

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

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

Coaches: Van Laere Megan

Coaches: Scheveneels Judith HEADCOACH

PB => Personal Best time

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

Event number: 1: 100M FREESTYLE MIXED 10-9 Heat:3, starttime: 14:04

Heat: 3/3 Lane : 3 Athlete: GYSEN RAYES					Q-time: 01:17:25
PB (25m pool): 01:17.25 Mol 28/12/2025					PB (50m pool): no time SB: 01:17.25 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.14		01:17.25	
		00:37.14		00:40.11	
					

Coach feedback:

Event number: 2: 100M FREESTYLE WOMEN 11+ Heat:4, starttime: 14:12

Heat: 4/6 Lane : 1 Athlete: LESSELIERS EMILY					Q-time: 01:11:26
PB (25m pool): 01:11.26 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:11.89 SB: 01:11.26 Heist-op-den-Berg 10/01/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.81		01:11.26	
		00:33.81		00:37.45	
					

Coach feedback:

Event number: 3: 200M FREESTYLE MEN 11+ Heat:1, starttime: 14:16

Heat: 1/5 Lane : 4 Athlete: VLEEMING BIAGIO							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:

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

Event number: 3: 200M FREESTYLE MEN 11+							Heat:2, starttime: 14:20	
Heat: 2/5 Lane : 3 Athlete: PEETERS SAMUEL							Q-time: 02:42:26	
PB (25m pool): 02:42.26 Antwerpen 12/10/2025				PB (50m pool): 02:38.52SB: 02:42.26 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		00:36.50		01:17.89		02:01.03		02:42.26
	00:36.50		00:41.39		00:43.14		00:41.23	
								

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+							Heat:2, starttime: 14:34	
Heat: 2/3 Lane : 3 Athlete: DE VOCHT ANNE-JULIE						Q-time: 01:18:19		
PB (25m pool): 01:18.19 Arendonk 30/11/2025				PB (50m pool): 01:21.15SB: 01:18.19 Arendonk 30/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.16		01:18.19				
	00:34.16		00:44.03					
								

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+										Heat:3, starttime: 14:36	
Heat: 3/3 Lane : 4 Athlete: VAN OSTA NOMI									Q-time: 01:10:03		
PB (25m pool): 01:09.33 Gemeentelijk zwembad Kapellen 17/12/2025 PB (50m pool): 01:10.93 SB: 01:10.03 Nijlen 16/11/2025											
	2 5 M		5 0 M		7 5 M		1 0 0 M				
PB			no time				01:09.33				
	no time										
											

Coach feedback:

Event number: 5: 200M BUTTERFLY MEN 11+							Heat:2, starttime: 14:41	
Heat: 2/2 Lane : 3 Athlete: DE RIDDER ARNE							Q-time: 02:32:81	
PB (25m pool): 02:32.81 Mol 28/12/2025				PB (50m pool): 02:42.90SB: 02:32.81 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		00:33.94		01:13.87		01:53.21		02:32.81
	00:33.94		00:39.93		00:39.34		00:39.60	
								

Coach feedback:

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Event number: 6: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 14:52	
Heat: 3/3 Lane : 2 Athlete: VAN HOOFF SARA							Q-time: 02:38:87	
PB (25m pool): 02:38.87 Mol 28/12/2025				PB (50m pool): 02:47.85SB: 02:38.87 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		00:38.24		01:18.04		01:58.60		02:38.87
	00:38.24		00:39.80		00:40.56		00:40.27	
								

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 15:04	
Heat: 2/3 Lane : 2 Athlete: THEUNISSEN JOLIEN							Q-time: 01:33:96	
PB (25m pool): 01:33.96 Mol 28/12/2025				PB (50m pool): 01:33.50SB: 01:33.96 Mol 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:45.11		01:33.96				
	00:45.11		00:48.85					
								

Coach feedback:

Event number: 8: 100M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 15:06	
Heat: 3/3 Lane : 3 Athlete: VERCAMMEN FLEUR					Q-time: 01:16:70	
PB (25m pool): 01:15.06 Nijlen 19/11/2023					PB (50m pool): 01:15.98SB: 01:16.70 Nijlen 16/11/2025	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		no time		01:15.06		
	no time					
						

Coach feedback:

Event number: 10: 100M BREASTSTROKE MIXED 10-9							Heat:3, starttime: 15:17	
Heat: 3/3 Lane : 3 Athlete: GYSEN RAYES							Q-time: 01:49:00	
PB (25m pool): 01:49.00 Nijlen 16/11/2025				PB (50m pool): no time SB: 01:49.00 Nijlen 16/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:51.96		01:49.00				
	00:51.96		00:57.04					
								

Coach feedback:

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

Event number: 14: 100M BUTTERFLY MEN 11+					Heat:1, starttime: 15:50
Heat: 1/2 Lane : 5 Athlete: VLEEMING BIAGIO					Q-time: 99:99:99
PB (25m pool): no time PB (50m pool): 01:54.13 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: 15: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:56
Heat: 2/4 Lane : 2 Athlete: THEUNISSEN JOLIEN					Q-time: 01:32:12
PB (25m pool): 01:32.12 Nijlen 16/11/2025 PB (50m pool): 01:31.19 SB: 01:32.12 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.40		01:32.12	
	00:45.40 00:46.72				
					

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:00
Heat: 4/4 Lane : 1 Athlete: VERCAMMEN FLEUR					Q-time: 01:17:16
PB (25m pool): 01:13.91 Arendonk 22/12/2024 PB (50m pool): 01:18.25 SB: 01:17.16 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.06		01:13.91	
	00:36.06 00:37.85				
					

Coach feedback:

Event number: 16: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 16:05	
Heat: 2/3 Lane : 3 Athlete: PEETERS SAMUEL							Q-time: 02:48:10	
PB (25m pool): 02:48.10 Mol 28/12/2025			PB (50m pool): 02:59.21 SB: 02:48.10 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		00:39.40		01:22.59		02:06.10		02:48.10
	00:39.40		00:43.19		00:43.51		00:42.00	
								

Coach feedback:

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

Event number: 16: 200M BACKSTROKE MEN 11+							Heat:3, starttime: 16:09	
Heat: 3/3 Lane : 4 Athlete: DE RIDDER ARNE							Q-time: 02:11:31	
PB (25m pool): 02:11.31 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:16.70SB: 02:11.31 Heist-op-den-Berg 10/01/2026				
	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		00:30.81		01:03.71		no time		02:11.31
	00:30.81		00:32.90					
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 16:11	
Heat: 1/1 Lane : 3 Athlete: VAN OSTA NOMI							Q-time: 02:47:87	
PB (25m pool): 02:44.25 Leuven 13/11/2022			PB (50m pool): 02:45.68SB: 02:47.87 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		no time		no time		no time		02:44.25
	no time							
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 16:31	
Heat: 4/5 Lane : 3 Athlete: LESSELIERS EMILY							Q-time: 02:53:01	
PB (25m pool): 02:53.01 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:55.75SB: 02:53.01 Heist-op-den-Berg 10/01/2026				
	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		00:38.50		no time		no time		02:53.01
	00:38.50							
								

Coach feedback:

Event number: 19: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 16:31	
Heat: 4/5 Lane : 5 Athlete: DE VOCHT ANNE-JULIE							Q-time: 02:55:68	
PB (25m pool): 02:50.97 Arendonk 22/12/2024				PB (50m pool): 02:56.36 SB: 02:55.68 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		00:36.50		no time		no time		02:50.97
	00:36.50							
								

Coach feedback:

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

Event number: 19: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 16:34	
Heat: 5/5 Lane : 2 Athlete: VAN HOOFF SARA							Q-time: 02:44:85	
PB (25m pool): 02:44.85 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:54.62SB: 02:44.85 Heist-op-den-Berg 10/01/2026				
	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		00:35.26		no time		no time		02:44.85
	00:35.26							
								

Coach feedback:

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 16:55	
Heat: 1/3 Lane : 4 Athlete: LYTVYNIUK-HUL SOFIA							Q-time: 06:09:54	
PB (25m pool): 06:09.54 Herentals 04/10/2025				PB (50m pool): 07:00.81SB: 06:09.54 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		00:40.94		01:27.05		02:14.63		03:02.76
	00:40.94		00:46.11		00:47.58		00:48.13	
								
	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		03:51.55		04:40.45		05:28.40		06:09.54
	00:48.79		00:48.90		00:47.95		00:41.14	
								

Coach feedback:

Event number: 21: 400M FREESTYLE WOMEN 11+							Heat:2, starttime: 17:02	
Heat: 2/3 Lane : 1 Athlete: VASQUEZ ANNA							Q-time: 06:08:38	
PB (25m pool): 06:08.38 Antwerpen 12/10/2025			PB (50m pool): no time SB: 06:08.38 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		00:41.04		01:26.99		02:13.27		03:00.67
	00:41.04		00:45.95		00:46.28		00:47.40	
								
	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		03:48.90		04:36.84		05:22.66		06:08.38
	00:48.23		00:47.94		00:45.82		00:45.72	
								

Coach feedback:

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

Event number: 22: 400M FREESTYLE MEN 11+							Heat:3, starttime: 17:29	
Heat: 3/4 Lane : 5 Athlete: VAN OOSTERWYCK ALEXANDER							Q-time: 05:56:68	
PB (25m pool): 05:56.68 Antwerpen 12/10/2025				PB (50m pool): 06:14.98SB: 05:56.68 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		00:39.00		01:24.31		02:09.85		02:55.58
	00:39.00		00:45.31		00:45.54		00:45.73	
								
	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		03:40.41		04:26.00		05:11.14		05:56.68
	00:44.83		00:45.59		00:45.14		00:45.54	
								

Coach feedback: