

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

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

Coaches: De Herdt Els HEADCOACH

Coaches: De Weerd Koen

Coaches: Gijsemans Liesbet

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 : 1 Athlete: VOLDERS ELLA			Q-time: 01:38:97
PB (50m pool): 01:38.97 Antwerpen 13/07/2025			PB (25m pool): 01:55.77 SB: no time
PB	5 0 M	1 0 0 M	
	00:44.47	01:38.97	
	00:44.47	00:54.50	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY WOMEN			Heat:2, starttime: 14:02
Heat: 2/2 Lane : 6 Athlete: JACOBS LOTTE			Q-time: 01:12:60
PB (50m pool): 01:12.60 Antwerpen 13/07/2025			PB (25m pool): 01:11.21 SB: no time
PB	5 0 M	1 0 0 M	
	00:32.99	01:12.60	
	00:32.99	00:39.61	
			

Coach feedback:

Event number: 1: 100M BUTTERFLY WOMEN			Heat:2, starttime: 14:02
Heat: 2/2 Lane : 7 Athlete: VAN REETH LIEZE			Q-time: 01:14:44
PB (50m pool): 01:14.44 Antwerpen 13/07/2025			PB (25m pool): 01:12.22 SB: no time
PB	5 0 M	1 0 0 M	
	00:35.01	01:14.44	
	00:35.01	00:39.43	
			

Coach feedback:

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

Event number: 3: 100M BACKSTROKE WOMEN				Heat:5, starttime: 14:19	
Heat: 5/5 Lane : 3 Athlete: SCHELLEMANS CHARLOTTE				Q-time: 01:14:07	
PB (50m pool): 01:14.07 Antwerpen 27/07/2025				PB (25m pool): 01:13.06 SB: no time	
	5 0 M	1 0 0 M			
PB	00:36.29	01:14.07			
	00:36.29	00:37.78			
					

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN				Heat:3, starttime: 14:27	
Heat: 3/3 Lane : 5 Athlete: DOOMEN MARNIX				Q-time: 01:07:14	
PB (50m pool): 01:07.14 Antwerpen 13/07/2025				PB (25m pool): 01:05.39 SB: no time	
	5 0 M	1 0 0 M			
PB	00:33.24	01:07.14			
	00:33.24	00:33.90			
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN				Heat:3, starttime: 14:34	
Heat: 3/4 Lane : 1 Athlete: VERDOOD PIP				Q-time: 01:31:89	
PB (50m pool): 01:31.89 Antwerpen 13/07/2025				PB (25m pool): 01:33.73 SB: no time	
	5 0 M	1 0 0 M			
PB	00:43.38	01:31.89			
	00:43.38	00:48.51			
					

Coach feedback:

Event number: 10: 200M MEDLEY MEN					Heat:2, starttime: 15:11	
Heat: 2/3 Lane : 6 Athlete: DE WEERDT BENT					Q-time: 02:53:66	
PB (50m pool): 02:53.66 Antwerpen 20/07/2025					PB (25m pool): 02:49.83 SB: no time	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:37.23	01:22.94	02:13.23	02:53.66		
	00:37.23	00:45.71	00:50.29	00:40.43		
						

Coach feedback:

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

Event number: 15: 400M MEDLEY WOMEN							Heat:1, starttime: 15:57	
Heat: 1/1 Lane : 5 Athlete: VAN REETH LIEZE							Q-time: 05:48:01	
PB (50m pool): 05:48.01 Antwerpen 20/07/2025				PB (25m pool): no time 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	00:36.15	01:19.74	02:04.97	02:48.95	03:39.15	04:30.84	05:08.87	05:48.01
	00:36.15	00:43.59	00:45.23	00:43.98	00:50.20	00:51.69	00:38.03	00:39.14
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN							Heat:1, starttime: 16:04	
Heat: 1/1 Lane : 5 Athlete: WIJSGEER VIKTOR							Q-time: 05:26:57	
PB (50m pool): 05:26.57 Mol 22/06/2025				PB (25m pool): no time 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	00:37.47	01:24.28	02:05.31	02:46.17	03:28.12	04:10.56	04:49.71	05:26.57
	00:37.47	00:46.81	00:41.03	00:40.86	00:41.95	00:42.44	00:39.15	00:36.86
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN							Heat:1, starttime: 16:04	
Heat: 1/1 Lane : 6 Athlete: MERTENS GERBEN							Q-time: 05:34:02	
PB (50m pool): 05:34.02 Antwerpen 20/07/2025				PB (25m pool): 05:39.20SB: 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	00:37.33	01:20.53	02:04.37	02:47.64	03:32.25	04:19.26	04:57.53	05:34.02
	00:37.33	00:43.20	00:43.84	00:43.27	00:44.61	00:47.01	00:38.27	00:36.49
								

Coach feedback:

Event number: 19: 200M BACKSTROKE WOMEN					Heat:3, starttime: 16:26
Heat: 3/3 Lane : 2 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 02:41:19
PB (50m pool): 02:41.19 Antwerpen 27/07/2025					PB (25m pool): 02:37.25SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.20	01:19.91	02:01.56	02:41.19	
	00:39.20	00:40.71	00:41.65	00:39.63	
					

Coach feedback:

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

Event number: 20: 200M BACKSTROKE MEN					Heat:3, starttime: 16:38
Heat: 3/3 Lane : 6 Athlete: DOOMEN MARNIX					Q-time: 02:30:22
PB (50m pool): 02:30.22 Antwerpen 13/07/2025					PB (25m pool): 02:25.27 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.98	01:12.03	01:51.96	02:30.22	
	00:33.98	00:38.05	00:39.93	00:38.26	
					

Coach feedback:

Event number: 22: 200M BREASTSTROKE MEN					Heat:3, starttime: 17:05
Heat: 3/3 Lane : 5 Athlete: WIJSGEER VIKTOR					Q-time: 02:37:20
PB (50m pool): 02:37.20 Antwerpen 27/07/2025					PB (25m pool): 02:31.33 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.33	01:16.48	01:57.72	02:37.20	
	00:35.33	00:41.15	00:41.24	00:39.48	
					

Coach feedback:

Event number: 22: 200M BREASTSTROKE MEN					Heat:3, starttime: 17:05
Heat: 3/3 Lane : 7 Athlete: MERTENS GERBEN					Q-time: 02:49:81
PB (50m pool): 02:49.81 Antwerpen 13/07/2025					PB (25m pool): 02:39.77 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.00	01:22.21	02:06.67	02:49.81	
	00:38.00	00:44.21	00:44.46	00:43.14	
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN					Heat:1, starttime: 17:09
Heat: 1/3 Lane : 7 Athlete: VOLDERS ELLA					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:27.50 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: ZVL

Event number: 23: 200M FREESTYLE WOMEN					Heat:3, starttime: 17:16
Heat: 3/3 Lane : 3 Athlete: JACOBS LOTTE					Q-time: 02:19:03
PB (50m pool): 02:19.03 Antwerpen 13/07/2025					PB (25m pool): 02:16.44 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.54	01:08.51	01:44.54	02:19.03	
	00:32.54	00:35.97	00:36.03	00:34.49	
					

Coach feedback:

Event number: 23: 200M FREESTYLE WOMEN					Heat:3, starttime: 17:16
Heat: 3/3 Lane : 6 Athlete: VERDOOD PIP					Q-time: 02:19:60
PB (50m pool): 02:19.60 Antwerpen 20/07/2025					PB (25m pool): 02:20.48 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.24	01:07.95	01:44.18	02:19.60	
	00:32.24	00:35.71	00:36.23	00:35.42	
					

Coach feedback:

Event number: 24: 200M FREESTYLE MEN					Heat:1, starttime: 17:19
Heat: 1/3 Lane : 3 Athlete: DE WEERDT BENT					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 02:29.12 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: