

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

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

PB => Personal Best time

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

Event number: 8: 200M FREESTYLE MEN 11+ Heat:25, starttime: 15:38

Heat: 25/28 Lane : 7 Athlete: VAN HOEY BILLIET ALEXANDER Q-time: 02:07:96

PB (50m pool): 01:59.59 Antwerpen 21/04/2024 PB (25m pool): 01:53.64 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	01:59.59	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ Heat:28, starttime: 15:46

Heat: 28/28 Lane : 3 Athlete: LAMMENS SEPPE Q-time: 01:52:86

PB (50m pool): 01:52.86 Antwerpen 22/03/2026 PB (25m pool): 01:49.80 SB: 01:52.86 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.39	00:55.62	01:24.83	01:52.86	
	00:26.39	00:29.23	00:29.21	00:28.03	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ Heat:28, starttime: 15:46

Heat: 28/28 Lane : 4 Athlete: WAERNIERS BERE Q-time: 01:50:52

PB (50m pool): 01:50.52 Antwerpen 22/03/2026 PB (25m pool): 01:47.38 SB: 01:50.52 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.05	00:53.76	01:22.13	01:50.52	
	00:26.05	00:27.71	00:28.37	00:28.39	
					

Coach feedback:

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

Event number: 8: 200M FREESTYLE MEN 11+					Heat:28, starttime: 15:46
Heat: 28/28 Lane : 5 Athlete: ALVES TORRES PAUL					Q-time: 01:52:63
PB (50m pool): 01:52.63 Olympic Pool Wezenberg, Antwer 29/07/2025					PB (25m pool): no time SB: 01:52.63 Olympic Pool Wezenberg, Antwer 29/07/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:26.23	00:55.03	01:24.52	01:52.63	
	00:26.23	00:28.80	00:29.49	00:28.11	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:28, starttime: 15:46
Heat: 28/28 Lane : 7 Athlete: VRANKEN BARTEL					Q-time: 01:58:57
PB (50m pool): 02:07.98 ANTWERPEN 30/07/2023					PB (25m pool): 01:54.00 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	02:07.98	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:18, starttime: 17:07
Heat: 18/18 Lane : 4 Athlete: DELCOMMUNE ZINKE					Q-time: 02:29:29
PB (50m pool): 02:29.29 Antwerpen 27/04/2025					PB (25m pool): 02:25.44 SB: 02:31.68 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.15	01:12.06	01:50.14	02:29.29	
	00:34.15	00:37.91	00:38.08	00:39.15	
					

Coach feedback: