

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

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 20: 100M BUTTERFLY MEN 13+			Heat:5, starttime: 09:08
Heat: 5/7 Lane : 3 Athlete: MATHIEU JACK			Q-time: 01:05:33
PB (50m pool): 01:05.24 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 01:01.67 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.69	01:05.24	
	00:29.69	00:35.55	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:7, starttime: 09:12
Heat: 7/7 Lane : 4 Athlete: LAUREYSSSENS LUKAS			Q-time: 00:56:91
PB (50m pool): 00:56.91 Antwerpen 27/07/2025			PB (25m pool): 00:56.64 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.73	00:56.91	
	00:26.73	00:30.18	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:1, starttime: 09:14
Heat: 1/6 Lane : 4 Athlete: THEUNISSEN JOLIEN			Q-time: 01:33:30
PB (50m pool): 01:42.20 Antwerpen 13/07/2025			PB (25m pool): 01:33.30 SB: no time
	5 0 M	1 0 0 M	
PB	00:45.48	01:42.20	
	00:45.48	00:56.72	
			

Coach feedback:

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

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:2, starttime: 09:17
Heat: 2/6 Lane : 4 Athlete: DE VOCHT ANNE-JULIE			Q-time: 01:21:15
PB (50m pool): 01:21.15 Wezenberg 05/01/2025			PB (25m pool): 01:18.19 SB: 01:21.26 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:36.04	01:21.15	
	00:36.04	00:45.11	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:5, starttime: 09:23
Heat: 5/6 Lane : 1 Athlete: VAN OSTA NOMI			Q-time: 01:10:93
PB (50m pool): 01:10.93 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:09.33 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.25	01:10.93	
	00:32.25	00:38.68	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:5, starttime: 09:23
Heat: 5/6 Lane : 4 Athlete: VERRET JULIE			Q-time: 01:09:86
PB (50m pool): 01:09.56 Wezenberg 04/01/2026			PB (25m pool): 01:09.41 SB: 01:09.56 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:31.93	01:09.56	
	00:31.93	00:37.63	
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:3, starttime: 09:31
Heat: 3/5 Lane : 4 Athlete: VLEEMING BIAGIO			Q-time: 00:45:34
PB (50m pool): 00:45.34 Antwerp 02/02/2025			PB (25m pool): 00:47.65 SB: no time
	5 0 M		
PB	00:45.34		
	00:45.34		
			

Coach feedback:

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

Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:5, starttime: 09:34	
Heat: 5/5 Lane : 8 Athlete: VAN OOSTERWYCK ALEXANDER				Q-time: 00:38:96	
PB (50m pool): 00:37.38 Wezenberg 04/01/2026				PB (25m pool): 00:38.96 SB: 00:37.38 Wezenberg 04/01/2026	
	5 0 M				
PB	00:37.38				
	00:37.38				
					

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 09:48	
Heat: 4/6 Lane : 2 Athlete: VAN HOOFF SARA					Q-time: 02:38:87	
PB (50m pool): 02:50.63 Antwerpen 16/07/2023					PB (25m pool): 02:38.87 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	02:50.63		
	no time					
						

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 10:12	
Heat: 4/5 Lane : 4 Athlete: DE RIDDER ARNE					Q-time: 02:21:76	
PB (50m pool): 02:21.76 Antwerpen 20/07/2025					PB (25m pool): 02:11.31 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.98	01:08.80	01:45.51	02:21.76		
	00:32.98	00:35.82	00:36.71	00:36.25		
						

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12				Heat:1, starttime: 10:19	
Heat: 1/5 Lane : 4 Athlete: VAN OOSTERWYCK ALEXANDER				Q-time: 01:33:64	
PB (50m pool): 01:15.15 Wezenberg 04/01/2026				PB (25m pool): 01:14.63 SB: 01:15.15 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M			
PB	00:35.29	01:15.15			
	00:35.29	00:39.86			
					

Coach feedback:

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

Event number: 25: 100M FREESTYLE MEN 11-12				Heat:3, starttime: 10:24
Heat: 3/5 Lane : 3 Athlete: VLEEMING BIAGIO				Q-time: 01:20:44
PB (50m pool): 01:20.44 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:20.22 SB: no time				
	5 0 M	1 0 0 M		
PB	00:37.49	01:20.44		
	00:37.49	00:42.95		
				

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:5, starttime: 11:00
Heat: 5/10 Lane : 3 Athlete: DE VOCHT ANNE-JULIE					Q-time: 02:29:06
PB (50m pool): 02:29.06 Antwerpen 20/04/2025 PB (25m pool): 02:30.71 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.16	01:11.87	01:52.29	02:29.06	
	00:34.16	00:37.71	00:40.42	00:36.77	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:03
Heat: 6/10 Lane : 1 Athlete: VAN DEN BERGH ANNA					Q-time: 02:27:16
PB (50m pool): 02:27.16 Antwerpen 13/07/2025 PB (25m pool): 02:24.04 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.95	01:13.05	01:51.22	02:27.16	
	00:34.95	00:38.10	00:38.17	00:35.94	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:03
Heat: 6/10 Lane : 4 Athlete: VAN HOOFF SARA					Q-time: 02:24:71
PB (50m pool): 02:27.38 Antwerpen 16/07/2023 PB (25m pool): 02:23.65 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	02:27.38	
	no time				
					

Coach feedback:

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

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:7, starttime: 11:07
Heat: 7/10 Lane : 6 Athlete: VERRET JULIE					Q-time: 02:23:82
PB (50m pool): 02:23.82 Antwerpen 20/07/2025					PB (25m pool): 02:17.46 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.11	01:09.76	01:47.51	02:23.82	
	00:33.11	00:36.65	00:37.75	00:36.31	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:10
Heat: 8/10 Lane : 8 Athlete: VERNIERS NIME					Q-time: 02:21:05
PB (50m pool): 02:21.05 Antwerpen 20/07/2025					PB (25m pool): 02:15.86 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.72	01:08.31	01:45.40	02:21.05	
	00:32.72	00:35.59	00:37.09	00:35.65	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:9, starttime: 11:13
Heat: 9/10 Lane : 8 Athlete: DE RIDDER STERRE					Q-time: 02:17:23
PB (50m pool): 02:17.23 Antwerp 09/02/2025					PB (25m pool): 02:16.56 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.70	01:07.17	01:42.29	02:17.23	
	00:32.70	00:34.47	00:35.12	00:34.94	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:3, starttime: 11:26
Heat: 3/9 Lane : 8 Athlete: PEETERS SAMUEL					Q-time: 02:41:16
PB (50m pool): 02:41.16 Antwerpen 13/07/2025					PB (25m pool): 02:42.26 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.84	01:18.49	02:00.64	02:41.16	
	00:36.84	00:41.65	00:42.15	00:40.52	
					

Coach feedback:

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

Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 11:39
Heat: 7/9 Lane : 4 Athlete: DE RIDDER ARNE					Q-time: 02:07:42
PB (50m pool): 02:07.42 Antwerpen 20/07/2025					PB (25m pool): 02:04.23 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.23	01:03.38	01:36.62	02:07.42	
	00:30.23	00:33.15	00:33.24	00:30.80	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:8, starttime: 11:42
Heat: 8/9 Lane : 2 Athlete: MATHIEU JACK					Q-time: 02:04:02
PB (50m pool): 02:04.02 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:00.86 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.07	01:00.37	no time	02:04.02	
	00:29.07	00:31.30			
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:9, starttime: 11:45
Heat: 9/9 Lane : 5 Athlete: LAUREYSSSENS LUKAS					Q-time: 01:54:79
PB (50m pool): 01:54.79 Antwerpen 27/07/2025					PB (25m pool): 01:53.21 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.34	00:55.46	01:25.52	01:54.79	
	00:26.34	00:29.12	00:30.06	00:29.27	
					

Coach feedback: