

AIYSC 2026: Session: 5: COACH evaluation sheet for TEAM: ZS

Coachinfo: Warming up from: 13:00 until 13:50. Teamleadmeeting @ 13:15 The listed starttimes are indicative!

Coaches: Meyers Sepp

Coaches: Scheveneels Judith HEADCOACH

PB => Personal Best time

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

Event number: 32: 100M BREASTSTROKE MEN 11+			Heat:3, starttime:
Heat: 3/18 Lane : 5 Athlete: VAN OOSTERWYCK ALEXANDER			Q-time: 01:36:96
PB (50m pool): 01:36.96 Wezenberg 01/02/2026		PB (25m pool): 01:35.85 SB: 01:36.96 Wezenberg 01/02/2026	
	50 M	100 M	
PB	00:47.04	01:36.96	
	00:47.04	00:49.92	
	

Coach feedback:

Event number: 32: 100M BREASTSTROKE MEN 11+			Heat:4, starttime:
Heat: 4/18 Lane : 1 Athlete: DE RIDDER ARNE			Q-time: 01:33:78
PB (50m pool): 01:33.78 Lago Gent Rozebroeken 04/05/2025		PB (25m pool): 01:24.55 SB: no time	
	50 M	100 M	
PB	00:45.09	01:33.78	
	00:45.09	00:48.69	
	

Coach feedback:

Event number: 33: 200M FREESTYLE WOMEN 11+				Heat:14, starttime:
Heat: 14/25 Lane : 6 Athlete: DE VOCHT ANNE-JULIE				Q-time: 02:29:06
PB (50m pool): 02:29.06 Antwerpen 20/04/2025		PB (25m pool): 02:30.71 SB: 02:32.75 Wezenberg 01/02/2026		
	50 M	100 M	150 M	200 M
PB	00:34.16	01:11.87	01:52.29	02:29.06
	00:34.16	00:37.71	00:40.42	00:36.77

Coach feedback:

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Event number: 33: 200M FREESTYLE WOMEN 11+				Heat:16, starttime:	
Heat: 16/25 Lane : 1 Athlete: VAN DEN BERGH ANNA				Q-time: 02:27:16	
PB (50m pool): 02:27.16 Antwerpen 13/07/2025			PB (25m pool): 02:24.04 SB: 02:28.84 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.95	01:13.05	01:51.22	02:27.16	
	<i>00:34.95</i>	<i>00:38.10</i>	<i>00:38.17</i>	<i>00:35.94</i>	
	

Coach feedback:

Event number: 33: 200M FREESTYLE WOMEN 11+				Heat:23, starttime:	
Heat: 23/25 Lane : 2 Athlete: VERNIERS NIME				Q-time: 02:17:97	
PB (50m pool): 02:17.97 Wezenberg 01/02/2026			PB (25m pool): 02:15.86 SB: 02:17.97 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.14	01:06.70	01:42.45	02:17.97	
	<i>00:32.14</i>	<i>00:34.56</i>	<i>00:35.75</i>	<i>00:35.52</i>	
	

Coach feedback:

Event number: 33: 200M FREESTYLE WOMEN 11+				Heat:23, starttime:	
Heat: 23/25 Lane : 4 Athlete: DE RIDDER STERRE				Q-time: 02:17:23	
PB (50m pool): 02:17.23 Antwerp 09/02/2025			PB (25m pool): 02:16.56 SB: 02:18.35 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.70	01:07.17	01:42.29	02:17.23	
	<i>00:32.70</i>	<i>00:34.47</i>	<i>00:35.12</i>	<i>00:34.94</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:1, starttime:	
Heat: 1/29 Lane : 6 Athlete: LYTVYNIUK-HUL SOFIA		Q-time: 00:38:58	
PB (50m pool): 00:38.58 Aalst 11/05/2025		PB (25m pool): 00:34.48 SB: no time	
	5 0 M		
PB	00:38.58		
	<i>00:38.58</i>		
		

Coach feedback:

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Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:3, starttime:
Heat: 3/29 Lane : 1 Athlete: THEUNISSEN JOLIEN		Q-time: 00:35:01
PB (50m pool): 00:35.01 Wezenberg 01/02/2026		PB (25m pool): 00:36.04 SB: 00:35.01 Wezenberg 01/02/2026
	5 0 M	
PB	00:35.01	
	<i>00:35.01</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:6, starttime:
Heat: 6/29 Lane : 3 Athlete: LESSELIERS EMILY		Q-time: 00:33:16
PB (50m pool): 00:32.90 Antwerpen 15/03/2026		PB (25m pool): 00:33.10 SB: 00:32.90 Antwerpen 15/03/2026
	5 0 M	
PB	00:32.90	
	<i>00:32.90</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:13, starttime:
Heat: 13/29 Lane : 8 Athlete: DE VOCHT ANNE-JULIE		Q-time: 00:31:43
PB (50m pool): 00:31.43 Antwerpen 20/04/2025		PB (25m pool): 00:31.19 SB: 00:32.14 Antwerpen 15/03/2026
	5 0 M	
PB	00:31.43	
	<i>00:31.43</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:14, starttime:
Heat: 14/29 Lane : 7 Athlete: VERNIERS NIME		Q-time: 00:31:20
PB (50m pool): 00:30.58 Antwerpen 15/03/2026		PB (25m pool): 00:30.80 SB: 00:30.58 Antwerpen 15/03/2026
	5 0 M	
PB	00:30.58	
	<i>00:30.58</i>	
	

Coach feedback:

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Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:17, starttime:
Heat: 17/29 Lane : 8 Athlete: DE RIDDER STERRE		Q-time: 00:30:64
PB (50m pool): 00:30.64 Wezenberg 01/02/2026		PB (25m pool): 00:30.15 SB: 00:30.64 Wezenberg 01/02/2026
	5 0 M	
PB	00:30.64	
	<i>00:30.64</i>	
	

Coach feedback:

Event number: 35: 50M FREESTYLE WOMEN 11+		Heat:20, starttime:
Heat: 20/29 Lane : 1 Athlete: VAN DEN BERGH ANNA		Q-time: 00:30:19
PB (50m pool): 00:29.80 Antwerpen 15/03/2026		PB (25m pool): 00:29.90 SB: 00:29.80 Antwerpen 15/03/2026
	5 0 M	
PB	00:29.80	
	<i>00:29.80</i>	
	

Coach feedback:

Event number: 36: 50M FREESTYLE MEN 11+		Heat:2, starttime:
Heat: 2/27 Lane : 1 Athlete: VAN OOSTERWYCK ALEXANDER		Q-time: 00:36:49
PB (50m pool): 00:36.49 Aalst 11/05/2025		PB (25m pool): 00:34.23 SB: no time
	5 0 M	
PB	00:36.49	
	<i>00:36.49</i>	
	

Coach feedback:

Event number: 36: 50M FREESTYLE MEN 11+		Heat:4, starttime:
Heat: 4/27 Lane : 6 Athlete: PEETERS SAMUEL		Q-time: 00:32:99
PB (50m pool): 00:32.99 Wezenberg 01/02/2026		PB (25m pool): 00:35.41 SB: 00:32.99 Wezenberg 01/02/2026
	5 0 M	
PB	00:32.99	
	<i>00:32.99</i>	
	

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Event number: 36: 50M FREESTYLE MEN 11+		Heat:19, starttime:
Heat: 19/27 Lane : 7 Athlete: DE RIDDER ARNE		Q-time: 00:27:04
PB (50m pool): 00:27.04 Antwerpen 08/03/2026		PB (25m pool): 00:27.88 SB: 00:27.04 Antwerpen 08/03/2026
	5 0 M	
PB	00:27.04	
	<i>00:27.04</i>	
	

Coach feedback: