

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

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 10: 200M BUTTERFLY WOMEN 13+					Heat:1, starttime: 14:00
Heat: 1/2 Lane : 5 Athlete: DE SCHEPPER LARA					Q-time: 03:14:20
PB (50m pool): 03:14.20 Antwerpen 20/04/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.87	01:32.65	02:24.85	03:14.20	
	00:41.87	00:50.78	00:52.20	00:49.35	
					

Coach feedback:

Event number: 11: 200M BUTTERFLY MEN 13+					Heat:1, starttime: 14:08
Heat: 1/2 Lane : 4 Athlete: COGURCU ARDA					Q-time: 02:44:98
PB (50m pool): no time					PB (25m pool): 02:44.98 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: 11: 200M BUTTERFLY MEN 13+					Heat:2, starttime: 14:12
Heat: 2/2 Lane : 5 Athlete: HOROVYI MYKYTA					Q-time: 02:11:94
PB (50m pool): 02:11.94 Antwerp 09/02/2025					PB (25m pool): 02:13.71 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.02	01:03.05	01:37.44	02:11.94	
	00:29.02	00:34.03	00:34.39	00:34.50	
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 14:25
Heat: 5/20 Lane : 5 Athlete: NAGHIU MATIS IZOLDA			Q-time: 01:20:25
PB (50m pool): 01:22.67 Antwerpen 14/07/2024			PB (25m pool): 01:20.25 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:22.67	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 14:35
Heat: 10/20 Lane : 4 Athlete: CORNEZ MAYLIE			Q-time: 01:11:25
PB (50m pool): 01:12.17 Antwerpen 14/07/2024			PB (25m pool): 01:10.83 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:12.17	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 14:37
Heat: 11/20 Lane : 7 Athlete: VAN DEN BOSSCHE LIA			Q-time: 01:10:51
PB (50m pool): 01:10.51 Antwerpen 13/07/2025			PB (25m pool): 01:11.59 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.95	01:10.51	
	00:33.95	00:36.56	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 14:39
Heat: 12/20 Lane : 4 Athlete: VANDE SOMPELE JITS			Q-time: 01:08:83
PB (50m pool): 01:09.96 Antwerpen 13/07/2025			PB (25m pool): 01:08.83 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.64	01:09.96	
	00:33.64	00:36.32	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:6, starttime: 15:06
Heat: 6/12 Lane : 2 Athlete: MESTARI ABDERRAHMANE			Q-time: 01:01:38
PB (50m pool): 01:05.28 Mol 22/06/2025			PB (25m pool): 01:01.38 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.30	01:05.28	
	00:30.30	00:34.98	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 15:07
Heat: 7/12 Lane : 1 Athlete: EL HADDOUCHI HAROUN			Q-time: 00:59:92
PB (50m pool): 01:01.99 Antwerpen 13/07/2025			PB (25m pool): 00:59.92 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.56	01:01.99	
	00:29.56	00:32.43	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:7, starttime: 15:07
Heat: 7/12 Lane : 3 Athlete: NAEGELS REZA			Q-time: 00:59:67
PB (50m pool): 01:00.29 Antwerpen 27/07/2025			PB (25m pool): 00:59.41 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:00.29	
	no time		
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 15:09
Heat: 8/12 Lane : 3 Athlete: VERDONCK MARIUS			Q-time: 00:59:02
PB (50m pool): 01:01.51 Olympic Pool Wezenberg, Antwer 30/03/2025			PB (25m pool): 00:59.02 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.20	01:01.51	
	00:29.20	00:32.31	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 15:09
Heat: 8/12 Lane : 8 Athlete: BETTENS LUCAS			Q-time: 00:59:48
PB (50m pool): 01:02.70 Olympic Pool Wezenberg, Antwer 30/03/25 PB (25m pool): 00:59.48 SB: no time			
	5 0 M	1 0 0 M	
PB	00:30.49	01:02.70	
	00:30.49	00:32.21	
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 15:42
Heat: 1/8 Lane : 2 Athlete: BETTENS STAN			Q-time: 00:47:99
PB (50m pool): 00:46.73 Antwerp 14/04/2024 PB (25m pool): 00:47.27 SB: no time			
	5 0 M		
PB	00:46.73		
	00:46.73		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 15:46
Heat: 4/8 Lane : 7 Athlete: EL HADDOUCHI HAROUN			Q-time: 00:36:45
PB (50m pool): 00:36.45 Antwerpen 13/07/2025 PB (25m pool): 00:36.43 SB: no time			
	5 0 M		
PB	00:36.45		
	00:36.45		
			

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 15:48
Heat: 5/8 Lane : 7 Athlete: MESTARI ABDERRAHMANE			Q-time: 00:35:42
PB (50m pool): 00:38.26 Wezenberg 05/01/2025 PB (25m pool): 00:35.42 SB: no time			
	5 0 M		
PB	00:38.26		
	00:38.26		
			

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+				Heat:6, starttime: 15:49
Heat: 6/8 Lane : 4 Athlete: LADEWIG SETH				Q-time: 00:32:96
PB (50m pool): 00:33.45 Antwerpen 27/07/2025				PB (25m pool): 00:32.96 SB: no time
	5 0 M			
PB	00:33.45			
	00:33.45			
				

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 16:36
Heat: 4/8 Lane : 1 Athlete: NULENS LILI					Q-time: 02:54:76
PB (50m pool): 02:59.46 Antwerpen 13/07/2025					PB (25m pool): 02:54.76 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.22	01:27.41	02:18.96	02:59.46	
	00:37.22	00:50.19	00:51.55	00:40.50	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:4, starttime: 16:36
Heat: 4/8 Lane : 2 Athlete: DE SCHEPPER LARA					Q-time: 02:52:14
PB (50m pool): 02:52.14 Antwerpen 13/07/2025					PB (25m pool): 02:53.30 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.14	01:20.17	02:12.03	02:52.14	
	00:35.14	00:45.03	00:51.86	00:40.11	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:5, starttime: 16:40
Heat: 5/8 Lane : 3 Athlete: VANDE SOMPELE JITS					Q-time: 02:47:66
PB (50m pool): 02:49.32 Antwerpen 13/07/2025					PB (25m pool): 02:47.66 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.60	01:23.73	02:10.00	02:49.32	
	00:37.60	00:46.13	00:46.27	00:39.32	
					

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Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 16:59	
Heat: 1/2 Lane : 3 Athlete: TEAM ZOLA 2							Q-time: 99:99:99	
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:

Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:2, starttime: 17:05	
Heat: 2/2 Lane : 3 Athlete: TEAM ZOLA 1							Q-time: 04:01:22	
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: