

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

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

Coaches: Gijsemans Liesbet

Coaches: De Herdt Els HEADCOACH

Coaches: Jacob Sven

Coaches: De Herdt An

Coaches: Vanuytven Diane

Coaches: De Weerdt Koen

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 : 2 Athlete: VAN REETH LIEZE

Q-time: 02:49:75

PB (50m pool): no time

PB (25m pool): 02:49.75 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: 12: 100M FREESTYLE WOMEN 11+

Heat:3, starttime: 14:21

Heat: 3/20 Lane : 6 Athlete: BOURGUIGNON NENA

Q-time: 01:26:41

PB (50m pool): 01:29.40 Wezenberg 04/01/2026

PB (25m pool): 01:26.41 SB: 01:29.40 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:42.13	01:29.40	
	00:42.13	00:47.27	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:5, starttime: 14:25

Heat: 5/20 Lane : 2 Athlete: JORIS LINDE

Q-time: 01:21:11

PB (50m pool): 01:24.27 Wezenberg 04/01/2026

PB (25m pool): 01:21.11 SB: 01:24.27 Wezenberg 04/01/2026

	5 0 M	1 0 0 M	
PB	00:41.98	01:24.27	
	00:41.98	00:42.29	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 14:33
Heat: 9/20 Lane : 4 Athlete: VAN BREEDAM LENA			Q-time: 01:12:29
PB (50m pool): 01:24.03 Mol 22/06/2025			PB (25m pool): 01:12.29 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.37	01:24.03	
	00:39.37	00:44.66	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 14:35
Heat: 10/20 Lane : 7 Athlete: GERAEDTS MARIA			Q-time: 01:11:75
PB (50m pool): 01:12.13 Wezenberg 04/01/2026			PB (25m pool): 01:11.75 SB: 01:12.13 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:35.48	01:12.13	
	00:35.48	00:36.65	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 14:43
Heat: 14/20 Lane : 2 Athlete: VOLDERS ELLA			Q-time: 01:07:50
PB (50m pool): 01:09.64 Wezenberg 04/01/2026			PB (25m pool): 01:07.22 SB: 01:09.64 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:33.93	01:09.64	
	00:33.93	00:35.71	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 14:50
Heat: 18/20 Lane : 5 Athlete: SCHELLEMANS CHARLOTTE			Q-time: 01:02:62
PB (50m pool): 01:02.68 Antwerpen 27/07/2025			PB (25m pool): 01:02.62 SB: 01:06.42 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:30.19	01:02.68	
	00:30.19	00:32.49	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 14:50
Heat: 18/20 Lane : 6 Athlete: JACOBS LOTTE			Q-time: 01:03:05
PB (50m pool): 01:03.47 Antwerpen 13/07/2025			PB (25m pool): 01:03.05 SB: 01:04.37 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:30.79	01:03.47	
	00:30.79	00:32.68	
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 14:50
Heat: 18/20 Lane : 8 Athlete: VERDOOD PIP			Q-time: 01:03:56
PB (50m pool): 01:04.14 Antwerpen 20/07/2025			PB (25m pool): 01:03.56 SB: 01:05.08 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:30.72	01:04.14	
	00:30.72	00:33.42	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:1, starttime: 14:56
Heat: 1/12 Lane : 7 Athlete: GILLIS BAS			Q-time: 01:25:21
PB (50m pool): 01:29.74 Wezenberg 04/01/2026			PB (25m pool): 01:25.21 SB: 01:29.74 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:41.29	01:29.74	
	00:41.29	00:48.45	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:2, starttime: 14:58
Heat: 2/12 Lane : 3 Athlete: VERSTRAETE PEPIJN			Q-time: 01:10:50
PB (50m pool): 01:13.85 Antwerpen 13/07/2025			PB (25m pool): 01:10.50 SB: 01:14.35 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:35.44	01:13.85	
	00:35.44	00:38.41	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE MEN 13+			Heat:3, starttime: 15:00
Heat: 3/12 Lane : 3 Athlete: DE WEERDT BENT			Q-time: 01:07:86
PB (50m pool): 01:09.63 Wezenberg 04/01/2026			PB (25m pool): 01:07.86 SB: 01:09.63 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:32.72	01:09.63	
	00:32.72	00:36.91	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:6, starttime: 15:06
Heat: 6/12 Lane : 8 Athlete: WIJSGEER VIKTOR			Q-time: 01:01:62
PB (50m pool): 01:02.31 Wezenberg 03/01/2026			PB (25m pool): 01:01.62 SB: 01:02.31 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:30.35	01:02.31	
	00:30.35	00:31.96	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:8, starttime: 15:09
Heat: 8/12 Lane : 6 Athlete: JANSSENS TIJS			Q-time: 00:59:02
PB (50m pool): 00:59.96 Wezenberg 05/01/2025			PB (25m pool): 00:58.32 SB: 01:02.24 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:29.16	00:59.96	
	00:29.16	00:30.80	
			

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+			Heat:10, starttime: 15:13
Heat: 10/12 Lane : 3 Athlete: DOOMEN MARNIX			Q-time: 00:56:28
PB (50m pool): 00:57.55 Antwerpen 27/07/2025			PB (25m pool): 00:56.28 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.67	00:57.55	
	00:27.67	00:29.88	
			

Coach feedback:

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Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:1, starttime: 15:33
Heat: 1/6 Lane : 3 Athlete: SARMI SOFIA		Q-time: 00:48:47
PB (50m pool): 00:48.47 Mol 22/06/2025 PB (25m pool): 00:50.34 SB: no time		
	5 0 M	
PB	00:48.47	
	00:48.47	
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:3, starttime: 15:36
Heat: 3/6 Lane : 6 Athlete: DALEMANS NEL		Q-time: 00:41:06
PB (50m pool): 00:43.81 Mol 22/06/2025 PB (25m pool): 00:41.06 SB: no time		
	5 0 M	
PB	00:43.81	
	00:43.81	
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+		Heat:3, starttime: 15:36
Heat: 3/6 Lane : 8 Athlete: VERHOEVEN LIESE		Q-time: 00:42:15
PB (50m pool): 00:44.43 Wezenberg 05/01/2025 PB (25m pool): 00:42.15 SB: no time		
	5 0 M	
PB	00:44.43	
	00:44.43	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:1, starttime: 15:42
Heat: 1/8 Lane : 7 Athlete: GILLIS BAS		Q-time: 00:48:76
PB (50m pool): no time PB (25m pool): 00:48.76 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

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Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:2, starttime: 15:44
Heat: 2/8 Lane : 2 Athlete: VERMEIREN STAN		Q-time: 00:40:55
PB (50m pool): 00:41.07 Antwerpen 13/07/2025		PB (25m pool): 00:40.55 SB: no time
	5 0 M	
PB	00:41.07	
	00:41.07	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:3, starttime: 15:45
Heat: 3/8 Lane : 3 Athlete: VERCAMMEN DAAN		Q-time: 00:37:29
PB (50m pool): 00:39.59 Antwerp 02/02/2025		PB (25m pool): 00:37.29 SB: no time
	5 0 M	
PB	00:39.59	
	00:39.59	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 15:48
Heat: 5/8 Lane : 3 Athlete: SLAETS CAZ		Q-time: 00:34:63
PB (50m pool): 00:34.63 Wezenberg 03/01/2026		PB (25m pool): 00:34.88 SB: 00:34.63 Wezenberg 03/01/2026
	5 0 M	
PB	00:34.63	
	00:34.63	
		

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+		Heat:5, starttime: 15:48
Heat: 5/8 Lane : 6 Athlete: MERTENS GERBEN		Q-time: 00:34:81
PB (50m pool): 00:36.40 Mol 22/06/2025		PB (25m pool): 00:34.81 SB: no time
	5 0 M	
PB	00:36.40	
	00:36.40	
		

Coach feedback:

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Event number: 15: 50M BREASTSTROKE MEN 13+				Heat:6, starttime: 15:49
Heat: 6/8 Lane : 2 Athlete: JACOB QINGKUN				Q-time: 00:34:05
PB (50m pool): 00:35.63 Antwerpen 20/04/2025				PB (25m pool): 00:34.05 SB: no time
	5 0 M			
PB	00:35.63			
	00:35.63			
				

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12				Heat:6, starttime: 16:08
Heat: 6/6 Lane : 2 Athlete: VAN BREEDAM LENA				Q-time: 01:25:22
PB (50m pool): 01:38.07 Mol 22/06/2025				PB (25m pool): 01:25.22 SB: no time
	5 0 M	1 0 0 M		
PB	00:48.63	01:38.07		
	00:48.63	00:49.44		
				

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:6, starttime: 16:43
Heat: 6/8 Lane : 1 Athlete: VERDOOD PIP					Q-time: 02:44:10
PB (50m pool): 02:46.72 Antwerp 26/01/2025					PB (25m pool): 02:44.10 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.33	01:21.02	02:11.41	02:46.72	
	00:36.33	00:44.69	00:50.39	00:35.31	
					

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 16:47
Heat: 7/8 Lane : 4 Athlete: JACOBS LOTTE					Q-time: 02:36:49
PB (50m pool): 02:41.26 Antwerpen 13/07/2025					PB (25m pool): 02:36.49 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.42	01:15.73	02:03.84	02:41.26	
	00:32.42	00:43.31	00:48.11	00:37.42	
					

Coach feedback:

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Event number: 18: 200M MEDLEY WOMEN 13+					Heat:7, starttime: 16:47
Heat: 7/8 Lane : 5 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 02:36:91
PB (50m pool): 02:40.64 Antwerpen 27/07/2025					PB (25m pool): 02:36.91 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.87	01:17.90	02:05.11	02:40.64	
	00:34.87	00:43.03	00:47.21	00:35.53	
					

Coach feedback:

Event number: 19: 4x100M FREESTYLE MEN 11+							Heat:1, starttime: 16:59	
Heat: 1/2 Lane : 5 Athlete: TEAM ZVL 3							Q-time: 05:22:80	
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 : 1 Athlete: TEAM ZVL 2							Q-time: 04:32:04	
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 : 6 Athlete: TEAM ZVL 1							Q-time: 04:01:52	
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: