

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

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 20: 100M BUTTERFLY MEN 13+			Heat:4, starttime: 09:07
Heat: 4/7 Lane : 1 Athlete: NAEGELS REZA			Q-time: 01:10:58
PB (50m pool): 01:15.12 Antwerpen 14/07/2024			PB (25m pool): 01:10.58 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:15.12	
	no time		
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:5, starttime: 09:08
Heat: 5/7 Lane : 1 Athlete: COGURCU ARDA			Q-time: 01:08:43
PB (50m pool): no time			PB (25m pool): 01:08.43 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:5, starttime: 09:08
Heat: 5/7 Lane : 2 Athlete: EL HADDOUCHI HAROUN			Q-time: 01:07:41
PB (50m pool): 01:08.06 Mol 22/06/2025			PB (25m pool): 01:07.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:31.71	01:08.06	
	00:31.71	00:36.35	
			

Coach feedback:

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Event number: 20: 100M BUTTERFLY MEN 13+				Heat:7, starttime: 09:12	
Heat: 7/7 Lane : 2 Athlete: HOROVYI MYKYTA				Q-time: 00:58:75	
PB (50m pool): 00:59.16 Antwerp 09/02/2025				PB (25m pool): 00:58.37 SB: no time	
	5 0 M	1 0 0 M			
PB	00:27.48	00:59.16			
	00:27.48	00:31.68			
					

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+				Heat:2, starttime: 09:17	
Heat: 2/6 Lane : 1 Athlete: VANDE SOMPELE JITS				Q-time: 01:29:34	
PB (50m pool): no time				PB (25m pool): 01:29.34 SB: no time	
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 09:35	
Heat: 1/6 Lane : 4 Athlete: NULENS LILI					Q-time: 03:02:85	
PB (50m pool): no time					PB (25m pool): 03:02.85 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: 23: 200M BACKSTROKE WOMEN 13+					Heat:1, starttime: 09:35	
Heat: 1/6 Lane : 7 Athlete: NAGHIU MATIS IZOLDA					Q-time: 03:11:12	
PB (50m pool): 03:11.12 Antwerpen 13/07/2025					PB (25m pool): 03:30.20 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:44.64	01:33.33	02:22.12	03:11.12		
	00:44.64	00:48.69	00:48.79	00:49.00		
						

Coach feedback:

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Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:2, starttime: 09:40
Heat: 2/6 Lane : 7 Athlete: CORNEZ MAYLIE					Q-time: 02:57:07
PB (50m pool): 03:02.30 Olympic Pool Wezenberg, Antwer 24/07/25 PB (25m pool): 02:52.57 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	03:02.30	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:2, starttime: 10:04
Heat: 2/5 Lane : 4 Athlete: BETTENS STAN					Q-time: 02:39:01
PB (50m pool): no time 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	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 10:08
Heat: 3/5 Lane : 7 Athlete: BETTENS LUCAS					Q-time: 02:35:75
PB (50m pool): 02:44.58 Olympic Pool Wezenberg, Antwer 30/07/25 PB (25m pool): 02:35.75 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.85	01:19.71	02:02.78	02:44.58	
	00:37.85	00:41.86	00:43.07	00:41.80	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 10:53
Heat: 3/10 Lane : 5 Athlete: VAN DEN BOSSCHE LIA					Q-time: 02:39:67
PB (50m pool): 02:39.67 Antwerpen 13/07/2025 PB (25m pool): 02:47.23 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.43	01:17.63	02:01.19	02:39.67	
	00:36.43	00:41.20	00:43.56	00:38.48	
					

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 10:57
Heat: 4/10 Lane : 3 Athlete: VANDE SOMPELE JITS					Q-time: 02:34:85
PB (50m pool): 02:34.85 Antwerpen 13/07/2025					PB (25m pool): 02:47.61 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.67	01:16.28	01:56.74	02:34.85	
	00:35.67	00:40.61	00:40.46	00:38.11	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:33
Heat: 5/9 Lane : 2 Athlete: VERDONCK MARIUS					Q-time: 02:18:64
PB (50m pool): 02:18.64 Antwerpen 20/04/2025					PB (25m pool): 02:17.14 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.39	01:04.80	01:41.63	02:18.64	
	00:30.39	00:34.41	00:36.83	00:37.01	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:6, starttime: 11:36
Heat: 6/9 Lane : 5 Athlete: BETTENS LUCAS					Q-time: 02:10:60
PB (50m pool): 02:12.76 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:10.60 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.44	01:04.24	01:38.92	02:12.76	
	00:30.44	00:33.80	00:34.68	00:33.84	
					

Coach feedback:

Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:01	
Heat: 1/1 Lane : 3 Athlete: TEAM ZOLA 1							Q-time: 04:27:66	
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								
								

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Event number: 29: 4x100M MEDLEY MEN 11+							Heat:1, starttime: 12:01	
Heat: 1/1 Lane : 7 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: