

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

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

Coaches: Mertens Wenke

Coaches: Van de Weyer Rune

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:12, starttime: 08:55

Heat: 12/25 Lane : 5 Athlete: BREBELS NIELS				Q-time: 01:14:89
PB (25m pool): 01:14.89 Mol 28/12/2025				PB (50m pool): 01:19.13 SB: 01:14.89 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:38.15		01:14.89
		00:38.15		00:36.74
				

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:18, starttime: 09:05

Heat: 18/25 Lane : 2 Athlete: SLUYTS JENNE				Q-time: 01:07:13
PB (25m pool): 01:07.13 Hasselt 04/05/2025				PB (50m pool): 01:10.29 SB: 01:07.73 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:32.19		01:07.13
		00:32.19		00:34.94
				

Coach feedback:

Event number: 1: 100M BACKSTROKE MEN 11+ Heat:21, starttime: 09:10

Heat: 21/25 Lane : 3 Athlete: SLUYTS TIBE				Q-time: 01:03:87
PB (25m pool): 01:03.87 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:05.61 SB: 01:03.87 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M
PB		00:31.42		01:03.87
		00:31.42		00:32.45
				

Coach feedback:

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Event number: 1: 100M BACKSTROKE MEN 11+					Heat:25, starttime: 09:20
Heat: 25/25 Lane : 1 Athlete: VAN WAELDEREN THOMAS					Q-time: 01:01:47
PB (25m pool): 01:01.47 Antwerpen 12/10/2025			PB (50m pool): 01:04.02 SB: 01:01.47 Antwerpen 12/10/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.41		01:01.47	
	00:29.41		00:32.06		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:11, starttime: 09:40
Heat: 11/25 Lane : 6 Athlete: VERHEYEN LEONIE					Q-time: 01:29:95
PB (25m pool): 01:29.95 Heist-op-den-Berg 10/01/2026			PB (50m pool): no time SB: 01:29.95 Heist-op-den-Berg 10/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.67		01:29.95	
	00:42.67		00:47.28		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:16, starttime: 09:50
Heat: 16/25 Lane : 2 Athlete: VAN AERSCHOT NEL					Q-time: 01:25:51
PB (25m pool): 01:25.51 Temse 17/11/2025			PB (50m pool): 01:32.11 SB: 01:25.51 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.31		01:25.51	
	00:40.31		00:45.20		
					

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+					Heat:18, starttime: 09:50
Heat: 18/25 Lane : 3 Athlete: LEMMENS FEBE					Q-time: 01:23:77
PB (25m pool): 01:23.77 Heist Op Den Berg 11/01/2025			PB (50m pool): 01:29.47 SB: 01:24.59 Heist-op-den-Berg 10/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.56		01:23.77	
	00:38.56		00:45.21		
					

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 10:10
Heat: 2/18 Lane : 4 Athlete: VAN WAELDEREN KAREL					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:9, starttime: 10:20
Heat: 9/18 Lane : 5 Athlete: BREBELS NIELS					Q-time: 01:11:36
PB (25m pool): 01:11.36 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:12.46 SB: 01:11.36 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.68		01:11.36	
	00:33.68		00:37.68		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:11, starttime: 10:25
Heat: 11/18 Lane : 2 Athlete: SLUYTS TIBE					Q-time: 01:07:48
PB (25m pool): 01:07.48 Mol 28/12/2025 PB (50m pool): 01:12.76 SB: 01:07.48 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.20		01:07.48	
	00:30.20		00:37.28		
					

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+					Heat:11, starttime: 10:25
Heat: 11/18 Lane : 6 Athlete: SLUYTS JENNE					Q-time: 01:07:66
PB (25m pool): 01:07.66 Hasselt 04/05/2025 PB (50m pool): 01:12.93 SB: 01:09.14 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.96		01:07.66	
	00:30.96		00:36.70		
					

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+					Heat:15, starttime: 10:30
Heat: 15/18 Lane : 6 Athlete: GYULNAZARYAN MAX					Q-time: 01:02:75
PB (25m pool): 01:02.75 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:03.55 SB: 01:02.75 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.64		01:02.75	
	00:29.64		00:33.11		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:23, starttime: 11:20
Heat: 23/42 Lane : 1 Athlete: FIQI ALEXIA					Q-time: 01:07:68
PB (25m pool): 01:07.68 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:08.66 SB: 01:07.68 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.25		01:07.68	
	00:32.25		00:35.43		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:27, starttime: 11:30
Heat: 27/42 Lane : 1 Athlete: VAN AERSCHOT NEL					Q-time: 01:06:05
PB (25m pool): 01:06.05 Temse 17/11/2025 PB (50m pool): 01:08.35 SB: 01:06.05 Temse 17/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.62		01:06.05	
	00:31.62		00:34.43		
					

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:28, starttime: 11:30
Heat: 28/42 Lane : 3 Athlete: VERHEYEN LEONIE					Q-time: 01:05:53
PB (25m pool): 01:05.53 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:11.37 SB: 01:05.53 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.62		01:05.53	
	00:30.62		00:34.91		
					

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+					Heat:34, starttime: 11:40
Heat: 34/42 Lane : 5 Athlete: LEMMENS FEBE					Q-time: 01:03:35
PB (25m pool): 01:03.35 Arendonk 30/11/2025					PB (50m pool): 01:04.71 SB: 01:03.35 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.18		01:03.35	
	00:30.18		00:33.17		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:15, starttime: 12:20
Heat: 15/28 Lane : 5 Athlete: BREBELS NIELS					Q-time: 01:15:40
PB (25m pool): 01:15.40 Mol 28/12/2025					PB (50m pool): no time SB: 01:15.40 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.04		01:15.40	
	00:35.04		00:40.36		
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:21, starttime: 12:30
Heat: 21/28 Lane : 4 Athlete: GYULNAZARYAN MAX					Q-time: 01:07:03
PB (25m pool): 01:07.03 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:07.03 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:07.03	
	no time				
					

Coach feedback:

Event number: 5: 100M MEDLEY MEN 11+					Heat:27, starttime: 12:35
Heat: 27/28 Lane : 5 Athlete: VAN WAELDEREN THOMAS					Q-time: 01:00:38
PB (25m pool): 01:00.38 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:00.38 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:00.38	
	no time				
					

Coach feedback: