

SPEEDOMEETING 2026: Session: 3: COACH evaluation sheet for TEAM: HZS

Coachinfo: Warming up from: 13:00 untill 13:45. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Konings Antoinette HEADCOACH

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

Event number: 14: 200M MEDLEY WOMEN 10-9					Heat:2, starttime: 14:10
Heat: 2/2 Lane : 0 Athlete: JANSSENS JANNE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:3, starttime: 14:25
Heat: 3/24 Lane : 8 Athlete: POELMANS JULIE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 14:30
Heat: 5/24 Lane : 0 Athlete: DANIELS LOTTE					Q-time: 03:41:68
PB (50m pool): no time PB (25m pool): 03:41.68 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:5, starttime: 14:30
Heat: 5/24 Lane : 4 Athlete: PUT TYANA					Q-time: 03:32:42
PB (50m pool): 03:13.99 Olympic Pool Wezenberg, Antwer 29/07/2025					PB (25m pool): 03:22.30 SB: 03:13.99 Olympic Pool Wezenberg, Antwer 29/07/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.33	01:35.74	02:32.58	03:13.99	
	00:46.33	00:49.41	00:56.84	00:41.41	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:6, starttime: 14:35
Heat: 6/24 Lane : 5 Athlete: LENAERTS JULIA					Q-time: 03:23:32
PB (50m pool): 03:23.32 Gent 08/02/2026					PB (25m pool): 03:13.63 SB: 03:23.32 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.20	01:44.65	02:38.30	03:23.32	
	00:48.20	00:56.45	00:53.65	00:45.02	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 14:50
Heat: 9/24 Lane : 1 Athlete: VAN GUYSE ADA					Q-time: 03:15:02
PB (50m pool): 03:15.02 Genk 01/02/2026					PB (25m pool): 03:08.05 SB: 03:15.02 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.13	01:35.83	02:29.69	03:15.02	
	00:45.13	00:50.70	00:53.86	00:45.33	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:9, starttime: 14:50
Heat: 9/24 Lane : 6 Athlete: DESAIR ANNA-LOUISE					Q-time: 03:13:84
PB (50m pool): 03:13.84 Genk 01/02/2026					PB (25m pool): 04:00.97 SB: 03:13.84 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.67	01:34.32	02:32.26	03:13.84	
	00:45.67	00:48.65	00:57.94	00:41.58	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 14:50
Heat: 10/24 Lane : 2 Athlete: BEVERNAGE TRIX					Q-time: 03:10:83
PB (50m pool): 03:00.78 Olympic Pool Wezenberg, Antwer 29/03/2025PB (25m pool): 02:57.54 SB: 03:00.78 Olympic Pool Wezenberg, Antwer 29/03/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.51	01:29.57	02:22.54	03:00.78	
	00:41.51	00:48.06	00:52.97	00:38.24	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:10, starttime: 14:50
Heat: 10/24 Lane : 3 Athlete: VANDER MEER NOOR					Q-time: 03:10:24
PB (50m pool): 03:02.62 Olympic Pool Wezenberg, Antwer 29/03/2025PB (25m pool): 02:59.26 SB: 03:02.62 Olympic Pool Wezenberg, Antwer 29/03/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.97	01:29.07	02:25.69	03:02.62	
	00:43.97	00:45.10	00:56.62	00:36.93	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:12, starttime: 15:00
Heat: 12/24 Lane : 2 Athlete: FRANSSEN LYNA					Q-time: 03:02:23
PB (50m pool): 03:02.23 Antwerpen 13/07/2025PB (25m pool): 02:58.68 SB: 03:03.36 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.28	01:27.40	02:21.31	03:02.23	
	00:41.28	00:46.12	00:53.91	00:40.92	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:13, starttime: 15:00
Heat: 13/24 Lane : 0 Athlete: GERETS ANNELIEN					Q-time: 03:00:94
PB (50m pool): 03:00.94 Genk 01/02/2026PB (25m pool): 02:54.84 SB: 03:00.94 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.06	01:28.60	02:19.29	03:00.94	
	00:41.06	00:47.54	00:50.69	00:41.65	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 15:05
Heat: 14/24 Lane : 2 Athlete: VANDER MEER AMBER					Q-time: 02:57:98
PB (50m pool): 02:57.98 Seraing 25/01/2026					PB (25m pool): 02:57.77 SB: 02:57.98 Seraing 25/01/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.80	01:26.31	02:18.50	02:57.98	
	00:39.80	00:46.51	00:52.19	00:39.48	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:14, starttime: 15:05
Heat: 14/24 Lane : 7 Athlete: CLAESSENS ISA-BEAU					Q-time: 02:58:39
PB (50m pool): 02:56.57 Antwerpen 08/03/2026					PB (25m pool): 03:04.97 SB: 02:56.57 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.37	01:25.45	02:18.98	02:56.57	
	00:38.37	00:47.08	00:53.53	00:37.59	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:17, starttime: 15:15
Heat: 17/24 Lane : 1 Athlete: COPERMANS SAM					Q-time: 02:51:46
PB (50m pool): 02:51.46 Genk 01/02/2026					PB (25m pool): 02:44.31 SB: 02:51.46 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:21.42	no time	02:51.46	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:17, starttime: 15:15
Heat: 17/24 Lane : 6 Athlete: VANIERSCHOT LINA					Q-time: 02:50:39
PB (50m pool): 02:55.64 Olympic Pool Wezenberg, Antwer 29/03/2025					PB (25m pool): 02:50.39 SB: 02:55.64 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.29	01:21.98	02:15.04	02:55.64	
	00:38.29	00:43.69	00:53.06	00:40.60	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:18, starttime: 15:20
Heat: 18/24 Lane : 4 Athlete: MÜLLER RENA					Q-time: 02:46:99
PB (50m pool): 02:46.99 SportinGenk Park 08/03/2025					PB (25m pool): 02:45.72 SB: 02:50.76 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:46.99	
	no time				
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:19, starttime: 15:25
Heat: 19/24 Lane : 4 Athlete: CLAESSENS ELLA-LOUISE					Q-time: 02:44:05
PB (50m pool): 02:44.05 Gent 08/02/2026					PB (25m pool): 02:41.34 SB: 02:44.05 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.76	01:18.05	02:07.77	02:44.05	
	00:33.76	00:44.29	00:49.72	00:36.28	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:19, starttime: 15:25
Heat: 19/24 Lane : 5 Athlete: THEWISSEN MIRTHE					Q-time: 02:45:01
PB (50m pool): 02:45.01 Antwerpen 20/07/2025					PB (25m pool): 02:41.71 SB: 02:47.09 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.90	01:18.30	02:07.16	02:45.01	
	00:35.90	00:42.40	00:48.86	00:37.85	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:20, starttime: 15:25
Heat: 20/24 Lane : 1 Athlete: BEUNCKENS TESS					Q-time: 02:43:03
PB (50m pool): 02:43.03 SportinGenk Park 08/03/2025					PB (25m pool): 02:39.96 SB: 02:43.09 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:43.03	
	no time				
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:20, starttime: 15:25
Heat: 20/24 Lane : 5 Athlete: VANIERSCHOT ELLA					Q-time: 02:42:23
PB (50m pool): 02:42.23 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:39.93 SB: 02:45.12 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.67	01:14.98	02:05.56	02:42.23	
	00:34.67	00:40.31	00:50.58	00:36.67	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:20, starttime: 15:25
Heat: 20/24 Lane : 7 Athlete: SARGESJAN NALA					Q-time: 02:42:93
PB (50m pool): 02:42.93 Genk 01/02/2026 PB (25m pool): 02:36.33 SB: 02:42.93 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.02	01:18.07	02:09.04	02:42.93	
	00:34.02	00:44.05	00:50.97	00:33.89	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:20, starttime: 15:25
Heat: 20/24 Lane : 8 Athlete: VERLEYSEN NOA					Q-time: 02:43:18
PB (50m pool): 02:43.18 Genk 01/02/2026 PB (25m pool): 02:42.41 SB: 02:43.18 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.01	01:16.55	02:05.43	02:43.18	
	00:35.01	00:41.54	00:48.88	00:37.75	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11+					Heat:23, starttime: 15:35
Heat: 23/24 Lane : 0 Athlete: LUTS EMILIA					Q-time: 02:36:06
PB (50m pool): 02:36.06 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:32.18 SB: 02:42.70 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.59	01:13.22	01:59.18	02:36.06	
	00:33.59	00:39.63	00:45.96	00:36.88	
					

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 5 Athlete: EVENS NOOR					Q-time: 02:27:71
PB (50m pool): 02:27.71 Antwerpen 27/04/2025					PB (25m pool): 02:25.26 SB: 02:33.30 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.14	01:10.44	01:52.65	02:27.71	
	00:31.14	00:39.30	00:42.21	00:35.06	
					

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+					Heat:4, starttime: 16:20			
Heat: 4/10 Lane : 2 Athlete: HOUSEN ILYA					Q-time: 05:09:49			
PB (50m pool): no time					PB (25m pool): 05:09.49 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							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+					Heat:5, starttime: 16:25			
Heat: 5/10 Lane : 3 Athlete: VANOPPEN MATHIAS					Q-time: 04:58:11			
PB (50m pool): 04:58.11 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 04:43.80 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	00:30.66	01:06.65	01:44.27	02:22.61	03:01.51	03:40.98	04:19.79	04:58.11
	00:30.66	00:35.99	00:37.62	00:38.34	00:38.90	00:39.47	00:38.81	00:38.32
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+					Heat:9, starttime: 16:50			
Heat: 9/10 Lane : 4 Athlete: HAUBEN SANDER					Q-time: 04:26:82			
PB (50m pool): 04:26.82 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 04:30.65 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	00:29.68	01:02.03	01:35.86	02:09.92	02:44.13	03:19.21	03:54.65	04:26.82
	00:29.68	00:32.35	00:33.83	00:34.06	00:34.21	00:35.08	00:35.44	00:32.17
								

Coach feedback:

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Event number: 17: 400M FREESTYLE MEN 11+							Heat:10, starttime: 16:55	
Heat: 10/10 Lane : 2 Athlete: VAN DEN HOORN JELLE							Q-time: 04:20:11	
PB (50m pool): 04:16.99 ANTWERPEN 23/04/2023 PB (25m pool): 04:04.15 SB: 04:37.63 Genk 01/02/2026								
	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	04:16.99
	no time							
								

Coach feedback:

Event number: 17: 400M FREESTYLE MEN 11+							Heat:10, starttime: 16:55	
Heat: 10/10 Lane : 4 Athlete: VANGROOTLOON JEF							Q-time: 04:13:62	
PB (50m pool): 04:07.09 Antwerpen 22/03/2026 PB (25m pool): 04:05.89 SB: 04:07.09 Antwerpen 22/03/2026								
	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	00:27.05	00:57.58	01:28.83	02:00.73	02:32.82	03:05.03	03:37.02	04:07.09
	00:27.05	00:30.53	00:31.25	00:31.90	00:32.09	00:32.21	00:31.99	00:30.07
								

Coach feedback: