

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: ZCK

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

Coaches: Timmermans Vera HEADCOACH

Coaches: Brugghemans Suzanne

Coaches: Van Den Broeck Dennis

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 : 9 Athlete: LAUWENS FINN			Q-time: 01:45:07
PB (50m pool): 01:45.07 Gent 08/02/2026			PB (25m pool): 01:48.32 SB: 01:45.07 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:49.57	01:45.07	
	00:49.57	00:55.50	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:10, starttime: 09:05
Heat: 10/19 Lane : 9 Athlete: VERSPECHT KOBE			Q-time: 01:26:91
PB (50m pool): 01:26.91 Molenbeek 01/02/2026			PB (25m pool): 01:24.91 SB: 01:26.91 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:26.91	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 09:41
Heat: 9/18 Lane : 5 Athlete: NUYTKENS MARIE			Q-time: 01:35:02
PB (50m pool): 01:35.02 Antwerpen 20/07/2025			PB (25m pool): 01:31.00 SB: 01:37.58 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:45.26	01:35.02	
	00:45.26	00:49.76	
			

Coach feedback:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:10, starttime: 09:43
Heat: 10/18 Lane : 1 Athlete: VERSPECHT LIEN			Q-time: 01:34:53
PB (50m pool): 01:38.50 Antwerp 04/02/2024			PB (25m pool): 01:31.16 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:38.50	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:45
Heat: 11/18 Lane : 1 Athlete: JACOBS ROXANNE			Q-time: 01:32:98
PB (50m pool): 01:32.98 Aalst 11/05/2025			PB (25m pool): 01:28.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.04	01:32.98	
	00:44.04	00:48.94	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:45
Heat: 11/18 Lane : 3 Athlete: VERSPECHT KAAT			Q-time: 01:32:42
PB (50m pool): 01:32.42 Antwerpen 15/03/2026			PB (25m pool): 01:27.40 SB: 01:32.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.53	01:32.42	
	00:42.53	00:49.89	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:14, starttime: 09:51
Heat: 14/18 Lane : 0 Athlete: GEENS AMÉLIE			Q-time: 01:28:05
PB (50m pool): 01:36.74 Lago Gent Rozebroeken 01/05/2022			PB (25m pool): 01:28.05 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:36.74	
	no time		
			

Coach feedback:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:18, starttime: 09:58
Heat: 18/18 Lane : 6 Athlete: VAN DEN EEDE OLIVIA			Q-time: 01:19:84
PB (50m pool): 01:19.84 Aalst 11/05/2025			PB (25m pool): 01:16.60 SB: 01:20.16 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:37.55	01:19.84	
	00:37.55	00:42.29	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:5, starttime: 10:09
Heat: 5/14 Lane : 0 Athlete: DE ROOS KASPER			Q-time: 01:24:93
PB (50m pool): 01:24.93 Gent 08/02/2026			PB (25m pool): 01:22.94 SB: 01:24.93 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.13	01:24.93	
	00:38.13	00:46.80	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:9, starttime: 10:16
Heat: 9/14 Lane : 2 Athlete: VAN LOON BAS			Q-time: 01:10:49
PB (50m pool): 01:10.49 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:10.24 SB: 01:11.21 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:32.24	01:10.49	
	00:32.24	00:38.25	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:11, starttime: 10:19
Heat: 11/14 Lane : 1 Athlete: BAKX WARRE			Q-time: 01:05:57
PB (50m pool): 01:05.57 Aalst 20/12/2025			PB (25m pool): 01:03.90 SB: 01:05.57 Aalst 20/12/2025
	5 0 M	1 0 0 M	
PB	00:29.63	01:05.57	
	00:29.63	00:35.94	
			

Coach feedback:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:4, starttime: 10:32
Heat: 4/11 Lane : 4 Athlete: SEGHERS MILLA			Q-time: 01:23:98
PB (50m pool): no time			PB (25m pool): 01:23.98 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:7, starttime: 10:37
Heat: 7/11 Lane : 3 Athlete: GEENS AMÉLIE			Q-time: 01:16:68
PB (50m pool): 01:16.68 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:13.34 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.37	01:16.68	
	00:33.37	00:43.31	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:8, starttime: 10:39
Heat: 8/11 Lane : 9 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 01:15:99
PB (50m pool): 01:15.99 Antwerpen 15/03/2026			PB (25m pool): 01:14.90 SB: 01:15.99 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.78	01:15.99	
	00:34.78	00:41.21	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:11, starttime: 10:44
Heat: 11/11 Lane : 3 Athlete: DALEMANS LYN			Q-time: 01:07:59
PB (50m pool): 01:07.59 Antwerpen 22/03/2026			PB (25m pool): 01:07.60 SB: 01:07.59 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:30.67	01:07.59	
	00:30.67	00:36.92	
			

Coach feedback:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:5, starttime: 11:04
Heat: 5/12 Lane : 4 Athlete: LAUWENS FINN					Q-time: 03:00:94
PB (50m pool): no time					PB (25m pool): 03:00.94 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:6, starttime: 11:09
Heat: 6/12 Lane : 5 Athlete: VERSPECHT KOBE					Q-time: 02:54:99
PB (50m pool): 02:54.99 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:45.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.89	01:25.09	02:10.85	02:54.99	
	00:40.89	00:44.20	00:45.76	00:44.14	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:8, starttime: 11:16
Heat: 8/12 Lane : 0 Athlete: VAN LOON BAS					Q-time: 02:48:75
PB (50m pool): 02:48.75 Aalst 11/05/2025					PB (25m pool): 02:51.07 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.13	01:22.19	02:06.58	02:48.75	
	00:40.13	00:42.06	00:44.39	00:42.17	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:8, starttime: 11:16
Heat: 8/12 Lane : 9 Athlete: DE ROOS KASPER					Q-time: 02:50:01
PB (50m pool): no time					PB (25m pool): 02:50.01 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:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:9, starttime: 12:09
Heat: 9/16 Lane : 0 Athlete: SEGHERS MILLA					Q-time: 03:02:49
PB (50m pool): no time PB (25m pool): 03:02.49 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:10, starttime: 12:13
Heat: 10/16 Lane : 4 Athlete: NUYTKENS MARIE					Q-time: 02:52:79
PB (50m pool): 02:52.79 Aalst 20/12/2025 PB (25m pool): 02:46.14 SB: 02:52.79 Aalst 20/12/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.26	01:24.91	02:10.16	02:52.79	
	00:40.26	00:44.65	00:45.25	00:42.63	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:11, starttime: 12:16
Heat: 11/16 Lane : 1 Athlete: VAN HOOMISSEN CHELSEA					Q-time: 02:51:18
PB (50m pool): 02:51.18 Gent 08/02/2026 PB (25m pool): 02:53.25 SB: 02:51.18 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.88	01:23.51	02:08.22	02:51.18	
	00:39.88	00:43.63	00:44.71	00:42.96	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:12, starttime: 12:20
Heat: 12/16 Lane : 7 Athlete: JACOBS ROXANNE					Q-time: 02:46:68
PB (50m pool): 02:46.68 Antwerpen 13/07/2025 PB (25m pool): 02:42.01 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.56	01:19.98	02:03.89	02:46.68	
	00:38.56	00:41.42	00:43.91	00:42.79	
					

Coach feedback:

FIRST Swim Meeting: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:13, starttime: 12:23
Heat: 13/16 Lane : 8 Athlete: VERSPECHT LIEN					Q-time: 02:45:26
PB (50m pool): 02:45.26 Aalst 11/05/2025					PB (25m pool): 02:37.15 SB: 02:45.28 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.25	01:19.52	02:02.84	02:45.26	
	00:37.25	00:42.27	00:43.32	00:42.42	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:14, starttime: 12:27
Heat: 14/16 Lane : 0 Athlete: VAN DEN EEDE OLIVIA					Q-time: 02:42:25
PB (50m pool): 02:39.24 Aalst 21/12/2024					PB (25m pool): 02:34.28 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.98	01:17.12	01:58.56	02:39.24	
	00:36.98	00:40.14	00:41.44	00:40.68	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:16, starttime: 12:34
Heat: 16/16 Lane : 2 Athlete: DALEMANS LYN					Q-time: 02:25:96
PB (50m pool): 02:25.96 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:22.07 SB: 02:27.33 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.47	01:11.24	01:49.35	02:25.96	
	00:34.47	00:36.77	00:38.11	00:36.61	
					

Coach feedback: