlete: EGGERMONT OLIVER					Q-time: 01:31:78
PB (25m pool): no time			PB (50m pool): no time SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 4: 400M FREESTYLE MEN 11+						Heat:1, starttime: 14:24		
Heat: 1/1 Lane : 1 Athlete: VERCAMMEN MAGNUS						Q-time: 05:08:98		
PB (25m pool): Sint-Amandsberg 19/10/2025			PB (50m pool):			SB: Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:30.00		01:02.37				
	00:30.00		00:32.37					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback:

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Event number: 4: 400M FREESTYLE MEN 11+							Heat:1, starttime: 14:24	
Heat: 1/1 Lane : 2 Athlete: GORIS RUBEN							Q-time: 04:25:67	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:29.40		01:02.69				
	00:29.40		00:33.29					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback:

Event number: 4: 400M FREESTYLE MEN 11+							Heat:1, starttime: 14:24	
Heat: 1/1 Lane : 3 Athlete: ESHUIS THOM							Q-time: 04:30:99	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:33.34		01:09.59				
	00:33.34		00:36.25					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback:

Event number: 4: 400M FREESTYLE MEN 11+							Heat:1, starttime: 14:24	
Heat: 1/1 Lane : 4 Athlete: ARTEMOV FYODOR							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):			SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time				
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback:

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Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 14:30	
Heat: 1/2 Lane : 1 Athlete: VAN DEN WYNGAERT ELIZABETH							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 05:22.33SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 14:30	
Heat: 1/2 Lane : 2 Athlete: VANDENVEN SAAR							Q-time: 06:32:87	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 14:30	
Heat: 1/2 Lane : 3 Athlete: BROECKAERT NOA							Q-time: 99:99:99	
PB (25m pool): no time Arendonk 02/06/2024				PB (50m pool): 05:08.53SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

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Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 14:30	
Heat: 1/2 Lane : 4 Athlete: ZONNEKEYN CARO LINA							Q-time: 99:99:99	
PB (25m pool): no time 3500 Hasselt 14/04/2024				PB (50m pool): no time SB: 04:43.32 Gent 09/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 14:37	
Heat: 2/2 Lane : 4 Athlete: KUSHNIR MILANA							Q-time: 05:58:41	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 6: 100M FREESTYLE MEN 11+							Heat:2, starttime: 14:45	
Heat: 2/2 Lane : 1 Athlete: ESTUR HIELKE							Q-time: 01:00:04	
PB (25m pool): no time Arendonk 30/10/2022				PB (50m pool): 00:59.04 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		no time				
	no time							
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 6: 100M FREESTYLE MEN 11+					Heat:2, starttime: 14:45
Heat: 2/2 Lane : 2 Athlete: DESPALLIER DAAN					Q-time: 00:55:23
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 6: 100M FREESTYLE MEN 11+					Heat:2, starttime: 14:45
Heat: 2/2 Lane : 3 Athlete: OTTEVAERE ALEXANDER					Q-time: 00:56:35
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:49
Heat: 2/2 Lane : 1 Athlete: MOR IRIS					Q-time: 01:04:40
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 7: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:49
Heat: 2/2 Lane : 2 Athlete: KELDERMAN FRAN					Q-time: 01:00:06
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 14:54
Heat: 1/2 Lane : 3 Athlete: VERMEIRE SIEN					Q-time: 01:16:91
PB (25m pool): 01:40.70 Temse 17/11/2025			PB (50m pool): 01:47.86 SB: 01:40.70 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.02		01:40.70	
	00:47.02		00:53.68		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 14:56
Heat: 2/2 Lane : 1 Athlete: BAHLOULA ANISSA					Q-time: 01:15:11
PB (25m pool): 01:32.69 TEMSE 23/11/2025			PB (50m pool): 01:40.14 SB: 01:32.69 TEMSE 23/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.97		01:32.69	
	00:43.97		00:48.72		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 14:58
Heat: 1/2 Lane : 2 Athlete: LENAERTS JOPPE					Q-time: 01:34:34
PB (25m pool): 01:20.88 Diksmuide 17/11/2024			PB (50m pool): 01:21.50 SB: 01:22.46 Sint-Amandsberg 19/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.46		01:20.88	
	00:38.46		00:42.42		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 15:01
Heat: 2/2 Lane : 1 Athlete: IMBERT OTIS					Q-time: 01:16:46
PB (25m pool): 01:28.08 Turnhout 03/03/2024			PB (50m pool): 01:23.03 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.08	
	no time				
					

Coach feedback:

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Event number: 10: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 15:01
Heat: 2/2 Lane : 2 Athlete: BOGAERS THOMAS					Q-time: 01:03:16
PB (25m pool): 01:18.62 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:21.40 SB: 01:19.51 Temse 17/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.92		01:18.62	
	00:36.92		00:41.70		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 15:03
Heat: 1/2 Lane : 1 Athlete: SCHOOFs ELISE					Q-time: 99:99:99
PB (25m pool): 01:11.80 Sint-Amandsberg 27/10/2024 PB (50m pool): 01:14.27 SB: 01:12.88 Sint-Amandsberg 19/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.06		01:11.80	
	00:33.06		00:38.74		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 15:03
Heat: 1/2 Lane : 2 Athlete: TALBOOM MAJA					Q-time: 01:30:44
PB (25m pool): 01:20.46 Antwerpen 12/10/2025 PB (50m pool): 01:21.96 SB: 01:20.46 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.74		01:20.46	
	00:37.74		00:42.72		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 15:03
Heat: 1/2 Lane : 3 Athlete: SCHELFAUT PIPPA					Q-time: 99:99:99
PB (25m pool): 01:38.39 Nijlen 19/11/2023 PB (50m pool): 01:40.82 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:38.39	
	no time				
					

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 15:03
Heat: 1/2 Lane : 4 Athlete: CORTEN ELENA					Q-time: 99:99:99
PB (25m pool): 01:45.43 Turnhout 02/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.31		01:45.43	
	00:51.31		00:54.12		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 15:05
Heat: 2/2 Lane : 1 Athlete: MOONEN KARLIJN					Q-time: 01:27:25
PB (25m pool): 01:45.90 Arendonk 01/12/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.70		01:45.90	
	00:49.70		00:56.20		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 15:05
Heat: 2/2 Lane : 3 Athlete: VAN DEN BOSCH ELISE					Q-time: 01:24:56
PB (25m pool): 01:36.93 Nijlen 16/11/2025					PB (50m pool): 01:40.26 SB: 01:36.93 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.05		01:36.93	
	00:46.05		00:50.88		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:07
Heat: 1/2 Lane : 2 Athlete: ALEGRE AGUSTIN					Q-time: 01:25:03
PB (25m pool): 01:34.73 Nijlen 16/11/2025					PB (50m pool): 01:45.76 SB: 01:34.73 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.72		01:34.73	
	00:44.72		00:50.01		
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:07
Heat: 1/2 Lane : 3 Athlete: TIEST FALCO					Q-time: 01:28:94
PB (25m pool): 01:32.11 Kapellen 01/06/2025			PB (50m pool): 01:32.28 SB: 01:38.10 Tilburg 07/09/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.84		01:32.11	
	00:42.84		00:49.27		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:09
Heat: 2/2 Lane : 1 Athlete: KERSTENS BAVO					Q-time: 01:22:81
PB (25m pool): 01:34.59 Tilburg 07/09/2025			PB (50m pool): 01:40.87 SB: 01:34.59 Tilburg 07/09/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.15		01:34.59	
	00:45.15		00:49.44		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:09
Heat: 2/2 Lane : 3 Athlete: VAN BRUSSEL DYLANO					Q-time: 01:12:18
PB (25m pool): 01:18.76 Temse 17/11/2025			PB (50m pool): 01:23.99 SB: 01:18.76 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.47		01:18.76	
	00:37.47		00:41.29		
					

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 15:12
Heat: 1/1 Lane : 2 Athlete: DE RIDDER MARTHE					Q-time: 01:36:66
PB (25m pool): 01:27.03 Nijlen 16/11/2025			PB (50m pool): 01:34.54 SB: 01:27.03 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.41		01:27.03	
	00:40.41		00:46.62		
					

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 14: 100M MEDLEY MEN 11+					Heat:1, starttime: 15:14
Heat: 1/2 Lane : 2 Athlete: VERSCHEURE SAM					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 14: 100M MEDLEY MEN 11+					Heat:1, starttime: 15:14
Heat: 1/2 Lane : 3 Athlete: STEPANOV IVAN					Q-time: 99:99:99
PB (25m pool): 01:20.24 Aartselaar 01/11/2025 PB (50m pool): no time SB: 01:20.24 Aartselaar 01/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.50		01:20.24	
	00:38.50			00:41.74	
					

Coach feedback:

Event number: 14: 100M MEDLEY MEN 11+					Heat:2, starttime: 15:16
Heat: 2/2 Lane : 1 Athlete: ARTEMOV FYODOR					Q-time: 99:99:99
PB (25m pool): 01:21.00 Kalmthout 23/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.47		01:21.00	
	00:38.47			00:42.53	
					

Coach feedback:

Event number: 14: 100M MEDLEY MEN 11+					Heat:2, starttime: 15:16
Heat: 2/2 Lane : 2 Athlete: BORKOVSKIY MARK					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 14: 100M MEDLEY MEN 11+					Heat:2, starttime: 15:16
Heat: 2/2 Lane : 3 Athlete: TSERING WANGCHUK LHAKSAM					Q-time: 99:99:99
PB (25m pool): 01:43.12 Kalmthout 23/02/2025					PB (50m pool): no time SB: 01:49.01 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.04		01:43.12	
	00:50.04		00:53.08		
					

Coach feedback:

Event number: 15: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 15:18
Heat: 1/1 Lane : 3 Athlete: BOUQUET JULIETTE					Q-time: 99:99:99
PB (25m pool): 01:15.77 Arendonk 25/05/2025					PB (50m pool): 01:18.88 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:15.77	
	no time				
					

Coach feedback:

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 15:20
Heat: 1/4 Lane : 1 Athlete: EGGERMONT OLIVER					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 15:20
Heat: 1/4 Lane : 3 Athlete: BOLSIUS CAROLINE					Q-time: 99:99:99
PB (25m pool): 01:09.43 Sint-Amandsberg 19/10/2025					PB (50m pool): 01:11.73 SB: 01:09.43 Sint-Amandsberg 19/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.66		01:09.43	
	00:32.66		00:36.77		
					

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 15:23
Heat: 2/4 Lane : 2 Athlete: MAESEN AMÉLIE					Q-time: 01:41:32
PB (25m pool): 01:38.10 Kapellen 02/06/2024					PB (50m pool): 01:46.25 SB: 01:47.59 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:38.10	
	no time				
					

Coach feedback:

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 15:23
Heat: 2/4 Lane : 3 Athlete: BLOCK OLIVIA					Q-time: 01:52:20
PB (25m pool): 01:19.15 Kapellen 01/06/2025					PB (50m pool): 01:20.36 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.95		01:19.15	
	00:36.95 00:42.20				
					

Coach feedback:

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:3, starttime: 15:26
Heat: 3/4 Lane : 1 Athlete: LACROIX MERIN					Q-time: 01:41:14
PB (25m pool): 01:29.86 Turnhout 02/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.97		01:29.86	
	00:40.97 00:48.89				
					

Coach feedback:

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:3, starttime: 15:26
Heat: 3/4 Lane : 2 Athlete: BOGAERS LEON					Q-time: 01:39:61
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:3, starttime: 15:26
Heat: 3/4 Lane : 3 Athlete: HERMANS MORI					Q-time: 01:39:90
PB (25m pool): 01:20.05 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): 01:23.97 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.36		01:20.05	
	00:37.36		00:42.69		
					

Coach feedback:

Event number: 16: 100M BACKSTROKE MIXED 10-9					Heat:4, starttime: 15:28
Heat: 4/4 Lane : 2 Athlete: KEBERS AMÉLIE					Q-time: 01:28:18
PB (25m pool): no time PB (50m pool): 01:19.16 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 17: 200M FREESTYLE MEN 11+							Heat:1, starttime: 15:46	
Heat: 1/2 Lane : 1 Athlete: TSERING WANGCHUK LHAKSAM							Q-time: 02:49:65	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 17: 200M FREESTYLE MEN 11+							Heat:2, starttime: 15:49	
Heat: 2/2 Lane : 2 Athlete: BOGAERS THOMAS							Q-time: 02:05:14	
PB (25m pool): 02:28.43 Kapellen 22/12/2024							PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:09.16		no time		02:28.43
	no time							
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 17: 200M FREESTYLE MEN 11+							Heat:2, starttime: 15:49	
Heat: 2/2 Lane : 3 Athlete: OTTEVAERE ALEXANDER							Q-time: 02:05:63	
PB (25m pool): 03:41.89 Arendonk 01/12/2024				PB (50m pool): 03:51.57 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:45.18		no time		03:41.89
	no time							
								

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:53	
Heat: 1/3 Lane : 3 Athlete: KUSHNIR MILANA							Q-time: 02:52:73	
PB (25m pool): 02:27.30 Arendonk 25/05/2025				PB (50m pool): 02:29.89SB: 02:26.66 Arendonk 30/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:10.69		no time		02:27.30
	no time							
								

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 15:59	
Heat: 3/3 Lane : 1 Athlete: MOONEN KARLIJN							Q-time: 02:24:14	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 19: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 16:03	
Heat: 1/2 Lane : 1 Athlete: TIEST FALCO							Q-time: 99:99:99	
PB (25m pool): 03:02.50 Antwerpen 12/10/2025				PB (50m pool): 03:08.02SB: 03:02.50 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.77		01:28.43		02:15.75		03:02.50
	00:41.77		00:46.66		00:47.32		00:46.75	
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 19: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 16:03	
Heat: 1/2 Lane : 2 Athlete: BORKOVSKIY MARK							Q-time: 99:99:99	
PB (25m pool): 03:14.33 Antwerpen 12/10/2025				PB (50m pool): 03:27.69SB: 03:14.33 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.84		01:33.73		02:24.86		03:14.33
	00:43.84		00:49.89		00:51.13		00:49.47	
								

Coach feedback:

Event number: 19: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 16:03	
Heat: 1/2 Lane : 3 Athlete: IMBERT OTIS							Q-time: 99:99:99	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		01:02.81		02:04.42				
	01:02.81		01:01.61					
								

Coach feedback:

Event number: 19: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 16:07	
Heat: 2/2 Lane : 1 Athlete: VAN BRUSSEL DYLANO							Q-time: 99:99:99	
PB (25m pool): Arendonk 25/05/2025			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.53		01:38.31				
	00:47.53		00:50.78					
								

Coach feedback:

Event number: 19: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 16:07	
Heat: 2/2 Lane : 2 Athlete: ESTUR HIELKE							Q-time: 02:27:92	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:50.11		01:42.91				
	00:50.11		00:52.80					
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 16:11	
Heat: 1/3 Lane : 1 Athlete: ZONNEKEYN CARO LINA							Q-time: 99:99:99	
PB (25m pool): Antwerpen 25/07/2021			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:00.57				
	no time							
								

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 16:11	
Heat: 1/3 Lane : 2 Athlete: TALBOOM MAJA							Q-time: 99:99:99	
PB (25m pool): Kapellen 02/06/2024			PB (50m pool):		SB: Antwerpen		12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:07.04				
	no time							
								

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 16:16	
Heat: 2/3 Lane : 1 Athlete: VAN DEN WYNGAERT ELIZABETH							Q-time: 99:99:99	
PB (25m pool): Stedelijk Zwembad Geel 16/02/2025			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		01:10.76		02:21.74				
	01:10.76		01:10.98					
								

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 16:16	
Heat: 2/3 Lane : 2 Athlete: SCHOOFS ELISE							Q-time: 03:11:09	
PB (25m pool):			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time				
	no time							
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 16:16	
Heat: 2/3 Lane : 3 Athlete: CORTEN ELENA							Q-time: 03:18:93	
PB (25m pool): Turnhout 03/03/2024			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:41.44				
	no time							
								

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:20	
Heat: 3/3 Lane : 1 Athlete: SCHELFAUT PIPPA							Q-time: 02:49:38	
PB (25m pool): Gemeentelijk sportcentrum Nijl 17/03/2024			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:34.84				
	no time							
								

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:20	
Heat: 3/3 Lane : 4 Athlete: DE RIDDER MARTHE							Q-time: 03:01:66	
PB (25m pool): Turnhout 02/03/2025			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:35.38				
	no time							
								

Coach feedback:

Event number: 21: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 16:24	
Heat: 1/2 Lane : 2 Athlete: VERSCHEURE SAM							Q-time: 03:54:82	
PB (25m pool): Aartselaar 01/11/2025			PB (50m pool):		SB: Aartselaar 01/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.57		01:18.59				
	00:38.57		00:40.02					
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 21: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 16:28	
Heat: 2/2 Lane : 1 Athlete: KERSTENS BAVO							Q-time: 03:11:06	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):			SB: Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.04		01:09.93				
	00:33.04		00:36.89					
								

Coach feedback:

Event number: 21: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 16:28	
Heat: 2/2 Lane : 3 Athlete: GORIS RUBEN							Q-time: 03:00:69	
PB (25m pool): no time			PB (50m pool): no time			SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 22: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 16:33	
Heat: 1/1 Lane : 1 Athlete: VERMEIRE SIEN							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):			SB:		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time				
	no time							
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN 11+							Heat:1, starttime: 16:37	
Heat: 1/2 Lane : 3 Athlete: LENAERTS JOPPE							Q-time: 03:01:43	
PB (25m pool): Arendonk 30/11/2025			PB (50m pool):			SB: Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.06		01:37.31				
	00:46.06		00:51.25					
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 23: 200M MEDLEY MEN 11+							Heat:2, starttime: 16:40	
Heat: 2/2 Lane : 1 Athlete: VERCAMMEN MAGNUS							Q-time: 02:54:95	
PB (25m pool): Arendonk 30/11/2025			PB (50m pool):			SB:	Arendonk 30/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.75		01:30.50				
	00:40.75		00:49.75					
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN 11+							Heat:2, starttime: 16:40	
Heat: 2/2 Lane : 2 Athlete: DESPALLIER DAAN							Q-time: 02:13:19	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):			SB:	Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.28		01:22.88				
	00:40.28		00:42.60					
								

Coach feedback:

Event number: 23: 200M MEDLEY MEN 11+							Heat:2, starttime: 16:40	
Heat: 2/2 Lane : 3 Athlete: ALEGRE AGUSTIN							Q-time: 02:39:51	
PB (25m pool): Arendonk 25/05/2025			PB (50m pool):			SB:		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.78		01:31.69				
	00:41.78		00:49.91					
								

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:44	
Heat: 1/2 Lane : 1 Athlete: BOUQUET JULIETTE							Q-time: 99:99:99	
PB (25m pool):			PB (50m pool):			SB:		
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time				
	no time							
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 24: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 1 Athlete: BAHLOULA ANISSA							Q-time: 02:50:76	
PB (25m pool): Tremelo 26/05/2024			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		01:21.57				
	no time							
								

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 2 Athlete: KELDERMAN FRAN							Q-time: 02:28:19	
PB (25m pool): Mol 29/12/2024			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:30.15		01:01.65				
	00:30.15		00:31.50					
								

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 3 Athlete: VAN DEN BOSCH ELISE							Q-time: 02:46:12	
PB (25m pool): Mol 29/12/2024			PB (50m pool):		SB: Nijlen 16/11/2025			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:28.44		00:59.41				
	00:28.44		00:30.97					
								

Coach feedback:

Event number: 24: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 4 Athlete: VANDENVEN SAAR							Q-time: 03:11:30	
PB (25m pool): Stedelijk Zwembad Geel 16/02/2025			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:29.31		01:01.37				
	00:29.31		00:32.06					
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 25: 400M MEDLEY MEN 11+							Heat:1, starttime: 16:52	
Heat: 1/2 Lane : 2 Athlete: APERS REDA							Q-time: 99:99:99	
PB (25m pool): Arendonk 30/11/2025			PB (50m pool):			SB: Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:43.00		01:33.10				
	00:43.00		00:50.10					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 11+							Heat:1, starttime: 16:52	
Heat: 1/2 Lane : 3 Athlete: CRISTIAN DAMIAN IANIS							Q-time: 99:99:99	
PB (25m pool): Arendonk 01/12/2024			PB (50m pool):			SB:		
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:38.95		01:23.75				
	00:38.95		00:44.80					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 11+							Heat:2, starttime: 16:57	
Heat: 2/2 Lane : 1 Athlete: SHIRVILL CASPER							Q-time: 99:99:99	
PB (25m pool): Nijlen 16/11/2025			PB (50m pool):			SB: Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:40.97		01:24.02				
	00:40.97		00:43.05					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback:

ZIK Limieten: Session: 1: COACH evaluation sheet for TEAM: BRABO

Event number: 25: 400M MEDLEY MEN 11+							Heat:2, starttime: 16:57	
Heat: 2/2 Lane : 3 Athlete: STEPANOV IVAN							Q-time: 99:99:99	
PB (25m pool): Gemeentelijk zwembad Kapellen 18/12/2022 PB (50m pool): SB:								
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:20.37				
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback:

Event number: 26: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:03	
Heat: 1/1 Lane : 2 Athlete: MOR IRIS							Q-time: 05:39:84	
PB (25m pool): Arendonk 01/12/2024			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.01		01:18.21				
	00:37.01		00:41.20					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback:

Event number: 26: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:03	
Heat: 1/1 Lane : 3 Athlete: VAN DE MOSSELAER EMMA							Q-time: 99:99:99	
PB (25m pool): Arendonk 01/12/2024			PB (50m pool):		SB:			
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:38.75		01:22.00				
	00:38.75		00:43.25					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB								
								

Coach feedback: