

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

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

Coaches: Bauwens Aron

Coaches: Naegels Eli

Coaches: Driesen Inge HEADCOACH

Coaches: Asselman Jasper

PB => Personal Best time

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

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 09:07
Heat: 11/19 Lane : 3 Athlete: EL HADDOUCHI HAROUN			Q-time: 01:23:03
PB (50m pool): 01:23.03 Mol 22/06/2025			PB (25m pool): 01:19.13 SB: no time
	5 0 M	1 0 0 M	
PB	00:38.89	01:23.03	
	00:38.89	00:44.14	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:11, starttime: 09:07
Heat: 11/19 Lane : 5 Athlete: NAEGELS REZA			Q-time: 01:22:97
PB (50m pool): 01:22.97 Antwerpen 15/03/2026			PB (25m pool): 01:21.44 SB: 01:22.97 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.84	01:22.97	
	00:38.84	00:44.13	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:12, starttime: 09:09
Heat: 12/19 Lane : 4 Athlete: MESTARI ABDERRAHMANE			Q-time: 01:20:83
PB (50m pool): 01:20.83 Antwerpen 19/04/2026			PB (25m pool): 01:19.68 SB: 01:20.83 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:36.10	01:20.83	
	00:36.10	00:44.73	
			

Coach feedback:

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Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:13, starttime: 09:10
Heat: 13/19 Lane : 5 Athlete: TSYBULNIAK KYRYL			Q-time: 01:19:70
PB (50m pool): 01:19.70 Antwerpen 19/04/2026			PB (25m pool): no time SB: 01:19.70 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:37.97	01:19.70	
	00:37.97	00:41.73	
			

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11+			Heat:16, starttime: 09:16
Heat: 16/19 Lane : 7 Athlete: LADEWIG SETH			Q-time: 01:15:22
PB (50m pool): 01:15.22 Antwerpen 20/04/2025			PB (25m pool): 01:12.18 SB: 01:15.32 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:34.69	01:15.22	
	00:34.69	00:40.53	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:6, starttime: 09:35
Heat: 6/18 Lane : 5 Athlete: NAGHIU MATIS IZOLDA			Q-time: 01:40:96
PB (50m pool): 01:40.96 Antwerp 02/02/2025			PB (25m pool): 01:40.35 SB: no time
	5 0 M	1 0 0 M	
PB	00:48.21	01:40.96	
	00:48.21	00:52.75	
			

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11+			Heat:18, starttime: 09:58
Heat: 18/18 Lane : 9 Athlete: VANDE SOMPELE JITS			Q-time: 01:24:27
PB (50m pool): 01:24.27 Antwerpen 19/04/2026			PB (25m pool): 01:26.87 SB: 01:24.27 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:39.90	01:24.27	
	00:39.90	00:44.37	
			

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+				Heat:12, starttime: 10:21	
Heat: 12/14 Lane : 3 Athlete: HOROVYI MYKYTA				Q-time: 00:59:16	
PB (50m pool): 00:59.16 Antwerp 09/02/2025				PB (25m pool): 00:58.37 SB: 00:59.44 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M			
PB	00:27.48	00:59.16			
	00:27.48	00:31.68			
					

Coach feedback:

Event number: 4: 100M BUTTERFLY WOMEN 11+				Heat:6, starttime: 10:35	
Heat: 6/11 Lane : 0 Athlete: NULENS LILI				Q-time: 01:20:80	
PB (50m pool): 01:20.80 Antwerpen 15/03/2026				PB (25m pool): 01:21.64 SB: 01:20.80 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M			
PB	00:37.69	01:20.80			
	00:37.69	00:43.11			
					

Coach feedback:

Event number: 5: 200M BACKSTROKE MEN 11+				Heat:2, starttime: 10:50	
Heat: 2/12 Lane : 5 Athlete: FONTANA ALESSANDRO MARIA NIC				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:4, starttime: 11:00	
Heat: 4/12 Lane : 8 Athlete: COGURCU ARDA				Q-time: 99:99:99	
PB (50m pool): no time				PB (25m pool): 02:47.20 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				
					

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Event number: 5: 200M BACKSTROKE MEN 11+					Heat:8, starttime: 11:16
Heat: 8/12 Lane : 7 Athlete: BETTENS STAN					Q-time: 02:43:84
PB (50m pool): 02:43.84 Wezenberg 01/02/2026					PB (25m pool): 02:34.53 SB: 02:43.84 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.45	01:20.82	02:03.57	02:43.84	
	00:38.45	00:42.37	00:42.75	00:40.27	
					

Coach feedback:

Event number: 6: 200M BACKSTROKE WOMEN 11+					Heat:4, starttime: 11:47
Heat: 4/16 Lane : 5 Athlete: VANDE SOMPELE HASSE					Q-time: 99:99:99
PB (50m pool): no time					PB (25m pool): 03:11.72 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:8, starttime: 12:05
Heat: 8/16 Lane : 3 Athlete: CORNEZ MAYLIE					Q-time: 03:04:19
PB (50m pool): 03:02.30 Olympic Pool Wezenberg, Antwer 24/03/25					PB (25m pool): 02:52.57 SB: 03:04.19 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:02.30	
	no time				
					

Coach feedback: