

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

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

Coaches: Verhaegen Els HEADCOACH

Coaches: Delissen Kim

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:26
Heat: 11/15 Lane : 6 Athlete: NULENS LILI			Q-time: 01:29:23
PB (50m pool): 01:41.05 Antwerp 02/02/2025			PB (25m pool): 01:29.23 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.00	01:41.05	
	00:47.00	00:54.05	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:28
Heat: 12/15 Lane : 2 Athlete: VANDE SOMPELE JITS			Q-time: 01:26:87
PB (50m pool): 01:29.18 Antwerpen 13/07/2025			PB (25m pool): 01:26.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.53	01:29.18	
	00:42.53	00:46.65	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 09:30
Heat: 13/15 Lane : 4 Athlete: JOPPE SHANNA			Q-time: 01:23:33
PB (50m pool): 01:22.68 Olympic Pool Wezenberg, Antwer 24/07/24			PB (25m pool): 01:20.67 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:22.68	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:2, starttime: 09:39
Heat: 2/6 Lane : 8 Athlete: BETTENS STAN			Q-time: 01:30:11
PB (50m pool): 01:34.60 Antwerpen 20/04/2025			PB (25m pool): 01:30.11 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.74	01:34.60	
	00:44.74	00:49.86	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:3, starttime: 09:42
Heat: 3/6 Lane : 8 Athlete: COGURCU ARDA			Q-time: 01:24:38
PB (50m pool): 01:28.35 Antwerpen 13/07/2025			PB (25m pool): 01:24.38 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.00	01:28.35	
	00:42.00	00:46.35	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+			Heat:5, starttime: 09:46
Heat: 5/6 Lane : 4 Athlete: LADEWIG SETH			Q-time: 01:12:18
PB (50m pool): 01:15.22 Antwerpen 20/04/2025			PB (25m pool): 01:12.18 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.69	01:15.22	
	00:34.69	00:40.53	
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 09:52
Heat: 2/8 Lane : 6 Athlete: VAN DEN BOSSCHE LIA			Q-time: 00:39:29
PB (50m pool): 00:41.38 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 00:39.29 SB: no time
	5 0 M		
PB	00:41.38		
	00:41.38		
			

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:2, starttime: 09:52
Heat: 2/8 Lane : 7 Athlete: NAGHIU MATIS IZOLDA		Q-time: 00:39:73
PB (50m pool): 00:45.95 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:39.73 SB: no time		
	5 0 M	
PB	00:45.95	
	00:45.95	
		

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+		Heat:3, starttime: 09:54
Heat: 3/8 Lane : 5 Athlete: CORNEZ MAYLIE		Q-time: 00:36:99
PB (50m pool): 00:39.24 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:36.99 SB: no time		
	5 0 M	
PB	00:39.24	
	00:39.24	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:2, starttime: 10:07
Heat: 2/8 Lane : 3 Athlete: BETTENS STAN		Q-time: 00:38:87
PB (50m pool): 00:39.67 Antwerpen 20/04/2025 PB (25m pool): 00:38.87 SB: no time		
	5 0 M	
PB	00:39.67	
	00:39.67	
		

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 10:14
Heat: 6/8 Lane : 2 Athlete: VERDONCK MARIUS		Q-time: 00:30:75
PB (50m pool): 00:31.99 Mol 22/06/2025 PB (25m pool): 00:30.75 SB: no time		
	5 0 M	
PB	00:31.99	
	00:31.99	
		

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+		Heat:6, starttime: 10:14
Heat: 6/8 Lane : 7 Athlete: MESTARI ABDERRAHMANE		Q-time: 00:30:78
PB (50m pool): 00:33.04 Wezenberg 05/01/2025		PB (25m pool): 00:30.78 SB: no time
	5 0 M	
PB	00:33.04	
	00:33.04	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:7, starttime: 10:44
Heat: 7/16 Lane : 3 Athlete: NAGHIU MATIS IZOLDA		Q-time: 00:40:13
PB (50m pool): 00:40.13 Mol 22/06/2025		PB (25m pool): 00:40.40 SB: no time
	5 0 M	
PB	00:40.13	
	00:40.13	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:8, starttime: 10:45
Heat: 8/16 Lane : 5 Athlete: VANDE SOMPELE JITS		Q-time: 00:38:64
PB (50m pool): 00:38.64 Wezenberg 05/01/2025		PB (25m pool): no time SB: no time
	5 0 M	
PB	00:38.64	
	00:38.64	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:10, starttime: 10:48
Heat: 10/16 Lane : 1 Athlete: CORNEZ MAYLIE		Q-time: 00:36:22
PB (50m pool): 00:39.21 Wezenberg 05/01/2025		PB (25m pool): 00:36.22 SB: no time
	5 0 M	
PB	00:39.21	
	00:39.21	
		

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:10, starttime: 10:48
Heat: 10/16	Lane : 5	Athlete: NULENS LILI
PB (50m pool): 00:37.03 Mol 22/06/2025		PB (25m pool): 00:35.39 SB: no time
	5 0 M	
PB	00:37.03	
	00:37.03	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:10, starttime: 10:48
Heat: 10/16	Lane : 8	Athlete: VAN DEN BOSSCHE LIA
PB (50m pool): 00:36.31 Antwerpen 13/07/2025		PB (25m pool): 00:37.92 SB: no time
	5 0 M	
PB	00:36.31	
	00:36.31	
		

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+		Heat:11, starttime: 10:49
Heat: 11/16	Lane : 4	Athlete: DE SCHEPPER LARA
PB (50m pool): 00:34.20 Antwerpen 20/04/2025		PB (25m pool): 00:34.44 SB: no time
	5 0 M	
PB	00:34.20	
	00:34.20	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:5, starttime: 11:03
Heat: 5/10	Lane : 3	Athlete: COGURCU ARDA
PB (50m pool): 00:32.59 Mol 22/06/2025		PB (25m pool): 00:30.80 SB: no time
	5 0 M	
PB	00:32.59	
	00:32.59	
		

Coach feedback:

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

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:6, starttime: 11:04
Heat: 6/10	Lane : 5	Athlete: MESTARI ABDERRAHMANE
PB (50m pool): 00:30.65 Antwerpen 20/04/2025		PB (25m pool): 00:30.05 SB: no time
	5 0 M	
PB	00:30.65	
	00:30.65	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:8, starttime: 11:07
Heat: 8/10	Lane : 2	Athlete: EL HADDOUCHI HAROUN
PB (50m pool): 00:28.54 Antwerpen 27/07/2025		PB (25m pool): 00:29.44 SB: no time
	5 0 M	
PB	00:28.54	
	00:28.54	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:8, starttime: 11:07
Heat: 8/10	Lane : 8	Athlete: VERDONCK MARIUS
PB (50m pool): 00:29.46 Wezenberg Topsportbad, Antwerp 18/09/2025		PB (25m pool): 00:29.14 SB: no time
	5 0 M	
PB	00:29.46	
	00:29.46	
		

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+		Heat:10, starttime: 11:09
Heat: 10/10	Lane : 8	Athlete: HOROVYI MYKYTA
PB (50m pool): 00:26.72 Antwerp 09/02/2025		PB (25m pool): 00:26.70 SB: no time
	5 0 M	
PB	00:26.72	
	00:26.72	
		

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Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 11:18	
Heat: 2/6 Lane : 5 Athlete: JOPPE SHANNA							Q-time: 05:31:61	
PB (50m pool): 05:06.84 Mol 23/06/2024				PB (25m pool): 04:57.27 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	05:06.84
	<i>no time</i>							
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:3, starttime: 12:02	
Heat: 3/6 Lane : 1 Athlete: BETTENS STAN							Q-time: 05:14:79	
PB (50m pool): 05:30.90 Mol 22/06/2025				PB (25m pool): 05:14.79SB: 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	00:36.78	01:19.20	02:02.86	02:46.29	03:29.43	04:11.68	04:52.24	05:30.90
	00:36.78	00:42.42	00:43.66	00:43.43	00:43.14	00:42.25	00:40.56	00:38.66
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 12:13	
Heat: 5/6 Lane : 6 Athlete: BETTENS LUCAS							Q-time: 04:33:63	
PB (50m pool): 04:40.19 Antwerp 09/02/2025				PB (25m pool): 04:33.63SB: 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	00:31.35	01:05.28	01:40.64	02:17.19	02:53.72	03:30.00	04:06.10	04:40.19
	00:31.35	00:33.93	00:35.36	00:36.55	00:36.53	00:36.28	00:36.10	00:34.09
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 12:13	
Heat: 5/6 Lane : 8 Athlete: NAEGELS REZA							Q-time: 04:41:81	
PB (50m pool): 04:43.43 Antwerpen 20/04/2025				PB (25m pool): 04:40.66SB: 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	00:31.73	01:06.56	01:42.40	02:18.40	02:54.65	03:31.26	04:07.67	04:43.43
	00:31.73	00:34.83	00:35.84	00:36.00	00:36.25	00:36.61	00:36.41	00:35.76
								

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Event number: 9: 4x100M MEDLEY WOMEN 11+							Heat:1, starttime: 12:29	
Heat: 1/2 Lane : 5 Athlete: TEAM ZOLA 1							Q-time: 05:23:88	
PB (50m pool):			PB (25m pool):			SB:		
	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								
								

Coach feedback: