

FIRST Swim Meeting: Session: 2: COACH evaluation sheet for TEAM: TSZ

Coachinfo: Warming up from: 13:00 untill 14:05. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Guldentops Kevin

Coaches: Verluyten Philippe

Coaches: Michiels Hans HEADCOACH

Coaches: Hanssens Yash

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

Event number: 7: 100M BREASTSTROKE MIXED 10-9			Heat:1, starttime: 14:15
Heat: 1/2 Lane : 3 Athlete: DERRE EMIEL			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 02:03.52 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 7: 100M BREASTSTROKE MIXED 10-9			Heat:1, starttime: 14:15
Heat: 1/2 Lane : 4 Athlete: JANSSENS MILA			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:53.14 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	.	.	

Coach feedback:

Event number: 7: 100M BREASTSTROKE MIXED 10-9			Heat:1, starttime: 14:15
Heat: 1/2 Lane : 6 Athlete: SEGERS ZOë			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:53.19 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: 8: 200M FREESTYLE MEN 11+					Heat:4, starttime: 14:34
Heat: 4/28 Lane : 5 Athlete: EL BOUJADDAYNI YAHYA					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: 8: 200M FREESTYLE MEN 11+					Heat:9, starttime: 14:53
Heat: 9/28 Lane : 2 Athlete: EVERAERT MATTHIEU					Q-time: 02:42:30
PB (50m pool): 02:42.30 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:42.71 SB: 02:42.30 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.14	01:20.32	02:02.76	02:42.30	
	00:37.14	00:43.18	00:42.44	00:39.54	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:10, starttime: 14:56
Heat: 10/28 Lane : 4 Athlete: VANDEPUTTE WOUT					Q-time: 02:35:10
PB (50m pool): 02:35.10 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:55.91 SB: 02:35.10 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.18	01:15.73	01:56.07	02:35.10	
	00:36.18	00:39.55	00:40.34	00:39.03	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:12, starttime: 15:02
Heat: 12/28 Lane : 3 Athlete: AERENS JEF					Q-time: 02:30:77
PB (50m pool): 02:30.77 Antwerp 26/01/2025 PB (25m pool): 02:26.10 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.08	01:12.29	01:52.01	02:30.77	
	00:34.08	00:38.21	00:39.72	00:38.76	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:13, starttime: 15:05
Heat: 13/28 Lane : 1 Athlete: RENDERS KLAAS					Q-time: 02:29:75
PB (50m pool): 02:25.16 Antwerpen 19/04/2026					PB (25m pool): 02:25.99 SB: 02:25.16 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.42	01:11.97	01:49.43	02:25.16	
	00:34.42	00:37.55	00:37.46	00:35.73	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:14, starttime: 15:08
Heat: 14/28 Lane : 7 Athlete: SCIACCA EMILIO					Q-time: 02:26:18
PB (50m pool): 02:23.01 Antwerpen 19/04/2026					PB (25m pool): 02:19.46 SB: 02:23.01 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.12	01:09.50	01:46.54	02:23.01	
	00:33.12	00:36.38	00:37.04	00:36.47	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:17, starttime: 15:17
Heat: 17/28 Lane : 6 Athlete: EL BOUJADDAYNI DAOUD					Q-time: 02:20:10
PB (50m pool): 02:20.10 Sportoase De Watermolen 29/03/2026					PB (25m pool): 02:20.66 SB: 02:20.10 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.94	01:08.36	01:45.29	02:20.10	
	00:31.94	00:36.42	00:36.93	00:34.81	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:18, starttime: 15:20
Heat: 18/28 Lane : 3 Athlete: BOEL LIAM					Q-time: 02:17:59
PB (50m pool): 02:17.59 Sportoase De Watermolen 29/03/2026					PB (25m pool): 02:16.88 SB: 02:17.59 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.57	01:06.52	01:42.26	02:17.59	
	00:31.57	00:34.95	00:35.74	00:35.33	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:23, starttime: 15:33
Heat: 23/28 Lane : 2 Athlete: SCHRAUWEN BJARNE					Q-time: 02:10:52
PB (50m pool): 02:10.52 Antwerpen 08/03/2026					PB (25m pool): 02:06.24 SB: 02:10.52 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.61	01:02.84	01:37.28	02:10.52	
	00:29.61	00:33.23	00:34.44	00:33.24	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:24, starttime: 15:36
Heat: 24/28 Lane : 5 Athlete: DE JONG STAN					Q-time: 02:08:96
PB (50m pool): 02:07.34 Antwerpen 19/04/2026					PB (25m pool): 02:04.09 SB: 02:07.34 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.73	01:01.23	01:34.44	02:07.34	
	00:28.73	00:32.50	00:33.21	00:32.90	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:25, starttime: 15:38
Heat: 25/28 Lane : 3 Athlete: WAELPUT THOMAS					Q-time: 02:07:51
PB (50m pool): 02:06.03 Gent (Rozebroeken) 03/03/2024					PB (25m pool): 02:00.87 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	02:06.03	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:27, starttime: 15:43
Heat: 27/28 Lane : 3 Athlete: MICHIELS SIBE					Q-time: 02:00:65
PB (50m pool): 02:00.65 Antwerpen 08/03/2026					PB (25m pool): 01:58.86 SB: 02:00.65 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.88	00:58.71	01:29.66	02:00.65	
	00:27.88	00:30.83	00:30.95	00:30.99	
					

Coach feedback:

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Event number: 9: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 15:48	
Heat: 1/2 Lane : 1 Athlete: SEGERS ZOë					Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): 01:34.15SB: no time			
	5 0 M	1 0 0 M				
PB	no time	no time				
	<i>no time</i>					
						

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9							Heat:1, starttime: 15:48		
Heat: 1/2 Lane : 4 Athlete: JANSSENS MILA							Q-time: 01:41:27		
PB (50m pool): 01:41.27 Gent 08/02/2026				PB (25m pool): 01:36.66SB: 01:41.27 Gent 08/02/2026					
	5 0 M		1 0 0 M						
PB	00:46.92		01:41.27						
	00:46.92		00:54.35						
									

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9							Heat:2, starttime: 15:51		
Heat: 2/2 Lane : 4 Athlete: DERRE EMIEL							Q-time: 01:23:93		
PB (50m pool): 01:23.93 Gent 08/02/2026				PB (25m pool): 01:30.66SB: 01:23.93 Gent 08/02/2026					
	5 0 M		1 0 0 M						
PB	00:38.56		01:23.93						
	00:38.56		00:45.37						
									

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 16:14
Heat: 5/18 Lane : 7 Athlete: LALOO FÉLINE				Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): 03:41.13 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:16, starttime: 17:00
Heat: 16/18 Lane : 8 Athlete: STESENS EMMA-LOUISE					Q-time: 03:05:50
PB (50m pool): 03:03.80 Antwerpen 19/04/2026					PB (25m pool): 02:55.62 SB: 03:03.80 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.15	01:28.00	02:16.71	03:03.80	
	00:41.15	00:46.85	00:48.71	00:47.09	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:17, starttime: 17:03
Heat: 17/18 Lane : 6 Athlete: VERLUYTEN LENI					Q-time: 02:59:82
PB (50m pool): 02:58.93 Antwerpen 19/04/2026					PB (25m pool): 02:49.89 SB: 02:58.93 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.74	01:24.04	02:10.81	02:58.93	
	00:38.74	00:45.30	00:46.77	00:48.12	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:18, starttime: 17:07
Heat: 18/18 Lane : 3 Athlete: LAGEY LISELOTTE					Q-time: 02:47:85
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: