

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

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

Coaches: De Herdt Els

Coaches: Jacob Sven

Coaches: Van Campenhout Sigrid

Coaches: De Weerdt Koen

Coaches: De Herdt An

Coaches: Gijsemans Liesbet HEADCOACH

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

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:16, starttime: 09:11
Heat: 16/22 Lane : 2 Athlete: HUBERLAND LORE			Q-time: 01:06:13
PB (50m pool): 01:05.99 Antwerpen 19/04/2026			PB (25m pool): 01:04.20 SB: 01:05.99 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:32.08	01:05.99	
	00:32.08	00:33.91	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:18, starttime: 09:14
Heat: 18/22 Lane : 5 Athlete: VERDOOD PIP			Q-time: 01:04:14
PB (50m pool): 01:04.14 Antwerpen 20/07/2025			PB (25m pool): 01:03.56 SB: 01:04.24 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	
PB	00:30.72	01:04.14	
	00:30.72	00:33.42	
			

Coach feedback:

Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:19, starttime: 09:16
Heat: 19/22 Lane : 6 Athlete: JACOBS LOTTE			Q-time: 01:03:47
PB (50m pool): 01:03.47 Antwerpen 13/07/2025			PB (25m pool): 01:02.65 SB: 01:04.37 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:30.79	01:03.47	
	00:30.79	00:32.68	
			

Coach feedback:

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Event number: 11: 100M FREESTYLE WOMEN 11+			Heat:21, starttime: 09:19
Heat: 21/22 Lane : 8 Athlete: SCHELLEMANS CHARLOTTE			Q-time: 01:02:68
PB (50m pool): 01:02.68 Antwerpen 27/07/2025			PB (25m pool): 01:02.62 SB: 01:03.86 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:30.19	01:02.68	
	00:30.19	00:32.49	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:10, starttime: 09:38
Heat: 10/23 Lane : 1 Athlete: VERCAMMEN DAAN			Q-time: 01:05:98
PB (50m pool): 01:05.98 Wezenberg 03/01/2026			PB (25m pool): 01:03.19 SB: 01:05.98 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:31.21	01:05.98	
	00:31.21	00:34.77	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:12, starttime: 09:41
Heat: 12/23 Lane : 5 Athlete: SLAETS CAZ			Q-time: 01:03:30
PB (50m pool): 01:03.30 Antwerpen 13/07/2025			PB (25m pool): 01:01.62 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.25	01:03.30	
	00:30.25	00:33.05	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:14, starttime: 09:44
Heat: 14/23 Lane : 2 Athlete: JACOB QINGKUN			Q-time: 01:01:70
PB (50m pool): 01:01.70 Wezenberg 03/01/2026			PB (25m pool): 00:59.01 SB: 01:01.70 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:29.72	01:01.70	
	00:29.72	00:31.98	
			

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Event number: 12: 100M FREESTYLE MEN 11+			Heat:14, starttime: 09:44
Heat: 14/23 Lane : 5 Athlete: MERTENS GERBEN			Q-time: 01:01:59
PB (50m pool): 01:01.59 Antwerpen 15/03/2026			PB (25m pool): 01:00.97 SB: 01:01.59 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.83	01:01.59	
	00:29.83	00:31.76	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:16, starttime: 09:47
Heat: 16/23 Lane : 0 Athlete: WIJSGEER VIKTOR			Q-time: 01:00:54
PB (50m pool): 01:00.54 Olympic Pool Wezenberg, Antwer 29/03/2025			PB (25m pool): 00:58.67 SB: 01:00.54 Olympic Pool Wezenberg, Antwer 29/03/2025
	5 0 M	1 0 0 M	
PB	00:28.76	01:00.54	
	00:28.76	00:31.78	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:16, starttime: 09:47
Heat: 16/23 Lane : 5 Athlete: JANSSENS TIJS			Q-time: 00:59:96
PB (50m pool): 00:59.96 Wezenberg 05/01/2025			PB (25m pool): 00:58.32 SB: 01:01.08 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:29.16	00:59.96	
	00:29.16	00:30.80	
			

Coach feedback:

Event number: 12: 100M FREESTYLE MEN 11+			Heat:20, starttime: 09:53
Heat: 20/23 Lane : 5 Athlete: DOOMEN MARNIX			Q-time: 00:57:55
PB (50m pool): 00:57.55 Antwerpen 27/07/2025			PB (25m pool): 00:55.76 SB: 00:57.74 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:27.67	00:57.55	
	00:27.67	00:29.88	
			

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Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:10, starttime: 10:20
Heat: 10/20 Lane : 4 Athlete: VERHOEVEN LIESE			Q-time: 01:23:56
PB (50m pool): 01:23.56 Antwerpen 13/07/2025			PB (25m pool): 01:24.32 SB: 01:28.61 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:40.94	01:23.56	
	00:40.94	00:42.62	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:13, starttime: 10:27
Heat: 13/20 Lane : 5 Athlete: VERDOOD PIP			Q-time: 01:19:07
PB (50m pool): 01:19.07 Antwerpen 15/03/2026			PB (25m pool): 01:16.17 SB: 01:19.07 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:37.15	01:19.07	
	00:37.15	00:41.92	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:15, starttime: 10:31
Heat: 15/20 Lane : 8 Athlete: JACOBS LOTTE			Q-time: 01:17:47
PB (50m pool): 01:17.47 Wezenberg 03/01/2026			PB (25m pool): 01:11.96 SB: 01:17.47 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:37.08	01:17.47	
	00:37.08	00:40.39	
			

Coach feedback:

Event number: 13: 100M BACKSTROKE WOMEN 11+			Heat:17, starttime: 10:35
Heat: 17/20 Lane : 1 Athlete: VAN REETH LIEZE			Q-time: 01:15:93
PB (50m pool): 01:15.93 Olympic Pool Wezenberg, Antwer 29/03/2026			PB (25m pool): 01:14.20 SB: 01:15.93 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	
PB	00:36.94	01:15.93	
	00:36.94	00:38.99	
			

Coach feedback:

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Event number: 13: 100M BACKSTROKE WOMEN 11+		Heat:20, starttime: 10:41	
Heat: 20/20 Lane : 9 Athlete: SCHELLEMANS CHARLOTTE		Q-time: 01:14:07	
PB (50m pool): 01:14.07 Antwerpen 27/07/2025		PB (25m pool): 01:13.06 SB: 01:17.79 Aalst 20/12/2025	
	5 0 M	1 0 0 M	
PB	00:36.29	01:14.07	
	00:36.29	00:37.78	
			

Coach feedback: