

SPEEDOMEETING 2026: Session: 5: 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: 22: 100M FREESTYLE WOMEN 10-9				Heat:2, starttime: 14:00
Heat: 2/3 Lane : 4 Athlete: JANSSENS JANNE				Q-time: 01:45:34
PB (50m pool): no time		PB (25m pool): 01:45.34 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:11, starttime: 14:55
Heat: 11/19 Lane : 4 Athlete: HOUSEN ILYA					Q-time: 02:40:99
PB (50m pool): 02:40.99 Genk 01/02/2026		PB (25m pool): 02:42.60 SB: 02:40.99 Genk 01/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.05	01:15.57	02:04.81	02:40.99	
	00:33.05	00:42.52	00:49.24	00:36.18	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:13, starttime: 15:00
Heat: 13/19 Lane : 6 Athlete: BERGMANS MATS					Q-time: 02:34:78
PB (50m pool): 02:34.78 Antwerpen 20/04/2025		PB (25m pool): 02:28.21 SB: no time			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.01	01:11.27	01:59.33	02:34.78	
	00:31.01	00:40.26	00:48.06	00:35.45	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:15, starttime: 15:05
Heat: 15/19 Lane : 6 Athlete: HAUBEN THOMAS					Q-time: 02:30:41
PB (50m pool): 02:30.41 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 02:28.66 SB: 02:32.73 Seraing 25/01/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.15	01:10.07	01:56.44	02:30.41	
	00:31.15	00:38.92	00:46.37	00:33.97	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:15, starttime: 15:05
Heat: 15/19 Lane : 9 Athlete: VANOPPEN MATHIAS					Q-time: 02:32:06
PB (50m pool): 02:32.06 Genk 01/02/2026 PB (25m pool): 02:27.75 SB: 02:32.06 Genk 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.58	01:11.55	01:56.18	02:32.06	
	00:31.58	00:39.97	00:44.63	00:35.88	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:19, starttime: 15:20
Heat: 19/19 Lane : 1 Athlete: HAUBEN SANDER					Q-time: 02:19:60
PB (50m pool): 02:19.60 Antwerpen 27/07/2025 PB (25m pool): 02:19.74 SB: 02:41.57 Olympic Pool Wezenberg, Antwer 29					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.80	01:04.54	01:48.40	02:19.60	
	00:28.80	00:35.74	00:43.86	00:31.20	
					

Coach feedback:

Event number: 24: 200M MEDLEY MEN 11+					Heat:19, starttime: 15:20
Heat: 19/19 Lane : 5 Athlete: VAN DEN HOORN JELLE					Q-time: 02:14:73
PB (50m pool): 02:14.73 Antwerpen 27/07/2025 PB (25m pool): 02:09.56 SB: 02:17.78 Antwerpen 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.75	01:03.80	01:44.24	02:14.73	
	00:28.75	00:35.05	00:40.44	00:30.49	
					

Coach feedback:

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Event number: 24: 200M MEDLEY MEN 11+					Heat:19, starttime: 15:20
Heat: 19/19 Lane : 9 Athlete: VANGROOTLOON JEF					Q-time: 02:21:34
PB (50m pool): 02:21.34 Genk 01/02/2026					PB (25m pool): 02:17.96 SB: 02:21.34 Genk 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.21	01:07.58	01:50.69	02:21.34	
	00:29.21	00:38.37	00:43.11	00:30.65	
					

Coach feedback:

Event number: 25: 100M BREASTSTROKE WOMEN 10-9					Heat:3, starttime: 15:45
Heat: 3/3 Lane : 7 Athlete: JANSSENS JANNE					Q-time: 02:03:17
PB (50m pool): no time					PB (25m pool): 02:03.17 SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+					Heat:3, starttime: 16:00			
Heat: 3/10 Lane : 9 Athlete: BEVERNAGE TRIX					Q-time: 05:37:11			
PB (50m pool): 05:31.00 Olympic Pool Wezenberg, Antwer 29/03/25					PB (25m pool): 06:12.91 SB: 05:31.00 Olympic Pool Wezenberg, Antwer 29/03/25			
	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	00:38.46	01:20.80	02:03.39	02:46.36	03:28.47	04:10.55	04:53.00	05:31.00
	00:38.46	00:42.34	00:42.59	00:42.97	00:42.11	00:42.08	00:42.45	00:38.00
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+					Heat:6, starttime: 16:15			
Heat: 6/10 Lane : 1 Athlete: THEWISSEN MIRTHE					Q-time: 05:13:92			
PB (50m pool): 05:13.92 Zwembad Brigitte Becue 30/05/2025					PB (25m pool): 05:04.10 SB: 05:14.58 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	00:35.07	01:14.05	01:53.52	02:33.36	03:13.82	03:54.43	04:34.79	05:13.92
	00:35.07	00:38.98	00:39.47	00:39.84	00:40.46	00:40.61	00:40.36	00:39.13
								

Coach feedback:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:15	
Heat: 6/10 Lane : 2 Athlete: BEUNCKENS TESS							Q-time: 05:12:94	
PB (50m pool): 05:12.94 SportinGenk Park 15/03/2025 PB (25m pool): 05:05.69 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	01:14.43	no time	02:36.00	no time	no time	no time	05:12.94
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:15	
Heat: 6/10 Lane : 5 Athlete: VERLEYSEN NOA							Q-time: 05:10:09	
PB (50m pool): 05:01.79 Olympic Pool Wezenberg, Antwer 29/03/2025 PB (25m pool): 05:07.91 SB: 05:01.79 Olympic Pool Wezenberg, Antwer 29/03/2025								
	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	00:34.96	01:12.10	01:50.07	02:28.18	03:06.67	03:45.86	04:24.51	05:01.79
	00:34.96	00:37.14	00:37.97	00:38.11	00:38.49	00:39.19	00:38.65	00:37.28
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:15	
Heat: 6/10 Lane : 8 Athlete: CPERMANS SAM							Q-time: 05:15:08	
PB (50m pool): 05:15.08 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 05:04.45 SB: 05:18.66 Gent 08/02/2026								
	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	00:34.85	01:14.16	01:54.55	02:35.21	03:15.75	03:56.82	04:37.42	05:15.08
	00:34.85	00:39.31	00:40.39	00:40.66	00:40.54	00:41.07	00:40.60	00:37.66
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:7, starttime: 16:25	
Heat: 7/10 Lane : 5 Athlete: VANIERSCHOT ELLA							Q-time: 05:03:20	
PB (50m pool): 05:03.20 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 04:56.50 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	00:34.82	01:13.50	01:52.99	02:32.08	03:10.80	03:49.96	04:26.75	05:03.20
	00:34.82	00:38.68	00:39.49	00:39.09	00:38.72	00:39.16	00:36.79	00:36.45
								

Coach feedback:

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Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 16:30	
Heat: 8/10 Lane : 5 Athlete: SARGESJAN NALA							Q-time: 04:55:10	
PB (50m pool): no time			PB (25m pool): 04:55.10 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
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 11+							Heat:8, starttime: 16:30	
Heat: 8/10 Lane : 9 Athlete: CLAESSENS ELLA-LOUISE							Q-time: 05:01:94	
PB (50m pool): 05:01.94 Antwerpen 20/07/2025				PB (25m pool): 04:57.04 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	00:33.64	01:10.89	01:50.11	02:28.81	03:07.60	03:46.80	04:24.89	05:01.94
	00:33.64	00:37.25	00:39.22	00:38.70	00:38.79	00:39.20	00:38.09	00:37.05
								

Coach feedback: