

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: ZGEEL

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 10: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 14:00
Heat: 1/2 Lane : 3 Athlete: VALKENBORGHES YANNE					Q-time: 03:14:25
PB (50m pool): 03:15.76 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:14.25 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.79	01:30.19	02:24.48	03:15.76	
	00:40.79	00:49.40	00:54.29	00:51.28	
					

Coach feedback:

Event number: 10: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:04
Heat: 2/2 Lane : 8 Athlete: POELS NOMI					Q-time: 03:11:10
PB (50m pool): 03:11.10 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.95	01:30.24	02:21.69	03:11.10	
	00:41.95	00:48.29	00:51.45	00:49.41	
					

Coach feedback:

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 14:12
Heat: 2/2 Lane : 6 Athlete: MICHOEL QUINTEN					Q-time: 02:15:69
PB (50m pool): 02:23.66 Olympic Pool Wezenberg, Antwer 30/03/2025 PB (25m pool): 02:15.69 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.83	01:07.37	01:44.95	02:23.66	
	00:30.83	00:36.54	00:37.58	00:38.71	
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 14:16
Heat: 1/20 Lane : 4 Athlete: MAERTENS HELENA			Q-time: 01:35:37
PB (50m pool): no time			PB (25m pool): 01:35.37 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/20 Lane : 1 Athlete: BOECKX LISA			Q-time: 01:34:15
PB (50m pool): no time			PB (25m pool): 01:34.15 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/20 Lane : 4 Athlete: AERTS SIEN			Q-time: 01:27:78
PB (50m pool): 01:31.10 Wezenberg 04/01/2026			PB (25m pool): 01:27.78 SB: 01:31.10 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:42.78	01:31.10	
	00:42.78	00:48.32	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/20 Lane : 6 Athlete: SCHEPERS LENTHE			Q-time: 01:32:50
PB (50m pool): 01:32.50 Wezenberg 04/01/2026			PB (25m pool): 01:33.14 SB: 01:32.50 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:44.91	01:32.50	
	00:44.91	00:47.59	

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 14:18
Heat: 2/20 Lane : 7 Athlete: VAN DE WEYER FOUKE			Q-time: 01:33:88
PB (50m pool): no time			PB (25m pool): 01:33.88 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 14:23
Heat: 4/20 Lane : 8 Athlete: VEREECKEN WANTER FELINE			Q-time: 01:24:40
PB (50m pool): 01:24.40 Wezenberg 04/01/2026			PB (25m pool): 01:24.86 SB: 01:24.40 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.26	01:24.40	
	00:39.26	00:45.14	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 14:29
Heat: 7/20 Lane : 6 Athlete: GOOSSENS MARTHE			Q-time: 01:16:34
PB (50m pool): 01:19.54 Wezenberg 04/01/2026			PB (25m pool): 01:16.34 SB: 01:19.54 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.30	01:19.54	
	00:39.30	00:40.24	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 14:29
Heat: 7/20 Lane : 8 Athlete: HUFKENS ELINA			Q-time: 01:17:04
PB (50m pool): 01:22.40 Antwerpen 13/07/2025			PB (25m pool): 01:17.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.08	01:22.40	
	00:39.08	00:43.32	

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 14:31
Heat: 8/20 Lane : 2 Athlete: WOUTERS DORA			Q-time: 01:14:34
PB (50m pool): 01:17.17 Wezenberg 04/01/2026			PB (25m pool): 01:14.34 SB: 01:17.17 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:36.29	01:17.17	
	00:36.29	00:40.88	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 14:31
Heat: 8/20 Lane : 6 Athlete: WOUTERS MIT			Q-time: 01:14:22
PB (50m pool): 01:18.28 Antwerp 02/02/2025			PB (25m pool): 01:14.22 SB: 01:25.01 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:38.12	01:18.28	
	00:38.12	00:40.16	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 14:33
Heat: 9/20 Lane : 3 Athlete: VAN ASTEN RENÉE			Q-time: 01:12:33
PB (50m pool): 01:14.28 Wezenberg 04/01/2026			PB (25m pool): 01:12.33 SB: 01:14.28 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:36.27	01:14.28	
	00:36.27	00:38.01	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 14:35
Heat: 10/20 Lane : 2 Athlete: BOECKX PAULIEN			Q-time: 01:11:61
PB (50m pool): 01:14.00 Eindhoven 16/03/2025			PB (25m pool): 01:11.61 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.66	01:14.00	
	00:35.66	00:38.34	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 14:35
Heat: 10/20 Lane : 5 Athlete: DE RIDDER ROXANE			Q-time: 01:11:30
PB (50m pool): 01:14.02 Wezenberg 04/01/2026			PB (25m pool): 01:11.30 SB: 01:14.02 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.78	01:14.02	
	00:34.78	00:39.24	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 14:39
Heat: 12/20 Lane : 3 Athlete: LEYSEN IMKE			Q-time: 01:08:90
PB (50m pool): 01:09.34 Antwerp 02/02/2025			PB (25m pool): 01:08.90 SB: 01:12.38 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:33.16	01:09.34	
	00:33.16	00:36.18	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 14:45
Heat: 15/20 Lane : 1 Athlete: COOLS YELENA			Q-time: 01:06:35
PB (50m pool): 01:08.69 Wezenberg 03/01/2026			PB (25m pool): 01:06.35 SB: 01:08.69 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:33.34	01:08.69	
	00:33.34	00:35.35	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 14:45
Heat: 15/20 Lane : 2 Athlete: BOOGERS NOOR			Q-time: 01:06:14
PB (50m pool): 01:08.41 Wezenberg 04/01/2026			PB (25m pool): 01:06.14 SB: 01:08.41 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:32.75	01:08.41	
	00:32.75	00:35.66	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 14:45
Heat: 15/20 Lane : 7 Athlete: BRAEKEN CHARLOTTE			Q-time: 01:06:19
PB (50m pool): 01:09.58 Antwerp 02/02/2025			PB (25m pool): 01:06.19 SB: 01:11.75 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:32.90	01:09.58	
	00:32.90	00:36.68	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 14:47
Heat: 16/20 Lane : 4 Athlete: MAES JULIE			Q-time: 01:04:58
PB (50m pool): 01:06.77 Eindhoven 16/03/2025			PB (25m pool): 01:04.58 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:06.77	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 14:47
Heat: 16/20 Lane : 5 Athlete: VANLOMME LUISA VALENTINA			Q-time: 01:04:64
PB (50m pool): 01:05.68 Antwerpen 13/07/2025			PB (25m pool): 01:04.64 SB: 01:06.90 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:31.84	01:05.68	
	00:31.84	00:33.84	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 14:48
Heat: 17/20 Lane : 3 Athlete: VAN TILBURG FRAUKE			Q-time: 01:03:87
PB (50m pool): 01:07.28 Antwerpen 20/07/2025			PB (25m pool): 01:03.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.36	01:07.28	
	00:32.36	00:34.92	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 14:48
Heat: 17/20 Lane : 4 Athlete: BORGHS LORE			Q-time: 01:03:64
PB (50m pool): 01:05.32 Antwerp 28/01/2024			PB (25m pool): 01:03.64 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:05.32	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:20, starttime: 14:54
Heat: 20/20 Lane : 8 Athlete: DRIES SIEN			Q-time: 01:00:77
PB (50m pool): 01:02.58 Wezenberg 05/01/2025			PB (25m pool): 01:00.77 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.13	01:02.58	
	00:30.13	00:32.45	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:2, starttime: 14:58
Heat: 2/12 Lane : 2 Athlete: STERCKX DAAN			Q-time: 01:10:65
PB (50m pool): 01:11.55 Antwerpen 13/07/2025			PB (25m pool): 01:10.65 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.35	01:11.55	
	00:35.35	00:36.20	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 15:00
Heat: 3/12 Lane : 1 Athlete: GILLES NATHAN			Q-time: 01:08:41
PB (50m pool): 01:09.07 Antwerpen 13/07/2025			PB (25m pool): 01:08.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.14	01:09.07	
	00:33.14	00:35.93	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 15:00
Heat: 3/12 Lane : 2 Athlete: AGTEN VALERIO ÁLVARO			Q-time: 01:08:34
PB (50m pool): 01:06.88 Antwerpen 21/07/2024			PB (25m pool): 01:07.68 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:06.88	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 15:00
Heat: 3/12 Lane : 8 Athlete: NEYRINCK RUBEN			Q-time: 01:08:97
PB (50m pool): 01:09.47 Wezenberg 04/01/2026			PB (25m pool): 01:08.97 SB: 01:09.47 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.16	01:09.47	
	00:34.16	00:35.31	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 15:11
Heat: 9/12 Lane : 1 Athlete: HUFKENS ILIAN			Q-time: 00:58:32
PB (50m pool): 00:59.28 Antwerpen 20/07/2025			PB (25m pool): 00:58.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.52	00:59.28	
	00:28.52	00:30.76	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 15:13
Heat: 10/12 Lane : 6 Athlete: BEGUE MILANN			Q-time: 00:56:41
PB (50m pool): 00:57.70 Antwerpen 20/07/2025			PB (25m pool): 00:56.41 SB: 00:58.59 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:27.89	00:57.70	
	00:27.89	00:29.81	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 15:14
Heat: 11/12 Lane : 3 Athlete: ZRIRAK WAEL			Q-time: 00:55:29
PB (50m pool): 00:58.07 Wezenberg 03/01/2026			PB (25m pool): 00:55.29 SB: 00:58.07 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:27.81	00:58.07	
	00:27.81	00:30.26	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:11, starttime: 15:14
Heat: 11/12 Lane : 7 Athlete: DRIES KLAAS			Q-time: 00:55:83
PB (50m pool): 00:57.59 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 00:55.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.59	00:57.59	
	00:27.59	00:30.00	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:12, starttime: 15:16
Heat: 12/12 Lane : 1 Athlete: HAESENDONCKX JARNE			Q-time: 00:54:21
PB (50m pool): 00:55.56 Antwerpen 27/07/2025			PB (25m pool): 00:54.21 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.34	00:55.56	
	00:26.34	00:29.22	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:12, starttime: 15:16
Heat: 12/12 Lane : 5 Athlete: VAN BALLAER VIKTOR			Q-time: 00:52:14
PB (50m pool): 00:54.75 Antwerp 09/02/2025			PB (25m pool): 00:52.14 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.38	00:54.75	
	00:26.38	00:28.37	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:12, starttime: 15:16
Heat: 12/12 Lane : 6 Athlete: MICHOEL QUINTEN			Q-time: 00:53:23
PB (50m pool): 00:54.45 Antwerpen 27/07/2025			PB (25m pool): 00:53.23 SB: 00:55.49 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:26.34	00:54.45	
	00:26.34	00:28.11	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:12, starttime: 15:16
Heat: 12/12 Lane : 7 Athlete: VANTHOURNOUT XANDER			Q-time: 00:54:19
PB (50m pool): 00:55.54 Antwerp 09/02/2025			PB (25m pool): 00:54.16 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.75	00:55.54	
	00:26.75	00:28.79	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:12, starttime: 15:16
Heat: 12/12 Lane : 8 Athlete: VAN TILBURG MATTHIAS			Q-time: 00:54:27
PB (50m pool): 00:54.98 Antwerpen 27/07/2025			PB (25m pool): 00:54.27 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.41	00:54.98	
	00:26.41	00:28.57	
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 15:33
Heat: 1/6 Lane : 4 Athlete: HUFKENS ELINA			Q-time: 00:46:97
PB (50m pool): 00:49.39 Wezenberg 04/01/2026			PB (25m pool): 00:46.97 SB: 00:49.39 Wezenberg 04/01/2026
	5 0 M		
PB	00:49.39		
	00:49.39		
			

Coach feedback:

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Event number: 14: 50M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 15:33		
Heat: 1/6 Lane : 6 Athlete: VAN ASTEN RENÉE							Q-time: 00:48:51		
PB (50m pool): no time							PB (25m pool): 00:48.51 SB: no time		
	5 0 M								
PB	no time								
	no time								
									

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:35				
Heat: 2/6 Lane : 8 Athlete: BOECKX PAULIEN					Q-time: 00:44:48				
PB (50m pool): 00:46.49 Antwerp 14/04/2024					PB (25m pool): 00:43.58 SB: no time				
	5 0 M								
PB	00:46.49								
	00:46.49								
									

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 15:36		
Heat: 3/6 Lane : 7 Athlete: BORGHS LORE							Q-time: 00:41:26		
PB (50m pool): 00:41.84 Zwembad Brigitte Becue Oostend 19/05/2025							PB (25m pool): 00:40.12 SB: 00:42.44 Wezenberg 03/01/2026		
	5 0 M								
PB	00:41.84								
	00:41.84								
									

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 15:37		
Heat: 4/6 Lane : 1 Athlete: LEYSEN IMKE							Q-time: 00:40:45		
PB (50m pool): 00:43.57 Antwerpen 20/04/2025							PB (25m pool): 00:40.45 SB: 00:44.04 Wezenberg 03/01/2026		
	5 0 M								
PB	00:43.57								
	00:43.57								
									

Coach feedback:

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Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:4, starttime: 15:37
Heat: 4/6 Lane : 2 Athlete: COOLS YELENA		Q-time: 00:39:93
PB (50m pool): 00:43.84 Antwerpen 20/04/2025 PB (25m pool): 00:39.93 SB: no time		
	5 0 M	
PB	00:43.84	
	00:43.84	
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:6, starttime: 15:40
Heat: 6/6 Lane : 3 Athlete: DILLEN NORAH		Q-time: 00:34:61
PB (50m pool): 00:35.28 Antwerpen 28/07/2024 PB (25m pool): 00:34.61 SB: no time		
	5 0 M	
PB	00:35.28	
	00:35.28	
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:6, starttime: 15:40
Heat: 6/6 Lane : 4 Athlete: LAGEY LISELOTTE		Q-time: 00:31:57
PB (50m pool): 00:32.35 Antwerpen 27/04/2025 PB (25m pool): 00:31.57 SB: no time		
	5 0 M	
PB	00:32.35	
	00:32.35	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:1, starttime: 15:42
Heat: 1/8 Lane : 1 Athlete: STERCKX DAAN		Q-time: 00:49:97
PB (50m pool): no time PB (25m pool): 00:49.97 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:2, starttime: 15:44
Heat: 2/8 Lane : 1 Athlete: AGTEN VALERIO ÁLVARO		Q-time: 00:42:20
PB (50m pool): 00:42.20 Antwerpen 20/04/2025 PB (25m pool): 00:42.80 SB: no time		
	5 0 M	
PB	00:42.20	
	00:42.20	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:2, starttime: 15:44
Heat: 2/8 Lane : 8 Athlete: NEYRINCK RUBEN		Q-time: 00:44:67
PB (50m pool): 00:53.30 Mol 25/06/2023 PB (25m pool): 00:44.67 SB: no time		
	5 0 M	
PB	00:53.30	
	00:53.30	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 15:45
Heat: 3/8 Lane : 8 Athlete: GILLES NATHAN		Q-time: 00:38:65
PB (50m pool): 00:39.93 Mol 22/06/2025 PB (25m pool): 00:38.65 SB: no time		
	5 0 M	
PB	00:39.93	
	00:39.93	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:4, starttime: 15:46
Heat: 4/8 Lane : 1 Athlete: DE VISSER SAM		Q-time: 00:36:56
PB (50m pool): no time PB (25m pool): 00:36.56 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:5, starttime: 15:48																					
Heat: 5/8 Lane : 2 Athlete: ZRIRAK WAEL																				Q-time: 00:35:34											
PB (50m pool): 00:36.63 Wezenberg 03/01/2026										PB (25m pool): 00:35.34 SB: 00:36.63 Wezenberg 03/01/2026																					
		5 0 M																													
PB		00:36.63																													
		00:36.63																													
																															

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:5, starttime: 15:48																				
Heat: 5/8 Lane : 4 Athlete: HUFKENS ILIAN																				Q-time: 00:34:32										
PB (50m pool): 00:36.99 Antwerpen 20/04/2025																				PB (25m pool): 00:34.32 SB: no time										
	5 0 M																													
PB	00:36.99																													
	00:36.99																													
																														

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:6, starttime: 15:49																					
Heat: 6/8 Lane : 1 Athlete: BEGUE MILANN																				Q-time: 00:34:11											
PB (50m pool): 00:37.91 Wezenberg 03/01/2026										PB (25m pool): 00:34.11 SB: 00:37.91 Wezenberg 03/01/2026																					
		5 0 M																													
PB		00:37.91																													
		00:37.91																													
																															

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+										Heat:6, starttime: 15:49																				
Heat: 6/8 Lane : 3 Athlete: HAESENDONCKX JARNE																				Q-time: 00:33:06										
PB (50m pool): 00:35.93 Antwerp 14/04/2024																				PB (25m pool): 00:33.06 SB: no time										
	5 0 M																													
PB	00:35.93																													
	00:35.93																													
																														

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: ZGEEL

Event number: 15: 50M BREASTSTROKE MEN 13+						Heat:6, starttime: 15:49	
Heat: 6/8 Lane : 8 Athlete: DILLEN FINN						Q-time: 00:34:32	
PB (50m pool): 00:35.54 Mol 22/06/2025						PB (25m pool): 00:34.32 SB: no time	
	5 0 M						
PB	00:35.54						
	00:35.54						
							

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+					Heat:7, starttime: 15:50										
Heat: 7/8 Lane : 3 Athlete: DRIES KLAAS					Q-time: 00:31:60										
PB (50m pool): 00:33.65 Olympic Pool Wezenberg, Antwer 30/03/2025										PB (25m pool): 00:31.60 SB: no time					
	5 0 M														
PB	00:33.65														
	00:33.65														
															

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+					Heat:8, starttime: 15:52				
Heat: 8/8 Lane : 5 Athlete: VAN BALLAER VIKTOR					Q-time: 00:29:66				
PB (50m pool): 00:31.79 Antwerpen 20/04/2025					PB (25m pool): 00:29.66 SB: no time				
	5 0 M								
PB	00:31.79								
	00:31.79								
									

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+					Heat:8, starttime: 15:52				
Heat: 8/8 Lane : 7 Athlete: VANTHOURNOUT XANDER					Q-time: 00:30:97				
PB (50m pool): 00:32.07 Antwerp 09/02/2025					PB (25m pool): 00:30.97 SB: no time				
	5 0 M								
PB	00:32.07								
	00:32.07								
									

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: ZGEEL

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 15:53
Heat: 1/6 Lane : 2 Athlete: BOECKX LISA			Q-time: 01:49:39
PB (50m pool): no time			PB (25m pool): 01:49.39 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 15:53
Heat: 1/6 Lane : 3 Athlete: VAN DE WEYER FOUKE			Q-time: 01:45:94
PB (50m pool): no time			PB (25m pool): 01:45.94 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 15:53
Heat: 1/6 Lane : 4 Athlete: SCHEPERS LENTHE			Q-time: 01:45:74
PB (50m pool): 01:45.74 Wezenberg 04/01/2026			PB (25m pool): 01:52.25 SB: 01:45.74 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:51.32	01:45.74	
	00:51.32	00:54.42	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 15:53
Heat: 1/6 Lane : 7 Athlete: MAERTENS HELENA			Q-time: 01:49:54
PB (50m pool): no time			PB (25m pool): 01:49.54 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: ZGEEL

Event number: 16: 100M BACKSTROKE WOMEN 11-12										Heat:2, starttime: 15:57	
Heat: 2/6 Lane : 1 Athlete: VEREECKEN WANTER FELINE									Q-time: 01:40:64		
PB (50m pool): 01:40.64 Wezenberg 04/01/2026					PB (25m pool): 01:41.66 SB: 01:40.64 Wezenberg 04/01/2026						
	5 0 M		1 0 0 M								
PB	00:48.77		01:40.64								
	00:48.77		00:51.87								
											

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12										Heat:2, starttime: 15:57	
Heat: 2/6 Lane : 8 Athlete: AERTS SIEN										Q-time: 01:43:42	
PB (50m pool): 01:43.97 Wezenberg 04/01/2026					PB (25m pool): 01:43.42 SB: 01:43.97 Wezenberg 04/01/2026						
	5 0 M		1 0 0 M								
PB	00:51.39		01:43.97								
	00:51.39		00:52.58								
											

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12						Heat:6, starttime: 16:08	
Heat: 6/6 Lane : 5 Athlete: DE RIDDER ROXANE						Q-time: 01:21:10	
PB (50m pool): 01:22.22 Wezenberg 04/01/2026				PB (25m pool): 01:21.10 SB: 01:22.22 Wezenberg 04/01/2026			
	5 0 M	1 0 0 M					
PB	00:39.18	01:22.22					
	00:39.18	00:43.04					
							

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+							Heat:2, starttime: 16:17	
Heat: 2/2 Lane : 1 Athlete: DILLEN FINN							Q-time: 05:23:41	
PB (50m pool): 05:26.55 Antwerpen 20/07/2025				PB (25m pool): 05:23.41 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	00:35.52	01:17.00	02:00.23	02:41.56	03:25.74	04:11.54	04:50.46	05:26.55
	00:35.52	00:41.48	00:43.23	00:41.33	00:44.18	00:45.80	00:38.92	00:36.09
								

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: ZGEEL

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:1, starttime: 16:24
Heat: 1/8 Lane : 3 Athlete: GOOSSENS MARTHE					Q-time: 03:19:11
PB (50m pool): 03:19.11 Antwerpen 13/07/2025					PB (25m pool): 03:19.17 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.84	01:38.31	02:34.58	03:19.11	
	00:44.84	00:53.47	00:56.27	00:44.53	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:1, starttime: 16:24
Heat: 1/8 Lane : 5 Athlete: WOUTERS DORA					Q-time: 03:16:90
PB (50m pool): no time					PB (25m pool): 03:16.90 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:2, starttime: 16:28
Heat: 2/8 Lane : 7 Athlete: VALKENBORGHES YANNE					Q-time: 03:08:48
PB (50m pool): 03:16.23 Eindhoven 24/03/2024					PB (25m pool): 03:08.48 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:16.23	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:2, starttime: 16:28
Heat: 2/8 Lane : 8 Athlete: WOUTERS MIT					Q-time: 03:11:90
PB (50m pool): 03:19.62 Eindhoven 24/03/2024					PB (25m pool): 03:11.90 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:19.62	
	no time				
					

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: ZGEEL

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 16:32
Heat: 3/8 Lane : 3 Athlete: POELS NOMI					Q-time: 02:55:65
PB (50m pool): 02:55.65 Eindhoven 16/03/2025					PB (25m pool): 02:49.92 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.72	01:24.14	02:15.40	02:55.65	
	00:36.72	00:47.42	00:51.26	00:40.25	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 16:40
Heat: 5/8 Lane : 2 Athlete: VAN TILBURG FRAUKE					Q-time: 02:48:02
PB (50m pool): 02:58.26 Antwerpen 20/07/2025					PB (25m pool): 02:48.02 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.04	01:21.49	02:19.31	02:58.26	
	00:37.04	00:44.45	00:57.82	00:38.95	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 16:40
Heat: 5/8 Lane : 5 Athlete: BRAEKEN CHARLOTTE					Q-time: 02:47:44
PB (50m pool): 02:55.31 Antwerpen 20/04/2025					PB (25m pool): 02:47.44 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.07	01:20.21	02:15.38	02:55.31	
	00:37.07	00:43.14	00:55.17	00:39.93	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 16:40
Heat: 5/8 Lane : 6 Athlete: BOOGERS NOOR					Q-time: 02:47:71
PB (50m pool): 02:54.23 Antwerpen 13/07/2025					PB (25m pool): 02:47.71 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.31	01:20.41	02:13.95	02:54.23	
	00:36.31	00:44.10	00:53.54	00:40.28	
					

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: ZGEEL

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 16:43
Heat: 6/8 Lane : 5 Athlete: DRIES SIEN					Q-time: 02:40:74
PB (50m pool): 02:36.10 ANTWERPEN 30/07/2023					PB (25m pool): 02:33.65 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:36.10	
	no time				
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 16:47
Heat: 7/8 Lane : 1 Athlete: MAES JULIE					Q-time: 02:38:30
PB (50m pool): 02:44.45 Olympic Pool Wezenberg, Antwer 30/07/2023					PB (25m pool): 02:38.30 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.82	01:15.26	02:05.26	02:44.45	
	00:33.82	00:41.44	00:50.00	00:39.19	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 16:47
Heat: 7/8 Lane : 8 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 02:39:30
PB (50m pool): 02:42.76 Antwerpen 20/07/2025					PB (25m pool): 02:39.30 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.18	01:15.62	02:05.66	02:42.76	
	00:35.18	00:40.44	00:50.04	00:37.10	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:8, starttime: 16:50
Heat: 8/8 Lane : 7 Athlete: DILLEN NORAH					Q-time: 02:32:28
PB (50m pool): 02:34.89 Wezenberg Antwerpen 07/01/2024					PB (25m pool): 02:32.09 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.50	01:15.63	01:59.13	02:34.89	
	00:33.50	00:42.13	00:43.50	00:35.76	
					

Coach feedback: