

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: SHARK

Coachinfo: Warming up from: 07:30 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Dierckx Davy HEADCOACH

Coaches: Feyten Anne

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

Event number: 1: 100M BREASTSTROKE MIXED 10-9					Heat:2, starttime: 09:03
Heat: 2/2 Lane : 4 Athlete: DE BIE APOLLINE					Q-time: 01:59:47
PB (25m pool): 02:00.78 Nijlen 16/11/2025					PB (50m pool): 01:59.47 SB: 02:00.78 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:57.04		02:00.78	
	00:57.04		01:03.74		
					

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+					Heat:3, starttime: 09:11
Heat: 3/6 Lane : 3 Athlete: VAN LOMMEL ANTHE					Q-time: 01:25:91
PB (25m pool): 01:25.91 Mol 28/12/2025					PB (50m pool): 01:28.16 SB: 01:25.91 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.28		01:25.91	
	00:39.28		00:46.63		
					

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+					Heat:5, starttime: 09:15
Heat: 5/6 Lane : 6 Athlete: DIERCKX FEMKE					Q-time: 01:19:09
PB (25m pool): 01:19.09 Antwerpen 12/10/2025					PB (50m pool): 01:22.82 SB: 01:19.09 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.44		01:19.09	
	00:35.44		00:43.65		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 2: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 09:17
Heat: 6/6 Lane : 4 Athlete: BELLENS LORE					Q-time: 01:09:51
PB (25m pool): 01:09.51 Temse 17/11/2025					PB (50m pool): 01:11.38 SB: 01:09.51 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.50		01:09.51	
	00:32.50		00:37.01		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 09:19
Heat: 1/6 Lane : 4 Athlete: BELLENS PIETER					Q-time: 01:41:60
PB (25m pool): 01:41.60 Herentals 17/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.12		01:41.60	
	00:45.12		00:56.48		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 09:23
Heat: 3/6 Lane : 1 Athlete: FEYEN AEDEN					Q-time: 01:19:03
PB (25m pool): 01:19.03 Aarschot 04/05/2025					PB (50m pool): 01:23.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.89		01:19.03	
	00:35.89		00:43.14		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:3, starttime: 09:23
Heat: 3/6 Lane : 4 Athlete: MERTENS DIETER					Q-time: 01:15:08
PB (25m pool): 01:15.08 Nijlen 16/11/2025					PB (50m pool): 01:16.04 SB: 01:15.08 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.91		01:15.08	
	00:34.91		00:40.17		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:6, starttime: 09:29
Heat: 6/6 Lane : 6 Athlete: BERTELS QUILLAN					Q-time: 01:05:42
PB (25m pool): 01:05.42 Nijlen 16/11/2025					PB (50m pool): 01:11.54 SB: 01:05.42 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.62		01:05.42	
	00:30.62		00:34.80		
					

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 09:46	
Heat: 4/5 Lane : 4 Athlete: ERTVELDT KLAARTJE							Q-time: 03:05:69	
PB (25m pool): 03:05.69 Aarschot 04/05/2025				PB (50m pool): 03:14.38 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		00:42.66		01:30.20		no time		03:05.69
	00:42.66		00:47.54					
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/5 Lane : 1 Athlete: BIERINCKX MIE							Q-time: 02:49:89	
PB (25m pool): 02:49.89 Heist Op Den Berg 11/01/2025				PB (50m pool): 02:56.72 SB: 02:53.22 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		00:43.87		no time		no time		02:49.89
	00:43.87							
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/5 Lane : 2 Athlete: BOVEN AXELLE							Q-time: 02:48:70	
PB (25m pool): 02:48.70 Antwerpen 12/10/2025				PB (50m pool): 02:48.82 SB: 02:48.70 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		00:38.47		01:21.75		02:05.72		02:48.70
	00:38.47		00:43.28		00:43.97		00:42.98	
								

Coach feedback:

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Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/5 Lane : 4 Athlete: MERTENS HELENA							Q-time: 02:48:15	
PB (25m pool): 02:48.15 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): 03:05.56 SB: 02:54.02 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		00:37.33		01:19.54		no time		02:48.15
	00:37.33		00:42.21					
								

Coach feedback:

Event number: 4: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/5 Lane : 5 Athlete: MERTENS FEMKE							Q-time: 02:49:30	
PB (25m pool): 02:49.30 3500 Hasselt 23/11/2025 PB (50m pool): 02:57.00 SB: 02:49.30 3500 Hasselt 23/11/2025								
	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		00:38.56		01:21.25		02:05.34		02:49.30
	00:38.56		00:42.69		00:44.09		00:43.96	
								

Coach feedback:

Event number: 5: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 09:58	
Heat: 2/3 Lane : 6 Athlete: WILMS BRAM							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: 7: 100M BACKSTROKE WOMEN 11+										Heat:1, starttime: 10:23	
Heat: 1/8 Lane : 1 Athlete: LAMBRECHTS JADE										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:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:4, starttime: 10:30	
Heat: 4/8 Lane : 5 Athlete: KENIS LOLA				Q-time: 01:32:37	
PB (25m pool): 01:32.37 Nijlen 16/11/2025				PB (50m pool): no time SB: 01:32.37 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.95		01:32.37	
	00:44.95		00:47.42		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:7, starttime: 10:36	
Heat: 7/8 Lane : 2 Athlete: BELLENS LORE				Q-time: 01:15:27	
PB (25m pool): 01:14.11 Herentals 18/05/2024				PB (50m pool): 01:17.65 SB: 01:17.36 Antwerpen 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:14.11	
	no time				
					

Coach feedback:

Event number: 7: 100M BACKSTROKE WOMEN 11+				Heat:8, starttime: 10:38	
Heat: 8/8 Lane : 3 Athlete: MERTENS FEMKE				Q-time: 01:09:01	
PB (25m pool): 01:09.01 Antwerpen 12/10/2025				PB (50m pool): 01:10.67 SB: 01:09.01 Antwerpen 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.28		01:09.01	
	00:33.28		00:35.73		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+				Heat:2, starttime: 10:43	
Heat: 2/5 Lane : 3 Athlete: JANSSENS ALEXANDER				Q-time: 01:32:31	
PB (25m pool): 01:32.31 Temse 17/11/2025				PB (50m pool): 01:33.34 SB: 01:32.31 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.87		01:32.31	
	00:44.87		00:47.44		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:45
Heat: 3/5 Lane : 1 Athlete: BELLENS PIETER					Q-time: 01:27:96
PB (25m pool): 01:27.96 Arendonk 30/11/2025					PB (50m pool): 01:31.51 SB: 01:27.96 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.41		01:27.96	
	00:43.41		00:44.55		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:49
Heat: 5/5 Lane : 3 Athlete: LAEREMANS SEBASTIAAN					Q-time: 01:03:28
PB (25m pool): 01:03.28 Mol 28/12/2025					PB (50m pool): 01:08.33 SB: 01:03.28 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.93		01:03.28	
	00:30.93		00:32.35		
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 10:53
Heat: 2/5 Lane : 4 Athlete: LAMBRECHTS JADE					Q-time: 01:37:24
PB (25m pool): 01:37.24 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:37.24 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.30		01:37.24	
	00:47.30		00:49.94		
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 10:55
Heat: 3/5 Lane : 3 Athlete: VAN LOMMEL ANTHE					Q-time: 01:25:93
PB (25m pool): 01:25.93 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.37		01:25.93	
	00:39.37		00:46.56		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 10:55
Heat: 3/5 Lane : 6 Athlete: KENIS JOSEPHINE					Q-time: 01:34:88
PB (25m pool): 01:34.88 Aarschot 04/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:34.88	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 10:57
Heat: 4/5 Lane : 4 Athlete: ERTVELDT KLAARTJE					Q-time: 01:14:97
PB (25m pool): 01:14.97 Mol 28/12/2025					PB (50m pool): no time SB: 01:14.97 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.95		01:14.97	
	00:34.95 00:40.02				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 10:57
Heat: 4/5 Lane : 5 Athlete: DIERCKX FEMKE					Q-time: 01:17:62
PB (25m pool): 01:17.62 Heist Op Den Berg 11/01/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.62	
	no time				
					

Coach feedback:

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 10:59
Heat: 5/5 Lane : 3 Athlete: BOVEN AXELLE					Q-time: 01:07:82
PB (25m pool): 01:07.82 Herentals 17/05/2025					PB (50m pool): no time SB: 01:08.23 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.16		01:07.82	
	00:32.16 00:35.66				
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 9: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 10:59
Heat: 5/5 Lane : 4 Athlete: MERTENS HELENA					Q-time: 01:09:39
PB (25m pool): 01:09.39 Herentals 17/05/2025					PB (50m pool): no time SB: 01:15.81 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.13		01:09.39	
	00:32.13		00:37.26		
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:1, starttime: 11:01
Heat: 1/4 Lane : 4 Athlete: LAEREMANS SEBASTIAAN					Q-time: 99:99:99
PB (25m pool): 01:12.66 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:12.66	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:2, starttime: 11:04
Heat: 2/4 Lane : 1 Athlete: WILMS BRAM					Q-time: 01:42:51
PB (25m pool): 01:42.51 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:42.51 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:42.51	
	no time				
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:3, starttime: 11:06
Heat: 3/4 Lane : 1 Athlete: FEYEN AEDEN					Q-time: 01:16:29
PB (25m pool): 01:16.29 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: 01:17.54 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.27		01:16.29	
	00:35.27		00:41.02		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 10: 100M MEDLEY MEN 11+					Heat:3, starttime: 11:06
Heat: 3/4 Lane : 6 Athlete: MERTENS DIETER					Q-time: 01:18:01
PB (25m pool): 01:18.01 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:18.01 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.74		01:18.01	
	00:35.74		00:42.27		
					

Coach feedback:

Event number: 10: 100M MEDLEY MEN 11+					Heat:4, starttime: 11:08
Heat: 4/4 Lane : 2 Athlete: BERTELS QUILLAN					Q-time: 01:07:83
PB (25m pool): 01:07.83 Mol 28/12/2025					PB (50m pool): no time SB: 01:07.83 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.05		01:07.83	
	00:30.05		00:37.78		
					

Coach feedback:

Event number: 11: 100M FREESTYLE MIXED 10-9					Heat:2, starttime: 11:12
Heat: 2/2 Lane : 3 Athlete: DE BIE APOLLINE					Q-time: 01:27:75
PB (25m pool): 01:28.56 Arendonk 30/11/2025					PB (50m pool): 01:27.75 SB: 01:28.56 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.94		01:28.56	
	00:40.94		00:47.62		
					

Coach feedback:

Event number: 12: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 11:46
Heat: 6/6 Lane : 5 Athlete: BIERINCKX MIE							Q-time: 04:47:82
PB (25m pool): 04:47.82 Antwerpen 12/10/2025							PB (50m pool): 04:52.54 SB: 04:47.82 Antwerpen 12/10/2025
	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
PB		00:32.09		01:08.14		01:44.63	02:19.78
	00:32.09		00:36.05		00:36.49		00:35.15
							
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5
PB		02:55.86		03:32.84		04:09.19	04:47.82
	00:36.08		00:36.98		00:36.35		00:38.63
							

Coach feedback: