

PK Antw KB 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Beyens Sam

Coaches: Moors Joren

Coaches: Luyten Sjobbe HEADCOACH

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:1, starttime: 09:04
Heat: 1/14 Lane : 2 Athlete: VAN GORP THIJS					Q-time: 01:37:27
PB (25m pool): 01:35.55 Pelt 27/09/2026					PB (50m pool): 01:37.27 SB: 01:35.55 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.64		01:35.55	
		00:45.64		00:49.91	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:06
Heat: 2/14 Lane : 3 Athlete: MOLS LEON					Q-time: 01:16:11
PB (25m pool): 01:16.88 Temse 17/11/2025					PB (50m pool): 01:16.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.66		01:16.88	
		00:36.66		00:40.22	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:06
Heat: 2/14 Lane : 8 Athlete: LECOMTE FLORENTIN					Q-time: 01:19:23
PB (25m pool): 01:19.23 Mol 28/12/2025					PB (50m pool): 01:21.23 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.73		01:19.23	
		00:37.73		00:41.50	
					

Coach feedback:

PK Antw KB 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:11
Heat: 5/14 Lane : 6 Athlete: HOOYBERGHS MIL					Q-time: 01:07:87
PB (25m pool): 01:07.87 Herentals 09/05/2026 PB (50m pool): 01:08.03 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.37		01:07.87	
	00:33.37		00:34.50		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:11
Heat: 5/14 Lane : 8 Athlete: JACOBS JOB					Q-time: 01:08:47
PB (25m pool): 01:08.47 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.65 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.62		01:08.47	
	00:32.62		00:35.85		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:13
Heat: 6/14 Lane : 4 Athlete: VAN HOVE VICTOR					Q-time: 01:06:28
PB (25m pool): 01:06.95 Temse 17/11/2025 PB (50m pool): 01:06.28 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.53		01:06.95	
	00:31.53		00:35.42		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:13
Heat: 6/14 Lane : 8 Athlete: DE MESSEMAEKER ZYDRICH					Q-time: 01:07:20
PB (25m pool): 01:10.48 Nijlen 16/11/2025 PB (50m pool): 01:07.20 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.00		01:10.48	
	00:33.00		00:37.48		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:16
Heat: 8/14 Lane : 6 Athlete: HERMANS PIETER-JAN					Q-time: 01:03:21
PB (25m pool): 01:03.21 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:04.30 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.85		01:03.21	
	00:30.85		00:32.36		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:16
Heat: 8/14 Lane : 8 Athlete: VAN HOVE NAND					Q-time: 01:04:61
PB (25m pool): 01:08.48 Turnhout 01/03/2026 PB (50m pool): 01:04.61 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.48		01:08.48	
	00:33.48		00:35.00		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:21
Heat: 11/14 Lane : 6 Athlete: HUYSMANS SEPPE					Q-time: 00:57:04
PB (25m pool): 00:57.81 Turnhout 01/03/2026 PB (50m pool): 00:57.04 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.26		00:57.81	
	00:28.26		00:29.55		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:21
Heat: 11/14 Lane : 7 Athlete: VERACHTEN LOUIS					Q-time: 00:57:76
PB (25m pool): 00:58.19 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:57.76 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.95		00:58.19	
	00:27.95		00:30.24		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:22
Heat: 12/14 Lane : 4 Athlete: ZRIRAK WAEL					Q-time: 00:55:29
PB (25m pool): no time PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:22
Heat: 12/14 Lane : 5 Athlete: MIHAILESCU STEFAN					Q-time: 00:55:63
PB (25m pool): 00:58.19 Turnhout 01/03/2026 PB (50m pool): 00:55.63 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.79		00:58.19	
	00:27.79		00:30.40		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:27	
Heat: 1/14 Lane : 3 Athlete: LIEVENS NONA							Q-time: 03:56:52	
PB (25m pool): 03:56.52 Mol 28/12/2025							PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:53.20		01:53.27		03:05.09		03:56.52
	00:53.20		01:00.07		01:11.82		00:51.43	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:27	
Heat: 1/14 Lane : 5 Athlete: WOUTERS FENNA							Q-time: 03:37:27	
PB (25m pool): 03:37.27 3500 Hasselt 23/11/2025							PB (50m pool): no time SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.88		01:48.97		02:53.35		03:37.27
	00:47.88		01:01.09		01:04.38		00:43.92	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 09:54	
Heat: 8/14 Lane : 7 Athlete: CEULEMANS LENA							Q-time: 02:54:32	
PB (25m pool): 02:57.97 Kapellen 22/12/2024				PB (50m pool): 02:54.32 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:39.57		no time		no time		02:57.97
	00:39.57							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:3, starttime: 10:21	
Heat: 3/6 Lane : 6 Athlete: HERMANS PIETER-JAN							Q-time: 01:22:75	
PB (25m pool): 01:22.75 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:25.89SB: no time								
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:39.03		01:22.75				
	00:39.03		00:43.72					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:48	
Heat: 2/6 Lane : 4 Athlete: ADRIAENSEN LENA							Q-time: 02:52:29	
PB (25m pool): 02:52.29 Antwerpen 12/10/2025				PB (50m pool): 02:54.09SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.80		01:25.21		02:09.92		02:52.29
	00:40.80		00:44.41		00:44.71		00:42.37	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:48	
Heat: 2/6 Lane : 6 Athlete: DIRIX LILY							Q-time: 03:03:02	
PB (25m pool): 03:14.49 Mol 28/12/2025				PB (50m pool): 03:03.02 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:46.89		01:36.14		02:28.70		03:14.49
	00:46.89		00:49.25		00:52.56		00:45.79	
								

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/6 Lane : 2 Athlete: HACHED LINA							Q-time: 02:46:24	
PB (25m pool): 02:43.54 Aarschot 28/04/2024				PB (50m pool): 02:46.22 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		02:43.54
	no time							
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:00	
Heat: 5/6 Lane : 2 Athlete: VAN BAELEN YENTHE							Q-time: 02:32:87	
PB (25m pool): 02:32.87 3500 Hasselt 23/11/2025				PB (50m pool): 02:37.27 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:36.04		01:15.62		01:54.72		02:32.87
	00:36.04		00:39.58		00:39.10		00:38.15	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:07	
Heat: 1/3 Lane : 1 Athlete: LECOMTE FLORENTIN							Q-time: 06:21:33	
PB (25m pool): 06:21.33 Arendonk 30/11/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:26.57		no time		03:01.43
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:21.33
								

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:19	
Heat: 3/3 Lane : 8 Athlete: HUYGENS ARNE							Q-time: 04:25:93	
PB (25m pool): 04:25.93 Antwerpen 12/10/2025				PB (50m pool): 04:34.63 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:30.44		01:03.38		01:37.06		02:10.78
	00:30.44		00:32.94		00:33.68		00:33.72	
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		02:44.62		03:19.27		03:53.33		04:25.93
	00:33.84		00:34.65		00:34.06		00:32.60	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:1, starttime: 11:25	
Heat: 1/14 Lane : 4 Athlete: STADTMAN MALAYKA							Q-time: 00:51:39	
PB (25m pool): no time				PB (50m pool): 00:51.39 SB: no time				
	2 5 M		5 0 M					
PB			no time					
	no time							
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:2, starttime: 11:26	
Heat: 2/14 Lane : 1 Athlete: HOEYBERGHS RYLEY							Q-time: 00:51:06	
PB (25m pool): no time				PB (50m pool): 00:51.06SB: no time				
	2 5 M		5 0 M					
PB			no time					
	no time							
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:5, starttime: 11:30
Heat: 5/14 Lane : 1 Athlete: WOUTERS FENNA			Q-time: 00:40:64
PB (25m pool): 00:56.77 Herentals 17/05/2025			PB (50m pool): 00:40.64 SB: no time
	2 5 M	5 0 M	
PB		00:56.77	
		00:56.77	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:33
Heat: 8/14 Lane : 4 Athlete: ADRIAENSEN LENA			Q-time: 00:35:10
PB (25m pool): 00:35.75 Temse 17/11/2025			PB (50m pool): 00:35.10 SB: no time
	2 5 M	5 0 M	
PB		00:35.75	
		00:35.75	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:37
Heat: 11/14 Lane : 3 Athlete: GEYPEN WIES			Q-time: 00:32:02
PB (25m pool): 00:32.32 Antwerpen 12/10/2025			PB (50m pool): 00:32.02 SB: no time
	2 5 M	5 0 M	
PB		00:32.32	
		00:32.32	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 11:38
Heat: 12/14 Lane : 7 Athlete: BAYGUNES DEFNE			Q-time: 00:31:45
PB (25m pool): 00:31.27 Mol 20/10/2024			PB (50m pool): 00:32.00 SB: no time
	2 5 M	5 0 M	
PB		00:31.27	
		00:31.27	
			

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 11:39
Heat: 13/14 Lane : 4 Athlete: KEMPS ELIZE			Q-time: 00:30:08
PB (25m pool): 00:30.08 Temse 17/11/2025			PB (50m pool): 00:30.87 SB: no time
	2 5 M	5 0 M	
PB		00:30.08	
		00:30.08	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:41
Heat: 1/6 Lane : 2 Athlete: LECOMTE FLORENTIN			Q-time: 99:99:99
PB (25m pool): 00:46.44 Hoogstraten 29/09/2024			PB (50m pool): 00:44.99 SB: no time
	2 5 M	5 0 M	
PB		00:46.44	
		00:46.44	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:41
Heat: 1/6 Lane : 4 Athlete: JACOBS JOB			Q-time: 00:38:76
PB (25m pool): 00:42.12 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:38.76 SB: no time
	2 5 M	5 0 M	
PB		00:42.12	
		00:42.12	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:43
Heat: 2/6 Lane : 6 Athlete: DE MESSEMAEKER ZYDRICH			Q-time: 00:37:36
PB (25m pool): 00:38.56 Nijlen 16/11/2025			PB (50m pool): 00:37.36 SB: no time
	2 5 M	5 0 M	
PB		00:38.56	
		00:38.56	
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:43
Heat: 2/6 Lane : 7 Athlete: HOOYBERGHS MIL			Q-time: 00:37:92
PB (25m pool): 00:37.92 Herentals 09/05/2026			PB (50m pool): 00:38.24 SB: no time
	2 5 M	5 0 M	
PB		00:37.92	
		00:37.92	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 11:45
Heat: 3/6 Lane : 1 Athlete: HERMANS PIETER-JAN			Q-time: 00:35:35
PB (25m pool): 00:36.76 Nijlen 16/11/2025			PB (50m pool): 00:35.35 SB: no time
	2 5 M	5 0 M	
PB		00:36.76	
		00:36.76	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 11:45
Heat: 3/6 Lane : 3 Athlete: MIHAILESCU STEFAN			Q-time: 00:33:54
PB (25m pool): 00:33.54 Herentals 17/05/2025			PB (50m pool): 00:35.35 SB: no time
	2 5 M	5 0 M	
PB		00:33.54	
		00:33.54	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 11:48
Heat: 5/6 Lane : 2 Athlete: HUYSMANS SEPPE			Q-time: 00:30:13
PB (25m pool): 00:30.64 Antwerpen 12/10/2025			PB (50m pool): 00:30.13 SB: no time
	2 5 M	5 0 M	
PB		00:30.64	
		00:30.64	
			

Coach feedback:

PK Antw KB 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 11:48
Heat: 5/6 Lane : 8 Athlete: VERACHTEN LOUIS			Q-time: 00:30:62
PB (25m pool): 00:30.62 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:31.13 SB: no time			
	2 5 M	5 0 M	
PB		00:30.62	
		00:30.62	
			

Coach feedback: