

SPEEDOMEETING 2026: Session: 4: COACH evaluation sheet for TEAM: SCZ

Coachinfo: Warming up from: 07:45 untill 08:45. 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: 18: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 09:10
Heat: 7/27 Lane : 0 Athlete: BOGAERTS ENYA			Q-time: 01:19:61
PB (50m pool): 01:19.61 Antwerpen 13/07/2025			PB (25m pool): 01:15.26 SB: 01:20.23 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:37.96	01:19.61	
	00:37.96	00:41.65	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:15
Heat: 9/27 Lane : 6 Athlete: PETKOVA DALIA			Q-time: 01:16:02
PB (50m pool): 01:09.85 Antwerpen 15/03/2026			PB (25m pool): 01:08.94 SB: 01:09.85 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.35	01:09.85	
	00:33.35	00:36.50	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:20
Heat: 10/27 Lane : 0 Athlete: MAHU AMY			Q-time: 01:15:40
PB (50m pool): 01:11.84 Antwerpen 15/03/2026			PB (25m pool): 01:14.03 SB: 01:11.84 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.55	01:11.84	
	00:35.55	00:36.29	
			

Coach feedback:

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Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:20
Heat: 10/27 Lane : 2 Athlete: VAN LOOCK DE COCK ESMÉE			Q-time: 01:15:03
PB (50m pool): 01:15.55 Antwerpen 15/03/2026			PB (25m pool): 01:14.87 SB: 01:15.55 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.17	01:15.55	
	00:36.17	00:39.38	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:20
Heat: 12/27 Lane : 1 Athlete: WEGENER LENA			Q-time: 01:12:82
PB (50m pool): 01:10.77 Antwerpen 08/03/2026			PB (25m pool): 01:08.61 SB: 01:10.77 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:33.88	01:10.77	
	00:33.88	00:36.89	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 09:25
Heat: 14/27 Lane : 0 Athlete: SONUMUT DAPHNÉ			Q-time: 01:11:53
PB (50m pool): 01:10.67 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:08.90 SB: 01:10.67 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:34.14	01:10.67	
	00:34.14	00:36.53	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 09:25
Heat: 14/27 Lane : 4 Athlete: PETKOVA SOFIA			Q-time: 01:10:94
PB (50m pool): 01:09.10 Antwerpen 15/03/2026			PB (25m pool): 01:07.98 SB: 01:09.10 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.78	01:09.10	
	00:33.78	00:35.32	
			

Coach feedback:

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Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 09:30
Heat: 16/27 Lane : 8 Athlete: BOGAERTS XENA			Q-time: 01:09:39
PB (50m pool): 01:09.00 Molenbeek 01/02/2026			PB (25m pool): 01:06.73 SB: 01:09.00 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:09.00	
	no time		
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 09:30
Heat: 18/27 Lane : 0 Athlete: DYRNES NORA			Q-time: 01:08:47
PB (50m pool): 01:08.47 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:04.81 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.70	01:08.47	
	00:32.70	00:35.77	
			

Coach feedback:

Event number: 18: 100M FREESTYLE WOMEN 11+			Heat:24, starttime: 09:40
Heat: 24/27 Lane : 0 Athlete: MAASKANT KRISTINA			Q-time: 01:03:25
PB (50m pool): 01:02.95 Olympic Pool Wezenberg, Antwer 29/03/2025			PB (25m pool): 01:01.59 SB: 01:02.95 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	
PB	00:30.04	01:02.95	
	00:30.04	00:32.91	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:7, starttime: 10:00
Heat: 7/24 Lane : 1 Athlete: MAASKANT ALBIN			Q-time: 01:39:27
PB (50m pool): 01:37.10 Antwerpen 15/03/2026			PB (25m pool): 01:33.26 SB: 01:37.10 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.70	01:37.10	
	00:45.70	00:51.40	
			

Coach feedback:

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Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 10:10
Heat: 11/24 Lane : 2 Athlete: COPPENS JACK			Q-time: 01:31:59
PB (50m pool): 01:30.74 Wezenberg 03/01/2026			PB (25m pool): 01:35.90 SB: 01:30.74 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:41.75	01:30.74	
	00:41.75	00:48.99	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:13, starttime: 10:15
Heat: 13/24 Lane : 6 Athlete: VANDERBORGHT MILAN			Q-time: 01:26:59
PB (50m pool): 01:24.25 Molenbeek 01/02/2026			PB (25m pool): 01:21.34 SB: 01:24.25 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:24.25	
	no time		
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:14, starttime: 10:15
Heat: 14/24 Lane : 0 Athlete: SONUMUT ARMAN			Q-time: 01:26:02
PB (50m pool): 01:25.06 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 01:18.02 SB: no time
	5 0 M	1 0 0 M	
PB	00:39.69	01:25.06	
	00:39.69	00:45.37	
			

Coach feedback:

Event number: 19: 100M BREASTSTROKE MEN 11+			Heat:23, starttime: 10:35
Heat: 23/24 Lane : 2 Athlete: MEES BRENT			Q-time: 01:11:96
PB (50m pool): 01:11.96 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:07.75 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.55	01:11.96	
	00:32.55	00:39.41	
			

Coach feedback:

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Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 11:00
Heat: 4/25 Lane : 6 Athlete: VAN LOOCK DE COCK ESMÉE			Q-time: 01:39:52
PB (50m pool): 01:37.65 Antwerpen 15/03/2026			PB (25m pool): 01:34.75 SB: 01:37.65 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.29	01:37.65	
	00:47.29	00:50.36	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 11:05
Heat: 7/25 Lane : 4 Athlete: BOGAERTS ENYA			Q-time: 01:31:65
PB (50m pool): 01:29.09 Wezenberg 04/01/2026			PB (25m pool): 01:26.78 SB: 01:29.09 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:43.46	01:29.09	
	00:43.46	00:45.63	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 11:10
Heat: 8/25 Lane : 1 Athlete: MAHU AMY			Q-time: 01:30:91
PB (50m pool): 01:25.23 Wezenberg 04/01/2026			PB (25m pool): 01:21.64 SB: 01:25.23 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:43.61	01:25.23	
	00:43.61	00:41.62	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 11:15
Heat: 11/25 Lane : 1 Athlete: PETKOVA SOFIA			Q-time: 01:26:59
PB (50m pool): 01:24.95 Antwerpen 15/03/2026			PB (25m pool): 01:22.22 SB: 01:24.95 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.34	01:24.95	
	00:40.34	00:44.61	
			

Coach feedback:

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Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 11:15
Heat: 11/25 Lane : 4 Athlete: PETKOVA DALIA			Q-time: 01:25:33
PB (50m pool): 01:22.90 Antwerpen 15/03/2026			PB (25m pool): 01:22.84 SB: 01:22.90 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.42	01:22.90	
	00:40.42	00:42.48	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 11:15
Heat: 11/25 Lane : 7 Athlete: BOGAERTS XENA			Q-time: 01:26:38
PB (50m pool): 01:26.38 Antwerpen 13/07/2025			PB (25m pool): 01:25.32 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.31	01:26.38	
	00:42.31	00:44.07	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 11:15
Heat: 12/25 Lane : 9 Athlete: DYRNES NORA			Q-time: 01:25:30
PB (50m pool): 01:23.57 Antwerpen 14/07/2024			PB (25m pool): 01:17.96 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:23.57	
	no time		
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 11:20
Heat: 13/25 Lane : 8 Athlete: SONUMUT DAPHNÉ			Q-time: 01:23:64
PB (50m pool): no time			PB (25m pool): 01:23.64 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:14, starttime: 11:20
Heat: 14/25 Lane : 6 Athlete: WEGENER LENA			Q-time: 01:22:62
PB (50m pool): 01:20.54 Antwerpen 08/03/2026			PB (25m pool): 01:18.78 SB: 01:20.54 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:38.97	01:20.54	
	00:38.97	00:41.57	
			

Coach feedback:

Event number: 20: 100M BACKSTROKE WOMEN 11+			Heat:22, starttime: 11:35
Heat: 22/25 Lane : 8 Athlete: MAASKANT KRISTINA			Q-time: 01:13:44
PB (50m pool): 01:13.44 Antwerpen 27/07/2025			PB (25m pool): 01:10.53 SB: 01:15.11 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.79	01:13.44	
	00:34.79	00:38.65	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:6, starttime: 11:55
Heat: 6/22 Lane : 1 Athlete: COPPENS JACK			Q-time: 01:30:74
PB (50m pool): 01:27.59 Molenbeek 01/02/2026			PB (25m pool): 01:21.38 SB: 01:27.59 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:27.59	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:7, starttime: 11:55
Heat: 7/22 Lane : 7 Athlete: VANDERBORGH T MILAN			Q-time: 01:28:78
PB (50m pool): 01:19.88 Antwerpen 15/03/2026			PB (25m pool): 01:16.31 SB: 01:19.88 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.57	01:19.88	
	00:35.57	00:44.31	
			

Coach feedback:

SPEEDOMEETING 2026: Session: 4: COACH evaluation sheet for TEAM: SCZ

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:10, starttime: 12:00
Heat: 10/22 Lane : 6 Athlete: MAASKANT ALBIN			Q-time: 01:20:33
PB (50m pool): 01:17.36 Antwerpen 15/03/2026			PB (25m pool): 01:22.57 SB: 01:17.36 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.47	01:17.36	
	00:36.47	00:40.89	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:17, starttime: 12:15
Heat: 17/22 Lane : 1 Athlete: SONUMUT ARMAN			Q-time: 01:07:32
PB (50m pool): 01:04.42 Antwerpen 08/03/2026			PB (25m pool): 01:05.23 SB: 01:04.42 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:29.49	01:04.42	
	00:29.49	00:34.93	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:22, starttime: 12:20
Heat: 22/22 Lane : 4 Athlete: MEES RUBEN			Q-time: 00:56:26
PB (50m pool): 00:56.15 Antwerpen 22/03/2026			PB (25m pool): 00:54.49 SB: 00:56.15 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:25.47	00:56.15	
	00:25.47	00:30.68	
			

Coach feedback: