

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: De Ridder Fedor

Coaches: Sluyts Stephanie HEADCOACH

Coaches: Dillen Toon

PB => Personal Best time

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

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 14:03	
Heat: 1/8 Lane : 6 Athlete: SEGERS EMMA							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 14:07	
Heat: 2/8 Lane : 6 Athlete: MAERTENS HELENA							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 14:11	
Heat: 3/8 Lane : 1 Athlete: VEREECKEN WANTER FELINE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 14:11	
Heat: 3/8 Lane : 6 Athlete: NIEUWENHUIS ZOë							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 14:15	
Heat: 4/8 Lane : 2 Athlete: AERTS SIEN							Q-time: 03:29:25	
PB (25m pool): 03:29.25 Arendonk 30/11/2025			PB (50m pool): no time SB: 03:29.25 Arendonk 30/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.75		no time		no time		03:29.25
	00:47.75							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 14:19	
Heat: 5/8 Lane : 1 Athlete: WOUTERS DORA							Q-time: 03:16:90	
PB (25m pool): 03:16.90 Kapellen 01/06/2025			PB (50m pool): 03:22.56SB: 03:17.96 Pelt 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.89		no time		no time		03:16.90
	00:43.89							
								

Coach feedback:

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 14:23	
Heat: 6/8 Lane : 6 Athlete: VAN ASTEN RENÉE							Q-time: 03:06:02	
PB (25m pool): 03:06.02 Antwerpen 12/10/2025			PB (50m pool): 03:12.57SB: 03:06.02 Antwerpen 12/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.81		01:30.09		02:27.52		03:06.02
	00:43.81		00:46.28		00:57.43		00:38.50	
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 2: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 14:29	
Heat: 8/8 Lane : 5 Athlete: VAN TILBURG FRAUKE							Q-time: 02:48:02	
PB (25m pool): 02:48.02 Temse 17/11/2025				PB (50m pool): 02:51.28SB: 02:48.02 Temse 17/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.16		01:16.29		02:09.06		02:48.02
	00:34.16		00:42.13		00:52.77		00:38.96	
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:33	
Heat: 1/6 Lane : 5 Athlete: CORREIA DE OLIVEIRA TIAGO							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:37	
Heat: 2/6 Lane : 5 Athlete: LIEVENS RUBE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:41	
Heat: 3/6 Lane : 2 Athlete: DE FEYTER LUCAS							Q-time: 03:28:92	
PB (25m pool): 03:28.92 Bree 21/12/2025				PB (50m pool): no time SB: 03:28.92 Bree 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:48.70		no time		no time		03:28.92
	00:48.70							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 3: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:41	
Heat: 3/6 Lane : 6 Athlete: VAN MEER RUNE							Q-time: 03:49:08	
PB (25m pool): 03:49.08 Bree 21/12/2025				PB (50m pool): no time SB: 03:49.08 Bree 21/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:54.68		no time		no time		03:49.08
	00:54.68							
								

Coach feedback:

Event number: 3: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:45	
Heat: 4/6 Lane : 4 Athlete: STERCKX DAAN							Q-time: 03:04:70	
PB (25m pool): 03:04.70 Kapellen 01/06/2025				PB (50m pool): 03:10.34SB: 03:06.29 Pelt 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.23		no time		no time		03:04.70
	00:44.23							
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 14:59	
Heat: 1/2 Lane : 3 Athlete: VAN DE WEYER FOUKE							Q-time: 03:40:60	
PB (25m pool): 03:40.60 TEMSE 23/11/2025				PB (50m pool): no time SB: 03:40.60 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:51.79		01:47.50		02:45.22		03:40.60
	00:51.79		00:55.71		00:57.72		00:55.38	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 14:59	
Heat: 1/2 Lane : 4 Athlete: SCHEPERS LENTHE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 5: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 15:04	
Heat: 2/2 Lane : 2 Athlete: WOUTERS MIT							Q-time: 02:58:38	
PB (25m pool): 02:58.58 TEMSE 24/11/2024				PB (50m pool): 02:58.38SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.35		01:28.29		02:14.82		02:58.58
	00:42.35		00:45.94		00:46.53		00:43.76	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 15:04	
Heat: 2/2 Lane : 3 Athlete: DE RIDDER ROXANE							Q-time: 02:51:93	
PB (25m pool): 02:51.93 TEMSE 23/11/2025				PB (50m pool): no time SB: 02:51.93 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.17		01:23.87		02:08.30		02:51.93
	00:40.17		00:43.70		00:44.43		00:43.63	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 15:04	
Heat: 2/2 Lane : 5 Athlete: HUFKENS ELINA							Q-time: 03:09:08	
PB (25m pool): 03:09.08 TEMSE 23/11/2025				PB (50m pool): 03:24.02SB: 03:09.08 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.24		01:34.86		02:24.13		03:09.08
	00:46.24		00:48.62		00:49.27		00:44.95	
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 15:08	
Heat: 1/3 Lane : 4 Athlete: LIEVENS RUBE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 15:08	
Heat: 1/3 Lane : 6 Athlete: DE VISSER SAM							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 15:12	
Heat: 2/3 Lane : 6 Athlete: NIEUWENHUIS ISAAC							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 6: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 15:16	
Heat: 3/3 Lane : 1 Athlete: AGTEN VALERIO ÁLVARO							Q-time: 02:50:25	
PB (25m pool): 02:45.55 TEMSE 24/11/2024			PB (50m pool): 02:50.25SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.29		01:21.45		02:04.49		02:45.55
	00:39.29		00:42.16		00:43.04		00:41.06	
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:38	
Heat: 1/5 Lane : 2 Athlete: DJONOU IMBA ITZANA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): 03:27.25SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:55	
Heat: 5/5 Lane : 2 Athlete: LEYSEN IMKE							Q-time: 03:14:56	
PB (25m pool): 03:12.51 TEMSE 24/11/2024				PB (50m pool): 03:19.68SB: 03:19.99 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.09		01:33.42		02:23.12		03:12.51
	00:44.09		00:49.33		00:49.70		00:49.39	
								

Coach feedback:

Event number: 8: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 15:55	
Heat: 5/5 Lane : 3 Athlete: COOLS YELENA							Q-time: 03:04:88	
PB (25m pool): 03:04.88 TEMSE 23/11/2025				PB (50m pool): 03:14.95SB: 03:04.88 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.09		01:27.72		02:16.18		03:04.88
	00:41.09		00:46.63		00:48.46		00:48.70	
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 16:04	
Heat: 2/4 Lane : 2 Athlete: DE VISSER SAM							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 16:13	
Heat: 4/4 Lane : 1 Athlete: MAES MATHIJS							Q-time: 03:05:13	
PB (25m pool): 03:05.13 TEMSE 23/11/2025			PB (50m pool): 03:11.53SB: 03:05.13 TEMSE 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.14		01:29.70		02:18.35		03:05.13
	00:42.14		00:47.56		00:48.65		00:46.78	
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 16:13	
Heat: 4/4 Lane : 2 Athlete: DILLEN FINN							Q-time: 02:46:63	
PB (25m pool): 02:46.63 TEMSE 23/11/2025			PB (50m pool): 02:46.37 SB: 02:46.63 TEMSE 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.44		01:20.63		02:04.14		02:46.63
	00:37.44		00:43.19		00:43.51		00:42.49	
								

Coach feedback:

Event number: 9: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 16:13	
Heat: 4/4 Lane : 6 Athlete: GILLES NATHAN							Q-time: 03:06:99	
PB (25m pool): 03:06.99 TEMSE 23/11/2025				PB (50m pool): 03:12.39SB: 03:06.99 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.72		01:27.68		02:18.44		03:06.99
	00:39.72		00:47.96		00:50.76		00:48.55	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MIXED 9-10							Heat:1, starttime: 16:17	
Heat: 1/1 Lane : 1 Athlete: LAENEN LINS							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 10: 200M FREESTYLE MIXED 9-10							Heat:1, starttime: 16:17	
Heat: 1/1 Lane : 2 Athlete: PEETERS LOUISE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 10: 200M FREESTYLE MIXED 9-10							Heat:1, starttime: 16:17	
Heat: 1/1 Lane : 4 Athlete: MEEUS FIEN							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:26	
Heat: 2/7 Lane : 2 Athlete: SCHEPERS LENTHE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:26	
Heat: 2/7 Lane : 3 Athlete: AERTS SIEN							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:29	
Heat: 3/7 Lane : 1 Athlete: VEREECKEN WANTER FELINE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:29	
Heat: 3/7 Lane : 2 Athlete: MAERTENS HELENA							Q-time: 03:34:19	
PB (25m pool): 03:34.19 Pelt 05/10/2025			PB (50m pool): no time SB: 03:34.19 Pelt 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.81		01:41.11		no time		03:34.19
	00:45.81		00:55.30					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:33	
Heat: 4/7 Lane : 1 Athlete: SEGERS EMMA							Q-time: 03:21:65	
PB (25m pool): 03:21.65 Pelt 05/10/2025			PB (50m pool): no time SB: 03:21.65 Pelt 05/10/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.73		01:35.47		no time		03:21.65
	00:44.73		00:50.74					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:33	
Heat: 4/7 Lane : 6 Athlete: VAN DE WEYER FOUKE							Q-time: 03:22:69	
PB (25m pool): 03:22.69 TEMSE 23/11/2025			PB (50m pool): no time SB: 03:22.69 TEMSE 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.58		01:36.72		02:31.97		03:22.69
	00:44.58		00:52.14		00:55.25		00:50.72	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:37	
Heat: 5/7 Lane : 1 Athlete: WOUTERS MIT							Q-time: 02:52:47	
PB (25m pool): 02:46.33 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:52.47 SB: 02:53.31 Pelt 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.96		01:21.02		02:05.34		02:46.33
	00:37.96		00:43.06		00:44.32		00:40.99	
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:37	
Heat: 5/7 Lane : 2 Athlete: DJONOU IMBA ITZANA							Q-time: 02:50:37	
PB (25m pool): 02:50.37 TEMSE 23/11/2025			PB (50m pool): 02:49.72SB: 02:50.37 TEMSE 23/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.02		01:20.13		02:05.85		02:50.37
	00:37.02		00:43.11		00:45.72		00:44.52	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:37	
Heat: 5/7 Lane : 3 Athlete: WOUTERS DORA							Q-time: 02:47:01	
PB (25m pool): 02:47.01 TEMSE 23/11/2025				PB (50m pool): 02:42.77SB: 02:47.01 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.06		01:20.56		02:05.09		02:47.01
	00:38.06		00:42.50		00:44.53		00:41.92	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:37	
Heat: 5/7 Lane : 4 Athlete: HUFKENS ELINA							Q-time: 02:47:77	
PB (25m pool): 02:47.77 TEMSE 23/11/2025				PB (50m pool): 02:41.08SB: 02:47.77 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:37.74		01:20.89		02:05.49		02:47.77
	00:37.74		00:43.15		00:44.60		00:42.28	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:5, starttime: 16:37	
Heat: 5/7 Lane : 5 Athlete: NIEUWENHUIS ZOë							Q-time: 02:51:94	
PB (25m pool): 02:51.94 TEMSE 23/11/2025				PB (50m pool): no time SB: 02:51.94 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.67		01:23.55		02:09.02		02:51.94
	00:38.67		00:44.88		00:45.47		00:42.92	
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:40	
Heat: 6/7 Lane : 3 Athlete: VAN TILBURG FRAUKE							Q-time: 02:32:78	
PB (25m pool): 02:32.78 Pelt 05/10/2025				PB (50m pool): 02:29.28 SB: 02:32.78 Pelt 05/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.29		01:13.25		no time		02:32.78
	00:34.29		00:38.96					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:40	
Heat: 6/7 Lane : 6 Athlete: VAN ASTEN RENÉE							Q-time: 02:40:34	
PB (25m pool): 02:40.34 Antwerpen 12/10/2025				PB (50m pool): 02:41.03SB: 02:40.34 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.33		01:18.60		02:01.80		02:40.34
	00:38.33		00:40.27		00:43.20		00:38.54	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:43	
Heat: 7/7 Lane : 1 Athlete: COOLS YELENA							Q-time: 02:27:98	
PB (25m pool): 02:27.98 TEMSE 23/11/2025				PB (50m pool): 02:32.57 SB: 02:27.98 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:34.17		01:12.72		01:52.19		02:27.98
	00:34.17		00:38.55		00:39.47		00:35.79	
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:43	
Heat: 7/7 Lane : 5 Athlete: LEYSEN IMKE							Q-time: 02:26:24	
PB (25m pool): 02:26.24 Kapellen 01/06/2025				PB (50m pool): 02:29.10SB: 02:29.54 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.31		01:09.53		no time		02:26.24
	00:33.31		00:36.22					
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 12: 200M FREESTYLE MEN 11+							Heat:1, starttime: 16:47	
Heat: 1/6 Lane : 2 Athlete: DE FEYTER LUCAS							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:2, starttime: 16:50	
Heat: 2/6 Lane : 2 Athlete: VAN MEER RUNE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:2, starttime: 16:50	
Heat: 2/6 Lane : 3 Athlete: NIEUWENHUIS ISAAC							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:3, starttime: 16:54	
Heat: 3/6 Lane : 2 Athlete: CORREIA DE OLIVEIRA TIAGO							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 12: 200M FREESTYLE MEN 11+							Heat:5, starttime: 17:01	
Heat: 5/6 Lane : 2 Athlete: STERCKX DAAN							Q-time: 02:33:36	
PB (25m pool): 02:33.36 Antwerpen 12/10/2025				PB (50m pool): 02:34.36SB: 02:33.36 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.31		01:16.21		01:55.67		02:33.36
	00:36.31		00:39.90		00:39.46		00:37.69	
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:5, starttime: 17:01	
Heat: 5/6 Lane : 5 Athlete: AGTEN VALERIO ÁLVARO							Q-time: 02:35:73	
PB (25m pool): 02:32.15 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:35.73SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:33.75		01:13.33		01:53.73		02:32.15
	00:33.75		00:39.58		00:40.40		00:38.42	
								

Coach feedback:

Event number: 12: 200M FREESTYLE MEN 11+							Heat:6, starttime: 17:04	
Heat: 6/6 Lane : 6 Athlete: GILLES NATHAN							Q-time: 02:29:72	
PB (25m pool): 02:29.72 TEMSE 23/11/2025				PB (50m pool): 02:42.12SB: 02:29.72 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:31.97		01:09.45		01:50.03		02:29.72
	00:31.97		00:37.48		00:40.58		00:39.69	
								

Coach feedback:

Event number: 13: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 17:07	
Heat: 1/1 Lane : 2 Athlete: BOOGERS NOOR							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

200M KST: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 13: 200M BUTTERFLY WOMEN 11+							Heat:1, starttime: 17:07	
Heat: 1/1 Lane : 4 Athlete: DE RIDDER ROXANE							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 14: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 17:11	
Heat: 1/1 Lane : 1 Athlete: MAES MATHIJS							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 14: 200M BUTTERFLY MEN 11+							Heat:1, starttime: 17:11	
Heat: 1/1 Lane : 2 Athlete: DILLEN FINN							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	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback: