

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

Coachinfo: Warming up from: 08:00 untill 08:50. 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: 20: 100M BUTTERFLY MEN 13+

Heat:1, starttime: 09:00

Heat: 1/7 Lane : 6 Athlete: VERSTRAETE PEPIJN

Q-time: 01:39:32

PB (50m pool): 01:42.19 Antwerpen 13/07/2025

PB (25m pool): 01:39.32 SB: no time

	50 M	100 M	
PB	00:46.49	01:42.19	
	00:46.49	00:55.70	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+

Heat:2, starttime: 09:02

Heat: 2/7 Lane : 2 Athlete: MARIN ALEXANDRU

Q-time: 01:18:97

PB (50m pool): 01:19.83 Wezenberg 04/01/2026

PB (25m pool): 01:18.97 SB: 01:19.83 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:36.02	01:19.83	
	00:36.02	00:43.81	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+

Heat:2, starttime: 09:02

Heat: 2/7 Lane : 8 Athlete: DE WEERDT BENT

Q-time: 01:20:41

PB (50m pool): 01:25.39 Antwerpen 20/07/2025

PB (25m pool): 01:20.41 SB: no time

	50 M	100 M	
PB	00:37.83	01:25.39	
	00:37.83	00:47.56	
			

Coach feedback:

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Event number: 20: 100M BUTTERFLY MEN 13+			Heat:3, starttime: 09:05
Heat: 3/7 Lane : 7 Athlete: MERTENS GERBEN			Q-time: 01:12:68
PB (50m pool): 01:15.28 Antwerpen 13/07/2025			PB (25m pool): 01:12.68 SB: 01:16.05 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:34.90	01:15.28	
	00:34.90	00:40.38	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:3, starttime: 09:05
Heat: 3/7 Lane : 8 Athlete: SLAETS CAZ			Q-time: 01:15:39
PB (50m pool): 01:19.36 Antwerp 02/02/2025			PB (25m pool): 01:15.39 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.82	01:19.36	
	00:35.82	00:43.54	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:4, starttime: 09:07
Heat: 4/7 Lane : 6 Athlete: JACOB QINGKUN			Q-time: 01:09:31
PB (50m pool): 01:12.61 Wezenberg 03/01/2026			PB (25m pool): 01:09.31 SB: 01:12.61 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:33.56	01:12.61	
	00:33.56	00:39.05	
			

Coach feedback:

Event number: 20: 100M BUTTERFLY MEN 13+			Heat:4, starttime: 09:07
Heat: 4/7 Lane : 8 Athlete: JANSSENS TIJS			Q-time: 01:11:26
PB (50m pool): 01:12.97 Antwerpen 14/07/2024			PB (25m pool): 01:11.26 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:12.97	
	no time		
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:2, starttime: 09:17
Heat: 2/6 Lane : 2 Athlete: DALEMANS NEL			Q-time: 01:25:75
PB (50m pool): 01:29.74 Wezenberg 05/01/2025			PB (25m pool): 01:25.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.68	01:29.74	
	00:39.68	00:50.06	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:5, starttime: 09:23
Heat: 5/6 Lane : 2 Athlete: JACOBS LOTTE			Q-time: 01:10:65
PB (50m pool): 01:12.60 Antwerpen 13/07/2025			PB (25m pool): 01:10.65 SB: 01:13.26 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:32.99	01:12.60	
	00:32.99	00:39.61	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY WOMEN 13+			Heat:5, starttime: 09:23
Heat: 5/6 Lane : 8 Athlete: VAN REETH LIEZE			Q-time: 01:12:22
PB (50m pool): 01:14.44 Antwerpen 13/07/2025			PB (25m pool): 01:12.22 SB: 01:14.93 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:35.01	01:14.44	
	00:35.01	00:39.43	
			

Coach feedback:

Event number: 22: 50M BUTTERFLY MEN 11-12			Heat:2, starttime: 09:29
Heat: 2/5 Lane : 8 Athlete: VAN DER HOEVEN LUCA			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		
			

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Event number: 22: 50M BUTTERFLY MEN 11-12				Heat:3, starttime: 09:31
Heat: 3/5 Lane : 8 Athlete: DE PUYDT ARTHUR				Q-time: 00:50:53
PB (50m pool): no time		PB (25m pool): 00:50.53 SB: no time		
	5 0 M			
PB	no time			
	no time			
				

Coach feedback:

Event number: 23: 200M BACKSTROKE WOMEN 13+					Heat:4, starttime: 09:48
Heat: 4/6 Lane : 4 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 02:37:25
PB (50m pool): 02:41.19 Antwerpen 27/07/2025		PB (25m pool): 02:37.25 SB: 02:46.15 Aalst 20/12/2025			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.20	01:19.91	02:01.56	02:41.19	
	00:39.20	00:40.71	00:41.65	00:39.63	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 10:08
Heat: 3/5 Lane : 4 Athlete: DOOMEN MARNIX					Q-time: 02:30:22
PB (50m pool): 02:30.22 Antwerpen 13/07/2025		PB (25m pool): 02:25.27 SB: 02:32.14 Aalst 20/12/2025			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.98	01:12.03	01:51.96	02:30.22	
	00:33.98	00:38.05	00:39.93	00:38.26	
					

Coach feedback:

Event number: 24: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 10:08
Heat: 3/5 Lane : 8 Athlete: VERCAMMEN DAAN					Q-time: 02:37:81
PB (50m pool): no time		PB (25m pool): 02:37.81 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				
					

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Event number: 24: 200M BACKSTROKE MEN 13+					Heat:4, starttime: 10:12
Heat: 4/5 Lane : 7 Athlete: WIJSGEER VIKTOR					Q-time: 02:25:27
PB (50m pool): 02:33.09 Antwerpen 13/07/2025					PB (25m pool): 02:25.27 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.41	01:15.51	01:55.11	02:33.09	
	00:36.41	00:39.10	00:39.60	00:37.98	
					

Coach feedback:

Event number: 25: 100M FREESTYLE MEN 11-12					Heat:1, starttime: 10:19
Heat: 1/5 Lane : 6 Athlete: VAN DER HOEVEN LUCA					Q-time: 01:36:17
PB (50m pool): no time					PB (25m pool): 01:36.17 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:2, starttime: 10:22
Heat: 2/5 Lane : 3 Athlete: DE PUYDT ARTHUR					Q-time: 01:24:79
PB (50m pool): 01:29.58 Wezenberg 04/01/2026					PB (25m pool): 01:24.79 SB: 01:29.58 Wezenberg 04/01/2026
	5 0 M	1 0 0 M			
PB	00:44.02	01:29.58			
	00:44.02	00:45.56			
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 10:46
Heat: 1/10 Lane : 4 Athlete: JORIS LINDE					Q-time: 02:59:65
PB (50m pool): no time					PB (25m pool): 02:59.65 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	no time	
	no time				
					

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:1, starttime: 10:46
Heat: 1/10 Lane : 6 Athlete: BOURGUIGNON NENA					Q-time: 03:06:99
PB (50m pool): no time PB (25m pool): 03:06.99 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: 26: 200M FREESTYLE WOMEN 13+					Heat:3, starttime: 10:53
Heat: 3/10 Lane : 6 Athlete: SARMI SOFIA					Q-time: 02:40:00
PB (50m pool): 02:46.34 Antwerpen 13/07/2025 PB (25m pool): 02:40.00 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.31	01:21.27	02:04.79	02:46.34	
	00:38.31	00:42.96	00:43.52	00:41.55	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 10:57
Heat: 4/10 Lane : 7 Athlete: GERAEDTS MARIA					Q-time: 02:36:03
PB (50m pool): 02:44.02 Antwerpen 13/07/2025 PB (25m pool): 02:36.03 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.70	01:21.97	02:04.45	02:44.02	
	00:38.70	00:43.27	00:42.48	00:39.57	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:4, starttime: 10:57
Heat: 4/10 Lane : 8 Athlete: VERHOEVEN LIESE					Q-time: 02:38:16
PB (50m pool): no time PB (25m pool): 02:38.16 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				
					

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Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:6, starttime: 11:03
Heat: 6/10 Lane : 8 Athlete: VOLDERS ELLA					Q-time: 02:27:50
PB (50m pool): 02:27.84 Aalst 20/12/2025			PB (25m pool): 02:27.50 SB: 02:27.84 Aalst 20/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.91	01:11.76	01:50.41	02:27.84	
	00:33.91	00:37.85	00:38.65	00:37.43	
					

Coach feedback:

Event number: 26: 200M FREESTYLE WOMEN 13+					Heat:8, starttime: 11:10
Heat: 8/10 Lane : 6 Athlete: VERDOOD PIP					Q-time: 02:19:18
PB (50m pool): 02:19.18 Aalst 20/12/2025			PB (25m pool): 02:20.48 SB: 02:19.18 Aalst 20/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.36	01:07.71	01:44.01	02:19.18	
	00:32.36	00:35.35	00:36.30	00:35.17	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:1, starttime: 11:19
Heat: 1/9 Lane : 3 Athlete: VERMEIREN STAN					Q-time: 02:55:41
PB (50m pool): no time			PB (25m pool): 02:55.41 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:2, starttime: 11:23
Heat: 2/9 Lane : 5 Athlete: VERSTRAETE PEPIJN					Q-time: 02:41:47
PB (50m pool): 02:42.47 Antwerpen 13/07/2025			PB (25m pool): 02:41.47 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.46	01:18.50	02:01.93	02:42.47	
	00:36.46	00:42.04	00:43.43	00:40.54	
					

Coach feedback:

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Event number: 27: 200M FREESTYLE MEN 13+					Heat:4, starttime: 11:30
Heat: 4/9 Lane : 5 Athlete: DE WEERDT BENT					Q-time: 02:29:12
PB (50m pool): 02:33.62 Aalst 20/12/2025			PB (25m pool): 02:29.12 SB: 02:33.62 Aalst 20/12/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.34	01:14.92	01:55.07	02:33.62	
	00:35.34	00:39.58	00:40.15	00:38.55	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:33
Heat: 5/9 Lane : 1 Athlete: JACOB QINGKUN					Q-time: 02:22:10
PB (50m pool): 02:29.28 Antwerpen 14/07/2024			PB (25m pool): 02:22.10 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	02:29.28	
	no time				
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:5, starttime: 11:33
Heat: 5/9 Lane : 7 Athlete: SLAETS CAZ					Q-time: 02:19:85
PB (50m pool): 02:21.76 Antwerpen 13/07/2025			PB (25m pool): 02:19.85 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.31	01:09.06	01:46.30	02:21.76	
	00:32.31	00:36.75	00:37.24	00:35.46	
					

Coach feedback:

Event number: 27: 200M FREESTYLE MEN 13+					Heat:7, starttime: 11:39
Heat: 7/9 Lane : 1 Athlete: JANSSENS TIJS					Q-time: 02:10:24
PB (50m pool): 02:12.03 Antwerp 09/02/2025			PB (25m pool): 02:06.73 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.04	01:03.47	01:38.65	02:12.03	
	00:30.04	00:33.43	00:35.18	00:33.38	
					

Coach feedback:

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Event number: 28: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 11:48										
Heat: 1/1 Lane : 3 Athlete: VAN REETH LIEZE							Q-time: 05:42:67										
PB (50m pool): 05:42.67 Aalst 20/12/2025									PB (25m pool): no time SB: 05:42.67 Aalst 20/12/2025								
	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	00:37.17		01:21.70		02:05.66		02:48.38		03:35.97		04:25.84		05:04.14		05:42.67		
	00:37.17		00:44.53		00:43.96		00:42.72		00:47.59		00:49.87		00:38.30		00:38.53		
																	

Coach feedback: