

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

Coachinfo: Warming up from: 13:00 untill 14:05. 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: 18: 200M FREESTYLE WOMEN 11+ Heat:11, starttime: 15:02

Heat: 11/24 Lane : 3 Athlete: VERHOEVEN LIESE Q-time: 02:40:84

PB (50m pool): 02:37.44 Antwerpen 19/04/2026 PB (25m pool): 02:36.25 SB: 02:37.44 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.77	01:15.69	01:57.10	02:37.44	
	00:35.77	00:39.92	00:41.41	00:40.34	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:21, starttime: 15:32

Heat: 21/24 Lane : 5 Athlete: VERDOOD PIP Q-time: 02:19:18

PB (50m pool): 02:19.18 Aalst 20/12/2025 PB (25m pool): 02:18.60 SB: 02:19.18 Aalst 20/12/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.36	01:07.71	01:44.01	02:19.18	
	00:32.36	00:35.35	00:36.30	00:35.17	
					

Coach feedback:

Event number: 18: 200M FREESTYLE WOMEN 11+ Heat:21, starttime: 15:32

Heat: 21/24 Lane : 7 Athlete: SCHELLEMANS CHARLOTTE Q-time: 02:19:71

PB (50m pool): 02:19.71 Antwerpen 20/04/2025 PB (25m pool): 02:16.83 SB: 02:27.17 Antwerpen 19/04/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:33.53	01:09.64	01:45.54	02:19.71	
	00:33.53	00:36.11	00:35.90	00:34.17	
					

Coach feedback:

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Event number: 18: 200M FREESTYLE WOMEN 11+					Heat:22, starttime: 15:35
Heat: 22/24 Lane : 8 Athlete: JACOBS LOTTE					Q-time: 02:19:03
PB (50m pool): 02:19.03 Antwerpen 13/07/2025					PB (25m pool): 02:16.44 SB: 02:21.07 Aalst 20/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.54	01:08.51	01:44.54	02:19.03	
	00:32.54	00:35.97	00:36.03	00:34.49	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:2, starttime: 15:53
Heat: 2/19 Lane : 4 Athlete: JANSSENS TIJS					Q-time: 99:99:99
PB (50m pool): 03:13.14 Antwerpen 14/07/2024					PB (25m pool): 03:27.62 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	03:13.14	
	no time				
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:14, starttime: 16:44
Heat: 14/19 Lane : 8 Athlete: VERCAMMEN DAAN					Q-time: 02:58:96
PB (50m pool): 02:58.96 Wezenberg 01/02/2026					PB (25m pool): 02:55.68 SB: 02:58.96 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.31	01:26.75	02:13.51	02:58.96	
	00:40.31	00:46.44	00:46.76	00:45.45	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:15, starttime: 16:48
Heat: 15/19 Lane : 7 Athlete: SLAETS CAZ					Q-time: 02:55:20
PB (50m pool): 02:53.67 Antwerpen 19/04/2026					PB (25m pool): 02:49.92 SB: 02:53.67 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.13	01:22.56	02:08.79	02:53.67	
	00:38.13	00:44.43	00:46.23	00:44.88	
					

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:16, starttime: 16:51
Heat: 16/19 Lane : 4 Athlete: MERTENS GERBEN					Q-time: 02:47:26
PB (50m pool): 02:46.18 Antwerpen 19/04/2026					PB (25m pool): 02:39.77 SB: 02:46.18 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.20	01:17.30	02:01.19	02:46.18	
	00:35.20	00:42.10	00:43.89	00:44.99	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:17, starttime: 16:54
Heat: 17/19 Lane : 6 Athlete: JACOB QINGKUN					Q-time: 02:42:97
PB (50m pool): 02:42.97 Olympic Pool Wezenberg, Antwer 29/03/2026					PB (25m pool): 02:41.80 SB: 02:42.97 Olympic Pool Wezenberg, Antwer 29/03/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.42	01:18.19	01:59.95	02:42.97	
	00:36.42	00:41.77	00:41.76	00:43.02	
					

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11+					Heat:18, starttime: 16:57
Heat: 18/19 Lane : 5 Athlete: WIJSGEER VIKTOR					Q-time: 02:33:13
PB (50m pool): 02:31.23 Antwerpen 19/04/2026					PB (25m pool): 02:31.33 SB: 02:31.23 Antwerpen 19/04/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.39	01:14.22	01:53.46	02:31.23	
	00:34.39	00:39.83	00:39.24	00:37.77	
					

Coach feedback:

Event number: 21: 200M BUTTERFLY WOMEN 11+					Heat:3, starttime: 17:11
Heat: 3/4 Lane : 2 Athlete: HUBERLAND LORE					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:

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Event number: 21: 200M BUTTERFLY WOMEN 11+				Heat:4, starttime: 17:15	
Heat: 4/4 Lane : 6 Athlete: VAN REETH LIEZE				Q-time: 02:52:83	
PB (50m pool): 02:47.43 Antwerpen 19/04/2026				PB (25m pool): 02:49.75 SB: 02:47.43 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.08	01:16.50	02:01.41	02:47.43	
	00:35.08	00:41.42	00:44.91	00:46.02	
					

Coach feedback: