

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

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

Coaches: Dekker Tamiko HEADCOACH

Coaches: Van Dooren Glenn

Coaches: Faes Sandra

Coaches: Blaton Joke

Coaches: Wouters Ivan

Coaches: Vanhaesebroeck Nicolas

Coaches: Neiryndck Jan

PB => Personal Best time

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

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 14:12
Heat: 2/2 Lane : 1 Athlete: THIJSBAERT NIO					Q-time: 02:44:36
PB (50m pool): no time					PB (25m pool): 02:44.36 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				
	no time				
	no time				

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:16
Heat: 1/20 Lane : 3 Athlete: VAN REGEMORTER ILOUKA					Q-time: 01:38:37
PB (50m pool): no time					PB (25m pool): 01:38.37 SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
	no time				
	no time				

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:16
Heat: 1/20 Lane : 5 Athlete: VAN HASSEL FEMKE					Q-time: 01:35:42
PB (50m pool): no time					PB (25m pool): 01:35.42 SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
	no time				
	no time				

Coach feedback:

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

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 14:21
Heat: 3/20 Lane : 2 Athlete: VAN GINKEL LOES			Q-time: 01:26:52
PB (50m pool): 01:30.13 Antwerpen 13/07/2025			PB (25m pool): 01:26.52 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.74	01:30.13	
	00:42.74	00:47.39	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 14:23
Heat: 4/20 Lane : 3 Athlete: CLAES SIEN			Q-time: 01:23:03
PB (50m pool): 01:29.72 Antwerpen 13/07/2025			PB (25m pool): 01:23.03 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.54	01:29.72	
	00:42.54	00:47.18	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 14:23
Heat: 4/20 Lane : 7 Athlete: VAN GINKEL KAAT			Q-time: 01:23:94
PB (50m pool): 01:30.00 Antwerpen 13/07/2025			PB (25m pool): 01:23.94 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.80	01:30.00	
	00:42.80	00:47.20	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 14:25
Heat: 5/20 Lane : 6 Athlete: DILLEN LOTTE			Q-time: 01:20:61
PB (50m pool): 01:24.63 Antwerpen 13/07/2025			PB (25m pool): 01:20.61 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.91	01:24.63	
	00:39.91	00:44.72	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 14:29
Heat: 7/20 Lane : 1 Athlete: VAN CAUWENBERGE NORAH			Q-time: 01:16:92
PB (50m pool): 01:25.55 Antwerp 02/02/2025			PB (25m pool): 01:16.92 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.44	01:25.55	
	00:40.44	00:45.11	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 14:29
Heat: 7/20 Lane : 3 Athlete: WYNANTS FRé			Q-time: 01:16:26
PB (50m pool): 01:22.57 Olympic Pool Wezenberg, Antwer 30/07/2025			PB (25m pool): 01:16.26 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.35	01:22.57	
	00:39.35	00:43.22	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 14:29
Heat: 7/20 Lane : 7 Athlete: DILLEN HANNE			Q-time: 01:16:90
PB (50m pool): 01:24.88 Antwerpen 13/07/2025			PB (25m pool): 01:16.90 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.24	01:24.88	
	00:40.24	00:44.64	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 14:35
Heat: 10/20 Lane : 1 Athlete: CROONEN LIZE			Q-time: 01:11:83
PB (50m pool): 01:22.57 Antwerpen 13/07/2025			PB (25m pool): 01:11.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.32	01:22.57	
	00:38.32	00:44.25	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 14:35
Heat: 10/20 Lane : 8 Athlete: LAUREYSENS JUTTA			Q-time: 01:12:06
PB (50m pool): 01:16.50 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 01:12.06 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.88	01:16.50	
	00:36.88	00:39.62	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 14:37
Heat: 11/20 Lane : 6 Athlete: GEELEN GUUSJE			Q-time: 01:10:08
PB (50m pool): 01:10.08 Antwerpen 13/07/2025 PB (25m pool): 01:10.77 SB: no time			
	5 0 M	1 0 0 M	
PB	00:33.27	01:10.08	
	00:33.27	00:36.81	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 14:41
Heat: 13/20 Lane : 5 Athlete: CLAES JADE			Q-time: 01:07:97
PB (50m pool): 01:10.43 Antwerpen 13/07/2025 PB (25m pool): 01:07.97 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.13	01:10.43	
	00:34.13	00:36.30	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 14:41
Heat: 13/20 Lane : 8 Athlete: VERMAELEN MIYA			Q-time: 01:08:75
PB (50m pool): 01:10.07 Antwerp 26/01/2025 PB (25m pool): 01:08.70 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:10.07	
	no time		
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 14:48
Heat: 17/20 Lane : 6 Athlete: LEMBRECHTS SOPHIE			Q-time: 01:03:94
PB (50m pool): 01:04.21 Antwerp 09/02/2025			PB (25m pool): 01:03.94 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.57	01:04.21	
	00:31.57	00:32.64	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 14:50
Heat: 18/20 Lane : 4 Athlete: DELIEN FLOOR			Q-time: 01:02:43
PB (50m pool): 01:05.44 Antwerpen 20/04/2025			PB (25m pool): 01:02.43 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.71	01:05.44	
	00:31.71	00:33.73	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 14:52
Heat: 19/20 Lane : 6 Athlete: VINGERHOETS MADELIEF			Q-time: 01:01:49
PB (50m pool): 01:03.02 Olympic Pool Wezenberg, Antwer 30/07/2025			PB (25m pool): 01:01.49 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.53	01:03.02	
	00:30.53	00:32.49	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 15:00
Heat: 3/12 Lane : 7 Athlete: GISCA DANIIL			Q-time: 01:08:37
PB (50m pool): 01:14.03 Antwerpen 13/07/2025			PB (25m pool): 01:08.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.85	01:14.03	
	00:34.85	00:39.18	
			

Coach feedback:

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

Event number: 13: 100M FREESTYLE MEN 13+			Heat:5, starttime: 15:04
Heat: 5/12 Lane : 7 Athlete: VERDONCK STAN			Q-time: 01:04:18
PB (50m pool): 01:05.95 Antwerpen 20/07/2025			PB (25m pool): 01:04.18 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.70	01:05.95	
	00:31.70	00:34.25	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 15:09
Heat: 8/12 Lane : 1 Athlete: VAN DOOREN WARRE			Q-time: 00:59:28
PB (50m pool): 01:02.23 Antwerpen 20/07/2025			PB (25m pool): 00:59.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.75	01:02.23	
	00:29.75	00:32.48	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:9, starttime: 15:11
Heat: 9/12 Lane : 8 Athlete: KEKEC SAMIR			Q-time: 00:58:48
PB (50m pool): 01:01.91 Antwerpen 13/07/2025			PB (25m pool): 00:58.48 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.62	01:01.91	
	00:29.62	00:32.29	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:12, starttime: 15:16
Heat: 12/12 Lane : 4 Athlete: VAN EGDOM WOUT			Q-time: 00:50:95
PB (50m pool): 00:52.56 Antwerpen 28/07/2024			PB (25m pool): 00:50.95 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:52.56	
	no time		
			

Coach feedback:

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

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:2, starttime: 15:35
Heat: 2/6 Lane : 4 Athlete: CROONEN LIZE		Q-time: 00:42:90
PB (50m pool): no time		PB (25m pool): 00:42.90 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:5, starttime: 15:39
Heat: 5/6 Lane : 1 Athlete: VERMAELEN MIYA		Q-time: 00:39:21
PB (50m pool): 00:39.96 Antwerpen 20/04/2025		PB (25m pool): 00:39.21 SB: no time
	5 0 M	
PB	00:39.96	
	00:39.96	
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:5, starttime: 15:39
Heat: 5/6 Lane : 4 Athlete: VINGERHOETS MADELIEF		Q-time: 00:36:43
PB (50m pool): 00:37.38 Antwerpen 20/04/2025		PB (25m pool): 00:36.35 SB: no time
	5 0 M	
PB	00:37.38	
	00:37.38	
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:6, starttime: 15:40
Heat: 6/6 Lane : 1 Athlete: LEMBRECHTS SOPHIE		Q-time: 00:35:85
PB (50m pool): 00:37.05 Antwerpen 20/04/2025		PB (25m pool): 00:35.85 SB: no time
	5 0 M	
PB	00:37.05	
	00:37.05	
		

Coach feedback:

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

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 15:48
Heat: 5/8 Lane : 5 Athlete: KEKEC SAMIR		Q-time: 00:34:44
PB (50m pool): 00:42.87 Wezenberg 08/01/2023		PB (25m pool): 00:34.44 SB: no time
	5 0 M	
PB	00:42.87	
	00:42.87	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 15:48
Heat: 5/8 Lane : 8 Athlete: VERDONCK STAN		Q-time: 00:35:65
PB (50m pool): 00:39.37 Antwerpen 20/04/2025		PB (25m pool): 00:35.65 SB: no time
	5 0 M	
PB	00:39.37	
	00:39.37	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 15:50
Heat: 7/8 Lane : 5 Athlete: VAN EGDOM WOUT		Q-time: 00:31:53
PB (50m pool): 00:37.60 Antwerpen 09/01/2022		PB (25m pool): 00:31.53 SB: no time
	5 0 M	
PB	00:37.60	
	00:37.60	
		

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:1, starttime: 15:53
Heat: 1/6 Lane : 1 Athlete: VAN HASSEL FEMKE		Q-time: 01:58:91
PB (50m pool): no time		PB (25m pool): 01:58.91 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: ZN

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 15:53
Heat: 1/6 Lane : 5 Athlete: VAN GINKEL KAAT			Q-time: 01:45:87
PB (50m pool): 01:50.33 Antwerpen 13/07/2025			PB (25m pool): 01:45.87 SB: no time
	5 0 M	1 0 0 M	
PB	00:54.62	01:50.33	
	00:54.62	00:55.71	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:1, starttime: 15:53
Heat: 1/6 Lane : 6 Athlete: VAN REGEMORTER ILOUKA			Q-time: 01:46:75
PB (50m pool): no time			PB (25m pool): 01:46.75 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:2, starttime: 15:57
Heat: 2/6 Lane : 4 Athlete: DILLEN LOTTE			Q-time: 01:36:82
PB (50m pool): 01:39.42 Antwerpen 13/07/2025			PB (25m pool): 01:36.82 SB: no time
	5 0 M	1 0 0 M	
PB	00:49.48	01:39.42	
	00:49.48	00:49.94	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 16:00
Heat: 3/6 Lane : 1 Athlete: VAN GINKEL LOES			Q-time: 01:35:70
PB (50m pool): 01:44.28 Antwerpen 13/07/2025			PB (25m pool): 01:35.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:49.41	01:44.28	
	00:49.41	00:54.87	
			

Coach feedback:

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

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 16:00
Heat: 3/6 Lane : 6 Athlete: DILLEN HANNE			Q-time: 01:34:20
PB (50m pool): 01:37.01 Antwerpen 13/07/2025			PB (25m pool): 01:34.20 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.99	01:37.01	
	00:46.99	00:50.02	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:3, starttime: 16:00
Heat: 3/6 Lane : 8 Athlete: CLAES SIEN			Q-time: 01:35:72
PB (50m pool): 01:47.14 Antwerpen 13/07/2025			PB (25m pool): 01:35.72 SB: no time
	5 0 M	1 0 0 M	
PB	00:54.03	01:47.14	
	00:54.03	00:53.11	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:5, starttime: 16:05
Heat: 5/6 Lane : 3 Athlete: WYNANTS FRé			Q-time: 01:26:84
PB (50m pool): 01:31.95 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 01:26.84 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.30	01:31.95	
	00:44.30	00:47.65	
			

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12			Heat:6, starttime: 16:08
Heat: 6/6 Lane : 4 Athlete: LAUREYSENS JUTTA			Q-time: 01:19:39
PB (50m pool): 01:28.06 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 01:19.39 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.91	01:28.06	
	00:42.91	00:45.15	
			

Coach feedback:

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

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:2, starttime: 16:28
Heat: 2/8 Lane : 1 Athlete: CROONEN LIZE					Q-time: 03:11:17
PB (50m pool): 03:20.36 Antwerpen 13/07/2025					PB (25m pool): 03:11.17 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.52	01:43.46	02:37.15	03:20.36	
	00:48.52	00:54.94	00:53.69	00:43.21	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 16:32
Heat: 3/8 Lane : 5 Athlete: CLAES JADE					Q-time: 02:55:60
PB (50m pool): 03:02.74 Antwerpen 13/07/2025					PB (25m pool): 02:55.60 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.31	01:27.13	02:23.39	03:02.74	
	00:41.31	00:45.82	00:56.26	00:39.35	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:3, starttime: 16:32
Heat: 3/8 Lane : 6 Athlete: GEELEN GUUSJE					Q-time: 02:56:90
PB (50m pool): 02:56.90 Antwerpen 13/07/2025					PB (25m pool): 03:08.42 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.17	01:23.52	02:15.83	02:56.90	
	00:37.17	00:46.35	00:52.31	00:41.07	
					

Coach feedback: