

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

Coachinfo: Warming up from: 13:00 untill 14:05. 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: 8: 200M FREESTYLE MEN 11+					Heat:5, starttime: 14:38
Heat: 5/28 Lane : 8 Athlete: TSYBULNIAK KYRYL					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:6, starttime: 14:43
Heat: 6/28 Lane : 5 Athlete: FONTANA ALESSANDRO MARIA NIC					Q-time: 03:04:12
PB (50m pool): 03:05.11 Antwerpen 19/04/2026		PB (25m pool): no time SB: 03:05.11 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.12	01:27.91	02:21.16	03:05.11	
	00:37.12	00:50.79	00:53.25	00:43.95	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:8, starttime: 14:50
Heat: 8/28 Lane : 6 Athlete: EL HADDOUCHI HAROUN					Q-time: 02:48:12
PB (50m pool): 02:48.12 Antwerpen 15/10/2022		PB (25m pool): 02:28.24 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	02:48.12	
	no time				
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:10, starttime: 14:56
Heat: 10/28 Lane : 7 Athlete: LADEWIG SETH					Q-time: 02:37:96
PB (50m pool): 02:37.96 Antwerpen 16/07/2023					PB (25m pool): 02:36.98 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	02:37.96	
	no time				
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:13, starttime: 15:05
Heat: 13/28 Lane : 7 Athlete: BETTENS STAN					Q-time: 02:29:66
PB (50m pool): 02:29.66 Gent 08/02/2026					PB (25m pool): 02:23.31 SB: 02:29.66 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.28	01:14.58	01:54.08	02:29.66	
	00:34.28	00:40.30	00:39.50	00:35.58	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:15, starttime: 15:11
Heat: 15/28 Lane : 6 Athlete: COGURCU ARDA					Q-time: 02:24:52
PB (50m pool): 02:24.52 Antwerpen 13/07/2025					PB (25m pool): 02:32.94 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.38	01:08.71	01:46.77	02:24.52	
	00:32.38	00:36.33	00:38.06	00:37.75	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:16, starttime: 15:14
Heat: 16/28 Lane : 4 Athlete: MESTARI ABDERRAHMANE					Q-time: 02:20:82
PB (50m pool): 02:20.82 Antwerpen 19/04/2026					PB (25m pool): 02:34.75 SB: 02:20.82 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.14	01:04.84	01:43.38	02:20.82	
	00:30.14	00:34.70	00:38.54	00:37.44	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:21, starttime: 15:28
Heat: 21/28 Lane : 4 Athlete: BETTENS LUCAS					Q-time: 02:12:76
PB (50m pool): 02:12.76 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:10.60 SB: 02:14.59 Wezenberg 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.44	01:04.24	01:38.92	02:12.76	
	00:30.44	00:33.80	00:34.68	00:33.84	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:22, starttime: 15:30
Heat: 22/28 Lane : 2 Athlete: NAEGELS REZA					Q-time: 02:12:32
PB (50m pool): 02:12.32 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:09.93 SB: 02:14.34 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.99	01:03.36	01:37.84	02:12.32	
	00:29.99	00:33.37	00:34.48	00:34.48	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:27, starttime: 15:43
Heat: 27/28 Lane : 7 Athlete: HOROVYI MYKYTA					Q-time: 02:01:93
PB (50m pool): 02:01.93 Antwerpen 21/04/2024 PB (25m pool): 01:59.86 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	02:01.93	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:3, starttime: 16:03
Heat: 3/18 Lane : 4 Athlete: CORNEZ MAYLIE					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:43.85 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 : 7 Athlete: NULENS LILI					Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 03:28.63 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:8, starttime: 16:28
Heat: 8/18 Lane : 3 Athlete: VANDE SOMPELE HASSE					Q-time: 03:44:87
PB (50m pool): 03:44.87 Gent 08/02/2026 PB (25m pool): 03:29.19 SB: 03:44.87 Gent 08/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:50.51	01:47.81	02:47.24	03:44.87	
	00:50.51	00:57.30	00:59.43	00:57.63	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:9, starttime: 16:33
Heat: 9/18 Lane : 7 Athlete: NAGHIU MATIS IZOLDA					Q-time: 03:40:29
PB (50m pool): 03:40.29 Antwerpen 13/07/2025 PB (25m pool): 03:33.88 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:53.18	01:49.20	02:45.45	03:40.29	
	00:53.18	00:56.02	00:56.25	00:54.84	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:17, starttime: 17:03
Heat: 17/18 Lane : 4 Athlete: VANDE SOMPELE JITS					Q-time: 02:56:48
PB (50m pool): 02:56.48 Antwerpen 19/04/2026 PB (25m pool): 03:02.50 SB: 02:56.48 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.62	01:25.76	02:11.69	02:56.48	
	00:40.62	00:45.14	00:45.93	00:44.79	
					

Coach feedback: