

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

Coachinfo: Warming up from: 13:00 untill 14:00. 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 Weerd Koen

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:2, starttime: 14:03
Heat: 2/5 Lane : 6 Athlete: VAN DER HOEVEN LUCA			Q-time: 01:51:33
PB (50m pool): 01:51.33 SportinGenk Park 21/04/2025			PB (25m pool): 01:51.65 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:51.33	
	no time		
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11-12			Heat:3, starttime: 14:06
Heat: 3/5 Lane : 6 Athlete: DE PUYDT ARTHUR			Q-time: 01:46:16
PB (50m pool): 01:48.90 Wezenberg 04/01/2026			PB (25m pool): 01:46.16 SB: 01:48.90 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:51.05	01:48.90	
	00:51.05	00:57.85	
			

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+			Heat:1, starttime: 14:13
Heat: 1/11 Lane : 7 Athlete: GILLIS BAS			Q-time: 00:38:90
PB (50m pool): no time			PB (25m pool): 00:38.90 SB: no time
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

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

Event number: 31: 50M FREESTYLE MEN 13+		Heat:3, starttime: 14:16
Heat: 3/11 Lane : 1 Athlete: VERSTRAETE PEPIJN		Q-time: 00:32:23
PB (50m pool): 00:35.56 Mol 22/06/2025		PB (25m pool): 00:32.23 SB: no time
	5 0 M	
PB	00:35.56	
	00:35.56	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:4, starttime: 14:17
Heat: 4/11 Lane : 8 Athlete: DE WEERDT BENT		Q-time: 00:31:12
PB (50m pool): 00:37.27 Mol 23/06/2024		PB (25m pool): 00:31.12 SB: no time
	5 0 M	
PB	00:37.27	
	00:37.27	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:6, starttime: 14:20
Heat: 6/11 Lane : 2 Athlete: JANSSENS TIJS		Q-time: 00:28:19
PB (50m pool): 00:28.29 Antwerpen 13/07/2025		PB (25m pool): 00:27.53 SB: no time
	5 0 M	
PB	00:28.29	
	00:28.29	
		

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:9, starttime: 14:23
Heat: 9/11 Lane : 5 Athlete: DOOMEN MARNIX		Q-time: 00:25:89
PB (50m pool): 00:26.17 Wezenberg 03/01/2026		PB (25m pool): 00:25.89 SB: 00:26.17 Wezenberg 03/01/2026
	5 0 M	
PB	00:26.17	
	00:26.17	
		

Coach feedback:

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

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:1, starttime: 14:27
Heat: 1/14	Lane : 3	Athlete: BOURGUIGNON NENA
PB (50m pool): 00:42.30 SportinGenk Park 21/04/2025		PB (25m pool): 00:40.41 SB: no time
	5 0 M	
PB	00:42.30	
	00:42.30	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:2, starttime: 14:29
Heat: 2/14	Lane : 7	Athlete: JORIS LINDE
PB (50m pool): no time		PB (25m pool): 00:37.93 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:31
Heat: 4/14	Lane : 5	Athlete: GERAEDTS MARIA
PB (50m pool): 00:34.62 MoI 22/06/2025		PB (25m pool): 00:32.66 SB: no time
	5 0 M	
PB	00:34.62	
	00:34.62	
		

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:4, starttime: 14:31
Heat: 4/14	Lane : 6	Athlete: VOLDERS ELLA
PB (50m pool): 00:34.83 MoI 22/06/2025		PB (25m pool): 00:32.78 SB: no time
	5 0 M	
PB	00:34.83	
	00:34.83	
		

Coach feedback:

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

Event number: 32: 50M FREESTYLE WOMEN 13+										Heat:10, starttime: 14:39																				
Heat: 10/14 Lane : 5 Athlete: VERDOOD PIP																				Q-time: 00:29:83										
PB (50m pool): 00:30.33 Mol 22/06/2025																				PB (25m pool): 00:29.83 SB: no time										
	5 0 M																													
PB	00:30.33																													
	00:30.33																													
																														

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+										Heat:12, starttime: 14:41																													
Heat: 12/14																				Lane : 4					Athlete: JACOBS LOTTE										Q-time: 00:29:06				
PB (50m pool): 00:29.11										Antwerpen 13/07/2025										PB (25m pool): 00:29.06										SB: no time									
		5 0 M																																					
PB		00:29.11																																					
		00:29.11																																					
																																							

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+										Heat:13, starttime: 14:43																													
Heat: 13/14																				Lane : 2					Athlete: SCHELLEMANS CHARLOTTE										Q-time: 00:28:69				
PB (50m pool): 00:28.76										Antwerpen 13/07/2025										PB (25m pool): 00:28.69										SB: no time									
		5 0 M																																					
PB		00:28.76																																					
		00:28.76																																					
																																							

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+				Heat:1, starttime: 14:45	
Heat: 1/4 Lane : 5 Athlete: MARIN ALEXANDRU				Q-time: 03:12:96	
PB (50m pool): no time				PB (25m pool): 03:12.96 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:

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

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:1, starttime: 14:45
Heat: 1/4 Lane : 6 Athlete: VERMEIREN STAN					Q-time: 03:20:50
PB (50m pool): no time PB (25m pool): 03:20.50 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:2, starttime: 14:50
Heat: 2/4 Lane : 3 Athlete: VERCAMMEN DAAN					Q-time: 02:55:68
PB (50m pool): 02:59.68 Antwerpen 13/07/2025 PB (25m pool): 02:55.68 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.15	01:26.96	02:14.09	02:59.68	
	00:40.15	00:46.81	00:47.13	00:45.59	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:2, starttime: 14:50
Heat: 2/4 Lane : 4 Athlete: SLAETS CAZ					Q-time: 02:49:92
PB (50m pool): 03:01.81 Antwerpen 14/07/2024 PB (25m pool): 02:49.92 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	03:01.81	
	no time				
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 14:54
Heat: 3/4 Lane : 4 Athlete: MERTENS GERBEN					Q-time: 02:39:77
PB (50m pool): 02:49.75 Aalst 20/12/2025 PB (25m pool): 02:39.77 SB: 02:49.75 Aalst 20/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.43	01:22.45	02:06.78	02:49.75	
	00:38.43	00:44.02	00:44.33	00:42.97	
					

Coach feedback:

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

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:3, starttime: 14:54
Heat: 3/4 Lane : 5 Athlete: JACOB QINGKUN					Q-time: 02:41:80
PB (50m pool): 02:49.62 Antwerpen 13/07/2025					PB (25m pool): 02:41.80 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.88	01:19.05	02:03.60	02:49.62	
	00:36.88	00:42.17	00:44.55	00:46.02	
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+					Heat:4, starttime: 14:57
Heat: 4/4 Lane : 2 Athlete: WIJSGEER VIKTOR					Q-time: 02:31:33
PB (50m pool): 02:37.20 Antwerpen 27/07/2025					PB (25m pool): 02:31.33 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.33	01:16.48	01:57.72	02:37.20	
	00:35.33	00:41.15	00:41.24	00:39.48	
					

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:01
Heat: 1/4 Lane : 5 Athlete: SARMI SOFIA					Q-time: 03:30:44
PB (50m pool): no time					PB (25m pool): 03:30.44 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: 34: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:06
Heat: 2/4 Lane : 3 Athlete: DALEMANS NEL					Q-time: 03:08:85
PB (50m pool): 03:15.72 Antwerpen 13/07/2025					PB (25m pool): 03:08.85 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.07	01:34.87	02:26.27	03:15.72	
	00:45.07	00:49.80	00:51.40	00:49.45	
					

Coach feedback:

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

Event number: 34: 200M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:06
Heat: 2/4 Lane : 5 Athlete: VERHOEVEN LIESE					Q-time: 03:08:37
PB (50m pool): no time PB (25m pool): 03:08.37 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: 35: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 15:36
Heat: 2/12 Lane : 6 Athlete: VAN DER HOEVEN LUCA					Q-time: 01:35:74
PB (50m pool): 01:36.94 SportinGenk Park 21/04/2025 PB (25m pool): 01:35.74 SB: no time					
	5 0 M	1 0 0 M			
PB	00:47.51	01:36.94			
	00:47.51	00:49.43			
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 15:39
Heat: 3/12 Lane : 8 Athlete: DE PUYDT ARTHUR					Q-time: 01:34:30
PB (50m pool): 01:34.95 Wezenberg 04/01/2026 PB (25m pool): 01:34.30 SB: 01:34.95 Wezenberg 04/01/2026					
	5 0 M	1 0 0 M			
PB	00:47.14	01:34.95			
	00:47.14	00:47.81			
					

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 15:50
Heat: 7/12 Lane : 4 Athlete: DE WEERDT BENT					Q-time: 01:18:31
PB (50m pool): 01:22.23 Antwerpen 20/07/2025 PB (25m pool): 01:18.31 SB: 01:22.94 Wezenberg 04/01/2026					
	5 0 M	1 0 0 M			
PB	00:40.38	01:22.23			
	00:40.38	00:41.85			
					

Coach feedback:

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

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 15:50
Heat: 7/12 Lane : 7 Athlete: VERSTRAETE PEPIJN			Q-time: 01:18:76
PB (50m pool): 01:24.20 Wezenberg 04/01/2026			PB (25m pool): 01:18.76 SB: 01:24.20 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:42.72	01:24.20	
	00:42.72	00:41.48	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 15:57
Heat: 10/12 Lane : 7 Athlete: JANSSENS TIJS			Q-time: 01:07:69
PB (50m pool): 01:10.45 Antwerpen 13/07/2025			PB (25m pool): 01:07.69 SB: 01:10.69 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:34.06	01:10.45	
	00:34.06	00:36.39	
			

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 16:00
Heat: 11/12 Lane : 6 Athlete: DOOMEN MARNIX			Q-time: 01:04:49
PB (50m pool): 01:07.14 Antwerpen 13/07/2025			PB (25m pool): 01:04.49 SB: 01:07.32 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:33.24	01:07.14	
	00:33.24	00:33.90	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:1, starttime: 16:04
Heat: 1/11 Lane : 5 Athlete: JORIS LINDE			Q-time: 01:37:08
PB (50m pool): 01:41.13 Wezenberg 04/01/2026			PB (25m pool): 01:37.08 SB: 01:41.13 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:49.75	01:41.13	
	00:49.75	00:51.38	
			

Coach feedback:

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

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:07
Heat: 2/11 Lane : 7 Athlete: BOURGUIGNON NENA			Q-time: 01:36:12
PB (50m pool): 01:36.12 Wezenberg 04/01/2026			PB (25m pool): 01:36.14 SB: 01:36.12 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:47.03	01:36.12	
	00:47.03	00:49.09	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:10
Heat: 3/11 Lane : 3 Athlete: GERAEDTS MARIA			Q-time: 01:26:82
PB (50m pool): 01:30.73 Wezenberg 04/01/2026			PB (25m pool): 01:26.82 SB: 01:30.73 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:45.19	01:30.73	
	00:45.19	00:45.54	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:15
Heat: 5/11 Lane : 3 Athlete: VOLDERS ELLA			Q-time: 01:20:31
PB (50m pool): 01:23.42 Wezenberg 04/01/2026			PB (25m pool): 01:20.31 SB: 01:23.42 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:41.27	01:23.42	
	00:41.27	00:42.15	
			

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:20
Heat: 7/11 Lane : 4 Athlete: VAN REETH LIEZE			Q-time: 01:14:73
PB (50m pool): 01:17.50 Antwerpen 13/07/2025			PB (25m pool): 01:14.73 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.17	01:17.50	
	00:38.17	00:39.33	
			

Coach feedback:

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

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:8, starttime: 16:23	
Heat: 8/11 Lane : 8 Athlete: JACOBS LOTTE				Q-time: 01:14:57	
PB (50m pool): 01:17.47 Wezenberg 03/01/2026				PB (25m pool): 01:14.57 SB: 01:17.47 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M			
PB	00:37.08	01:17.47			
	00:37.08	00:40.39			
					

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:9, starttime: 16:25	
Heat: 9/11 Lane : 1 Athlete: SCHELLEMANS CHARLOTTE				Q-time: 01:13:06	
PB (50m pool): 01:14.07 Antwerpen 27/07/2025				PB (25m pool): 01:13.06 SB: 01:17.79 Aalst 20/12/2025	
	5 0 M	1 0 0 M			
PB	00:36.29	01:14.07			
	00:36.29	00:37.78			
					

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:3, starttime: 16:40	
Heat: 3/5 Lane : 4 Athlete: MERTENS GERBEN					Q-time: 02:30:52	
PB (50m pool): 02:38.42 Antwerpen 13/07/2025					PB (25m pool): 02:30.52 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.48	01:18.11	02:02.41	02:38.42		
	00:35.48	00:42.63	00:44.30	00:36.01		
						

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+					Heat:5, starttime: 16:47	
Heat: 5/5 Lane : 7 Athlete: WIJSGEER VIKTOR					Q-time: 02:24:62	
PB (50m pool): 02:30.13 Antwerpen 13/07/2025					PB (25m pool): 02:24.62 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:34.47	01:14.24	01:54.14	02:30.13		
	00:34.47	00:39.77	00:39.90	00:35.99		
						

Coach feedback:

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

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:56	
Heat: 1/2 Lane : 3 Athlete: TEAM ZVL 6							Q-time: 05:30:13	
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:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:56	
Heat: 1/2 Lane : 4 Athlete: TEAM ZVL 5							Q-time: 04:49:58	
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:

Event number: 38: 4x100M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:02	
Heat: 2/2 Lane : 6 Athlete: TEAM ZVL 4							Q-time: 04:17:04	
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: