

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Segers Ellen HEADCOACH

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

Event number: 1: 50M BUTTERFLY WOMEN 11+						Heat:4, starttime: 09:04	
Heat: 4/8 Lane : 6 Athlete: DE BISSCHOP LISSE					Q-time: 00:36:88		
PB (50m pool): 00:36.81 Gent (Rozebroeken) 03/03/2024						PB (25m pool): 00:35.77 SB: 00:36.88 Molenbeek 01/02/2026	
	5 0 M						
PB	00:36.81						
	00:36.81						
							

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+						Heat:5, starttime: 09:06	
Heat: 5/8 Lane : 7 Athlete: BOMBAERT MILLA						Q-time: 00:35:38	
PB (50m pool): 00:35.38 Molenbeek 01/02/2026						PB (25m pool): 00:32.80 SB: 00:35.38 Molenbeek 01/02/2026	
	5 0 M						
PB	00:35.38						
	00:35.38						
							

Coach feedback:

Event number: 1: 50M BUTTERFLY WOMEN 11+						Heat:7, starttime: 09:08	
Heat: 7/8 Lane : 3 Athlete: LANDRIEU NORA						Q-time: 00:32:00	
PB (50m pool): 00:32.00 Antwerpen 08/03/2026						PB (25m pool): 00:31.84 SB: 00:32.00 Antwerpen 08/03/2026	
	5 0 M						
PB	00:32.00						
	00:32.00						
							

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 09:13
Heat: 2/8 Lane : 7 Athlete: VAN HOUCKE XANDER			Q-time: 00:47:43
PB (50m pool): no time PB (25m pool): 00:47.43 SB: no time			
	5 0 M		
PB	no time		
	no time		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 09:18
Heat: 6/8 Lane : 2 Athlete: VOLCKAERT THOMAS			Q-time: 00:29:54
PB (50m pool): 00:29.54 Antwerpen 15/03/2026 PB (25m pool): 00:29.50 SB: 00:29.54 Antwerpen 15/03/2026			
	5 0 M		
PB	00:29.54		
	00:29.54		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 09:19
Heat: 7/8 Lane : 1 Athlete: DE PEYPER MATS			Q-time: 00:30:53
PB (50m pool): 00:30.53 Antwerpen 15/03/2026 PB (25m pool): 00:29.83 SB: 00:30.53 Antwerpen 15/03/2026			
	5 0 M		
PB	00:30.53		
	00:30.53		
			

Coach feedback:

Event number: 2: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 09:19
Heat: 7/8 Lane : 2 Athlete: DE PEYPER NOAH			Q-time: 00:29:05
PB (50m pool): 00:29.05 Molenbeek 01/02/2026 PB (25m pool): 00:27.73 SB: 00:29.05 Molenbeek 01/02/2026			
	5 0 M		
PB	00:29.05		
	00:29.05		
			

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 2: 50M BUTTERFLY MEN 11+						Heat:8, starttime: 09:20	
Heat: 8/8 Lane : 5 Athlete: VOLCKAERT MATTHIAS						Q-time: 00:27:43	
PB (50m pool): 00:27.43 Antwerpen 22/03/2026				PB (25m pool): 00:27.57 SB: 00:27.43 Antwerpen 22/03/2026			
	5 0 M						
PB	00:27.43						
	00:27.43						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+						Heat:2, starttime: 09:24	
Heat: 2/8 Lane : 7 Athlete: VAN DER VEKEN LARA					Q-time: 99:99:99		
PB (50m pool): no time				PB (25m pool): 00:40.89 SB: no time			
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+						Heat:4, starttime: 09:27	
Heat: 4/8 Lane : 8 Athlete: VEIRMAN LOTTE						Q-time: 00:41:12	
PB (50m pool): no time				PB (25m pool): 00:39.40 SB: no time			
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+					Heat:5, starttime: 09:29	
Heat: 5/8 Lane : 3 Athlete: BIESEMANS JANA					Q-time: 00:37:74	
PB (50m pool): 00:37.74 Antwerpen 15/03/2026					PB (25m pool): 00:37.57 SB: 00:37.74 Antwerpen 15/03/2026	
	5 0 M					
PB	00:37.74					
	00:37.74					
						

Coach feedback:

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Event number: 3: 50M BACKSTROKE WOMEN 11+						Heat:5, starttime: 09:29	
Heat: 5/8 Lane : 5 Athlete: DEROOST BEAU					Q-time: 00:37:59		
PB (50m pool): 00:37.59 Antwerpen 15/03/2026						PB (25m pool): 00:35.74 SB: 00:37.59 Antwerpen 15/03/2026	
	5 0 M						
PB	00:37.59						
	00:37.59						
							

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+							Heat:5, starttime: 09:29		
Heat: 5/8 Lane : 7 Athlete: HEREMANS DITTE							Q-time: 00:38:79		
PB (50m pool): 00:38.79 Molenbeek 01/02/2026							PB (25m pool): 00:36.74 SB: 00:38.79 Molenbeek 01/02/2026		
	5 0 M								
PB	00:38.79								
	00:38.79								
									

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 11+						Heat:6, starttime: 09:31	
Heat: 6/8 Lane : 5 Athlete: DE BACKER BIRGIT						Q-time: 00:33:07	
PB (50m pool): 00:33.07 Molenbeek 01/02/2026						PB (25m pool): 00:31.75 SB: 00:33.07 Molenbeek 01/02/2026	
	5 0 M						
PB	00:33.07						
	00:33.07						
							

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+						Heat:1, starttime: 09:36	
Heat: 1/5 Lane : 5 Athlete: BOUDCHICH MOHAMED ILYAS						Q-time: 99:99:99	
PB (50m pool): no time						PB (25m pool): no time SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 4: 50M BACKSTROKE MEN 11+				Heat:4, starttime: 09:41	
Heat: 4/5 Lane : 2 Athlete: VAN HOUCKE QUINTEN				Q-time: 00:34:34	
PB (50m pool): no time				PB (25m pool): 00:33.29 SB: no time	
	5 0 M				
PB	no time				
	no time				
	no time				

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 11+				Heat:4, starttime: 09:41	
Heat: 4/5 Lane : 4 Athlete: VERROKEN GERBEN				Q-time: 00:29:64	
PB (50m pool): 00:29.64 Olympic Pool Wezenberg, Antwer 30/03/23				PB (25m pool): 00:28.76 SB: 00:30.15 Olympic Pool Wezenberg, Antwer 29/03/23	
	5 0 M				
PB	00:29.64				
	00:29.64				
	00:29.64				

Coach feedback:

Event number: 6: 200M BREASTSTROKE MEN 11+				Heat:1, starttime: 09:54	
Heat: 1/3 Lane : 4 Athlete: BLOMMAERTS MATHIS				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				
	no time				

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+				Heat:4, starttime: 10:32	
Heat: 4/4 Lane : 5 Athlete: VERROKEN GERBEN				Q-time: 02:01:19	
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				
	no time				

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:4, starttime: 10:32
Heat: 4/4 Lane : 6 Athlete: PERSOONS EMIEL					Q-time: 02:06:65
PB (50m pool): 02:06.65 Molenbeek 01/02/2026					PB (25m pool): 02:00.83 SB: 02:06.65 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:01.52	no time	02:06.65	
	no time				
					

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11+					Heat:2, starttime: 10:56
Heat: 2/3 Lane : 4 Athlete: TURF SANDER					Q-time: 02:37:00
PB (50m pool): no time					PB (25m pool): 02:37.00 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: 14: 200M BACKSTROKE MEN 11+					Heat:1, starttime: 11:16
Heat: 1/2 Lane : 5 Athlete: VAN HOUCKE XANDER					Q-time: 03:26:38
PB (50m pool): no time					PB (25m pool): 03:26.38 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: 15: 50M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 11:30
Heat: 4/5 Lane : 7 Athlete: DE BISSCHOP LISSE					Q-time: 00:44:26
PB (50m pool): 00:42.69 Gent (Rozebroeken) 03/03/2024					PB (25m pool): 00:42.25 SB: 00:44.26 Molenbeek 01/02/2026
	5 0 M				
PB	00:42.69				
	00:42.69				
					

Coach feedback:

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Event number: 15: 50M BREASTSTROKE WOMEN 11+		Heat:5, starttime: 11:31
Heat: 5/5 Lane : 7 Athlete: BOMBAERT MILLA		Q-time: 00:43:62
PB (50m pool): 00:43.62 Antwerpen 13/07/2025 PB (25m pool): 00:40.47 SB: no time		
	5 0 M	
PB	00:43.62	
	00:43.62	
		

Coach feedback:

Event number: 16: 50M BREASTSTROKE MEN 11+		Heat:4, starttime: 11:37
Heat: 4/5 Lane : 8 Athlete: BLOMMAERTS MATHIS		Q-time: 00:44:42
PB (50m pool): no time PB (25m pool): 00:44.42 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+		Heat:3, starttime: 11:43
Heat: 3/9 Lane : 5 Athlete: VAN DER VEKEN LARA		Q-time: 00:34:80
PB (50m pool): 00:34.80 Molenbeek 01/02/2026 PB (25m pool): 00:33.93 SB: 00:34.80 Molenbeek 01/02/2026		
	5 0 M	
PB	00:34.80	
	00:34.80	
		

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+		Heat:4, starttime: 11:45
Heat: 4/9 Lane : 2 Athlete: VEIRMAN LOTTE		Q-time: 00:33:68
PB (50m pool): no time PB (25m pool): 00:33.68 SB: no time		
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

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Event number: 17: 50M FREESTYLE WOMEN 11+							Heat:5, starttime: 11:46		
Heat: 5/9 Lane : 4 Athlete: BIESEMANS JANA							Q-time: 00:31:93		
PB (50m pool): 00:31.93 Antwerpen 15/03/2026							PB (25m pool): 00:32.39SB: 00:31.93 Antwerpen 15/03/2026		
	5 0 M								
PB	00:31.93								
	00:31.93								
									

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+						Heat:6, starttime: 11:47	
Heat: 6/9 Lane : 1 Athlete: HEREMANS DITTE						Q-time: 00:31:80	
PB (50m pool): no time						PB (25m pool): 00:31.80 SB: no time	
	5 0 M						
PB	no time						
	no time						
							

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+							Heat:7, starttime: 11:48		
Heat: 7/9 Lane : 5 Athlete: LANDRIEU NORA							Q-time: 00:29:26		
PB (50m pool): 00:29.26 Molenbeek 01/02/2026							PB (25m pool): 00:28.87 SB: 00:29.26 Molenbeek 01/02/2026		
	5 0 M								
PB	00:29.26								
	00:29.26								
									

Coach feedback:

Event number: 17: 50M FREESTYLE WOMEN 11+							Heat:8, starttime: 11:50		
Heat: 8/9 Lane : 1 Athlete: DEROOST BEAU							Q-time: 00:30:53		
PB (50m pool): 00:30.53 Antwerpen 15/03/2026							PB (25m pool): 00:30.39SB: 00:30.53 Antwerpen 15/03/2026		
	5 0 M								
PB	00:30.53								
	00:30.53								
									

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 17: 50M FREESTYLE WOMEN 11+							Heat:9, starttime: 11:51	
Heat: 9/9 Lane : 5 Athlete: DE BACKER BIRGIT							Q-time: 00:28:51	
PB (50m pool): 00:28.51 Antwerp 09/02/2025							PB (25m pool): 00:27.85 SB: 00:28.61 Antwerpen 22/03/2026	
	5 0 M							
PB	00:28.51							
	00:28.51							
								

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+					Heat:2, starttime: 11:54	
Heat: 2/9 Lane : 6 Athlete: BOUDCHICH MOHAMED ILYAS					Q-time: 99:99:99	
PB (50m pool): no time					PB (25m pool): no time SB: no time	
	5 0 M					
PB	no time					
	no time					
						

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+					Heat:4, starttime: 11:57	
Heat: 4/9 Lane : 4 Athlete: VAN HOUCKE QUINTEN					Q-time: 00:30:91	
PB (50m pool): 00:30.91 Antwerpen 13/07/2025					PB (25m pool): 00:28.81 SB: no time	
	5 0 M					
PB	00:30.91					
	00:30.91					
						

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+							Heat:6, starttime: 11:59		
Heat: 6/9 Lane : 7 Athlete: TURF SANDER							Q-time: 00:29:10		
PB (50m pool): 00:29.10 Antwerpen 15/03/2026							PB (25m pool): 00:28.59SB: 00:29.10 Antwerpen 15/03/2026		
	5 0 M								
PB	00:29.10								
	00:29.10								
									

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 18: 50M FREESTYLE MEN 11+						Heat:8, starttime: 12:01	
Heat: 8/9 Lane : 6 Athlete: DE PEYPER NOAH					Q-time: 00:26:72		
PB (50m pool): 00:26.59 Antwerpen 28/07/2024				PB (25m pool): 00:25.50 SB: 00:27.02 Molenbeek 01/02/2026			
	5 0 M						
PB	00:26.59						
	00:26.59						
							

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+						Heat:9, starttime: 12:02	
Heat: 9/9 Lane : 1 Athlete: PERSOONS EMIEL						Q-time: 00:27:24	
PB (50m pool): 00:27.24 Wezenberg 03/01/2026						PB (25m pool): 00:25.96 SB: 00:27.24 Wezenberg 03/01/2026	
	5 0 M						
PB	00:27.24						
	00:27.24						
							

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+					Heat:9, starttime: 12:02				
Heat: 9/9 Lane : 2 Athlete: VOLCKAERT THOMAS					Q-time: 00:26:94				
PB (50m pool): 00:26.94 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 00:26.84 SB: 00:26.94 Olympic Pool Wezenberg, Antwer 29/03/2026				
	5 0 M								
PB	00:26.94								
	00:26.94								
									

Coach feedback:

Event number: 18: 50M FREESTYLE MEN 11+						Heat:9, starttime: 12:02	
Heat: 9/9 Lane : 5 Athlete: VOLCKAERT MATTHIAS						Q-time: 00:25:55	
PB (50m pool): 00:25.55 Wezenberg 03/01/2026						PB (25m pool): 00:24.81 SB: 00:25.55 Wezenberg 03/01/2026	
	5 0 M						
PB	00:25.55						
	00:25.55						
							

Coach feedback:

Memorial H Braeckman: Session: 1: COACH evaluation sheet for TEAM: ZIOS

Event number: 18: 50M FREESTYLE MEN 11+										Heat:9, starttime: 12:02																			
Heat: 9/9 Lane : 8 Athlete: DE PEYPER MATS																				Q-time: 00:27:67									
PB (50m pool): 00:27.67 Olympic Pool Wezenberg, Antwer 29/03/25										PB (25m pool): 00:27.28 SB: 00:27.67 Olympic Pool Wezenberg, Antwer 29/03/25																			
	5 0 M																												
PB	00:27.67																												
	00:27.67																												
																													

Coach feedback: