

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

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

- Coaches: Vereecken Sven
- Coaches: De Ridder Fedor
- Coaches: Nieuwenhuis Sven HEADCOACH
- Coaches: Dillen Toon

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:1, starttime: 08:45
Heat: 1/19 Lane : 3 Athlete: VAN MEER RUNE			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: 1: 100M BREASTSTROKE MEN 11+			Heat:2, starttime: 08:48
Heat: 2/19 Lane : 4 Athlete: NIEUWENHUIS ISAAC			Q-time: 02:07:86
PB (50m pool): 02:07.86 Antwerpen 15/03/2026			PB (25m pool): 02:08.67 SB: 02:07.86 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	01:00.84	02:07.86	
	01:00.84	01:07.02	
	.	.	

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 08:50
Heat: 3/19 Lane : 5 Athlete: STERCKX DAAN			Q-time: 01:52:88
PB (50m pool): 01:52.48 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 01:44.21 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:52.48	
	no time		
	.	.	

Coach feedback:

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Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:3, starttime: 08:50
Heat: 3/19 Lane : 8 Athlete: CORREIA DE OLIVEIRA TIAGO			Q-time: 01:57:81
PB (50m pool): 01:57.81 Antwerpen 15/03/2026			PB (25m pool): 02:07.08 SB: 01:57.81 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:55.78	01:57.81	
	00:55.78	01:02.03	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:4, starttime: 08:53
Heat: 4/19 Lane : 5 Athlete: DE FEYTER LUCAS			Q-time: 01:45:82
PB (50m pool): 01:45.82 Wezenberg 04/01/2026			PB (25m pool): 01:46.08 SB: 01:45.82 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:51.70	01:45.82	
	00:51.70	00:54.12	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:15, starttime: 09:14
Heat: 15/19 Lane : 6 Athlete: HAESENDONCKX JARNE			Q-time: 01:16:63
PB (50m pool): 01:16.63 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:11.30 SB: 01:19.87 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:35.00	01:16.63	
	00:35.00	00:41.63	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:16, starttime: 09:16
Heat: 16/19 Lane : 2 Athlete: MICHOEL QUINTEN			Q-time: 01:15:12
PB (50m pool): 01:15.12 Mol 22/06/2025			PB (25m pool): 01:10.19 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.40	01:15.12	
	00:35.40	00:39.72	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:16, starttime: 09:16
Heat: 16/19 Lane : 3 Athlete: HUFKENS ILIAN			Q-time: 01:14:49
PB (50m pool): 01:14.49 Wezenberg 01/02/2026			PB (25m pool): 01:11.79 SB: 01:14.49 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.26	01:14.49	
	00:35.26	00:39.23	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:16, starttime: 09:16
Heat: 16/19 Lane : 8 Athlete: DILLEN FINN			Q-time: 01:15:42
PB (50m pool): 01:14.67 Antwerpen 19/04/2026			PB (25m pool): 01:12.65 SB: 01:14.67 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:34.69	01:14.67	
	00:34.69	00:39.98	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:18, starttime: 09:19
Heat: 18/19 Lane : 6 Athlete: VAN BALLAER VIKTOR			Q-time: 01:08:95
PB (50m pool): 01:08.95 Antwerpen 27/04/2025			PB (25m pool): 01:04.15 SB: 01:09.29 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:31.82	01:08.95	
	00:31.82	00:37.13	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:25
Heat: 2/18 Lane : 2 Athlete: WOUTERS MIT			Q-time: 01:57:80
PB (50m pool): 01:56.87 Eindhoven 24/03/2024			PB (25m pool): 01:49.96 SB: 01:58.32 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:56.87	
	no time		
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:2, starttime: 09:25
Heat: 2/18 Lane : 3 Athlete: SCHEPERS LENTHE			Q-time: 01:57:56
PB (50m pool): 01:57.56 Antwerpen 15/03/2026			PB (25m pool): 01:57.67 SB: 01:57.56 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:56.24	01:57.56	
	00:56.24	01:01.32	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:30
Heat: 4/18 Lane : 5 Athlete: VALKENBORGHES YANNE			Q-time: 01:45:75
PB (50m pool): 01:45.75 Wezenberg 05/01/2025			PB (25m pool): 01:42.19 SB: 01:51.84 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:50.40	01:45.75	
	00:50.40	00:55.35	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:4, starttime: 09:30
Heat: 4/18 Lane : 9 Athlete: BOECKX LISA			Q-time: 01:50:50
PB (50m pool): no time			PB (25m pool): 01:50.50 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:5, starttime: 09:33
Heat: 5/18 Lane : 7 Athlete: SEGERS EMMA			Q-time: 01:43:93
PB (50m pool): no time			PB (25m pool): 01:43.93 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:35
Heat: 6/18 Lane : 1 Athlete: COESEMANS AMILIA			Q-time: 01:42:41
PB (50m pool): 01:42.41 Mol 22/06/2025			PB (25m pool): 01:33.63 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.52	01:42.41	
	00:48.52	00:53.89	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:35
Heat: 6/18 Lane : 6 Athlete: NIEUWENHUIS ZOë			Q-time: 01:41:40
PB (50m pool): 01:41.40 Antwerpen 15/03/2026			PB (25m pool): 01:37.17 SB: 01:41.40 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.63	01:41.40	
	00:47.63	00:53.77	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:7, starttime: 09:37
Heat: 7/18 Lane : 1 Athlete: VAN ASTEN RENéE			Q-time: 01:39:96
PB (50m pool): 01:39.96 Antwerpen 15/03/2026			PB (25m pool): 01:43.79 SB: 01:39.96 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:49.05	01:39.96	
	00:49.05	00:50.91	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:8, starttime: 09:39
Heat: 8/18 Lane : 0 Athlete: BOECKX PAULIEN			Q-time: 01:38:28
PB (50m pool): 01:36.13 Antwerpen 15/03/2026			PB (25m pool): 01:28.80 SB: 01:36.13 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.02	01:36.13	
	00:45.02	00:51.11	
			

Coach feedback:

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

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 09:41
Heat: 9/18 Lane : 6 Athlete: POELS NOMI			Q-time: 01:35:41
PB (50m pool): 01:33.57 Zwembad Brigitte Becue Oostend 19/05/2025			PB (25m pool): 01:28.51 SB: 01:38.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:33.57	
	no time		
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:9, starttime: 09:41
Heat: 9/18 Lane : 8 Athlete: DJONOU IMBA ITZANA			Q-time: 01:36:92
PB (50m pool): 01:36.87 Antwerpen 19/04/2026			PB (25m pool): 01:32.63 SB: 01:36.87 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:46.55	01:36.87	
	00:46.55	00:50.32	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:11, starttime: 09:45
Heat: 11/18 Lane : 6 Athlete: BORGHS LORE			Q-time: 01:32:50
PB (50m pool): 01:32.12 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 01:28.95 SB: 01:37.41 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.90	01:32.12	
	00:42.90	00:49.22	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:47
Heat: 12/18 Lane : 6 Athlete: LEYSEN IMKE			Q-time: 01:31:36
PB (50m pool): 01:31.36 Antwerp 02/02/2025			PB (25m pool): 01:27.82 SB: 01:32.90 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:43.66	01:31.36	
	00:43.66	00:47.70	
			

Coach feedback:

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Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:12, starttime: 09:47
Heat: 12/18 Lane : 8 Athlete: COOLS YELENA			Q-time: 01:31:78
PB (50m pool): 01:30.83 Antwerpen 15/03/2026			PB (25m pool): 01:25.14 SB: 01:30.83 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.98	01:30.83	
	00:42.98	00:47.85	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:17, starttime: 09:56
Heat: 17/18 Lane : 3 Athlete: DILLEN NORAH			Q-time: 01:17:98
PB (50m pool): 01:16.04 Antwerpen 28/07/2024			PB (25m pool): 01:13.72 SB: 01:19.42 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:16.04	
	no time		
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 10:05
Heat: 3/14 Lane : 0 Athlete: RAMSDONCK KRIS			Q-time: 01:46:09
PB (50m pool): 01:46.09 Mol 22/06/2025			PB (25m pool): 01:31.82 SB: no time
	5 0 M	1 0 0 M	
PB	00:47.56	01:46.09	
	00:47.56	00:58.53	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:3, starttime: 10:05
Heat: 3/14 Lane : 2 Athlete: LIEVENS RUBE			Q-time: 01:33:65
PB (50m pool): 01:33.65 Antwerpen 15/03/2026			PB (25m pool): 01:29.99 SB: 01:33.65 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.75	01:33.65	
	00:41.75	00:51.90	
			

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 10:07
Heat: 4/14 Lane : 0 Athlete: AGTEN VALERIO ÁLVARO			Q-time: 01:29:68
PB (50m pool): 01:29.68 Antwerpen 15/03/2026			PB (25m pool): 01:25.13 SB: 01:29.68 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.51	01:29.68	
	00:40.51	00:49.17	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:4, starttime: 10:07
Heat: 4/14 Lane : 7 Athlete: NEYRINCK RUBEN			Q-time: 01:28:09
PB (50m pool): 01:28.09 Wezenberg 04/01/2026			PB (25m pool): 01:28.96 SB: 01:28.09 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:41.23	01:28.09	
	00:41.23	00:46.86	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:9, starttime: 10:16
Heat: 9/14 Lane : 7 Athlete: DILLEN FINN			Q-time: 01:10:57
PB (50m pool): 01:10.57 Wezenberg 01/02/2026			PB (25m pool): 01:10.20 SB: 01:10.57 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:32.61	01:10.57	
	00:32.61	00:37.96	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:10, starttime: 10:18
Heat: 10/14 Lane : 8 Athlete: BEGUE MILANN			Q-time: 01:08:44
PB (50m pool): 01:08.44 Antwerpen 08/03/2026			PB (25m pool): 01:05.97 SB: 01:08.44 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.30	01:08.44	
	00:31.30	00:37.14	
			

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:11, starttime: 10:19
Heat: 11/14 Lane : 7 Athlete: DE VISSER SAM			Q-time: 01:05:36
PB (50m pool): 01:05.03 Antwerpen 16/04/2023			PB (25m pool): 01:02.34 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:05.03	
	no time		
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:12, starttime: 10:21
Heat: 12/14 Lane : 2 Athlete: HAESENDONCKX JARNE			Q-time: 01:02:55
PB (50m pool): 01:02.32 Antwerpen 19/04/2026			PB (25m pool): 01:02.40 SB: 01:02.32 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:28.51	01:02.32	
	00:28.51	00:33.81	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:13, starttime: 10:22
Heat: 13/14 Lane : 3 Athlete: MICHOEL QUINTEN			Q-time: 00:58:73
PB (50m pool): 00:58.73 Antwerpen 27/07/2025			PB (25m pool): 00:57.73 SB: 00:59.48 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	
PB	00:27.27	00:58.73	
	00:27.27	00:31.46	
			

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:14, starttime: 10:24
Heat: 14/14 Lane : 7 Athlete: VAN BALLAER VIKTOR			Q-time: 01:02:85
PB (50m pool): 01:02.85 Olympic Pool Wezenberg, Antwer 29/03/2025			PB (25m pool): 00:58.84 SB: 01:02.85 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	
PB	00:29.52	01:02.85	
	00:29.52	00:33.33	
			

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11+			Heat:14, starttime: 10:24
Heat: 14/14 Lane : 9 Athlete: ZRIRAK Wael			Q-time: 01:03:96
PB (50m pool): 01:03.96 Wezenberg 01/02/2026			PB (25m pool): 01:01.70 SB: 01:03.96 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:29.31	01:03.96	
	00:29.31	00:34.65	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:1, starttime: 10:25
Heat: 1/11 Lane : 4 Athlete: VEREECKEN WALTER FELINE			Q-time: 01:50:91
PB (50m pool): 01:50.91 Wezenberg 04/01/2026			PB (25m pool): no time SB: 01:50.91 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:50.64	01:50.91	
	00:50.64	01:00.27	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 10:28
Heat: 2/11 Lane : 0 Athlete: WOUTERS MIT			Q-time: 01:40:96
PB (50m pool): 01:36.36 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 01:32.92 SB: 01:40.96 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:45.33	01:36.36	
	00:45.33	00:51.03	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:2, starttime: 10:28
Heat: 2/11 Lane : 6 Athlete: WOUTERS DORA			Q-time: 01:34:99
PB (50m pool): 01:34.99 Wezenberg 01/02/2026			PB (25m pool): 01:31.42 SB: 01:34.99 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:41.38	01:34.99	
	00:41.38	00:53.61	
			

Coach feedback:

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

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:3, starttime: 10:30
Heat: 3/11 Lane : 5 Athlete: DE RIDDER ROXANE			Q-time: 01:28:12
PB (50m pool): 01:28.12 Wezenberg 04/01/2026			PB (25m pool): 01:25.39 SB: 01:28.12 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.35	01:28.12	
	00:39.35	00:48.77	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:3, starttime: 10:30
Heat: 3/11 Lane : 6 Athlete: COOLS YELENA			Q-time: 01:28:81
PB (50m pool): 01:28.81 Wezenberg 05/01/2025			PB (25m pool): 01:26.02 SB: 01:32.41 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.98	01:28.81	
	00:39.98	00:48.83	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:3, starttime: 10:30
Heat: 3/11 Lane : 8 Athlete: HUFKENS ELINA			Q-time: 01:30:69
PB (50m pool): 01:30.69 Antwerpen 15/03/2026			PB (25m pool): 01:25.21 SB: 01:30.69 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.26	01:30.69	
	00:40.26	00:50.43	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:4, starttime: 10:32
Heat: 4/11 Lane : 3 Athlete: POELS NOMI			Q-time: 01:25:25
PB (50m pool): 01:25.25 Wezenberg 03/01/2026			PB (25m pool): 01:19.04 SB: 01:25.25 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:38.80	01:25.25	
	00:38.80	00:46.45	
			

Coach feedback:

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Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 10:34
Heat: 5/11 Lane : 8 Athlete: BORGHS LORE			Q-time: 01:22:80
PB (50m pool): 01:19.44 Zwembad Brigitte Becue Oostend 19/05/2025 PB (25m pool): 01:17.99 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:19.44	
	no time		
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:5, starttime: 10:34
Heat: 5/11 Lane : 9 Athlete: VALKENBORGHS YANNE			Q-time: 01:23:88
PB (50m pool): 01:23.88 Antwerp 02/02/2025 PB (25m pool): 01:22.07 SB: 01:24.52 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:36.76	01:23.88	
	00:36.76	00:47.12	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:6, starttime: 10:35
Heat: 6/11 Lane : 5 Athlete: VAN TILBURG FRAUKE			Q-time: 01:18:36
PB (50m pool): 01:18.36 Antwerpen 20/07/2025 PB (25m pool): 01:13.39 SB: 01:19.84 Wezenberg 04/01/2026			
	5 0 M	1 0 0 M	
PB	00:35.97	01:18.36	
	00:35.97	00:42.39	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:6, starttime: 10:35
Heat: 6/11 Lane : 7 Athlete: VANLOMMEL LUISA VALENTINA			Q-time: 01:20:12
PB (50m pool): 01:20.12 Mol 22/06/2025 PB (25m pool): 01:17.36 SB: no time			
	5 0 M	1 0 0 M	
PB	00:36.43	01:20.12	
	00:36.43	00:43.69	
			

Coach feedback:

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

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:6, starttime: 10:35
Heat: 6/11 Lane : 8 Athlete: LEYSEN IMKE			Q-time: 01:20:36
PB (50m pool): 01:20.36 Antwerp 02/02/2025			PB (25m pool): 01:18.86 SB: 01:23.14 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:37.51	01:20.36	
	00:37.51	00:42.85	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:6, starttime: 10:35
Heat: 6/11 Lane : 9 Athlete: COESEMANS AMILIA			Q-time: 01:20:85
PB (50m pool): 01:20.85 Eindhoven 22/03/2026			PB (25m pool): 01:18.77 SB: 01:20.85 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:34.27	01:20.85	
	00:34.27	00:46.58	
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:7, starttime: 10:37
Heat: 7/11 Lane : 2 Athlete: DILLEN NORAH			Q-time: 01:16:98
PB (50m pool): 01:13.45 Mol 23/06/2024			PB (25m pool): 01:11.04 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:13.45	
	no time		
			

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+			Heat:8, starttime: 10:39
Heat: 8/11 Lane : 1 Athlete: BOOGERS NOOR			Q-time: 01:15:33
PB (50m pool): 01:15.33 Wezenberg 01/02/2026			PB (25m pool): 01:13.29 SB: 01:15.33 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.06	01:15.33	
	00:35.06	00:40.27	
			

Coach feedback:

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

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:1, starttime: 10:46
Heat: 1/12 Lane : 0 Athlete: CORREIA DE OLIVEIRA TIAGO					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				
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:3, starttime: 10:55
Heat: 3/12 Lane : 3 Athlete: DE FEYTER LUCAS					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				
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:3, starttime: 10:55
Heat: 3/12 Lane : 4 Athlete: VAN MEER RUNE					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				
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:5, starttime: 11:04
Heat: 5/12 Lane : 8 Athlete: NIEUWENHUIS ISAAC					Q-time: 03:47:03
PB (50m pool): no time PB (25m pool): 03:47.03 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: ZGEEL

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:6, starttime: 11:09
Heat: 6/12 Lane : 0 Athlete: NEYRINCK RUBEN					Q-time: 03:00:82
PB (50m pool): 03:00.82 Wezenberg 01/02/2026					PB (25m pool): 02:47.96 SB: 03:00.82 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.52	01:28.36	02:14.75	03:00.82	
	00:41.52	00:46.84	00:46.39	00:46.07	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:6, starttime: 11:09
Heat: 6/12 Lane : 3 Athlete: STERCKX DAAN					Q-time: 02:55:76
PB (50m pool): 02:55.76 Wezenberg 01/02/2026					PB (25m pool): 02:47.81 SB: 02:55.76 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.94	01:25.51	02:11.82	02:55.76	
	00:40.94	00:44.57	00:46.31	00:43.94	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:6, starttime: 11:09
Heat: 6/12 Lane : 7 Athlete: LIEVENS RUBE					Q-time: 02:58:58
PB (50m pool): no time					PB (25m pool): 02:58.58 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 : 9 Athlete: RAMSDONCK KRIS					Q-time: 03:00:92
PB (50m pool): 02:55.94 Antwerpen 19/04/2026					PB (25m pool): 03:00.92 SB: 02:55.94 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.18	01:26.62	02:12.42	02:55.94	
	00:42.18	00:44.44	00:45.80	00:43.52	
					

Coach feedback:

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

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:7, starttime: 11:13
Heat: 7/12 Lane : 4 Athlete: AGTEN VALERIO ÁLVARO					Q-time: 02:50:25
PB (50m pool): 02:46.49 Antwerpen 19/04/2026					PB (25m pool): 02:38.93 SB: 02:46.49 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.07	01:20.45	02:03.51	02:46.49	
	00:38.07	00:42.38	00:43.06	00:42.98	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:10, starttime: 11:23
Heat: 10/12 Lane : 4 Athlete: BEGUE MILANN					Q-time: 02:32:33
PB (50m pool): 02:32.33 Antwerpen 20/07/2025					PB (25m pool): 02:25.61 SB: 02:33.89 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.14	01:13.47	01:53.07	02:32.33	
	00:35.14	00:38.33	00:39.60	00:39.26	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:11, starttime: 11:27
Heat: 11/12 Lane : 5 Athlete: HUFKENS ILIAN					Q-time: 02:28:27
PB (50m pool): 02:28.27 Antwerpen 08/03/2026					PB (25m pool): 02:32.48 SB: 02:28.27 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.09	01:13.66	01:51.76	02:28.27	
	00:35.09	00:38.57	00:38.10	00:36.51	
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:12, starttime: 11:30
Heat: 12/12 Lane : 0 Athlete: ZRIRAK WAEL					Q-time: 02:27:50
PB (50m pool): 02:27.50 Antwerpen 08/03/2026					PB (25m pool): 02:21.09 SB: 02:27.50 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.43	01:10.96	01:49.91	02:27.50	
	00:33.43	00:37.53	00:38.95	00:37.59	
					

Coach feedback:

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

Event number: 5: 200M BACKSTROKE MEN 11+					Heat:12, starttime: 11:30
Heat: 12/12 Lane : 3 Athlete: VAN TILBURG MATTHIAS					Q-time: 02:17:53
PB (50m pool): 02:16.00 Antwerpen 28/07/2024					PB (25m pool): 02:10.76 SB: 02:22.20 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:16.00	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:1, starttime: 11:33
Heat: 1/16 Lane : 5 Athlete: BOECKX LISA					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				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 11:38
Heat: 2/16 Lane : 4 Athlete: SEGERS EMMA					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				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:2, starttime: 11:38
Heat: 2/16 Lane : 6 Athlete: NIEUWENHUIS ZOë					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				
					

Coach feedback:

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

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 11:47
Heat: 4/16 Lane : 3 Athlete: VEREECKEN WANTER FELINE					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				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 11:47
Heat: 4/16 Lane : 9 Athlete: DJONOU IMBA ITZANA					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				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:6, starttime: 11:56
Heat: 6/16 Lane : 3 Athlete: VAN ASTEN RENÉE					Q-time: 03:26:53
PB (50m pool): 03:26.53 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:03.79 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.43	01:40.28	02:35.80	03:26.53	
	00:47.43	00:52.85	00:55.52	00:50.73	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:6, starttime: 11:56
Heat: 6/16 Lane : 8 Athlete: SCHEPERS LENTHE					Q-time: 03:29:68
PB (50m pool): no time PB (25m pool): 03:29.68 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: ZGEEL

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:7, starttime: 12:01
Heat: 7/16 Lane : 0 Athlete: WOUTERS DORA					Q-time: 03:23:05
PB (50m pool): 03:23.05 Eindhoven 22/03/2026					PB (25m pool): 03:18.56 SB: 03:23.05 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.17	01:39.73	02:32.50	03:23.05	
	00:48.17	00:51.56	00:52.77	00:50.55	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:7, starttime: 12:01
Heat: 7/16 Lane : 8 Athlete: BOECKX PAULIEN					Q-time: 03:22:16
PB (50m pool): 03:16.14 Antwerpen 14/07/2024					PB (25m pool): 03:10.08 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	03:16.14	
	no time				
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:7, starttime: 12:01
Heat: 7/16 Lane : 9 Athlete: HUFKENS ELINA					Q-time: 03:24:02
PB (50m pool): 03:24.02 Wezenberg 01/02/2026					PB (25m pool): 02:59.15 SB: 03:24.02 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.06	01:39.52	02:33.30	03:24.02	
	00:47.06	00:52.46	00:53.78	00:50.72	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:8, starttime: 12:05
Heat: 8/16 Lane : 4 Athlete: COOLS YELENA					Q-time: 03:02:98
PB (50m pool): 03:02.98 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 03:03.66 SB: 03:03.28 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:44.97	01:32.62	02:19.81	03:02.98	
	00:44.97	00:47.65	00:47.19	00:43.17	
					

Coach feedback:

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

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:9, starttime: 12:09
Heat: 9/16 Lane : 1 Athlete: LEYSEN IMKE					Q-time: 03:01:60
PB (50m pool): 03:01.60 Wezenberg 01/02/2026					PB (25m pool): 02:53.19 SB: 03:01.60 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.73	01:29.32	02:16.20	03:01.60	
	00:42.73	00:46.59	00:46.88	00:45.40	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:9, starttime: 12:09
Heat: 9/16 Lane : 2 Athlete: COESEMANS AMILIA					Q-time: 02:59:99
PB (50m pool): 02:59.99 Eindhoven 22/03/2026					PB (25m pool): 02:53.07 SB: 02:59.99 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.52	01:28.46	02:16.34	02:59.99	
	00:43.52	00:44.94	00:47.88	00:43.65	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:9, starttime: 12:09
Heat: 9/16 Lane : 5 Athlete: WOUTERS MIT					Q-time: 02:58:38
PB (50m pool): 02:58.38 Antwerpen 13/07/2025					PB (25m pool): 02:56.75 SB: 03:03.76 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.89	01:28.89	02:14.81	02:58.38	
	00:42.89	00:46.00	00:45.92	00:43.57	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:9, starttime: 12:09
Heat: 9/16 Lane : 6 Athlete: BORGHS LORE					Q-time: 02:59:83
PB (50m pool): 02:53.30 Lago Gent Rozebroeken 05/05/2024					PB (25m pool): 02:51.13 SB: 03:03.15 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:53.30	
	no time				
					

Coach feedback:

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

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:11, starttime: 12:16
Heat: 11/16 Lane : 2 Athlete: DE RIDDER ROXANE					Q-time: 02:50:44
PB (50m pool): 02:56.30 Antwerpen 19/04/2026					PB (25m pool): 02:50.44 SB: 02:56.30 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.88	01:26.41	02:11.67	02:56.30	
	00:40.88	00:45.53	00:45.26	00:44.63	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:12, starttime: 12:20
Heat: 12/16 Lane : 1 Athlete: VAN TILBURG FRAUKE					Q-time: 02:46:80
PB (50m pool): 02:46.80 Antwerpen 08/03/2026					PB (25m pool): 02:38.73 SB: 02:46.80 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.05	01:21.25	02:04.82	02:46.80	
	00:38.05	00:43.20	00:43.57	00:41.98	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:14, starttime: 12:27
Heat: 14/16 Lane : 6 Athlete: BOOGERS NOOR					Q-time: 02:40:13
PB (50m pool): 02:40.13 Antwerpen 08/03/2026					PB (25m pool): 02:35.54 SB: 02:40.13 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.92	01:18.39	02:00.31	02:40.13	
	00:37.92	00:40.47	00:41.92	00:39.82	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:15, starttime: 12:30
Heat: 15/16 Lane : 9 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 02:38:99
PB (50m pool): 02:38.99 Eindhoven 22/03/2026					PB (25m pool): 02:35.59 SB: 02:38.99 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.45	01:16.95	01:58.41	02:38.99	
	00:36.45	00:40.50	00:41.46	00:40.58	
					

Coach feedback: