

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

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

Coaches: Vereecken Sven
Coaches: De Ridder Fedor
Coaches: Nieuwenhuis Sven HEADCOACH
Coaches: Dillen Toon

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 08:49
Heat: 3/22 Lane : 5 Athlete: SEGERS EMMA			Q-time: 01:25:83
PB (50m pool): no time			PB (25m pool): 01:25.83 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:3, starttime: 08:49
Heat: 3/22 Lane : 8 Athlete: SCHEPERS LENTHE			Q-time: 01:28:45
PB (50m pool): 01:28.45 Antwerpen 15/03/2026			PB (25m pool): 01:28.21 SB: 01:28.45 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:42.56	01:28.45	
	00:42.56	00:45.89	
	.	.	

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:3, starttime: 08:49
Heat: 3/22 Lane : 9 Athlete: BOECKX LISA			Q-time: 01:32:42
PB (50m pool): 01:32.42 Wezenberg 01/02/2026			PB (25m pool): 01:26.66 SB: 01:32.42 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:45.20	01:32.42	
	00:45.20	00:47.22	
	.	.	

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 08:51
Heat: 4/22 Lane : 3 Athlete: VEREECKEN WANTER FELINE			Q-time: 01:22:41
PB (50m pool): 01:22.41 Wezenberg 01/02/2026			PB (25m pool): 01:21.71 SB: 01:22.41 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.76	01:22.41	
	00:39.76	00:42.65	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:6, starttime: 08:55
Heat: 6/22 Lane : 4 Athlete: NIEUWENHUIS ZOë			Q-time: 01:16:78
PB (50m pool): 01:16.78 Antwerpen 15/03/2026			PB (25m pool): 01:16.13 SB: 01:16.78 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:36.87	01:16.78	
	00:36.87	00:39.91	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:7, starttime: 08:57
Heat: 7/22 Lane : 0 Athlete: DJONOU IMBA ITZANA			Q-time: 01:16:54
PB (50m pool): 01:14.76 Antwerpen 19/04/2026			PB (25m pool): 01:15.95 SB: 01:14.76 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:35.99	01:14.76	
	00:35.99	00:38.77	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 08:58
Heat: 8/22 Lane : 3 Athlete: BOECKX PAULIEN			Q-time: 01:13:92
PB (50m pool): 01:13.92 Eindhoven 22/03/2026			PB (25m pool): 01:09.36 SB: 01:13.92 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:35.08	01:13.92	
	00:35.08	00:38.84	
			

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:8, starttime: 08:58
Heat: 8/22 Lane : 8 Athlete: HUFKENS ELINA			Q-time: 01:14:37
PB (50m pool): 01:14.37 Antwerpen 15/03/2026			PB (25m pool): 01:11.40 SB: 01:14.37 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.15	01:14.37	
	00:35.15	00:39.22	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:00
Heat: 9/22 Lane : 2 Athlete: DE RIDDER ROXANE			Q-time: 01:12:99
PB (50m pool): 01:12.99 Wezenberg 01/02/2026			PB (25m pool): 01:11.30 SB: 01:12.99 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:35.07	01:12.99	
	00:35.07	00:37.92	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:9, starttime: 09:00
Heat: 9/22 Lane : 8 Athlete: WOUTERS DORA			Q-time: 01:13:10
PB (50m pool): 01:13.10 Antwerpen 15/03/2026			PB (25m pool): 01:11.73 SB: 01:13.10 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.06	01:13.10	
	00:35.06	00:38.04	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:10, starttime: 09:02
Heat: 10/22 Lane : 9 Athlete: VALKENBORGHES YANNE			Q-time: 01:12:29
PB (50m pool): 01:12.29 Wezenberg 05/01/2025			PB (25m pool): 01:11.44 SB: 01:14.53 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:34.63	01:12.29	
	00:34.63	00:37.66	
			

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:11, starttime: 09:03
Heat: 11/22 Lane : 0 Athlete: POELS NOMI			Q-time: 01:10:68
PB (50m pool): 01:10.68 Lago Gent Rozebroeken 04/05/2025			PB (25m pool): 01:07.32 SB: 01:11.26 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.82	01:10.68	
	00:33.82	00:36.86	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:12, starttime: 09:05
Heat: 12/22 Lane : 1 Athlete: LEYSEN IMKE			Q-time: 01:09:34
PB (50m pool): 01:09.34 Antwerp 02/02/2025			PB (25m pool): 01:08.04 SB: 01:10.85 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:33.16	01:09.34	
	00:33.16	00:36.18	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 09:06
Heat: 13/22 Lane : 3 Athlete: BOOGERS NOOR			Q-time: 01:08:41
PB (50m pool): 01:07.96 Antwerpen 19/04/2026			PB (25m pool): 01:05.76 SB: 01:07.96 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:33.07	01:07.96	
	00:33.07	00:34.89	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:13, starttime: 09:06
Heat: 13/22 Lane : 7 Athlete: COOLS YELENA			Q-time: 01:08:69
PB (50m pool): 01:08.69 Wezenberg 03/01/2026			PB (25m pool): 01:06.35 SB: 01:08.69 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:33.34	01:08.69	
	00:33.34	00:35.35	
			

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:14, starttime: 09:08
Heat: 14/22 Lane : 8 Athlete: CORNELIS KAAT			Q-time: 01:08:02
PB (50m pool): 01:07.84 Antwerpen 15/03/2026			PB (25m pool): 01:06.51 SB: 01:07.84 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:32.66	01:07.84	
	00:32.66	00:35.18	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:10
Heat: 15/22 Lane : 3 Athlete: MAES JULIE			Q-time: 01:06:77
PB (50m pool): 01:06.77 Eindhoven 16/03/2025			PB (25m pool): 01:04.26 SB: 01:07.19 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:06.77	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 09:11
Heat: 16/22 Lane : 7 Athlete: COESEMANS AMILIA			Q-time: 01:06:27
PB (50m pool): 01:06.27 Wezenberg 03/01/2026			PB (25m pool): 01:04.22 SB: 01:06.27 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:31.56	01:06.27	
	00:31.56	00:34.71	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 09:13
Heat: 17/22 Lane : 6 Athlete: VAN TILBURG FRAUKE			Q-time: 01:05:29
PB (50m pool): 01:05.29 Antwerpen 08/03/2026			PB (25m pool): 01:02.99 SB: 01:05.29 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:31.05	01:05.29	
	00:31.05	00:34.24	
			

Coach feedback:

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:17, starttime: 09:13
Heat: 17/22 Lane : 7 Athlete: VANLOMMEL LUISA VALENTINA			Q-time: 01:05:54
PB (50m pool): 01:05.54 Eindhoven 22/03/2026			PB (25m pool): 01:03.65 SB: 01:05.54 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:31.85	01:05.54	
	00:31.85	00:33.69	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:2, starttime: 09:24
Heat: 2/23 Lane : 5 Athlete: VAN MEER RUNE			Q-time: 01:30:87
PB (50m pool): 01:30.87 Antwerpen 15/03/2026			PB (25m pool): 01:27.61 SB: 01:30.87 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:43.42	01:30.87	
	00:43.42	00:47.45	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:2, starttime: 09:24
Heat: 2/23 Lane : 6 Athlete: CORREIA DE OLIVEIRA TIAGO			Q-time: 01:32:68
PB (50m pool): 01:25.53 Antwerpen 15/03/2026			PB (25m pool): 01:27.33 SB: 01:25.53 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.91	01:25.53	
	00:39.91	00:45.62	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:2, starttime: 09:24
Heat: 2/23 Lane : 7 Athlete: NIEUWENHUIS ISAAC			Q-time: 01:52:59
PB (50m pool): 01:52.59 Wezenberg 01/02/2026			PB (25m pool): 01:44.10 SB: 01:52.59 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:53.71	01:52.59	
	00:53.71	00:58.88	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE MEN 11+			Heat:3, starttime: 09:26
Heat: 3/23 Lane : 9 Athlete: DE FEYTER LUCAS			Q-time: 01:28:93
PB (50m pool): 01:28.93 Antwerpen 15/03/2026			PB (25m pool): 01:22.89 SB: 01:28.93 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:41.31	01:28.93	
	00:41.31	00:47.62	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:5, starttime: 09:30
Heat: 5/23 Lane : 0 Athlete: RAMSDONCK KRIS			Q-time: 01:14:73
PB (50m pool): 01:14.73 Antwerpen 15/03/2026			PB (25m pool): 01:13.93 SB: 01:14.73 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:35.87	01:14.73	
	00:35.87	00:38.86	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:6, starttime: 09:32
Heat: 6/23 Lane : 5 Athlete: STERCKX DAAN			Q-time: 01:11:55
PB (50m pool): 01:10.78 Antwerpen 19/04/2026			PB (25m pool): 01:10.65 SB: 01:10.78 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:34.23	01:10.78	
	00:34.23	00:36.55	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:8, starttime: 09:35
Heat: 8/23 Lane : 1 Athlete: NEYRINCK RUBEN			Q-time: 01:09:47
PB (50m pool): 01:09.47 Wezenberg 04/01/2026			PB (25m pool): 01:08.97 SB: 01:09.47 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:34.16	01:09.47	
	00:34.16	00:35.31	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE MEN 11+			Heat:8, starttime: 09:35
Heat: 8/23 Lane : 3 Athlete: LIEVENS RUBE			Q-time: 01:09:09
PB (50m pool): 01:09.09 Antwerpen 15/03/2026			PB (25m pool): 01:09.95 SB: 01:09.09 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:33.26	01:09.09	
	00:33.26	00:35.83	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:8, starttime: 09:35
Heat: 8/23 Lane : 4 Athlete: MAES MATHIJS			Q-time: 01:08:66
PB (50m pool): 01:08.36 Antwerpen 19/04/2026			PB (25m pool): 01:07.51 SB: 01:08.36 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:32.46	01:08.36	
	00:32.46	00:35.90	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:9, starttime: 09:37
Heat: 9/23 Lane : 0 Athlete: AGTEN VALERIO ÁLVARO			Q-time: 01:08:34
PB (50m pool): 01:06.88 Antwerpen 21/07/2024			PB (25m pool): 01:06.55 SB: 01:07.41 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	no time	01:06.88	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:13, starttime: 09:43
Heat: 13/23 Lane : 7 Athlete: DILLEN FINN			Q-time: 01:02:65
PB (50m pool): 01:02.65 Antwerpen 20/07/2025			PB (25m pool): 00:59.05 SB: no time
	5 0 M	1 0 0 M	
PB	00:29.89	01:02.65	
	00:29.89	00:32.76	
			

Coach feedback:

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

Event number: 12: 100M FREESTYLE MEN 11+			Heat:20, starttime: 09:53
Heat: 20/23 Lane : 0 Athlete: HUFKENS ILIAN			Q-time: 00:58:03
PB (50m pool): 00:58.03 Antwerpen 08/03/2026			PB (25m pool): 00:58.32 SB: 00:58.03 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.93	00:58.03	
	00:27.93	00:30.10	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:21, starttime: 09:54
Heat: 21/23 Lane : 9 Athlete: BEGUE MILANN			Q-time: 00:57:18
PB (50m pool): 00:57.18 Antwerpen 08/03/2026			PB (25m pool): 00:56.41 SB: 00:57.18 Antwerpen 08/03/2026
	5 0 M	1 0 0 M	
PB	00:27.33	00:57.18	
	00:27.33	00:29.85	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:23, starttime: 09:57
Heat: 23/23 Lane : 0 Athlete: ZRIRAK WAEL			Q-time: 00:56:89
PB (50m pool): 00:56.82 Antwerpen 19/04/2026			PB (25m pool): 00:55.29 SB: 00:56.82 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:26.94	00:56.82	
	00:26.94	00:29.88	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:04
Heat: 3/20 Lane : 2 Athlete: SCHEPERS LENTHE			Q-time: 01:45:74
PB (50m pool): 01:45.74 Wezenberg 04/01/2026			PB (25m pool): 01:52.25 SB: 01:45.74 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:51.32	01:45.74	
	00:51.32	00:54.42	
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:3, starttime: 10:04
Heat: 3/20 Lane : 8 Athlete: BOECKX LISA			Q-time: 01:49:39
PB (50m pool): no time			PB (25m pool): 01:49.39 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 : 0 Athlete: VEREECKEN WANTER FELINE			Q-time: 01:40:64
PB (50m pool): 01:40.64 Wezenberg 04/01/2026			PB (25m pool): 01:38.16 SB: 01:40.64 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:48.77	01:40.64	
	00:48.77	00:51.87	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:06
Heat: 4/20 Lane : 3 Athlete: DJONOU IMBA ITZANA			Q-time: 01:37:66
PB (50m pool): 01:37.66 Eindhoven 22/03/2026			PB (25m pool): 01:35.18 SB: 01:37.66 Eindhoven 22/03/2026
	5 0 M	1 0 0 M	
PB	00:47.01	01:37.66	
	00:47.01	00:50.65	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:4, starttime: 10:06
Heat: 4/20 Lane : 7 Athlete: SEGERS EMMA			Q-time: 01:38:51
PB (50m pool): no time			PB (25m pool): 01:38.51 SB: no time
	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:09
Heat: 5/20 Lane : 0 Athlete: NIEUWENHUIS ZOë			Q-time: 01:36:40
PB (50m pool): 01:36.40 Antwerpen 15/03/2026			PB (25m pool): 01:33.56 SB: 01:36.40 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:47.01	01:36.40	
	00:47.01	00:49.39	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 3 Athlete: BOECKX PAULIEN			Q-time: 01:32:53
PB (50m pool): 01:31.94 Lago Gent Rozebroeken 05/05/2024			PB (25m pool): 01:27.95 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:31.94	
	no time		
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:6, starttime: 10:11
Heat: 6/20 Lane : 5 Athlete: WOUTERS DORA			Q-time: 01:32:52
PB (50m pool): 01:32.52 Antwerpen 15/03/2026			PB (25m pool): 01:31.29 SB: 01:32.52 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:45.48	01:32.52	
	00:45.48	00:47.04	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:7, starttime: 10:13
Heat: 7/20 Lane : 7 Athlete: HUFKENS ELINA			Q-time: 01:31:38
PB (50m pool): 01:31.38 Antwerpen 15/03/2026			PB (25m pool): 01:23.57 SB: 01:31.38 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:44.22	01:31.38	
	00:44.22	00:47.16	
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 10:20
Heat: 10/20 Lane : 1 Athlete: COOLS YELENA			Q-time: 01:23:97
PB (50m pool): 01:22.17 Antwerpen 15/03/2026			PB (25m pool): 01:19.33 SB: 01:22.17 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.33	01:22.17	
	00:40.33	00:41.84	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 10:20
Heat: 10/20 Lane : 9 Athlete: LEYSEN IMKE			Q-time: 01:24:74
PB (50m pool): 01:24.74 Antwerpen 13/07/2025			PB (25m pool): 01:20.31 SB: 01:26.07 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:40.57	01:24.74	
	00:40.57	00:44.17	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 10:22
Heat: 11/20 Lane : 4 Athlete: DE RIDDER ROXANE			Q-time: 01:22:22
PB (50m pool): 01:22.22 Wezenberg 04/01/2026			PB (25m pool): 01:18.74 SB: 01:22.22 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.18	01:22.22	
	00:39.18	00:43.04	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 10:22
Heat: 11/20 Lane : 7 Athlete: COESEMANS AMILIA			Q-time: 01:22:77
PB (50m pool): 01:21.56 Antwerpen 15/03/2026			PB (25m pool): 01:17.29 SB: 01:21.56 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:39.23	01:21.56	
	00:39.23	00:42.33	
			

Coach feedback:

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

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 4 Athlete: BOOGERS NOOR			Q-time: 01:17:06
PB (50m pool): 01:17.06 Wezenberg 04/01/2026			PB (25m pool): 01:12.58 SB: 01:17.06 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:37.37	01:17.06	
	00:37.37	00:39.69	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 6 Athlete: CORNELIS KAAT			Q-time: 01:17:17
PB (50m pool): 01:15.40 Antwerpen 19/04/2026			PB (25m pool): 01:13.89 SB: 01:15.40 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:35.77	01:15.40	
	00:35.77	00:39.63	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:17, starttime: 10:35
Heat: 17/20 Lane : 0 Athlete: VANLOMME LUISA VALENTINA			Q-time: 01:16:06
PB (50m pool): 01:15.71 Antwerpen 19/04/2026			PB (25m pool): 01:12.91 SB: 01:15.71 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:37.09	01:15.71	
	00:37.09	00:38.62	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:17, starttime: 10:35
Heat: 17/20 Lane : 4 Athlete: MAES JULIE			Q-time: 01:14:42
PB (50m pool): 01:13.95 Antwerpen 16/10/2021			PB (25m pool): 01:11.40 SB: 01:14.42 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	no time	01:13.95	
	no time		
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:45
Heat: 2/19 Lane : 0 Athlete: NIEUWENHUIS ISAAC			Q-time: 01:53:99
PB (50m pool): 01:53.99 Antwerpen 15/03/2026			PB (25m pool): 01:53.86 SB: 01:53.99 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:55.68	01:53.99	
	00:55.68	00:58.31	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:45
Heat: 2/19 Lane : 7 Athlete: VAN MEER RUNE			Q-time: 01:41:27
PB (50m pool): 01:36.35 Antwerpen 19/04/2026			PB (25m pool): 01:34.71 SB: 01:36.35 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:47.11	01:36.35	
	00:47.11	00:49.24	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:2, starttime: 10:45
Heat: 2/19 Lane : 8 Athlete: CORREIA DE OLIVEIRA TIAGO			Q-time: 01:53:42
PB (50m pool): 01:53.42 Wezenberg 01/02/2026			PB (25m pool): 01:43.49 SB: 01:53.42 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:56.93	01:53.42	
	00:56.93	00:56.49	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:3, starttime: 10:48
Heat: 3/19 Lane : 4 Athlete: DE FEYTER LUCAS			Q-time: 01:33:42
PB (50m pool): 01:33.16 Antwerpen 19/04/2026			PB (25m pool): 01:31.37 SB: 01:33.16 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:45.31	01:33.16	
	00:45.31	00:47.85	
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:5, starttime: 10:53
Heat: 5/19 Lane : 4 Athlete: RAMSDONCK KRIS			Q-time: 01:25:09
PB (50m pool): 01:23.84 Antwerpen 19/04/2026			PB (25m pool): 01:20.96 SB: 01:23.84 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:41.10	01:23.84	
	00:41.10	00:42.74	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:59
Heat: 8/19 Lane : 1 Athlete: LIEVENS RUBE			Q-time: 01:21:86
PB (50m pool): 01:21.86 Antwerpen 15/03/2026			PB (25m pool): 01:18.89 SB: 01:21.86 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.87	01:21.86	
	00:38.87	00:42.99	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:8, starttime: 10:59
Heat: 8/19 Lane : 2 Athlete: STERCKX DAAN			Q-time: 01:21:38
PB (50m pool): 01:21.38 Antwerpen 15/03/2026			PB (25m pool): 01:19.22 SB: 01:21.38 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.92	01:21.38	
	00:38.92	00:42.46	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:01
Heat: 9/19 Lane : 7 Athlete: MAES MATHIJS			Q-time: 01:19:69
PB (50m pool): 01:19.69 Wezenberg 04/01/2026			PB (25m pool): 01:17.29 SB: 01:19.69 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:38.99	01:19.69	
	00:38.99	00:40.70	
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:9, starttime: 11:01
Heat: 9/19 Lane : 9 Athlete: NEYRINCK RUBEN			Q-time: 01:20:70
PB (50m pool): 01:20.70 Wezenberg 04/01/2026			PB (25m pool): 01:16.96 SB: 01:20.70 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:39.76	01:20.70	
	00:39.76	00:40.94	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:10, starttime: 11:03
Heat: 10/19 Lane : 9 Athlete: AGTEN VALERIO ÁLVARO			Q-time: 01:18:56
PB (50m pool): 01:15.72 Antwerpen 19/04/2026			PB (25m pool): 01:15.13 SB: 01:15.72 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:36.25	01:15.72	
	00:36.25	00:39.47	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:14, starttime: 11:11
Heat: 14/19 Lane : 5 Athlete: BEGUE MILANN			Q-time: 01:11:54
PB (50m pool): 01:10.64 Antwerpen 19/04/2026			PB (25m pool): 01:07.03 SB: 01:10.64 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:33.76	01:10.64	
	00:33.76	00:36.88	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:17, starttime: 11:17
Heat: 17/19 Lane : 1 Athlete: HUFKENS ILIAN			Q-time: 01:06:11
PB (50m pool): 01:05.51 Antwerpen 19/04/2026			PB (25m pool): 01:03.92 SB: 01:05.51 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:31.86	01:05.51	
	00:31.86	00:33.65	
			

Coach feedback:

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

Event number: 14: 100M BACKSTROKE MEN 11+										Heat:18, starttime: 11:19	
Heat: 18/19 Lane : 0 Athlete: ZRIRAK WAEL									Q-time: 01:07:46		
PB (50m pool): 01:06.66 Antwerpen 19/04/2026					PB (25m pool): 01:03.29 SB: 01:06.66 Antwerpen 19/04/2026						
	5 0 M		1 0 0 M								
PB	00:32.55		01:06.66								
	00:32.55		00:34.11								
											

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 11:23	
Heat: 1/2 Lane : 1 Athlete: VALKENBORGH YANNE							Q-time: 06:33:77	
PB (50m pool): 06:33.77 Mol 22/06/2025				PB (25m pool): no time SB: 06:49.07 Eindhoven 22/03/2026				
	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	00:41.39	01:34.80	02:29.45	03:23.81	04:24.82	05:26.21	06:13.63	06:33.77
	00:41.39	00:53.41	00:54.65	00:54.36	01:01.01	01:01.39	00:47.42	00:20.14
								

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 11:23	
Heat: 1/2 Lane : 2 Athlete: POELS NOMI							Q-time: 06:16:69	
PB (50m pool): 06:16.69 Mol 22/06/2025				PB (25m pool): no time SB: 06:23.66 Eindhoven 22/03/2026				
	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	01:28.95	no time	no time	no time	no time	no time	06:16.69
	<i>no time</i>							
								

Coach feedback:

Event number: 15: 400M MEDLEY WOMEN 11+							Heat:1, starttime: 11:23	
Heat: 1/2 Lane : 3 Athlete: VAN TILBURG FRAUKE							Q-time: 06:06:64	
PB (50m pool): 06:06.64 Eindhoven 22/03/2026				PB (25m pool): 06:06.86 SB: 06:06.64 Eindhoven 22/03/2026				
	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	00:35.75	01:19.91	02:06.12	02:51.36	03:44.16	04:41.24	05:24.96	06:06.64
	00:35.75	00:44.16	00:46.21	00:45.24	00:52.80	00:57.08	00:43.72	00:41.68
								

Coach feedback:

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

Event number: 16: 400M MEDLEY MEN 11+							Heat:2, starttime: 11:44	
Heat: 2/3 Lane : 3 Athlete: DILLEN FINN							Q-time: 05:26:55	
PB (50m pool): 05:26.55 Antwerpen 20/07/2025								

Coach feedback: