

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 30: 100M BREASTSTROKE MEN 11-12			Heat:1, starttime: 14:00
Heat: 1/5 Lane : 3 Athlete: CORREIA DE OLIVEIRA TIAGO			Q-time: 02:07:08
PB (50m pool): no time			PB (25m pool): 02:07.08 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:1, starttime: 14:00
Heat: 1/5 Lane : 6 Athlete: NIEUWENHUIS ISAAC			Q-time: 02:08:67
PB (50m pool): no time			PB (25m pool): 02:08.67 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:3, starttime: 14:06
Heat: 3/5 Lane : 3 Athlete: DE FEYTER LUCAS			Q-time: 01:45:82
PB (50m pool): 01:45.82 Wezenberg 04/01/2026			PB (25m pool): 01:46.08 SB: 01:45.82 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:51.70	01:45.82	
	00:51.70	00:54.12	
	.	.	

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:3, starttime: 14:06
Heat: 3/5 Lane : 8 Athlete: RAMSDONCK KRIS			Q-time: 01:49:17
PB (50m pool): 01:59.22 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:49.17 SB: no time			
	5 0 M	1 0 0 M	
PB	00:57.99	01:59.22	
	00:57.99	01:01.23	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:5, starttime: 14:11
Heat: 5/5 Lane : 4 Athlete: MAES MATHIJS			Q-time: 01:26:39
PB (50m pool): 01:26.52 Wezenberg 04/01/2026 PB (25m pool): 01:26.39 SB: 01:26.52 Wezenberg 04/01/2026			
	5 0 M	1 0 0 M	
PB	00:40.79	01:26.52	
	00:40.79	00:45.73	
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:2, starttime: 14:15
Heat: 2/11 Lane : 3 Athlete: STERCKX DAAN			Q-time: 00:32:61
PB (50m pool): 00:33.55 Mol 22/06/2025 PB (25m pool): 00:32.61 SB: no time			
	5 0 M		
PB	00:33.55		
	00:33.55		
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:3, starttime: 14:16
Heat: 3/11 Lane : 2 Athlete: NEYRINCK RUBEN			Q-time: 00:31:43
PB (50m pool): 00:34.62 Antwerpen 20/04/2025 PB (25m pool): 00:31.43 SB: no time			
	5 0 M		
PB	00:34.62		
	00:34.62		
			

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 31: 50M FREESTYLE MEN 13+		Heat:4, starttime: 14:17
Heat: 4/11 Lane : 7 Athlete: AGTEN VALERIO ÁLVARO		Q-time: 00:30:71
PB (50m pool): 00:30.71 Antwerpen 20/04/2025 PB (25m pool): 00:30.07 SB: no time		
	5 0 M	
PB	00:30.71	
	00:30.71	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:5, starttime: 14:18
Heat: 5/11 Lane : 1 Athlete: GILLES NATHAN		Q-time: 00:29:82
PB (50m pool): 00:30.11 Antwerpen 13/07/2025 PB (25m pool): 00:29.82 SB: no time		
	5 0 M	
PB	00:30.11	
	00:30.11	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:9, starttime: 14:23
Heat: 9/11 Lane : 4 Athlete: ZRIRAK WAEL		Q-time: 00:25:73
PB (50m pool): 00:27.43 Antwerpen 20/04/2025 PB (25m pool): 00:25.73 SB: no time		
	5 0 M	
PB	00:27.43	
	00:27.43	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:9, starttime: 14:23
Heat: 9/11 Lane : 6 Athlete: BEGUE MILANN		Q-time: 00:25:92
PB (50m pool): 00:26.53 Antwerpen 20/04/2025 PB (25m pool): 00:25.92 SB: no time		
	5 0 M	
PB	00:26.53	
	00:26.53	
		

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 31: 50M FREESTYLE MEN 13+										Heat:10, starttime: 14:25																				
Heat: 10/11 Lane : 2 Athlete: HAESENDONCKX JARNE																				Q-time: 00:25:21										
PB (50m pool): 00:25.21 Antwerpen 27/07/2025																				PB (25m pool): 00:25.34 SB: no time										
	5 0 M																													
PB	00:25.21																													
	00:25.21																													
																														

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+										Heat:10, starttime: 14:25																													
Heat: 10/11										Lane : 3										Athlete: VANTHOURNOUT XANDER										Q-time: 00:24:77									
PB (50m pool): 00:25.78										Antwerpen 28/07/2024										PB (25m pool): 00:24.77										SB: no time									
		5 0 M																																					
PB	00:25.78																																						
	00:25.78																																						
																																							

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+										Heat:10, starttime: 14:25																													
Heat: 10/11																				Lane : 5					Athlete: MICHOEL QUINTEN										Q-time: 00:24:55				
PB (50m pool): 00:25.03										Eindhoven 16/03/2025										PB (25m pool): 00:24.55 SB: no time																			
	5 0 M																																						
PB	00:25.03																																						
	00:25.03																																						
																																							

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+					Heat:11, starttime: 14:26																								
Heat: 11/11					Lane : 2					Athlete: VAN BALLAER VIKTOR					Q-time: 00:24:16														
PB (50m pool): 00:25.66										Eindhoven 16/03/2025										PB (25m pool): 00:24.16 SB: no time									
		5 0 M																											
PB	00:25.66																												
	00:25.66																												
																													

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 31: 50M FREESTYLE MEN 13+		Heat:11, starttime: 14:26
Heat: 11/11 Lane : 3 Athlete: VAN TILBURG MATTHIAS		Q-time: 00:24:04
PB (50m pool): 00:24.84 Antwerpen 27/07/2025 PB (25m pool): 00:24.04 SB: no time		
	5 0 M	
PB	00:24.84	
	00:24.84	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 14:29
Heat: 2/14 Lane : 5 Athlete: WOUTERS DORA		Q-time: 00:34:96
PB (50m pool): 00:36.04 Mol 22/06/2025 PB (25m pool): 00:34.96 SB: no time		
	5 0 M	
PB	00:36.04	
	00:36.04	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:30
Heat: 3/14 Lane : 1 Athlete: VAN ASTEN RENÉE		Q-time: 00:34:62
PB (50m pool): 00:37.68 Mol 22/06/2025 PB (25m pool): 00:34.62 SB: no time		
	5 0 M	
PB	00:37.68	
	00:37.68	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:30
Heat: 3/14 Lane : 2 Athlete: WOUTERS MIT		Q-time: 00:34:23
PB (50m pool): 00:34.23 Antwerp 02/02/2025 PB (25m pool): 00:34.31 SB: no time		
	5 0 M	
PB	00:34.23	
	00:34.23	
		

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 32: 50M FREESTYLE WOMEN 13+						Heat:3, starttime: 14:30	
Heat: 3/14 Lane : 7 Athlete: HUFKENS ELINA						Q-time: 00:34:61	
PB (50m pool): 00:35.30 Wezenberg 04/01/2026						PB (25m pool): 00:34.61 SB: 00:35.30 Wezenberg 04/01/2026	
	5 0 M						
PB	00:35.30						
	00:35.30						
							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+						Heat:4, starttime: 14:31	
Heat: 4/14 Lane : 1 Athlete: VALKENBORGHS YANNE						Q-time: 00:32:89	
PB (50m pool): 00:33.25 Antwerp 02/02/2025						PB (25m pool): 00:32.89 SB: no time	
	5 0 M						
PB	00:33.25						
	00:33.25						
							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+					Heat:5, starttime: 14:33	
Heat: 5/14 Lane : 2 Athlete: BOOGERS NOOR					Q-time: 00:32:33	
PB (50m pool): 00:33.31 Eindhoven 16/03/2025					PB (25m pool): 00:32.33 SB: no time	
	5 0 M					
PB	00:33.31					
	00:33.31					
						

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+						Heat:5, starttime: 14:33	
Heat: 5/14 Lane : 7 Athlete: BOECKX PAULIEN						Q-time: 00:32:44	
PB (50m pool): 00:33.68 Eindhoven 16/03/2025						PB (25m pool): 00:32.44 SB: no time	
	5 0 M						
PB	00:33.68						
	00:33.68						
							

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 32: 50M FREESTYLE WOMEN 13+						Heat:7, starttime: 14:35	
Heat: 7/14 Lane : 3 Athlete: LEYSEN IMKE						Q-time: 00:31:37	
PB (50m pool): 00:32.61 Eindhoven 16/03/2025						PB (25m pool): 00:31.37 SB: no time	
	5 0 M						
PB	00:32.61						
	00:32.61						
							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+						Heat:8, starttime: 14:36	
Heat: 8/14 Lane : 5 Athlete: COOLS YELENA						Q-time: 00:30:97	
PB (50m pool): 00:32.72 Eindhoven 16/03/2025						PB (25m pool): 00:30.97 SB: no time	
	5 0 M						
PB	00:32.72						
	00:32.72						
							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+							Heat:8, starttime: 14:36		
Heat: 8/14 Lane : 8 Athlete: BRAEKEN CHARLOTTE							Q-time: 00:31:24		
PB (50m pool): 00:31.80 Eindhoven 16/03/2025							PB (25m pool): 00:31.24 SB: no time		
	5 0 M								
PB	00:31.80								
	00:31.80								
									

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+					Heat:9, starttime: 14:38				
Heat: 9/14 Lane : 5 Athlete: POELS NOMI					Q-time: 00:30:37				
PB (50m pool): 00:31.85 Eindhoven 16/03/2025					PB (25m pool): 00:30.37 SB: no time				
	5 0 M								
PB	00:31.85								
	00:31.85								
									

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 32: 50M FREESTYLE WOMEN 13+										Heat:10, starttime: 14:39																													
Heat: 10/14										Lane : 1										Athlete: VANLOMMEL LUISA VALENTINA										Q-time: 00:30:15									
PB (50m pool): 00:31.18										Mol 22/06/2025										PB (25m pool): 00:30.15										SB: no time									
		5 0 M																																					
PB	00:31.18																																						
	00:31.18																																						
																																							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+										Heat:10, starttime: 14:39																																																											
Heat: 10/14										Lane : 3										Athlete: VAN TILBURG FRAUKE										Q-time: 00:29:86																																							
PB (50m pool): 00:29.86										Wezenberg										04/01/2026										PB (25m pool): 00:30.34										SB: 00:29.86										Wezenberg										04/01/2026									
		5 0 M																																																																			
PB		00:29.86																																																																			
		00:29.86																																																																			
																																																																					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+										Heat:10, starttime: 14:39																																																											
Heat: 10/14										Lane : 7										Athlete: MAES JULIE										Q-time: 00:30:15																																							
PB (50m pool): 00:30.84										Antwerpen										20/04/2025										PB (25m pool): 00:30.15										SB: 00:31.25										Wezenberg										03/01/2026									
		5 0 M																																																																			
PB		00:30.84																																																																			
		00:30.84																																																																			
																																																																					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+										Heat:12, starttime: 14:41																																							
Heat: 12/14										Lane : 2										Athlete: BORGHS LORE										Q-time: 00:29:30																			
PB (50m pool): 00:30.10										Antwerpen 13/07/2025										PB (25m pool): 00:29.30										SB: 00:30.70										Wezenberg 03/01/2026									
		5 0 M																																															
PB	00:30.10																																																
	00:30.10																																																
																																																	

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:13, starttime: 14:43	
Heat: 13/14 Lane : 3 Athlete: DRIES SIEN				Q-time: 00:28:32	
PB (50m pool): 00:29.31 Eindhoven 16/03/2025				PB (25m pool): 00:28.32 SB: no time	
	5 0 M				
PB	00:29.31				
	00:29.31				
					

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+				Heat:14, starttime: 14:44	
Heat: 14/14 Lane : 4 Athlete: LAGEY LISELOTTE				Q-time: 00:26:36	
PB (50m pool): 00:26.68 Antwerpen 28/07/2024				PB (25m pool): 00:26.24 SB: no time	
	5 0 M				
PB	00:26.68				
	00:26.68				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:2, starttime: 14:50	
Heat: 2/4 Lane : 7 Athlete: GILLES NATHAN				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: 33: 200M BREASTSTROKE MEN 13+				Heat:3, starttime: 14:54	
Heat: 3/4 Lane : 7 Athlete: DILLEN FINN				Q-time: 02:46:37	
PB (50m pool): 02:46.37 Antwerpen 20/07/2025				PB (25m pool): 02:46.63 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.46	01:20.41	02:04.10	02:46.37	
	00:37.46	00:42.95	00:43.69	00:42.27	
					

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 14:57
Heat: 4/4 Lane : 1 Athlete: HUFKENS ILIAN					Q-time: 02:35:41
PB (50m pool): 02:44.89 Antwerpen 20/07/2025					PB (25m pool): 02:35.41 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.19	01:19.04	02:02.19	02:44.89	
	00:37.19	00:41.85	00:43.15	00:42.70	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 14:57
Heat: 4/4 Lane : 5 Athlete: VAN BALLAER VIKTOR					Q-time: 02:26:18
PB (50m pool): 02:35.34 Antwerp 09/02/2025					PB (25m pool): 02:26.18 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.87	01:12.97	01:53.60	02:35.34	
	00:33.87	00:39.10	00:40.63	00:41.74	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 14:57
Heat: 4/4 Lane : 7 Athlete: VANTHOURNOUT XANDER					Q-time: 02:34:93
PB (50m pool): 02:44.72 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:34.08 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	02:44.72	
	no time				
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:01
Heat: 1/4 Lane : 1 Athlete: VALKENBORGHES YANNE					Q-time: 03:50:39
PB (50m pool): 03:49.47 Eindhoven 24/03/2024					PB (25m pool): 03:44.70 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	03:49.47	
	no time				
					

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:01
Heat: 1/4 Lane : 4 Athlete: POELS NOMI					Q-time: 03:21:90
PB (50m pool): 03:21.90 Eindhoven 16/03/2025					PB (25m pool): 03:13.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.31	01:37.40	02:30.16	03:21.90	
	00:45.31	00:52.09	00:52.76	00:51.74	
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:01
Heat: 1/4 Lane : 6 Athlete: BOECKX PAULIEN					Q-time: 03:33:81
PB (50m pool): 03:27.31 Antwerpen 14/07/2024					PB (25m pool): 03:26.36 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	03:27.31	
	no time				
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:06
Heat: 2/4 Lane : 2 Athlete: LEYSEN IMKE					Q-time: 03:14:56
PB (50m pool): 03:21.80 Eindhoven 16/03/2025					PB (25m pool): 03:12.51 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.46	01:36.95	02:29.78	03:21.80	
	00:45.46	00:51.49	00:52.83	00:52.02	
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:10
Heat: 3/4 Lane : 2 Athlete: COOLS YELENA					Q-time: 03:04:88
PB (50m pool): 03:18.94 Antwerpen 13/07/2025					PB (25m pool): 03:04.88 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.56	01:36.10	02:27.86	03:18.94	
	00:45.56	00:50.54	00:51.76	00:51.08	
					

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:14
Heat: 4/4 Lane : 4 Athlete: DILLEN NORAH					Q-time: 02:42:48
PB (50m pool): 02:44.74 Antwerpen 28/07/2024					PB (25m pool): 02:42.48 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	02:44.74	
	no time				
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 15:33
Heat: 1/12 Lane : 2 Athlete: NIEUWENHUIS ISAAC					Q-time: 02:06:20
PB (50m pool): 02:06.20 Wezenberg 04/01/2026					PB (25m pool): 02:06.75 SB: 02:06.20 Wezenberg 04/01/2026
	5 0 M	1 0 0 M			
PB	01:03.56	02:06.20			
	01:03.56	01:02.64			
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 15:33
Heat: 1/12 Lane : 6 Athlete: CORREIA DE OLIVEIRA TIAGO					Q-time: 01:53:76
PB (50m pool): no time					PB (25m pool): 01:53.76 SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:36
Heat: 2/12 Lane : 7 Athlete: DE FEYTER LUCAS					Q-time: 01:36:57
PB (50m pool): 01:36.57 Wezenberg 04/01/2026					PB (25m pool): 01:40.02 SB: 01:36.57 Wezenberg 04/01/2026
	5 0 M	1 0 0 M			
PB	00:47.71	01:36.57			
	00:47.71	00:48.86			
					

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 15:44
Heat: 5/12 Lane : 5 Athlete: RAMSDONCK KRIS			Q-time: 01:23:80
PB (50m pool): 01:36.19 Mol 22/06/2025			PB (25m pool): 01:23.80 SB: no time
	5 0 M	1 0 0 M	
PB	00:46.93	01:36.19	
	00:46.93	00:49.26	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 15:47
Heat: 6/12 Lane : 2 Athlete: AGTEN VALERIO ÁLVARO			Q-time: 01:20:80
PB (50m pool): 01:20.80 Antwerpen 20/04/2025			PB (25m pool): 01:17.45 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.53	01:20.80	
	00:39.53	00:41.27	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 15:50
Heat: 7/12 Lane : 3 Athlete: MAES MATHIJS			Q-time: 01:18:35
PB (50m pool): 01:19.69 Wezenberg 04/01/2026			PB (25m pool): 01:18.35 SB: 01:19.69 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.99	01:19.69	
	00:38.99	00:40.70	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 15:50
Heat: 7/12 Lane : 8 Athlete: STERCKX DAAN			Q-time: 01:19:22
PB (50m pool): 01:21.52 Antwerpen 13/07/2025			PB (25m pool): 01:19.22 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.23	01:21.52	
	00:40.23	00:41.29	
			

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 15:52
Heat: 8/12 Lane : 8 Athlete: NEYRINCK RUBEN			Q-time: 01:16:96
PB (50m pool): 01:20.70 Wezenberg 04/01/2026			PB (25m pool): 01:16.96 SB: 01:20.70 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.76	01:20.70	
	00:39.76	00:40.94	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 16:00
Heat: 11/12 Lane : 2 Athlete: ZRIRAK Wael			Q-time: 01:04:64
PB (50m pool): 01:09.90 Wezenberg 03/01/2026			PB (25m pool): 01:04.64 SB: 01:09.90 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:33.53	01:09.90	
	00:33.53	00:36.37	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:12, starttime: 16:02
Heat: 12/12 Lane : 6 Athlete: VAN TILBURG MATTHIAS			Q-time: 00:59:44
PB (50m pool): 01:01.36 Antwerpen 27/07/2025			PB (25m pool): 00:59.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.67	01:01.36	
	00:29.67	00:31.69	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:12, starttime: 16:02
Heat: 12/12 Lane : 7 Athlete: HAESENDONCKX JARNE			Q-time: 01:01:33
PB (50m pool): 01:04.19 Antwerp 09/02/2025			PB (25m pool): 01:01.33 SB: 01:06.19 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:04.19	
	no time		
			

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:07
Heat: 2/11 Lane : 3 Athlete: WOUTERS DORA			Q-time: 01:31:29
PB (50m pool): 01:35.39 Wezenberg 05/01/2025			PB (25m pool): 01:31.29 SB: 01:39.04 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.89	01:35.39	
	00:47.89	00:47.50	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:10
Heat: 3/11 Lane : 1 Athlete: HUFKENS ELINA			Q-time: 01:29:02
PB (50m pool): 01:36.61 Wezenberg 05/01/2025			PB (25m pool): 01:29.02 SB: 01:40.74 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.20	01:36.61	
	00:47.20	00:49.41	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:13
Heat: 4/11 Lane : 2 Athlete: BORGHS LORE			Q-time: 01:23:47
PB (50m pool): 01:21.83 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 01:17.79 SB: 01:26.31 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:21.83	
	no time		
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:13
Heat: 4/11 Lane : 8 Athlete: VAN ASTEN RENéE			Q-time: 01:25:34
PB (50m pool): 01:28.99 Wezenberg 04/01/2026			PB (25m pool): 01:25.34 SB: 01:28.99 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:43.15	01:28.99	
	00:43.15	00:45.84	
			

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:15
Heat: 5/11 Lane : 6 Athlete: WOUTERS MIT			Q-time: 01:20:35
PB (50m pool): 01:24.68 Eindhoven 16/03/2025			PB (25m pool): 01:20.35 SB: 01:27.64 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:41.69	01:24.68	
	00:41.69	00:42.99	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:8, starttime: 16:23
Heat: 8/11 Lane : 3 Athlete: BRAEKEN CHARLOTTE			Q-time: 01:13:31
PB (50m pool): 01:19.85 Eindhoven 16/03/2025			PB (25m pool): 01:13.31 SB: 01:24.11 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.96	01:19.85	
	00:38.96	00:40.89	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:8, starttime: 16:23
Heat: 8/11 Lane : 4 Athlete: VANLOMMEL LUISA VALENTINA			Q-time: 01:13:21
PB (50m pool): 01:16.45 Wezenberg 03/01/2026			PB (25m pool): 01:13.21 SB: 01:16.45 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:37.19	01:16.45	
	00:37.19	00:39.26	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:9, starttime: 16:25
Heat: 9/11 Lane : 3 Athlete: VAN TILBURG FRAUKE			Q-time: 01:12:56
PB (50m pool): 01:16.24 Wezenberg 04/01/2026			PB (25m pool): 01:12.56 SB: 01:16.24 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:36.88	01:16.24	
	00:36.88	00:39.36	
			

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 36: 100M BACKSTROKE WOMEN 13+										Heat:9, starttime: 16:25																			
Heat: 9/11 Lane : 6 Athlete: BOOGERS NOOR																				Q-time: 01:12:58									
PB (50m pool): 01:17.06 Wezenberg 04/01/2026										PB (25m pool): 01:12.58 SB: 01:17.06 Wezenberg 04/01/2026																			
		5 0 M					1 0 0 M																						
PB		00:37.37					01:17.06																						
		00:37.37					00:39.69																						
																													

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+					Heat:9, starttime: 16:25	
Heat: 9/11 Lane : 7 Athlete: MAES JULIE					Q-time: 01:12:87	
PB (50m pool): 01:13.95 Antwerpen 16/10/2021					PB (25m pool): 01:12.87 SB: no time	
	5 0 M	1 0 0 M				
PB	no time	01:13.95				
	<i>no time</i>					
						

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+					Heat:11, starttime: 16:30	
Heat: 11/11 Lane : 6 Athlete: DRIES SIEN					Q-time: 01:07:05	
PB (50m pool): 01:10.45 Antwerp 09/02/2025					PB (25m pool): 01:07.05 SB: no time	
	5 0 M	1 0 0 M				
PB	no time	01:10.45				
	no time					
						

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 16:44	
Heat: 4/5 Lane : 5 Athlete: BEGUE MILANN					Q-time: 02:27:11	
PB (50m pool): 02:29.82 Antwerpen 20/07/2025					PB (25m pool): 02:27.11 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:32.37	01:10.91	01:54.98	02:29.82		
	00:32.37	00:38.54	00:44.07	00:34.84		
						

Coach feedback:

PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZGEEL

Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 16:44
Heat: 4/5 Lane : 7 Athlete: DILLEN FINN					Q-time: 02:29:89
PB (50m pool): 02:31.36 Antwerpen 20/07/2025					PB (25m pool): 02:29.89 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.57	01:13.58	01:55.76	02:31.36	
	00:33.57	00:40.01	00:42.18	00:35.60	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 16:47
Heat: 5/5 Lane : 3 Athlete: MICHOEL QUINTEN					Q-time: 02:16:34
PB (50m pool): 02:19.09 Antwerpen 27/07/2025					PB (25m pool): 02:16.34 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.00	01:05.32	01:47.53	02:19.09	
	00:28.00	00:37.32	00:42.21	00:31.56	
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 16:47
Heat: 5/5 Lane : 8 Athlete: HUFKENS ILIAN					Q-time: 02:26:08
PB (50m pool): 02:28.13 Antwerpen 20/07/2025					PB (25m pool): 02:26.08 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.64	01:10.60	01:53.18	02:28.13	
	00:31.64	00:38.96	00:42.58	00:34.95	
					

Coach feedback: