

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

Coachinfo: Warming up from: 13:00 untill 14:05. 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: 18: 200M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:49
Heat: 7/24 Lane : 7 Athlete: NAGHIU MATIS IZOLDA					Q-time: 03:00:70
PB (50m pool): 03:00.70 Antwerpen 19/04/2026					PB (25m pool): 02:58.99 SB: 03:00.70 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:41.01	01:28.10	02:14.77	03:00.70	
	00:41.01	00:47.09	00:46.67	00:45.93	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:52
Heat: 8/24 Lane : 5 Athlete: VANDE SOMPELE HASSE					Q-time: 02:48:93
PB (50m pool): 02:57.72 Gent 08/02/2026					PB (25m pool): 03:02.58 SB: 02:57.72 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:25.94	no time	02:57.72	
	no time				
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:13, starttime: 15:08
Heat: 13/24 Lane : 1 Athlete: NULENS LILI					Q-time: 02:36:99
PB (50m pool): 02:36.99 Gent 08/02/2026					PB (25m pool): 02:44.63 SB: 02:36.99 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	01:17.25	no time	02:36.99	
	no time				
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:15, starttime: 15:14
Heat: 15/24 Lane : 6 Athlete: VANDE SOMPELE JITS					Q-time: 02:32:44
PB (50m pool): 02:32.44 Wezenberg 01/02/2026					PB (25m pool): 02:47.61 SB: 02:32.44 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.32	01:15.86	01:55.34	02:32.44	
	00:35.32	00:40.54	00:39.48	00:37.10	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:8, starttime: 16:22
Heat: 8/19 Lane : 6 Athlete: FONTANA ALESSANDRO MARIA NIC					Q-time: 03:41:65
PB (50m pool): no time					PB (25m pool): 03:23.78 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:10, starttime: 16:30
Heat: 10/19 Lane : 2 Athlete: NAEGELS REZA					Q-time: 03:20:54
PB (50m pool): 03:20.54 Antwerp 28/01/2024					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	03:20.54	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:11, starttime: 16:34
Heat: 11/19 Lane : 5 Athlete: BETTENS STAN					Q-time: 03:08:11
PB (50m pool): 03:08.11 Antwerpen 19/04/2026					PB (25m pool): 03:08.59 SB: 03:08.11 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:42.78	01:31.00	02:20.71	03:08.11	
	00:42.78	00:48.22	00:49.71	00:47.40	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:14, starttime: 16:44
Heat: 14/19 Lane : 6 Athlete: TSYBULNIAK KYRYL					Q-time: 02:57:85
PB (50m pool): 02:57.85 Gent 08/02/2026					PB (25m pool): no time SB: 02:57.85 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:39.62	01:25.19	02:13.70	02:57.85	
	00:39.62	00:45.57	00:48.51	00:44.15	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:16, starttime: 16:51
Heat: 16/19 Lane : 2 Athlete: BETTENS LUCAS					Q-time: 02:49:84
PB (50m pool): 02:49.84 Antwerpen 20/04/2025					PB (25m pool): 02:45.53 SB: 02:52.58 Gent 08/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.41	01:22.12	02:06.47	02:49.84	
	00:38.41	00:43.71	00:44.35	00:43.37	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:17, starttime: 16:54
Heat: 17/19 Lane : 8 Athlete: LADEWIG SETH					Q-time: 02:47:21
PB (50m pool): 02:47.21 Antwerpen 20/04/2025					PB (25m pool): 02:41.92 SB: 02:49.00 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.09	01:19.36	02:04.10	02:47.21	
	00:36.09	00:43.27	00:44.74	00:43.11	
					

Coach feedback:

Event number: 22: 200M BUTTERFLY MEN 11+					Heat:4, starttime: 17:30
Heat: 4/6 Lane : 5 Athlete: COGURCU ARDA					Q-time: 02:37:65
PB (50m pool): 02:37.65 Wezenberg 01/02/2026					PB (25m pool): 02:44.98 SB: 02:37.65 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.21	01:11.01	01:52.71	02:37.65	
	00:33.21	00:37.80	00:41.70	00:44.94	
					

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Event number: 22: 200M BUTTERFLY MEN 11+					Heat:6, starttime: 17:37	
Heat: 6/6 Lane : 5 Athlete: HOROVYI MYKYTA					Q-time: 02:11:94	
PB (50m pool): 02:11.94 Antwerp 09/02/2025					PB (25m pool): 02:13.71 SB: 02:26.37 Gent 08/02/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:29.02	01:03.05	01:37.44	02:11.94		
	00:29.02	00:34.03	00:34.39	00:34.50		
						

Coach feedback: