

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

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

Coaches: De Herdt Els

Coaches: Jacob Sven

Coaches: Van Campenhout Sigrid

Coaches: De Weerdt Koen

Coaches: De Herdt An

Coaches: Gijsemans Liesbet HEADCOACH

PB => Personal Best time

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

Event number: 8: 200M FREESTYLE MEN 11+ Heat:16, starttime: 15:14

Heat: 16/28 Lane : 5 Athlete: JACOB QINGKUN Q-time: 02:20:94

PB (50m pool): 02:20.83 Antwerpen 19/04/2026 PB (25m pool): 02:14.99 SB: 02:20.83 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.05	01:07.49	01:44.48	02:20.83	
	00:32.05	00:35.44	00:36.99	00:36.35	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ Heat:16, starttime: 15:14

Heat: 16/28 Lane : 7 Athlete: SLAETS CAZ Q-time: 02:21:76

PB (50m pool): 02:21.76 Antwerpen 13/07/2025 PB (25m pool): 02:17.40 SB: 02:22.87 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.31	01:09.06	01:46.30	02:21.76	
	00:32.31	00:36.75	00:37.24	00:35.46	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ Heat:16, starttime: 15:14

Heat: 16/28 Lane : 8 Athlete: VERCAMMEN DAAN Q-time: 02:23:18

PB (50m pool): 02:22.17 Antwerpen 19/04/2026 PB (25m pool): 02:17.11 SB: 02:22.17 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.04	01:09.61	01:46.69	02:22.17	
	00:33.04	00:36.57	00:37.08	00:35.48	
					

Coach feedback:

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Event number: 8: 200M FREESTYLE MEN 11+					Heat:17, starttime: 15:17
Heat: 17/28 Lane : 7 Athlete: MERTENS GERBEN					Q-time: 02:20:43
PB (50m pool): 02:20.43 Antwerpen 13/07/2025 PB (25m pool): 02:33.11 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.41	01:08.71	01:45.40	02:20.43	
	00:32.41	00:36.30	00:36.69	00:35.03	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:19, starttime: 15:22
Heat: 19/28 Lane : 2 Athlete: DOOMEN MARNIX					Q-time: 02:16:50
PB (50m pool): 02:12.01 Antwerpen 19/04/2026 PB (25m pool): 02:06.45 SB: 02:12.01 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.30	01:04.06	01:38.68	02:12.01	
	00:30.30	00:33.76	00:34.62	00:33.33	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:20, starttime: 15:25
Heat: 20/28 Lane : 7 Athlete: WIJSGEER VIKTOR					Q-time: 02:14:57
PB (50m pool): 02:14.57 Olympic Pool Wezenberg, Antwer 29/03/2025 PB (25m pool): 02:09.28 SB: 02:14.57 Olympic Pool Wezenberg, Antwer 29/03/2025					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.71	01:05.11	01:40.59	02:14.57	
	00:30.71	00:34.40	00:35.48	00:33.98	
					

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+					Heat:22, starttime: 15:30
Heat: 22/28 Lane : 6 Athlete: JANSSENS TIJS					Q-time: 02:12:03
PB (50m pool): 02:12.03 Antwerp 09/02/2025 PB (25m pool): 02:06.73 SB: 02:13.37 Wezenberg 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.04	01:03.47	01:38.65	02:12.03	
	00:30.04	00:33.43	00:35.18	00:33.38	
					

Coach feedback:

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Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 16:14
Heat: 5/18 Lane : 2 Athlete: JACOBS LOTTE					Q-time: 99:99:99
PB (50m pool): 03:33.19 Antwerpen 16/10/2022					PB (25m pool): 03:08.53 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	03:33.19	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:5, starttime: 16:14
Heat: 5/18 Lane : 5 Athlete: VERDOOD PIP					Q-time: 99:99:99
PB (50m pool): 03:20.12 Antwerpen 14/07/2024					PB (25m pool): 03:11.29 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	03:20.12	
	no time				
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:12, starttime: 16:45
Heat: 12/18 Lane : 5 Athlete: VERHOEVEN LIESE					Q-time: 03:22:11
PB (50m pool): 03:22.11 Wezenberg 01/02/2026					PB (25m pool): 03:08.37 SB: 03:22.11 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:45.44	01:37.11	02:30.49	03:22.11	
	00:45.44	00:51.67	00:53.38	00:51.62	
					

Coach feedback:

Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:15, starttime: 16:56
Heat: 15/18 Lane : 7 Athlete: VAN REETH LIEZE					Q-time: 03:09:63
PB (50m pool): 03:09.63 Antwerpen 13/07/2025					PB (25m pool): 03:12.87 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.58	01:32.17	02:21.18	03:09.63	
	00:43.58	00:48.59	00:49.01	00:48.45	
					

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Event number: 10: 200M BREASTSTROKE WOMEN 11+					Heat:16, starttime: 17:00
Heat: 16/18 Lane : 7 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 03:04:93
PB (50m pool): 03:04.93 Antwerpen 13/07/2025					PB (25m pool): 02:58.41 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.20	01:29.07	02:16.68	03:04.93	
	00:42.20	00:46.87	00:47.61	00:48.25	
					

Coach feedback: