

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

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

Coaches: Cools Sandra HEADCOACH

PB => Personal Best time

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 08:45
Heat: 1/22 Lane : 3 Athlete: AKMAN REZZAN			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:19.92 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:1, starttime: 08:45
Heat: 1/22 Lane : 5 Athlete: BOON MARGOT			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:18.95 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 08:47
Heat: 2/22 Lane : 0 Athlete: LEBON LENNE			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: 11: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 08:47
Heat: 2/22 Lane : 7 Athlete: ENGHIEEN ROOS			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:30.54 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	no time		

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:2, starttime: 08:47
Heat: 2/22 Lane : 9 Athlete: QUAST MONA			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		
	no time		

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 08:49
Heat: 3/22 Lane : 1 Athlete: HERREGODS INE			Q-time: 01:27:62
PB (50m pool): 01:27.62 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 01:24.44 SB: 01:27.62 Olympic Pool Wezenberg, Antwer 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:41.79	01:27.62	
	00:41.79	00:45.83	
	no time		

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 08:49
Heat: 3/22 Lane : 2 Athlete: VAN LAETHEM ALEXIS			Q-time: 01:27:17
PB (50m pool): 01:25.84 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:22.92 SB: 01:25.84 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:40.25	01:25.84	
	00:40.25	00:45.59	
	no time		

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 08:49
Heat: 3/22 Lane : 6 Athlete: VERBUSTEL LORE			Q-time: 01:26:97
PB (50m pool): 01:26.97 Antwerpen 15/03/2026			PB (25m pool): 01:30.62 SB: 01:26.97 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.33	01:26.97	
	00:40.33	00:46.64	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 08:49
Heat: 3/22 Lane : 7 Athlete: BAEYENS EMKE			Q-time: 01:27:59
PB (50m pool): 01:27.59 Gent 08/02/2026			PB (25m pool): 01:29.77 SB: 01:27.59 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:40.69	01:27.59	
	00:40.69	00:46.90	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 08:51
Heat: 4/22 Lane : 4 Athlete: HAMID ROYAH			Q-time: 01:22:11
PB (50m pool): 01:22.11 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:20.96 SB: 01:22.11 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:39.06	01:22.11	
	00:39.06	00:43.05	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 08:51
Heat: 4/22 Lane : 5 Athlete: VAN DEN BRULLE MANE			Q-time: 01:22:33
PB (50m pool): 01:22.33 Gent 08/02/2026			PB (25m pool): 01:23.12 SB: 01:22.33 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:39.01	01:22.33	
	00:39.01	00:43.32	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 08:51
Heat: 4/22 Lane : 7 Athlete: BRUNET MAXIME			Q-time: 01:23:03
PB (50m pool): 01:23.03 Olympic Pool Wezenberg, Antwer 29/03/2025			PB (25m pool): 01:18.38 SB: 01:23.03 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	
PB	00:40.52	01:23.03	
	00:40.52	00:42.51	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:5, starttime: 08:53
Heat: 5/22 Lane : 1 Athlete: BEKAERT SOPHIA			Q-time: 01:20:36
PB (50m pool): 01:20.36 Antwerpen 13/07/2025			PB (25m pool): 01:19.01 SB: 01:22.39 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.85	01:20.36	
	00:38.85	00:41.51	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 08:55
Heat: 6/22 Lane : 5 Athlete: GERRITSEN VESPER			Q-time: 01:17:06
PB (50m pool): 01:15.24 Antwerpen 16/07/2023			PB (25m pool): 01:13.35 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:15.24	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 08:55
Heat: 6/22 Lane : 6 Athlete: VAN CAENEGEM FIEN			Q-time: 01:17:72
PB (50m pool): 01:17.72 Antwerpen 15/03/2026			PB (25m pool): 01:17.72 SB: 01:17.72 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.20	01:17.72	
	00:37.20	00:40.52	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 08:55
Heat: 6/22 Lane : 8 Athlete: DEPESTELE GITTE			Q-time: 01:19:43
PB (50m pool): 01:19.43 Gent 08/02/2026			PB (25m pool): 01:15.96 SB: 01:19.43 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:36.90	01:19.43	
	00:36.90	00:42.53	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 08:57
Heat: 7/22 Lane : 2 Athlete: VAN LOO CHARLOTTE			Q-time: 01:15:76
PB (50m pool): 01:14.55 Antwerp 04/02/2024			PB (25m pool): 01:10.48 SB: 01:19.94 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:14.55	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 08:57
Heat: 7/22 Lane : 3 Athlete: DE BIE LIZE			Q-time: 01:15:56
PB (50m pool): 01:15.56 Gent 08/02/2026			PB (25m pool): 01:14.55 SB: 01:15.56 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:36.12	01:15.56	
	00:36.12	00:39.44	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 08:57
Heat: 7/22 Lane : 5 Athlete: GALMART HAYLEY			Q-time: 01:15:49
PB (50m pool): 01:15.49 Gent 08/02/2026			PB (25m pool): 01:14.74 SB: 01:15.49 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:35.51	01:15.49	
	00:35.51	00:39.98	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 08:57
Heat: 7/22 Lane : 9 Athlete: BAELE NORAH			Q-time: 01:16:58
PB (50m pool): 01:15.06 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:21.55 SB: 01:15.06 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:36.40	01:15.06	
	00:36.40	00:38.66	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 08:58
Heat: 8/22 Lane : 5 Athlete: NGABO ANNABELLE			Q-time: 01:13:80
PB (50m pool): 01:13.80 Antwerpen 15/03/2026			PB (25m pool): 01:10.45 SB: 01:13.80 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.36	01:13.80	
	00:35.36	00:38.44	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 08:58
Heat: 8/22 Lane : 9 Athlete: UVYN AURÉLIE			Q-time: 01:14:65
PB (50m pool): 01:12.40 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:11.94 SB: 01:12.40 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:34.83	01:12.40	
	00:34.83	00:37.57	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:00
Heat: 9/22 Lane : 1 Athlete: RUTTEN LEONIE			Q-time: 01:13:10
PB (50m pool): 01:13.10 Antwerpen 15/03/2026			PB (25m pool): 01:10.54 SB: 01:13.10 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.23	01:13.10	
	00:35.23	00:37.87	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:00
Heat: 9/22 Lane : 3 Athlete: VAN LOO HANNAH			Q-time: 01:12:86
PB (50m pool): 01:12.86 Antwerpen 15/03/2026			PB (25m pool): 01:12.87 SB: 01:12.86 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.66	01:12.86	
	00:34.66	00:38.20	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:00
Heat: 9/22 Lane : 5 Athlete: DAEM HANNELISE			Q-time: 01:12:84
PB (50m pool): 01:12.84 Gent 08/02/2026			PB (25m pool): 01:11.96 SB: 01:12.84 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:35.09	01:12.84	
	00:35.09	00:37.75	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:00
Heat: 9/22 Lane : 6 Athlete: DE BOCK AUDE			Q-time: 01:12:90
PB (50m pool): 01:12.90 Antwerpen 13/07/2025			PB (25m pool): 01:11.40 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.50	01:12.90	
	00:34.50	00:38.40	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:02
Heat: 10/22 Lane : 2 Athlete: VANCAYZEELE MARGAUX			Q-time: 01:11:74
PB (50m pool): 01:11.74 Gent 08/02/2026			PB (25m pool): 01:10.58 SB: 01:11.74 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:34.37	01:11.74	
	00:34.37	00:37.37	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:02
Heat: 10/22 Lane : 3 Athlete: DE GRIEVE ONA			Q-time: 01:11:50
PB (50m pool): 01:11.50 Antwerpen 13/07/2025			PB (25m pool): 01:10.67 SB: 01:11.53 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:34.20	01:11.50	
	00:34.20	00:37.30	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:02
Heat: 10/22 Lane : 4 Athlete: DE WEVER LAURA			Q-time: 01:11:07
PB (50m pool): 01:11.07 Antwerpen 15/03/2026			PB (25m pool): 01:11.43 SB: 01:11.07 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.61	01:11.07	
	00:34.61	00:36.46	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:02
Heat: 10/22 Lane : 6 Athlete: VERBERT KAAT			Q-time: 01:11:52
PB (50m pool): 01:11.52 Antwerpen 15/03/2026			PB (25m pool): 01:12.15 SB: 01:11.52 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.37	01:11.52	
	00:34.37	00:37.15	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:03
Heat: 11/22 Lane : 2 Athlete: MINNOYE YAANA			Q-time: 01:10:18
PB (50m pool): 01:08.39 Antwerpen 14/07/2024			PB (25m pool): 01:08.52 SB: 01:12.72 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:08.39	
	no time		
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:03
Heat: 11/22 Lane : 3 Athlete: BOGAERT HANNE			Q-time: 01:09:74
PB (50m pool): 01:09.74 Antwerpen 20/07/2025			PB (25m pool): 01:08.18 SB: 01:09.77 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:33.65	01:09.74	
	00:33.65	00:36.09	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:03
Heat: 11/22 Lane : 5 Athlete: NEIRINCK ANNELIES			Q-time: 01:09:71
PB (50m pool): 01:09.33 Antwerpen 14/07/2024			PB (25m pool): 01:07.88 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:09.33	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:03
Heat: 11/22 Lane : 6 Athlete: VAN GHELUE RINSKE			Q-time: 01:09:85
PB (50m pool): 01:09.85 Antwerpen 15/03/2026			PB (25m pool): 01:08.54 SB: 01:09.85 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.75	01:09.85	
	00:33.75	00:36.10	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:03
Heat: 11/22 Lane : 8 Athlete: STORME IEME			Q-time: 01:10:42
PB (50m pool): 01:10.42 Antwerpen 15/03/2026			PB (25m pool): 01:09.24 SB: 01:10.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.85	01:10.42	
	00:33.85	00:36.57	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:05
Heat: 12/22 Lane : 0 Athlete: STORME JADE			Q-time: 01:09:66
PB (50m pool): 01:09.66 Antwerpen 13/07/2025			PB (25m pool): 01:07.65 SB: 01:13.11 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:33.36	01:09.66	
	00:33.36	00:36.30	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:05
Heat: 12/22 Lane : 4 Athlete: VAN BRABANDT MILA			Q-time: 01:08:79
PB (50m pool): 01:08.79 Antwerpen 15/03/2026			PB (25m pool): 01:04.36 SB: 01:08.79 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.33	01:08.79	
	00:33.33	00:35.46	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:05
Heat: 12/22 Lane : 6 Athlete: DE SMAELE KENZA			Q-time: 01:08:92
PB (50m pool): 01:08.92 Antwerpen 15/03/2026			PB (25m pool): 01:07.82 SB: 01:08.92 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.27	01:08.92	
	00:33.27	00:35.65	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:05
Heat: 12/22 Lane : 9 Athlete: DE BACKER SOPHIE			Q-time: 01:09:68
PB (50m pool): 01:09.68 Antwerpen 15/03/2026			PB (25m pool): 01:08.33 SB: 01:09.68 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.79	01:09.68	
	00:33.79	00:35.89	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 09:06
Heat: 13/22 Lane : 1 Athlete: MENU NINA			Q-time: 01:08:69
PB (50m pool): 01:08.59 Antwerpen 19/04/2026			PB (25m pool): 01:08.40 SB: 01:08.59 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:32.91	01:08.59	
	00:32.91	00:35.68	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 09:06
Heat: 13/22 Lane : 9 Athlete: CANTRé EMILIE			Q-time: 01:08:74
PB (50m pool): 01:08.74 Antwerpen 15/03/2026			PB (25m pool): 01:07.54 SB: 01:08.74 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.80	01:08.74	
	00:32.80	00:35.94	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 09:08
Heat: 14/22 Lane : 5 Athlete: DEGRANDE AN			Q-time: 01:07:71
PB (50m pool): 01:07.71 Gent 08/02/2026			PB (25m pool): 01:05.49 SB: 01:07.71 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.25	01:07.71	
	00:33.25	00:34.46	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 09:11
Heat: 16/22 Lane : 0 Athlete: HANSELAER ARIANE			Q-time: 01:06:46
PB (50m pool): 01:06.46 Antwerp 02/02/2025			PB (25m pool): 01:04.37 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.14	01:06.46	
	00:32.14	00:34.32	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 09:11
Heat: 16/22 Lane : 4 Athlete: BEULENS LOTTE			Q-time: 01:05:94
PB (50m pool): 01:05.94 Antwerpen 08/03/2026			PB (25m pool): 01:05.06 SB: 01:05.94 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:32.06	01:05.94	
	00:32.06	00:33.88	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:1, starttime: 09:22
Heat: 1/23 Lane : 3 Athlete: MARGUTTI MAURO			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:12.88 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:1, starttime: 09:22
Heat: 1/23 Lane : 5 Athlete: VAN DE MOERE SAMI			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:21.82 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:2, starttime: 09:24
Heat: 2/23 Lane : 3 Athlete: DE CRAENE NATHEN			Q-time: 01:32:58
PB (50m pool): 01:32.58 Gent 08/02/2026			PB (25m pool): 01:34.76 SB: 01:32.58 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:42.01	01:32.58	
	00:42.01	00:50.57	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:2, starttime: 09:24
Heat: 2/23 Lane : 8 Athlete: DE VEERMAN ILAN			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:15.40 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:3, starttime: 09:26
Heat: 3/23 Lane : 0 Athlete: VAN KERKHOVE JORICK			Q-time: 01:27:68
PB (50m pool): 01:27.68 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:23.61 SB: no time			
	5 0 M	1 0 0 M	
PB	00:40.33	01:27.68	
	00:40.33	00:47.35	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:3, starttime: 09:26
Heat: 3/23 Lane : 1 Athlete: DE KEIJSER RAF			Q-time: 01:26:01
PB (50m pool): 01:26.01 Antwerpen 15/03/2026 PB (25m pool): 01:21.68 SB: 01:26.01 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:39.67	01:26.01	
	00:39.67	00:46.34	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:3, starttime: 09:26
Heat: 3/23 Lane : 5 Athlete: VERMEIR CAS			Q-time: 01:23:08
PB (50m pool): 01:23.08 Gent 08/02/2026 PB (25m pool): 01:22.29 SB: 01:23.08 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:39.96	01:23.08	
	00:39.96	00:43.12	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE MEN 11+			Heat:3, starttime: 09:26
Heat: 3/23 Lane : 6 Athlete: DE KEIJSER STAF			Q-time: 01:23:54
PB (50m pool): 01:23.54 Antwerpen 15/03/2026			PB (25m pool): 01:22.78 SB: 01:23.54 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.97	01:23.54	
	00:38.97	00:44.57	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:4, starttime: 09:28
Heat: 4/23 Lane : 1 Athlete: MATAIGNE MICHEL			Q-time: 01:21:07
PB (50m pool): 01:21.07 Gent 08/02/2026			PB (25m pool): 01:16.93 SB: 01:21.07 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:37.57	01:21.07	
	00:37.57	00:43.50	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:4, starttime: 09:28
Heat: 4/23 Lane : 3 Athlete: ACKE MANU			Q-time: 01:18:38
PB (50m pool): 01:18.38 Antwerpen 15/03/2026			PB (25m pool): 01:18.76 SB: 01:18.38 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.86	01:18.38	
	00:37.86	00:40.52	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:4, starttime: 09:28
Heat: 4/23 Lane : 6 Athlete: DE WEVER ARTHUR			Q-time: 01:19:18
PB (50m pool): 01:19.18 Lochristi 01/02/2026			PB (25m pool): 01:24.48 SB: 01:19.18 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:19.18	
	no time		
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE MEN 11+			Heat:4, starttime: 09:28
Heat: 4/23 Lane : 7 Athlete: COSYN MATS			Q-time: 01:19:63
PB (50m pool): 01:19.63 Antwerpen 15/03/2026			PB (25m pool): 01:27.35 SB: 01:19.63 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.82	01:19.63	
	00:36.82	00:42.81	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:4, starttime: 09:28
Heat: 4/23 Lane : 8 Athlete: MILLET NOAH			Q-time: 01:21:74
PB (50m pool): 01:21.74 Antwerpen 15/03/2026			PB (25m pool): 01:17.46 SB: 01:21.74 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.86	01:21.74	
	00:37.86	00:43.88	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:5, starttime: 09:30
Heat: 5/23 Lane : 5 Athlete: DE CRAENE THIBE			Q-time: 01:13:67
PB (50m pool): 01:13.67 Gent 08/02/2026			PB (25m pool): 01:13.72 SB: 01:13.67 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:36.26	01:13.67	
	00:36.26	00:37.41	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:32
Heat: 6/23 Lane : 1 Athlete: STEVENS GERBEN			Q-time: 01:12:37
PB (50m pool): 01:12.37 Antwerpen 13/07/2025			PB (25m pool): 01:08.64 SB: no time
	5 0 M	1 0 0 M	
PB	00:34.45	01:12.37	
	00:34.45	00:37.92	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:32
Heat: 6/23 Lane : 3 Athlete: TRIEST LOUIS			Q-time: 01:11:79
PB (50m pool): 01:11.79 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:11.30 SB: 01:12.61 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:33.96	01:11.79	
	00:33.96	00:37.83	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:32
Heat: 6/23 Lane : 4 Athlete: MINNOYE TIEBE			Q-time: 01:11:43
PB (50m pool): 01:11.43 Antwerpen 13/07/2025 PB (25m pool): 01:09.08 SB: 01:12.75 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:34.29	01:11.43	
	00:34.29	00:37.14	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:32
Heat: 6/23 Lane : 8 Athlete: GERRITSEN BRUNO			Q-time: 01:12:40
PB (50m pool): 01:12.40 Antwerpen 13/07/2025 PB (25m pool): 01:10.18 SB: no time			
	5 0 M	1 0 0 M	
PB	00:34.51	01:12.40	
	00:34.51	00:37.89	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:7, starttime: 09:33
Heat: 7/23 Lane : 4 Athlete: BECK STANN			Q-time: 01:09:89
PB (50m pool): 01:09.89 Antwerpen 15/03/2026 PB (25m pool): 01:08.59 SB: 01:09.89 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:33.93	01:09.89	
	00:33.93	00:35.96	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE MEN 11+			Heat:7, starttime: 09:33
Heat: 7/23 Lane : 9 Athlete: MILLET LUCAS			Q-time: 01:11:37
PB (50m pool): 01:11.37 Antwerpen 15/03/2026			PB (25m pool): 01:12.25 SB: 01:11.37 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.13	01:11.37	
	00:34.13	00:37.24	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:8, starttime: 09:35
Heat: 8/23 Lane : 6 Athlete: DAEM JOPPE			Q-time: 01:09:17
PB (50m pool): 01:09.05 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:07.65 SB: 01:09.05 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:34.00	01:09.05	
	00:34.00	00:35.05	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:8, starttime: 09:35
Heat: 8/23 Lane : 7 Athlete: TIMMERMANS THEO			Q-time: 01:09:39
PB (50m pool): 01:07.62 Antwerpen 19/04/2026			PB (25m pool): 01:10.21 SB: 01:07.62 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:33.21	01:07.62	
	00:33.21	00:34.41	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:8, starttime: 09:35
Heat: 8/23 Lane : 8 Athlete: DE PAUW JULES			Q-time: 01:09:49
PB (50m pool): 01:09.49 Gent 08/02/2026			PB (25m pool): 01:06.34 SB: 01:09.49 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:32.22	01:09.49	
	00:32.22	00:37.27	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE MEN 11+			Heat:8, starttime: 09:35
Heat: 8/23 Lane : 9 Athlete: DE CHAMPS LOïc			Q-time: 01:09:85
PB (50m pool): 01:09.85 Gent 08/02/2026			PB (25m pool): 01:06.03 SB: 01:09.85 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:33.63	01:09.85	
	00:33.63	00:36.22	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:9, starttime: 09:37
Heat: 9/23 Lane : 9 Athlete: VAN LOO MATHIAS			Q-time: 01:08:66
PB (50m pool): 01:08.66 LOCHRISTI 25/01/2026			PB (25m pool): 01:07.30 SB: 01:08.66 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:08.66	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:10, starttime: 09:38
Heat: 10/23 Lane : 4 Athlete: EL GHAZALI ADAM			Q-time: 01:05:21
PB (50m pool): 01:05.21 Antwerpen 13/07/2025			PB (25m pool): 01:01.51 SB: 01:05.30 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.41	01:05.21	
	00:30.41	00:34.80	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:40
Heat: 11/23 Lane : 1 Athlete: HOSTE LARS			Q-time: 01:04:90
PB (50m pool): 01:04.90 Antwerpen 15/03/2026			PB (25m pool): 01:03.20 SB: 01:04.90 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.22	01:04.90	
	00:31.22	00:33.68	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:40
Heat: 11/23 Lane : 5 Athlete: UVYN MAXIM			Q-time: 01:04:36
PB (50m pool): 01:03.06 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:04.75 SB: 01:03.06 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:30.87	01:03.06	
	00:30.87	00:32.19	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:12, starttime: 09:41
Heat: 12/23 Lane : 9 Athlete: CASTEUR NICOLAS			Q-time: 01:03:94
PB (50m pool): 01:03.94 Antwerpen 15/03/2026 PB (25m pool): 01:05.55 SB: 01:03.94 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:31.48	01:03.94	
	00:31.48	00:32.46	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:43
Heat: 13/23 Lane : 8 Athlete: VANNIEUWENHUYSE LOïC			Q-time: 01:02:88
PB (50m pool): 01:02.88 Gent 08/02/2026 PB (25m pool): 01:01.41 SB: 01:02.88 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:30.33	01:02.88	
	00:30.33	00:32.55	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:14, starttime: 09:44
Heat: 14/23 Lane : 4 Athlete: DE BIE DAAN			Q-time: 01:01:50
PB (50m pool): 01:01.50 Antwerpen 08/03/2026 PB (25m pool): 01:02.16 SB: 01:01.50 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:29.31	01:01.50	
	00:29.31	00:32.19	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE MEN 11+			Heat:14, starttime: 09:44
Heat: 14/23 Lane : 8 Athlete: CASTEUR ALEXANDER			Q-time: 01:02:13
PB (50m pool): 01:02.13 Antwerpen 13/07/2025			PB (25m pool): 01:02.26 SB: 01:04.32 Sportoase De Watermolen 29/03/2025
	5 0 M	1 0 0 M	
PB	00:29.84	01:02.13	
	00:29.84	00:32.29	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:16, starttime: 09:47
Heat: 16/23 Lane : 2 Athlete: DEGRANDE LARS			Q-time: 01:00:29
PB (50m pool): 01:00.29 Antwerpen 15/03/2026			PB (25m pool): 00:57.82 SB: 01:00.29 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:28.99	01:00.29	
	00:28.99	00:31.30	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:16, starttime: 09:47
Heat: 16/23 Lane : 7 Athlete: DE CRAENE MATTHIS			Q-time: 01:00:50
PB (50m pool): 01:00.50 Gent 08/02/2026			PB (25m pool): 00:58.78 SB: 01:00.50 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:29.90	01:00.50	
	00:29.90	00:30.60	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:16, starttime: 09:47
Heat: 16/23 Lane : 9 Athlete: VAN RAEMDONCK CAMU			Q-time: 01:00:61
PB (50m pool): 01:00.61 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:58.39 SB: 01:00.71 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:29.86	01:00.61	
	00:29.86	00:30.75	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE MEN 11+			Heat:17, starttime: 09:48
Heat: 17/23 Lane : 2 Athlete: DE SMAELE KEYON			Q-time: 00:59:47
PB (50m pool): 00:59.47 Gent 08/02/2026			PB (25m pool): 00:57.50 SB: 00:59.47 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:28.27	00:59.47	
	00:28.27	00:31.20	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:17, starttime: 09:48
Heat: 17/23 Lane : 5 Athlete: TIMMERMANS JULES			Q-time: 00:59:34
PB (50m pool): 00:58.58 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 00:56.81 SB: 00:59.34 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	00:58.58	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:17, starttime: 09:48
Heat: 17/23 Lane : 9 Athlete: VERHEYDEN VINZ			Q-time: 00:59:95
PB (50m pool): 00:58.62 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 00:56.66 SB: 00:58.62 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:28.07	00:58.62	
	00:28.07	00:30.55	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:18, starttime: 09:50
Heat: 18/23 Lane : 0 Athlete: STEVENS JAAN			Q-time: 00:59:26
PB (50m pool): 00:59.26 Antwerpen 15/03/2026			PB (25m pool): 00:59.03 SB: 00:59.26 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.20	00:59.26	
	00:29.20	00:30.06	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 12: 100M FREESTYLE MEN 11+			Heat:18, starttime: 09:50
Heat: 18/23 Lane : 3 Athlete: LIEVENS TIEBE			Q-time: 00:59:01
PB (50m pool): 00:59.01 Antwerpen 15/03/2026			PB (25m pool): 00:57.98 SB: 00:59.01 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:28.25	00:59.01	
	00:28.25	00:30.76	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:18, starttime: 09:50
Heat: 18/23 Lane : 7 Athlete: NEYRYNCK TIBO			Q-time: 00:59:12
PB (50m pool): 00:56.87 Antwerpen 19/04/2026			PB (25m pool): 00:54.81 SB: 00:56.87 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:27.30	00:56.87	
	00:27.30	00:29.57	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:20, starttime: 09:53
Heat: 20/23 Lane : 1 Athlete: VANCAYZEELE THIBAU			Q-time: 00:57:83
PB (50m pool): 00:57.83 Antwerpen 13/07/2025			PB (25m pool): 00:56.41 SB: 00:58.34 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:28.05	00:57.83	
	00:28.05	00:29.78	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:23, starttime: 09:57
Heat: 23/23 Lane : 9 Athlete: VAN TRICHT FINN			Q-time: 00:57:12
PB (50m pool): 00:57.12 Antwerpen 27/07/2025			PB (25m pool): 00:55.88 SB: 00:57.39 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:27.50	00:57.12	
	00:27.50	00:29.62	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 10:01
Heat: 2/20 Lane : 7 Athlete: BOON MARGOT			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		
	no time		

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:2, starttime: 10:01
Heat: 2/20 Lane : 9 Athlete: QUAST MONA			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		
	no time		

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:04
Heat: 3/20 Lane : 3 Athlete: BAEYENS EMKE			Q-time: 01:43:50
PB (50m pool): 01:43.50 LOCHRISTI 25/01/2026 PB (25m pool): no time SB: 01:43.50 LOCHRISTI 25/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:43.50	
	no time		
	no time		

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:04
Heat: 3/20 Lane : 6 Athlete: DEPESTELE GITTE			Q-time: 01:44:07
PB (50m pool): 01:44.07 LOCHRISTI 25/01/2026 PB (25m pool): no time SB: 01:44.07 LOCHRISTI 25/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:44.07	
	no time		
	no time		

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:04
Heat: 3/20 Lane : 9 Athlete: HERREGODS INE			Q-time: 99:99:99
PB (50m pool): no time			PB (25m pool): 01:33.58 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:06
Heat: 4/20 Lane : 1 Athlete: VAN LAETHEM ALEXIS			Q-time: 01:40:20
PB (50m pool): 01:40.20 Antwerpen 15/03/2026			PB (25m pool): 01:43.35 SB: 01:40.20 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:48.90	01:40.20	
	00:48.90	00:51.30	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:06
Heat: 4/20 Lane : 2 Athlete: VERBUSTEL LORE			Q-time: 01:38:49
PB (50m pool): 01:38.49 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:38.49 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.06	01:38.49	
	00:47.06	00:51.43	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:06
Heat: 4/20 Lane : 4 Athlete: BEKAERT SOPHIA			Q-time: 01:36:96
PB (50m pool): 01:36.96 Gent 08/02/2026			PB (25m pool): 01:40.64 SB: 01:36.96 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:36.96	
	no time		
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:09
Heat: 5/20 Lane : 2 Athlete: BRUNET MAXIME			Q-time: 01:35:66
PB (50m pool): 01:35.66 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:30.93 SB: no time			
	5 0 M	1 0 0 M	
PB	00:46.71	01:35.66	
	00:46.71	00:48.95	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:09
Heat: 5/20 Lane : 4 Athlete: GALMART HAYLEY			Q-time: 01:33:58
PB (50m pool): 01:33.54 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:32.23 SB: 01:33.54 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:46.06	01:33.54	
	00:46.06	00:47.48	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:09
Heat: 5/20 Lane : 7 Athlete: VAN LOO CHARLOTTE			Q-time: 01:35:69
PB (50m pool): 01:32.26 Zwembad Brigitte Becue Oostend 19/05/2025 PB (25m pool): 01:28.66 SB: 01:35.69 LOCHRISTI 25/01/2026			
	5 0 M	1 0 0 M	
PB	no time	01:32.26	
	no time		
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 0 Athlete: VAN CAENEGEM FIEN			Q-time: 01:33:08
PB (50m pool): 01:32.93 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:35.01 SB: 01:32.93 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:45.34	01:32.93	
	00:45.34	00:47.59	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 8 Athlete: VAN DEN BRULLE MANE			Q-time: 01:33:06
PB (50m pool): 01:30.81 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:31.00 SB: 01:30.81 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:44.49	01:30.81	
	00:44.49	00:46.32	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 10:13
Heat: 7/20 Lane : 0 Athlete: HAMID ROYAH			Q-time: 01:31:82
PB (50m pool): 01:31.82 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:36.69 SB: no time			
	5 0 M	1 0 0 M	
PB	00:44.86	01:31.82	
	00:44.86	00:46.96	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 10:13
Heat: 7/20 Lane : 2 Athlete: GERRITSEN VESPER			Q-time: 01:31:18
PB (50m pool): 01:31.18 Antwerpen 13/07/2025 PB (25m pool): 01:28.37 SB: 01:34.56 Gent 08/02/2026			
	5 0 M	1 0 0 M	
PB	00:44.28	01:31.18	
	00:44.28	00:46.90	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 10:13
Heat: 7/20 Lane : 3 Athlete: BAELE NORAH			Q-time: 01:31:08
PB (50m pool): 01:30.13 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:40.56 SB: 01:30.13 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:44.10	01:30.13	
	00:44.10	00:46.03	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 10:13
Heat: 7/20 Lane : 8 Athlete: DE BOCK AUDE			Q-time: 01:31:64
PB (50m pool): 01:31.64 Antwerpen 13/07/2025			PB (25m pool): 01:28.93 SB: no time
	5 0 M	1 0 0 M	
PB	00:44.59	01:31.64	
	00:44.59	00:47.05	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:16
Heat: 8/20 Lane : 0 Athlete: AKMAN REZZAN			Q-time: 01:30:15
PB (50m pool): 01:30.15 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:30.15 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.40	01:30.15	
	00:43.40	00:46.75	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:8, starttime: 10:16
Heat: 8/20 Lane : 6 Athlete: UVYN AURÉLIE			Q-time: 01:28:20
PB (50m pool): 01:24.84 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:34.14 SB: 01:24.84 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:42.29	01:24.84	
	00:42.29	00:42.55	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 10:18
Heat: 9/20 Lane : 2 Athlete: DE BIE LIZE			Q-time: 01:26:15
PB (50m pool): 01:26.15 LOCHRISTI 25/01/2026			PB (25m pool): 01:25.03 SB: 01:26.15 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:26.15	
	no time		
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 10:18
Heat: 9/20 Lane : 3 Athlete: VAN LOO HANNAH			Q-time: 01:25:57
PB (50m pool): 01:25.57 Antwerpen 15/03/2026			PB (25m pool): 01:23.07 SB: 01:25.57 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.41	01:25.57	
	00:41.41	00:44.16	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 10:18
Heat: 9/20 Lane : 8 Athlete: RUTTEN LEONIE			Q-time: 01:26:74
PB (50m pool): 01:26.74 Gent 08/02/2026			PB (25m pool): 01:23.97 SB: 01:26.74 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:42.35	01:26.74	
	00:42.35	00:44.39	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:9, starttime: 10:18
Heat: 9/20 Lane : 9 Athlete: VANCAYZEELE MARGAUX			Q-time: 01:27:06
PB (50m pool): 01:27.06 Antwerpen 15/03/2026			PB (25m pool): 01:25.72 SB: 01:27.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.97	01:27.06	
	00:42.97	00:44.09	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 10:20
Heat: 10/20 Lane : 0 Athlete: DE GRIEVE ONA			Q-time: 01:24:66
PB (50m pool): 01:23.09 Aalst 28/04/2024			PB (25m pool): 01:20.81 SB: 01:27.48 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:23.09	
	no time		
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 10:20
Heat: 10/20 Lane : 8 Athlete: NGABO ANNABELLE			Q-time: 01:24:29
PB (50m pool): 01:24.29 Antwerpen 15/03/2026			PB (25m pool): 01:29.50 SB: 01:24.29 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.57	01:24.29	
	00:41.57	00:42.72	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 10:22
Heat: 11/20 Lane : 3 Athlete: MENU NINA			Q-time: 01:22:39
PB (50m pool): 01:22.39 Antwerpen 15/03/2026			PB (25m pool): 01:21.39 SB: 01:22.39 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.21	01:22.39	
	00:40.21	00:42.18	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 10:22
Heat: 11/20 Lane : 8 Athlete: VAN BRABANDT MILA			Q-time: 01:23:19
PB (50m pool): 01:23.19 Antwerpen 15/03/2026			PB (25m pool): 01:27.06 SB: 01:23.19 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.45	01:23.19	
	00:40.45	00:42.74	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 10:22
Heat: 11/20 Lane : 9 Athlete: DAEM HANNELISE			Q-time: 01:23:56
PB (50m pool): 01:22.56 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:24.78 SB: 01:22.56 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:39.65	01:22.56	
	00:39.65	00:42.91	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 10:24
Heat: 12/20 Lane : 3 Athlete: VERBERT KAAT			Q-time: 01:20:45
PB (50m pool): 01:20.45 Gent 08/02/2026			PB (25m pool): 01:20.01 SB: 01:20.45 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:39.31	01:20.45	
	00:39.31	00:41.14	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 10:24
Heat: 12/20 Lane : 4 Athlete: VAN GHELUE RINSKE			Q-time: 01:20:26
PB (50m pool): 01:20.26 Antwerpen 15/03/2026			PB (25m pool): 01:17.46 SB: 01:20.26 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.77	01:20.26	
	00:39.77	00:40.49	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:12, starttime: 10:24
Heat: 12/20 Lane : 6 Athlete: DE SMAELE KENZA			Q-time: 01:20:62
PB (50m pool): 01:20.62 Antwerpen 15/03/2026			PB (25m pool): 01:17.62 SB: 01:20.62 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.73	01:20.62	
	00:38.73	00:41.89	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 10:27
Heat: 13/20 Lane : 0 Athlete: BOGAERT HANNE			Q-time: 01:19:99
PB (50m pool): 01:19.99 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 01:16.04 SB: 01:20.39 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:38.77	01:19.99	
	00:38.77	00:41.22	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 10:27
Heat: 13/20 Lane : 1 Athlete: MINNOYE YAANA			Q-time: 01:19:79
PB (50m pool): 01:19.79 Antwerp 02/02/2025			PB (25m pool): 01:15.90 SB: 01:20.99 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.35	01:19.79	
	00:38.35	00:41.44	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:14, starttime: 10:29
Heat: 14/20 Lane : 1 Athlete: DE BACKER SOPHIE			Q-time: 01:18:34
PB (50m pool): 01:18.34 Antwerpen 15/03/2026			PB (25m pool): 01:18.06 SB: 01:18.34 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.17	01:18.34	
	00:39.17	00:39.17	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:14, starttime: 10:29
Heat: 14/20 Lane : 3 Athlete: DEGRANDE AN			Q-time: 01:18:06
PB (50m pool): 01:18.06 Antwerpen 13/07/2025			PB (25m pool): 01:14.26 SB: 01:19.38 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:37.29	01:18.06	
	00:37.29	00:40.77	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:14, starttime: 10:29
Heat: 14/20 Lane : 6 Athlete: STORME JADE			Q-time: 01:18:20
PB (50m pool): 01:18.20 Antwerpen 13/07/2025			PB (25m pool): 01:14.32 SB: 01:21.02 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.55	01:18.20	
	00:37.55	00:40.65	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 5 Athlete: NEIRINCK ANNELIES			Q-time: 01:17:06
PB (50m pool): 01:17.06 Antwerpen 13/07/2025			PB (25m pool): 01:12.95 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.04	01:17.06	
	00:37.04	00:40.02	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 10:33
Heat: 16/20 Lane : 3 Athlete: STORME IEME			Q-time: 01:16:47
PB (50m pool): 01:16.47 Antwerpen 15/03/2026			PB (25m pool): 01:14.97 SB: 01:16.47 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.33	01:16.47	
	00:37.33	00:39.14	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:16, starttime: 10:33
Heat: 16/20 Lane : 9 Athlete: CANTRé EMILIE			Q-time: 01:16:98
PB (50m pool): 01:16.98 Gent 08/02/2026			PB (25m pool): 01:14.21 SB: 01:16.98 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:37.04	01:16.98	
	00:37.04	00:39.94	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:17, starttime: 10:35
Heat: 17/20 Lane : 9 Athlete: BEULENS LOTTE			Q-time: 01:16:13
PB (50m pool): 01:16.13 Antwerpen 08/03/2026			PB (25m pool): 01:14.17 SB: 01:16.13 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:37.07	01:16.13	
	00:37.07	00:39.06	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 10:43
Heat: 1/19 Lane : 3 Athlete: DE CRAENE NATHEN			Q-time: 99:99:99
PB (50m pool): no time PB (25m pool): 01:57.23 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	no time		

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 10:43
Heat: 1/19 Lane : 7 Athlete: MARGUTTI MAURO			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		
	no time		

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:45
Heat: 2/19 Lane : 4 Athlete: VAN KERKHOVE JORICK			Q-time: 01:38:15
PB (50m pool): 01:38.15 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:40.05 SB: 01:38.15 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:47.48	01:38.15	
	00:47.48	00:50.67	
	no time		

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:45
Heat: 2/19 Lane : 9 Athlete: MILLET NOAH			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		
	no time		

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 0 Athlete: DE KEIJSER RAF			Q-time: 01:36:98
PB (50m pool): 01:36.98 LOCHRISTI 25/01/2026			PB (25m pool): no time SB: 01:36.98 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:36.98	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 3 Athlete: DE VEERMAN ILAN			Q-time: 01:35:58
PB (50m pool): 01:35.58 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:35.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:46.56	01:35.58	
	00:46.56	00:49.02	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 6 Athlete: MATAIGNE MICHEL			Q-time: 01:35:60
PB (50m pool): 01:35.60 Gent 08/02/2026			PB (25m pool): no time SB: 01:35.60 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:45.66	01:35.60	
	00:45.66	00:49.94	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 8 Athlete: COSYN MATS			Q-time: 01:36:79
PB (50m pool): 01:36.79 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:36.79 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.63	01:36.79	
	00:47.63	00:49.16	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 9 Athlete: DE WEVER ARTHUR			Q-time: 01:38:13
PB (50m pool): 01:38.13 Antwerpen 13/07/2025			PB (25m pool): 01:42.66 SB: 01:38.57 Lochristi 01/02/2026
	5 0 M	1 0 0 M	
PB	00:48.22	01:38.13	
	00:48.22	00:49.91	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 10:50
Heat: 4/19 Lane : 0 Athlete: DE KEIJSER STAF			Q-time: 01:32:11
PB (50m pool): 01:32.11 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:32.11 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.76	01:32.11	
	00:44.76	00:47.35	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 10:50
Heat: 4/19 Lane : 1 Athlete: VERMEIR CAS			Q-time: 01:31:37
PB (50m pool): 01:31.37 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:31.37 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.52	01:31.37	
	00:44.52	00:46.85	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 10:50
Heat: 4/19 Lane : 4 Athlete: DE CRAENE THIBE			Q-time: 01:28:35
PB (50m pool): 01:28.35 Sportoase De Watermolen 29/03/2026			PB (25m pool): 01:27.05 SB: 01:28.35 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	
PB	00:43.13	01:28.35	
	00:43.13	00:45.22	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:4, starttime: 10:50
Heat: 4/19 Lane : 5 Athlete: ACKE MANU			Q-time: 01:28:58
PB (50m pool): 01:28.58 Antwerpen 15/03/2026			PB (25m pool): 01:28.59 SB: 01:28.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.09	01:28.58	
	00:44.09	00:44.49	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:53
Heat: 5/19 Lane : 3 Athlete: GERRITSEN BRUNO			Q-time: 01:25:53
PB (50m pool): 01:25.53 Antwerpen 15/03/2026			PB (25m pool): 01:26.86 SB: 01:25.53 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.20	01:25.53	
	00:42.20	00:43.33	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:53
Heat: 5/19 Lane : 6 Athlete: TRIEST LOUIS			Q-time: 01:25:64
PB (50m pool): 01:25.64 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:23.77 SB: 01:26.42 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:41.73	01:25.64	
	00:41.73	00:43.91	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:53
Heat: 5/19 Lane : 8 Athlete: STEVENS GERBEN			Q-time: 01:27:35
PB (50m pool): 01:27.35 Antwerpen 13/07/2025			PB (25m pool): 01:24.44 SB: no time
	5 0 M	1 0 0 M	
PB	00:42.32	01:27.35	
	00:42.32	00:45.03	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:55
Heat: 6/19 Lane : 0 Athlete: DE PAUW JULES			Q-time: 01:24:86
PB (50m pool): 01:24.86 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:40.68 SB: 01:24.86 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:41.28	01:24.86	
	00:41.28	00:43.58	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:6, starttime: 10:55
Heat: 6/19 Lane : 6 Athlete: DAEM JOPPE			Q-time: 01:24:18
PB (50m pool): 01:23.63 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:20.53 SB: 01:23.63 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:41.46	01:23.63	
	00:41.46	00:42.17	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:57
Heat: 7/19 Lane : 0 Athlete: DE CHAMPS LOÏC			Q-time: 01:23:79
PB (50m pool): 01:23.79 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:21.53 SB: 01:23.79 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:40.03	01:23.79	
	00:40.03	00:43.76	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:57
Heat: 7/19 Lane : 3 Athlete: MINNOYE TIEBE			Q-time: 01:22:57
PB (50m pool): 01:22.57 Sportoase De Watermolen 29/03/2026 PB (25m pool): 01:20.01 SB: 01:22.57 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:40.90	01:22.57	
	00:40.90	00:41.67	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:7, starttime: 10:57
Heat: 7/19 Lane : 7 Athlete: MILLET LUCAS			Q-time: 01:23:51
PB (50m pool): 01:23.51 Antwerpen 15/03/2026			PB (25m pool): 01:23.00 SB: 01:23.51 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.02	01:23.51	
	00:40.02	00:43.49	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:59
Heat: 8/19 Lane : 0 Athlete: TIMMERMANS THEO			Q-time: 01:22:33
PB (50m pool): 01:22.33 Antwerpen 15/03/2026			PB (25m pool): no time SB: 01:22.33 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.97	01:22.33	
	00:39.97	00:42.36	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:59
Heat: 8/19 Lane : 4 Athlete: BECK STANN			Q-time: 01:20:92
PB (50m pool): 01:19.56 Zwembad Brigitte Becue 26/04/2026			PB (25m pool): 01:18.80 SB: 01:19.56 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M	
PB	00:39.42	01:19.56	
	00:39.42	00:40.14	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:59
Heat: 8/19 Lane : 8 Athlete: VAN LOO MATHIAS			Q-time: 01:22:16
PB (50m pool): 01:22.16 LOCHRISTI 25/01/2026			PB (25m pool): 01:17.45 SB: 01:22.16 LOCHRISTI 25/01/2026
	5 0 M	1 0 0 M	
PB	no time	01:22.16	
	no time		
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:01
Heat: 9/19 Lane : 5 Athlete: CASTEUR NICOLAS			Q-time: 01:18:73
PB (50m pool): 01:18.73 Antwerpen 15/03/2026			PB (25m pool): 01:16.83 SB: 01:18.73 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.03	01:18.73	
	00:39.03	00:39.70	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:12, starttime: 11:07
Heat: 12/19 Lane : 1 Athlete: HOSTE LARS			Q-time: 01:14:90
PB (50m pool): 01:14.70 Antwerpen 19/04/2026			PB (25m pool): 01:11.54 SB: 01:14.70 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:36.11	01:14.70	
	00:36.11	00:38.59	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:12, starttime: 11:07
Heat: 12/19 Lane : 2 Athlete: EL GHAZALI ADAM			Q-time: 01:14:60
PB (50m pool): 01:14.60 Antwerpen 15/03/2026			PB (25m pool): 01:12.53 SB: 01:14.60 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.97	01:14.60	
	00:34.97	00:39.63	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:12, starttime: 11:07
Heat: 12/19 Lane : 5 Athlete: VANNIEUWENHUYSE LOïc			Q-time: 01:14:39
PB (50m pool): 01:14.39 Antwerpen 15/03/2026			PB (25m pool): 01:11.21 SB: 01:14.39 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.17	01:14.39	
	00:36.17	00:38.22	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:12, starttime: 11:07
Heat: 12/19 Lane : 8 Athlete: UVYN MAXIM			Q-time: 01:15:06
PB (50m pool): 01:15.06 Antwerpen 15/03/2026			PB (25m pool): 01:11.61 SB: 01:15.06 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.45	01:15.06	
	00:36.45	00:38.61	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:13, starttime: 11:09
Heat: 13/19 Lane : 3 Athlete: NEYRYNCK TIBO			Q-time: 01:13:52
PB (50m pool): 01:13.52 Antwerpen 15/03/2026			PB (25m pool): 01:07.44 SB: 01:13.52 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.69	01:13.52	
	00:34.69	00:38.83	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:13, starttime: 11:09
Heat: 13/19 Lane : 6 Athlete: LIEVENS TIEBE			Q-time: 01:13:59
PB (50m pool): 01:13.59 Antwerpen 15/03/2026			PB (25m pool): 01:10.14 SB: 01:13.59 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.00	01:13.59	
	00:36.00	00:37.59	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:13, starttime: 11:09
Heat: 13/19 Lane : 8 Athlete: VANCAYZEELE THIBAU			Q-time: 01:13:99
PB (50m pool): 01:13.99 Antwerpen 15/03/2026			PB (25m pool): 01:09.13 SB: 01:13.99 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.25	01:13.99	
	00:35.25	00:38.74	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:13, starttime: 11:09
Heat: 13/19 Lane : 9 Athlete: TIMMERMANS JULES			Q-time: 01:14:24
PB (50m pool): 01:13.57 Lago Gent Rozebroeken 05/05/2024 PB (25m pool): 01:11.38 SB: 01:15.76 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	no time	01:13.57	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:14, starttime: 11:11
Heat: 14/19 Lane : 8 Athlete: DE CRAENE MATTHIS			Q-time: 01:12:70
PB (50m pool): 01:12.70 Antwerpen 15/03/2026 PB (25m pool): 01:12.39 SB: 01:12.70 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:36.89	01:12.70	
	00:36.89	00:35.81	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:14, starttime: 11:11
Heat: 14/19 Lane : 9 Athlete: DE BIE DAAN			Q-time: 01:13:14
PB (50m pool): 01:12.45 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:10.43 SB: 01:12.45 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:34.98	01:12.45	
	00:34.98	00:37.47	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:15, starttime: 11:13
Heat: 15/19 Lane : 4 Athlete: STEVENS JAAN			Q-time: 01:09:73
PB (50m pool): 01:09.73 Antwerpen 15/03/2026 PB (25m pool): 01:09.91 SB: 01:09.73 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M	
PB	00:34.60	01:09.73	
	00:34.60	00:35.13	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:15, starttime: 11:13
Heat: 15/19 Lane : 7 Athlete: DE SMAELE KEYON			Q-time: 01:11:02
PB (50m pool): 01:10.14 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:06.23 SB: 01:10.14 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:34.34	01:10.14	
	00:34.34	00:35.80	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:16, starttime: 11:15
Heat: 16/19 Lane : 6 Athlete: VAN TRICHT FINN			Q-time: 01:08:11
PB (50m pool): 01:08.11 Antwerpen 08/03/2026 PB (25m pool): 01:07.49 SB: 01:08.11 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:32.79	01:08.11	
	00:32.79	00:35.32	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:16, starttime: 11:15
Heat: 16/19 Lane : 7 Athlete: BEERNAERT DAAN			Q-time: 01:08:35
PB (50m pool): 01:08.27 Antwerpen 19/04/2026 PB (25m pool): 01:06.98 SB: 01:08.27 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	
PB	00:32.72	01:08.27	
	00:32.72	00:35.55	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:17, starttime: 11:17
Heat: 17/19 Lane : 7 Athlete: VERHEYDEN VINZ			Q-time: 01:05:62
PB (50m pool): 01:05.62 Antwerpen 27/07/2025 PB (25m pool): 01:03.34 SB: 01:05.86 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:31.41	01:05.62	
	00:31.41	00:34.21	
			

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 11:23	
Heat: 1/2 Lane : 8 Athlete: SUY NORA							Q-time: 07:05:82	
PB (50m pool): 07:05.82 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	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:43.94	01:37.01	02:33.62	03:27.05	04:25.09	05:25.30	06:15.79	07:05.82
	00:43.94	00:53.07	00:56.61	00:53.43	00:58.04	01:00.21	00:50.49	00:50.03
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:1, starttime: 11:37	
Heat: 1/3 Lane : 2 Athlete: TRIEST JULES							Q-time: 07:08:85	
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	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:1, starttime: 11:37	
Heat: 1/3 Lane : 7 Athlete: COESSENS KOBE							Q-time: 07:12:74	
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	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:2, starttime: 11:44	
Heat: 2/3 Lane : 5 Athlete: DEGRANDE LARS							Q-time: 05:26:15	
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	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

FIRST Swim Meeting: Session: 3: COACH evaluation sheet for TEAM: FIRST

Event number: 16: 400M MEDLEY MEN 11+							Heat:3, starttime: 11:51	
Heat: 3/3 Lane : 0 Athlete: CASTEUR ALEXANDER							Q-time: 05:20:95	
PB (50m pool): no time			PB (25m pool): 05:32.50 SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time
	no time							
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:3, starttime: 11:51	
Heat: 3/3 Lane : 3 Athlete: VAN RAEMDONCK CAMU							Q-time: 05:06:30	
PB (50m pool): no time			PB (25m pool): 05:06.30 SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:3, starttime: 11:51	
Heat: 3/3 Lane : 6 Athlete: SLOS ROBBIE							Q-time: 05:12:90	
PB (50m pool): no time			PB (25m pool): 05:08.03 SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:3, starttime: 11:51	
Heat: 3/3 Lane : 8 Athlete: BEERNAERT DAAN							Q-time: 05:20:08	
PB (50m pool): no time			PB (25m pool): 06:04.08 SB: no time					
	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	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							
								

Coach feedback: