

FIRST Swim Meeting: Session: 3: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 07:30 untill 08:35. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

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

Event number: 11: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 08:51				
Heat: 4/22 Lane : 0 Athlete: VAN HOEYMISSEN JANNE					Q-time: 01:24:96				
PB (50m pool): 01:18.95 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:20.28 SB: 01:18.95 Zwembad Brigitte Becue 26/04/2026									
	5 0 M		1 0 0 M						
PB	00:38.14		01:18.95						
	00:38.14		00:40.81						
									

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+						Heat:9, starttime: 09:00	
Heat: 9/22 Lane : 0 Athlete: NECULAE MARIA IULIA					Q-time: 01:13:21		
PB (50m pool): 01:13.21 Antwerpen 08/03/2026						PB (25m pool): 01:09.15 SB: 01:13.21 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M					
PB	00:36.48	01:13.21					
	00:36.48	00:36.73					
							

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+						Heat:13, starttime: 09:06	
Heat: 13/22 Lane : 4 Athlete: VAN ROY ONAH					Q-time: 01:08:29		
PB (50m pool): 01:08.29 Antwerpen 08/03/2026						PB (25m pool): 01:05.66 SB: 01:08.29 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M					
PB	00:32.48	01:08.29					
	00:32.48	00:35.81					
							

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:10
Heat: 15/22 Lane : 4 Athlete: VAN ROY YANA			Q-time: 01:06:59
PB (50m pool): 01:06.59 Gent 08/02/2026			PB (25m pool): 01:04.79 SB: 01:06.59 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:32.19	01:06.59	
	00:32.19	00:34.40	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:7, starttime: 09:33
Heat: 7/23 Lane : 5 Athlete: HERMANS VIKTOR			Q-time: 01:10:11
PB (50m pool): 01:05.65 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:06.56 SB: 01:05.65 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:31.41	01:05.65	
	00:31.41	00:34.24	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:9, starttime: 09:37
Heat: 9/23 Lane : 4 Athlete: WAGEMANS DAAN			Q-time: 01:06:83
PB (50m pool): 01:06.83 Antwerpen 08/03/2026			PB (25m pool): 01:05.47 SB: 01:06.83 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.64	01:06.83	
	00:32.64	00:34.19	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:15, starttime: 09:46
Heat: 15/23 Lane : 6 Athlete: CORNELISSEN LARS			Q-time: 01:01:06
PB (50m pool): 00:59.79 Antwerpen 28/07/2024			PB (25m pool): 00:58.37 SB: 01:01.06 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	no time	00:59.79	
	no time		
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:17, starttime: 09:48
Heat: 17/23 Lane : 8 Athlete: PEERSMAN NIEL			Q-time: 00:59:77
PB (50m pool): 00:59.77 Antwerpen 15/03/2026			PB (25m pool): 00:57.33 SB: 00:59.77 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:28.18	00:59.77	
	00:28.18	00:31.59	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:22, starttime: 09:55
Heat: 22/23 Lane : 0 Athlete: DE MAESSCHALCK YARNE			Q-time: 00:57:00
PB (50m pool): 00:57.00 Antwerpen 13/07/2025			PB (25m pool): 00:55.12 SB: 00:57.26 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	00:27.36	00:57.00	
	00:27.36	00:29.64	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:16
Heat: 8/20 Lane : 1 Athlete: VAN HOEYMISSEN JANNE			Q-time: 01:29:21
PB (50m pool): 01:26.51 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:28.01 SB: 01:26.51 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:42.79	01:26.51	
	00:42.79	00:43.72	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:16
Heat: 8/20 Lane : 3 Athlete: NECULAE MARIA IULIA			Q-time: 01:27:95
PB (50m pool): 01:27.95 Antwerpen 20/07/2025			PB (25m pool): 01:25.44 SB: 01:28.21 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:43.73	01:27.95	
	00:43.73	00:44.22	
			

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 10:33
Heat: 16/20 Lane : 6 Athlete: VAN ROY ONAH			Q-time: 01:16:54
PB (50m pool): 01:16.54 Molenbeek 01/02/2026			PB (25m pool): 01:15.12 SB: 01:16.54 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:16.54	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:57
Heat: 7/19 Lane : 5 Athlete: WAGEMANS DAAN			Q-time: 01:22:52
PB (50m pool): 01:22.52 Antwerpen 08/03/2026			PB (25m pool): 01:20.73 SB: 01:22.52 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:41.15	01:22.52	
	00:41.15	00:41.37	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 11:05
Heat: 11/19 Lane : 2 Athlete: HERMANS VIKTOR			Q-time: 01:16:16
PB (50m pool): 01:14.63 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:13.57 SB: 01:14.63 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:35.84	01:14.63	
	00:35.84	00:38.79	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:16, starttime: 11:15
Heat: 16/19 Lane : 5 Athlete: PEERSMAN NIEL			Q-time: 01:07:93
PB (50m pool): 01:07.47 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:03.96 SB: 01:07.47 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:33.06	01:07.47	
	00:33.06	00:34.41	
			

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Event number: 16: 400M MEDLEY MEN 11+							Heat:1, starttime: 11:37										
Heat: 1/3 Lane : 6 Athlete: VAN DEN BERGHE VINCE							Q-time: 06:09:81										
PB (50m pool): 06:09.81 Molenbeek 01/02/2026									PB (25m pool): 06:01.55 SB: 06:09.81 Molenbeek 01/02/2026								
	5 0 M		1 0 0 M		1 5 0 M		2 0 0 M		2 5 0 M		3 0 0 M		3 5 0 M		4 0 0 M		
PB	no time		01:33.45		no time		no time		no time		no time		no time		06:09.81		
	no time																
																	

Coach feedback: