

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: ZIOS

Coachinfo: Warming up from: 13:00 untill 13:50. 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: 20: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 14:02
Heat: 1/2 Lane : 3 Athlete: BOMBAERT MILLA			Q-time: 01:28:06
PB (50m pool): 01:28.06 Molenbeek 01/02/2026			PB (25m pool): 01:23.62 SB: 01:28.06 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:28.06	
	no time		
			

Coach feedback:

Event number: 20: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 14:04
Heat: 2/2 Lane : 1 Athlete: DEROOST BEAU			Q-time: 01:19:23
PB (50m pool): 01:19.23 Antwerpen 15/03/2026			PB (25m pool): 01:18.30 SB: 01:19.23 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.19	01:19.23	
	00:35.19	00:44.04	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 14:11
Heat: 3/4 Lane : 3 Athlete: TURF SANDER			Q-time: 01:10:17
PB (50m pool): 01:10.17 Antwerpen 15/03/2026			PB (25m pool): 01:07.53 SB: 01:10.17 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.47	01:10.17	
	00:32.47	00:37.70	
			

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 14:11
Heat: 3/4 Lane : 4 Athlete: DE PEYPER NOAH			Q-time: 01:07:86
PB (50m pool): 01:07.86 Molenbeek 01/02/2026			PB (25m pool): 01:04.13 SB: 01:07.86 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:07.86	
	no time		
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 14:13
Heat: 4/4 Lane : 8 Athlete: VOLCKAERT THOMAS			Q-time: 01:06:92
PB (50m pool): 01:06.92 Antwerpen 15/03/2026			PB (25m pool): 01:07.29 SB: 01:06.92 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.16	01:06.92	
	00:31.16	00:35.76	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:24
Heat: 4/9 Lane : 1 Athlete: VAN DER VEKEN LARA			Q-time: 01:32:70
PB (50m pool): 01:32.70 Molenbeek 01/02/2026			PB (25m pool): 01:26.35 SB: 01:32.70 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:32.70	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 14:26
Heat: 5/9 Lane : 3 Athlete: VEIRMAN LOTTE			Q-time: 01:24:69
PB (50m pool): no time			PB (25m pool): 01:24.69 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 14:29
Heat: 6/9 Lane : 4 Athlete: BIESEMANS JANA			Q-time: 01:21:25
PB (50m pool): 01:21.25 Antwerpen 15/03/2026			PB (25m pool): 01:20.03 SB: 01:21.25 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.97	01:21.25	
	00:38.97	00:42.28	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 14:29
Heat: 6/9 Lane : 6 Athlete: DE BISSCHOP LISSE			Q-time: 01:22:09
PB (50m pool): no time			PB (25m pool): 01:22.09 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 14:34
Heat: 8/9 Lane : 7 Athlete: HEREMANS DITTE			Q-time: 01:17:94
PB (50m pool): 01:17.94 Antwerpen 15/03/2026			PB (25m pool): 01:16.31 SB: 01:17.94 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.64	01:17.94	
	00:37.64	00:40.30	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 14:38
Heat: 1/7 Lane : 2 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	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 14:41
Heat: 2/7 Lane : 6 Athlete: VAN HOUCKE XANDER			Q-time: 01:33:16
PB (50m pool): no time PB (25m pool): 01:33.00 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 14:44
Heat: 3/7 Lane : 6 Athlete: BLOMMAERTS MATHIS			Q-time: 01:22:28
PB (50m pool): no time PB (25m pool): 01:22.28 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 14:49
Heat: 5/7 Lane : 1 Athlete: VAN HOUCKE QUINTEN			Q-time: 01:16:82
PB (50m pool): 01:16.82 Antwerpen 13/07/2025 PB (25m pool): 01:13.11 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.74	01:16.82	
	00:36.74	00:40.08	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 14:53
Heat: 7/7 Lane : 3 Athlete: VOLCKAERT MATTHIAS			Q-time: 01:02:50
PB (50m pool): 01:02.50 Antwerpen 22/03/2026 PB (25m pool): 01:00.97 SB: 01:02.50 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:30.49	01:02.50	
	00:30.49	00:32.01	
			

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+							Heat:7, starttime: 14:53		
Heat: 7/7 Lane : 6 Athlete: VERROKEN GERBEN							Q-time: 01:03:44		
PB (50m pool): 01:03.44 Antwerpen 27/07/2025				PB (25m pool): 01:01.23 SB: 01:04.73 Antwerpen 22/03/2026					
	5 0 M		1 0 0 M						
PB	00:31.14		01:03.44						
	00:31.14		00:32.30						
									

Coach feedback:

Event number: 24: 400M MEDLEY WOMEN 15+							Heat:1, starttime: 14:55	
Heat: 1/1 Lane : 5 Athlete: DE BACKER BIRGIT							Q-time: 05:25:65	
PB (50m pool): no time			PB (25m pool): 05:25.65 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	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 25: 400M MEDLEY MEN 15+							Heat:1, starttime: 15:03	
Heat: 1/1 Lane : 5 Athlete: DE PEYPER MATS							Q-time: 05:27:66	
PB (50m pool): 05:45.93 Molenbeek 01/02/2026				PB (25m pool): 05:27.66 SB: 05:45.93 Molenbeek 01/02/2026				
	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	01:20.72	no time	no time	no time	no time	no time	05:45.93
	<i>no time</i>							
								

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 15+							Heat:1, starttime: 15:09	
Heat: 1/1 Lane : 5 Athlete: LANDRIEU NORA							Q-time: 04:53:19	
PB (50m pool): 04:58.20 Molenbeek 01/02/2026				PB (25m pool): 04:53.19 SB: 04:58.20 Molenbeek 01/02/2026				
	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	01:11.58	no time	02:28.01	no time	no time	no time	04:58.20
	<i>no time</i>							
								

Coach feedback:

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Event number: 27: 400M FREESTYLE MEN 15+							Heat:1, starttime: 15:16	
Heat: 1/1 Lane : 4 Athlete: PERSOONS EMIEL							Q-time: 04:20:36	
PB (50m pool): 04:25.64 Molenbeek 01/02/2026				PB (25m pool): 04:20.36 SB: 04:25.64 Molenbeek 01/02/2026				
	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	01:04.20	no time	02:12.61	no time	no time	no time	04:25.64
	no time							
								

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+										Heat:3, starttime: 15:29	
Heat: 3/4 Lane : 8 Athlete: VEIRMAN LOTTE										Q-time: 01:34:34	
PB (50m pool): 01:34.34 Molenbeek 01/02/2026										PB (25m pool): 01:30.59 SB: 01:34.34 Molenbeek 01/02/2026	
	5 0 M		1 0 0 M								
PB	no time		01:34.34								
	no time										
											

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+							Heat:1, starttime: 15:34	
Heat: 1/5 Lane : 4 Athlete: VAN HOUCKE XANDER							Q-time: 01:50:24	
PB (50m pool): no time				PB (25m pool): 01:50.24 SB: no time				
	5 0 M		1 0 0 M					
PB	no time		no time					
	no time							
								

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+										Heat:4, starttime: 15:41	
Heat: 4/5 Lane : 5 Athlete: PERSOONS EMIEL										Q-time: 01:15:19	
PB (50m pool): 01:15.19 Olympic Pool Wezenberg, Antwer 29/03/2026										PB (25m pool): 01:11.35 SB: 01:15.19 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M		1 0 0 M								
PB	00:35.51		01:15.19								
	00:35.51		00:39.68								
											

Coach feedback:

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Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 15:43
Heat: 5/5 Lane : 2 Athlete: DE PEYPER NOAH			Q-time: 01:11:99
PB (50m pool): 01:11.99 Antwerp 09/02/2025			PB (25m pool): 01:09.34 SB: 01:13.17 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:33.96	01:11.99	
	00:33.96	00:38.03	
			

Coach feedback:

Event number: 30: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 15:43
Heat: 5/5 Lane : 6 Athlete: VERROKEN GERBEN			Q-time: 01:11:06
PB (50m pool): 01:11.06 Antwerpen 22/03/2026			PB (25m pool): 01:08.56 SB: 01:11.06 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:32.93	01:11.06	
	00:32.93	00:38.13	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:52
Heat: 4/11 Lane : 7 Athlete: VAN DER VEKEN LARA			Q-time: 01:18:19
PB (50m pool): 01:18.19 Antwerpen 15/03/2026			PB (25m pool): 01:15.72 SB: 01:18.19 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.64	01:18.19	
	00:36.64	00:41.55	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 15:54
Heat: 5/11 Lane : 5 Athlete: BIESEMANS JANA			Q-time: 01:12:00
PB (50m pool): 01:12.00 Wezenberg 04/01/2026			PB (25m pool): 01:10.32 SB: 01:12.00 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.58	01:12.00	
	00:34.58	00:37.42	
			

Coach feedback:

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Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:56
Heat: 6/11 Lane : 2 Athlete: DE BISSCHOP LISSE			Q-time: 01:11:18
PB (50m pool): no time			PB (25m pool): 01:11.18 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 15:56
Heat: 6/11 Lane : 8 Athlete: HEREMANS DITTE			Q-time: 01:11:69
PB (50m pool): 01:11.69 Antwerpen 13/07/2025			PB (25m pool): 01:09.45 SB: 01:11.71 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.94	01:11.69	
	00:33.94	00:37.75	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 15:58
Heat: 7/11 Lane : 2 Athlete: BOMBAERT MILLA			Q-time: 01:09:05
PB (50m pool): 01:09.05 Antwerpen 13/07/2025			PB (25m pool): 01:05.26 SB: 01:09.11 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.40	01:09.05	
	00:32.40	00:36.65	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:01
Heat: 9/11 Lane : 2 Athlete: DEROOST BEAU			Q-time: 01:06:82
PB (50m pool): 01:06.82 Antwerpen 15/03/2026			PB (25m pool): 01:06.94 SB: 01:06.82 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.45	01:06.82	
	00:32.45	00:34.37	
			

Coach feedback:

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Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:03
Heat: 10/11 Lane : 4 Athlete: LANDRIEU NORA			Q-time: 01:03:05
PB (50m pool): 01:03.05 Molenbeek 01/02/2026			PB (25m pool): 01:01.57 SB: 01:03.05 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:03.05	
	no time		
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 16:05
Heat: 11/11 Lane : 3 Athlete: DE BACKER BIRGIT			Q-time: 01:00:41
PB (50m pool): 01:00.41 Olympic Pool Wezenberg, Antwer 30/03/2026			PB (25m pool): 00:59.43 SB: 01:01.65 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:28.99	01:00.41	
	00:28.99	00:31.42	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:1, starttime: 16:07
Heat: 1/10 Lane : 3 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	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:2, starttime: 16:09
Heat: 2/10 Lane : 5 Athlete: BLOMMAERTS MATHIS			Q-time: 01:15:72
PB (50m pool): no time			PB (25m pool): 01:15.72 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: ZIOS

Event number: 32: 100M FREESTYLE MEN 11+			Heat:4, starttime: 16:13
Heat: 4/10 Lane : 4 Athlete: DE PEYPER MATS			Q-time: 01:07:52
PB (50m pool): 01:10.11 Antwerpen 14/07/2024			PB (25m pool): 00:59.50 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:10.11	
	no time		
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:5, starttime: 16:15
Heat: 5/10 Lane : 6 Athlete: VAN HOUCKE QUINTEN			Q-time: 01:05:46
PB (50m pool): 01:14.60 Molenbeek 18/02/2024			PB (25m pool): 01:05.46 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:14.60	
	no time		
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:6, starttime: 16:17
Heat: 6/10 Lane : 8 Athlete: TURF SANDER			Q-time: 01:04:81
PB (50m pool): 01:04.81 Antwerpen 15/03/2026			PB (25m pool): 01:01.98 SB: 01:04.81 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.56	01:04.81	
	00:30.56	00:34.25	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:9, starttime: 16:22
Heat: 9/10 Lane : 6 Athlete: VOLCKAERT THOMAS			Q-time: 00:58:34
PB (50m pool): 00:58.34 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 00:57.14 SB: 00:58.34 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:27.76	00:58.34	
	00:27.76	00:30.58	
			

Coach feedback:

Memorial H Braeckman: Session: 2: COACH evaluation sheet for TEAM: ZIOS

Event number: 32: 100M FREESTYLE MEN 11+			Heat:10, starttime: 16:24
Heat: 10/10 Lane : 7 Athlete: VOLCKAERT MATTHIAS			Q-time: 00:56:42
PB (50m pool): 00:56.42 Olympic Pool Wezenberg, Antwer 29/03/25PB (100m pool): 00:54.38 SB: 00:56.42 Olympic Pool Wezenberg, Antwer 29/03/25			
	5 0 M	1 0 0 M	
PB	00:26.76	00:56.42	
	00:26.76	00:29.66	
			

Coach feedback: