

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

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

PB => Personal Best time

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

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:24, starttime: 15:40

Heat: 24/24 Lane : 1 Athlete: VAN BRABANDT JULIETTE Q-time: 02:10:09

PB (50m pool): 02:10.09 Olympic Pool Wezenberg, Antwer 29/03/2024 PB (25m pool): 02:05.08 SB: 02:10.09 Olympic Pool Wezenberg, Antwer 29/03/2024

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.48	01:01.64	01:36.03	02:10.09	
	00:29.48	00:32.16	00:34.39	00:34.06	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:24, starttime: 15:40

Heat: 24/24 Lane : 2 Athlete: DE BONT SAM Q-time: 02:06:44

PB (50m pool): 02:12.74 Olympic Pool Wezenberg, Antwer 29/03/2024 PB (25m pool): 02:07.83 SB: 02:12.74 Olympic Pool Wezenberg, Antwer 29/03/2024

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.83	01:05.08	01:39.22	02:12.74	
	00:30.83	00:34.25	00:34.14	00:33.52	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:24, starttime: 15:40

Heat: 24/24 Lane : 3 Athlete: DELCOMMUNE ZINKE Q-time: 02:03:72

PB (50m pool): 02:03.40 Antwerp 21/01/2024 PB (25m pool): 01:58.78 SB: 02:03.72 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:03.40	
	no time				
					

Coach feedback:

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

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 4 Athlete: MICHIELS NORE					Q-time: 02:02:23
PB (50m pool): 02:02.23 Antwerpen 27/07/2025					PB (25m pool): 01:59.34 SB: 02:03.19 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.70	00:59.31	01:30.82	02:02.23	
	00:28.70	00:30.61	00:31.51	00:31.41	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 6 Athlete: METZEMAKERS LéA					Q-time: 02:05:01
PB (50m pool): 02:05.01 Antwerpen 27/04/2025					PB (25m pool): 02:02.18 SB: 02:06.57 Amersfoort 22/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:29.09	01:00.74	01:32.54	02:05.01	
	00:29.09	00:31.65	00:31.80	00:32.47	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:24, starttime: 15:40
Heat: 24/24 Lane : 8 Athlete: DE DECKER FEBE					Q-time: 02:11:49
PB (50m pool): 02:11.49 Antwerpen 22/03/2026					PB (25m pool): 02:08.27 SB: 02:11.49 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.04	01:03.34	01:37.00	02:11.49	
	00:30.04	00:33.30	00:33.66	00:34.49	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:19, starttime: 17:01
Heat: 19/19 Lane : 3 Athlete: VRANKEN BARTEL					Q-time: 02:17:18
PB (50m pool): 02:17.18 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 02:14.14 SB: 02:17.18 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.11	01:06.61	01:41.92	02:17.18	
	00:31.11	00:35.50	00:35.31	00:35.26	
					

Coach feedback:

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

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:19, starttime: 17:01
Heat: 19/19 Lane : 4 Athlete: DE SCHRYVER NOAH					Q-time: 02:11:34
PB (50m pool): 02:10.83 ANTWERPEN 23/04/2023					PB (25m pool): 02:04.51 SB: 02:11.41 Olympic Pool Wezenberg, Antwer 29
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:10.83	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:19, starttime: 17:01
Heat: 19/19 Lane : 5 Athlete: BAETEN LUKAS					Q-time: 02:15:56
PB (50m pool): 02:15.56 Antwerpen 27/07/2025					PB (25m pool): 02:15.41 SB: 02:21.46 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:30.09	01:04.07	01:39.44	02:15.56	
	00:30.09	00:33.98	00:35.37	00:36.12	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:19, starttime: 17:01
Heat: 19/19 Lane : 6 Athlete: VAN GROENIGEN KARSTEN					Q-time: 02:21:69
PB (50m pool): 02:21.69 Antwerpen 22/03/2026					PB (25m pool): 02:16.53 SB: 02:21.69 Antwerpen 22/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:31.63	01:07.89	01:45.01	02:21.69	
	00:31.63	00:36.26	00:37.12	00:36.68	
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 11+					Heat:6, starttime: 17:37
Heat: 6/6 Lane : 4 Athlete: WAERNIERS BERE					Q-time: 02:05:26
PB (50m pool): 02:05.26 Luxembourg 01/02/2026					PB (25m pool): 02:01.57 SB: 02:05.26 Luxembourg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:28.32	01:00.38	01:32.52	02:05.26	
	00:28.32	00:32.06	00:32.14	00:32.74	
					

Coach feedback:

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

Event number: 22: 200M BUTTERFLY MEN 11+					Heat:6, starttime: 17:37
Heat: 6/6 Lane : 6 Athlete: DE SCHRYVER NOAH					Q-time: 02:12:48
PB (50m pool): 02:14.09 Antwerp 09/02/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:27.80	01:00.81	01:36.86	02:14.09	
	00:27.80	00:33.01	00:36.05	00:37.23	
					

Coach feedback: