

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

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Scheveneels Judith HEADCOACH

Coaches: Van Laere Megan

Coaches: Meyers Sepp

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 : 4 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: 01:21.26 Aalst 20/12/2025

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

Coach feedback:

Event number: 20: 100M BUTTERFLY WOMEN 11+ Heat:2, starttime: 14:04

Heat: 2/2 Lane : 4 Athlete: VERRET JULIE Q-time: 01:09:46

PB (50m pool): 01:09.46 Antwerpen 08/03/2026 PB (25m pool): 01:09.41 SB: 01:09.46 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:32.65	01:09.46	
	00:32.65	00:36.81	
			

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 11+ Heat:4, starttime: 14:13

Heat: 4/4 Lane : 4 Athlete: LAUREYSSSENS LUKAS Q-time: 00:56:91

PB (50m pool): 00:56.91 Antwerpen 27/07/2025 PB (25m pool): 00:56.64 SB: 00:57.40 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:26.73	00:56.91	
	00:26.73	00:30.18	
			

Coach feedback:

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Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 14:24
Heat: 4/9 Lane : 8 Athlete: VASQUEZ ANNA			Q-time: 01:32:73
PB (50m pool): 01:32.73 Wezenberg 01/02/2026			PB (25m pool): 01:33.56 SB: 01:32.73 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:46.07	01:32.73	
	00:46.07	00:46.66	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 14:29
Heat: 6/9 Lane : 5 Athlete: LYTVYNIUK-HUL SOFIA			Q-time: 01:21:35
PB (50m pool): 01:21.35 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:30.46 SB: 01:21.35 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:39.41	01:21.35	
	00:39.41	00:41.94	
			

Coach feedback:

Event number: 22: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 14:29
Heat: 6/9 Lane : 7 Athlete: LESSELIERS EMILY			Q-time: 01:22:47
PB (50m pool): 01:22.47 Antwerpen 15/03/2026			PB (25m pool): 01:21.78 SB: 01:22.47 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.24	01:22.47	
	00:40.24	00:42.23	
			

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 14:38
Heat: 1/7 Lane : 7 Athlete: VLEEMING BIAGIO			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:24.00 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:3, starttime: 14:44			
Heat: 3/7 Lane : 7 Athlete: PEETERS SAMUEL				Q-time: 01:22:94			
PB (50m pool): 01:22.94 Olympic Pool Wezenberg, Antwer 29/03/26				PB (25m pool): 01:37.41 SB: 01:22.94 Olympic Pool Wezenberg, Antwer 29/03/26			
	5 0 M	1 0 0 M					
PB	00:39.99	01:22.94					
	00:39.99	00:42.95					
							

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+				Heat:7, starttime: 14:53			
Heat: 7/7 Lane : 2 Athlete: DE RIDDER ARNE				Q-time: 01:03:47			
PB (50m pool): 01:03.47 Antwerpen 08/03/2026				PB (25m pool): 01:03.55 SB: 01:03.47 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M					
PB	00:30.90	01:03.47					
	00:30.90	00:32.57					
							

Coach feedback:

Event number: 26: 400M FREESTYLE WOMEN 15+							Heat:1, starttime: 15:09	
Heat: 1/1 Lane : 4 Athlete: DE RIDDER STERRE							Q-time: 04:48:48	
PB (50m pool): 04:48.48 Antwerpen 27/07/2025				PB (25m pool): 04:48.50 SB: 04:50.97 Antwerpen 19/04/2026				
	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	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: 29: 100M BREASTSTROKE WOMEN 11+				Heat:1, starttime: 15:24			
Heat: 1/4 Lane : 7 Athlete: FLEERACKERS LAURA				Q-time: 99:99:99			
PB (50m pool): 01:48.93 Olympic Pool Wezenberg, Antwer 29/03/26				PB (25m pool): 01:50.94 SB: 01:48.93 Olympic Pool Wezenberg, Antwer 29/03/26			
	5 0 M	1 0 0 M					
PB	00:51.03	01:48.93					
	00:51.03	00:57.90					
							

Coach feedback:

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Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 15:29
Heat: 3/4 Lane : 1 Athlete: THEUNISSEN JOLIEN			Q-time: 01:33:50
PB (50m pool): 01:33.50 Antwerpen 15/03/2026			PB (25m pool): 01:33.96 SB: 01:33.50 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.01	01:33.50	
	00:44.01	00:49.49	
			

Coach feedback:

Event number: 29: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 15:31
Heat: 4/4 Lane : 4 Athlete: VAN OSTA NOMI			Q-time: 01:18:09
PB (50m pool): 01:17.45 ANTWERPEN 30/07/2023			PB (25m pool): 01:15.39 SB: 01:20.44 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:17.45	
	no time		
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:01
Heat: 9/11 Lane : 3 Athlete: VAN HOOFF SARA			Q-time: 01:06:43
PB (50m pool): 01:06.43 Antwerp 02/02/2025			PB (25m pool): 01:05.69 SB: 01:06.94 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.46	01:06.43	
	00:31.46	00:34.97	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 16:01
Heat: 9/11 Lane : 7 Athlete: VAN DEN BERGH ANNA			Q-time: 01:07:00
PB (50m pool): 01:07.00 Antwerpen 15/03/2026			PB (25m pool): 01:05.70 SB: 01:07.00 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.71	01:07.00	
	00:31.71	00:35.29	
			

Coach feedback:

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Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:03
Heat: 10/11 Lane : 5 Athlete: VERRET JULIE			Q-time: 01:03:81
PB (50m pool): 01:03.81 Wezenberg 04/01/2026			PB (25m pool): 01:03.19 SB: 01:03.81 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:31.51	01:03.81	
	00:31.51	00:32.30	
			

Coach feedback:

Event number: 31: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 16:03
Heat: 10/11 Lane : 7 Athlete: VERNIERS NIME			Q-time: 01:05:15
PB (50m pool): 01:05.15 Antwerpen 15/03/2026			PB (25m pool): 01:03.75 SB: 01:05.15 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.54	01:05.15	
	00:31.54	00:33.61	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:1, starttime: 16:07
Heat: 1/10 Lane : 6 Athlete: MATHIEU JACK			Q-time: 99:99:99
PB (50m pool): 00:57.69 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 00:56.22 SB: 00:57.78 Olympic Pool Wezenberg, Antwer 29
	5 0 M	1 0 0 M	
PB	00:27.59	00:57.69	
	00:27.59	00:30.10	
			

Coach feedback:

Event number: 32: 100M FREESTYLE MEN 11+			Heat:3, starttime: 16:11
Heat: 3/10 Lane : 8 Athlete: VAN OOSTERWYCK ALEXANDER			Q-time: 01:14:30
PB (50m pool): 01:14.30 Antwerpen 08/03/2026			PB (25m pool): 01:14.63 SB: 01:14.30 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:35.85	01:14.30	
	00:35.85	00:38.45	
			

Coach feedback: