

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

Coaches: Fevten Anne

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

Coach feedback:

Coach feedback:

Coach feedback:

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

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:21, starttime: 09:10	
Heat: 21/26 Lane : 1 Athlete: BIERINCKX MIE				Q-time: 01:11:68	
PB (25m pool): 01:11.68 Temse 17/11/2025				PB (50m pool): 01:14.39 SB: 01:11.68 Temse 17/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.98		01:11.68	
	00:34.98		00:36.70		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:22, starttime: 09:10	
Heat: 22/26 Lane : 2 Athlete: MERTENS HELENA				Q-time: 01:10:14	
PB (25m pool): 01:10.14 Herentals 17/05/2025				PB (50m pool): 01:14.51 SB: 01:11.84 Mol 28/12/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.43		01:10.14	
	00:34.43		00:35.71		
					

Coach feedback:

Event number: 14: 100M BACKSTROKE WOMEN 11+				Heat:25, starttime: 09:20	
Heat: 25/26 Lane : 6 Athlete: MERTENS FEMKE				Q-time: 01:08:71	
PB (25m pool): 01:08.71 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:10.67 SB: 01:08.71 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.21		01:08.71	
	00:33.21		00:35.50		
					

Coach feedback:

Event number: 15: 100M BREASTSTROKE MEN 11+				Heat:6, starttime: 09:30	
Heat: 6/20 Lane : 6 Athlete: MERTENS DIETER				Q-time: 01:30:35	
PB (25m pool): 01:30.35 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:34.22 SB: 01:30.35 Heist-op-den-Berg 10/01/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.87		01:30.35	
	00:42.87		00:47.48		
					

Coach feedback:

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

Event number: 15: 100M BREASTSTROKE MEN 11+					Heat:11, starttime: 09:40
Heat: 11/20 Lane : 2 Athlete: FEYEN AEDEN					Q-time: 01:20:36
PB (25m pool): 01:20.36 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:24.75 SB: 01:20.36 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.92		01:20.36	
	00:36.92		00:43.44		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 10:00
Heat: 2/19 Lane : 6 Athlete: KENIS LOLA					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: 16: 100M BUTTERFLY WOMEN 11+					Heat:10, starttime: 10:15
Heat: 10/19 Lane : 3 Athlete: DIERCKX FEMKE					Q-time: 01:19:09
PB (25m pool): 01:19.09 Antwerpen 12/10/2025					PB (50m pool): 01:22.82 SB: 01:19.09 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.44		01:19.09	
	00:35.44		00:43.65		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:15, starttime: 10:20
Heat: 15/19 Lane : 5 Athlete: ERTVELDT KLAARTJE					Q-time: 01:13:14
PB (25m pool): 01:13.14 Antwerpen 12/10/2025					PB (50m pool): 01:15.28 SB: 01:13.14 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.02		01:13.14	
	00:34.02		00:39.12		
					

Coach feedback:

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

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:17, starttime: 10:25
Heat: 17/19 Lane : 1 Athlete: BELLENS LORE					Q-time: 01:09:11
PB (25m pool): 01:09.11 Heist-op-den-Berg 10/01/2026			PB (50m pool): 01:10.30 SB: 01:09.11 Heist-op-den-Berg 10/01/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.17		01:09.11	
	00:32.17		00:36.94		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:17, starttime: 10:25
Heat: 17/19 Lane : 5 Athlete: MERTENS HELENA					Q-time: 01:09:01
PB (25m pool): 01:09.01 Herentals 17/05/2025			PB (50m pool): 01:11.31 SB: 01:21.13 LEUVEN 21/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.34		01:09.01	
	00:32.34		00:36.67		
					

Coach feedback:

Event number: 16: 100M BUTTERFLY WOMEN 11+					Heat:18, starttime: 10:25
Heat: 18/19 Lane : 2 Athlete: BOVEN AXELLE					Q-time: 01:07:73
PB (25m pool): 01:07.73 Nijlen 16/11/2025			PB (50m pool): 01:09.62 SB: 01:07.73 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.38		01:07.73	
	00:31.38		00:36.35		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:3, starttime: 10:45
Heat: 3/37 Lane : 2 Athlete: VAN ROOY ILYANO					Q-time: 01:28:19
PB (25m pool): 01:28.19 Arendonk 30/11/2025			PB (50m pool): 01:28.48 SB: 01:28.19 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.87		01:28.19	
	00:41.87		00:46.32		
					

Coach feedback:

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

Event number: 17: 100M FREESTYLE MEN 11+					Heat:3, starttime: 10:45
Heat: 3/37 Lane : 6 Athlete: WILMS BRAM					Q-time: 01:33:00
PB (25m pool): 01:34.80 Nijlen 16/11/2025			PB (50m pool): 01:31.67 SB: 01:34.80 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.43		01:34.80	
	00:45.43		00:49.37		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:4, starttime: 10:45
Heat: 4/37 Lane : 1 Athlete: CELEN LARS					Q-time: 01:24:37
PB (25m pool): 01:25.67 Arendonk 30/11/2025			PB (50m pool): 01:24.37 SB: 01:25.67 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.09		01:25.67	
	00:39.09		00:46.58		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:7, starttime: 10:50
Heat: 7/37 Lane : 4 Athlete: BELLENS PIETER					Q-time: 01:15:80
PB (25m pool): 01:17.33 Mol 28/12/2025			PB (50m pool): 01:15.80 SB: 01:17.33 Mol 28/12/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.29		01:17.33	
	00:37.29		00:40.04		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:8, starttime: 10:55
Heat: 8/37 Lane : 4 Athlete: SERNEELS ROAN					Q-time: 01:13:90
PB (25m pool): 01:13.90 Arendonk 30/11/2025			PB (50m pool): 01:14.84 SB: 01:13.90 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.29		01:13.90	
	00:36.29		00:37.61		
					

Coach feedback:

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

Event number: 17: 100M FREESTYLE MEN 11+					Heat:15, starttime: 11:05
Heat: 15/37 Lane : 4 Athlete: MERTENS DIETER					Q-time: 01:06:88
PB (25m pool): 01:06.88 Temse 17/11/2025					PB (50m pool): 01:06.72 SB: 01:06.88 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.61		01:06.88	
	00:32.61		00:34.27		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:17, starttime: 11:05
Heat: 17/37 Lane : 1 Athlete: FEYEN AEDEN					Q-time: 01:05:87
PB (25m pool): 01:05.87 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:04.73 SB: 01:05.87 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.99		01:05.87	
	00:31.99		00:33.88		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:26, starttime: 11:20
Heat: 26/37 Lane : 1 Athlete: BERTELS QUILLAN					Q-time: 00:58:89
PB (25m pool): 00:58.89 Herentals 17/05/2025					PB (50m pool): 01:04.63 SB: 00:59.87 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.39		00:58.89	
	00:27.39		00:31.50		
					

Coach feedback:

Event number: 17: 100M FREESTYLE MEN 11+					Heat:33, starttime: 11:30
Heat: 33/37 Lane : 2 Athlete: VERBEEK SEM					Q-time: 00:54:91
PB (25m pool): 00:53.48 Herentals 27/05/2023					PB (50m pool): 00:55.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:53.48	
	no time				
					

Coach feedback:

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

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 11:40
Heat: 4/33 Lane : 6 Athlete: PEETERS KAAT					Q-time: 99:99:99
PB (25m pool): 01:25.01 Heist Op Den Berg 13/01/2024					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.01	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 11:55
Heat: 10/33 Lane : 5 Athlete: KENIS JOSEPHINE					Q-time: 01:34:88
PB (25m pool): 01:34.88 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		01:34.88	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 11:55
Heat: 10/33 Lane : 6 Athlete: LAMBRECHTS JADE					Q-time: 01:35:66
PB (25m pool): 01:35.66 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: 01:35.66 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:35.66	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:14, starttime: 12:00
Heat: 14/33 Lane : 5 Athlete: KENIS LOLA					Q-time: 01:25:30
PB (25m pool): 01:25.30 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:25.30 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:25.30	
	no time				
					

Coach feedback:

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

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:18, starttime: 12:10
Heat: 18/33 Lane : 2 Athlete: MARCELIS FIEN					Q-time: 01:20:43
PB (25m pool): 01:20.43 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		00:37.36		01:20.43	
	00:37.36		00:43.07		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:18, starttime: 12:10
Heat: 18/33 Lane : 5 Athlete: VAN LOMMEL ANTHER					Q-time: 01:20:68
PB (25m pool): 01:20.68 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 01:20.68 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.68	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:21, starttime: 12:15
Heat: 21/33 Lane : 5 Athlete: DIERCKX FEMKE					Q-time: 01:17:42
PB (25m pool): 01:17.42 Heist-op-den-Berg 10/01/2026 PB (50m pool): no time SB: 01:17.42 Heist-op-den-Berg 10/01/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.42	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:23, starttime: 12:15
Heat: 23/33 Lane : 2 Athlete: ERTVELDT KLAARTJE					Q-time: 01:14:97
PB (25m pool): 01:14.97 Mol 28/12/2025 PB (50m pool): no time SB: 01:14.97 Mol 28/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.95		01:14.97	
	00:34.95		00:40.02		
					

Coach feedback:

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

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:27, starttime: 12:20
Heat: 27/33 Lane : 3 Athlete: BELLENS LORE					Q-time: 01:12:03
PB (25m pool): 01:12.03 Mol 28/12/2025					PB (50m pool): no time SB: 01:12.03 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.09		01:12.03	
	00:33.09		00:38.94		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:27, starttime: 12:20
Heat: 27/33 Lane : 4 Athlete: BIERINCKX MIE					Q-time: 01:12:15
PB (25m pool): 01:12.15 LEUVEN 21/12/2025					PB (50m pool): no time SB: 01:12.15 LEUVEN 21/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.75		01:12.15	
	00:33.75		00:38.40		
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:30, starttime: 12:25
Heat: 30/33 Lane : 3 Athlete: MERTENS FEMKE					Q-time: 01:09:60
PB (25m pool): 01:09.60 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:09.60 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:09.60	
	no time				
					

Coach feedback:

Event number: 18: 100M MEDLEY WOMEN 11+					Heat:31, starttime: 12:30
Heat: 31/33 Lane : 4 Athlete: BOVEN AXELLE					Q-time: 01:07:82
PB (25m pool): 01:07.82 Herentals 17/05/2025					PB (50m pool): no time SB: 01:08.23 Gent 09/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.16		01:07.82	
	00:32.16		00:35.66		
					

Coach feedback: