

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

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

Coaches: Scheveneels Judith

Coaches: Meyers Sepp

PB => Personal Best time

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

Event number: 1: 100M BUTTERFLY WOMEN **Heat:1, starttime: 14:00**

Heat: 1/2 Lane : 5 Athlete: DE VOCHT ANNE-JULIE **Q-time: 01:21:15**

PB (50m pool): 01:21.15 Wezenberg 05/01/2025 **PB (25m pool): 01:18.19 SB: no time**

	5 0 M	1 0 0 M	
PB	00:36.04	01:21.15	
	00:36.04	00:45.11	
			

Coach feedback:

Event number: 3: 100M BACKSTROKE WOMEN **Heat:2, starttime: 14:12**

Heat: 2/5 Lane : 2 Athlete: FLEERACKERS LAURA **Q-time: 01:40:29**

PB (50m pool): 01:40.29 Antwerpen 13/07/2025 **PB (25m pool): 01:32.29 SB: no time**

	5 0 M	1 0 0 M	
PB	00:48.00	01:40.29	
	00:48.00	00:52.29	
			

Coach feedback:

Event number: 3: 100M BACKSTROKE WOMEN **Heat:3, starttime: 14:15**

Heat: 3/5 Lane : 8 Athlete: LYTVYNIUK-HUL SOFIA **Q-time: 01:30:50**

PB (50m pool): 01:30.50 Antwerpen 13/07/2025 **PB (25m pool): 01:30.46 SB: no time**

	5 0 M	1 0 0 M	
PB	00:44.47	01:30.50	
	00:44.47	00:46.03	
			

Coach feedback:

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Event number: 3: 100M BACKSTROKE WOMEN			Heat:5, starttime: 14:19
Heat: 5/5 Lane : 1 Athlete: VERRET JULIE			Q-time: 01:16:67
PB (50m pool): 01:16.67 Antwerpen 20/07/2025			PB (25m pool): 01:13.78 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.51	01:16.67	
	00:37.51	00:39.16	
			

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN			Heat:2, starttime: 14:24
Heat: 2/3 Lane : 1 Athlete: PEETERS SAMUEL			Q-time: 01:27:21
PB (50m pool): 01:27.21 Antwerp 02/02/2025			PB (25m pool): 01:37.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.73	01:27.21	
	00:42.73	00:44.48	
			

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN			Heat:3, starttime: 14:27
Heat: 3/3 Lane : 3 Athlete: DE RIDDER ARNE			Q-time: 01:07:24
PB (50m pool): 01:07.24 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:03.55 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.33	01:07.24	
	00:32.33	00:34.91	
			

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN			Heat:4, starttime: 14:36
Heat: 4/4 Lane : 7 Athlete: VERNIERS NIME			Q-time: 01:25:28
PB (50m pool): 01:25.28 Aalst 11/05/2025			PB (25m pool): 01:25.86 SB: no time
	5 0 M	1 0 0 M	
PB	00:41.05	01:25.28	
	00:41.05	00:44.23	
			

Coach feedback:

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Event number: 7: 100M FREESTYLE WOMEN				Heat:2, starttime: 14:47
Heat: 2/2 Lane : 2 Athlete: DE BECKER LOREN				Q-time: 01:06:34
PB (50m pool): 01:05.53 Antwerpen 17/07/2022				PB (25m pool): 01:03.79 SB: no time
	5 0 M	1 0 0 M		
PB	no time	01:05.53		
	no time			
				

Coach feedback:

Event number: 8: 100M FREESTYLE MEN				Heat:3, starttime: 14:53
Heat: 3/3 Lane : 4 Athlete: LAUREYSSSENS DANIEL				Q-time: 00:50:70
PB (50m pool): 00:50.70 Antwerpen 27/04/2025				PB (25m pool): 00:51.38 SB: no time
	5 0 M	1 0 0 M		
PB	00:24.11	00:50.70		
	00:24.11	00:26.59		
				

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN					Heat:1, starttime: 14:55
Heat: 1/3 Lane : 3 Athlete: FLEERACKERS LAURA					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: 9: 200M MEDLEY WOMEN					Heat:2, starttime: 14:59
Heat: 2/3 Lane : 1 Athlete: LYTVYNIUK-HUL SOFIA					Q-time: 03:12:27
PB (50m pool): 03:12.27 Antwerpen 13/07/2025					PB (25m pool): 03:04.84 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.00	01:32.19	02:28.44	03:12.27	
	00:44.00	00:48.19	00:56.25	00:43.83	
					

Coach feedback:

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Event number: 9: 200M MEDLEY WOMEN					Heat:2, starttime: 14:59
Heat: 2/3 Lane : 5 Athlete: LESSELIERS EMILY					Q-time: 03:00:67
PB (50m pool): 03:00.67 Antwerpen 20/04/2025					PB (25m pool): 02:58.46 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.82	01:25.21	02:19.84	03:00.67	
	00:40.82	00:44.39	00:54.63	00:40.83	
					

Coach feedback:

Event number: 9: 200M MEDLEY WOMEN					Heat:3, starttime: 15:03
Heat: 3/3 Lane : 7 Athlete: VAN DEN BERGH ANNA					Q-time: 02:49:00
PB (50m pool): 02:49.00 Antwerpen 13/07/2025					PB (25m pool): 02:43.00 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.84	01:22.88	02:11.10	02:49.00	
	00:38.84	00:44.04	00:48.22	00:37.90	
					

Coach feedback:

Event number: 10: 200M MEDLEY MEN					Heat:3, starttime: 15:15
Heat: 3/3 Lane : 4 Athlete: LAUREYSSSENS LUKAS					Q-time: 02:14:63
PB (50m pool): 02:14.63 Aalst 11/05/2025					PB (25m pool): 02:14.63 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.42	01:03.59	01:44.92	02:14.63	
	00:28.42	00:35.17	00:41.33	00:29.71	
					

Coach feedback:

Event number: 11: 200M MEDLEY MIXED 10-10					Heat:1, starttime: 15:18
Heat: 1/1 Lane : 4 Athlete: VAN OOSTERWYCK ALEXANDER					Q-time: 03:15:41
PB (50m pool): 03:15.41 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.38	01:33.27	02:31.10	03:15.41	
	00:44.38	00:48.89	00:57.83	00:44.31	
					

Coach feedback:

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Event number: 13: 400M FREESTYLE WOMEN							Heat:3, starttime: 15:37	
Heat: 3/3 Lane : 4 Athlete: DE RIDDER STERRE							Q-time: 04:48:48	
PB (50m pool): 04:48.48 Antwerpen 27/07/2025				PB (25m pool): 04:48.50SB: 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	00:33.86	01:10.67	01:47.77	02:24.40	02:59.93	03:36.11	04:12.36	04:48.48
	00:33.86	00:36.81	00:37.10	00:36.63	00:35.53	00:36.18	00:36.25	00:36.12
								

Coach feedback:

Event number: 14: 400M FREESTYLE MEN							Heat:2, starttime: 15:50	
Heat: 2/2 Lane : 4 Athlete: MATHIEU JACK							Q-time: 04:19:77	
PB (50m pool): 04:19.77 Antwerpen 27/07/2025				PB (25m pool): 04:19.65 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	00:29.06	01:01.50	01:34.71	02:08.08	02:41.23	03:14.59	03:47.90	04:19.77
	00:29.06	00:32.44	00:33.21	00:33.37	00:33.15	00:33.36	00:33.31	00:31.87
								

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN					Heat:1, starttime: 16:14
Heat: 1/1 Lane : 2 Athlete: MATHIEU JACK				Q-time: 99:99:99	
PB (50m pool): 02:35.16 ANTWERPEN 30/07/2023			PB (25m pool): 02:23.91 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	02:35.16	
	no time				
					

Coach feedback:

Event number: 18: 200M BUTTERFLY MEN					Heat:1, starttime: 16:14
Heat: 1/1 Lane : 3 Athlete: DE RIDDER ARNE				Q-time: 02:48:68	
PB (50m pool): 02:48.68 Antwerpen 20/04/2025			PB (25m pool): 03:06.84 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.04	01:17.20	02:02.83	02:48.68	
	00:35.04	00:42.16	00:45.63	00:45.85	
					

Coach feedback:

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Event number: 19: 200M BACKSTROKE WOMEN					Heat:2, starttime: 16:22
Heat: 2/3 Lane : 2 Athlete: LESSELIERS EMILY					Q-time: 03:01:45
PB (50m pool): 03:01.45 Antwerpen 20/04/2025 PB (25m pool): 03:00.47 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.19	01:28.99	02:15.85	03:01.45	
	00:43.19	00:45.80	00:46.86	00:45.60	
					

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN					Heat:2, starttime: 16:22
Heat: 2/3 Lane : 4 Athlete: VERNIERS NIME					Q-time: 02:44:97
PB (50m pool): 02:44.97 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:43.40 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.55	01:21.62	02:04.14	02:44.97	
	00:39.55	00:42.07	00:42.52	00:40.83	
					

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN					Heat:2, starttime: 16:22
Heat: 2/3 Lane : 5 Athlete: DE VOCHT ANNE-JULIE					Q-time: 02:51:81
PB (50m pool): 02:51.81 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:48.72 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.98	01:26.06	02:10.78	02:51.81	
	00:41.98	00:44.08	00:44.72	00:41.03	
					

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN					Heat:3, starttime: 16:26
Heat: 3/3 Lane : 1 Athlete: DE BECKER LOREN					Q-time: 02:43:60
PB (50m pool): 02:40.09 Antwerpen 17/07/2022 PB (25m pool): 02:33.13 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	02:40.09	
	no time				
					

Coach feedback:

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

Event number: 19: 200M BACKSTROKE WOMEN					Heat:3, starttime: 16:26
Heat: 3/3 Lane : 8 Athlete: VERRET JULIE					Q-time: 02:44:55
PB (50m pool): 02:44.55 Antwerpen 20/04/2025					PB (25m pool): 02:47.52 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.25	01:23.23	02:05.26	02:44.55	
	00:41.25	00:41.98	00:42.03	00:39.29	
					

Coach feedback:

Event number: 20: 200M BACKSTROKE MEN					Heat:2, starttime: 16:34
Heat: 2/3 Lane : 6 Athlete: PEETERS SAMUEL					Q-time: 02:59:21
PB (50m pool): 02:59.21 Antwerpen 13/07/2025					PB (25m pool): 03:01.41 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.43	01:29.42	02:15.23	02:59.21	
	00:42.43	00:46.99	00:45.81	00:43.98	
					

Coach feedback:

Event number: 20: 200M BACKSTROKE MEN					Heat:3, starttime: 16:38
Heat: 3/3 Lane : 4 Athlete: LAUREYSSSENS LUKAS					Q-time: 02:17:76
PB (50m pool): 02:17.76 Olympic Pool Wezenberg, Antwer 30/07/2025					PB (25m pool): 02:10.83 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.77	01:06.29	01:42.20	02:17.76	
	00:31.77	00:34.52	00:35.91	00:35.56	
					

Coach feedback:

Event number: 21: 200M BREASTSTROKE WOMEN					Heat:3, starttime: 16:52
Heat: 3/3 Lane : 5 Athlete: VAN DEN BERGH ANNA					Q-time: 02:58:01
PB (50m pool): 02:58.01 Antwerpen 27/07/2025					PB (25m pool): 03:16.78 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.19	01:25.40	02:11.38	02:58.01	
	00:40.19	00:45.21	00:45.98	00:46.63	
					

Coach feedback:

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Event number: 24: 200M FREESTYLE MEN					Heat:3, starttime: 17:26
Heat: 3/3 Lane : 4 Athlete: LAUREYSSSENS DANIEL					Q-time: 01:52:21
PB (50m pool): 01:52.21 Antwerpen 27/04/2025					PB (25m pool): 01:47.89 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:25.37	00:52.97	01:21.77	01:52.21	
	00:25.37	00:27.60	00:28.80	00:30.44	
					

Coach feedback: