

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

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

Coaches: Vereecken Sven

Coaches: Sluyts Stephanie HEADCOACH

Coaches: Dillen Toon

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 : 6 Athlete: BOOGERS NOOR							Q-time: 02:53:57	
PB (25m pool): 02:53.57 Parklaan 58, Turnhout 29/03/2026 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		00:38.29		01:22.76		no time		02:53.57
	00:38.29		00:44.47					
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:1, starttime: 09:04	
Heat: 1/14 Lane : 6 Athlete: VAN MEER RUNE					Q-time: 01:25:93	
PB (25m pool): 01:24.59 Durmehal 27/09/2026					PB (50m pool): 01:25.93SB: 01:24.59 Durmehal 27/09/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:41.65		01:24.59		
	00:41.65		00:42.94			
						

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+							Heat:2, starttime: 09:06	
Heat: 2/14 Lane : 6 Athlete: DE FEYTER LUCAS							Q-time: 01:16:75	
PB (25m pool): 01:15.86 Durmehal 27/09/2026							PB (50m pool): 01:16.75SB: 01:15.86 Durmehal 27/09/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:36.40		01:15.86				
	00:36.40		00:39.46					
								

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:08
Heat: 3/14 Lane : 1 Athlete: RAMSDONCK KRIS					Q-time: 01:13:93
PB (25m pool): 01:13.93 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:14.33 SB: 01:14.25 Durmehal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.05		01:13.93	
	00:35.05		00:38.88		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:08
Heat: 3/14 Lane : 7 Athlete: VANTHOURNOUT XENNE					Q-time: 01:13:71
PB (25m pool): no time PB (50m pool): 01:13.71 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:4, starttime: 09:10
Heat: 4/14 Lane : 3 Athlete: STERCKX DAAN					Q-time: 01:09:65
PB (25m pool): 01:09.65 Herentals 09/05/2026 PB (50m pool): 01:10.78 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.47		01:09.65	
	00:33.47		00:36.18		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:10
Heat: 4/14 Lane : 5 Athlete: LIEVENS RUBE					Q-time: 01:08:94
PB (25m pool): 01:05.39 Durmehal 27/09/2026 PB (50m pool): 01:08.94 SB: 01:05.39 Durmehal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.86		01:05.39	
	00:31.86		00:33.53		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:13
Heat: 6/14 Lane : 3 Athlete: NEYRINCK RUBEN					Q-time: 01:06:46
PB (25m pool): 01:06.46 Herentals 09/05/2026 PB (50m pool): 01:09.47 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.65		01:06.46	
	00:31.65		00:34.81		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:6, starttime: 09:13
Heat: 6/14 Lane : 7 Athlete: MAES MATHIJS					Q-time: 01:07:17
PB (25m pool): 01:07.44 Herentals 09/05/2026 PB (50m pool): 01:07.17 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.01		01:07.44	
	00:32.01		00:35.43		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:15
Heat: 7/14 Lane : 1 Athlete: AGTEN VALERIO ÁLVARO					Q-time: 01:05:60
PB (25m pool): 01:05.60 Herentals 09/05/2026 PB (50m pool): 01:06.88 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.59		01:05.60	
	00:31.59		00:34.01		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:7, starttime: 09:15
Heat: 7/14 Lane : 2 Athlete: GILLES NATHAN					Q-time: 01:05:44
PB (25m pool): 01:05.44 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.10 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.58		01:05.44	
	00:30.58		00:34.86		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:21
Heat: 11/14 Lane : 5 Athlete: BEGUE MILANN					Q-time: 00:56:38
PB (25m pool): 00:55.86 Durmehal 27/09/2026					PB (50m pool): 00:57.18 SB: 00:55.86 Durmehal 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.96		00:55.86	
	00:26.96		00:28.90		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:21
Heat: 11/14 Lane : 8 Athlete: DILLEN FINN					Q-time: 00:58:14
PB (25m pool): 00:57.04 Durmehal 27/09/2026					PB (50m pool): 00:58.14 SB: 00:57.04 Durmehal 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.40		00:57.04	
	00:27.40		00:29.64		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:22
Heat: 12/14 Lane : 6 Athlete: DRIES KLAAS					Q-time: 00:55:83
PB (25m pool): 00:55.83 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 00:57.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.15		00:55.83	
	00:27.15		00:28.68		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:13, starttime: 09:24
Heat: 13/14 Lane : 3 Athlete: VANTHOURNOUT XANDER					Q-time: 00:54:19
PB (25m pool): 00:54.16 Gent(Sint-Amandsberg) 11/11/2024					PB (50m pool): 00:55.54 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.14		00:54.16	
	00:26.14		00:28.02		
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:14, starttime: 09:25
Heat: 14/14 Lane : 1 Athlete: VAN TILBURG MATTHIAS					Q-time: 00:52:86
PB (25m pool): 00:52.86 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:54.98 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.50		00:52.86	
	00:25.50		00:27.36		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:14, starttime: 09:25
Heat: 14/14 Lane : 7 Athlete: MICHOEL QUINTEN					Q-time: 00:52:82
PB (25m pool): 00:52.20 Durmehal 27/09/2026 PB (50m pool): 00:54.06 SB: 00:52.20 Durmehal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:25.20		00:52.20	
	00:25.20		00:27.00		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 09:27	
Heat: 1/14 Lane : 4 Athlete: MAERTENS HELENA							Q-time: 03:33:59	
PB (25m pool): 03:28.92 Durmehal 27/09/2026							PB (50m pool): no time SB: 03:28.92 Durmehal 27/09/2026	
	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		00:50.47		01:43.85		02:38.49		03:28.92
	00:50.47		00:53.38		00:54.64		00:50.43	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:32	
Heat: 2/14 Lane : 3 Athlete: SCHEPERS LENTHE							Q-time: 03:20:58	
PB (25m pool): 03:20.58 Kapellen 30/05/2026							PB (50m pool): 03:28.15SB: 03:21.06 Durmehal 27/09/2026	
	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		00:47.76		no time		no time		03:20.58
	00:47.76							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:32	
Heat: 2/14 Lane : 6 Athlete: VERECKEN WANTER FELINE							Q-time: 03:20:88	
PB (25m pool): 03:20.88 Kapellen 30/05/2026				PB (50m pool): 03:32.43 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		00:43.25		no time		no time		03:20.88
	00:43.25							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/14 Lane : 4 Athlete: AERTS SIEN							Q-time: 03:13:30	
PB (25m pool): 03:13.30 Kapellen 30/05/2026			PB (50m pool): 03:22.25SB: 03:15.69 Durmehal 27/09/2026					
	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		00:42.48		no time		no time		03:13.30
	00:42.48							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/14 Lane : 7 Athlete: GOOSSENS MARTHE							Q-time: 03:18:16	
PB (25m pool): 03:00.00 Durmehal 27/09/2026				PB (50m pool): 03:18.16SB: 03:00.00 Durmehal 27/09/2026				
	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		00:39.13		01:24.55		02:18.98		03:00.00
	00:39.13		00:45.42		00:54.43		00:41.02	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 09:39	
Heat: 4/14 Lane : 2 Athlete: WOUTERS DORA							Q-time: 03:11:55	
PB (25m pool): 03:11.55 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 03:22.56 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		00:40.61		no time		no time		03:11.55
	00:40.61							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 09:39	
Heat: 4/14 Lane : 3 Athlete: DJONOU IMBA ITZANA							Q-time: 03:10:49	
PB (25m pool): 03:01.78 Durmehal 27/09/2026				PB (50m pool): 03:10.49SB: 03:01.78 Durmehal 27/09/2026				
	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		00:39.81		01:26.80		02:19.92		03:01.78
	00:39.81		00:46.99		00:53.12		00:41.86	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 09:43	
Heat: 5/14 Lane : 1 Athlete: VALKENBORGH YANNE							Q-time: 03:08:48	
PB (25m pool): 03:08.48 Pelt 05/10/2025				PB (50m pool): 03:16.23SB: 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		00:38.92		no time		no time		03:08.48
	00:38.92							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 09:43	
Heat: 5/14 Lane : 2 Athlete: HUFKENS ELINA							Q-time: 03:07:82	
PB (25m pool): 02:56.52 Durmehal 27/09/2026				PB (50m pool): 03:07.82SB: 02:56.52 Durmehal 27/09/2026				
	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		00:37.24		01:23.78		02:17.03		02:56.52
	00:37.24		00:46.54		00:53.25		00:39.49	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 09:43	
Heat: 5/14 Lane : 3 Athlete: BOECKX PAULIEN							Q-time: 03:07:20	
PB (25m pool): 03:10.55 Mol 20/10/2024				PB (50m pool): 03:07.20 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		00:43.27		01:33.72		02:28.29		03:10.55
	00:43.27		00:50.45		00:54.57		00:42.26	
								

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 09:43	
Heat: 5/14 Lane : 4 Athlete: MOERKENS FIEN							Q-time: 03:04:13	
PB (25m pool): 03:04.13 Pelt 05/10/2025				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		00:43.21		no time		no time		03:04.13
	00:43.21							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 09:47	
Heat: 6/14 Lane : 1 Athlete: VAN ASTEN RENÉE							Q-time: 03:03:51	
PB (25m pool): 03:00.71 Durmehal 27/09/2026				PB (50m pool): 03:12.57 SB: 03:00.71 Durmehal 27/09/2026				
	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		00:40.82		01:26.62		02:21.01		03:00.71
	00:40.82		00:45.80		00:54.39		00:39.70	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 09:50	
Heat: 7/14 Lane : 3 Athlete: POELS NOMI							Q-time: 02:55:65	
PB (25m pool): 02:49.92 LEUVEN 14/05/2023				PB (50m pool): 02:55.65 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		02:49.92
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 09:50	
Heat: 7/14 Lane : 6 Athlete: DE RIDDER ROXANE							Q-time: 02:55:78	
PB (25m pool): 02:51.78 Durmehal 27/09/2026				PB (50m pool): 02:55.78 SB: 02:51.78 Durmehal 27/09/2026				
	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		00:37.31		01:20.38		02:13.60		02:51.78
	00:37.31		00:43.07		00:53.22		00:38.18	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/14 Lane : 5 Athlete: VAN TILBURG FRAUKE							Q-time: 02:42:78	
PB (25m pool): 02:42.78 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:44.32 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		00:34.66		no time		no time		02:42.78
	00:34.66							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:04	
Heat: 11/14 Lane : 2 Athlete: DRIES SIEN							Q-time: 02:40:74	
PB (25m pool): 02:33.65 Mol 15/10/2023 PB (50m pool): 02:36.10 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		02:33.65
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:12, starttime: 10:07	
Heat: 12/14 Lane : 2 Athlete: MAES JULIE							Q-time: 02:38:30	
PB (25m pool): 02:38.30 Antwerpen 12/10/2025 PB (50m pool): 02:40.84 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		00:33.18		01:12.73		02:00.38		02:38.30
	00:33.18		00:39.55		00:47.65		00:37.92	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:12, starttime: 10:07	
Heat: 12/14 Lane : 6 Athlete: OOMS SARI							Q-time: 02:37:71	
PB (25m pool): 02:33.11 Mol 20/10/2024 PB (50m pool): 02:32.04 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		00:33.26		01:11.30		01:58.40		02:33.11
	00:33.26		00:38.04		00:47.10		00:34.71	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:12, starttime: 10:07	
Heat: 12/14 Lane : 8 Athlete: VANLOMMEL LUISA VALENTINA							Q-time: 02:39:30	
PB (25m pool): 02:39.30 Antwerpen 12/10/2025				PB (50m pool): 02:40.49SB: 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		00:34.90		01:13.52		02:02.60		02:39.30
	00:34.90		00:38.62		00:49.08		00:36.70	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:14, starttime: 10:13	
Heat: 14/14 Lane : 8 Athlete: DILLEN NORAH							Q-time: 02:32:28	
PB (25m pool): 02:32.09 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:34.89SB: 02:40.81 Durmechal 27/09/2026								
	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		00:33.19		01:14.20		01:56.68		02:32.09
	00:33.19		00:41.01		00:42.48		00:35.41	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:1, starttime: 10:17	
Heat: 1/6 Lane : 5 Athlete: VANTHOURNOUT XENNE							Q-time: 01:36:66	
PB (25m pool): no time				PB (50m pool): 01:36.66 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: 4: 100M BREASTSTROKE MEN 13+					Heat:2, starttime: 10:19
Heat: 2/6 Lane : 7 Athlete: LIEVENS RUBE				Q-time: 01:32:98	
PB (25m pool): 01:32.98 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:36.79 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.83		01:32.98	
	00:43.83		00:49.15		
					

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:3, starttime: 10:21
Heat: 3/6 Lane : 7 Athlete: GILLES NATHAN					Q-time: 01:23:87
PB (25m pool): 01:23.87 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:26.61 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.20		01:23.87	
	00:39.20		00:44.67		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:25
Heat: 5/6 Lane : 3 Athlete: DILLEN FINN					Q-time: 01:12:65
PB (25m pool): 01:10.52 Durmehal 27/09/2026 PB (50m pool): 01:12.89 SB: 01:10.52 Durmehal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.04		01:10.52	
	00:33.04		00:37.48		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:48	
Heat: 2/6 Lane : 3 Athlete: HUFKENS ELINA							Q-time: 02:59:15	
PB (25m pool): 02:59.15 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 03:12.60SB: 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		00:43.69		01:29.58		no time		02:59.15
	00:43.69		00:45.89					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:48	
Heat: 2/6 Lane : 5 Athlete: WOUTERS MIT							Q-time: 02:56:75	
PB (25m pool): 02:56.75 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 02:58.38SB: 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		00:43.39		01:29.00		no time		02:56.75
	00:43.39		00:45.61					
								

Coach feedback:

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

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:2, starttime: 10:48	
Heat: 2/6 Lane : 7 Athlete: WOUTERS DORA							Q-time: 03:15:32	
PB (25m pool): 03:18.56 Antwerpen 12/10/2025				PB (50m pool): 03:15.32SB: 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		00:47.15		01:38.11		02:30.11		03:18.56
	00:47.15		00:50.96		00:52.00		00:48.45	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 10:56	
Heat: 4/6 Lane : 1 Athlete: VAN TILBURG FRAUKE							Q-time: 02:38:73	
PB (25m pool): 02:38.73 TEMSE 23/11/2025				PB (50m pool): 02:42.81 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		00:36.79		01:17.30		01:58.57		02:38.73
	00:36.79		00:40.51		00:41.27		00:40.16	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 10:56	
Heat: 4/6 Lane : 2 Athlete: VANLOMMEL LUISA VALENTINA							Q-time: 02:35:59	
PB (25m pool): 02:35.59 TEMSE 23/11/2025				PB (50m pool): 02:38.99SB: 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		00:36.57		01:16.42		01:56.93		02:35.59
	00:36.57		00:39.85		00:40.51		00:38.66	
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:4, starttime: 10:56	
Heat: 4/6 Lane : 6 Athlete: BOOGERS NOOR							Q-time: 02:35:54	
PB (25m pool): 02:35.54 TEMSE 23/11/2025				PB (50m pool): 02:38.79 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		00:36.57		01:16.53		01:57.19		02:35.54
	00:36.57		00:39.96		00:40.66		00:38.35	
								

Coach feedback:

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

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:00	
Heat: 5/6 Lane : 1 Athlete: MAES JULIE							Q-time: 02:33:48	
PB (25m pool): 02:33.48 Kapellen 30/05/2026				PB (50m pool): 02:40.43 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		00:36.22		01:15.60		no time		02:33.48
	00:36.22		00:39.38					
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:07	
Heat: 1/3 Lane : 2 Athlete: LIEVENS RUBE							Q-time: 05:31:14	
PB (25m pool): no time			PB (50m pool): 05:31.14SB: 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		no time		no time		no time
	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		no time
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:14	
Heat: 2/3 Lane : 2 Athlete: BEGUE MILANN							Q-time: 04:39:58	
PB (25m pool): 04:33.98 Durmehal 27/09/2026				PB (50m pool): 04:42.66SB: 04:33.98 Durmehal 27/09/2026				
	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		00:30.26		01:04.22		01:39.05		02:13.61
	00:30.26		00:33.96		00:34.83		00:34.56	
								
	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		02:48.74		03:24.19		04:00.12		04:33.98
	00:35.13		00:35.45		00:35.93		00:33.86	
								

Coach feedback:

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

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:14	
Heat: 2/3 Lane : 4 Athlete: DRIES KLAAS							Q-time: 04:33:44	
PB (25m pool): 04:19.67 Aarschot 29/07/2024				PB (50m pool): 04:27.92SB: 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		no time		no time		no time
	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		04:19.67
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:19	
Heat: 3/3 Lane : 2 Athlete: VANTHOURNOUT XANDER							Q-time: 04:17:61	
PB (25m pool): 04:17.61 Aarschot 28/07/2025				PB (50m pool): 04:51.07 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		01:01.47		no time		02:06.23
	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		04:17.61
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:19	
Heat: 3/3 Lane : 3 Athlete: MICHOEL QUINTEN							Q-time: 04:11:88	
PB (25m pool): 04:11.17 Durmehal 27/09/2026				PB (50m pool): 04:23.90SB: 04:11.17 Durmehal 27/09/2026				
	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		00:27.96		00:58.05		01:29.47		02:01.63
	00:27.96		00:30.09		00:31.42		00:32.16	
								
	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		02:34.05		03:06.82		03:40.02		04:11.17
	00:32.42		00:32.77		00:33.20		00:31.15	
								

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:1, starttime: 11:25
Heat: 1/14 Lane : 5 Athlete: VAN DE WEYER FOUKE			Q-time: 00:52:45
PB (25m pool): 00:58.33 Nijlen 16/11/2025			PB (50m pool): 00:52.45 SB: no time
	2 5 M	5 0 M	
PB		00:58.33	
		00:58.33	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:26
Heat: 2/14 Lane : 7 Athlete: MAERTENS HELENA			Q-time: 00:50:25
PB (25m pool): 00:50.25 Herentals 09/05/2026			PB (50m pool): 00:56.68 SB: no time
	2 5 M	5 0 M	
PB		00:50.25	
		00:50.25	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 11:28
Heat: 3/14 Lane : 7 Athlete: SCHEPERS LENTHE			Q-time: 00:45:29
PB (25m pool): 00:45.29 Herentals 09/05/2026			PB (50m pool): 00:47.80 SB: no time
	2 5 M	5 0 M	
PB		00:45.29	
		00:45.29	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:29
Heat: 4/14 Lane : 1 Athlete: VEREECKEN WANTER FELINE			Q-time: 00:42:55
PB (25m pool): 00:45.56 Bree 21/12/2025			PB (50m pool): 00:42.55 SB: no time
	2 5 M	5 0 M	
PB		00:45.56	
		00:45.56	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:29
Heat: 4/14 Lane : 6 Athlete: AERTS SIEN			Q-time: 00:41:95
PB (25m pool): 00:41.95 Durmehal 27/09/2026			PB (50m pool): 00:41.95 SB: 00:41.95 Durmehal 27/09/2026
	2 5 M	5 0 M	
PB		00:41.95	
		00:41.95	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:31
Heat: 6/14 Lane : 4 Athlete: DE RIDDER ROXANE			Q-time: 00:36:52
PB (25m pool): 00:37.48 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:36.52 SB: no time
	2 5 M	5 0 M	
PB		00:37.48	
		00:37.48	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:31
Heat: 6/14 Lane : 7 Athlete: WOUTERS MIT			Q-time: 00:37:76
PB (25m pool): 00:37.51 Mol 20/10/2024			PB (50m pool): 00:37.76 SB: no time
	2 5 M	5 0 M	
PB		00:37.51	
		00:37.51	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:32
Heat: 7/14 Lane : 2 Athlete: VALKENBORGHES YANNE			Q-time: 00:36:07
PB (25m pool): 00:36.07 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:36.78 SB: no time
	2 5 M	5 0 M	
PB		00:36.07	
		00:36.07	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 11:36
Heat: 10/14 Lane : 2 Athlete: POELS NOMI			Q-time: 00:33:64
PB (25m pool): 00:33.64 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:34.85 SB: no time			
	2 5 M	5 0 M	
PB		00:33.64	
		00:33.64	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:11, starttime: 11:37
Heat: 11/14 Lane : 6 Athlete: BOOGERS NOOR			Q-time: 00:32:30
PB (25m pool): 00:32.32 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:32.30 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 : 5 Athlete: OOMS SARI			Q-time: 00:30:86
PB (25m pool): 00:30.86 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:31.85 SB: no time			
	2 5 M	5 0 M	
PB		00:30.86	
		00:30.86	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:12, starttime: 11:38
Heat: 12/14 Lane : 8 Athlete: DILLEN NORAH			Q-time: 00:31:75
PB (25m pool): 00:31.50 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 00:32.62 SB: no time			
	2 5 M	5 0 M	
PB		00:31.50	
		00:31.50	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 11:39
Heat: 13/14 Lane : 8 Athlete: DRIES SIEN			Q-time: 00:30:48
PB (25m pool): 00:30.48 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:31.20 SB: no time			
	2 5 M	5 0 M	
PB		00:30.48	
		00:30.48	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:43
Heat: 2/6 Lane : 3 Athlete: NEYRINCK RUBEN			Q-time: 00:36:94
PB (25m pool): 00:36.94 Nijlen 16/11/2025 PB (50m pool): 00:37.57 SB: no time			
	2 5 M	5 0 M	
PB		00:36.94	
		00:36.94	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:2, starttime: 11:43
Heat: 2/6 Lane : 5 Athlete: STERCKX DAAN			Q-time: 00:36:70
PB (25m pool): 00:37.63 Pelt 05/10/2025 PB (50m pool): 00:37.43 SB: no time			
	2 5 M	5 0 M	
PB		00:37.63	
		00:37.63	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 11:45
Heat: 3/6 Lane : 8 Athlete: AGTEN VALERIO ÁLVARO			Q-time: 00:35:35
PB (25m pool): 00:35.35 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:35.51 SB: no time			
	2 5 M	5 0 M	
PB		00:35.35	
		00:35.35	
			

Coach feedback:

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

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:6, starttime: 11:49
Heat: 6/6 Lane : 5 Athlete: VAN TILBURG MATTHIAS			Q-time: 00:26:68
PB (25m pool): 00:26.68 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:28.49 SB: no time			
	2 5 M	5 0 M	
PB		00:26.68	
		00:26.68	
			

Coach feedback: