

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

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 10: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:04
Heat: 2/2 Lane : 6 Athlete: VERRET JULIE					Q-time: 02:34:52
PB (50m pool): 02:34.52 Antwerpen 20/07/2025					PB (25m pool): 02:40.52 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.53	01:13.39	01:53.71	02:34.52	
	00:34.53	00:38.86	00:40.32	00:40.81	
					

Coach feedback:

Event number: 10: 200M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:04
Heat: 2/2 Lane : 7 Athlete: DE VOCHT ANNE-JULIE					Q-time: 03:04:30
PB (50m pool): no time					PB (25m pool): 03:04.30 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 : 4 Athlete: LAUREYSSSENS LUKAS					Q-time: 02:07:70
PB (50m pool): 02:07.70 Antwerpen 27/07/2025					PB (25m pool): 02:09.32 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.10	01:00.39	01:33.79	02:07.70	
	00:28.10	00:32.29	00:33.40	00:33.91	
					

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 14:21
Heat: 3/20 Lane : 8 Athlete: FLEERACKERS LAURA			Q-time: 01:27:53
PB (50m pool): 01:21.08 Wezenberg 04/01/2026			PB (25m pool): 01:18.86 SB: 01:21.08 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.71	01:21.08	
	00:38.71	00:42.37	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 14:25
Heat: 5/20 Lane : 3 Athlete: LYTVYNIUK-HUL SOFIA			Q-time: 01:20:52
PB (50m pool): 01:16.46 Wezenberg 04/01/2026			PB (25m pool): 01:21.55 SB: 01:16.46 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:36.65	01:16.46	
	00:36.65	00:39.81	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 14:25
Heat: 5/20 Lane : 4 Athlete: THEUNISSEN JOLIEN			Q-time: 01:20:08
PB (50m pool): 01:19.30 Wezenberg 04/01/2026			PB (25m pool): 01:15.95 SB: 01:19.30 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:37.78	01:19.30	
	00:37.78	00:41.52	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 14:27
Heat: 6/20 Lane : 1 Athlete: VASQUEZ ANNA			Q-time: 01:19:68
PB (50m pool): no time			PB (25m pool): 01:19.68 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 14:31
Heat: 8/20 Lane : 3 Athlete: LESSELIERS EMILY			Q-time: 01:14:05
PB (50m pool): 01:13.10 Wezenberg 04/01/2026			PB (25m pool): 01:11.26 SB: 01:13.10 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:35.55	01:13.10	
	00:35.55	00:37.55	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 14:39
Heat: 12/20 Lane : 5 Athlete: VAN DEN BERGH ANNA			Q-time: 01:08:89
PB (50m pool): 01:07.91 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 01:05.70 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.95	01:07.91	
	00:32.95	00:34.96	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 14:43
Heat: 14/20 Lane : 4 Athlete: VERNIERS NIME			Q-time: 01:06:64
PB (50m pool): 01:05.37 Wezenberg 03/01/2026			PB (25m pool): 01:03.75 SB: 01:05.37 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:31.92	01:05.37	
	00:31.92	00:33.45	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 14:45
Heat: 15/20 Lane : 8 Athlete: VAN HOOFF SARA			Q-time: 01:06:43
PB (50m pool): 01:06.43 Antwerp 02/02/2025			PB (25m pool): 01:05.69 SB: 01:08.21 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:31.46	01:06.43	
	00:31.46	00:34.97	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 14:47
Heat: 16/20 Lane : 6 Athlete: DE RIDDER STERRE			Q-time: 01:05:06
PB (50m pool): 01:04.98 Antwerpen 14/07/2024			PB (25m pool): 01:03.38 SB: 01:05.34 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:04.98	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 14:52
Heat: 19/20 Lane : 5 Athlete: VAN OSTA NOMI			Q-time: 01:01:19
PB (50m pool): 01:01.19 Antwerpen 27/07/2025			PB (25m pool): 00:59.61 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.50	01:01.19	
	00:29.50	00:31.69	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:1, starttime: 14:56
Heat: 1/12 Lane : 3 Athlete: PEETERS SAMUEL			Q-time: 01:15:75
PB (50m pool): 01:15.75 Antwerpen 13/07/2025			PB (25m pool): 01:10.76 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.95	01:15.75	
	00:35.95	00:39.80	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 15:09
Heat: 8/12 Lane : 7 Athlete: DE RIDDER ARNE			Q-time: 00:59:27
PB (50m pool): 00:58.58 Wezenberg 04/01/2026			PB (25m pool): 00:58.44 SB: 00:58.58 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:28.82	00:58.58	
	00:28.82	00:29.76	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 15:13
Heat: 10/12 Lane : 8 Athlete: MATHIEU JACK			Q-time: 00:57:69
PB (50m pool): 00:57.69 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 00:56.22 SB: 00:58.01 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M	
PB	00:27.59	00:57.69	
	00:27.59	00:30.10	
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 15:33
Heat: 1/6 Lane : 2 Athlete: LESSELIERS EMILY			Q-time: 00:49:71
PB (50m pool): 00:49.71 Wezenberg 05/01/2025 PB (25m pool): 00:44.94 SB: no time			
	5 0 M		
PB	00:49.71		
	00:49.71		
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 15:33
Heat: 1/6 Lane : 5 Athlete: THEUNISSEN JOLIEN			Q-time: 00:48:04
PB (50m pool): 00:48.04 Aalst 11/05/2025 PB (25m pool): 00:45.04 SB: no time			
	5 0 M		
PB	00:48.04		
	00:48.04		
			

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 15:37
Heat: 4/6 Lane : 6 Athlete: VERNIERS NIME			Q-time: 00:39:85
PB (50m pool): 00:39.85 Aalst 11/05/2025 PB (25m pool): 00:39.46 SB: no time			
	5 0 M		
PB	00:39.85		
	00:39.85		
			

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Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:5, starttime: 15:39
Heat: 5/6 Lane : 2 Athlete: VAN DEN BERGH ANNA		Q-time: 00:38:83
PB (50m pool): 00:38.83 Antwerpen 20/04/2025 PB (25m pool): 00:38.72 SB: no time		
	5 0 M	
PB	00:38.83	
	00:38.83	
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:6, starttime: 15:40
Heat: 6/6 Lane : 2 Athlete: VAN OSTA NOMI		Q-time: 00:35:47
PB (50m pool): 00:34.77 Antwerpen 12/02/2023 PB (25m pool): 00:34.38 SB: no time		
	5 0 M	
PB	00:34.77	
	00:34.77	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:7, starttime: 15:50
Heat: 7/8 Lane : 4 Athlete: LAUREYSSSENS LUKAS		Q-time: 00:31:52
PB (50m pool): 00:31.52 Wezenberg 05/01/2025 PB (25m pool): 00:30.98 SB: 00:31.69 Wezenberg 03/01/2026		
	5 0 M	
PB	00:31.52	
	00:31.52	
		

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12		Heat:3, starttime: 16:00
Heat: 3/6 Lane : 3 Athlete: VASQUEZ ANNA		Q-time: 01:33:56
PB (50m pool): no time PB (25m pool): 01:33.56 SB: no time		
	5 0 M	1 0 0 M
PB	no time	no time
	no time	
		

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Event number: 16: 100M BACKSTROKE WOMEN 11-12				Heat:4, starttime: 16:02			
Heat: 4/6 Lane : 7 Athlete: FLEERACKERS LAURA				Q-time: 01:32:60			
PB (50m pool): 01:32.60 Aalst 20/12/2025				PB (25m pool): 01:32.29 SB: 01:32.60 Aalst 20/12/2025			
	5 0 M	1 0 0 M					
PB	00:44.25	01:32.60					
	00:44.25	00:48.35					
							

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12				Heat:5, starttime: 16:05			
Heat: 5/6 Lane : 2 Athlete: LYTVYNIUK-HUL SOFIA				Q-time: 01:27:00			
PB (50m pool): 01:25.50 Wezenberg 04/01/2026				PB (25m pool): 01:30.46 SB: 01:25.50 Wezenberg 04/01/2026			
	5 0 M	1 0 0 M					
PB	00:42.37	01:25.50					
	00:42.37	00:43.13					
							

Coach feedback:

Event number: 17: 400M MEDLEY MEN 13+							Heat:2, starttime: 16:17	
Heat: 2/2 Lane : 2 Athlete: DE RIDDER ARNE							Q-time: 05:17:08	
PB (50m pool): no time			PB (25m pool): 05:17.08SB: 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	no time
	no time							
								

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+				Heat:5, starttime: 16:40			
Heat: 5/8 Lane : 1 Athlete: VAN DEN BERGH ANNA				Q-time: 02:49:00			
PB (50m pool): 02:46.32 Aalst 20/12/2025				PB (25m pool): 02:38.81 SB: 02:46.32 Aalst 20/12/2025			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M			
PB	00:37.85	01:22.47	02:09.07	02:46.32			
	00:37.85	00:44.62	00:46.60	00:37.25			
							

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 16:43
Heat: 6/8 Lane : 4 Athlete: VERRET JULIE					Q-time: 02:39:81
PB (50m pool): 02:34.83 Wezenberg 04/01/2026					PB (25m pool): 02:36.77 SB: 02:34.83 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.32	01:14.58	02:00.27	02:34.83	
	00:33.32	00:41.26	00:45.69	00:34.56	
					

Coach feedback: