

ZGEEL 2daagse 26: Session: 3: 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: 14: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 08:45
Heat: 7/26 Lane : 3 Athlete: DIERCKX ASTRID					Q-time: 01:22:03
PB (25m pool): 01:22.03 Temse 17/11/2025					PB (50m pool): 01:26.18 SB: 01:22.03 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.29		01:22.03	
	00:40.29		00:41.74		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 08:50
Heat: 10/26 Lane : 4 Athlete: LAUWERS LOTTE					Q-time: 01:20:18
PB (25m pool): 01:20.18 Nijlen 16/11/2025					PB (50m pool): 01:21.35 SB: 01:20.18 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.71		01:20.18	
	00:38.71		00:41.47		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 08:50
Heat: 11/26 Lane : 1 Athlete: CAMPFORTS FIEN					Q-time: 01:19:40
PB (25m pool): 01:19.40 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:25.68 SB: 01:22.42 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.47		01:19.40	
	00:38.47		00:40.93		
					

Coach feedback:

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Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 08:55
Heat: 13/26 Lane : 1 Athlete: VAN MECHELEN ZOë					Q-time: 01:17:59
PB (25m pool): 01:17.59 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:17.94 SB: 01:17.59 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.78		01:17.59	
	00:37.78		00:39.81		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+					Heat:20, starttime: 09:10
Heat: 20/26 Lane : 5 Athlete: LAUWERS SOFIE					Q-time: 01:12:44
PB (25m pool): 01:12.44 Mol 28/12/2025					PB (50m pool): 01:13.90 SB: 01:12.44 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.63		01:12.44	
	00:35.63		00:36.81		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 09:25
Heat: 2/20 Lane : 5 Athlete: BANCIU ADAM					Q-time: 01:37:34
PB (25m pool): 01:37.34 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:38.12 SB: 01:37.34 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.90		01:37.34	
	00:45.90		00:51.44		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 09:25
Heat: 3/20 Lane : 3 Athlete: STABEL JONATHAN					Q-time: 01:33:03
PB (25m pool): 01:33.03 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:36.58 SB: 01:33.03 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.63		01:33.03	
	00:44.63		00:48.40		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:3, starttime: 09:25
Heat: 3/20 Lane : 5 Athlete: REYMEN RHUNE					Q-time: 01:34:23
PB (25m pool): 01:34.23 2370 Arendonk 21/12/2025					PB (50m pool): 01:36.39 SB: 01:34.23 2370 Arendonk 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.26		01:34.23	
	00:44.26		00:49.97		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 09:30
Heat: 6/20 Lane : 2 Athlete: VAN MECHGELEN RUBE					Q-time: 01:29:57
PB (25m pool): 01:29.57 Turnhout 02/03/2025					PB (50m pool): 01:31.08 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.53		01:29.57	
	00:42.53		00:47.04		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:7, starttime: 09:35
Heat: 7/20 Lane : 3 Athlete: LEYSEN BENJAMIN					Q-time: 01:26:94
PB (25m pool): 01:26.94 Nijlen 16/11/2025					PB (50m pool): 01:27.72 SB: 01:26.94 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.79		01:26.94	
	00:40.79		00:46.15		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:10, starttime: 09:40
Heat: 10/20 Lane : 6 Athlete: VAN MECHGELEN ARNE					Q-time: 01:23:98
PB (25m pool): 01:23.98 Turnhout 02/03/2025					PB (50m pool): 01:27.65 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.96		01:23.98	
	00:38.96		00:45.02		
					

Coach feedback:

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Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:11, starttime: 09:40	
Heat: 11/20 Lane : 5 Athlete: DEBONDT MATS				Q-time: 01:20:79	
PB (25m pool): 01:20.79 Nijlen 16/11/2025				PB (50m pool): 01:24.69 SB: 01:20.79 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.91		01:20.79	
	00:37.91		00:42.88		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:12, starttime: 09:40	
Heat: 12/20 Lane : 4 Athlete: STABEL JASPER				Q-time: 01:18:62	
PB (25m pool): 01:18.62 Stedelijk Zwembad Geel 16/02/2025				PB (50m pool): 01:21.40 SB: 01:19.51 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.92		01:18.62	
	00:36.92		00:41.70		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:16, starttime: 09:50	
Heat: 16/20 Lane : 5 Athlete: BOEYKENS STIJN				Q-time: 01:13:30	
PB (25m pool): 01:13.30 Antwerpen 12/10/2025				PB (50m pool): 01:17.28 SB: 01:13.30 Antwerpen 12/10/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.91		01:13.30	
	00:34.91		00:38.39		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+				Heat:6, starttime: 10:05	
Heat: 6/19 Lane : 1 Athlete: DIERCKX ASTRID				Q-time: 01:33:40	
PB (25m pool): 01:33.40 Sinbad 22/07/2025				PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.37		01:33.40	
	00:42.37		00:51.03		
					

Coach feedback:

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Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:6, starttime: 10:05
Heat: 6/19 Lane : 4 Athlete: BOEYKENS EMMA					Q-time: 01:31:77
PB (25m pool): 01:27.29 Arendonk 03/12/2023					PB (50m pool): 01:31.77 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:27.29	
	no time				
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:7, starttime: 10:10
Heat: 7/19 Lane : 4 Athlete: VAN GESTEL FRAN					Q-time: 01:29:86
PB (25m pool): 01:29.86 Turnhout 02/03/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.97		01:29.86	
	00:40.97 00:48.89				
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:9, starttime: 10:10
Heat: 9/19 Lane : 1 Athlete: CAMPFORTS FIEN					Q-time: 01:24:04
PB (25m pool): 01:24.04 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		00:37.76		01:24.04	
	00:37.76 00:46.28				
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:11, starttime: 10:15
Heat: 11/19 Lane : 5 Athlete: LAUWERS SOFIE					Q-time: 01:18:99
PB (25m pool): 01:18.99 Mol 28/12/2025					PB (50m pool): 01:28.67 SB: 01:18.99 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.79		01:18.99	
	00:35.79 00:43.20				
					

Coach feedback:

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Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:14, starttime: 10:20
Heat: 14/19 Lane : 2 Athlete: LAUWERS LOTTE					Q-time: 01:13:96
PB (25m pool): 01:13.96 Turnhout 02/03/2025					PB (50m pool): 01:16.14 SB: 01:14.11 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.61		01:13.96	
	00:33.61		00:40.35		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:4, starttime: 10:45
Heat: 4/37 Lane : 2 Athlete: SAZONOV VICTOR					Q-time: 01:23:92
PB (25m pool): 01:24.99 Arendonk 30/11/2025					PB (50m pool): 01:23.92 SB: 01:24.99 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.97		01:24.99	
	00:39.97		00:45.02		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:6, starttime: 10:50
Heat: 6/37 Lane : 2 Athlete: BANCUIU ADAM					Q-time: 01:17:91
PB (25m pool): 01:17.91 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:19.41 SB: 01:17.91 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.32		01:17.91	
	00:37.32		00:40.59		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:8, starttime: 10:55
Heat: 8/37 Lane : 2 Athlete: REYMEN RHUNE					Q-time: 01:14:37
PB (25m pool): 01:14.83 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:14.37 SB: 01:14.83 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.91		01:14.83	
	00:36.91		00:37.92		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:9, starttime: 10:55
Heat: 9/37 Lane : 2 Athlete: ADAMS MATHIS					Q-time: 01:12:01
PB (25m pool): 01:12.01 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:15.93 SB: 01:12.01 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.91		01:12.01	
	00:33.91		00:38.10		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:10, starttime: 10:55
Heat: 10/37 Lane : 4 Athlete: STABEL JONATHAN					Q-time: 01:11:14
PB (25m pool): 01:11.14 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:11.29 SB: 01:11.14 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.75		01:11.14	
	00:34.75		00:36.39		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:12, starttime: 11:00
Heat: 12/37 Lane : 4 Athlete: VAN MECHGELEN RUBE					Q-time: 01:09:49
PB (25m pool): 01:09.49 Turnhout 02/03/2025 PB (50m pool): 01:10.39 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.53		01:09.49	
	00:33.53		00:35.96		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:16, starttime: 11:05
Heat: 16/37 Lane : 2 Athlete: VAN MECHGELEN ARNE					Q-time: 01:06:31
PB (25m pool): 01:06.38 Herentals 17/05/2025 PB (50m pool): 01:06.31 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.71		01:06.38	
	00:31.71		00:34.67		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:16, starttime: 11:05
Heat: 16/37 Lane : 6 Athlete: LEYSEN BENJAMIN					Q-time: 01:06:66
PB (25m pool): 01:06.66 Mol 28/12/2025					PB (50m pool): 01:07.25 SB: 01:06.66 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.97		01:06.66	
	00:31.97		00:34.69		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:18, starttime: 11:10
Heat: 18/37 Lane : 1 Athlete: LEYSEN JEROEN					Q-time: 01:05:10
PB (25m pool): 01:05.10 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:08.56 SB: 01:05.10 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.94		01:05.10	
	00:30.94		00:34.16		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:20, starttime: 11:10
Heat: 20/37 Lane : 2 Athlete: BOEYKENS STIJN					Q-time: 01:02:22
PB (25m pool): 00:59.68 Zaventem 16/07/2024					PB (50m pool): 01:02.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.68	
	no time				
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:24, starttime: 11:15
Heat: 24/37 Lane : 1 Athlete: STABEL JASPER					Q-time: 00:59:61
PB (25m pool): 00:59.61 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:02.12 SB: 00:59.61 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.04		00:59.61	
	00:28.04		00:31.57		
					

Coach feedback:

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Event number: 17: 100M FREESTYLE MEN 11+					Heat:25, starttime: 11:15
Heat: 25/37 Lane : 3 Athlete: DEBONDT MATS					Q-time: 00:59:13
PB (25m pool): 00:59.13 Antwerpen 12/10/2025					PB (50m pool): 01:00.09 SB: 00:59.13 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.17		00:59.13	
	00:28.17		00:30.96		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 11:35
Heat: 2/33 Lane : 2 Athlete: LAUWERS SOFIE					Q-time: 99:99:99
PB (25m pool): 01:20.31 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.31	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 11:45
Heat: 5/33 Lane : 5 Athlete: LAUWERS LOTTE					Q-time: 99:99:99
PB (25m pool): 01:19.01 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:19.01	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 11:45
Heat: 6/33 Lane : 1 Athlete: NIEWENWEG LENTE					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:

ZGEEL 2daagse 26: Session: 3: COACH evaluation sheet for TEAM: KST

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 11:45
Heat: 6/33 Lane : 4 Athlete: BOEYKENS EMMA					Q-time: 99:99:99
PB (25m pool): 01:18.83 Hoogstraten 29/09/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:18.83	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 11:45
Heat: 6/33 Lane : 5 Athlete: VAN GESTEL FRAN					Q-time: 99:99:99
PB (25m pool): 01:31.83 Mol 30/12/2023					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.83	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 11:45
Heat: 7/33 Lane : 2 Athlete: VAN MECHELEN LUNA					Q-time: 01:45:68
PB (25m pool): 01:45.68 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		00:46.98		01:45.68	
	00:46.98		00:58.70		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 11:45
Heat: 7/33 Lane : 3 Athlete: NIEWENWEG STERRE					Q-time: 01:44:23
PB (25m pool): 01:44.23 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		no time		01:44.23	
	no time				
					

Coach feedback:

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Event number: 18: 100M MEDLEY WOMEN 11+					Heat:14, starttime: 12:00
Heat: 14/33 Lane : 2 Athlete: VAN MECHELEN ZOë					Q-time: 01:24:99
PB (25m pool): 01:24.99 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		00:39.26		01:24.99	
	00:39.26		00:45.73		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:15, starttime: 12:05
Heat: 15/33 Lane : 5 Athlete: DIERCKX ASTRID					Q-time: 01:23:64
PB (25m pool): 01:23.64 Sinbad 22/07/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.64	
	no time				
					

Coach feedback: