

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

Coachinfo: Warming up from: 13:00 untill 14:05. 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: 17: 200M MEDLEY MIXED 10-9					Heat:1, starttime: 14:15
Heat: 1/2 Lane : 7 Athlete: PEETERS LOUISE					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:2, starttime: 14:29
Heat: 2/24 Lane : 4 Athlete: BOECKX LISA					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:7, starttime: 14:49
Heat: 7/24 Lane : 1 Athlete: SCHEPERS LENTHE					Q-time: 03:01:07
PB (50m pool): 03:00.18 Antwerpen 19/04/2026		PB (25m pool): 03:01.07 SB: 03:00.18 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:43.51	01:30.53	02:16.95	03:00.18	
	00:43.51	00:47.02	00:46.42	00:43.23	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:49
Heat: 7/24 Lane : 6 Athlete: VEREECKEN WANTER FELINE					Q-time: 02:58:50
PB (50m pool): no time PB (25m pool): 02:58.50 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:7, starttime: 14:49
Heat: 7/24 Lane : 8 Athlete: SEGERS EMMA					Q-time: 03:01:31
PB (50m pool): no time PB (25m pool): 03:01.31 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:8, starttime: 14:52
Heat: 8/24 Lane : 2 Athlete: NIEUWENHUIS ZOë					Q-time: 02:50:03
PB (50m pool): no time PB (25m pool): 02:50.03 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:8, starttime: 14:52
Heat: 8/24 Lane : 6 Athlete: DJONOU IMBA ITZANA					Q-time: 02:49:72
PB (50m pool): 02:43.73 Antwerpen 19/04/2026 PB (25m pool): 02:46.72 SB: 02:43.73 Antwerpen 19/04/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.84	01:21.40	02:04.21	02:43.73	
	00:38.84	00:42.56	00:42.81	00:39.52	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:59
Heat: 10/24 Lane : 7 Athlete: DE RIDDER ROXANE					Q-time: 02:44:22
PB (50m pool): 02:44.22 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 02:36.18 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.74	01:18.76	02:01.61	02:44.22	
	00:36.74	00:42.02	00:42.85	00:42.61	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:11, starttime: 15:02
Heat: 11/24 Lane : 1 Athlete: WOUTERS DORA					Q-time: 02:42:77
PB (50m pool): 02:42.77 Eindhoven 22/03/2026 PB (25m pool): 02:35.69 SB: 02:42.77 Eindhoven 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.45	01:18.95	02:02.36	02:42.77	
	00:36.45	00:42.50	00:43.41	00:40.41	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:11, starttime: 15:02
Heat: 11/24 Lane : 6 Athlete: HUFKENS ELINA					Q-time: 02:41:08
PB (50m pool): 02:41.08 Eindhoven 22/03/2026 PB (25m pool): 02:39.77 SB: 02:41.08 Eindhoven 22/03/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.76	01:18.21	02:00.55	02:41.08	
	00:36.76	00:41.45	00:42.34	00:40.53	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:11, starttime: 15:02
Heat: 11/24 Lane : 7 Athlete: BOECKX PAULIEN					Q-time: 02:41:68
PB (50m pool): 02:41.68 Eindhoven 16/03/2025 PB (25m pool): 02:36.67 SB: 02:48.10 Wezenberg 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.90	01:19.10	02:01.71	02:41.68	
	00:36.90	00:42.20	00:42.61	00:39.97	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:12, starttime: 15:05	
Heat: 12/24 Lane : 2 Athlete: VALKENBORGH'S YANNE				Q-time: 02:39:77	
PB (50m pool): 02:39.77 Antwerpen 20/04/2025				PB (25m pool): 02:39.95 SB: 02:52.91 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.57	01:17.10	01:58.76	02:39.77	
	00:36.57	00:40.53	00:41.66	00:41.01	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:14, starttime: 15:11	
Heat: 14/24 Lane : 1 Athlete: POELS NOMI				Q-time: 02:35:10	
PB (50m pool): 02:35.10 Lago Gent Rozebroeken 04/05/2025				PB (25m pool): 02:28.35 SB: 02:39.68 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.21	01:16.54	01:57.51	02:35.10	
	00:36.21	00:40.33	00:40.97	00:37.59	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:15, starttime: 15:14	
Heat: 15/24 Lane : 7 Athlete: COOLS YELENA				Q-time: 02:32:57	
PB (50m pool): 02:32.57 Antwerpen 20/04/2025				PB (25m pool): 02:27.98 SB: 02:32.62 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.61	01:12.60	01:52.56	02:32.57	
	00:34.61	00:37.99	00:39.96	00:40.01	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+				Heat:16, starttime: 15:17	
Heat: 16/24 Lane : 4 Athlete: COESEMANS AMILIA				Q-time: 02:29:74	
PB (50m pool): 02:29.74 Eindhoven 22/03/2026				PB (25m pool): 02:32.44 SB: 02:29.74 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.35	01:11.90	01:52.40	02:29.74	
	00:33.35	00:38.55	00:40.50	00:37.34	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:17, starttime: 15:20
Heat: 17/24 Lane : 5 Athlete: BOOGERS NOOR					Q-time: 02:27:99
PB (50m pool): 02:26.23 Antwerpen 19/04/2026					PB (25m pool): 02:21.98 SB: 02:26.23 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.14	01:12.29	01:49.86	02:26.23	
	00:35.14	00:37.15	00:37.57	00:36.37	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:17, starttime: 15:20
Heat: 17/24 Lane : 7 Athlete: LEYSEN IMKE					Q-time: 02:29:10
PB (50m pool): 02:29.10 Antwerpen 20/04/2025					PB (25m pool): 02:26.24 SB: 02:35.03 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.36	01:12.34	01:51.35	02:29.10	
	00:34.36	00:37.98	00:39.01	00:37.75	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:17, starttime: 15:20
Heat: 17/24 Lane : 8 Athlete: VAN TILBURG FRAUKE					Q-time: 02:29:28
PB (50m pool): 02:29.28 Wezenberg 01/02/2026					PB (25m pool): 02:24.75 SB: 02:29.28 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.74	01:12.14	01:51.80	02:29.28	
	00:33.74	00:38.40	00:39.66	00:37.48	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:18, starttime: 15:23
Heat: 18/24 Lane : 7 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 02:27:30
PB (50m pool): 02:23.36 Antwerpen 19/04/2026					PB (25m pool): 02:20.14 SB: 02:23.36 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.22	01:11.29	01:48.53	02:23.36	
	00:34.22	00:37.07	00:37.24	00:34.83	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:18, starttime: 15:23
Heat: 18/24 Lane : 8 Athlete: MAES JULIE					Q-time: 02:27:45
PB (50m pool): 02:24.85 Antwerpen 19/04/2026					PB (25m pool): 02:22.07 SB: 02:24.85 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.40	01:10.45	01:48.20	02:24.85	
	00:33.40	00:37.05	00:37.75	00:36.65	
					

Coach feedback:

Event number: 19: 100M BACKSTROKE MIXED 10-9					Heat:1, starttime: 15:43
Heat: 1/2 Lane : 2 Athlete: PEETERS LOUISE					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: 19: 100M BACKSTROKE MIXED 10-9					Heat:2, starttime: 15:45
Heat: 2/2 Lane : 6 Athlete: TER HEERDT SKYE					Q-time: 01:45:98
PB (50m pool): no time					PB (25m pool): 01:45.98 SB: no time
	5 0 M	1 0 0 M			
PB	no time	no time			
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:58
Heat: 3/19 Lane : 1 Athlete: VAN MEER RUNE					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:

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

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:58
Heat: 3/19 Lane : 2 Athlete: LIEVENS RUBE					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:3, starttime: 15:58
Heat: 3/19 Lane : 4 Athlete: STERCKX DAAN					Q-time: 99:99:99
PB (50m pool): 03:51.64 Lago Gent Rozebroeken 05/05/2024 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	03:51.64	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:58
Heat: 3/19 Lane : 5 Athlete: CORREIA DE OLIVEIRA TIAGO					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:3, starttime: 15:58
Heat: 3/19 Lane : 6 Athlete: NIEUWENHUIS ISAAC					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:

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

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:3, starttime: 15:58
Heat: 3/19 Lane : 8 Athlete: RAMSDONCK KRIS					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:4, starttime: 16:03
Heat: 4/19 Lane : 7 Athlete: DE FEYTER LUCAS					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:8, starttime: 16:22
Heat: 8/19 Lane : 2 Athlete: NEYRINCK RUBEN					Q-time: 03:42:11
PB (50m pool): 03:42.11 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:51.80	01:49.82	02:47.18	03:42.11	
	00:51.80	00:58.02	00:57.36	00:54.93	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:9, starttime: 16:26
Heat: 9/19 Lane : 4 Athlete: AGTEN VALERIO ÁLVARO					Q-time: 03:26:07
PB (50m pool): 03:26.07 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:39.68 SB: no time					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:46.19	01:39.43	02:32.98	03:26.07	
	00:46.19	00:53.24	00:53.55	00:53.09	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:11, starttime: 16:34
Heat: 11/19 Lane : 7 Athlete: MAES MATHIJS					Q-time: 03:11:53
PB (50m pool): 03:02.04 Antwerpen 19/04/2026					PB (25m pool): 02:59.04 SB: 03:02.04 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.97	01:27.99	02:15.68	03:02.04	
	00:40.97	00:47.02	00:47.69	00:46.36	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:12, starttime: 16:37
Heat: 12/19 Lane : 2 Athlete: ZRIRAK WAEL					Q-time: 03:06:03
PB (50m pool): 03:06.03 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): no time SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.47	01:29.30	02:19.10	03:06.03	
	00:40.47	00:48.83	00:49.80	00:46.93	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:13, starttime: 16:41
Heat: 13/19 Lane : 3 Athlete: BEGUE MILANN					Q-time: 02:59:89
PB (50m pool): 02:59.89 Lago Gent Rozebroeken 04/05/2025					PB (25m pool): 02:48.91 SB: no time
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.30	01:26.83	02:13.39	02:59.89	
	00:40.30	00:46.53	00:46.56	00:46.50	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:17, starttime: 16:54
Heat: 17/19 Lane : 7 Athlete: DILLEN FINN					Q-time: 02:46:37
PB (50m pool): 02:46.37 Antwerpen 20/07/2025					PB (25m pool): 02:41.75 SB: 02:48.14 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:37.46	01:20.41	02:04.10	02:46.37	
	00:37.46	00:42.95	00:43.69	00:42.27	
					

Coach feedback:

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

Event number: 21: 200M BUTTERFLY WOMEN 11+					Heat:4, starttime: 17:15
Heat: 4/4 Lane : 1 Athlete: POELS NOMI					Q-time: 03:11:10
PB (50m pool): 03:11.10 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): no time SB: 03:14.33 Wezenberg 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.95	01:30.24	02:21.69	03:11.10	
	00:41.95	00:48.29	00:51.45	00:49.41	
					

Coach feedback:

Event number: 21: 200M BUTTERFLY WOMEN 11+					Heat:4, starttime: 17:15
Heat: 4/4 Lane : 8 Athlete: VALKENBORGHS YANNE					Q-time: 03:15:76
PB (50m pool): 03:15.76 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 03:14.25 SB: 03:27.11 Wezenberg 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.79	01:30.19	02:24.48	03:15.76	
	00:40.79	00:49.40	00:54.29	00:51.28	
					

Coach feedback: