

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZN

Coachinfo: Warming up from: 12:55 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Faes Sandra

Coaches: Blaton Joke HEADCOACH

Coaches: Neiryndck Jan

Coaches: Wouters Ivan

Coaches: Van Dooren Glenn

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

Event number: 1: 100M FREESTYLE MIXED 10-10					Heat:1, starttime: 14:00
Heat: 1/1 Lane : 5 Athlete: DE VIJLDER RIKKE					Q-time: 01:31:66
PB (25m pool): 01:31.66 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:31.66 Nijlen 16/11/2025
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	
		00:43.19		01:31.66	
	00:43.19		00:48.47		
					

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:2, starttime: 14:11
Heat: 2/5 Lane : 4 Athlete: VAN GINKEL LOES							Q-time: 06:40:54
PB (25m pool): 06:40.54 Herentals 04/10/2025							PB (50m pool): no time SB: 06:40.54 Herentals 04/10/2025
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M
		00:42.25		01:32.92		02:23.89	03:15.62
	00:42.25		00:50.67		00:50.97		00:51.73
							
PB	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5
		04:07.24		04:58.93		05:49.56	06:40.54
	00:51.62		00:51.69		00:50.63		00:50.98
							

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 14:19
Heat: 3/5 Lane : 2 Athlete: VAN GINKEL KAAT							Q-time: 06:29:35
PB (25m pool): 06:29.35 Herentals 04/10/2025							PB (50m pool): no time SB: 06:29.35 Herentals 04/10/2025
PB	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M
		00:41.96		01:30.98		02:21.80	03:12.24
	00:41.96		00:49.02		00:50.82		00:50.44
							
PB	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5
		04:01.60		04:51.59		05:41.31	06:29.35
	00:49.36		00:49.99		00:49.72		00:48.04
							

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 14:19	
Heat: 3/5 Lane : 5 Athlete: LAUREYSENS JUTTA							Q-time: 06:11:67	
PB (25m pool): 06:22.97 Herentals 05/10/2024				PB (50m pool): 06:11.67 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:38.82		01:23.35		02:13.52		03:02.82
	00:38.82		00:44.53		00:50.17		00:49.30	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:51.87		04:42.18		05:29.94		06:22.97
	00:49.05		00:50.31		00:47.76		00:53.03	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:3, starttime: 14:19	
Heat: 3/5 Lane : 8 Athlete: CLAES SIEN							Q-time: 06:39:66	
PB (25m pool): 06:39.66 Herentals 04/10/2025				PB (50m pool): no time SB: 06:39.66 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:43.42		01:33.24		02:24.39		03:14.99
	00:43.42		00:49.82		00:51.15		00:50.60	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		04:07.27		04:59.07		05:51.62		06:39.66
	00:52.28		00:51.80		00:52.55		00:48.04	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:4, starttime: 14:26	
Heat: 4/5 Lane : 3 Athlete: DIRICKX FINNE							Q-time: 05:46:42	
PB (25m pool): 05:46.42 Herentals 04/10/2025				PB (50m pool): 06:44.56 SB: 05:46.42 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:36.67		01:20.07		02:05.04		02:50.32
	00:36.67		00:43.40		00:44.97		00:45.28	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:35.23		04:20.40		05:05.52		05:46.42
	00:44.91		00:45.17		00:45.12		00:40.90	
								

Coach feedback:

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Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 14:33	
Heat: 5/5 Lane : 2 Athlete: CLAES JADE							Q-time: 05:21:76	
PB (25m pool): 05:21.76 Herentals 04/10/2025				PB (50m pool): no time SB: 05:21.76 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:34.85		01:14.45		01:56.52		02:38.18
	00:34.85		00:39.60		00:42.07		00:41.66	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:20.55		04:02.02		04:43.64		05:21.76
	00:42.37		00:41.47		00:41.62		00:38.12	
								

Coach feedback:

Event number: 2: 400M FREESTYLE WOMEN 11-14							Heat:5, starttime: 14:33	
Heat: 5/5 Lane : 3 Athlete: BASSTANIE LIENE							Q-time: 05:07:98	
PB (25m pool): 05:07.98 Herentals 04/10/2025				PB (50m pool): 05:23.53SB: 05:07.98 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:33.24		01:11.17		01:50.37		02:29.58
	00:33.24		00:37.93		00:39.20		00:39.21	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:09.75		03:49.53		04:29.03		05:07.98
	00:40.17		00:39.78		00:39.50		00:38.95	
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:3, starttime: 14:55	
Heat: 3/4 Lane : 2 Athlete: TILLEUIL NATHAN							Q-time: 06:04:27	
PB (25m pool): 06:04.27 Herentals 04/10/2025				PB (50m pool): no time SB: 06:04.27 Herentals 04/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:41.83		01:28.53		02:16.26		03:04.09
	00:41.83		00:46.70		00:47.73		00:47.83	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:50.71		04:36.63		05:21.75		06:04.27
	00:46.62		00:45.92		00:45.12		00:42.52	
								

Coach feedback:

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Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:02	
Heat: 4/4 Lane : 5 Athlete: VERDONCK STAN							Q-time: 05:07:57	
PB (25m pool): 05:07.57 Aarschot 04/05/2025				PB (50m pool): 05:08.23 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:13.39		no time		02:32.14
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		05:07.57
								

Coach feedback:

Event number: 3: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:02	
Heat: 4/4 Lane : 6 Athlete: THIJSBAERT NIO							Q-time: 05:18:32	
PB (25m pool): 05:18.32 Antwerpen 12/10/2025				PB (50m pool): 05:31.41 SB: 05:18.32 Antwerpen 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:34.98		01:13.89		01:53.21		02:33.38
	00:34.98		00:38.91		00:39.32		00:40.17	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		03:14.12		03:55.64		04:37.47		05:18.32
	00:40.74		00:41.52		00:41.83		00:40.85	
								

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+							Heat:1, starttime: 15:12	
Heat: 1/9 Lane : 3 Athlete: VAN REGEMORTER ILOUKA							Q-time: 99:99:99	
PB (25m pool): no time				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		no time		no time				
	no time							
								

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:14
Heat: 2/9 Lane : 1 Athlete: DILLEN LOTTE					Q-time: 01:58:52
PB (25m pool): 01:59.87 Aarschot 04/05/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.59		01:59.87	
	00:56.59		01:03.28		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:14
Heat: 2/9 Lane : 2 Athlete: DILLEN HANNE					Q-time: 01:54:38
PB (25m pool): 01:51.44 Mol 28/12/2025					PB (50m pool): 02:06.72 SB: 01:51.44 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.91		01:51.44	
	00:51.91		00:59.53		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:14
Heat: 2/9 Lane : 7 Athlete: VAN HASSEL FEMKE					Q-time: 01:57:95
PB (25m pool): 02:02.96 Mol 28/12/2025					PB (50m pool): no time SB: 02:02.96 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:58.16		02:02.96	
	00:58.16		01:04.80		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 15:19
Heat: 4/9 Lane : 8 Athlete: VAN CAUWENBERGE NORAH					Q-time: 01:43:13
PB (25m pool): 01:43.13 Herentals 17/05/2025					PB (50m pool): 01:57.31 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.05		01:43.13	
	00:49.05		00:54.08		
					

Coach feedback:

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Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 15:23
Heat: 6/9 Lane : 3 Athlete: GEELEN GUUSJE					Q-time: 01:33:20
PB (25m pool): 01:33.20 Aarschot 04/05/2025					PB (50m pool): 01:33.34 SB: 01:33.45 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.87		01:33.20	
	00:42.87		00:50.33		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 15:23
Heat: 6/9 Lane : 6 Athlete: CROONEN LIZE					Q-time: 01:33:62
PB (25m pool): 01:33.62 Antwerpen 12/10/2025					PB (50m pool): 01:44.67 SB: 01:33.62 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.50		01:33.62	
	00:43.50		00:50.12		
					

Coach feedback:

Event number: 5: 100M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 15:29
Heat: 9/9 Lane : 4 Athlete: VINGERHOETS MADELIEF					Q-time: 01:18:41
PB (25m pool): 01:17.51 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): 01:20.65 SB: 01:18.02 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.51	
	no time				
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:1, starttime: 15:32
Heat: 1/7 Lane : 2 Athlete: LENAERTS RUBEN					Q-time: 01:55:67
PB (25m pool): 01:55.67 TEMSE 23/11/2025					PB (50m pool): no time SB: 01:55.67 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:54.81		01:55.67	
	00:54.81		01:00.86		
					

Coach feedback:

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Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:34
Heat: 2/7 Lane : 2 Athlete: CAMBRé ARTHUR					Q-time: 01:43:49
PB (25m pool): 01:42.65 Temse 17/11/2025					PB (50m pool): 01:49.25 SB: 01:42.65 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.16		01:42.65	
	00:48.16		00:54.49		
					

Coach feedback:

Event number: 6: 100M BREASTSTROKE MEN 11+					Heat:6, starttime: 15:43
Heat: 6/7 Lane : 6 Athlete: KEKEC SAMIR					Q-time: 01:18:51
PB (25m pool): 01:18.51 TEMSE 23/11/2025					PB (50m pool): 01:24.20 SB: 01:18.51 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.21		01:18.51	
	00:37.21		00:41.30		
					

Coach feedback:

Event number: 7: 100M BACKSTROKE MIXED 10-10					Heat:1, starttime: 15:47
Heat: 1/1 Lane : 4 Athlete: DE VIJLDER RIKKE					Q-time: 01:42:95
PB (25m pool): 01:42.95 Arendonk 30/11/2025					PB (50m pool): no time SB: 01:42.95 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.23		01:42.95	
	00:51.23		00:51.72		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 16:04
Heat: 1/8 Lane : 6 Athlete: VAN REGEMORTER ILOUKA					Q-time: 99:99:99
PB (25m pool): 01:46.75 Mol 28/12/2025					PB (50m pool): no time SB: 01:46.75 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.98		01:46.75	
	00:50.98		00:55.77		
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:10
Heat: 3/8 Lane : 1 Athlete: CLAES SIEN					Q-time: 01:42:36
PB (25m pool): 01:42.36 TEMSE 23/11/2025					PB (50m pool): 01:47.14 SB: 01:42.36 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.53		01:42.36	
	00:50.53		00:51.83		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 16:10
Heat: 3/8 Lane : 4 Athlete: DILLEN LOTTE					Q-time: 01:36:82
PB (25m pool): 01:36.82 Herentals 17/05/2025					PB (50m pool): 01:39.42 SB: 01:37.24 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.44		01:36.82	
	00:48.44		00:48.38		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:13
Heat: 4/8 Lane : 1 Athlete: VAN GINKEL LOES					Q-time: 01:35:70
PB (25m pool): 01:35.70 Nijlen 16/11/2025					PB (50m pool): 01:44.28 SB: 01:35.70 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.61		01:35.70	
	00:45.61		00:50.09		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:13
Heat: 4/8 Lane : 3 Athlete: DIRICKX FINNE					Q-time: 01:28:94
PB (25m pool): 01:28.94 Nijlen 16/11/2025					PB (50m pool): 01:32.64 SB: 01:28.94 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.78		01:28.94	
	00:43.78		00:45.16		
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 16:13
Heat: 4/8 Lane : 4 Athlete: VAN CAUWENBERGE NORAH					Q-time: 01:28:00
PB (25m pool): 01:28.00 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:28.00 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.76		01:28.00	
	00:42.76		00:45.24		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 16:15
Heat: 5/8 Lane : 3 Athlete: CROONEN LIZE					Q-time: 01:26:20
PB (25m pool): 01:26.20 Nijlen 16/11/2025					PB (50m pool): 01:36.37 SB: 01:26.20 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.97		01:26.20	
	00:41.97		00:44.23		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:18
Heat: 6/8 Lane : 3 Athlete: VAN BUGGENHOUT ISHANA					Q-time: 01:20:84
PB (25m pool): 01:20.84 Nijlen 16/11/2025					PB (50m pool): 01:29.14 SB: 01:20.84 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.29		01:20.84	
	00:39.29		00:41.55		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 16:18
Heat: 6/8 Lane : 5 Athlete: CLAES JADE					Q-time: 01:20:52
PB (25m pool): 01:20.52 Nijlen 16/11/2025					PB (50m pool): 01:26.62 SB: 01:20.52 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.26		01:20.52	
	00:38.26		00:42.26		
					

Coach feedback:

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Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 16:20
Heat: 7/8 Lane : 1 Athlete: LAUREYSENS JUTTA					Q-time: 01:19:39
PB (25m pool): 01:19.39 Arendonk 30/11/2025					PB (50m pool): 01:28.06 SB: 01:19.39 Arendonk 30/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.33		01:19.39	
	00:39.33		00:40.06		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 16:23
Heat: 8/8 Lane : 2 Athlete: BASSTANIE LIENE					Q-time: 01:12:85
PB (25m pool): 01:12.85 Antwerpen 12/10/2025					PB (50m pool): 01:16.09 SB: 01:12.85 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.84		01:12.85	
	00:35.84		00:37.01		
					

Coach feedback:

Event number: 8: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 16:23
Heat: 8/8 Lane : 5 Athlete: DELIEN FLOOR					Q-time: 01:09:60
PB (25m pool): 01:09.60 Herentals 17/05/2025					PB (50m pool): 01:10.81 SB: 01:09.75 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.12		01:09.60	
	00:34.12		00:35.48		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 16:28
Heat: 2/5 Lane : 1 Athlete: LENAERTS RUBEN					Q-time: 01:37:00
PB (25m pool): 01:37.00 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:37.00 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.07		01:37.00	
	00:47.07		00:49.93		
					

Coach feedback:

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Event number: 9: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/5 Lane : 1 Athlete: CAMBRÉ ARTHUR					Q-time: 01:27:74
PB (25m pool): 01:26.89 Temse 17/11/2025			PB (50m pool): 01:37.70 SB: 01:26.89 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.91		01:26.89	
	00:41.91		00:44.98		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/5 Lane : 2 Athlete: VAN DOOREN WITSE					Q-time: 01:24:92
PB (25m pool): 01:37.25 Nijlen 17/11/2024			PB (50m pool): 01:24.92 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.74		01:37.25	
	00:45.74		00:51.51		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 16:30
Heat: 3/5 Lane : 3 Athlete: TILLEUIL NATHAN					Q-time: 01:24:06
PB (25m pool): 01:24.06 Arendonk 30/11/2025			PB (50m pool): 01:27.44 SB: 01:24.06 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.35		01:24.06	
	00:40.35		00:43.71		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:33
Heat: 4/5 Lane : 1 Athlete: VERDONCK STAN					Q-time: 01:19:28
PB (25m pool): 01:13.32 Temse 17/11/2025			PB (50m pool): 01:22.61 SB: 01:13.32 Temse 17/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.05		01:13.32	
	00:35.05		00:38.27		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZN

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 16:33
Heat: 4/5 Lane : 7 Athlete: GISCA DANIIL					Q-time: 01:19:19
PB (25m pool): 01:19.19 TEMSE 23/11/2025					PB (50m pool): 01:24.45 SB: 01:19.19 TEMSE 23/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.99		01:19.19	
	00:37.99		00:41.20		
					

Coach feedback:

Event number: 9: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 16:35
Heat: 5/5 Lane : 6 Athlete: VAN DOOREN WARRE					Q-time: 01:04:11
PB (25m pool): 01:04.11 Nijlen 16/11/2025					PB (50m pool): 01:08.16 SB: 01:04.11 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.95		01:04.11	
	00:30.95		00:33.16		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 16:40
Heat: 2/4 Lane : 3 Athlete: DILLEN HANNE					Q-time: 01:45:21
PB (25m pool): 01:45.21 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:45.21 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.92		01:45.21	
	00:45.92		00:59.29		
					

Coach feedback:

Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:2, starttime: 16:40
Heat: 2/4 Lane : 6 Athlete: DILLEN LOTTE					Q-time: 01:47:02
PB (25m pool): 01:47.02 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:47.02 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.39		01:47.02	
	00:47.39		00:59.63		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZN

Event number: 10: 100M BUTTERFLY WOMEN 11+					Heat:4, starttime: 16:44
Heat: 4/4 Lane : 3 Athlete: DELIEN FLOOR					Q-time: 01:13:91
PB (25m pool): 01:13.91 Turnhout 02/03/2025					PB (50m pool): no time SB: 01:14.43 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.69		01:13.91	
	00:34.69		00:39.22		
					

Coach feedback:

Event number: 11: 100M BUTTERFLY MEN 11+					Heat:2, starttime: 16:49
Heat: 2/3 Lane : 3 Athlete: THIJSBAERT NIO					Q-time: 01:15:75
PB (25m pool): 01:16.75 Antwerpen 12/10/2025					PB (50m pool): 01:15.75 SB: 01:16.75 Antwerpen 12/10/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.84		01:16.75	
	00:34.84		00:41.91		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 16:53
Heat: 1/11 Lane : 3 Athlete: VAN REGEMORTER ILOUKA					Q-time: 99:99:99
PB (25m pool): 01:39.94 Nijlen 16/11/2025					PB (50m pool): no time SB: 01:39.94 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.94		01:39.94	
	00:45.94		00:54.00		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 16:55
Heat: 2/11 Lane : 3 Athlete: VAN HASSEL FEMKE					Q-time: 01:35:42
PB (25m pool): 01:40.96 Mol 28/12/2025					PB (50m pool): no time SB: 01:40.96 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.96		01:40.96	
	00:47.96		00:53.00		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZN

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 16:59
Heat: 4/11 Lane : 1 Athlete: VAN GINKEL KAAT					Q-time: 01:23:94
PB (25m pool): 01:23.94 Nijlen 16/11/2025			PB (50m pool): 01:30.00 SB: 01:23.94 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.60		01:23.94	
	00:38.60		00:45.34		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 17:01
Heat: 5/11 Lane : 6 Athlete: DILLEN HANNE					Q-time: 01:16:90
PB (25m pool): 01:16.90 Nijlen 16/11/2025			PB (50m pool): 01:24.88 SB: 01:16.90 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.22		01:16.90	
	00:36.22		00:40.68		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 17:01
Heat: 5/11 Lane : 7 Athlete: VAN CAUWENBERGE NORAH					Q-time: 01:17:77
PB (25m pool): 01:17.77 Herentals 17/05/2025			PB (50m pool): 01:25.55 SB: 01:18.40 Nijlen 16/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.44		01:17.77	
	00:37.44		00:40.33		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 17:03
Heat: 6/11 Lane : 4 Athlete: LAUREYSENS JUTTA					Q-time: 01:12:06
PB (25m pool): 01:12.06 Arendonk 30/11/2025			PB (50m pool): 01:16.50 SB: 01:12.06 Arendonk 30/11/2025		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.85		01:12.06	
	00:34.85		00:37.21		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZN

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 17:05
Heat: 7/11 Lane : 5 Athlete: GEELEN GUUSJE					Q-time: 01:10:08
PB (25m pool): 01:10.77 Herentals 17/05/2025					PB (50m pool): 01:10.08 SB: 01:11.06 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.74		01:10.77	
	00:34.74		00:36.03		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 17:05
Heat: 7/11 Lane : 8 Athlete: CROONEN LIZE					Q-time: 01:11:83
PB (25m pool): 01:11.83 Nijlen 16/11/2025					PB (50m pool): 01:22.57 SB: 01:11.83 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.33		01:11.83	
	00:34.33		00:37.50		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 17:06
Heat: 8/11 Lane : 8 Athlete: VAN BUGGENHOUT ISHANA					Q-time: 01:09:71
PB (25m pool): 01:09.71 Herentals 17/05/2025					PB (50m pool): 01:14.08 SB: 01:10.21 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.68		01:09.71	
	00:33.68		00:36.03		
					

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 17:10
Heat: 10/11 Lane : 6 Athlete: BASSTANIE LIENE					Q-time: 01:05:95
PB (25m pool): 01:05.95 Nijlen 16/11/2025					PB (50m pool): 01:09.52 SB: 01:05.95 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.70		01:05.95	
	00:31.70		00:34.25		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZN

Event number: 12: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 17:11
Heat: 11/11 Lane : 3 Athlete: VINGERHOETS MADELIEF					Q-time: 01:01:49
PB (25m pool): 01:01.49 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:03.02 SB: 01:02.61 Nijlen 16/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.57		01:01.49	
	00:29.57		00:31.92		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:2, starttime: 17:16
Heat: 2/10 Lane : 3 Athlete: LENAERTS RUBEN					Q-time: 01:22:31
PB (25m pool): 01:22.31 Arendonk 30/11/2025 PB (50m pool): no time SB: 01:22.31 Arendonk 30/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.02		01:22.31	
	00:38.02		00:44.29		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:19
Heat: 4/10 Lane : 1 Athlete: CAMBRé ARTHUR					Q-time: 01:16:90
PB (25m pool): 01:14.92 Temse 17/11/2025 PB (50m pool): 01:19.78 SB: 01:14.92 Temse 17/11/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.23		01:14.92	
	00:35.23		00:39.69		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:4, starttime: 17:19
Heat: 4/10 Lane : 5 Athlete: VAN DOOREN WITSE					Q-time: 01:13:94
PB (25m pool): 01:15.53 Aarschot 04/05/2025 PB (50m pool): 01:13.94 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.99		01:15.53	
	00:35.99		00:39.54		
					

Coach feedback:

STW meeting 26: Session: 1: COACH evaluation sheet for TEAM: ZN

Event number: 13: 100M FREESTYLE MEN 11+					Heat:6, starttime: 17:23
Heat: 6/10 Lane : 4 Athlete: VERDONCK STAN					Q-time: 01:05:95
PB (25m pool): 01:04.18 Temse 17/11/2025					PB (50m pool): 01:05.95 SB: 01:04.18 Temse 17/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.81		01:04.18	
	00:30.81		00:33.37		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:6, starttime: 17:23
Heat: 6/10 Lane : 6 Athlete: GISCA DANIIL					Q-time: 01:09:18
PB (25m pool): 01:08.37 Mol 28/12/2025					PB (50m pool): 01:14.03 SB: 01:08.37 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.82		01:08.37	
	00:32.82		00:35.55		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:9, starttime: 17:28
Heat: 9/10 Lane : 2 Athlete: VAN DOOREN WARRE					Q-time: 01:00:15
PB (25m pool): 00:59.28 Mol 28/12/2025					PB (50m pool): 01:02.23 SB: 00:59.28 Mol 28/12/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.77		00:59.28	
	00:28.77		00:30.51		
					

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11+					Heat:10, starttime: 17:29
Heat: 10/10 Lane : 8 Athlete: KEKEC SAMIR					Q-time: 00:58:48
PB (25m pool): 00:58.48 Nijlen 16/11/2025					PB (50m pool): 01:01.91 SB: 00:58.48 Nijlen 16/11/2025
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.98		00:58.48	
	00:27.98		00:30.50		
					

Coach feedback: