

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

Coachinfo: Warming up from: 13:00 untill 14:05. 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: 7: 100M BREASTSTROKE MIXED 10-9			Heat:1, starttime: 14:15
Heat: 1/2 Lane : 8 Athlete: PEETERS LOUISE			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: 7: 100M BREASTSTROKE MIXED 10-9			Heat:2, starttime: 14:18
Heat: 2/2 Lane : 1 Athlete: LAENEN LINS			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: 7: 100M BREASTSTROKE MIXED 10-9			Heat:2, starttime: 14:18
Heat: 2/2 Lane : 3 Athlete: TER HEERDT SKYE			Q-time: 01:59:66
PB (50m pool): no time			PB (25m pool): 01:59.66 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:2, starttime: 14:25
Heat: 2/28 Lane : 4 Athlete: DE VISSER SAM					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:3, starttime: 14:30
Heat: 3/28 Lane : 7 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: 8: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:38
Heat: 5/28 Lane : 7 Athlete: NIEUWENHUIS ISAAC					Q-time: 03:55:57
PB (50m pool): no time PB (25m pool): 03:55.57 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:6, starttime: 14:43
Heat: 6/28 Lane : 4 Athlete: DE FEYTER LUCAS					Q-time: 03:01:78
PB (50m pool): no time PB (25m pool): 03:01.78 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:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:6, starttime: 14:43
Heat: 6/28 Lane : 7 Athlete: CORREIA DE OLIVEIRA TIAGO					Q-time: 03:09:62
PB (50m pool): no time PB (25m pool): 03:09.62 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:7, starttime: 14:47
Heat: 7/28 Lane : 2 Athlete: RAMSDONCK KRIS					Q-time: 02:59:44
PB (50m pool): 02:43.99 Antwerpen 19/04/2026 PB (25m pool): 02:47.92 SB: 02:43.99 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.00	01:19.76	02:03.66	02:43.99	
	00:37.00	00:42.76	00:43.90	00:40.33	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:10, starttime: 14:56
Heat: 10/28 Lane : 5 Athlete: AGTEN VALERIO ÁLVARO					Q-time: 02:35:73
PB (50m pool): 02:32.54 Antwerpen 19/04/2026 PB (25m pool): 02:28.42 SB: 02:32.54 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.50	01:13.50	01:53.40	02:32.54	
	00:33.50	00:40.00	00:39.90	00:39.14	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:11, starttime: 14:59
Heat: 11/28 Lane : 1 Athlete: NEYRINCK RUBEN					Q-time: 02:34:72
PB (50m pool): 02:32.31 Antwerpen 19/04/2026 PB (25m pool): 02:32.01 SB: 02:32.31 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.68	01:16.19	01:54.57	02:32.31	
	00:36.68	00:39.51	00:38.38	00:37.74	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:11, starttime: 14:59
Heat: 11/28 Lane : 5 Athlete: LIEVENS RUBE					Q-time: 02:32:51
PB (50m pool): 02:32.51 Eindhoven 22/03/2026					PB (25m pool): 02:42.65 SB: 02:32.51 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.85	01:13.23	01:54.54	02:32.51	
	00:33.85	00:39.38	00:41.31	00:37.97	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:11, starttime: 14:59
Heat: 11/28 Lane : 7 Athlete: STERCKX DAAN					Q-time: 02:34:36
PB (50m pool): 02:32.91 Antwerpen 19/04/2026					PB (25m pool): 02:33.36 SB: 02:32.91 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.57	01:14.93	01:54.89	02:32.91	
	00:35.57	00:39.36	00:39.96	00:38.02	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:18, starttime: 15:20
Heat: 18/28 Lane : 1 Athlete: DILLEN FINN					Q-time: 02:17:90
PB (50m pool): 02:17.90 Antwerpen 20/07/2025					PB (25m pool): 02:10.62 SB: 02:21.13 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.89	01:06.88	01:42.89	02:17.90	
	00:31.89	00:34.99	00:36.01	00:35.01	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:22, starttime: 15:30
Heat: 22/28 Lane : 5 Athlete: HUFKENS ILIAN					Q-time: 02:11:87
PB (50m pool): 02:10.06 Antwerpen 19/04/2026					PB (25m pool): 02:10.53 SB: 02:10.06 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.10	01:04.09	01:37.25	02:10.06	
	00:30.10	00:33.99	00:33.16	00:32.81	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:24, starttime: 15:36
Heat: 24/28 Lane : 1 Athlete: BEGUE MILANN					Q-time: 02:09:77
PB (50m pool): 02:09.77 Antwerpen 08/03/2026					PB (25m pool): 02:05.13 SB: 02:09.77 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.70	01:02.74	01:36.64	02:09.77	
	00:29.70	00:33.04	00:33.90	00:33.13	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:26, starttime: 15:41
Heat: 26/28 Lane : 1 Athlete: ZRIRAK Wael					Q-time: 02:06:93
PB (50m pool): 02:06.93 Wezenberg 01/02/2026					PB (25m pool): 02:01.76 SB: 02:06.93 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.44	01:00.32	01:33.78	02:06.93	
	00:28.44	00:31.88	00:33.46	00:33.15	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:26, starttime: 15:41
Heat: 26/28 Lane : 4 Athlete: HAESENDONCKX JARNE					Q-time: 02:05:11
PB (50m pool): 02:05.11 Antwerpen 27/07/2025					PB (25m pool): 02:01.15 SB: 02:10.00 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.79	00:59.61	01:32.78	02:05.11	
	00:27.79	00:31.82	00:33.17	00:32.33	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:26, starttime: 15:41
Heat: 26/28 Lane : 5 Athlete: VAN TILBURG MATTHIAS					Q-time: 02:05:22
PB (50m pool): 02:03.72 Antwerpen 21/04/2024					PB (25m pool): 01:59.00 SB: 02:08.23 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	02:03.72	
	no time				
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:27, starttime: 15:43
Heat: 27/28 Lane : 2 Athlete: VAN BALLAER VIKTOR				Q-time: 02:01:92	
PB (50m pool): 02:01.92 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:57.97 SB: 02:05.70 Wezenberg 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.10	00:59.06	01:30.52	02:01.92	
	00:28.10	00:30.96	00:31.46	00:31.40	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:28, starttime: 15:46	
Heat: 28/28 Lane : 8 Athlete: MICHOEL QUINTEN					Q-time: 01:59:70	
PB (50m pool): 01:59.70 Antwerpen 27/07/2025					PB (25m pool): 01:56.32 SB: 02:00.14 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:27.71	00:57.89	01:29.39	01:59.70		
	00:27.71	00:30.18	00:31.50	00:30.31		
						

Coach feedback:

Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:1, starttime: 15:48	
Heat: 1/2 Lane : 2 Athlete: LAENEN LINS				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: 9: 100M FREESTYLE MIXED 10-9					Heat:1, starttime: 15:48	
Heat: 1/2 Lane : 8 Athlete: PEETERS LOUISE					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:

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Event number: 9: 100M FREESTYLE MIXED 10-9				Heat:2, starttime: 15:51
Heat: 2/2 Lane : 7 Athlete: TER HEERDT SKYE				Q-time: 01:36:67
PB (50m pool): no time		PB (25m pool): 01:36.67 SB: no time		
	5 0 M	1 0 0 M		
PB	no time	no time		
	no time			
				

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:2, starttime: 15:58
Heat: 2/18 Lane : 5 Athlete: WOUTERS MIT					Q-time: 99:99:99
PB (50m pool): 04:04.00		Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 03:52.49 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	04:04.00	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 16:03
Heat: 3/18 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 16:08
Heat: 4/18 Lane : 2 Athlete: SCHEPERS LENTHE					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:

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Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:4, starttime: 16:08
Heat: 4/18 Lane : 6 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 16:19
Heat: 6/18 Lane : 1 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:6, starttime: 16:19
Heat: 6/18 Lane : 4 Athlete: VAN ASTEN RENÉE					Q-time: 04:02:62
PB (50m pool): 04:02.62 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 04:12.29 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:57.11	02:02.82	03:03.59	04:02.62	
	00:57.11	01:05.71	01:00.77	00:59.03	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 16:24
Heat: 7/18 Lane : 7 Athlete: VAN TILBURG FRAUKE					Q-time: 03:55:35
PB (50m pool): 03:55.35 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:52.74	01:52.62	02:54.49	03:55.35	
	00:52.74	00:59.88	01:01.87	01:00.86	
					

Coach feedback:

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

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:7, starttime: 16:24
Heat: 7/18 Lane : 8 Athlete: WOUTERS DORA					Q-time: 04:00:55
PB (50m pool): 04:00.55 Eindhoven 16/03/2025					PB (25m pool): 03:54.22 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.09	01:54.64	02:57.77	04:00.55	
	00:53.09	01:01.55	01:03.13	01:02.78	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:8, starttime: 16:28
Heat: 8/18 Lane : 7 Athlete: DE RIDDER ROXANE					Q-time: 03:47:03
PB (50m pool): 03:47.03 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.96	01:50.31	02:47.99	03:47.03	
	00:53.96	00:56.35	00:57.68	00:59.04	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 16:37
Heat: 10/18 Lane : 5 Athlete: NIEUWENHUIS ZOë					Q-time: 03:30:79
PB (50m pool): no time					PB (25m pool): 03:30.79 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: 10: 200M BREASTSTROKE WOMEN 11+					Heat:10, starttime: 16:37
Heat: 10/18 Lane : 8 Athlete: COESEMANS AMILIA					Q-time: 03:35:37
PB (50m pool): 03:35.37 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.09	01:42.58	02:39.14	03:35.37	
	00:48.09	00:54.49	00:56.56	00:56.23	
					

Coach feedback:

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

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:11, starttime: 16:41
Heat: 11/18 Lane : 4 Athlete: DJONOU IMBA ITZANA					Q-time: 03:27:25
PB (50m pool): 03:27.25 Eindhoven 22/03/2026					PB (25m pool): no time SB: 03:27.25 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.55	01:41.23	02:33.63	03:27.25	
	00:48.55	00:52.68	00:52.40	00:53.62	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:11, starttime: 16:41
Heat: 11/18 Lane : 7 Athlete: HUFKENS ELINA					Q-time: 03:29:88
PB (50m pool): 03:29.88 Eindhoven 22/03/2026					PB (25m pool): no time SB: 03:29.88 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:47.10	01:41.28	02:36.62	03:29.88	
	00:47.10	00:54.18	00:55.34	00:53.26	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:11, starttime: 16:41
Heat: 11/18 Lane : 8 Athlete: BOOGERS NOOR					Q-time: 03:30:31
PB (50m pool): 03:30.31 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 03:40.18 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:48.37	01:42.13	02:37.53	03:30.31	
	00:48.37	00:53.76	00:55.40	00:52.78	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:14, starttime: 16:52
Heat: 14/18 Lane : 1 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 03:15:44
PB (50m pool): 03:15.44 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 03:34.79 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.72	01:34.08	02:25.26	03:15.44	
	00:43.72	00:50.36	00:51.18	00:50.18	
					

Coach feedback:

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Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:14, starttime: 16:52
Heat: 14/18 Lane : 7 Athlete: COOLS YELENA					Q-time: 03:14:95
PB (50m pool): 03:14.95 Eindhoven 22/03/2026					PB (25m pool): 03:04.88 SB: 03:14.95 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.20	01:31.90	02:23.00	03:14.95	
	00:43.20	00:48.70	00:51.10	00:51.95	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:18, starttime: 17:07
Heat: 18/18 Lane : 5 Athlete: DILLEN NORAH					Q-time: 02:45:91
PB (50m pool): 02:44.74 Antwerpen 28/07/2024					PB (25m pool): 02:42.48 SB: 02:52.89 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	02:44.74	
	no time				
					

Coach feedback: