

FIRST Swim Meeting: Session: 4: COACH evaluation sheet for TEAM: TSZ

Coachinfo: Warming up from: 13:00 untill 14:05. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Guldentops Kevin

Coaches: Verluyten Philippe

Coaches: Michiels Hans HEADCOACH

Coaches: Hanssens Yash

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

Event number: 17: 200M MEDLEY MIXED 10-9					Heat:1, starttime: 14:15
Heat: 1/2 Lane : 2 Athlete: HENDRICKX NELLE					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	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
	.	.	.	.	

Coach feedback:

Event number: 17: 200M MEDLEY MIXED 10-9					Heat:2, starttime: 14:20
Heat: 2/2 Lane : 4 Athlete: DERRE EMIEL					Q-time: 03:32:94
PB (50m pool): 03:32.94 Sportoase De Watermolen 29/03/2026		PB (25m pool): no time SB: 03:32.94 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:49.33	01:40.94	02:48.71	03:32.94	
	00:49.33	00:51.61	01:07.77	00:44.23	
	.	.	.	.	

Coach feedback:

Event number: 17: 200M MEDLEY MIXED 10-9					Heat:2, starttime: 14:20
Heat: 2/2 Lane : 5 Athlete: SEGERS ZOë					Q-time: 03:37:99
PB (50m pool): 03:37.99 Sportoase De Watermolen 29/03/2026		PB (25m pool): no time SB: 03:37.99 Sportoase De Watermolen 29/03/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.32	01:48.00	02:49.05	03:37.99	
	00:51.32	00:56.68	01:01.05	00:48.94	
	.	.	.	.	

Coach feedback:

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Event number: 17: 200M MEDLEY MIXED 10-9					Heat:2, starttime: 14:20
Heat: 2/2 Lane : 6 Athlete: JANSSENS MILA					Q-time: 03:52:86
PB (50m pool): 03:52.86 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 03:52.86 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:55.66	01:55.28	02:57.96	03:52.86	
	00:55.66	00:59.62	01:02.68	00:54.90	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:33
Heat: 3/24 Lane : 8 Athlete: GOEMINNE ELLEMIEKE					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	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:42
Heat: 5/24 Lane : 6 Athlete: HERREGODTS INA					Q-time: 03:11:43
PB (50m pool): 03:11.43 Sportoase De Watermolen 29/03/2026 PB (25m pool): no time SB: 03:11.43 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.07	01:30.09	02:22.60	03:11.43	
	00:41.07	00:49.02	00:52.51	00:48.83	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:56
Heat: 9/24 Lane : 7 Athlete: LALOO FÉLINE					Q-time: 02:47:91
PB (50m pool): 02:47.91 Sportoase De Watermolen 29/03/2026 PB (25m pool): 02:48.00 SB: 02:47.91 Sportoase De Watermolen 29/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.50	01:21.18	02:05.66	02:47.91	
	00:38.50	00:42.68	00:44.48	00:42.25	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:18, starttime: 15:23
Heat: 18/24 Lane : 5 Athlete: VAN BUNDER INEZ					Q-time: 02:25:78
PB (50m pool): 02:22.60 Antwerpen 19/04/2026			PB (25m pool): 02:21.78 SB: 02:22.60 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.11	01:09.55	01:47.18	02:22.60	
	00:33.11	00:36.44	00:37.63	00:35.42	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:19, starttime: 15:26
Heat: 19/24 Lane : 1 Athlete: WAELPUT ELODIE					Q-time: 02:24:55
PB (50m pool): 02:24.55 Antwerpen 20/04/2025			PB (25m pool): 02:17.64 SB: no time		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.07	01:10.42	01:47.93	02:24.55	
	00:34.07	00:36.35	00:37.51	00:36.62	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:19, starttime: 15:26
Heat: 19/24 Lane : 4 Athlete: DEBRABANDERE LEONIE					Q-time: 02:23:68
PB (50m pool): 02:23.68 Antwerpen 08/03/2026			PB (25m pool): 02:19.23 SB: 02:23.68 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.62	01:08.15	01:46.44	02:23.68	
	00:31.62	00:36.53	00:38.29	00:37.24	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:19, starttime: 15:26
Heat: 19/24 Lane : 7 Athlete: SCHELFAUT NELL					Q-time: 02:24:49
PB (50m pool): 02:24.49 Antwerpen 20/04/2025			PB (25m pool): 02:22.15 SB: 02:25.93 Sportoase De Watermolen 29/03/2025		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.70	01:11.16	01:48.42	02:24.49	
	00:33.70	00:37.46	00:37.26	00:36.07	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:20, starttime: 15:29
Heat: 20/24 Lane : 2 Athlete: STESENS EMMA-LOUISE					Q-time: 02:22:30
PB (50m pool): 02:22.30 Antwerpen 20/07/2025					PB (25m pool): 02:17.74 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.50	01:08.80	01:46.23	02:22.30	
	00:32.50	00:36.30	00:37.43	00:36.07	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:20, starttime: 15:29
Heat: 20/24 Lane : 5 Athlete: DE JONG SUZAN					Q-time: 02:20:71
PB (50m pool): 02:20.71 Sportoase De Watermolen 29/03/2026					PB (25m pool): 02:17.18 SB: 02:20.71 Sportoase De Watermolen 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.15	01:08.90	01:46.25	02:20.71	
	00:32.15	00:36.75	00:37.35	00:34.46	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:21, starttime: 15:32
Heat: 21/24 Lane : 2 Athlete: VERLUYTEN NIENE					Q-time: 02:19:61
PB (50m pool): 02:19.58 Antwerpen 19/04/2026					PB (25m pool): 02:15.28 SB: 02:19.58 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.15	01:08.08	01:44.50	02:19.58	
	00:32.15	00:35.93	00:36.42	00:35.08	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:21, starttime: 15:32
Heat: 21/24 Lane : 3 Athlete: MURAT IREM					Q-time: 02:19:40
PB (50m pool): 02:19.33 Antwerpen 19/04/2026					PB (25m pool): 02:15.55 SB: 02:19.33 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.20	01:07.34	01:43.43	02:19.33	
	00:32.20	00:35.14	00:36.09	00:35.90	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:23, starttime: 15:37
Heat: 23/24 Lane : 2 Athlete: LAGEY LISELOTTE					Q-time: 02:14:36
PB (50m pool): no time PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:5, starttime: 16:07
Heat: 5/19 Lane : 3 Athlete: BOEL LIAM					Q-time: 99:99:99
PB (50m pool): 03:55.09 Lago Gent Rozebroeken 07/05/2023 PB (25m pool): 03:13.56 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:55.09	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:6, starttime: 16:12
Heat: 6/19 Lane : 7 Athlete: OSSELAER VAN NIEUWENHUYZE KIAN					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	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:9, starttime: 16:26
Heat: 9/19 Lane : 3 Athlete: VANDEPUTTE WOUT					Q-time: 03:26:28
PB (50m pool): 03:10.16 Antwerpen 19/04/2026 PB (25m pool): 03:03.18 SB: 03:10.16 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.97	01:30.35	02:19.70	03:10.16	
	00:41.97	00:48.38	00:49.35	00:50.46	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:12, starttime: 16:37
Heat: 12/19 Lane : 5 Athlete: AERENS JEF					Q-time: 03:04:71
PB (50m pool): 03:03.13 Antwerpen 19/04/2026					PB (25m pool): 03:00.89 SB: 03:03.13 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.37	01:28.38	02:15.11	03:03.13	
	00:41.37	00:47.01	00:46.73	00:48.02	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:14, starttime: 16:44
Heat: 14/19 Lane : 4 Athlete: KARER MALIK					Q-time: 02:56:27
PB (50m pool): 02:54.24 Antwerpen 19/04/2026					PB (25m pool): 02:54.00 SB: 02:54.24 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.66	01:22.74	02:08.58	02:54.24	
	00:38.66	00:44.08	00:45.84	00:45.66	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:15, starttime: 16:48
Heat: 15/19 Lane : 1 Athlete: EL BOUJADDAYNI DAOUD					Q-time: 02:55:94
PB (50m pool): 02:55.36 Antwerpen 19/04/2026					PB (25m pool): 02:50.58 SB: 02:55.36 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.58	01:23.44	02:09.54	02:55.36	
	00:38.58	00:44.86	00:46.10	00:45.82	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:18, starttime: 16:57
Heat: 18/19 Lane : 4 Athlete: SCIACCA LEANDRO					Q-time: 02:32:69
PB (50m pool): 02:31.25 Antwerpen 19/04/2026					PB (25m pool): 02:28.07 SB: 02:31.25 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.89	01:15.00	01:53.43	02:31.25	
	00:34.89	00:40.11	00:38.43	00:37.82	
					

Coach feedback: