

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

Coachinfo: Warming up from: 07:10 untill 08:25. Teamleadmeeting @ 07:45

The listed starttimes are indicative!

Coaches: Vissers Ann HEADCOACH

Coaches: Feyten Anne

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:3, starttime: 08:35

Heat: 3/25 Lane : 3 Athlete: WILMS BRAM Q-time: 01:45:66

PB (25m pool): no time PB (50m pool): 01:45.66 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: 1: 100M BACKSTROKE MEN 11+ Heat:4, starttime: 08:40

Heat: 4/25 Lane : 5 Athlete: VAN STEENBERGEN ARON Q-time: 01:40:93

PB (25m pool): 01:40.93 Nijlen 16/11/2025 PB (50m pool): 01:44.07 SB: 01:40.93 Nijlen 16/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.87		01:40.93	
	00:48.87 00:52.06				
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:6, starttime: 08:45

Heat: 6/25 Lane : 3 Athlete: BELLENS PIETER Q-time: 01:27:96

PB (25m pool): 01:27.96 Arendonk 30/11/2025 PB (50m pool): 01:31.51 SB: 01:27.96 Arendonk 30/11/2025

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.41		01:27.96	
	00:43.41 00:44.55				
					

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 08:45
Heat: 6/25 Lane : 4 Athlete: BROUNS PRYAM					Q-time: 01:28:31
PB (25m pool): 01:28.31 Herentals 17/05/2025					PB (50m pool): 01:22.79 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.09		01:28.31	
	00:43.09		00:45.22		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:11, starttime: 08:55
Heat: 11/25 Lane : 5 Athlete: MERTENS DIETER					Q-time: 01:15:91
PB (25m pool): 01:15.91 Temse 17/11/2025					PB (50m pool): 01:19.17 SB: 01:15.91 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.89		01:15.91	
	00:36.89		00:39.02		
					

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+					Heat:22, starttime: 09:15
Heat: 22/25 Lane : 1 Athlete: LAEREMANS SEBASTIAAN					Q-time: 01:03:28
PB (25m pool): 01:03.28 Mol 28/12/2025					PB (50m pool): 01:08.33 SB: 01:03.28 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.93		01:03.28	
	00:30.93		00:32.35		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 09:25
Heat: 3/25 Lane : 6 Athlete: KENIS JOSEPHINE					Q-time: 01:38:73
PB (25m pool): 01:38.73 Nijlen 16/11/2025					PB (50m pool): 01:42.20 SB: 01:38.73 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.44		01:38.73	
	00:46.44		00:52.29		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:5, starttime: 09:30	
Heat: 5/25 Lane : 6 Athlete: KENIS LOLA				Q-time: 01:36:72	
PB (25m pool): 01:36.72 Nijlen 16/11/2025				PB (50m pool): 01:42.96 SB: 01:36.72 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.78		01:36.72	
	00:45.78		00:50.94		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:10, starttime: 09:40	
Heat: 10/25 Lane : 2 Athlete: DIERCKX FEMKE				Q-time: 01:30:22	
PB (25m pool): 01:30.22 Nijlen 16/11/2025				PB (50m pool): 01:33.36 SB: 01:30.22 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.69		01:30.22	
	00:42.69		00:47.53		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:11, starttime: 09:40	
Heat: 11/25 Lane : 2 Athlete: VAN LOMMEL ANTHE				Q-time: 01:29:61	
PB (25m pool): 01:29.61 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:34.14 SB: 01:29.61 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.18		01:29.61	
	00:42.18		00:47.43		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:21, starttime: 09:55	
Heat: 21/25 Lane : 3 Athlete: BELLENS LORE				Q-time: 01:20:83	
PB (25m pool): 01:20.83 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:24.90 SB: 01:20.83 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.33		01:20.83	
	00:38.33		00:42.50		
					

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:22, starttime: 10:00	
Heat: 22/25 Lane : 6 Athlete: BIERINCKX MIE				Q-time: 01:20:38	
PB (25m pool): 01:20.38 Arendonk 30/11/2025				PB (50m pool): 01:24.26 SB: 01:20.38 Arendonk 30/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.93		01:20.38	
	00:37.93		00:42.45		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:23, starttime: 10:00	
Heat: 23/25 Lane : 1 Athlete: MERTENS FEMKE				Q-time: 01:18:65	
PB (25m pool): 01:18.65 LEUVEN 21/12/2025				PB (50m pool): 01:21.31 SB: 01:18.65 LEUVEN 21/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.27		01:18.65	
	00:37.27		00:41.38		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:25, starttime: 10:05	
Heat: 25/25 Lane : 2 Athlete: BOVEN AXELLE				Q-time: 01:14:85	
PB (25m pool): 01:14.85 Stedelijk Zwembad Geel 16/02/2025				PB (50m pool): 01:16.72 SB: 01:15.76 Antwerpen 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.24		01:14.85	
	00:35.24		00:39.61		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+				Heat:25, starttime: 10:05	
Heat: 25/25 Lane : 6 Athlete: MERTENS HELENA				Q-time: 01:18:74	
PB (25m pool): 01:18.74 Herentals 17/05/2025				PB (50m pool): 01:23.75 SB: 01:19.97 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.23		01:18.74	
	00:37.23		00:41.51		
					

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 10:05
Heat: 1/18 Lane : 2 Athlete: VAN STEENBERGEN ARON					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:3, starttime: 10:10
Heat: 3/18 Lane : 6 Athlete: WILMS BRAM					Q-time: 01:50:98
PB (25m pool): no time					PB (50m pool): 01:50.98 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:6, starttime: 10:15
Heat: 6/18 Lane : 6 Athlete: FEYEN AEDEN					Q-time: 01:19:03
PB (25m pool): 01:19.03 Aarschot 04/05/2025					PB (50m pool): 01:23.54 SB: 01:19.16 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.89		01:19.03	
	00:35.89 00:43.14				
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:12, starttime: 10:25
Heat: 12/18 Lane : 2 Athlete: BERTELS QUILLAN					Q-time: 01:05:42
PB (25m pool): 01:05.42 Nijlen 16/11/2025					PB (50m pool): 01:11.54 SB: 01:05.42 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.62		01:05.42	
	00:30.62 00:34.80				
					

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+					Heat:18, starttime: 10:35
Heat: 18/18 Lane : 2 Athlete: VERBEEK SEM					Q-time: 00:59:05
PB (25m pool): 00:57.43 Herentals 27/05/2023					PB (50m pool): 00:59.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:57.43	
	no time				
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 10:55
Heat: 7/42 Lane : 3 Athlete: KENIS JOSEPHINE					Q-time: 01:18:94
PB (25m pool): 01:19.35 Nijlen 16/11/2025					PB (50m pool): 01:18.94 SB: 01:19.35 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.57		01:19.35	
	00:37.57 00:41.78				
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 10:55
Heat: 7/42 Lane : 6 Athlete: LAMBRECHTS JADE					Q-time: 01:21:75
PB (25m pool): 01:21.75 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:21.75 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.11		01:21.75	
	00:41.11 00:40.64				
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 11:00
Heat: 10/42 Lane : 4 Athlete: KENIS LOLA					Q-time: 01:15:81
PB (25m pool): 01:15.81 Nijlen 16/11/2025					PB (50m pool): 01:20.09 SB: 01:15.81 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.45		01:15.81	
	00:35.45 00:40.36				
					

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:18, starttime: 11:15
Heat: 18/42 Lane : 6 Athlete: VAN LOMMEL ANTHE					Q-time: 01:09:91
PB (25m pool): 01:09.91 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:10.87 SB: 01:09.91 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.41		01:09.91	
	00:33.41		00:36.50		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:21, starttime: 11:20
Heat: 21/42 Lane : 2 Athlete: DIERCKX FEMKE					Q-time: 01:08:15
PB (25m pool): 01:08.15 Antwerpen 12/10/2025					PB (50m pool): 01:09.44 SB: 01:08.15 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.74		01:08.15	
	00:32.74		00:35.41		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:34, starttime: 11:40
Heat: 34/42 Lane : 6 Athlete: BELLENS LORE					Q-time: 01:03:45
PB (25m pool): 01:03.45 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:05.76 SB: 01:03.45 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.07		01:03.45	
	00:30.07		00:33.38		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:37, starttime: 11:40
Heat: 37/42 Lane : 2 Athlete: BIERINCKX MIE					Q-time: 01:01:77
PB (25m pool): 01:01.77 Mol 28/12/2025					PB (50m pool): 01:04.15 SB: 01:01.77 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.40		01:01.77	
	00:29.40		00:32.37		
					

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:39, starttime: 11:45
Heat: 39/42 Lane : 3 Athlete: BOVEN AXELLE					Q-time: 01:00:33
PB (25m pool): 01:00.33 Nijlen 16/11/2025					PB (50m pool): 01:01.64 SB: 01:00.33 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.51		01:00.33	
	00:28.51		00:31.82		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:39, starttime: 11:45
Heat: 39/42 Lane : 4 Athlete: MERTENS HELENA					Q-time: 01:00:41
PB (25m pool): 01:00.41 Herentals 17/05/2025					PB (50m pool): 01:01.70 SB: 01:00.94 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.39		01:00.41	
	00:29.39		00:31.02		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:39, starttime: 11:45
Heat: 39/42 Lane : 6 Athlete: MERTENS FEMKE					Q-time: 01:01:23
PB (25m pool): 01:01.23 Antwerpen 12/10/2025					PB (50m pool): 01:03.34 SB: 01:01.23 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.07		01:01.23	
	00:29.07		00:32.16		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:1, starttime: 11:50
Heat: 1/28 Lane : 3 Athlete: VERBEEK SEM					Q-time: 99:99:99
PB (25m pool): 00:59.31 Herentals 27/05/2023					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.31	
	no time				
					

Coach feedback:

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

Event number: 5: 100M MEDLEY MEN 11+					Heat:6, starttime: 12:00
Heat: 6/28 Lane : 2 Athlete: VAN ROOY ILYANO					Q-time: 01:46:74
PB (25m pool): 01:46.74 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:46.74 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.76		01:46.74	
	00:52.76		00:53.98		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:8, starttime: 12:05
Heat: 8/28 Lane : 1 Athlete: VAN STEENBERGEN ARON					Q-time: 01:37:08
PB (25m pool): 01:37.08 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:37.08 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:37.08	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:8, starttime: 12:05
Heat: 8/28 Lane : 5 Athlete: BELLENS PIETER					Q-time: 01:36:53
PB (25m pool): 01:36.53 Aarschot 04/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:36.53	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:9, starttime: 12:10
Heat: 9/28 Lane : 4 Athlete: SERNEELS ROAN					Q-time: 01:29:00
PB (25m pool): 01:29.00 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:29.00 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:29.00	
	no time				
					

Coach feedback:

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

Event number: 5: 100M MEDLEY MEN 11+					Heat:9, starttime: 12:10
Heat: 9/28 Lane : 6 Athlete: BROUNS PRYAM					Q-time: 01:32:90
PB (25m pool): 01:32.90 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		00:43.82		01:32.90	
	00:43.82		00:49.08		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:13, starttime: 12:15
Heat: 13/28 Lane : 3 Athlete: MERTENS DIETER					Q-time: 01:18:01
PB (25m pool): 01:18.01 LEUVEN 21/12/2025 PB (50m pool): no time SB: 01:18.01 LEUVEN 21/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.74		01:18.01	
	00:35.74		00:42.27		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:15, starttime: 12:20
Heat: 15/28 Lane : 4 Athlete: FEYEN AEDEN					Q-time: 01:13:88
PB (25m pool): 01:13.88 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 01:13.88 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:13.88	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:18, starttime: 12:25
Heat: 18/28 Lane : 3 Athlete: LAEREMANS SEBASTIAAN					Q-time: 01:09:26
PB (25m pool): 01:09.26 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 01:09.26 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:09.26	
	no time				
					

Coach feedback: