

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Coachinfo: Warming up from: 07:10 untill 08:25. Teamleadmeeting @ 07:45 The listed starttimes are indicative!

Coaches: Reymen Rika

Coaches: Daniels Filip

Coaches: Poelmans Julie HEADCOACH

Coaches: Dirkx Evi

Coaches: Van der Eycken Ann

Coaches: Stabel Siegfried

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 08:35
Heat: 2/25 Lane : 4 Athlete: VAN DYCK BRAM					Q-time: 99:99:99
PB (25m pool): 00:59.37 Herentals 21/05/2022					PB (50m pool): 01:02.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.37	
	no time				
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 08:45
Heat: 8/25 Lane : 5 Athlete: STABEL JONATHAN					Q-time: 01:24:17
PB (25m pool): 01:24.17 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:28.20 SB: 01:24.17 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.30		01:24.17	
	00:41.30 00:42.87				
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 08:50
Heat: 9/25 Lane : 1 Athlete: LEYSEN BENJAMIN					Q-time: 01:21:10
PB (25m pool): 01:21.10 Temse 17/11/2025					PB (50m pool): 01:26.51 SB: 01:21.10 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.19		01:21.10	
	00:39.19 00:41.91				
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:10, starttime: 08:50
Heat: 10/25 Lane : 1 Athlete: VAN MECHELEN RUBE					Q-time: 01:18:37
PB (25m pool): 01:18.37 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:22.00 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.68		01:18.37	
	00:37.68		00:40.69		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:14, starttime: 09:00
Heat: 14/25 Lane : 4 Athlete: STABEL JASPER					Q-time: 01:12:46
PB (25m pool): 01:12.46 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:14.64 SB: 01:12.46 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.03		01:12.46	
	00:35.03		00:37.43		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 09:35
Heat: 9/25 Lane : 4 Athlete: VAN MECHELEN ZOë					Q-time: 01:31:35
PB (25m pool): 01:31.35 2370 Arendonk 21/12/2025 PB (50m pool): 01:45.76 SB: 01:31.35 2370 Arendonk 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.07		01:31.35	
	00:44.07		00:47.28		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 09:40
Heat: 10/25 Lane : 3 Athlete: VAN GESTEL FRAN					Q-time: 01:30:02
PB (25m pool): 01:30.02 Turnhout 02/03/2025 PB (50m pool): 01:35.16 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.91		01:30.02	
	00:42.91		00:47.11		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 09:40
Heat: 10/25 Lane : 5 Athlete: DIERCKX ASTRID					Q-time: 01:30:27
PB (25m pool): 01:30.27 Temse 17/11/2025					PB (50m pool): 01:31.43 SB: 01:30.27 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.64		01:30.27	
	00:42.64		00:47.63		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:11, starttime: 09:40
Heat: 11/25 Lane : 1 Athlete: LAUWERS LOTTE					Q-time: 01:29:83
PB (25m pool): 01:31.66 Nijlen 17/11/2024					PB (50m pool): 01:29.83 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.25		01:31.66	
	00:43.25		00:48.41		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:15, starttime: 09:45
Heat: 15/25 Lane : 2 Athlete: CAMPFORTS FIEN					Q-time: 01:26:22
PB (25m pool): 01:26.12 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): 01:26.77 SB: 01:27.61 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:26.12	
	no time				
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:16, starttime: 09:50
Heat: 16/25 Lane : 5 Athlete: BOEYKENS EMMA					Q-time: 01:25:56
PB (25m pool): 01:24.82 Mol 20/10/2024					PB (50m pool): 01:27.76 SB: 01:27.47 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.09		01:24.82	
	00:39.09		00:45.73		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 10:05
Heat: 1/18 Lane : 4 Athlete: BOEYKENS STIJN					Q-time: 99:99:99
PB (25m pool): 01:16.14 Arendonk 04/06/2023					PB (50m pool): 01:09.28 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:16.14	
	no time				
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 10:10
Heat: 2/18 Lane : 1 Athlete: KENIS AXL					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 10:15
Heat: 5/18 Lane : 3 Athlete: LEYSEN JEROEN					Q-time: 01:20:03
PB (25m pool): 01:20.03 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:23.08 SB: 01:20.03 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.25		01:20.03	
	00:38.25 00:41.78				
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:5, starttime: 10:15
Heat: 5/18 Lane : 6 Athlete: LEYSEN BENJAMIN					Q-time: 01:25:25
PB (25m pool): 01:25.25 Nijlen 16/11/2025					PB (50m pool): 01:32.63 SB: 01:25.25 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.22		01:25.25	
	00:38.22 00:47.03				
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:7, starttime: 10:20
Heat: 7/18 Lane : 4 Athlete: VAN MECHGELEN ARNE					Q-time: 01:15:36
PB (25m pool): 01:15.36 Herentals 17/05/2025					PB (50m pool): 01:17.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.64		01:15.36	
	00:34.64		00:40.72		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:9, starttime: 10:20
Heat: 9/18 Lane : 4 Athlete: STABEL JASPER					Q-time: 01:10:94
PB (25m pool): 01:10.94 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:18.43 SB: 01:10.94 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.95		01:10.94	
	00:31.95		00:38.99		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 10:45
Heat: 1/42 Lane : 2 Athlete: GIRARD ESSIA					Q-time: 99:99:99
PB (25m pool): no time					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 10:55
Heat: 5/42 Lane : 4 Athlete: LUKIN ARINA					Q-time: 01:25:45
PB (25m pool): 01:34.15 Herentals 18/05/2024					PB (50m pool): 01:25.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:34.15	
	no time				
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 4: 100M FREESTYLE WOMEN 11+				Heat:5, starttime: 10:55	
Heat: 5/42 Lane : 5 Athlete: NIEWENWEG LENTE				Q-time: 01:26:98	
PB (25m pool): 01:26.98 Nijlen 16/11/2025				PB (50m pool): 01:27.63 SB: 01:26.98 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.19		01:26.98	
	00:40.19		00:46.79		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+				Heat:6, starttime: 10:55	
Heat: 6/42 Lane : 1 Athlete: VAN MECHELEN LUNA				Q-time: 01:24:18	
PB (25m pool): 01:24.18 Nijlen 16/11/2025				PB (50m pool): 01:24.47 SB: 01:24.18 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.12		01:24.18	
	00:40.12		00:44.06		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+				Heat:6, starttime: 10:55	
Heat: 6/42 Lane : 3 Athlete: NIEWENWEG STERRE				Q-time: 01:21:87	
PB (25m pool): 01:21.87 Nijlen 16/11/2025				PB (50m pool): 01:23.99 SB: 01:21.87 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.10		01:21.87	
	00:40.10		00:41.77		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+				Heat:14, starttime: 11:10	
Heat: 14/42 Lane : 6 Athlete: VAN GESTEL FRAN				Q-time: 01:12:48	
PB (25m pool): 01:11.92 Mol 29/12/2024				PB (50m pool): 01:15.12 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.89		01:11.92	
	00:34.89		00:37.03		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 11:10
Heat: 16/42 Lane : 3 Athlete: VAN MECHELEN ZOë					Q-time: 01:10:54
PB (25m pool): 01:10.54 Mol 28/12/2025					PB (50m pool): 01:13.50 SB: 01:10.54 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.57		01:10.54	
	00:34.57		00:35.97		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 11:10
Heat: 16/42 Lane : 4 Athlete: DIERCKX ASTRID					Q-time: 01:10:79
PB (25m pool): 01:10.79 Temse 17/11/2025					PB (50m pool): 01:11.24 SB: 01:10.79 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.81		01:10.79	
	00:34.81		00:35.98		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:20, starttime: 11:20
Heat: 20/42 Lane : 4 Athlete: BOEYKENS EMMA					Q-time: 01:08:50
PB (25m pool): 01:07.68 Mol 20/10/2024					PB (50m pool): 01:09.14 SB: 01:09.31 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.68	
	no time				
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:27, starttime: 11:30
Heat: 27/42 Lane : 3 Athlete: CAMPFORTS FIEN					Q-time: 01:05:70
PB (25m pool): 01:05.70 Mol 28/12/2025					PB (50m pool): 01:08.79 SB: 01:05.70 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.67		01:05.70	
	00:31.67		00:34.03		
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:29, starttime: 11:30
Heat: 29/42 Lane : 1 Athlete: LAUWERS LOTTE					Q-time: 01:05:40
PB (25m pool): 01:05.40 Mol 28/12/2025					PB (50m pool): 01:07.37 SB: 01:05.40 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.57		01:05.40	
	00:31.57		00:33.83		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:4, starttime: 11:55
Heat: 4/28 Lane : 6 Athlete: VAN DYCK BRAM					Q-time: 99:99:99
PB (25m pool): 01:00.41 Herentals 21/05/2022					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:00.41	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:7, starttime: 12:05
Heat: 7/28 Lane : 1 Athlete: VANDERHALLEN JISSE					Q-time: 01:40:53
PB (25m pool): 01:40.53 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:40.53 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:40.53	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:10, starttime: 12:10
Heat: 10/28 Lane : 6 Athlete: STABEL JONATHAN					Q-time: 01:28:53
PB (25m pool): 01:28.53 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:28.53 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:28.53	
	no time				
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 5: 100M MEDLEY MEN 11+					Heat:11, starttime: 12:10
Heat: 11/28 Lane : 1 Athlete: DE CLIPPELE LÉON					Q-time: 01:23:93
PB (25m pool): 01:23.93 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 01:23.93 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.93	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:12, starttime: 12:15
Heat: 12/28 Lane : 3 Athlete: LEYSEN JEROEN					Q-time: 01:19:65
PB (25m pool): 01:19.65 Herentals 17/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.62		01:19.65	
	00:35.62 00:44.03				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:13, starttime: 12:15
Heat: 13/28 Lane : 4 Athlete: VAN MECHGELEN RUBE					Q-time: 01:18:24
PB (25m pool): 01:18.24 Arendonk 25/05/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:01.00		01:18.24	
	00:01.00 01:17.24				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:14, starttime: 12:15
Heat: 14/28 Lane : 3 Athlete: VAN MECHGELEN ARNE					Q-time: 01:16:49
PB (25m pool): 01:16.49 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.97		01:16.49	
	00:35.97 00:40.52				
					

Coach feedback:

ZGEEL 2daagse 26: Session: 1: COACH evaluation sheet for TEAM: KST

Event number: 5: 100M MEDLEY MEN 11+					Heat:20, starttime: 12:25
Heat: 20/28 Lane : 1 Athlete: STABEL JASPER					Q-time: 01:08:24
PB (25m pool): 01:08.24 Mol 28/12/2025					PB (50m pool): no time SB: 01:08.24 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.25		01:08.24	
	00:31.25		00:36.99		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:21, starttime: 12:30
Heat: 21/28 Lane : 2 Athlete: BOEYKENS STIJN					Q-time: 01:07:22
PB (25m pool): 01:07.22 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.37		01:07.22	
	00:30.37		00:36.85		
					

Coach feedback: