

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

Coachinfo: Warming up from: 13:00 untill 14:20. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Scheveneels Judith HEADCOACH

Coaches: Van Laere Megan

Coaches: Pluijm Saar

PB => Personal Best time

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

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 14:30	
Heat: 1/7 Lane : 4 Athlete: VAN OSTA NOMI							Q-time: 99:99:99	
PB (25m pool): 02:30.62 MoI 15/10/2023							PB (50m pool): 02:35.24 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		02:30.62
	no time							
								

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 14:34	
Heat: 2/7 Lane : 1 Athlete: DE RIDDER STERRE							Q-time: 99:99:99	
PB (25m pool): 02:46.33 Gemeentelijk Zwembad Kapellen 29/05/2022							PB (50m pool): 02:48.64 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		02:46.33
	no time							
								

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 14:34	
Heat: 2/7 Lane : 5 Athlete: VAN HOOFF SARA							Q-time: 99:99:99	
PB (25m pool): 02:58.72 Aarschot 24/04/2022							PB (50m pool): 02:54.62 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		02:58.72
	no time							
								

Coach feedback:

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

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 14:38	
Heat: 3/7 Lane : 3 Athlete: LYTVYNIUK-HUL SOFIA							Q-time: 03:04:84	
PB (25m pool): 03:02.25 Mol 28/12/2025				PB (50m pool): 03:08.15 SB: 03:02.25 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		00:41.49		01:26.69		02:20.33		03:02.25
	00:41.49		00:45.20		00:53.64		00:41.92	
								

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 14:38	
Heat: 3/7 Lane : 4 Athlete: THEUNISSEN JOLIEN							Q-time: 03:05:79	
PB (25m pool): 03:04.06 Mol 28/12/2025				PB (50m pool): 03:12.16 SB: 03:04.06 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		00:44.63		01:31.76		02:23.69		03:04.06
	00:44.63		00:47.13		00:51.93		00:40.37	
								

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 14:42	
Heat: 4/7 Lane : 2 Athlete: LESSELIERS EMILY							Q-time: 02:58:46	
PB (25m pool): 02:58.46 Antwerpen 12/10/2025				PB (50m pool): 02:59.43 SB: 02:58.46 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		00:39.91		01:23.76		02:16.69		02:58.46
	00:39.91		00:43.85		00:52.93		00:41.77	
								

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 14:46	
Heat: 5/7 Lane : 1 Athlete: DE VOCHT ANNE-JULIE							Q-time: 02:55:03	
PB (25m pool): 02:50.97 Arendonk 22/12/2024				PB (50m pool): 02:56.36 SB: 02:55.68 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		00:36.50		no time		no time		02:50.97
	00:36.50							
								

Coach feedback:

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

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:49	
Heat: 6/7 Lane : 3 Athlete: VAN DEN BERGH ANNA							Q-time: 02:43:00	
PB (25m pool): 02:43.00 Arendonk 30/11/2025				PB (50m pool): 02:46.32 SB: 02:43.00 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		00:38.53		no time		no time		02:43.00
	00:38.53							
								

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:52	
Heat: 7/7 Lane : 4 Athlete: VERNIERS NIME							Q-time: 02:35:73	
PB (25m pool): 02:35.73 Arendonk 30/11/2025				PB (50m pool): 02:40.57 SB: 02:35.73 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		00:33.85		no time		no time		02:35.73
	00:33.85							
								

Coach feedback:

Event number: 14: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 14:52	
Heat: 7/7 Lane : 5 Athlete: VERRET JULIE							Q-time: 02:36:77	
PB (25m pool): 02:36.77 Antwerpen 12/10/2025				PB (50m pool): 02:39.81 SB: 02:36.77 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		00:33.28		01:13.42		02:00.40		02:36.77
	00:33.28		00:40.14		00:46.98		00:36.37	
								

Coach feedback:

Event number: 15: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:56	
Heat: 1/7 Lane : 3 Athlete: MATHIEU JACK							Q-time: 99:99:99	
PB (25m pool): 02:32.13 Gemeentelijk Zwembad Kapellen 29/05/2025 PB (50m pool): 03:23.70 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		02:32.13
	no time							
								

Coach feedback:

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

Event number: 15: 200M MEDLEY MEN 11+							Heat:3, starttime: 15:04	
Heat: 3/7 Lane : 5 Athlete: VAN OOSTERWYCK ALEXANDER							Q-time: 03:15:41	
PB (25m pool): no time			PB (50m pool): 03:07.62 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: 15: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:19	
Heat: 7/7 Lane : 2 Athlete: DE RIDDER ARNE							Q-time: 02:23:26	
PB (25m pool): 02:23.26 Temse 17/11/2025				PB (50m pool): 02:30.66 SB: 02:23.26 Temse 17/11/2025				
	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		00:30.80		01:04.85		01:50.13		02:23.26
	00:30.80		00:34.05		00:45.28		00:33.13	
								

Coach feedback:

Event number: 15: 200M MEDLEY MEN 11+							Heat:7, starttime: 15:19	
Heat: 7/7 Lane : 3 Athlete: LAUREYSSSENS LUKAS							Q-time: 02:14:63	
PB (25m pool): 02:14.63 Arendonk 03/12/2023				PB (50m pool): 02:14.63 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		02:14.63
	no time							
								

Coach feedback:

Event number: 19: 200M MEDLEY MIXED 10-10							Heat:1, starttime: 16:03	
Heat: 1/1 Lane : 4 Athlete: GYSEN RAYES							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:

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

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 16:23	
Heat: 1/4 Lane : 4 Athlete: LYTVYNIUK-HUL SOFIA							Q-time: 99:99:99	
PB (25m pool): 02:56.85 Mol 28/12/2025				PB (50m pool): no time SB: 02:56.85 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		00:42.48		01:28.34		02:14.71		02:56.85
	00:42.48		00:45.86		00:46.37		00:42.14	
								

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 16:23	
Heat: 1/4 Lane : 5 Athlete: VAN HOOFF SARA							Q-time: 99:99:99	
PB (25m pool): 02:38.87 Mol 28/12/2025				PB (50m pool): 02:50.63 SB: 02:38.87 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		00:38.24		01:18.04		01:58.60		02:38.87
	00:38.24		00:39.80		00:40.56		00:40.27	
								

Coach feedback:

Event number: 20: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:32	
Heat: 3/4 Lane : 3 Athlete: DE VOCHT ANNE-JULIE							Q-time: 02:51:81	
PB (25m pool): 02:48.72 Arendonk 22/12/2024				PB (50m pool): 02:51.81 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		00:39.50		01:22.91		no time		02:48.72
	00:39.50		00:43.41					
								

Coach feedback:

Event number: 21: 200M BACKSTROKE MEN 11+							Heat:4, starttime: 16:52	
Heat: 4/4 Lane : 2 Athlete: DE RIDDER ARNE							Q-time: 02:21:76	
PB (25m pool): 02:15.96 Mol 28/12/2025				PB (50m pool): 02:21.76 SB: 02:15.96 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		00:31.92		01:06.21		01:41.58		02:15.96
	00:31.92		00:34.29		00:35.37		00:34.38	
								

Coach feedback:

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

Event number: 23: 100M FREESTYLE WOMEN 11+				Heat:4, starttime: 17:04	
Heat: 4/15 Lane : 3 Athlete: THEUNISSEN JOLIEN				Q-time: 01:18:74	
PB (25m pool): 01:18.74 Nijlen 16/11/2025				PB (50m pool): 01:20.08 SB: 01:18.74 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.09		01:18.74	
	00:38.09		00:40.65		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+				Heat:7, starttime: 17:09	
Heat: 7/15 Lane : 2 Athlete: LESSELIERS EMILY				Q-time: 01:12:17	
PB (25m pool): 01:12.17 Antwerpen 12/10/2025				PB (50m pool): 01:14.05 SB: 01:12.17 Antwerpen 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.03		01:12.17	
	00:35.03		00:37.14		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+				Heat:11, starttime: 17:16	
Heat: 11/15 Lane : 6 Athlete: VAN DEN BERGH ANNA				Q-time: 01:07:44	
PB (25m pool): 01:05.91 Mol 20/10/2024				PB (50m pool): 01:07.91 SB: 01:07.44 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.69		01:05.91	
	00:31.69		00:34.22		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+				Heat:12, starttime: 17:17	
Heat: 12/15 Lane : 1 Athlete: DE RIDDER STERRE				Q-time: 01:04:69	
PB (25m pool): 01:03.38 Nijlen 17/11/2024				PB (50m pool): 01:04.98 SB: 01:03.91 Mol 28/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.81		01:03.38	
	00:30.81		00:32.57		
					

Coach feedback:

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

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 17:17
Heat: 12/15 Lane : 5 Athlete: VERNIERS NIME					Q-time: 01:04:18
PB (25m pool): 01:04.18 Arendonk 30/11/2025					PB (50m pool): 01:06.64 SB: 01:04.18 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.53		01:04.18	
	00:31.53		00:32.65		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 17:19
Heat: 13/15 Lane : 2 Athlete: VERRET JULIE					Q-time: 01:03:19
PB (25m pool): 01:03.19 Nijlen 16/11/2025					PB (50m pool): 01:05.04 SB: 01:03.19 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.61		01:03.19	
	00:30.61		00:32.58		
					

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 17:22
Heat: 15/15 Lane : 4 Athlete: VAN OSTA NOMI					Q-time: 00:59:61
PB (25m pool): 00:59.61 Herentals 17/05/2025					PB (50m pool): 01:01.19 SB: 01:01.48 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.85		00:59.61	
	00:28.85		00:30.76		
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:30
Heat: 4/10 Lane : 5 Athlete: VAN OOSTERWYCK ALEXANDER					Q-time: 01:15:23
PB (25m pool): 01:14.63 Mol 28/12/2025					PB (50m pool): 01:33.64 SB: 01:14.63 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.14		01:14.63	
	00:35.14		00:39.49		
					

Coach feedback:

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

Event number: 24: 100M FREESTYLE MEN 11+					Heat:9, starttime: 17:39
Heat: 9/10 Lane : 2 Athlete: MATHIEU JACK					Q-time: 00:57:78
PB (25m pool): 00:56.91 Herentals 18/05/2024					PB (50m pool): 00:57.69SB: 00:57.78 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:56.91	
	no time				
					

Coach feedback:

Event number: 24: 100M FREESTYLE MEN 11+					Heat:10, starttime: 17:40
Heat: 10/10 Lane : 3 Athlete: LAUREYSSSENS LUKAS					Q-time: 00:51:27
PB (25m pool): 00:51.27 Gent 09/11/2025					PB (50m pool): 00:53.09SB: 00:51.27 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.70		00:51.27	
	00:24.70 00:26.57				
					

Coach feedback: