

Memorial Yu Jacob: Session: 1: COACH evaluation sheet for TEAM: ZN

Coachinfo: Warming up from: 18:00 untill 18:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Neiryndck Jan

Coaches: Wouters Ivan

Coaches: Van Dooren Glenn

Coaches: Faes Sandra HEADCOACH

PB => Personal Best time

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

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 19:07	
Heat: 2/3 Lane : 1 Athlete: LAUREYSENS JUTTA							Q-time: 06:11:67	
PB (25m pool): 06:22.97 Herentals 05/10/2024				PB (50m pool): 06:11.67SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:38.82		01:23.35		02:13.52		03:02.82
	00:38.82		00:44.53		00:50.17		00:49.30	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:51.87		04:42.18		05:29.94		06:22.97
	00:49.05		00:50.31		00:47.76		00:53.03	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 19:07	
Heat: 2/3 Lane : 2 Athlete: VAN CAUWENBERGE NORAH							Q-time: 06:03:11	
PB (25m pool): 06:03.11 Herentals 04/10/2025				PB (50m pool): no time SB: 06:03.11 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.85		01:23.10		02:09.99		02:57.31
	00:37.85		00:45.25		00:46.89		00:47.32	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:45.32		04:33.61		05:21.17		06:03.11
	00:48.01		00:48.29		00:47.56		00:41.94	
								

Coach feedback:

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Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 19:07	
Heat: 2/3 Lane : 3 Athlete: CROONEN LIZE							Q-time: 05:52:36	
PB (25m pool): 05:52.36 Herentals 04/10/2025				PB (50m pool): no time SB: 05:52.36 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.02		01:21.39		02:06.05		02:52.40
	00:37.02		00:44.37		00:44.66		00:46.35	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:37.14		04:23.27		05:06.89		05:52.36
	00:44.74		00:46.13		00:43.62		00:45.47	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 19:07	
Heat: 2/3 Lane : 5 Athlete: DILLEN LOTTE							Q-time: 06:09:31	
PB (25m pool): 06:09.31 Herentals 04/10/2025				PB (50m pool): no time SB: 06:09.31 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:41.78		01:28.02		02:15.71		03:02.73
	00:41.78		00:46.24		00:47.69		00:47.02	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:50.34		04:35.46		05:22.55		06:09.31
	00:47.61		00:45.12		00:47.09		00:46.76	
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 19:07	
Heat: 2/3 Lane : 6 Athlete: DILLEN HANNE							Q-time: 06:18:68	
PB (25m pool): 06:18.68 Herentals 04/10/2025				PB (50m pool): no time SB: 06:18.68 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:41.59		01:29.43		02:18.76		03:08.16
	00:41.59		00:47.84		00:49.33		00:49.40	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:58.41		04:46.89		05:34.56		06:18.68
	00:50.25		00:48.48		00:47.67		00:44.12	
								

Coach feedback:

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Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 19:14	
Heat: 3/3 Lane : 3 Athlete: CLAES JADE							Q-time: 05:13:47	
PB (25m pool): 05:13.47 Sint-Niklaas 11/01/2026				PB (50m pool): no time SB: 05:13.47 Sint-Niklaas 11/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:14.69		no time		02:33.80
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:13.47
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 19:14	
Heat: 3/3 Lane : 4 Athlete: VERMAELEN MIYA							Q-time: 05:15:50	
PB (25m pool): 05:15.50 Aarschot 04/05/2025				PB (50m pool): 05:38.21 SB: 05:19.35 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:15.57		no time		02:37.23
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:15.50
								

Coach feedback:

Event number: 1: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 19:14	
Heat: 3/3 Lane : 6 Athlete: WYNANTS FRé							Q-time: 05:44:86	
PB (25m pool): 05:44.86 Herentals 04/10/2025				PB (50m pool): no time SB: 05:44.86 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:38.30		01:21.11		02:05.04		02:49.79
	00:38.30		00:42.81		00:43.93		00:44.75	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:34.04		04:17.88		05:02.37		05:44.86
	00:44.25		00:43.84		00:44.49		00:42.49	
								

Coach feedback:

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Event number: 2: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 19:29	
Heat: 2/2 Lane : 1 Athlete: CAMBRé ARTHUR							Q-time: 05:41:33	
PB (25m pool): 05:41.33 Arendonk 30/11/2025				PB (50m pool): no time SB: 05:41.33 Arendonk 30/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:20.15		no time		02:47.43
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:41.33
								

Coach feedback:

Event number: 2: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 19:29	
Heat: 2/2 Lane : 3 Athlete: VERDONCK STAN							Q-time: 04:50:35	
PB (25m pool): 04:50.35 Sint-Niklaas 11/01/2026				PB (50m pool): 05:08.23 SB: 04:50.35 Sint-Niklaas 11/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:08.13		no time		02:23.10
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		04:50.35
								

Coach feedback:

Event number: 2: 400M FREESTYLE MEN 11-14							Heat:2, starttime: 19:29	
Heat: 2/2 Lane : 4 Athlete: THIJSBAERT NIO							Q-time: 05:08:16	
PB (25m pool): 05:08.16 Sint-Niklaas 11/01/2026				PB (50m pool): 05:31.41 SB: 05:08.16 Sint-Niklaas 11/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:10.36		no time		02:28.47
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:08.16
								

Coach feedback:

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Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:36	
Heat: 1/2 Lane : 1 Athlete: LEMBRECHTS SOPHIE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

Coach feedback:

Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:36	
Heat: 1/2 Lane : 2 Athlete: VAN BUGGENHOUT ISHANA							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

Coach feedback:

Event number: 3: 800M FREESTYLE WOMEN 11+							Heat:1, starttime: 19:36	
Heat: 1/2 Lane : 5 Athlete: SELS SOFIE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								

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Event number: 4: 1500M FREESTYLE MEN 11+							Heat:2, starttime: 20:41	
Heat: 2/2 Lane : 3 Athlete: VAN DOOREN WARRE							Q-time: 19:04:64	
PB (25m pool): no time			PB (50m pool): 19:04.64SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	8 5 0 M	9 0 0 M	9 5 0 M	1 0 0 0 M	1 0 5 0 M	1 1 0 0 M	1 1 5 0 M	1 2 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
								
	1 1 5 0 M	1 3 0 0 M	1 3 5 0 M	1 4 0 0 M	1 4 5 0 M	1 5 0 0 M		
PB	no time	no time	no time	no time	no time	no time		
								

Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:1, starttime: 21:05	
Heat: 1/2 Lane : 1 Athlete: CLAES SIEN							Q-time: 03:26:33	
PB (25m pool): 03:26.33 Arendonk 30/11/2025			PB (50m pool): no time SB: 03:26.33 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		00:49.11		no time		no time		03:26.33
	00:49.11							
								

Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:1, starttime: 21:05	
Heat: 1/2 Lane : 2 Athlete: DILLEN HANNE							Q-time: 03:23:41	
PB (25m pool): 03:23.41 Mol 28/12/2025				PB (50m pool): 03:35.66SB: 03:23.41 Mol 28/12/2025				
	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		00:45.92		01:38.96		02:40.20		03:23.41
	00:45.92		00:53.04		01:01.24		00:43.21	
								

Coach feedback:

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Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:1, starttime: 21:05	
Heat: 1/2 Lane : 5 Athlete: DILLEN LOTTE							Q-time: 03:25:48	
PB (25m pool): 03:25.48 Aarschot 04/05/2025				PB (50m pool): 03:31.65SB: 03:29.51 Mol 28/12/2025				
	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		00:44.76		no time		no time		03:25.48
	00:44.76							
								

Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:1, starttime: 21:05	
Heat: 1/2 Lane : 6 Athlete: VAN CAUWENBERGE NORAH							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: 5: 200M MEDLEY WOMEN 11-14							Heat:2, starttime: 21:09	
Heat: 2/2 Lane : 3 Athlete: VERMAELEN MIYA							Q-time: 02:46:20	
PB (25m pool): 02:46.20 Antwerpen 12/10/2025				PB (50m pool): 02:48.45SB: 02:46.20 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		00:36.60		01:20.47		02:08.13		02:46.20
	00:36.60		00:43.87		00:47.66		00:38.07	
								

Coach feedback:

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:2, starttime: 21:09	
Heat: 2/2 Lane : 5 Athlete: CLAES JADE							Q-time: 02:55:60	
PB (25m pool): 02:55.60 Arendonk 30/11/2025				PB (50m pool): 02:56.75SB: 02:55.60 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		00:40.67		no time		no time		02:55.60
	00:40.67							
								

Coach feedback:

Memorial Yu Jacob: Session: 1: COACH evaluation sheet for TEAM: ZN

Event number: 5: 200M MEDLEY WOMEN 11-14							Heat:2, starttime: 21:09	
Heat: 2/2 Lane : 6 Athlete: DIRICKX FINNE							Q-time: 03:11:11	
PB (25m pool): 03:11.11 Antwerpen 12/10/2025				PB (50m pool): no time SB: 03:11.11 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		00:43.32		01:34.05		02:30.84		03:11.11
	00:43.32		00:50.73		00:56.79		00:40.27	
								

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11-14							Heat:2, starttime: 21:17	
Heat: 2/2 Lane : 1 Athlete: CAMBRé ARTHUR							Q-time: 03:06:69	
PB (25m pool): 03:06.69 Mol 28/12/2025				PB (50m pool): 03:27.32SB: 03:06.69 Mol 28/12/2025				
	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		00:42.55		01:30.48		02:24.43		03:06.69
	00:42.55		00:47.93		00:53.95		00:42.26	
								

Coach feedback:

Event number: 6: 200M MEDLEY MEN 11-14							Heat:2, starttime: 21:17	
Heat: 2/2 Lane : 3 Athlete: VERDONCK STAN							Q-time: 02:34:00	
PB (25m pool): 02:34.00 Temse 17/11/2025				PB (50m pool): 02:45.22SB: 02:34.00 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		00:33.60		01:13.13		01:57.89		02:34.00
	00:33.60		00:39.53		00:44.76		00:36.11	
								

Coach feedback: