

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vereecken Sven

Coaches: Dillen Toon

Coaches: Loos Kim HEADCOACH

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

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:10
Heat: 3/6 Lane : 3 Athlete: WOUTERS DORA					Q-time: 01:11:73
PB (25m pool): 01:11.73 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:13.10 SB: 01:11.73 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.24		01:11.73	
	00:34.24		00:37.49		
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:12
Heat: 4/6 Lane : 2 Athlete: VAN ASTEN RENÉE					Q-time: 01:10:76
PB (25m pool): 01:10.76 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:12.62 SB: 01:10.76 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.64		01:10.76	
	00:34.64		00:36.12		
					

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+							Heat:4, starttime: 14:27	
Heat: 4/5 Lane : 1 Athlete: NEYRINCK RUBEN							Q-time: 02:32:01	
PB (25m pool): 02:32.01 Antwerpen 12/10/2025							PB (50m pool): 02:32.31 SB: 02:32.01 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		00:35.71		01:15.90		01:55.95		02:32.01
	00:35.71		00:40.19		00:40.05		00:36.06	
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 3: 200M FREESTYLE MEN 11+							Heat:4, starttime: 14:27	
Heat: 4/5 Lane : 4 Athlete: HUFKENS ILIAN							Q-time: 02:10:53	
PB (25m pool): 02:10.53 TEMSE 23/11/2025				PB (50m pool): 02:08.86 SB: 02:10.53 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		00:30.22		01:03.75		01:37.54		02:10.53
	00:30.22		00:33.53		00:33.79		00:32.99	
								

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+							Heat:5, starttime: 14:30	
Heat: 5/5 Lane : 2 Athlete: HAESENDONCKX JARNE							Q-time: 02:01:15	
PB (25m pool): 02:01.15 TEMSE 23/11/2025				PB (50m pool): 02:05.11 SB: 02:01.15 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		00:27.56		00:58.12		01:29.52		02:01.15
	00:27.56		00:30.56		00:31.40		00:31.63	
								

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+							Heat:5, starttime: 14:30	
Heat: 5/5 Lane : 3 Athlete: MICHOEL QUINTEN							Q-time: 01:56:32	
PB (25m pool): 01:56.32 Antwerpen 12/10/2025				PB (50m pool): 01:59.12 SB: 01:56.32 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		00:26.32		00:55.49		01:26.00		01:56.32
	00:26.32		00:29.17		00:30.51		00:30.32	
								

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+							Heat:5, starttime: 14:30	
Heat: 5/5 Lane : 5 Athlete: BEGUE MILANN							Q-time: 02:05:13	
PB (25m pool): 02:05.13 Temse 17/11/2025				PB (50m pool): 02:09.77 SB: 02:05.13 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		00:28.72		01:00.57		01:33.07		02:05.13
	00:28.72		00:31.85		00:32.50		00:32.06	
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 6: 200M BACKSTROKE WOMEN 11+							Heat:1, starttime: 14:44	
Heat: 1/3 Lane : 4 Athlete: VEREECKEN WANTER FELINE							Q-time: 03:28:66	
PB (25m pool): no time			PB (50m pool): 03:28.66 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 WOMEN 11+							Heat:3, starttime: 14:52	
Heat: 3/3 Lane : 4 Athlete: MAES JULIE							Q-time: 02:35:81	
PB (25m pool): 02:33.55 Aarschot 28/07/2025				PB (50m pool): 02:40.43 SB: 02:35.81 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		00:36.11		01:15.25		no time		02:33.55
	00:36.11		00:39.14					
								

Coach feedback:

Event number: 7: 100M BACKSTROKE MEN 11+							Heat:3, starttime: 15:00	
Heat: 3/3 Lane : 1 Athlete: STERCKX DAAN							Q-time: 01:19:22	
PB (25m pool): 01:19.22 TEMSE 23/11/2025				PB (50m pool): 01:21.38SB: 01:19.22 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:39.10		01:19.22				
	00:39.10		00:40.12					
								

Coach feedback:

Event number: 7: 100M BACKSTROKE MEN 11+							Heat:3, starttime: 15:00	
Heat: 3/3 Lane : 3 Athlete: VAN TILBURG MATTHIAS							Q-time: 00:58:02	
PB (25m pool): 00:58.02 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 01:01.36 SB: 00:58.02 Stedelijk Zwembad Geel 15/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:27.81		00:58.02				
	00:27.81		00:30.21					
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:04
Heat: 2/3 Lane : 3 Athlete: VAN TILBURG FRAUKE					Q-time: 01:31:71
PB (25m pool): 01:33.92 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:38.50 SB: 01:33.92 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.75		01:33.92	
	00:43.75		00:50.17		
					

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:23	
Heat: 2/3 Lane : 2 Athlete: WOUTERS DORA							Q-time: 02:35:69	
PB (25m pool): 02:35.69 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 02:41.00 SB: 02:35.69 Parklaan 58, Turnhout 29/03/2026	
	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		00:36.38		01:16.76		no time		02:35.69
	00:36.38		00:40.38					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 15:23	
Heat: 2/3 Lane : 5 Athlete: VAN ASTEN RENÉE							Q-time: 02:38:10	
PB (25m pool): 02:38.10 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:41.03 SB: 02:38.10 Parklaan 58, Turnhout 29/03/2026				
	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		00:37.59		01:18.10		no time		02:38.10
	00:37.59		00:40.51					
								

Coach feedback:

Event number: 11: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 15:26	
Heat: 3/3 Lane : 5 Athlete: BRAEKEN CHARLOTTE							Q-time: 02:26:19	
PB (25m pool): 02:26.19 Temse 17/11/2025				PB (50m pool): 02:25.46SB: 02:26.19 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		00:33.46		01:10.85		01:49.34		02:26.19
	00:33.46		00:37.39		00:38.49		00:36.85	
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 12: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:34	
Heat: 4/4 Lane : 1 Athlete: BEGUE MILANN				Q-time: 00:56:41	
PB (25m pool): 00:56.41 TEMSE 23/11/2025				PB (50m pool): 00:57.18 SB: 00:56.41 TEMSE 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.27		00:56.41	
	00:27.27		00:29.14		
					

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:34	
Heat: 4/4 Lane : 2 Athlete: HAESENDONCKX JARNE				Q-time: 00:54:21	
PB (25m pool): 00:54.21 TEMSE 23/11/2025				PB (50m pool): 00:55.56 SB: 00:54.21 TEMSE 23/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.69		00:54.21	
	00:25.69		00:28.52		
					

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:34	
Heat: 4/4 Lane : 3 Athlete: VAN BALLAER VIKTOR				Q-time: 00:52:14	
PB (25m pool): 00:52.14 Gent 09/11/2025				PB (50m pool): 00:54.63 SB: 00:52.14 Gent 09/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.10		00:52.14	
	00:25.10		00:27.04		
					

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+				Heat:4, starttime: 15:34	
Heat: 4/4 Lane : 4 Athlete: VAN TILBURG MATTHIAS				Q-time: 00:52:86	
PB (25m pool): 00:52.86 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): 00:54.98 SB: 00:52.86 Stedelijk Zwembad Geel 15/02/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.50		00:52.86	
	00:25.50		00:27.36		
					

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 14: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 15:52
Heat: 2/2 Lane : 3 Athlete: MICHOEL QUINTEN					Q-time: 00:57:25
PB (25m pool): 00:57.73 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:58.26 SB: 00:57.73 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.71		00:57.73	
	00:26.71		00:31.02		
					

Coach feedback:

Event number: 14: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 15:52
Heat: 2/2 Lane : 4 Athlete: VAN BALLAER VIKTOR					Q-time: 00:58:84
PB (25m pool): 00:58.84 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:02.24 SB: 00:58.84 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.03		00:58.84	
	00:27.03		00:31.81		
					

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:58
Heat: 3/4 Lane : 2 Athlete: VAN ASTEN RENéE					Q-time: 01:24:82
PB (25m pool): 01:24.82 Turnhout 01/03/2026 PB (50m pool): 01:26.74 SB: 01:24.82 Turnhout 01/03/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.39		01:24.82	
	00:41.39		00:43.43		
					

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:00
Heat: 4/4 Lane : 2 Athlete: MAES JULIE					Q-time: 01:11:40
PB (25m pool): 01:11.40 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:13.95 SB: 01:11.40 Stedelijk Zwembad Geel 15/02/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.00		01:11.40	
	00:34.00		00:37.40		
					

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 16: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 16:09	
Heat: 3/3 Lane : 1 Athlete: HUFKENS ILIAN							Q-time: 02:24:03	
PB (25m pool): 02:32.48 Aarschot 28/04/2024				PB (50m pool): 02:24.03 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		02:32.48
	no time							
								

Coach feedback:

Event number: 16: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 16:09	
Heat: 3/3 Lane : 3 Athlete: VAN TILBURG MATTHIAS							Q-time: 02:10:76	
PB (25m pool): 02:10.76 Gent 09/11/2025				PB (50m pool): 02:16.00SB: 02:10.76 Gent 09/11/2025				
	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		00:29.28		01:01.32		01:35.94		02:10.76
	00:29.28		00:32.04		00:34.62		00:34.82	
								

Coach feedback:

Event number: 18: 100M BREASTSTROKE MEN 11+							Heat:2, starttime: 16:17	
Heat: 2/2 Lane : 3 Athlete: VAN BALLAER VIKTOR						Q-time: 01:04:15		
PB (25m pool): 01:04.15 Stedelijk Zwembad Geel 15/02/2026				PB (50m pool): 01:08.95 SB: 01:04.15 Stedelijk Zwembad Geel 15/02/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:30.31		01:04.15				
	00:30.31		00:33.84					
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:19	
Heat: 1/5 Lane : 3 Athlete: VEREECKEN WANTER FELINE							Q-time: 03:23:53	
PB (25m pool): 03:23.53 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): no time SB: 03:23.53 Parklaan 58, Turnhout 29/03/2026				
	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		00:42.77		no time		no time		03:23.53
	00:42.77							
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 19: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 16:19	
Heat: 1/5 Lane : 4 Athlete: SCHEPERS LENTHE							Q-time: 03:47:29	
PB (25m pool): 03:47.29 Antwerpen 12/10/2025				PB (50m pool): no time SB: 03:47.29 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		00:54.74		01:52.18		02:57.48		03:47.29
	00:54.74		00:57.44		01:05.30		00:49.81	
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 16:27	
Heat: 3/5 Lane : 5 Athlete: AERTS SIEN							Q-time: 03:15:93	
PB (25m pool): 03:15.93 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): no time SB: 03:15.93 Parklaan 58, Turnhout 29/03/2026				
	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		00:44.74		no time		no time		03:15.93
	00:44.74							
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 16:34	
Heat: 5/5 Lane : 4 Athlete: MAES JULIE							Q-time: 02:38:30	
PB (25m pool): 02:38.30 Antwerpen 12/10/2025				PB (50m pool): 02:40.84 SB: 02:38.30 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		00:33.18		01:12.73		02:00.38		02:38.30
	00:33.18		00:39.55		00:47.65		00:37.92	
								

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11+							Heat:2, starttime: 16:41	
Heat: 2/5 Lane : 2 Athlete: DE FEYTER LUCAS							Q-time: 03:15:44	
PB (25m pool): 03:15.44 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): no time SB: 03:15.44 Parklaan 58, Turnhout 29/03/2026				
	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		00:45.69		no time		no time		03:15.44
	00:45.69							
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 20: 200M MEDLEY MEN 11+							Heat:2, starttime: 16:41	
Heat: 2/5 Lane : 5 Athlete: RAMSDONCK KRIS							Q-time: 03:16:43	
PB (25m pool): 03:16.43 Pelt 05/10/2025			PB (50m pool): no time SB: 03:16.43 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		00:43.26		no time		no time		03:16.43
	00:43.26							
								

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11+							Heat:3, starttime: 16:45	
Heat: 3/5 Lane : 2 Athlete: STERCKX DAAN							Q-time: 03:01:84	
PB (25m pool): 03:01.84 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 03:03.92 SB: 03:01.84 Parklaan 58, Turnhout 29/03/2026				
	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		00:40.79		no time		no time		03:01.84
	00:40.79							
								

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11+							Heat:3, starttime: 16:45	
Heat: 3/5 Lane : 5 Athlete: NEYRINCK RUBEN							Q-time: 03:03:78	
PB (25m pool): 02:57.76 Kapellen 01/06/2025				PB (50m pool): 03:05.19SB: 03:03.78 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		00:40.31		no time		no time		02:57.76
	00:40.31							
								

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11+							Heat:5, starttime: 16:52	
Heat: 5/5 Lane : 1 Athlete: BEGUE MILANN							Q-time: 02:27:11	
PB (25m pool): 02:27.11 Bree 21/12/2025			PB (50m pool): 02:29.82 SB: 02:27.11 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		00:30.92		no time		no time		02:27.11
	00:30.92							
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 20: 200M MEDLEY MEN 11+							Heat:5, starttime: 16:52	
Heat: 5/5 Lane : 2 Athlete: HAESENDONCKX JARNE							Q-time: 02:19:09	
PB (25m pool): 02:19.09 Antwerpen 12/10/2025				PB (50m pool): 02:23.90SB: 02:19.09 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		00:29.37		01:04.42		01:46.38		02:19.09
	00:29.37		00:35.05		00:41.96		00:32.71	
								

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11+							Heat:5, starttime: 16:52	
Heat: 5/5 Lane : 4 Athlete: MICHOEL QUINTEN							Q-time: 02:16:34	
PB (25m pool): 02:16.34 Antwerpen 12/10/2025				PB (50m pool): 02:19.09SB: 02:16.34 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		00:27.57		01:03.58		01:44.94		02:16.34
	00:27.57		00:36.01		00:41.36		00:31.40	
								

Coach feedback:

Event number: 20: 200M MEDLEY MEN 11+							Heat:5, starttime: 16:52	
Heat: 5/5 Lane : 5 Athlete: HUFKENS ILIAN							Q-time: 02:22:15	
PB (25m pool): 02:26.08 Pelt 05/10/2025				PB (50m pool): 02:22.15 SB: 02:26.08 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		00:32.72		no time		no time		02:26.08
	00:32.72							
								

Coach feedback:

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:55	
Heat: 1/3 Lane : 2 Athlete: AERTS SIEN							Q-time: 06:40:84	
PB (25m pool): 06:40.84 Bree 21/12/2025				PB (50m pool): no time SB: 06:40.84 Bree 21/12/2025				
	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		01:36.81		no time		03:20.02
	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		06:40.84
								

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:55	
Heat: 1/3 Lane : 5 Athlete: SCHEPERS LENTHE							Q-time: 07:14:31	
PB (25m pool): 07:14.31 Bree 21/12/2025				PB (50m pool): no time SB: 07:14.31 Bree 21/12/2025				
	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		01:43.06		no time		03:35.16
	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		07:14.31
								

Coach feedback:

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:02	
Heat: 2/3 Lane : 3 Athlete: BRAEKEN CHARLOTTE							Q-time: 05:19:32	
PB (25m pool): 05:22.21 Sint-Pieters-Leeuw 06/10/2024				PB (50m pool): 05:19.32 SB: 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		no time		no time		no time		no time
	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		05:22.21
								

Coach feedback:

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:02	
Heat: 2/3 Lane : 4 Athlete: VAN TILBURG FRAUKE							Q-time: 05:31:14	
PB (25m pool): 05:31.49 Mol 20/10/2024				PB (50m pool): 05:31.14 SB: 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		00:36.50		01:18.40		02:02.01		02:44.78
	00:36.50		00:41.90		00:43.61		00:42.77	
								
	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		03:28.14		04:11.01		04:52.95		05:31.49
	00:43.36		00:42.87		00:41.94		00:38.54	
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 17:09	
Heat: 3/3 Lane : 5 Athlete: BOOGERS NOOR							Q-time: 05:11:13	
PB (25m pool): 05:11.13 Antwerpen 12/10/2025				PB (50m pool): 05:08.49SB: 05:11.13 Antwerpen 12/10/2025				
	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		00:34.69		01:13.16		01:52.72		02:33.14
	00:34.69		00:38.47		00:39.56		00:40.42	
								
	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		03:13.80		03:54.09		04:33.82		05:11.13
	00:40.66		00:40.29		00:39.73		00:37.31	
								

Coach feedback:

Event number: 22: 400M FREESTYLE MEN 11+							Heat:2, starttime: 17:22	
Heat: 2/4 Lane : 4 Athlete: DE FEYTER LUCAS							Q-time: 06:49:42	
PB (25m pool): 06:49.42 Bree 21/12/2025				PB (50m pool): no time SB: 06:49.42 Bree 21/12/2025				
	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		01:34.97		no time		03:18.81
	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		06:49.42
								

Coach feedback:

Event number: 22: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:29	
Heat: 3/4 Lane : 1 Athlete: RAMSDONCK KRIS							Q-time: 06:10:92	
PB (25m pool): 06:10.92 Antwerpen 12/10/2025				PB (50m pool): 06:18.85SB: 06:10.92 Antwerpen 12/10/2025				
	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		00:39.66		01:26.16		02:13.31		03:00.74
	00:39.66		00:46.50		00:47.15		00:47.43	
								
	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		03:49.04		04:36.81		05:24.50		06:10.92
	00:48.30		00:47.77		00:47.69		00:46.42	
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 22: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:36	
Heat: 4/4 Lane : 1 Athlete: NEYRINCK RUBEN							Q-time: 05:16:22	
PB (25m pool): 05:16.22 Antwerpen 12/10/2025				PB (50m pool): 05:22.77 SB: 05:16.22 Antwerpen 12/10/2025				
	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		00:36.59		01:16.88		01:57.62		02:37.99
	00:36.59		00:40.29		00:40.74		00:40.37	
								
	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		03:19.38		03:58.19		04:38.23		05:16.22
	00:41.39		00:38.81		00:40.04		00:37.99	
								

Coach feedback:

Event number: 22: 400M FREESTYLE MEN 11+							Heat:4, starttime: 17:36	
Heat: 4/4 Lane : 3 Athlete: DE VISSER SAM							Q-time: 04:19:40	
PB (25m pool): 04:11.75 Sinbad 23/07/2024				PB (50m pool): 04:19.40 SB: 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		no time		no time		no time		no time
	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		04:11.75
								

Coach feedback:

Event number: 23: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 17:41	
Heat: 1/2 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 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	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		no time
								

Coach feedback:

Voorjaarscriterium: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 23: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:48	
Heat: 2/2 Lane : 2 Athlete: VAN TILBURG FRAUKE							Q-time: 06:06:86	
PB (25m pool): 06:06.86 Antwerpen 12/10/2025				PB (50m pool): 06:06.37 SB: 06:06.86 Antwerpen 12/10/2025				
	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		00:36.19		01:20.64		02:06.51		02:50.20
	00:36.19		00:44.45		00:45.87		00:43.69	
								
	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		03:46.05		04:43.77		05:26.04		06:06.86
	00:55.85		00:57.72		00:42.27		00:40.82	
								

Coach feedback: