

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: De Ridder Fedor

Coaches: Dillen Toon

Coaches: Loos Kim HEADCOACH

Coaches: Vereecken Sven

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:1, starttime: 09:00
Heat: 1/15 Lane : 4 Athlete: VEREECKEN WANTER FELINE			Q-time: 02:09:52
PB (50m pool): no time			PB (25m pool): 02:09.52 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:03
Heat: 2/15 Lane : 2 Athlete: VAN DE WEYER FOUKE			Q-time: 02:05:58
PB (50m pool): no time			PB (25m pool): 02:05.58 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 09:06
Heat: 3/15 Lane : 2 Athlete: WOUTERS MIT			Q-time: 01:57:80
PB (50m pool): 01:56.87 Eindhoven 24/03/2024			PB (25m pool): 01:49.96 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:56.87	
	no time		
	.	.	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 09:06
Heat: 3/15 Lane : 6 Athlete: SCHEPERS LENTHE			Q-time: 01:57:67
PB (50m pool): no time			PB (25m pool): 01:57.67 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:08
Heat: 4/15 Lane : 4 Athlete: BOECKX LISA			Q-time: 01:50:50
PB (50m pool): no time			PB (25m pool): 01:50.50 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:08
Heat: 4/15 Lane : 6 Athlete: AERTS SIEN			Q-time: 01:52:39
PB (50m pool): no time			PB (25m pool): 01:52.39 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 09:11
Heat: 5/15 Lane : 2 Athlete: MAERTENS HELENA			Q-time: 01:46:19
PB (50m pool): no time			PB (25m pool): 01:46.19 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:14
Heat: 6/15 Lane : 6 Athlete: GOOSSENS MARTHE			Q-time: 01:41:88
PB (50m pool): 01:42.47 Antwerpen 13/07/2025			PB (25m pool): 01:41.88 SB: 01:44.44 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:49.34	01:42.47	
	00:49.34	00:53.13	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:14
Heat: 6/15 Lane : 7 Athlete: VALKENBORGHS YANNE			Q-time: 01:42:19
PB (50m pool): 01:45.75 Wezenberg 05/01/2025			PB (25m pool): 01:42.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:50.40	01:45.75	
	00:50.40	00:55.35	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 09:21
Heat: 9/15 Lane : 1 Athlete: BOECKX PAULIEN			Q-time: 01:34:33
PB (50m pool): 01:41.53 Antwerp 14/04/2024			PB (25m pool): 01:34.33 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:41.53	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 09:21
Heat: 9/15 Lane : 3 Athlete: BOOGERS NOOR			Q-time: 01:33:63
PB (50m pool): 01:33.63 Wezenberg 04/01/2026			PB (25m pool): 01:41.68 SB: 01:33.63 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:44.74	01:33.63	
	00:44.74	00:48.89	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 09:21
Heat: 9/15 Lane : 6 Athlete: DE RIDDER ROXANE			Q-time: 01:33:84
PB (50m pool): 01:39.57 Wezenberg 04/01/2026			PB (25m pool): 01:33.84 SB: 01:39.57 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.77	01:39.57	
	00:47.77	00:51.80	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:26
Heat: 11/15 Lane : 2 Athlete: POELS NOMI			Q-time: 01:29:41
PB (50m pool): 01:33.57 Zwembad Brigitte Becue Oostend 19/05/2025			PB (25m pool): 01:28.51 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:33.57	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:28
Heat: 12/15 Lane : 3 Athlete: COOLS YELENA			Q-time: 01:26:24
PB (50m pool): 01:31.78 Wezenberg 03/01/2026			PB (25m pool): 01:26.24 SB: 01:31.78 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:43.08	01:31.78	
	00:43.08	00:48.70	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:28
Heat: 12/15 Lane : 7 Athlete: LEYSEN IMKE			Q-time: 01:27:82
PB (50m pool): 01:31.36 Antwerp 02/02/2025			PB (25m pool): 01:27.82 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.66	01:31.36	
	00:43.66	00:47.70	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:15, starttime: 09:34
Heat: 15/15 Lane : 4 Athlete: DILLEN NORAH			Q-time: 01:13:72
PB (50m pool): 01:16.04 Antwerpen 28/07/2024			PB (25m pool): 01:13.72 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:16.04	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:2, starttime: 09:39
Heat: 2/6 Lane : 6 Athlete: GILLES NATHAN			Q-time: 01:25:30
PB (50m pool): 01:27.37 Antwerpen 13/07/2025			PB (25m pool): 01:25.30 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.78	01:27.37	
	00:40.78	00:46.59	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:5, starttime: 09:46
Heat: 5/6 Lane : 1 Athlete: HUFKENS ILIAN			Q-time: 01:13:71
PB (50m pool): 01:15.84 Wezenberg 03/01/2026			PB (25m pool): 01:13.71 SB: 01:15.84 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:35.78	01:15.84	
	00:35.78	00:40.06	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:5, starttime: 09:46
Heat: 5/6 Lane : 7 Athlete: DILLEN FINN			Q-time: 01:13:40
PB (50m pool): 01:15.91 Antwerpen 20/07/2025			PB (25m pool): 01:13.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.08	01:15.91	
	00:36.08	00:39.83	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:6, starttime: 09:48
Heat: 6/6 Lane : 1 Athlete: VANTHOURNOUT XANDER			Q-time: 01:09:55
PB (50m pool): 01:12.34 Mol 23/06/2024			PB (25m pool): 01:08.91 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:12.34	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:6, starttime: 09:48
Heat: 6/6 Lane : 4 Athlete: VAN BALLAER VIKTOR			Q-time: 01:04:72
PB (50m pool): 01:08.95 Antwerpen 27/04/2025			PB (25m pool): 01:04.72 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.82	01:08.95	
	00:31.82	00:37.13	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 09:50
Heat: 1/8 Lane : 5 Athlete: HUFKENS ELINA			Q-time: 00:43:22
PB (50m pool): 00:48.10 Mol 22/06/2025			PB (25m pool): 00:43.22 SB: no time
	5 0 M		
PB	00:48.10		
	00:48.10		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 09:52
Heat: 2/8 Lane : 4 Athlete: VAN ASTEN RENéE			Q-time: 00:38:33
PB (50m pool): 00:41.91 Antwerpen 13/07/2025			PB (25m pool): 00:38.33 SB: no time
	5 0 M		
PB	00:41.91		
	00:41.91		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 09:54
Heat: 3/8 Lane : 8 Athlete: WOUTERS MIT		Q-time: 00:38:26
PB (50m pool): 00:39.10 Antwerpen 13/07/2025 PB (25m pool): 00:38.26 SB: no time		
	5 0 M	
PB	00:39.10	
	00:39.10	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 09:56
Heat: 4/8 Lane : 2 Athlete: BORGHS LORE		Q-time: 00:36:11
PB (50m pool): 00:37.34 Antwerp 02/02/2025 PB (25m pool): 00:36.11 SB: no time		
	5 0 M	
PB	00:37.34	
	00:37.34	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:4, starttime: 09:56
Heat: 4/8 Lane : 6 Athlete: BRAEKEN CHARLOTTE		Q-time: 00:35:74
PB (50m pool): 00:37.96 Mol 22/06/2025 PB (25m pool): 00:35.74 SB: no time		
	5 0 M	
PB	00:37.96	
	00:37.96	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:5, starttime: 09:58
Heat: 5/8 Lane : 3 Athlete: VANLOMMEL LUISA VALENTINA		Q-time: 00:34:79
PB (50m pool): 00:36.46 Mol 22/06/2025 PB (25m pool): 00:34.79 SB: no time		
	5 0 M	
PB	00:36.46	
	00:36.46	
		

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+						Heat:6, starttime: 10:00	
Heat: 6/8 Lane : 3 Athlete: MAES JULIE						Q-time: 00:33:95	
PB (50m pool): 00:35.35 Wezenberg 03/01/2026						PB (25m pool): 00:33.95 SB: 00:35.35 Wezenberg 03/01/2026	
	5 0 M						
PB	00:35.35						
	00:35.35						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+						Heat:8, starttime: 10:03	
Heat: 8/8 Lane : 5 Athlete: DRIES SIEN						Q-time: 00:30:55	
PB (50m pool): 00:32.44 Antwerpen 27/04/2025						PB (25m pool): 00:30.55 SB: no time	
	5 0 M						
PB	00:32.44						
	00:32.44						
							

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+						Heat:2, starttime: 10:07	
Heat: 2/8 Lane : 1 Athlete: GILLES NATHAN						Q-time: 00:39:49	
PB (50m pool): 00:41.03 Mol 22/06/2025						PB (25m pool): 00:39.49 SB: no time	
	5 0 M						
PB	00:41.03						
	00:41.03						
							

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+					Heat:2, starttime: 10:07	
Heat: 2/8 Lane : 4 Athlete: STERCKX DAAN					Q-time: 00:37:63	
PB (50m pool): 00:40.00 Antwerpen 20/04/2025					PB (25m pool): 00:37.63 SB: no time	
	5 0 M					
PB	00:40.00					
	00:40.00					
						

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 10:09
Heat: 3/8 Lane : 5 Athlete: AGTEN VALERIO ÁLVARO			Q-time: 00:35:41
PB (50m pool): 00:37.41 Antwerpen 20/04/2025			PB (25m pool): 00:35.41 SB: no time
	5 0 M		
PB	00:37.41		
	00:37.41		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 10:09
Heat: 3/8 Lane : 8 Athlete: NEYRINCK RUBEN			Q-time: 00:36:94
PB (50m pool): 00:41.06 Antwerpen 20/04/2025			PB (25m pool): 00:36.94 SB: no time
	5 0 M		
PB	00:41.06		
	00:41.06		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 10:10
Heat: 4/8 Lane : 4 Athlete: BEGUE MILANN			Q-time: 00:32:76
PB (50m pool): 00:33.93 Antwerpen 20/04/2025			PB (25m pool): 00:32.76 SB: no time
	5 0 M		
PB	00:33.93		
	00:33.93		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:7, starttime: 10:16
Heat: 7/8 Lane : 1 Athlete: DE VISSER SAM			Q-time: 00:30:26
PB (50m pool): no time			PB (25m pool): 00:30.26 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:7, starttime: 10:16
Heat: 7/8 Lane : 4 Athlete: DRIES KLAAS		Q-time: 00:28:80
PB (50m pool): 00:29.34 Antwerpen 27/07/2025 PB (25m pool): 00:28.80 SB: no time		
	5 0 M	
PB	00:29.34	
	00:29.34	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:7, starttime: 10:16
Heat: 7/8 Lane : 7 Athlete: ZRIRAK WAEL		Q-time: 00:30:06
PB (50m pool): 00:32.30 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 00:30.06 SB: no time		
	5 0 M	
PB	00:32.30	
	00:32.30	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:8, starttime: 10:18
Heat: 8/8 Lane : 2 Athlete: HAESENDONCKX JARNE		Q-time: 00:28:36
PB (50m pool): 00:29.76 Antwerpen 27/07/2025 PB (25m pool): 00:28.36 SB: no time		
	5 0 M	
PB	00:29.76	
	00:29.76	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:8, starttime: 10:18
Heat: 8/8 Lane : 5 Athlete: VAN TILBURG MATTHIAS		Q-time: 00:27:26
PB (50m pool): 00:28.49 Antwerpen 27/07/2025 PB (25m pool): 00:27.26 SB: no time		
	5 0 M	
PB	00:28.49	
	00:28.49	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+						Heat:2, starttime: 10:36	
Heat: 2/16 Lane : 1 Athlete: MAERTENS HELENA						Q-time: 99:99:99	
PB (50m pool): no time						PB (25m pool): no time SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+					Heat:2, starttime: 10:36	
Heat: 2/16 Lane : 3 Athlete: BOECKX LISA					Q-time: 99:99:99	
PB (50m pool): no time					PB (25m pool): no time SB: no time	
	5 0 M					
PB	no time					
	no time					
						

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+							Heat:2, starttime: 10:36		
Heat: 2/16 Lane : 4 Athlete: SCHEPERS LENTHE							Q-time: 00:53:88		
PB (50m pool): 00:53.88 Wezenberg 04/01/2026							PB (25m pool): no time SB: 00:53.88 Wezenberg 04/01/2026		
	5 0 M								
PB	00:53.88								
	00:53.88								
									

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+					Heat:2, starttime: 10:36	
Heat: 2/16 Lane : 5 Athlete: VAN DE WEYER FOUKE					Q-time: 00:58:33	
PB (50m pool): no time					PB (25m pool): 00:58.33 SB: no time	
	5 0 M					
PB	no time					
	no time					
						

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:4, starttime: 10:39
Heat: 4/16	Lane : 5	Athlete: VEREECKEN WANTER FELINE
PB (50m pool): no time		PB (25m pool): 00:45.56 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:5, starttime: 10:41
Heat: 5/16	Lane : 2	Athlete: AERTS SIEN
PB (50m pool): no time		PB (25m pool): 00:44.70 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:45
Heat: 8/16	Lane : 4	Athlete: DE RIDDER ROXANE
PB (50m pool): 00:44.63 Antwerp 26/01/2025		PB (25m pool): 00:38.58 SB: no time
	5 0 M	
PB	00:44.63	
	00:44.63	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:45
Heat: 8/16	Lane : 8	Athlete: WOUTERS DORA
PB (50m pool): 00:48.60 Mol 23/06/2024		PB (25m pool): 00:39.66 SB: no time
	5 0 M	
PB	00:48.60	
	00:48.60	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:9, starttime: 10:47
Heat: 9/16 Lane : 3 Athlete: VALKENBORGHS YANNE		Q-time: 00:36:43
PB (50m pool): 00:36.91 Eindhoven 16/03/2025 PB (25m pool): 00:36.43 SB: no time		
	5 0 M	
PB	00:36.91	
	00:36.91	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:11, starttime: 10:49
Heat: 11/16 Lane : 1 Athlete: LEYSEN IMKE		Q-time: 00:35:13
PB (50m pool): 00:43.14 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:35.13 SB: no time		
	5 0 M	
PB	00:43.14	
	00:43.14	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:12, starttime: 10:51
Heat: 12/16 Lane : 6 Athlete: VANLOMMEL LUISA VALENTINA		Q-time: 00:33:81
PB (50m pool): 00:33.96 Wezenberg 03/01/2026 PB (25m pool): 00:33.81 SB: 00:33.96 Wezenberg 03/01/2026		
	5 0 M	
PB	00:33.96	
	00:33.96	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:12, starttime: 10:51
Heat: 12/16 Lane : 8 Athlete: POELS NOMI		Q-time: 00:34:13
PB (50m pool): 00:34.85 Eindhoven 16/03/2025 PB (25m pool): 00:34.13 SB: no time		
	5 0 M	
PB	00:34.85	
	00:34.85	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+										Heat:13, starttime: 10:52																				
Heat: 13/16 Lane : 2 Athlete: BORGHS LORE																				Q-time: 00:32:92										
PB (50m pool): 00:32.92 Eindhoven 16/03/2025										PB (25m pool): 00:32.92 SB: 00:35.70 Wezenberg 03/01/2026																				
	5 0 M																													
PB	00:32.92																													
	00:32.92																													
																														

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+					Heat:14, starttime: 10:53				
Heat: 14/16 Lane : 6 Athlete: VAN TILBURG FRAUKE					Q-time: 00:32:29				
PB (50m pool): 00:35.06 Antwerpen 20/04/2025					PB (25m pool): 00:32.29 SB: no time				
	5 0 M								
PB	00:35.06								
	00:35.06								
									

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+					Heat:15, starttime: 10:55				
Heat: 15/16 Lane : 7 Athlete: MAES JULIE					Q-time: 00:31:59				
PB (50m pool): 00:31.59 Antwerpen 27/07/2025					PB (25m pool): 00:32.16 SB: no time				
	5 0 M								
PB	00:31.59								
	00:31.59								
									

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+					Heat:15, starttime: 10:55				
Heat: 15/16 Lane : 8 Athlete: DILLEN NORAH					Q-time: 00:31:75				
PB (50m pool): 00:32.62 Eindhoven 24/03/2024					PB (25m pool): 00:31.50 SB: no time				
	5 0 M								
PB	00:32.62								
	00:32.62								
									

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:3, starttime: 11:00
Heat: 3/10 Lane : 2 Athlete: AGTEN VALERIO ÁLVARO			Q-time: 00:35:35
PB (50m pool): 00:42.10 Mol 23/06/2024			PB (25m pool): 00:34.96 SB: no time
	5 0 M		
PB	00:42.10		
	00:42.10		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:3, starttime: 11:00
Heat: 3/10 Lane : 5 Athlete: GILLES NATHAN			Q-time: 00:34:56
PB (50m pool): 00:35.32 Mol 22/06/2025			PB (25m pool): 00:34.56 SB: no time
	5 0 M		
PB	00:35.32		
	00:35.32		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:7, starttime: 11:06
Heat: 7/10 Lane : 4 Athlete: BEGUE MILANN			Q-time: 00:29:26
PB (50m pool): 00:29.31 Antwerpen 20/04/2025			PB (25m pool): 00:29.26 SB: 00:30.47 Wezenberg 03/01/2026
	5 0 M		
PB	00:29.31		
	00:29.31		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:8, starttime: 11:07
Heat: 8/10 Lane : 4 Athlete: VANTHOURNOUT XANDER			Q-time: 00:28:02
PB (50m pool): 00:29.29 Mol 23/06/2024			PB (25m pool): 00:28.02 SB: no time
	5 0 M		
PB	00:29.29		
	00:29.29		
			

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 6: 50M BUTTERFLY MEN 13+						Heat:8, starttime: 11:07	
Heat: 8/10 Lane : 7 Athlete: DRIES KLAAS						Q-time: 00:28:68	
PB (50m pool): 00:29.80 Mol 22/06/2025						PB (25m pool): 00:28.68 SB: no time	
	5 0 M						
PB	00:29.80						
	00:29.80						
							

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+					Heat:9, starttime: 11:08	
Heat: 9/10 Lane : 2 Athlete: ZRIRAK WAEL					Q-time: 00:27:78	
PB (50m pool): 00:29.90 Antwerpen 20/04/2025					PB (25m pool): 00:27.78 SB: no time	
	5 0 M					
PB	00:29.90					
	00:29.90					
						

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+					Heat:9, starttime: 11:08	
Heat: 9/10 Lane : 8 Athlete: HAESENDONCKX JARNE					Q-time: 00:27:99	
PB (50m pool): 00:29.63 Antwerpen 28/07/2024					PB (25m pool): 00:27.99 SB: no time	
	5 0 M					
PB	00:29.63					
	00:29.63					
						

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+						Heat:10, starttime: 11:09	
Heat: 10/10 Lane : 1 Athlete: VAN BALLAER VIKTOR					Q-time: 00:26:67		
PB (50m pool): 00:27.02 Eindhoven 16/03/2025						PB (25m pool): 00:26.67 SB: no time	
	5 0 M						
PB	00:27.02						
	00:27.02						
							

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 6: 50M BUTTERFLY MEN 13+										Heat:10, starttime: 11:09	
Heat: 10/10 Lane : 3 Athlete: MICHOEL QUINTEN										Q-time: 00:26:19	
PB (50m pool): 00:26.61 Antwerpen 27/07/2025										PB (25m pool): 00:26.19 SB: no time	
	5 0 M										
PB	00:26.61										
	00:26.61										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:1, starttime: 11:11		
Heat: 1/6 Lane : 3 Athlete: GOOSSENS MARTHE						Q-time: 06:13:28		
PB (50m pool): no time						PB (25m pool): 06:13.28 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:1, starttime: 11:11		
Heat: 1/6 Lane : 4 Athlete: WOUTERS DORA						Q-time: 05:58:00		
PB (50m pool): no time						PB (25m pool): 05:58.00 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+						Heat:1, starttime: 11:11		
Heat: 1/6 Lane : 6 Athlete: HUFKENS ELINA						Q-time: 06:16:65		
PB (50m pool): no time						PB (25m pool): 06:16.65 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 11:18	
Heat: 2/6 Lane : 1 Athlete: BOECKX PAULIEN							Q-time: 05:40:63	
PB (50m pool): 05:53.08 Mol 22/06/2025				PB (25m pool): 05:32.65 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:39.03	01:23.73	02:10.69	02:57.05	03:43.10	04:28.36	05:12.09	05:53.08
	00:39.03	00:44.70	00:46.96	00:46.36	00:46.05	00:45.26	00:43.73	00:40.99
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 11:18	
Heat: 2/6 Lane : 6 Athlete: VAN TILBURG FRAUKE							Q-time: 05:34:21	
PB (50m pool): 05:34.21 Antwerp 26/01/2025				PB (25m pool): 05:31.49SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:36.34	01:18.06	02:01.61	02:44.49	03:27.72	04:11.14	04:53.67	05:34.21
	00:36.34	00:41.72	00:43.55	00:42.88	00:43.23	00:43.42	00:42.53	00:40.54
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 11:18	
Heat: 2/6 Lane : 8 Athlete: VAN ASTEN RENÉE							Q-time: 05:44:47	
PB (50m pool): no time			PB (25m pool): 05:44.47 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 11:25	
Heat: 3/6 Lane : 2 Athlete: BRAEKEN CHARLOTTE							Q-time: 05:19:32	
PB (50m pool): 05:19.32 Mol 22/06/2025				PB (25m pool): 05:22.21 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:35.74	01:14.82	01:55.31	02:37.03	03:18.65	04:00.20	04:41.00	05:19.32
	00:35.74	00:39.08	00:40.49	00:41.72	00:41.62	00:41.55	00:40.80	00:38.32
								

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 11:31	
Heat: 4/6 Lane : 7 Athlete: BOOGERS NOOR							Q-time: 05:11:13	
PB (50m pool): 06:26.49 Mol 23/06/2024				PB (25m pool): 05:11.13 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	06:26.49
	<i>no time</i>							
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:4, starttime: 11:31	
Heat: 4/6 Lane : 8 Athlete: COOLS YELENA							Q-time: 05:13:62	
PB (50m pool): 05:39.01 Eindhoven 16/03/2025				PB (25m pool): 05:13.62 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:37.26	01:20.07	02:02.78	02:46.29	03:30.11	04:14.91	04:58.11	05:39.01
	00:37.26	00:42.81	00:42.71	00:43.51	00:43.82	00:44.80	00:43.20	00:40.90
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 11:37	
Heat: 5/6 Lane : 7 Athlete: DRIES SIEN							Q-time: 04:57:80	
PB (50m pool): 04:50.21 Antwerp 21/01/2024				PB (25m pool): 04:41.91 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	04:50.21
	<i>no time</i>							
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:55	
Heat: 2/6 Lane : 2 Athlete: STERCKX DAAN							Q-time: 05:27:12	
PB (50m pool): 05:36.53 Mol 22/06/2025				PB (25m pool): 05:27.12 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:38.65	01:21.89	02:06.10	02:49.74	03:32.74	04:14.45	04:56.87	05:36.53
	00:38.65	00:43.24	00:44.21	00:43.64	00:43.00	00:41.71	00:42.42	00:39.66
								

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 8: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:55	
Heat: 2/6 Lane : 4 Athlete: NEYRINCK RUBEN							Q-time: 05:16:22	
PB (50m pool): 05:33.29 Antwerpen 20/07/2025				PB (25m pool): 05:16.22SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:38.85	01:21.77	02:04.64	02:48.15	03:30.12	04:12.35	04:54.10	05:33.29
	00:38.85	00:42.92	00:42.87	00:43.51	00:41.97	00:42.23	00:41.75	00:39.19
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 12:08	
Heat: 4/6 Lane : 1 Athlete: DILLEN FINN							Q-time: 04:53:43	
PB (50m pool): 04:53.43 Antwerpen 20/07/2025				PB (25m pool): 04:54.02SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:32.94	01:09.78	01:47.74	02:26.35	03:04.26	03:41.92	04:18.76	04:53.43
	00:32.94	00:36.84	00:37.96	00:38.61	00:37.91	00:37.66	00:36.84	00:34.67
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:4, starttime: 12:08	
Heat: 4/6 Lane : 4 Athlete: HUFKENS ILIAN							Q-time: 04:42:86	
PB (50m pool): 04:42.86 Antwerpen 20/07/2025				PB (25m pool): 04:45.24SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:31.16	01:06.04	01:42.17	02:18.59	02:54.82	03:31.38	04:08.10	04:42.86
	00:31.16	00:34.88	00:36.13	00:36.42	00:36.23	00:36.56	00:36.72	00:34.76
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:6, starttime: 12:19	
Heat: 6/6 Lane : 1 Athlete: DE VISSER SAM							Q-time: 04:21:07	
PB (50m pool): 04:21.07 Antwerpen 27/07/2025				PB (25m pool): 04:11.75SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.58	01:02.85	01:36.01	02:08.97	02:42.45	03:15.63	03:48.97	04:21.07
	00:30.58	00:32.27	00:33.16	00:32.96	00:33.48	00:33.18	00:33.34	00:32.10
								

Coach feedback:

PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 8: 400M FREESTYLE MEN 13+							Heat:6, starttime: 12:19	
Heat: 6/6 Lane : 4 Athlete: MICHOEL QUINTEN							Q-time: 04:11:88	
PB (50m pool): 04:28.73 Eindhoven 16/03/2025				PB (25m pool): 04:11.88 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:30.27	01:03.63	01:38.22	02:13.04	02:48.13	03:22.45	03:56.38	04:28.73
	00:30.27	00:33.36	00:34.59	00:34.82	00:35.09	00:34.32	00:33.93	00:32.35
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:6, starttime: 12:19	
Heat: 6/6 Lane : 5 Athlete: VAN TILBURG MATTHIAS							Q-time: 04:13:71	
PB (50m pool): 04:35.79 Eindhoven 24/03/2024				PB (25m pool): 04:13.71 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	04:35.79
	<i>no time</i>							
								

Coach feedback: