

FIRST Swim Meeting: Session: 1: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 07:30 untill 08:35. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:5, starttime: 08:55
Heat: 5/19 Lane : 2 Athlete: WAGEMANS DAAN			Q-time: 01:41:82
PB (50m pool): 01:41.82 Molenbeek 01/02/2026			PB (25m pool): 01:36.15 SB: 01:41.82 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:41.82	
	no time		
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:8, starttime: 09:01
Heat: 8/19 Lane : 4 Athlete: HERMANS VIKTOR			Q-time: 01:31:21
PB (50m pool): 01:29.37 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:25.65 SB: 01:29.37 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:42.13	01:29.37	
	00:42.13	00:47.24	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:18, starttime: 09:19
Heat: 18/19 Lane : 1 Athlete: CORNELISSEN LARS			Q-time: 01:11:75
PB (50m pool): 01:11.75 Gent 08/02/2026			PB (25m pool): 01:08.54 SB: 01:11.75 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.01	01:11.75	
	00:33.01	00:38.74	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:3, starttime: 09:28
Heat: 3/18 Lane : 2 Athlete: PINTE ELLA			Q-time: 01:53:67
PB (50m pool): 01:50.90 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:57.59SB: 01:50.90 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:52.30	01:50.90	
	00:52.30	00:58.60	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 09:33
Heat: 5/18 Lane : 3 Athlete: VAN HOEYMISSEN JANNE			Q-time: 01:43:44
PB (50m pool): 01:43.44 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:38.39SB: 01:43.97 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:49.18	01:43.44	
	00:49.18	00:54.26	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:15, starttime: 09:53
Heat: 15/18 Lane : 5 Athlete: VERSPECHT LIZANNE			Q-time: 01:24:64
PB (50m pool): 01:20.96 Antwerpen 28/07/2024 PB (25m pool): 01:18.62SB: 01:27.66 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:20.96	
	no time		
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 10:07
Heat: 4/14 Lane : 4 Athlete: WAGEMANS DAAN			Q-time: 01:25:66
PB (50m pool): 01:23.87 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:23.23SB: 01:23.87 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:38.59	01:23.87	
	00:38.59	00:45.28	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+			Heat:14, starttime: 10:24
Heat: 14/14 Lane : 0 Athlete: DE MAESSCHALCK YARNE			Q-time: 01:03:32
PB (50m pool): 01:02.59 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:01.48 SB: 01:02.59 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:28.64	01:02.59	
	00:28.64	00:33.95	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 10:25
Heat: 1/11 Lane : 6 Athlete: PINTE ELLA			Q-time: 99:99:99
PB (50m pool): 01:30.71 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:27.57 SB: 01:30.71 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:43.26	01:30.71	
	00:43.26	00:47.45	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 10:28
Heat: 2/11 Lane : 8 Athlete: VAN HOEYMISSEN JANNE			Q-time: 01:40:28
PB (50m pool): 01:35.96 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:41.22 SB: 01:35.96 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:44.92	01:35.96	
	00:44.92	00:51.04	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 10:34
Heat: 5/11 Lane : 3 Athlete: NECULAE MARIA IULIA			Q-time: 01:21:68
PB (50m pool): 01:21.68 Wezenberg 04/01/2026 PB (25m pool): 01:19.40 SB: 01:21.68 Wezenberg 04/01/2026			
	5 0 M	1 0 0 M	
PB	00:38.23	01:21.68	
	00:38.23	00:43.45	
			

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Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:9, starttime: 10:41	
Heat: 9/11 Lane : 8 Athlete: VAN ROY YANA				Q-time: 01:12:82	
PB (50m pool): 01:12.82 Antwerpen 13/07/2025				PB (25m pool): 01:12.07 SB: 01:13.53 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M			
PB	00:34.36	01:12.82			
	00:34.36	00:38.46			
					

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:10, starttime: 10:42	
Heat: 10/11 Lane : 8 Athlete: VAN ROY ONAH				Q-time: 01:12:41	
PB (50m pool): 01:12.41 Antwerpen 20/07/2025				PB (25m pool): 01:09.90 SB: 01:12.83 Gent 08/02/2026	
	5 0 M	1 0 0 M			
PB	00:34.26	01:12.41			
	00:34.26	00:38.15			
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+				Heat:4, starttime: 11:00	
Heat: 4/12 Lane : 9 Athlete: HERMANS VIKTOR				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 02:37.44 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: 5: 200M BACKSTROKE MEN 11+				Heat:7, starttime: 11:13	
Heat: 7/12 Lane : 5 Athlete: VAN DEN BERGHE VINCE				Q-time: 02:51:27	
PB (50m pool): 02:51.27 Molenbeek 01/02/2026				PB (25m pool): 02:45.34 SB: 02:51.27 Molenbeek 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:23.52	no time	02:51.27	
	no time				
					

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Event number: 6: 200M BACKSTROKE WOMEN 11+				Heat:3, starttime: 11:42	
Heat: 3/16 Lane : 1 Athlete: NECULAE MARIA IULIA				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 02:58.80 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: 6: 200M BACKSTROKE WOMEN 11+				Heat:12, starttime: 12:20	
Heat: 12/16 Lane : 9 Athlete: VAN ROY ONAH				Q-time: 02:48:34	
PB (50m pool): 02:48.34 Antwerpen 08/03/2026				PB (25m pool): 02:41.18 SB: 02:48.34 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.38	01:22.92	02:07.26	02:48.34	
	00:39.38	00:43.54	00:44.34	00:41.08	
					

Coach feedback: