

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

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

Coaches: Dierckx Davy

Coaches: Feyten Anne

Coaches: Vissers Ann

Coaches: Moeskops Kathleen HEADCOACH

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 1: 200M BUTTERFLY WOMEN 13+							Heat:1, starttime: 09:00	
Heat: 1/1 Lane : 3 Athlete: BELLENS LORE							Q-time: 02:31:67	
PB (25m pool): 02:31.67 3500 Hasselt 23/11/2025				PB (50m pool): 02:34.22 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		00:32.55		01:10.44		01:50.36		02:31.67
	00:32.55		00:37.89		00:39.92		00:41.31	
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:1, starttime: 09:04
Heat: 1/14 Lane : 3 Athlete: WILMS BRAM				Q-time: 01:24:73	
PB (25m pool): 01:24.74 Herentals 09/05/2026			PB (50m pool): 01:24.73 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.11		01:24.74	
	00:40.11		00:44.63		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:06
Heat: 2/14 Lane : 5 Athlete: JANSSENS ALEXANDER				Q-time: 01:15:62	
PB (25m pool): 01:15.62 Herentals 09/05/2026			PB (50m pool): 01:16.55 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.67		01:15.62	
	00:36.67		00:38.95		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:11
Heat: 5/14 Lane : 5 Athlete: BROUNS PRYAM					Q-time: 01:07:49
PB (25m pool): 01:07.49 Herentals 09/05/2026					PB (50m pool): 01:08.18 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.21		01:07.49	
	00:32.21		00:35.28		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:15
Heat: 7/14 Lane : 8 Athlete: VAN GORP TUUR					Q-time: 01:06:11
PB (25m pool): 01:10.17 Antwerpen 12/10/2025					PB (50m pool): 01:06.11 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.01		01:10.17	
	00:34.01		00:36.16		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:16
Heat: 8/14 Lane : 2 Athlete: MERTENS DIETER					Q-time: 01:03:65
PB (25m pool): 01:06.29 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:03.65 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.04		01:06.29	
	00:32.04		00:34.25		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:18
Heat: 9/14 Lane : 8 Athlete: FEYEN AEDEN					Q-time: 01:02:54
PB (25m pool): 01:02.63 Herentals 09/05/2026					PB (50m pool): 01:02.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.09		01:02.63	
	00:30.09		00:32.54		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:19
Heat: 10/14 Lane : 6 Athlete: BERTELS QUILLAN					Q-time: 00:58:44
PB (25m pool): 00:58.44 Herentals 09/05/2026					PB (50m pool): 01:00.72 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.65		00:58.44	
	00:27.65		00:30.79		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:19
Heat: 10/14 Lane : 7 Athlete: LAEREMANS SEBASTIAAN					Q-time: 00:58:70
PB (25m pool): 00:58.70 Herentals 09/05/2026					PB (50m pool): 01:03.05 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.25		00:58.70	
	00:28.25		00:30.45		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:13, starttime: 09:24
Heat: 13/14 Lane : 7 Athlete: VERBEEK SEM					Q-time: 00:54:84
PB (25m pool): 00:53.48 Herentals 27/05/2023					PB (50m pool): 00:55.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:53.48	
	no time				
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 09:54	
Heat: 8/14 Lane : 5 Athlete: VAN LOMMEL ANTHE							Q-time: 02:51:40	
PB (25m pool): 02:57.03 LEUVEN 21/12/2025				PB (50m pool): 02:51.40SB: 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		00:38.76		01:23.98		02:14.95		02:57.03
	00:38.76		00:45.22		00:50.97		00:42.08	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 09:57	
Heat: 9/14 Lane : 4 Athlete: DIERCKX FEMKE							Q-time: 02:47:17	
PB (25m pool): 02:47.17 3500 Hasselt 23/11/2025				PB (50m pool): 02:52.47 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		00:35.34		01:18.25		02:07.48		02:47.17
	00:35.34		00:42.91		00:49.23		00:39.69	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:10	
Heat: 13/14 Lane : 6 Athlete: MERTENS HELENA							Q-time: 02:34:48	
PB (25m pool): 02:31.78 3500 Hasselt 24/11/2024				PB (50m pool): 02:34.48 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		00:33.57		01:13.45		01:58.52		02:31.78
	00:33.57		00:39.88		00:45.07		00:33.26	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:10	
Heat: 13/14 Lane : 7 Athlete: JANSSENS ELISABETH							Q-time: 02:34:77	
PB (25m pool): 02:34.77 3500 Hasselt 23/11/2025				PB (50m pool): 02:39.28SB: 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		00:32.91		01:11.66		01:57.56		02:34.77
	00:32.91		00:38.75		00:45.90		00:37.21	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:14, starttime: 10:13	
Heat: 14/14 Lane : 1 Athlete: BELLENS LORE							Q-time: 02:32:09	
PB (25m pool): 02:32.09 3500 Hasselt 23/11/2025				PB (50m pool): 02:37.96SB: 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		00:32.04		01:11.77		01:56.57		02:32.09
	00:32.04		00:39.73		00:44.80		00:35.52	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:14, starttime: 10:13	
Heat: 14/14 Lane : 6 Athlete: BOVEN AXELLE							Q-time: 02:28:29	
PB (25m pool): 02:28.32 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:28.29SB: 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		00:32.06		no time		no time		02:28.32
	00:32.06							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:14, starttime: 10:13	
Heat: 14/14 Lane : 7 Athlete: MERTENS FEMKE							Q-time: 02:30:63	
PB (25m pool): 02:30.63 3500 Hasselt 23/11/2025				PB (50m pool): 02:32.01 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		00:32.78		01:11.46		01:55.58		02:30.63
	00:32.78		00:38.68		00:44.12		00:35.05	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:21
Heat: 3/6 Lane : 3 Athlete: VAN GORP TUUR				Q-time: 01:21:33	
PB (25m pool): 01:21.33 Herentals 09/05/2026			PB (50m pool): 01:25.07 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.09		01:21.33	
	00:38.09		00:43.24		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:23
Heat: 4/6 Lane : 7 Athlete: FEYEN AEDEN				Q-time: 01:18:44	
PB (25m pool): 01:18.44 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:23.54SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.13		01:18.44	
	00:37.13		00:41.31		
					

Coach feedback:

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Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 10:56	
Heat: 4/6 Lane : 7 Athlete: BIERINCKX MIE							Q-time: 02:38:49	
PB (25m pool): 02:38.49 3500 Hasselt 23/11/2025				PB (50m pool): 02:41.18SB: 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		00:36.68		01:17.25		01:58.70		02:38.49
	00:36.68		00:40.57		00:41.45		00:39.79	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:6, starttime: 11:04	
Heat: 6/6 Lane : 8 Athlete: MERTENS FEMKE							Q-time: 02:28:26	
PB (25m pool): 02:28.26 Mol 28/12/2025				PB (50m pool): 02:33.21SB: 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		00:34.29		01:11.22		01:50.20		02:28.26
	00:34.29		00:36.93		00:38.98		00:38.06	
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:07	
Heat: 1/3 Lane : 7 Athlete: BELLENS PIETER							Q-time: 05:40:71	
PB (25m pool): 05:40.71 Herentals 04/10/2025				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		00:37.22		01:21.84		02:06.57		02:50.48
	00:37.22		00:44.62		00:44.73		00:43.91	
								
	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		03:34.63		04:18.71		05:03.04		05:40.71
	00:44.15		00:44.08		00:44.33		00:37.67	
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 11:28
Heat: 3/14 Lane : 2 Athlete: KENIS LOLA			Q-time: 00:44:19
PB (25m pool): 00:44.19 De Sprink Bree 31/05/2025			PB (50m pool): 00:41.03 SB: no time
	2 5 M	5 0 M	
PB		00:44.19	
		00:44.19	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 11:28
Heat: 3/14 Lane : 8 Athlete: KENIS JOSEPHINE			Q-time: 00:45:38
PB (25m pool): 00:45.38 Nijlen 16/11/2025			PB (50m pool): 00:46.19 SB: no time
	2 5 M	5 0 M	
PB		00:45.38	
		00:45.38	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 11:36
Heat: 10/14 Lane : 7 Athlete: DIERCKX FEMKE			Q-time: 00:33:87
PB (25m pool): 00:34.01 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:33.87 SB: no time
	2 5 M	5 0 M	
PB		00:34.01	
		00:34.01	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:37
Heat: 11/14 Lane : 4 Athlete: MERTENS HELENA			Q-time: 00:31:89
PB (25m pool): 00:31.89 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:33.58 SB: no time
	2 5 M	5 0 M	
PB		00:31.89	
		00:31.89	
			

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:37
Heat: 11/14 Lane : 7 Athlete: BIERINCKX MIE			Q-time: 00:32:53
PB (25m pool): 00:32.53 Herentals 09/05/2026			PB (50m pool): 00:34.69 SB: no time
	2 5 M	5 0 M	
PB		00:32.53	
		00:32.53	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 11:38
Heat: 12/14 Lane : 1 Athlete: JANSSENS ELISABETH			Q-time: 00:31:69
PB (25m pool): 00:31.69 Herentals 09/05/2026			PB (50m pool): 00:33.20 SB: no time
	2 5 M	5 0 M	
PB		00:31.69	
		00:31.69	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 11:39
Heat: 13/14 Lane : 2 Athlete: BOVEN AXELLE			Q-time: 00:30:20
PB (25m pool): 00:30.20 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:30.46 SB: no time
	2 5 M	5 0 M	
PB		00:30.20	
		00:30.20	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:4, starttime: 11:46
Heat: 4/6 Lane : 4 Athlete: BERTELS QUILLAN			Q-time: 00:30:88
PB (25m pool): 00:30.88 Antwerpen 12/10/2025			PB (50m pool): 00:31.41 SB: no time
	2 5 M	5 0 M	
PB		00:30.88	
		00:30.88	
			

Coach feedback:

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Event number: 8: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 11:48
Heat: 5/6 Lane : 6 Athlete: LAEREMANS SEBASTIAAN			Q-time: 00:29:94
PB (25m pool): 00:29.94 Nijlen 16/11/2025			PB (50m pool): 00:31.23 SB: no time
	2 5 M	5 0 M	
PB		00:29.94	
	00:29.94		
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:6, starttime: 11:49
Heat: 6/6 Lane : 6 Athlete: VERBEEK SEM			Q-time: 00:27:48
PB (25m pool): 00:27.01 Herentals 27/05/2023			PB (50m pool): 00:29.05 SB: no time
	2 5 M	5 0 M	
PB		00:27.01	
	00:27.01		
			

Coach feedback: