

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

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

Coaches: Timmermans Vera HEADCOACH

Coaches: Brugghemans Suzanne

Coaches: Van Den Broeck Dennis

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:00
Heat: 9/22 Lane : 4 Athlete: SEGHERS MILLA			Q-time: 01:12:74
PB (50m pool): 01:12.74 Molenbeek 01/02/2026			PB (25m pool): 01:12.91 SB: 01:12.74 Molenbeek 01/02/2026
PB	5 0 M	1 0 0 M	
	no time	01:12.74	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:03
Heat: 11/22 Lane : 9 Athlete: VERSPECHT KAAT			Q-time: 01:11:06
PB (50m pool): 01:11.06 Antwerpen 15/03/2026			PB (25m pool): 01:09.61 SB: 01:11.06 Antwerpen 15/03/2026
PB	5 0 M	1 0 0 M	
	00:33.76	01:11.06	
	00:33.76	00:37.30	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:05
Heat: 12/22 Lane : 2 Athlete: JACOBS ROXANNE			Q-time: 01:08:96
PB (50m pool): 01:08.96 Antwerpen 13/07/2025			PB (25m pool): 01:07.61 SB: no time
PB	5 0 M	1 0 0 M	
	00:32.80	01:08.96	
	00:32.80	00:36.16	
			

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:10
Heat: 15/22 Lane : 0 Athlete: VAN HOOMISSEN CHELSEA			Q-time: 01:07:58
PB (50m pool): 01:07.58 Antwerpen 15/03/2026			PB (25m pool): 01:10.97 SB: 01:07.58 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.47	01:07.58	
	00:32.47	00:35.11	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:10
Heat: 15/22 Lane : 8 Athlete: NUYTKENS MARIE			Q-time: 01:07:48
PB (50m pool): 01:07.48 Antwerpen 15/03/2026			PB (25m pool): 01:07.04 SB: 01:07.48 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.50	01:07.48	
	00:32.50	00:34.98	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 09:13
Heat: 17/22 Lane : 0 Athlete: VERSPECHT LIEN			Q-time: 01:05:65
PB (50m pool): 01:05.65 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:04.08 SB: 01:05.84 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:31.22	01:05.65	
	00:31.22	00:34.43	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 09:14
Heat: 18/22 Lane : 8 Athlete: CLERBOUT FILLO			Q-time: 01:04:48
PB (50m pool): 01:01.82 Antwerpen 16/07/2023			PB (25m pool): 01:00.86 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:01.82	
	no time		
			

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 09:16
Heat: 19/22 Lane : 5 Athlete: GEENS AMÉLIE			Q-time: 01:03:34
PB (50m pool): 01:03.34 Aalst 11/05/2025			PB (25m pool): 01:02.11 SB: 01:03.60 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.81	01:03.34	
	00:30.81	00:32.53	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:22, starttime: 09:20
Heat: 22/22 Lane : 3 Athlete: DALEMANS LYN			Q-time: 00:59:03
PB (50m pool): 00:59.03 Antwerpen 27/07/2025			PB (25m pool): 00:58.38 SB: 00:59.79 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:28.57	00:59.03	
	00:28.57	00:30.46	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:32
Heat: 6/23 Lane : 9 Athlete: LAUWENS FINN			Q-time: 01:12:97
PB (50m pool): 01:12.97 Antwerpen 08/03/2026			PB (25m pool): 01:11.79 SB: 01:12.97 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:34.65	01:12.97	
	00:34.65	00:38.32	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:43
Heat: 13/23 Lane : 9 Athlete: VERSPECHT KOBE			Q-time: 01:03:21
PB (50m pool): 01:03.21 Antwerpen 15/03/2026			PB (25m pool): 01:03.46 SB: 01:03.21 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.03	01:03.21	
	00:30.03	00:33.18	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE MEN 11+			Heat:16, starttime: 09:47
Heat: 16/23 Lane : 6 Athlete: BAKX WARRE			Q-time: 01:00:08
PB (50m pool): 01:00.08 Antwerpen 08/03/2026		PB (25m pool): 00:57.63 SB: 01:00.08 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:28.16	01:00.08	
	00:28.16	00:31.92	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:18, starttime: 09:50
Heat: 18/23 Lane : 4 Athlete: VAN LOON BAS			Q-time: 00:58:87
PB (50m pool): 00:58.87 Antwerpen 15/03/2026		PB (25m pool): 00:58.19 SB: 00:58.87 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:28.28	00:58.87	
	00:28.28	00:30.59	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 10:27
Heat: 13/20 Lane : 7 Athlete: NUYTKENS MARIE			Q-time: 01:19:70
PB (50m pool): 01:19.70 Antwerpen 15/03/2026		PB (25m pool): 01:18.09 SB: 01:19.70 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:38.84	01:19.70	
	00:38.84	00:40.86	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 1 Athlete: VERSPECHT KAAT			Q-time: 01:17:34
PB (50m pool): 01:17.34 Antwerpen 15/03/2026		PB (25m pool): 01:16.94 SB: 01:17.34 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:37.27	01:17.34	
	00:37.27	00:40.07	
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 2 Athlete: CLERBOUT FILLO			Q-time: 01:17:19
PB (50m pool): 01:13.99 Wezenberg Antwerpen 07/01/2024			PB (25m pool): 01:11.38 SB: no time
	5 0 M	1 0 0 M	
PB	00:35.88	01:13.99	
	00:35.88	00:38.11	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 9 Athlete: JACOBS ROXANNE			Q-time: 01:17:63
PB (50m pool): 01:17.45 Antwerp 04/02/2024			PB (25m pool): 01:14.49 SB: 01:21.00 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:17.45	
	no time		
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:17, starttime: 10:35
Heat: 17/20 Lane : 3 Athlete: VERSPECHT LIEN			Q-time: 01:15:36
PB (50m pool): 01:15.36 Wezenberg 03/01/2026			PB (25m pool): 01:10.87 SB: 01:15.36 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:35.79	01:15.36	
	00:35.79	00:39.57	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:18, starttime: 10:37
Heat: 18/20 Lane : 3 Athlete: DALEMANS LYN			Q-time: 01:07:62
PB (50m pool): 01:07.62 Antwerpen 22/03/2026			PB (25m pool): 01:05.62 SB: 01:07.62 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	
PB	00:32.27	01:07.62	
	00:32.27	00:35.35	
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:53
Heat: 5/19 Lane : 1 Athlete: LAUWENS FINN			Q-time: 01:27:15
PB (50m pool): 01:27.15 Antwerpen 08/03/2026			PB (25m pool): 01:24.49SB: 01:27.15 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:42.72	01:27.15	
	00:42.72	00:44.43	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:59
Heat: 8/19 Lane : 9 Athlete: DE ROOS KASPER			Q-time: 01:22:44
PB (50m pool): 01:22.44 Antwerpen 08/03/2026			PB (25m pool): 01:20.59SB: 01:22.44 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:39.89	01:22.44	
	00:39.89	00:42.55	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:11, starttime: 11:05
Heat: 11/19 Lane : 9 Athlete: VERSPECHT KOBE			Q-time: 01:16:93
PB (50m pool): 01:16.93 Molenbeek 01/02/2026			PB (25m pool): 01:14.59SB: 01:16.93 Molenbeek 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:16.93	
	no time		
			

Coach feedback: