

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

Coachinfo: Warming up from: 13:00 untill 14:00. 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: 31: 50M FREESTYLE MEN 13+		Heat:5, starttime: 14:18
Heat: 5/11 Lane : 7 Athlete: COGURCU ARDA		Q-time: 00:29:22
PB (50m pool): 00:30.24 Mol 22/06/2025		PB (25m pool): 00:29.22 SB: no time
	5 0 M	
PB	00:30.24	
	00:30.24	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:6, starttime: 14:20
Heat: 6/11 Lane : 7 Athlete: EL HADDOUCHI HAROUN		Q-time: 00:28:31
PB (50m pool): 00:28.31 Antwerpen 13/07/2025		PB (25m pool): 00:28.83 SB: no time
	5 0 M	
PB	00:28.31	
	00:28.31	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:7, starttime: 14:21
Heat: 7/11 Lane : 2 Athlete: NAEGELS REZA		Q-time: 00:27:50
PB (50m pool): 00:28.58 Antwerpen 20/04/2025		PB (25m pool): 00:27.50 SB: no time
	5 0 M	
PB	00:28.58	
	00:28.58	
		

Coach feedback:

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Event number: 31: 50M FREESTYLE MEN 13+		Heat:8, starttime: 14:22
Heat: 8/11 Lane : 3 Athlete: VERDONCK MARIUS		Q-time: 00:26:57
PB (50m pool): 00:27.93 Antwerpen 13/07/2025		PB (25m pool): 00:26.57 SB: no time
	5 0 M	
PB	00:27.93	
	00:27.93	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:8, starttime: 14:22
Heat: 8/11 Lane : 7 Athlete: MESTARI ABDERRAHMANE		Q-time: 00:27:00
PB (50m pool): 00:27.84 Antwerp 02/02/2025		PB (25m pool): 00:27.00 SB: no time
	5 0 M	
PB	00:27.84	
	00:27.84	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:3, starttime: 14:30
Heat: 3/14 Lane : 8 Athlete: NAGHIU MATIS IZOLDA		Q-time: 00:34:81
PB (50m pool): 00:37.90 Mol 22/06/2025		PB (25m pool): 00:34.81 SB: no time
	5 0 M	
PB	00:37.90	
	00:37.90	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:31
Heat: 4/14 Lane : 7 Athlete: CORNEZ MAYLIE		Q-time: 00:32:85
PB (50m pool): 00:32.85 Antwerp 02/02/2025		PB (25m pool): 00:32.93 SB: no time
	5 0 M	
PB	00:32.85	
	00:32.85	
		

Coach feedback:

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Event number: 32: 50M FREESTYLE WOMEN 13+							Heat:5, starttime: 14:33	
Heat: 5/14 Lane : 5 Athlete: VAN DEN BOSSCHE LIA							Q-time: 00:31:98	
PB (50m pool): 00:31.98 Antwerpen 13/07/2025							PB (25m pool): 00:33.06SB: no time	
	5 0 M							
PB	00:31.98							
	00:31.98							
								

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+					Heat:7, starttime: 14:35				
Heat: 7/14 Lane : 5 Athlete: NULENS LILI					Q-time: 00:31:35				
PB (50m pool): 00:33.99 Mol 22/06/2025					PB (25m pool): 00:31.35SB: no time				
	5 0 M								
PB	00:33.99								
	00:33.99								
									

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+							Heat:7, starttime: 14:35			
Heat: 7/14 Lane : 8 Athlete: DE SCHEPPER LARA							Q-time: 00:31:57			
PB (50m pool): 00:31.57 Olympic Pool Wezenberg, Antwer 30/07/2025									PB (25m pool): 00:32.97 SB: no time	
	5 0 M									
PB	00:31.57									
	00:31.57									
										

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 14:50	
Heat: 2/4 Lane : 8 Athlete: BETTENS STAN					Q-time: 03:08:59	
PB (50m pool): 03:20.38 Antwerpen 13/07/2025					PB (25m pool): 03:08.59 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:46.09	01:38.34	02:31.05	03:20.38		
	00:46.09	00:52.25	00:52.71	00:49.33		
						

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 14:54
Heat: 3/4 Lane : 6 Athlete: LADEWIG SETH					Q-time: 02:42:78
PB (50m pool): 02:47.21 Antwerpen 20/04/2025					PB (25m pool): 02:41.92 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.09	01:19.36	02:04.10	02:47.21	
	00:36.09	00:43.27	00:44.74	00:43.11	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 14:54
Heat: 3/4 Lane : 8 Athlete: BETTENS LUCAS					Q-time: 02:47:81
PB (50m pool): 02:49.84 Antwerpen 20/04/2025					PB (25m pool): 02:45.53 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.41	01:22.12	02:06.47	02:49.84	
	00:38.41	00:43.71	00:44.35	00:43.37	
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:10
Heat: 3/4 Lane : 6 Athlete: VANDE SOMPELE JITS					Q-time: 03:02:50
PB (50m pool): 03:08.02 Antwerpen 13/07/2025					PB (25m pool): 03:02.50 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.68	01:31.70	02:20.89	03:08.02	
	00:43.68	00:48.02	00:49.19	00:47.13	
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 15:52
Heat: 8/12 Lane : 7 Athlete: BETTENS STAN					Q-time: 01:16:64
PB (50m pool): 01:19.96 Antwerpen 13/07/2025					PB (25m pool): 01:16.64 SB: no time
	5 0 M	1 0 0 M			
PB	00:39.34	01:19.96			
	00:39.34	00:40.62			
					

Coach feedback:

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Event number: 35: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 15:55
Heat: 9/12 Lane : 5 Athlete: COGURCU ARDA			Q-time: 01:10:62
PB (50m pool): 01:18.88 Antwerpen 13/07/2025			PB (25m pool): 01:10.62 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.53	01:18.88	
	00:38.53	00:40.35	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 15:57
Heat: 10/12 Lane : 6 Athlete: VERDONCK MARIUS			Q-time: 01:07:07
PB (50m pool): 01:10.58 Antwerpen 13/07/2025			PB (25m pool): 01:07.04 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.18	01:10.58	
	00:33.18	00:37.40	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:10
Heat: 3/11 Lane : 2 Athlete: NAGHIU MATIS IZOLDA			Q-time: 01:28:24
PB (50m pool): 01:28.97 Antwerpen 13/07/2025			PB (25m pool): 01:28.24 SB: no time
	5 0 M	1 0 0 M	
PB	00:43.28	01:28.97	
	00:43.28	00:45.69	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:15
Heat: 5/11 Lane : 1 Athlete: CORNEZ MAYLIE			Q-time: 01:21:10
PB (50m pool): 01:23.83 Antwerp 02/02/2025			PB (25m pool): 01:21.10 SB: no time
	5 0 M	1 0 0 M	
PB	00:40.33	01:23.83	
	00:40.33	00:43.50	
			

Coach feedback:

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Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:6, starttime: 16:18	
Heat: 6/11 Lane : 3 Athlete: NULENS LILI				Q-time: 01:17:49	
PB (50m pool): 01:27.19 Antwerpen 13/07/2025				PB (25m pool): 01:17.49SB: no time	
	5 0 M	1 0 0 M			
PB	00:44.28	01:27.19			
	00:44.28	00:42.91			
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:4, starttime: 16:44	
Heat: 4/5 Lane : 8 Athlete: NAEGELS REZA					Q-time: 02:29:98	
PB (50m pool): 02:41.93 Antwerpen 13/07/2025					PB (25m pool): 02:29.98 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.14	01:18.38	02:05.13	02:41.93		
	00:35.14	00:43.24	00:46.75	00:36.80		
						

Coach feedback:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:56	
Heat: 1/2 Lane : 5 Athlete: TEAM ZOLA 1							Q-time: 04:55:60	
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: