

Midwintertest: Session: 1: COACH evaluation sheet for TEAM: ZIOS

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

Coaches: Segers Ellen HEADCOACH

Coaches: De Coninck Joren

Coaches: Bosselaar Mirella

PB => Personal Best time

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

Event number: 3: 100M BACKSTROKE WOMEN			Heat:5, starttime: 14:19
Heat: 5/5 Lane : 8 Athlete: LANDRIEU NORA			Q-time: 01:16:69
PB (50m pool): 01:16.69 Olympic Pool Wezenberg, Antwer 30/07/2025 PB (25m pool): 01:12.63 SB: no time			
PB	5 0 M	1 0 0 M	
	00:37.27	01:16.69	
	00:37.27	00:39.42	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:2, starttime: 14:32
Heat: 2/4 Lane : 4 Athlete: BIESEMANS JANA			Q-time: 01:34:22
PB (50m pool): 01:34.22 Antwerpen 13/07/2025 PB (25m pool): 01:29.86 SB: no time			
PB	5 0 M	1 0 0 M	
	00:44.66	01:34.22	
	00:44.66	00:49.56	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:4, starttime: 14:36
Heat: 4/4 Lane : 4 Athlete: DONIN MANON			Q-time: 01:15:69
PB (50m pool): 01:15.69 Antwerpen 27/07/2025 PB (25m pool): 01:14.91 SB: no time			
PB	5 0 M	1 0 0 M	
	00:34.83	01:15.69	
	00:34.83	00:40.86	
			

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN			Heat:3, starttime: 14:43
Heat: 3/3 Lane : 1 Athlete: DE PEYPER MATS			Q-time: 01:20:29
PB (50m pool): 01:22.85 Antwerpen 21/07/2024			PB (25m pool): 01:12.25 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:22.85	
	no time		
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN			Heat:2, starttime: 14:52
Heat: 2/3 Lane : 4 Athlete: VOLCKAERT THOMAS			Q-time: 01:00:37
PB (50m pool): 01:00.37 Antwerpen 13/07/2025			PB (25m pool): 00:59.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:28.82	01:00.37	
	00:28.82	00:31.55	
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN			Heat:2, starttime: 14:52
Heat: 2/3 Lane : 7 Athlete: DE BACKER BRENT			Q-time: 01:04:55
PB (50m pool): 01:06.62 Antwerpen 14/07/2024			PB (25m pool): 00:59.35 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:06.62	
	no time		
			

Coach feedback:

Event number: 8: 100M FREESTYLE MEN			Heat:3, starttime: 14:53
Heat: 3/3 Lane : 5 Athlete: VERROKEN GERBEN			Q-time: 00:54:82
PB (50m pool): 00:54.82 Antwerpen 27/07/2025			PB (25m pool): 00:54.29 SB: no time
	5 0 M	1 0 0 M	
PB	00:26.16	00:54.82	
	00:26.16	00:28.66	
			

Coach feedback:

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Event number: 9: 200M MEDLEY WOMEN					Heat:3, starttime: 15:03
Heat: 3/3 Lane : 4 Athlete: DE BACKER BIRGIT					Q-time: 02:35:88
PB (50m pool): 02:37.51 Antwerpen 27/04/2025					PB (25m pool): 02:30.67 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.24	01:13.68	02:02.96	02:37.51	
	00:33.24	00:40.44	00:49.28	00:34.55	
					

Coach feedback:

Event number: 10: 200M MEDLEY MEN					Heat:3, starttime: 15:15
Heat: 3/3 Lane : 5 Athlete: VOLCKAERT MATTHIAS					Q-time: 02:18:80
PB (50m pool): 02:18.80 Antwerpen 27/04/2025					PB (25m pool): 02:14.92 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.59	01:03.04	01:45.56	02:18.80	
	00:28.59	00:34.45	00:42.52	00:33.24	
					

Coach feedback:

Event number: 16: 400M MEDLEY MEN							Heat:1, starttime: 16:04	
Heat: 1/1 Lane : 4 Athlete: PERSONS EMIEL							Q-time: 05:08:47	
PB (50m pool): 05:08.47 Antwerpen 28/07/2024							PB (25m pool): 04:59.16 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	05:08.47
	no time							
								

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN					Heat:1, starttime: 16:18			
Heat: 1/3 Lane : 6 Athlete: BIESEMANS JANA					Q-time: 99:99:99			
PB (50m pool): no time					PB (25m pool): 02:51.45 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:

Midwintertest: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 19: 200M BACKSTROKE WOMEN					Heat:3, starttime: 16:26
Heat: 3/3 Lane : 5 Athlete: DE BACKER BIRGIT					Q-time: 02:36:63
PB (50m pool): 02:37.21 MOUSCRON 29/05/2025					PB (25m pool): 02:27.69 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.90	01:16.44	01:56.67	02:37.21	
	00:35.90	00:40.54	00:40.23	00:40.54	
					

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN					Heat:3, starttime: 16:26
Heat: 3/3 Lane : 7 Athlete: LANDRIEU NORA					Q-time: 02:43:06
PB (50m pool): 02:43.06 MOUSCRON 29/05/2025					PB (25m pool): 02:37.61 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.59	01:20.95	02:03.88	02:43.06	
	00:39.59	00:41.36	00:42.93	00:39.18	
					

Coach feedback:

Event number: 20: 200M BACKSTROKE MEN					Heat:3, starttime: 16:38
Heat: 3/3 Lane : 1 Athlete: DE BACKER BRENT					Q-time: 02:38:95
PB (50m pool): 02:38.95 MOUSCRON 29/05/2025					PB (25m pool): 02:26.84 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.36	01:17.44	01:58.66	02:38.95	
	00:37.36	00:40.08	00:41.22	00:40.29	
					

Coach feedback:

Event number: 21: 200M BREASTSTROKE WOMEN					Heat:3, starttime: 16:52
Heat: 3/3 Lane : 4 Athlete: DONIN MANON					Q-time: 02:47:22
PB (50m pool): 02:47.22 Antwerp 09/02/2025					PB (25m pool): 02:42.19 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.90	01:19.95	02:03.49	02:47.22	
	00:37.90	00:42.05	00:43.54	00:43.73	
					

Coach feedback:

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Event number: 22: 200M BREASTSTROKE MEN					Heat:3, starttime: 17:05
Heat: 3/3 Lane : 1 Athlete: DE PEYPER MATS					Q-time: 02:50:52
PB (50m pool): 02:50.52 Antwerpen 20/07/2025					PB (25m pool): 02:43.95 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.33	01:21.92	02:05.23	02:50.52	
	00:38.33	00:43.59	00:43.31	00:45.29	
					

Coach feedback:

Event number: 24: 200M FREESTYLE MEN					Heat:1, starttime: 17:19
Heat: 1/3 Lane : 7 Athlete: VERROKEN GERBEN					Q-time: 99:99:99
PB (50m pool): 02:08.79 Lago Gent Rozebroeken 07/05/2023					PB (25m pool): 01:59.30 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	02:08.79	
	no time				
					

Coach feedback:

Event number: 24: 200M FREESTYLE MEN					Heat:3, starttime: 17:26
Heat: 3/3 Lane : 5 Athlete: VOLCKAERT MATTHIAS					Q-time: 02:04:64
PB (50m pool): 02:04.64 Antwerp 09/02/2025					PB (25m pool): 02:00.32 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.87	01:00.55	01:33.10	02:04.64	
	00:28.87	00:31.68	00:32.55	00:31.54	
					

Coach feedback:

Event number: 24: 200M FREESTYLE MEN					Heat:3, starttime: 17:26
Heat: 3/3 Lane : 6 Athlete: PERSOONS EMIEL					Q-time: 02:08:26
PB (50m pool): 02:08.26 MOUSCRON 29/05/2025					PB (25m pool): 02:02.48 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.02	01:02.79	01:36.24	02:08.26	
	00:30.02	00:32.77	00:33.45	00:32.02	
					

Coach feedback:

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Event number: 24: 200M FREESTYLE MEN					Heat:3, starttime: 17:26
Heat: 3/3 Lane : 7 Athlete: VOLCKAERT THOMAS					Q-time: 02:11:29
PB (50m pool): 02:11.29 Antwerpen 13/07/2025 PB (25m pool): 02:07.25 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.43	01:04.85	01:39.26	02:11.29	
	00:30.43	00:34.42	00:34.41	00:32.03	
					

Coach feedback: