

Santa Claus 2025: Session: 2: COACH evaluation sheet for TEAM: ZOLA

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ 13:15 The listed starttimes are indicative!

Coaches: Delissen Kim

Coaches: Van Schoor Els HEADCOACH

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

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 14:18
Heat: 3/4 Lane : 4 Athlete: EL HADDOUCHI HAROUN					Q-time: 01:28:08
PB (25m pool): 01:28.08 Turnhout 03/03/2024 PB (50m pool): 01:23.03SB: 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:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 14:20
Heat: 4/4 Lane : 2 Athlete: LADEWIG SETH					Q-time: 01:12:18
PB (25m pool): 01:12.18 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:15.22SB: 01:12.90 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.81		01:12.18	
	00:33.81 00:38.37				
					

Coach feedback:

Event number: 8: 100M BREASTSTROKE MEN 11+					Heat:4, starttime: 14:20
Heat: 4/4 Lane : 4 Athlete: NAGHIU PATRIK					Q-time: 01:20:46
PB (25m pool): 01:20.46 Antwerpen 12/10/2025 PB (50m pool): 01:21.96SB: 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:

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Event number: 9: 100M BREASTSTROKE WOMEN 11+					Heat:1, starttime: 14:21
Heat: 1/4 Lane : 1 Athlete: CORNEZ MAYLIE					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:

Event number: 9: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 14:24
Heat: 2/4 Lane : 1 Athlete: VANDE SOMPELE HASSE					Q-time: 01:44:69
PB (25m pool): 01:44.69 Mol 29/12/2024					PB (50m pool): 01:45.80 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.13		01:44.69	
	00:49.13 00:55.56				
					

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 14:26
Heat: 3/4 Lane : 2 Athlete: VAN DEN BOSSCHE LIA					Q-time: 01:32:11
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: 9: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 14:26
Heat: 3/4 Lane : 3 Athlete: DE SCHEPPER LARA					Q-time: 01:34:59
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:

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Event number: 10: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 14:34	
Heat: 2/2 Lane : 2 Athlete: BETTENS STAN							Q-time: 02:43:08	
PB (25m pool): 02:43.08 Aartselaar 01/11/2025				PB (50m pool): no time SB: 02:43.08 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		00:38.50		01:20.24		no time		02:43.08
	00:38.50		00:41.74					
								

Coach feedback:

Event number: 12: 400M FREESTYLE MEN 11+							Heat:1, starttime: 14:41	
Heat: 1/2 Lane : 1 Athlete: KYRYL TSYBULNIAK							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	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: 12: 400M FREESTYLE MEN 11+							Heat:1, starttime: 14:41	
Heat: 1/2 Lane : 3 Athlete: ALESSANDRO MARIA NICCOLÒ FONTA							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	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: 12: 400M FREESTYLE MEN 11+							Heat:1, starttime: 14:41	
Heat: 1/2 Lane : 4 Athlete: VERDONCK STIJN							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	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: 12: 400M FREESTYLE MEN 11+							Heat:2, starttime: 14:47	
Heat: 2/2 Lane : 4 Athlete: MESTARI ABDERRAHMANE							Q-time: 05:12:19	
PB (25m pool): 05:12.19 Kapellen 22/12/2024				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		01:09.16		no time		02:28.43
	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		05:12.19
								

Coach feedback:

Event number: 14: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 15:06	
Heat: 1/1 Lane : 2 Athlete: LADEWIG SETH							Q-time: 02:41:92	
PB (25m pool): 02:41.92 Mol 29/12/2024			PB (50m pool): 02:47.21 SB: 02:42.78 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		00:36.05		01:17.57		02:00.03		02:41.92
	00:36.05		00:41.52		00:42.46		00:41.89	
								

Coach feedback:

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Event number: 15: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:14	
Heat: 2/2 Lane : 2 Athlete: VANDE SOMPELE JITS							Q-time: 03:02:50	
PB (25m pool): 03:02.50 Antwerpen 12/10/2025				PB (50m pool): 03:08.02 SB: 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:

Event number: 17: 100M BACKSTROKE MEN 11+							Heat:1, starttime: 15:20	
Heat: 1/1 Lane : 2 Athlete: ASSELMAN JASPER							Q-time: 01:00:57	
PB (25m pool): 01:00.57 Antwerpen 25/07/2021				PB (50m pool): 01:03.01 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		01:00.57				
	no time							
								

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 11+							Heat:1, starttime: 15:20	
Heat: 1/1 Lane : 3 Athlete: VERDONCK MARIUS							Q-time: 01:07:04	
PB (25m pool): 01:07.04 Kapellen 02/06/2024				PB (50m pool): 01:10.58 SB: 01:07.63 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		01:07.04				
	no time							
								

Coach feedback:

Event number: 17: 100M BACKSTROKE MEN 11+							Heat:1, starttime: 15:20	
Heat: 1/1 Lane : 4 Athlete: BETTENS LUCAS							Q-time: 01:10:85	
PB (25m pool): 01:10.85 Stedelijk Zwembad Geel 16/02/2025							PB (50m pool): 01:14.14 SB: 01:11.99 Antwerpen 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:33.66		01:10.85				
	00:33.66		00:37.19					
								

Coach feedback:

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Event number: 18: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:22
Heat: 1/3 Lane : 1 Athlete: VERVOORT MILA					Q-time: 02:19:07
PB (25m pool): 02:21.74 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 02:21.12 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:10.76		02:21.74	
	01:10.76		01:10.98		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:22
Heat: 1/3 Lane : 2 Athlete: DE SCHEPPER LARA					Q-time: 01:38:41
PB (25m pool): no time PB (50m pool): 01:30.71 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: 18: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:25
Heat: 2/3 Lane : 2 Athlete: NAGHIU MATIS IZOLDA					Q-time: 01:28:24
PB (25m pool): 01:28.24 Nijlen 16/11/2025 PB (50m pool): 01:28.97 SB: 01:28.24 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.17		01:28.24	
	00:43.17		00:45.07		
					

Coach feedback:

Event number: 18: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:28
Heat: 3/3 Lane : 1 Athlete: NULENS LILI					Q-time: 01:18:59
PB (25m pool): 01:18.59 Aartselaar 01/11/2025 PB (50m pool): 01:27.19 SB: 01:18.59 Aartselaar 01/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.57		01:18.59	
	00:38.57		00:40.02		
					

Coach feedback:

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Event number: 19: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 15:49	
Heat: 1/1 Lane : 2 Athlete: COGURCU ARDA							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	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: 100M FREESTYLE MEN 11+										Heat:1, starttime: 15:59	
Heat: 1/3 Lane : 1 Athlete: VERDONCK STIJN										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: 22: 100M FREESTYLE MEN 11+										Heat:1, starttime: 15:59	
Heat: 1/3 Lane : 2 Athlete: ALESSANDRO MARIA NICCOLÒ FONTA										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: 22: 100M FREESTYLE MEN 11+							Heat:2, starttime: 16:00		
Heat: 2/3 Lane : 2 Athlete: LADEWIG SETH							Q-time: 01:03:27		
PB (25m pool): 01:03.27 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:04.79SB: no time									
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:30.23				01:03.27		
	00:30.23				00:33.04				
									

Coach feedback:

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Event number: 22: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:02
Heat: 3/3 Lane : 1 Athlete: EL HADDOUCHI HAROUN					Q-time: 01:01:65
PB (25m pool): 01:01.65 Mol 29/12/2024					PB (50m pool): 01:01.99 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.15		01:01.65	
	00:30.15		00:31.50		
					

Coach feedback:

Event number: 22: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:02
Heat: 3/3 Lane : 2 Athlete: NAEGELS REZA					Q-time: 00:59:41
PB (25m pool): 00:59.41 Mol 29/12/2024					PB (50m pool): 01:00.29 SB: 00:59.67 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.44		00:59.41	
	00:28.44		00:30.97		
					

Coach feedback:

Event number: 22: 100M FREESTYLE MEN 11+					Heat:3, starttime: 16:02
Heat: 3/3 Lane : 3 Athlete: BETTENS LUCAS					Q-time: 01:01:37
PB (25m pool): 01:01.37 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:02.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.31		01:01.37	
	00:29.31		00:32.06		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 16:04
Heat: 1/4 Lane : 4 Athlete: VERVOORT MILA					Q-time: 02:07:34
PB (25m pool): 02:07.61 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 02:07.51 SB: 02:11.63 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:02.52		02:07.61	
	01:02.52		01:05.09		
					

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:06
Heat: 2/4 Lane : 1 Athlete: VANDE SOMPELE JITS					Q-time: 01:22:47
PB (25m pool): 01:20.37 Gemeentelijk zwembad Kapellen 18/12/2025 PB (50m pool): 01:09.96 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.37	
	no time				
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:06
Heat: 2/4 Lane : 4 Athlete: VANDE SOMPELE HASSE					Q-time: 01:23:24
PB (25m pool): 01:23.24 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:23.99 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.77		01:23.24	
	00:40.77 00:42.47				
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:08
Heat: 3/4 Lane : 2 Athlete: CORNEZ MAYLIE					Q-time: 01:10:83
PB (25m pool): 01:10.83 Herentals 18/05/2024 PB (50m pool): 01:12.17 SB: 01:11.25 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.83	
	no time				
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:08
Heat: 3/4 Lane : 3 Athlete: VAN DEN BOSSCHE LIA					Q-time: 01:12:14
PB (25m pool): 01:12.14 Nijlen 16/11/2025 PB (50m pool): 01:10.51 SB: 01:12.14 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.16		01:12.14	
	00:35.16 00:36.98				
					

Coach feedback:

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Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:10
Heat: 4/4 Lane : 4 Athlete: NULENS LILI					Q-time: 01:09:59
PB (25m pool): 01:09.59 Nijlen 16/11/2025					PB (50m pool): 01:13.01 SB: 01:09.59 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.34		01:09.59	
	00:33.34		00:36.25		
					

Coach feedback:

Event number: 25: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 16:13
Heat: 1/1 Lane : 1 Athlete: NAGHIU PATRIK					Q-time: 01:14:16
PB (25m pool): 01:14.16 Nijlen 16/11/2025					PB (50m pool): 01:23.25 SB: 01:14.16 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.41		01:14.16	
	00:34.41		00:39.75		
					

Coach feedback:

Event number: 26: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 16:15
Heat: 1/1 Lane : 1 Athlete: NAGHIU MATIS IZOLDA					Q-time: 01:38:10
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: 26: 100M BUTTERFLY WOMEN 11+					Heat:1, starttime: 16:15
Heat: 1/1 Lane : 2 Athlete: DE SCHEPPER LARA					Q-time: 01:19:15
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:

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Event number: 29: 200M MEDLEY MEN 11+							Heat:1, starttime: 16:30	
Heat: 1/4 Lane : 1 Athlete: COGURCU ARDA							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	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: 29: 200M MEDLEY MEN 11+							Heat:1, starttime: 16:30	
Heat: 1/4 Lane : 3 Athlete: VERDONCK MARIUS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 02:33.87 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: 29: 200M MEDLEY MEN 11+							Heat:2, starttime: 16:33	
Heat: 2/4 Lane : 3 Athlete: KYRYL TSYBULNIAK							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	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: 29: 200M MEDLEY MEN 11+							Heat:4, starttime: 16:41	
Heat: 4/4 Lane : 1 Athlete: BETTENS LUCAS							Q-time: 02:34:90	
PB (25m pool): 02:34.90 Mol 20/10/2024			PB (50m pool): 02:34.95 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		00:33.93		01:15.30		02:00.24		02:34.90
	00:33.93		00:41.37		00:44.94		00:34.66	
								

Coach feedback:

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Event number: 29: 200M MEDLEY MEN 11+							Heat:4, starttime: 16:41	
Heat: 4/4 Lane : 2 Athlete: NAEGELS REZA							Q-time: 02:29:98	
PB (25m pool): 02:29.98 Antwerpen 12/10/2025				PB (50m pool): 02:41.93 SB: 02:29.98 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		00:31.60		01:11.60		01:55.70		02:29.98
	00:31.60		00:40.00		00:44.10		00:34.28	
								

Coach feedback:

Event number: 29: 200M MEDLEY MEN 11+							Heat:4, starttime: 16:41	
Heat: 4/4 Lane : 4 Athlete: BETTENS STAN							Q-time: 02:48:23	
PB (25m pool): 02:48.23 Antwerpen 12/10/2025				PB (50m pool): 02:55.73 SB: 02:48.23 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		00:40.10		01:21.55		02:10.59		02:48.23
	00:40.10		00:41.45		00:49.04		00:37.64	
								

Coach feedback: