

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

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

PB => Personal Best time

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

Event number: 11: 100M FREESTYLE WOMEN 11+ Heat:20, starttime: 09:17

Heat: 20/22 Lane : 4 Athlete: DELCOMMUNE ZINKE Q-time: 00:57:30

PB (50m pool): 00:56.85 Antwerp 21/01/2024 PB (25m pool): 00:55.41 SB: 00:57.49 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	no time	00:56.85	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ Heat:21, starttime: 09:19

Heat: 21/22 Lane : 2 Athlete: DE DECKER FEBE Q-time: 01:00:48

PB (50m pool): 01:00.48 Olympic Pool Wezenberg, Antwer 29/03/2024 PB (25m pool): 00:59.35 SB: 01:00.48 Olympic Pool Wezenberg, Antwer 29/03/2024

	5 0 M	1 0 0 M	
PB	00:29.14	01:00.48	
	00:29.14	00:31.34	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+ Heat:21, starttime: 09:19

Heat: 21/22 Lane : 3 Athlete: DE BONT SAM Q-time: 00:59:16

PB (50m pool): 00:59.42 Antwerp 21/01/2024 PB (25m pool): 00:59.15 SB: no time

	5 0 M	1 0 0 M	
PB	no time	00:59.42	
	no time		
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:21, starttime: 09:19
Heat: 21/22 Lane : 5 Athlete: VAN BRABANDT JULIETTE			Q-time: 00:58:40
PB (50m pool): 00:58.40 Antwerpen 22/03/2026			PB (25m pool): 00:56.74 SB: 00:58.40 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:27.74	00:58.40	
	00:27.74	00:30.66	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:22, starttime: 09:20
Heat: 22/22 Lane : 4 Athlete: MICHIELS NORE			Q-time: 00:56:37
PB (50m pool): 00:56.37 Antwerpen 22/03/2026			PB (25m pool): 00:55.35 SB: 00:56.37 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:27.09	00:56.37	
	00:27.09	00:29.28	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:22, starttime: 09:20
Heat: 22/22 Lane : 5 Athlete: METZEMAKERS LÉA			Q-time: 00:58:04
PB (50m pool): 00:57.82 Zwembad Brigitte Becue 30/05/2025			PB (25m pool): 00:57.11 SB: 00:58.09 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:27.92	00:57.82	
	00:27.92	00:29.90	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:22, starttime: 09:20
Heat: 22/22 Lane : 7 Athlete: NAZARUK NICOLE			Q-time: 01:01:00
PB (50m pool): 01:00.17 Antwerp 14/04/2024			PB (25m pool): 00:58.49 SB: 01:01.00 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:00.17	
	no time		
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:21, starttime: 09:54
Heat: 21/23 Lane : 4 Athlete: WAERNIERS BERE			Q-time: 00:50:29
PB (50m pool): 00:50.29 Antwerpen 22/03/2026			PB (25m pool): 00:49.44 SB: 00:50.29 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:24.32	00:50.29	
	00:24.32	00:25.97	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:21, starttime: 09:54
Heat: 21/23 Lane : 5 Athlete: VAN WELLEN JOSEPH			Q-time: 00:52:13
PB (50m pool): 00:52.13 Antwerpen 22/03/2026			PB (25m pool): 00:51.35 SB: 00:52.13 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:24.47	00:52.13	
	00:24.47	00:27.66	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:22, starttime: 09:55
Heat: 22/23 Lane : 4 Athlete: LAMMENS SEPPE			Q-time: 00:50:20
PB (50m pool): 00:50.20 Antwerpen 22/03/2026			PB (25m pool): 00:48.81 SB: 00:50.20 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:23.71	00:50.20	
	00:23.71	00:26.49	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:22, starttime: 09:55
Heat: 22/23 Lane : 7 Athlete: VAN GROENIGEN KARSTEN			Q-time: 00:55:57
PB (50m pool): 00:55.57 Antwerpen 27/04/2025			PB (25m pool): 00:54.49 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:55.57	
	no time		
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:23, starttime: 09:57
Heat: 23/23 Lane : 3 Athlete: VAN HOEY BILLIET ALEXANDER			Q-time: 00:52:23
PB (50m pool): 00:52.23 Luxembourg 01/02/2026			PB (25m pool): 00:50.12 SB: 00:52.23 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:24.88	00:52.23	
	00:24.88	00:27.35	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:23, starttime: 09:57
Heat: 23/23 Lane : 5 Athlete: ALVES TORRES PAUL			Q-time: 00:50:52
PB (50m pool): no time			PB (25m pool): 00:49.78 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:23, starttime: 09:57
Heat: 23/23 Lane : 6 Athlete: VRANKEN BARTEL			Q-time: 00:53:27
PB (50m pool): 00:53.27 Wezenberg 05/01/2025			PB (25m pool): 00:51.34 SB: no time
	5 0 M	1 0 0 M	
PB	00:25.36	00:53.27	
	00:25.36	00:27.91	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:19, starttime: 10:39
Heat: 19/20 Lane : 4 Athlete: NAZARUK NICOLE			Q-time: 01:05:24
PB (50m pool): 01:05.24 Antwerpen 27/04/2025			PB (25m pool): 01:02.83 SB: 01:06.70 Amersfoort 22/02/2026
	5 0 M	1 0 0 M	
PB	00:31.41	01:05.24	
	00:31.41	00:33.83	
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:20, starttime: 10:41
Heat: 20/20 Lane : 3 Athlete: METZEMAKERS LéA			Q-time: 01:07:08
PB (50m pool): 01:06.90 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:03.72 SB: 01:08.44 Wezenberg 03/01/2026			
	5 0 M	1 0 0 M	
PB	00:33.23	01:06.90	
	00:33.23	00:33.67	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:20, starttime: 10:41
Heat: 20/20 Lane : 5 Athlete: MICHIELS NORE			Q-time: 01:06:32
PB (50m pool): 01:06.32 Antwerpen 27/07/2025 PB (25m pool): 01:03.93 SB: 01:06.80 Amersfoort 22/02/2026			
	5 0 M	1 0 0 M	
PB	00:31.87	01:06.32	
	00:31.87	00:34.45	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:17, starttime: 11:17
Heat: 17/19 Lane : 4 Athlete: VAN WELLEN JOSEPH			Q-time: 00:57:11
PB (50m pool): 00:57.11 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 00:55.54 SB: 00:57.11 Olympic Pool Wezenberg, Antwer 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:27.71	00:57.11	
	00:27.71	00:29.40	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:18, starttime: 11:19
Heat: 18/19 Lane : 4 Athlete: VAN HOEY BILLIET ALEXANDER			Q-time: 00:56:18
PB (50m pool): 00:56.18 Antwerpen 22/03/2026 PB (25m pool): 00:53.59 SB: 00:56.18 Antwerpen 22/03/2026			
	5 0 M	1 0 0 M	
PB	00:27.17	00:56.18	
	00:27.17	00:29.01	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11+			Heat:19, starttime: 11:21
Heat: 19/19 Lane : 2 Athlete: LAMMENS SEPPE			Q-time: 01:04:03
PB (50m pool): 01:05.58 Antwerpen 12/02/2023			PB (25m pool): 01:02.00 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:05.58	
	no time		
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:19, starttime: 11:21
Heat: 19/19 Lane : 4 Athlete: ALVES TORRES PAUL			Q-time: 00:54:84
PB (50m pool): 00:55.28 Olympic Pool Wezenberg, Antwer 29/03/2023			PB (25m pool): no time SB: 00:55.28 Olympic Pool Wezenberg, Antwer 29/03/2023
	5 0 M	1 0 0 M	
PB	00:26.49	00:55.28	
	00:26.49	00:28.79	
			

Coach feedback: