

Nieuwjaarswedstrijd : Session: 2: COACH evaluation sheet for TEAM: SHARK

Coachinfo: Warming up from: 13:00 untill 14:20. 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: 14: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:49	
Heat: 6/7 Lane : 4 Athlete: ERTVELDT KLAARTJE							Q-time: 02:43:16	
PB (25m pool): 02:41.47 Mol 29/12/2024							PB (50m pool): 02:49.99 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		00:35.08		01:18.11		02:05.46		02:41.47
	00:35.08		00:43.03		00:47.35		00:36.01	
								

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:52	
Heat: 7/7 Lane : 3 Athlete: BOVEN AXELLE							Q-time: 02:31:51	
PB (25m pool): 02:31.50 Mol 28/12/2025							PB (50m pool): 02:32.02 SB: 02:31.50 Mol 28/12/2025	
	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		00:32.66		01:12.54		01:55.94		02:31.50
	00:32.66		00:39.88		00:43.40		00:35.56	
								

Coach feedback:

Event number: 15: 200M MEDLEY MEN 11+							Heat:4, starttime: 15:08	
Heat: 4/7 Lane : 6 Athlete: JANSSENS ALEXANDER							Q-time: 03:10:55	
PB (25m pool): 03:10.55 Mol 28/12/2025							PB (50m pool): 03:21.34 SB: 03:10.55 Mol 28/12/2025	
	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		00:45.69		01:32.76		02:27.84		03:10.55
	00:45.69		00:47.07		00:55.08		00:42.71	
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 15:28
Heat: 3/11 Lane : 3 Athlete: LAMBRECHTS JADE					Q-time: 01:51:74
PB (25m pool): 01:51.74 Mol 28/12/2025					PB (50m pool): no time SB: 01:51.74 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.47		01:51.74	
	00:51.47		01:00.27		
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 15:32
Heat: 5/11 Lane : 5 Athlete: KENIS JOSEPHINE					Q-time: 01:38:73
PB (25m pool): 01:38.73 Nijlen 16/11/2025					PB (50m pool): 01:44.32 SB: 01:38.73 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.44		01:38.73	
	00:46.44		00:52.29		
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 15:35
Heat: 6/11 Lane : 1 Athlete: KENIS LOLA					Q-time: 01:36:72
PB (25m pool): 01:36.72 Nijlen 16/11/2025					PB (50m pool): 01:42.96 SB: 01:36.72 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.78		01:36.72	
	00:45.78		00:50.94		
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 15:37
Heat: 7/11 Lane : 4 Athlete: VAN LOMMEL ANTHE					Q-time: 01:32:25
PB (25m pool): 01:32.25 Temse 17/11/2025					PB (50m pool): 01:35.09 SB: 01:32.25 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.60		01:32.25	
	00:43.60		00:48.65		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:8, starttime: 15:39
Heat: 8/11 Lane : 1 Athlete: DIERCKX FEMKE					Q-time: 01:30:22
PB (25m pool): 01:30.22 Nijlen 16/11/2025					PB (50m pool): 01:33.72 SB: 01:30.22 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.69		01:30.22	
	00:42.69		00:47.53		
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 15:43
Heat: 10/11 Lane : 3 Athlete: BIERINCKX MIE					Q-time: 01:20:38
PB (25m pool): 01:20.38 Arendonk 30/11/2025					PB (50m pool): 01:24.26 SB: 01:20.38 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.93		01:20.38	
	00:37.93		00:42.45		
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 15:43
Heat: 10/11 Lane : 5 Athlete: BELLENS LORE					Q-time: 01:21:15
PB (25m pool): 01:22.27 Temse 17/11/2025					PB (50m pool): 01:25.51 SB: 01:22.27 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.99		01:22.27	
	00:38.99		00:43.28		
					

Coach feedback:

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:11, starttime: 15:45
Heat: 11/11 Lane : 1 Athlete: MERTENS HELENA					Q-time: 01:18:74
PB (25m pool): 01:18.74 Herentals 17/05/2025					PB (50m pool): 01:23.75 SB: 01:20.10 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.23		01:18.74	
	00:37.23		00:41.51		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 17: 100M BREASTSTROKE WOMEN 11+					Heat:11, starttime: 15:45
Heat: 11/11 Lane : 5 Athlete: MERTENS FEMKE					Q-time: 01:18:65
PB (25m pool): 01:18.65 LEUVEN 21/12/2025					PB (50m pool): 01:24.58 SB: 01:18.65 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.27		01:18.65	
	00:37.27		00:41.38		
					

Coach feedback:

Event number: 18: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:52
Heat: 3/7 Lane : 1 Athlete: BELLENS PIETER					Q-time: 01:50:46
PB (25m pool): 01:50.46 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		00:53.24		01:50.46	
	00:53.24		00:57.22		
					

Coach feedback:

Event number: 18: 100M BREASTSTROKE MEN 11+					Heat:5, starttime: 15:57
Heat: 5/7 Lane : 1 Athlete: MERTENS DIETER					Q-time: 01:31:54
PB (25m pool): 01:31.54 Temse 17/11/2025					PB (50m pool): 01:34.22 SB: 01:31.54 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.32		01:31.54	
	00:43.32		00:48.22		
					

Coach feedback:

Event number: 18: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 15:59
Heat: 6/7 Lane : 1 Athlete: FEYEN AEDEN					Q-time: 01:24:61
PB (25m pool): 01:24.61 Herentals 17/05/2025					PB (50m pool): 01:27.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.40		01:24.61	
	00:39.40		00:45.21		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 18: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 15:59
Heat: 6/7 Lane : 6 Athlete: LAEREMANS SEBASTIAAN					Q-time: 01:25:05
PB (25m pool): 01:28.12 Geel 19/02/2023					PB (50m pool): 01:25.05 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.12	
	no time				
					

Coach feedback:

Event number: 21: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 16:41	
Heat: 1/4 Lane : 3 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: 21: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 16:49	
Heat: 3/4 Lane : 5 Athlete: MERTENS DIETER							Q-time: 02:42:47	
PB (25m pool): 02:42.47 3500 Hasselt 23/11/2025				PB (50m pool): no time SB: 02:42.47 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		00:38.80		01:20.01		02:01.96		02:42.47
	00:38.80		00:41.21		00:41.95		00:40.51	
								

Coach feedback:

Event number: 21: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 16:52	
Heat: 4/4 Lane : 3 Athlete: LAEREMANS SEBASTIAAN							Q-time: 02:20:40	
PB (25m pool): 02:20.40 3500 Hasselt 23/11/2025				PB (50m pool): 02:30.64 SB: 02:20.40 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		00:32.57		01:08.48		01:45.20		02:20.40
	00:32.57		00:35.91		00:36.72		00:35.20	
								

Coach feedback:

Nieuwjaarswedstrijd : Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 17:00
Heat: 2/15 Lane : 3 Athlete: LAMBRECHTS JADE					Q-time: 01:24:99
PB (25m pool): 01:24.99 Mol 28/12/2025					PB (50m pool): no time SB: 01:24.99 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.03		01:24.99	
	00:40.03		00:44.96		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 17:04
Heat: 4/15 Lane : 5 Athlete: KENIS JOSEPHINE					Q-time: 01:19:35
PB (25m pool): 01:19.35 Nijlen 16/11/2025					PB (50m pool): 01:18.94 SB: 01:19.35 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.57		01:19.35	
	00:37.57		00:41.78		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 17:06
Heat: 5/15 Lane : 2 Athlete: KENIS LOLA					Q-time: 01:15:81
PB (25m pool): 01:15.81 Nijlen 16/11/2025					PB (50m pool): 01:20.09 SB: 01:15.81 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.45		01:15.81	
	00:35.45		00:40.36		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 17:11
Heat: 8/15 Lane : 1 Athlete: VAN LOMMEL ANTHE					Q-time: 01:10:73
PB (25m pool): 01:10.73 Antwerpen 12/10/2025					PB (50m pool): 01:13.53 SB: 01:10.73 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.04		01:10.73	
	00:34.04		00:36.69		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 17:14
Heat: 10/15 Lane : 1 Athlete: DIERCKX FEMKE					Q-time: 01:08:15
PB (25m pool): 01:08.15 Antwerpen 12/10/2025					PB (50m pool): 01:10.23 SB: 01:08.15 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.74		01:08.15	
	00:32.74		00:35.41		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 17:16
Heat: 11/15 Lane : 3 Athlete: ERTVELDT KLAARTJE					Q-time: 01:05:60
PB (25m pool): 01:05.60 Herentals 17/05/2025					PB (50m pool): 01:07.47 SB: 01:05.68 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.44		01:05.60	
	00:31.44		00:34.16		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 17:17
Heat: 12/15 Lane : 3 Athlete: BELLENS LORE					Q-time: 01:03:75
PB (25m pool): 01:03.75 Arendonk 30/11/2025					PB (50m pool): 01:07.32 SB: 01:03.75 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.50		01:03.75	
	00:30.50		00:33.25		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 17:21
Heat: 14/15 Lane : 4 Athlete: BIERINCKX MIE					Q-time: 01:01:77
PB (25m pool): 01:01.77 Mol 28/12/2025					PB (50m pool): 01:05.52 SB: 01:01.77 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.40		01:01.77	
	00:29.40		00:32.37		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 17:22
Heat: 15/15 Lane : 2 Athlete: BOVEN AXELLE					Q-time: 01:00:33
PB (25m pool): 01:00.33 Nijlen 16/11/2025					PB (50m pool): 01:03.90 SB: 01:00.33 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.51		01:00.33	
	00:28.51		00:31.82		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 17:22
Heat: 15/15 Lane : 5 Athlete: MERTENS HELENA					Q-time: 01:00:41
PB (25m pool): 01:00.41 Herentals 17/05/2025					PB (50m pool): 01:01.70 SB: 01:00.94 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.39		01:00.41	
	00:29.39		00:31.02		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 17:22
Heat: 15/15 Lane : 6 Athlete: MERTENS FEMKE					Q-time: 01:01:23
PB (25m pool): 01:01.23 Antwerpen 12/10/2025					PB (50m pool): 01:03.34 SB: 01:01.23 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.07		01:01.23	
	00:29.07		00:32.16		
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 11+					Heat:3, starttime: 17:28
Heat: 3/10 Lane : 1 Athlete: JANSSENS ALEXANDER					Q-time: 01:18:57
PB (25m pool): 01:20.92 Antwerpen 12/10/2025					PB (50m pool): 01:18.57 SB: 01:20.92 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.50		01:20.92	
	00:38.50		00:42.42		
					

Coach feedback:

Nieuwjaarswedstrijd : Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 24: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:30
Heat: 4/10 Lane : 6 Athlete: BELLENS PIETER					Q-time: 01:15:80
PB (25m pool): 01:17.33 Mol 28/12/2025					PB (50m pool): 01:15.80 SB: 01:17.33 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.29		01:17.33	
	00:37.29		00:40.04		
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 11+					Heat:7, starttime: 17:35
Heat: 7/10 Lane : 6 Athlete: FEYEN AEDEN					Q-time: 01:06:94
PB (25m pool): 01:06.94 Herentals 17/05/2025					PB (50m pool): 01:12.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.59		01:06.94	
	00:32.59		00:34.35		
					

Coach feedback: