

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

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

Coaches: Scheveneels Judith

Coaches: Meyers Sepp HEADCOACH

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 : 3 Athlete: VASQUEZ ANNA			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:48.20 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 : 4 Athlete: FLEERACKERS LAURA			Q-time: 01:59:24
PB (50m pool): 01:53.53 Wezenberg 04/01/2026			PB (25m pool): 01:50.94 SB: 01:53.53 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:52.66	01:53.53	
	00:52.66	01:00.87	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 09:11
Heat: 5/15 Lane : 5 Athlete: LYTVYNIUK-HUL SOFIA			Q-time: 01:43:26
PB (50m pool): 01:43.26 Antwerpen 13/07/2025			PB (25m pool): 01:41.29 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.15	01:43.26	
	00:48.15	00:55.11	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 09:16
Heat: 7/15 Lane : 2 Athlete: LESSELIERS EMILY			Q-time: 01:38:95
PB (50m pool): 01:37.18 Wezenberg 04/01/2026			PB (25m pool): 01:33.83 SB: 01:37.18 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:46.86	01:37.18	
	00:46.86	00:50.32	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 09:16
Heat: 7/15 Lane : 7 Athlete: THEUNISSEN JOLIEN			Q-time: 01:39:17
PB (50m pool): 01:35.11 Wezenberg 04/01/2026			PB (25m pool): 01:33.96 SB: 01:35.11 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:45.31	01:35.11	
	00:45.31	00:49.80	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:28
Heat: 12/15 Lane : 4 Athlete: VERNIERS NIME			Q-time: 01:25:28
PB (50m pool): 01:23.03 Aalst 20/12/2025			PB (25m pool): 01:25.86 SB: 01:23.03 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:39.98	01:23.03	
	00:39.98	00:43.05	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:13, starttime: 09:30
Heat: 13/15 Lane : 3 Athlete: VAN DEN BERGH ANNA			Q-time: 01:23:66
PB (50m pool): 01:23.11 Wezenberg 03/01/2026			PB (25m pool): 01:22.62 SB: 01:23.11 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:39.72	01:23.11	
	00:39.72	00:43.39	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE WOMEN 11+			Heat:15, starttime: 09:34
Heat: 15/15 Lane : 7 Athlete: VAN OSTA NOMI			Q-time: 01:18:09
PB (50m pool): 01:17.45 ANTWERPEN 30/07/2023			PB (25m pool): 01:15.39 SB: 01:21.45 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:17.45	
	no time		
			

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 09:56
Heat: 4/8 Lane : 8 Athlete: VAN HOOFF SARA			Q-time: 00:36:69
PB (50m pool): 00:36.69 Antwerpen 13/07/2025			PB (25m pool): 00:35.26 SB: no time
	5 0 M		
PB	00:36.69		
	00:36.69		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 10:12
Heat: 5/8 Lane : 1 Athlete: DE RIDDER ARNE			Q-time: 00:32:51
PB (50m pool): 00:32.51 Antwerpen 20/04/2025			PB (25m pool): 00:30.11 SB: no time
	5 0 M		
PB	00:32.51		
	00:32.51		
			

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+			Heat:7, starttime: 10:16
Heat: 7/8 Lane : 3 Athlete: MATHIEU JACK			Q-time: 00:29:72
PB (50m pool): 00:31.28 Wezenberg 03/01/2026			PB (25m pool): 00:29.72 SB: 00:31.28 Wezenberg 03/01/2026
	5 0 M		
PB	00:31.28		
	00:31.28		
			

Coach feedback:

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Event number: 4: 50M BACKSTROKE MEN 13+							Heat:8, starttime: 10:18		
Heat: 8/8 Lane : 1 Athlete: LAUREYSSSENS LUKAS							Q-time: 00:28:43		
PB (50m pool): 00:28.43 Antwerpen 20/04/2025							PB (25m pool): 00:27.58SB: 00:29.18 Wezenberg 03/01/2026		
	5 0 M								
PB	00:28.43								
	00:28.43								
									

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+				Heat:2, starttime: 10:36	
Heat: 2/16 Lane : 6 Athlete: VASQUEZ ANNA				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): no time SB: no time	
	5 0 M				
PB	no time				
	<i>no time</i>				
					

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+						Heat:3, starttime: 10:38	
Heat: 3/16 Lane : 1 Athlete: FLEERACKERS LAURA						Q-time: 00:52:88	
PB (50m pool): 00:52.32 Wezenberg 04/01/2026						PB (25m pool): 00:52.88SB: 00:52.32 Wezenberg 04/01/2026	
	5 0 M						
PB	00:52.32						
	00:52.32						
							

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+							Heat:3, starttime: 10:38		
Heat: 3/16 Lane : 5 Athlete: LYTVYNIUK-HUL SOFIA							Q-time: 00:50:24		
PB (50m pool): 00:39.06 Wezenberg 04/01/2026							PB (25m pool): 00:42.94SB: 00:39.06 Wezenberg 04/01/2026		
	5 0 M								
PB	00:39.06								
	00:39.06								
									

Coach feedback:

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Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 10:42
Heat: 6/16 Lane : 5 Athlete: THEUNISSEN JOLIEN			Q-time: 00:41:34
PB (50m pool): 00:41.34 Wezenberg 04/01/2026			PB (25m pool): 00:41.38 SB: 00:41.34 Wezenberg 04/01/2026
	5 0 M		
PB	00:41.34		
	00:41.34		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 10:48
Heat: 10/16 Lane : 3 Athlete: DE VOCHT ANNE-JULIE			Q-time: 00:35:45
PB (50m pool): 00:33.72 Wezenberg 03/01/2026			PB (25m pool): 00:33.11 SB: 00:33.72 Wezenberg 03/01/2026
	5 0 M		
PB	00:33.72		
	00:33.72		
			

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+			Heat:15, starttime: 10:55
Heat: 15/16 Lane : 5 Athlete: VERRET JULIE			Q-time: 00:31:23
PB (50m pool): 00:31.23 Aalst 11/05/2025			PB (25m pool): 00:31.67 SB: no time
	5 0 M		
PB	00:31.23		
	00:31.23		
			

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+			Heat:1, starttime: 10:57
Heat: 1/10 Lane : 4 Athlete: PEETERS SAMUEL			Q-time: 00:40:68
PB (50m pool): 00:40.68 Wezenberg 05/01/2025			PB (25m pool): no time SB: no time
	5 0 M		
PB	00:40.68		
	00:40.68		
			

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Event number: 6: 50M BUTTERFLY MEN 13+										Heat:10, starttime: 11:09	
Heat: 10/10 Lane : 2 Athlete: LAUREYSSSENS LUKAS										Q-time: 00:26:38	
PB (50m pool): 00:26.38 Antwerpen 27/07/2025										PB (25m pool): 00:26.32 SB: 00:26.80 Wezenberg 03/01/2026	
	5 0 M										
PB	00:26.38										
	00:26.38										
											

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 11:25	
Heat: 3/6 Lane : 8 Athlete: LESSELIERS EMILY							Q-time: 05:30:33	
PB (50m pool): 05:30.33 Antwerpen 20/07/2025				PB (25m pool): 05:30.45SB: 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	00:37.65	01:18.89	02:02.33	02:45.10	03:26.72	04:09.34	04:50.20	05:30.33
	00:37.65	00:41.24	00:43.44	00:42.77	00:41.62	00:42.62	00:40.86	00:40.13
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:5, starttime: 11:37	
Heat: 5/6 Lane : 4 Athlete: VERNIERS NIME							Q-time: 04:54:72	
PB (50m pool): 04:54.72 Antwerpen 20/07/2025				PB (25m pool): 04:55.99SB: 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	00:33.76	01:10.68	01:48.16	02:26.09	03:04.51	03:42.47	04:20.06	04:54.72
	00:33.76	00:36.92	00:37.48	00:37.93	00:38.42	00:37.96	00:37.59	00:34.66
								

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:43	
Heat: 6/6 Lane : 1 Athlete: DE RIDDER STERRE							Q-time: 04:48:48	
PB (50m pool): 04:48.48 Antwerpen 27/07/2025			PB (25m pool): 04:48.50SB: 04:52.21 Aalst 20/12/2025					
	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	00:33.86	01:10.67	01:47.77	02:24.40	02:59.93	03:36.11	04:12.36	04:48.48
	00:33.86	00:36.81	00:37.10	00:36.63	00:35.53	00:36.18	00:36.25	00:36.12
								

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Event number: 8: 400M FREESTYLE MEN 13+							Heat:5, starttime: 12:13	
Heat: 5/6 Lane : 3 Athlete: DE RIDDER ARNE							Q-time: 04:32:14	
PB (50m pool): 04:32.14 Antwerpen 20/07/2025				PB (25m pool): 04:41.99SB: 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	00:30.63	01:04.82	01:40.17	02:15.38	02:50.72	03:26.14	04:00.38	04:32.14
	00:30.63	00:34.19	00:35.35	00:35.21	00:35.34	00:35.42	00:34.24	00:31.76
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+							Heat:6, starttime: 12:19	
Heat: 6/6 Lane : 6 Athlete: MATHIEU JACK							Q-time: 04:19:77	
PB (50m pool): 04:19.77 Antwerpen 27/07/2025				PB (25m pool): 04:19.65SB: 04:28.60 Aalst 20/12/2025				
	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	00:29.06	01:01.50	01:34.71	02:08.08	02:41.23	03:14.59	03:47.90	04:19.77
	00:29.06	00:32.44	00:33.21	00:33.37	00:33.15	00:33.36	00:33.31	00:31.87
								

Coach feedback: