

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 20: 100M BUTTERFLY MEN 13+			Heat:2, starttime: 09:02
Heat: 2/7 Lane : 6 Athlete: GILLES NATHAN			Q-time: 01:16:60
PB (50m pool): no time PB (25m pool): 01:16.60 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:4, starttime: 09:07
Heat: 4/7 Lane : 2 Athlete: DILLEN FINN			Q-time: 01:10:20
PB (50m pool): 01:14.82 Mol 22/06/2025 PB (25m pool): 01:10.20 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.71	01:14.82	
	00:34.71	00:40.11	
	.	.	

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:5, starttime: 09:08
Heat: 5/7 Lane : 7 Athlete: BEGUE MILANN			Q-time: 01:07:53
PB (50m pool): 01:10.63 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:07.53 SB: no time			
	5 0 M	1 0 0 M	
PB	00:32.34	01:10.63	
	00:32.34	00:38.29	
	.	.	

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:6, starttime: 09:10
Heat: 6/7 Lane : 3 Athlete: ZRIRAK WAEL			Q-time: 01:01:70
PB (50m pool): 01:08.29 Wezenberg 03/01/2026			PB (25m pool): 01:01.70 SB: 01:08.29 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:29.00	01:08.29	
	00:29.00	00:39.29	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:6, starttime: 09:10
Heat: 6/7 Lane : 4 Athlete: VAN BALLAER VIKTOR			Q-time: 01:01:04
PB (50m pool): 01:05.77 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:01.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.57	01:05.77	
	00:29.57	00:36.20	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:6, starttime: 09:10
Heat: 6/7 Lane : 6 Athlete: HAESENDONCKX JARNE			Q-time: 01:02:40
PB (50m pool): 01:02.55 Antwerpen 27/07/2025			PB (25m pool): 01:02.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.56	01:02.55	
	00:28.56	00:33.99	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:6, starttime: 09:10
Heat: 6/7 Lane : 7 Athlete: VANTHOURNOUT XANDER			Q-time: 01:02:78
PB (50m pool): 01:06.43 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:02.78 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.25	01:06.43	
	00:30.25	00:36.18	
			

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:7, starttime: 09:12
Heat: 7/7 Lane : 6 Athlete: MICHOEL QUINTEN			Q-time: 00:58:47
PB (50m pool): 00:58.73 Antwerpen 27/07/2025			PB (25m pool): 00:58.47 SB: 01:02.19 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:27.27	00:58.73	
	00:27.27	00:31.46	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:1, starttime: 09:14
Heat: 1/6 Lane : 5 Athlete: WOUTERS DORA			Q-time: 01:35:56
PB (50m pool): 01:41.55 Wezenberg 04/01/2026			PB (25m pool): 01:35.56 SB: 01:41.55 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:43.64	01:41.55	
	00:43.64	00:57.91	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:2, starttime: 09:17
Heat: 2/6 Lane : 3 Athlete: VALKENBORGH'S YANNE			Q-time: 01:23:88
PB (50m pool): 01:23.88 Antwerp 02/02/2025			PB (25m pool): 01:26.11 SB: 01:29.68 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:36.76	01:23.88	
	00:36.76	00:47.12	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:3, starttime: 09:19
Heat: 3/6 Lane : 6 Athlete: POELS NOMI			Q-time: 01:19:04
PB (50m pool): 01:25.25 Wezenberg 03/01/2026			PB (25m pool): 01:19.04 SB: 01:25.25 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:38.80	01:25.25	
	00:38.80	00:46.45	
			

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:4, starttime: 09:21
Heat: 4/6 Lane : 5 Athlete: BOOGERS NOOR			Q-time: 01:13:79
PB (50m pool): 01:18.71 Antwerpen 13/07/2025			PB (25m pool): 01:13.79 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.82	01:18.71	
	00:36.82	00:41.89	
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:1, starttime: 09:27
Heat: 1/5 Lane : 6 Athlete: CORREIA DE OLIVEIRA TIAGO			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): no time SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:2, starttime: 09:29
Heat: 2/5 Lane : 3 Athlete: VAN MEER RUNE			Q-time: 00:54:50
PB (50m pool): 00:54.50 Wezenberg 04/01/2026			PB (25m pool): no time SB: 00:54.50 Wezenberg 04/01/2026
	5 0 M		
PB	00:54.50		
	00:54.50		
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:4, starttime: 09:32
Heat: 4/5 Lane : 4 Athlete: RAMSDONCK KRIS			Q-time: 00:39:73
PB (50m pool): 00:46.34 Antwerp 26/01/2025			PB (25m pool): 00:39.73 SB: no time
	5 0 M		
PB	00:46.34		
	00:46.34		
			

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:4, starttime: 09:32
Heat: 4/5 Lane : 8 Athlete: DE FEYTER LUCAS				Q-time: 00:45:00
PB (50m pool): no time		PB (25m pool): 00:45.00 SB: no time		
	5 0 M			
PB	no time			
	no time			
				

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:5, starttime: 09:34
Heat: 5/5 Lane : 5 Athlete: MAES MATHIJS				Q-time: 00:36:35
PB (50m pool): 00:39.67 Antwerp 26/01/2025		PB (25m pool): 00:36.35 SB: no time		
	5 0 M			
PB	00:39.67			
	00:39.67			
				

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 09:35
Heat: 1/6 Lane : 3 Athlete: VAN ASTEN RENéE					Q-time: 03:03:79
PB (50m pool): 03:26.53 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 03:03.79 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.43	01:40.28	02:35.80	03:26.53	
	00:47.43	00:52.85	00:55.52	00:50.73	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 09:35
Heat: 1/6 Lane : 6 Athlete: HUFKENS ELINA					Q-time: 03:09:08
PB (50m pool): 03:27.18 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 03:09.08 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.21	01:43.40	02:37.90	03:27.18	
	00:50.21	00:53.19	00:54.50	00:49.28	
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 09:40
Heat: 2/6 Lane : 1 Athlete: WOUTERS MIT					Q-time: 02:58:38
PB (50m pool): 02:58.38 Antwerpen 13/07/2025 PB (25m pool): 02:58.58 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.89	01:28.89	02:14.81	02:58.38	
	00:42.89	00:46.00	00:45.92	00:43.57	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 09:40
Heat: 2/6 Lane : 2 Athlete: LEYSEN IMKE					Q-time: 02:53:19
PB (50m pool): 03:07.85 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 02:53.19 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	03:07.85	
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 09:48
Heat: 4/6 Lane : 7 Athlete: BRAEKEN CHARLOTTE					Q-time: 02:39:01
PB (50m pool): 02:46.18 Antwerpen 20/07/2025 PB (25m pool): 02:39.01 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.95	01:20.76	02:03.92	02:46.18	
	00:38.95	00:41.81	00:43.16	00:42.26	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 09:52
Heat: 5/6 Lane : 3 Athlete: DRIES SIEN					Q-time: 02:34:57
PB (50m pool): 02:32.41 Antwerpen 21/04/2024 PB (25m pool): 02:25.76 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	02:32.41	
	no time				
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 09:52
Heat: 5/6 Lane : 4 Athlete: MAES JULIE					Q-time: 02:33:55
PB (50m pool): 02:40.43 Antwerpen 20/04/2025					PB (25m pool): 02:33.55 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.88	01:19.30	02:00.28	02:40.43	
	00:37.88	00:41.42	00:40.98	00:40.15	
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 09:52
Heat: 5/6 Lane : 8 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 02:35:59
PB (50m pool): 02:44.62 Antwerpen 13/07/2025					PB (25m pool): 02:35.59 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.49	01:21.89	02:03.85	02:44.62	
	00:39.49	00:42.40	00:41.96	00:40.77	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 10:04
Heat: 2/5 Lane : 2 Athlete: NEYRINCK RUBEN					Q-time: 02:47:96
PB (50m pool): 03:08.50 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:47.96 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.09	01:36.41	no time	03:08.50	
	00:47.09	00:49.32			
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 10:04
Heat: 2/5 Lane : 6 Athlete: STERCKX DAAN					Q-time: 02:47:81
PB (50m pool): 02:57.55 Antwerpen 20/04/2025					PB (25m pool): 02:47.81 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.15	01:28.41	02:13.68	02:57.55	
	00:42.15	00:46.26	00:45.27	00:43.87	
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 10:04
Heat: 2/5 Lane : 8 Athlete: AGTEN VALERIO ÁLVARO					Q-time: 02:54:92
PB (50m pool): 02:52.56 Antwerp 14/04/2024					PB (25m pool): 02:45.55 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	02:52.56	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:5, starttime: 10:16
Heat: 5/5 Lane : 5 Athlete: VAN TILBURG MATTHIAS					Q-time: 02:10:76
PB (50m pool): 02:16.00 Antwerpen 28/07/2024					PB (25m pool): 02:10.76 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	02:16.00	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:5, starttime: 10:16
Heat: 5/5 Lane : 6 Athlete: HAESENDONCKX JARNE					Q-time: 02:14:19
PB (50m pool): 02:18.21 Antwerpen 27/07/2025					PB (25m pool): 02:14.19 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.21	01:07.94	01:43.82	02:18.21	
	00:32.21	00:35.73	00:35.88	00:34.39	
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12					Heat:1, starttime: 10:19
Heat: 1/5 Lane : 2 Athlete: NIEUWENHUIS ISAAC					Q-time: 01:56:47
PB (50m pool): 01:56.47 Wezenberg 04/01/2026					PB (25m pool): 01:57.81 SB: 01:56.47 Wezenberg 04/01/2026
	5 0 M	1 0 0 M			
PB	00:56.40	01:56.47			
	00:56.40	01:00.07			
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:1, starttime: 10:19
Heat: 1/5 Lane : 3 Athlete: CORREIA DE OLIVEIRA TIAGO			Q-time: 01:35:66
PB (50m pool): no time			PB (25m pool): 01:35.66 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:1, starttime: 10:19
Heat: 1/5 Lane : 5 Athlete: VAN MEER RUNE			Q-time: 01:34:19
PB (50m pool): 01:36.90 Wezenberg 04/01/2026			PB (25m pool): 01:34.19 SB: 01:36.90 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:46.48	01:36.90	
	00:46.48	00:50.42	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:3, starttime: 10:24
Heat: 3/5 Lane : 8 Athlete: DE FEYTER LUCAS			Q-time: 01:23:73
PB (50m pool): 01:31.93 Wezenberg 04/01/2026			PB (25m pool): 01:23.73 SB: 01:31.93 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:43.32	01:31.93	
	00:43.32	00:48.61	

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12			Heat:4, starttime: 10:26
Heat: 4/5 Lane : 6 Athlete: RAMSDONCK KRIS			Q-time: 01:16:35
PB (50m pool): 01:21.69 Antwerp 26/01/2025			PB (25m pool): 01:16.35 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.18	01:21.69	
	00:39.18	00:42.51	

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 25: 100M FREESTYLE MEN 11-12				Heat:5, starttime: 10:28
Heat: 5/5 Lane : 3 Athlete: MAES MATHIJS				Q-time: 01:09:30
PB (50m pool): 01:10.76 Antwerpen 20/07/2025				PB (25m pool): 01:09.30 SB: no time
	5 0 M	1 0 0 M		
PB	00:34.19	01:10.76		
	00:34.19	00:36.57		
				

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 10:50
Heat: 2/10 Lane : 1 Athlete: WOUTERS MIT					Q-time: 02:52:47
PB (50m pool): 02:52.47 Antwerpen 13/07/2025					PB (25m pool): 02:46.33 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.62	01:22.97	02:08.50	02:52.47	
	00:38.62	00:44.35	00:45.53	00:43.97	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 10:50
Heat: 2/10 Lane : 2 Athlete: HUFKENS ELINA					Q-time: 02:47:77
PB (50m pool): 03:02.05 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:47.77 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.09	01:29.60	02:17.59	03:02.05	
	00:42.09	00:47.51	00:47.99	00:44.46	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:2, starttime: 10:50
Heat: 2/10 Lane : 6 Athlete: WOUTERS DORA					Q-time: 02:47:01
PB (50m pool): 02:53.35 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:47.01 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.05	01:25.67	02:11.79	02:53.35	
	00:40.05	00:45.62	00:46.12	00:41.56	
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 10:53
Heat: 3/10 Lane : 2 Athlete: VAN ASTEN RENéE					Q-time: 02:40:34
PB (50m pool): 02:47.00 Antwerpen 13/07/2025					PB (25m pool): 02:40.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.35	01:22.94	02:04.91	02:47.00	
	00:39.35	00:43.59	00:41.97	00:42.09	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 10:53
Heat: 3/10 Lane : 3 Athlete: VALKENBORGHs YANNE					Q-time: 02:39:77
PB (50m pool): 02:39.77 Antwerpen 20/04/2025					PB (25m pool): 02:39.95 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.57	01:17.10	01:58.76	02:39.77	
	00:36.57	00:40.53	00:41.66	00:41.01	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 10:53
Heat: 3/10 Lane : 7 Athlete: BOECKX PAULIEN					Q-time: 02:40:36
PB (50m pool): 02:41.68 Eindhoven 16/03/2025					PB (25m pool): 02:36.67 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.90	01:19.10	02:01.71	02:41.68	
	00:36.90	00:42.20	00:42.61	00:39.97	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 10:57
Heat: 4/10 Lane : 5 Athlete: VAN TILBURG FRAUKE					Q-time: 02:32:78
PB (50m pool): 02:33.42 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:32.78 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.03	01:14.96	01:55.70	02:33.42	
	00:35.03	00:39.93	00:40.74	00:37.72	
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:00
Heat: 5/10 Lane : 1 Athlete: POELS NOMI					Q-time: 02:30:13
PB (50m pool): 02:35.10 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:28.35 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.21	01:16.54	01:57.51	02:35.10	
	00:36.21	00:40.33	00:40.97	00:37.59	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:00
Heat: 5/10 Lane : 4 Athlete: COOLS YELENA					Q-time: 02:27:98
PB (50m pool): 02:32.57 Antwerpen 20/04/2025 PB (25m pool): 02:27.98 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.61	01:12.60	01:52.56	02:32.57	
	00:34.61	00:37.99	00:39.96	00:40.01	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:03
Heat: 6/10 Lane : 2 Athlete: BRAEKEN CHARLOTTE					Q-time: 02:26:19
PB (50m pool): 02:32.74 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:26.19 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.13	01:15.00	01:55.61	02:32.74	
	00:35.13	00:39.87	00:40.61	00:37.13	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:03
Heat: 6/10 Lane : 5 Athlete: BORGHS LORE					Q-time: 02:24:73
PB (50m pool): 02:27.71 Antwerp 28/01/2024 PB (25m pool): 02:22.60 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	02:27.71	
	no time				
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:03
Heat: 6/10 Lane : 7 Athlete: LEYSEN IMKE					Q-time: 02:26:24
PB (50m pool): 02:29.10 Antwerpen 20/04/2025					PB (25m pool): 02:26.24 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.36	01:12.34	01:51.35	02:29.10	
	00:34.36	00:37.98	00:39.01	00:37.75	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:07
Heat: 7/10 Lane : 4 Athlete: BOOGERS NOOR					Q-time: 02:21:98
PB (50m pool): 02:33.52 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:21.98 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.46	01:14.75	01:55.35	02:33.52	
	00:35.46	00:39.29	00:40.60	00:38.17	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:07
Heat: 7/10 Lane : 5 Athlete: MAES JULIE					Q-time: 02:22:07
PB (50m pool): 02:28.07 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:22.07 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.13	01:11.94	01:50.73	02:28.07	
	00:34.13	00:37.81	00:38.79	00:37.34	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:10
Heat: 8/10 Lane : 7 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 02:20:14
PB (50m pool): 02:30.10 Antwerpen 20/04/2025					PB (25m pool): 02:20.14 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.22	01:12.88	01:52.44	02:30.10	
	00:34.22	00:38.66	00:39.56	00:37.66	
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 11:13
Heat: 9/10 Lane : 4 Athlete: DRIES SIEN					Q-time: 02:14:63
PB (50m pool): 02:16.08 Antwerpen 21/04/2024					PB (25m pool): 02:12.89 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	02:16.08	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:26
Heat: 3/9 Lane : 2 Athlete: AGTEN VALERIO ÁLVARO					Q-time: 02:35:73
PB (50m pool): 02:35.73 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:32.15 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.86	01:15.49	01:56.93	02:35.73	
	00:34.86	00:40.63	00:41.44	00:38.80	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:26
Heat: 3/9 Lane : 4 Athlete: NEYRINCK RUBEN					Q-time: 02:32:01
PB (50m pool): 02:40.25 Antwerpen 20/04/2025					PB (25m pool): 02:32.01 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.74	01:20.15	02:01.19	02:40.25	
	00:37.74	00:42.41	00:41.04	00:39.06	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:26
Heat: 3/9 Lane : 5 Athlete: STERCKX DAAN					Q-time: 02:33:36
PB (50m pool): 02:34.36 Antwerpen 13/07/2025					PB (25m pool): 02:33.36 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.65	01:15.65	01:56.04	02:34.36	
	00:35.65	00:40.00	00:40.39	00:38.32	
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:30
Heat: 4/9 Lane : 2 Athlete: GILLES NATHAN					Q-time: 02:29:72
PB (50m pool): no time					PB (25m pool): 02:29.72 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: 27: 200M FREESTYLE MEN 13+					Heat:6, starttime: 11:36
Heat: 6/9 Lane : 3 Athlete: DILLEN FINN					Q-time: 02:10:62
PB (50m pool): 02:17.90 Antwerpen 20/07/2025					PB (25m pool): 02:10.62 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.89	01:06.88	01:42.89	02:17.90	
	00:31.89	00:34.99	00:36.01	00:35.01	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 11:39
Heat: 7/9 Lane : 8 Athlete: HUFKENS ILIAN					Q-time: 02:10:53
PB (50m pool): 02:11.87 Antwerpen 20/07/2025					PB (25m pool): 02:10.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.21	01:03.88	01:38.78	02:11.87	
	00:30.21	00:33.67	00:34.90	00:33.09	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:8, starttime: 11:42
Heat: 8/9 Lane : 1 Athlete: BEGUE MILANN					Q-time: 02:05:13
PB (50m pool): 02:10.24 Antwerpen 20/07/2025					PB (25m pool): 02:05.13 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.98	01:02.94	01:36.50	02:10.24	
	00:29.98	00:32.96	00:33.56	00:33.74	
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 27: 200M FREESTYLE MEN 13+					Heat:8, starttime: 11:42
Heat: 8/9 Lane : 4 Athlete: ZRIRAK WAEL					Q-time: 02:01:76
PB (50m pool): 02:12.66 Olympic Pool Wezenberg, Antwer 30/03/2024 PB (25m pool): 02:01.76 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.26	01:04.34	01:39.02	02:12.66	
	00:30.26	00:34.08	00:34.68	00:33.64	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:9, starttime: 11:45
Heat: 9/9 Lane : 2 Athlete: VAN TILBURG MATTHIAS					Q-time: 01:59:00
PB (50m pool): 02:03.72 Antwerpen 21/04/2024 PB (25m pool): 01:59.00 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	02:03.72	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:9, starttime: 11:45
Heat: 9/9 Lane : 3 Athlete: MICHOEL QUINTEN					Q-time: 01:56:32
PB (50m pool): 01:59.70 Antwerpen 27/07/2025 PB (25m pool): 01:56.32 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.71	00:57.89	01:29.39	01:59.70	
	00:27.71	00:30.18	00:31.50	00:30.31	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:9, starttime: 11:45
Heat: 9/9 Lane : 7 Athlete: VAN BALLAER VIKTOR					Q-time: 01:59:16
PB (50m pool): 02:01.92 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:57.97 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.10	00:59.06	01:30.52	02:01.92	
	00:28.10	00:30.96	00:31.46	00:31.40	
					

Coach feedback:

PK 50m bad Antw: Session: 3: COACH evaluation sheet for TEAM: ZGEEL

Event number: 27: 200M FREESTYLE MEN 13+					Heat:9, starttime: 11:45
Heat: 9/9 Lane : 8 Athlete: VANTHOURNOUT XANDER					Q-time: 02:01:28
PB (50m pool): 02:03.65 Antwerpen 27/07/2025					PB (25m pool): 02:00.16 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.90	00:59.19	01:31.45	02:03.65	
	00:27.90	00:31.29	00:32.26	00:32.20	
					

Coach feedback:

Event number: 28: 400M MEDLEY WOMEN 13+					Heat:1, starttime: 11:48			
Heat: 1/1 Lane : 2 Athlete: VAN TILBURG FRAUKE					Q-time: 06:06:86			
PB (50m pool): 06:32.83 Mol 22/06/2025					PB (25m pool): 06:06.86 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	00:39.75	01:28.58	02:18.47	03:05.77	04:04.89	05:05.34	05:50.93	06:32.83
	00:39.75	00:48.83	00:49.89	00:47.30	00:59.12	01:00.45	00:45.59	00:41.90
								

Coach feedback:

Event number: 28: 400M MEDLEY WOMEN 13+					Heat:1, starttime: 11:48			
Heat: 1/1 Lane : 5 Athlete: DILLEN NORAH					Q-time: 05:29:38			
PB (50m pool): 05:25.21 Antwerpen 28/07/2024					PB (25m pool): 05:18.00 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	no time	no time	no time	no time	no time	no time	no time	05:25.21
	no time							
								

Coach feedback: