

SPEEDOMEETING 2026: Session: 1: COACH evaluation sheet for TEAM: SCZ

Coachinfo: Warming up from: 17:00 untill 17:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Bogaerts Michel

Coaches: De Block Killian

Coaches: Leys Leen HEADCOACH

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

Event number: 1: 50M FREESTYLE MEN 11+ Heat:5, starttime: 18:05

Heat: 5/16 Lane : 5 Athlete: COPPENS JACK Q-time: 00:32:26

PB (50m pool): 00:30.09 Molenbeek 01/02/2026 PB (25m pool): 00:30.74 SB: 00:30.09 Molenbeek 01/02/2026

	5 0 M	
PB	00:30.09	
	00:30.09	
		

Coach feedback:

Event number: 1: 50M FREESTYLE MEN 11+ Heat:8, starttime: 18:10

Heat: 8/16 Lane : 5 Athlete: VANDERBORGHT MILAN Q-time: 00:29:10

PB (50m pool): 00:26.50 Molenbeek 01/02/2026 PB (25m pool): 00:25.87 SB: 00:26.50 Molenbeek 01/02/2026

	5 0 M	
PB	00:26.50	
	00:26.50	
		

Coach feedback:

Event number: 1: 50M FREESTYLE MEN 11+ Heat:10, starttime: 18:10

Heat: 10/16 Lane : 1 Athlete: SONUMUT ARMAN Q-time: 00:27:90

PB (50m pool): 00:26.90 Antwerpen 08/03/2026 PB (25m pool): 00:26.41 SB: 00:26.90 Antwerpen 08/03/2026

	5 0 M	
PB	00:26.90	
	00:26.90	
		

Coach feedback:

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Event number: 1: 50M FREESTYLE MEN 11+				Heat:16, starttime: 18:15	
Heat: 16/16 Lane : 3 Athlete: MEES BRENT				Q-time: 00:24:26	
PB (50m pool): 00:24.08 Olympic Pool Wezenberg, Antwer 29/03/2026				PB (25m pool): 00:23.19 SB: 00:24.08 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M				
PB	00:24.08				
	00:24.08				
					

Coach feedback:

Event number: 1: 50M FREESTYLE MEN 11+				Heat:16, starttime: 18:15	
Heat: 16/16 Lane : 4 Athlete: MEES RUBEN				Q-time: 00:23:78	
PB (50m pool): 00:23.78 Antwerpen 27/04/2025				PB (25m pool): 00:23.67 SB: 00:24.41 Antwerpen 22/03/2026	
	5 0 M				
PB	00:23.78				
	00:23.78				
					

Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+				Heat:4, starttime: 18:20	
Heat: 4/15 Lane : 4 Athlete: MAHU AMY				Q-time: 00:35:89	
PB (50m pool): 00:31.90 Antwerpen 15/03/2026				PB (25m pool): 00:32.96 SB: 00:31.90 Antwerpen 15/03/2026	
	5 0 M				
PB	00:31.90				
	00:31.90				
					

Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+				Heat:5, starttime: 18:20	
Heat: 5/15 Lane : 8 Athlete: VAN LOOCK DE COCK ESMÉE				Q-time: 00:35:65	
PB (50m pool): 00:33.53 Antwerpen 15/03/2026				PB (25m pool): 00:34.35 SB: 00:33.53 Antwerpen 15/03/2026	
	5 0 M				
PB	00:33.53				
	00:33.53				
					

Coach feedback:

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Event number: 2: 50M FREESTYLE WOMEN 11+							Heat:6, starttime: 18:25		
Heat: 6/15 Lane : 6 Athlete: PETKOVA SOFIA							Q-time: 00:33:95		
PB (50m pool): 00:31.88 Antwerpen 15/03/2026							PB (25m pool): 00:31.87 SB: 00:31.88 Antwerpen 15/03/2026		
	5 0 M								
PB	00:31.88								
	00:31.88								
									

Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+							Heat:7, starttime: 18:25		
Heat: 7/15 Lane : 8 Athlete: PETKOVA DALIA							Q-time: 00:33:59		
PB (50m pool): 00:31.23 Antwerpen 15/03/2026							PB (25m pool): 00:30.79 SB: 00:31.23 Antwerpen 15/03/2026		
	5 0 M								
PB	00:31.23								
	00:31.23								
									

Coach feedback:

Event number: 2: 50M FREESTYLE WOMEN 11+					Heat:11, starttime: 18:30				
Heat: 11/15 Lane : 9 Athlete: DYRNES NORA					Q-time: 00:30:38				
PB (50m pool): 00:30.38 Antwerpen 13/07/2025					PB (25m pool): 00:29.28 SB: no time				
	5 0 M								
PB	00:30.38								
	00:30.38								
									

Coach feedback:

Event number: 3: 50M BACKSTROKE MEN 11+							Heat:9, starttime: 18:45		
Heat: 9/11 Lane : 5 Athlete: MEES BRENT							Q-time: 00:28:51		
PB (50m pool): 00:28.51 Antwerpen 27/04/2025							PB (25m pool): 00:26.99SB: 00:28.59 Olympic Pool Wezenberg, Antwer 29		
	5 0 M								
PB	00:28.51								
	00:28.51								
									

Coach feedback:

SPEEDOMEETING 2026: Session: 1: COACH evaluation sheet for TEAM: SCZ

Event number: 3: 50M BACKSTROKE MEN 11+										Heat:10, starttime: 18:45																				
Heat: 10/11 Lane : 8 Athlete: SONUMUT ARMAN																				Q-time: 00:30:72										
PB (50m pool): 00:30.49 Antwerpen 08/03/2026										PB (25m pool): 00:30.93 SB: 00:30.49 Antwerpen 08/03/2026																				
	5 0 M																													
PB	00:30.49																													
	00:30.49																													
																														

Coach feedback:

Event number: 5: 50M BUTTERFLY MEN 11+							Heat:3, starttime: 19:15		
Heat: 3/11 Lane : 7 Athlete: COPPENS JACK							Q-time: 00:36:23		
PB (50m pool): 00:32.83 Antwerpen 15/03/2026				PB (25m pool): 00:34.49 SB: 00:32.83 Antwerpen 15/03/2026					
	5 0 M								
PB	00:32.83								
	00:32.83								
									

Coach feedback:

Event number: 5: 50M BUTTERFLY MEN 11+							Heat:9, starttime: 19:25		
Heat: 9/11 Lane : 0 Athlete: SONUMUT ARMAN							Q-time: 00:28:30		
PB (50m pool): 00:27.60 Antwerpen 08/03/2026				PB (25m pool): 00:28.49 SB: 00:27.60 Antwerpen 08/03/2026					
	5 0 M								
PB	00:27.60								
	00:27.60								
									

Coach feedback:

Event number: 5: 50M BUTTERFLY MEN 11+						Heat:11, starttime: 19:25	
Heat: 11/11 Lane : 4 Athlete: MEES RUBEN						Q-time: 00:24:81	
PB (50m pool): 00:24.81 Antwerpen 27/04/2025				PB (25m pool): 00:24.50 SB: 00:25.32 Antwerpen 22/03/2026			
	5 0 M						
PB	00:24.81						
	00:24.81						
							

Coach feedback:

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Event number: 6: 50M BUTTERFLY WOMEN 11+						Heat:2, starttime: 19:30	
Heat: 2/12 Lane : 2 Athlete: VAN LOOCK DE COCK ESMÉE					Q-time: 99:99:99		
PB (50m pool): no time						PB (25m pool): no time SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 6: 50M BUTTERFLY WOMEN 11+										Heat:4, starttime: 19:30				
Heat: 4/12 Lane : 1 Athlete: MAHU AMY										Q-time: 00:40:74				
PB (50m pool): 00:39.45 Antwerpen 15/03/2026										PB (25m pool): 00:37.22 SB: 00:39.45 Antwerpen 15/03/2026				
	5 0 M													
PB	00:39.45													
	00:39.45													
														

Coach feedback:

Event number: 6: 50M BUTTERFLY WOMEN 11+						Heat:6, starttime: 19:35	
Heat: 6/12 Lane : 2 Athlete: DYRNES NORA						Q-time: 00:36:47	
PB (50m pool): 00:36.47 Antwerpen 13/07/2025						PB (25m pool): 00:33.56 SB: no time	
	5 0 M						
PB	00:36.47						
	00:36.47						
							

Coach feedback:

Event number: 6: 50M BUTTERFLY WOMEN 11+							Heat:6, starttime: 19:35		
Heat: 6/12 Lane : 8 Athlete: PETKOVA SOFIA							Q-time: 00:36:66		
PB (50m pool): 00:33.74 Antwerpen 15/03/2026							PB (25m pool): 00:34.56SB: 00:33.74 Antwerpen 15/03/2026		
	5 0 M								
PB	00:33.74								
	00:33.74								
									

Coach feedback:

SPEEDOMEETING 2026: Session: 1: COACH evaluation sheet for TEAM: SCZ

Event number: 7: 50M BREASTSTROKE MEN 11+						Heat:5, starttime: 19:45	
Heat: 5/9 Lane : 3 Athlete: VANDERBORGHT MILAN					Q-time: 00:37:44		
PB (50m pool): 00:35.85 Antwerpen 15/03/2026						PB (25m pool): 00:35.35 SB: 00:35.85 Antwerpen 15/03/2026	
	5 0 M						
PB	00:35.85						
	00:35.85						
							

Coach feedback:

Event number: 7: 50M BREASTSTROKE MEN 11+					Heat:8, starttime: 19:50	
Heat: 8/9 Lane : 5 Athlete: MEES BRENT					Q-time: 00:32:02	
PB (50m pool): 00:32.02 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 00:30.83 SB: no time						
	5 0 M					
PB	00:32.02					
	00:32.02					
						

Coach feedback:

Event number: 8: 50M BREASTSTROKE WOMEN 11+						Heat:5, starttime: 20:00	
Heat: 5/10 Lane : 4 Athlete: PETKOVA DALIA						Q-time: 00:44:24	
PB (50m pool): 00:39.05 Antwerpen 15/03/2026						PB (25m pool): 00:37.40 SB: 00:39.05 Antwerpen 15/03/2026	
	5 0 M						
PB	00:39.05						
	00:39.05						
							

Coach feedback: