

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

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

Coaches: Bauwens Aron

Coaches: Naegels Eli

Coaches: Driesen Inge HEADCOACH

Coaches: Asselman Jasper

PB => Personal Best time

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:4, starttime: 08:51
Heat: 4/22 Lane : 2 Athlete: NAGHIU MATIS IZOLDA			Q-time: 01:22:89
PB (50m pool): 01:22.67 Antwerpen 14/07/2024			PB (25m pool): 01:20.25 SB: 01:22.89 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:22.67	
	no time		
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:15, starttime: 09:10
Heat: 15/22 Lane : 5 Athlete: VANDE SOMPELE JITS			Q-time: 01:06:74
PB (50m pool): 01:06.74 Antwerpen 15/03/2026			PB (25m pool): 01:08.83 SB: 01:06.74 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:31.87	01:06.74	
	00:31.87	00:34.87	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:40
Heat: 11/23 Lane : 6 Athlete: COGURCU ARDA			Q-time: 01:04:60
PB (50m pool): 01:04.60 Gent 08/02/2026			PB (25m pool): 01:02.76 SB: 01:04.60 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:30.65	01:04.60	
	00:30.65	00:33.95	
			

Coach feedback:

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:11, starttime: 09:40
Heat: 11/23 Lane : 7 Athlete: LADEWIG SETH			Q-time: 01:04:79
PB (50m pool): 01:04.79 Antwerpen 13/07/2025			PB (25m pool): 01:03.27 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.71	01:04.79	
	00:30.71	00:34.08	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:12, starttime: 09:41
Heat: 12/23 Lane : 3 Athlete: MESTARI ABDERRAHMANE			Q-time: 01:03:40
PB (50m pool): 01:03.40 Wezenberg 01/02/2026			PB (25m pool): 01:01.38 SB: 01:03.40 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	no time	01:03.40	
	no time		
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:15, starttime: 09:46
Heat: 15/23 Lane : 5 Athlete: EL HADDOUCHI HAROUN			Q-time: 01:00:85
PB (50m pool): 01:00.85 Wezenberg 01/02/2026			PB (25m pool): 00:59.92 SB: 01:00.85 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:28.77	01:00.85	
	00:28.77	00:32.08	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:22, starttime: 09:55
Heat: 22/23 Lane : 8 Athlete: HOROVYI MYKYTA			Q-time: 00:56:72
PB (50m pool): 00:56.33 Antwerp 14/04/2024			PB (25m pool): 00:54.61 SB: no time
	5 0 M	1 0 0 M	
PB	no time	00:56.33	
	no time		
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:5, starttime: 10:09
Heat: 5/20 Lane : 8 Athlete: VANDE SOMPELE HASSE			Q-time: 01:35:86
PB (50m pool): 01:35.86 Gent 08/02/2026			PB (25m pool): no time SB: 01:35.86 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:47.56	01:35.86	
	00:47.56	00:48.30	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:11, starttime: 10:22
Heat: 11/20 Lane : 5 Athlete: CORNEZ MAYLIE			Q-time: 01:22:27
PB (50m pool): 01:22.27 Gent 08/02/2026			PB (25m pool): 01:21.10 SB: 01:22.27 Gent 08/02/2026
	5 0 M	1 0 0 M	
PB	00:40.11	01:22.27	
	00:40.11	00:42.16	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:14, starttime: 10:29
Heat: 14/20 Lane : 5 Athlete: NULENS LILI			Q-time: 01:17:90
PB (50m pool): 01:17.90 Antwerpen 15/03/2026			PB (25m pool): 01:17.49 SB: 01:17.90 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.10	01:17.90	
	00:38.10	00:39.80	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+			Heat:1, starttime: 10:43
Heat: 1/19 Lane : 1 Athlete: TSYBULNIAK KYRYL			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		
			

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Event number: 14: 100M BACKSTROKE MEN 11+				Heat:1, starttime: 10:43			
Heat: 1/19 Lane : 8 Athlete: FONTANA ALESSANDRO MARIA NIC				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:

Event number: 14: 100M BACKSTROKE MEN 11+				Heat:9, starttime: 11:01			
Heat: 9/19 Lane : 8 Athlete: NAEGELS REZA				Q-time: 01:20:12			
PB (50m pool): 01:20.12 Wezenberg Antwerpen 07/01/2024				PB (25m pool): 01:13.86 SB: no time			
	5 0 M	1 0 0 M					
PB	00:39.01	01:20.12					
	00:39.01	00:41.11					
							

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11+				Heat:11, starttime: 11:05			
Heat: 11/19 Lane : 7 Athlete: BETTENS STAN				Q-time: 01:16:19			
PB (50m pool): 01:16.19 Antwerpen 15/03/2026				PB (25m pool): 01:16.64 SB: 01:16.19 Antwerpen 15/03/2026			
	5 0 M	1 0 0 M					
PB	00:37.27	01:16.19					
	00:37.27	00:38.92					
							

Coach feedback:

Event number: 16: 400M MEDLEY MEN 11+							Heat:2, starttime: 11:44	
Heat: 2/3 Lane : 7 Athlete: BETTENS LUCAS							Q-time: 05:30:17	
PB (50m pool): 05:30.17 Mol 22/06/2025				PB (25m pool): 05:18.24 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	00:34.36	01:17.84	02:02.34	02:44.60	03:29.94	04:16.40	04:53.88	05:30.17
	00:34.36	00:43.48	00:44.50	00:42.26	00:45.34	00:46.46	00:37.48	00:36.29
								

Coach feedback: