

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

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

Coaches: Faes Sandra

Coaches: Vanhaesebroeck Nicolas

Coaches: Neiryndck Jan

Coaches: Wouters Ivan

Coaches: Van Dooren Glenn

Coaches: Dekker Tamiko

Coaches: Blaton Joke

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:06
Heat: 2/14 Lane : 4 Athlete: VANHAESEBROECK LOUIS-EMILE					Q-time: 01:15:62
PB (25m pool): 01:15.62 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:17.60 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.10		01:15.62	
		00:35.10		00:40.52	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:2, starttime: 09:06
Heat: 2/14 Lane : 7 Athlete: LENAERTS RUBEN					Q-time: 01:17:81
PB (25m pool): 01:19.50 Aarschot 26/04/2026 PB (50m pool): 01:17.81 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.29		01:19.50	
		00:38.29		00:41.21	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:3, starttime: 09:08
Heat: 3/14 Lane : 3 Athlete: CAMBRé ARTHUR					Q-time: 01:11:79
PB (25m pool): 01:13.73 Aarschot 26/04/2026 PB (50m pool): 01:11.79 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.66		01:13.73	
		00:34.66		00:39.07	
					

Coach feedback:

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:18
Heat: 9/14 Lane : 1 Athlete: VERDONCK STAN					Q-time: 01:01:75
PB (25m pool): 01:01.75 Kapellen 30/05/2026					PB (50m pool): 01:03.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.50		01:01.75	
	00:29.50		00:32.25		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:10, starttime: 09:19
Heat: 10/14 Lane : 8 Athlete: VAN DOOREN WARRE					Q-time: 00:59:28
PB (25m pool): 00:59.28 Mol 28/12/2025					PB (50m pool): 01:00.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.77		00:59.28	
	00:28.77		00:30.51		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:32
Heat: 2/14 Lane : 2 Athlete: VAN GINKEL LOES							Q-time: 03:22:70
PB (25m pool): 03:34.19 Mol 28/12/2025							PB (50m pool): 03:22.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		00:48.92		01:41.02		02:44.86	03:34.19
	00:48.92		00:52.10		01:03.84		00:49.33
							

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 09:32
Heat: 2/14 Lane : 7 Athlete: VAN GINKEL KAAAT							Q-time: 03:23:03
PB (25m pool): 03:38.22 Mol 28/12/2025							PB (50m pool): 03:23.03 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5
PB		00:52.43		01:45.44		02:49.72	03:38.22
	00:52.43		00:53.01		01:04.28		00:48.50
							

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/14 Lane : 8 Athlete: DILLEN LOTTE							Q-time: 03:18:57	
PB (25m pool): 03:25.48 Aarschot 04/05/2025				PB (50m pool): 03:18.57 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		00:44.76		no time		no time		03:25.48
	00:44.76							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 09:39	
Heat: 4/14 Lane : 6 Athlete: CLAES SIEN							Q-time: 03:10:67	
PB (25m pool): 03:10.67 Lier 04/04/2026				PB (50m pool): 03:11.89SB: 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		00:46.18		no time		no time		03:10.67
	00:46.18							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 09:43	
Heat: 5/14 Lane : 8 Athlete: DILLEN HANNE							Q-time: 03:09:44	
PB (25m pool): 03:11.62 Lier 04/04/2026				PB (50m pool): 03:09.44SB: 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		00:44.66		no time		no time		03:11.62
	00:44.66							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 09:50	
Heat: 7/14 Lane : 2 Athlete: NEUVILLE ALIZÉE							Q-time: 02:55:87	
PB (25m pool): 02:57.43 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:55.87 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		00:37.37		no time		no time		02:57.43
	00:37.37							
								

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 09:50	
Heat: 7/14 Lane : 5 Athlete: GEELEN GUUSJE							Q-time: 02:55:23	
PB (25m pool): 03:08.42 3500 Hasselt 24/11/2024				PB (50m pool): 02:55.23SB: 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		00:41.74		01:30.03		02:24.64		03:08.42
	00:41.74		00:48.29		00:54.61		00:43.78	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 09:54	
Heat: 8/14 Lane : 3 Athlete: NEUVILLE AXELLE							Q-time: 02:51:95	
PB (25m pool): 02:52.77 Aarschot 26/04/2026				PB (50m pool): 02:51.95SB: 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		00:37.53		01:23.66		02:16.18		02:52.77
	00:37.53		00:46.13		00:52.52		00:36.59	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:8, starttime: 09:54	
Heat: 8/14 Lane : 4 Athlete: CLAES JADE							Q-time: 02:50:81	
PB (25m pool): 02:50.81 Lier 04/04/2026				PB (50m pool): 02:54.99SB: 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		00:39.10		no time		no time		02:50.81
	00:39.10							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 09:57	
Heat: 9/14 Lane : 7 Athlete: LEMBRECHTS SOPHIE							Q-time: 02:48:14	
PB (25m pool): 02:37.36 3500 Hasselt 24/11/2024				PB (50m pool): 02:48.14SB: 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		00:33.80		01:15.36		02:01.70		02:37.36
	00:33.80		00:41.56		00:46.34		00:35.66	
								

Coach feedback:

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

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/14 Lane : 4 Athlete: VERMAELEN MIYA							Q-time: 02:42:58	
PB (25m pool): 02:42.58 Lier 04/04/2026				PB (50m pool): 02:43.99SB: 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		00:35.29		no time		no time		02:42.58
	00:35.29							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/14 Lane : 6 Athlete: LAUREYSENS JUTTA							Q-time: 02:44:04	
PB (25m pool): 02:44.04 Aarschot 26/04/2026				PB (50m pool): 02:50.52 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		00:35.68		01:17.38		02:05.97		02:44.04
	00:35.68		00:41.70		00:48.59		00:38.07	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:11, starttime: 10:04	
Heat: 11/14 Lane : 4 Athlete: BASSTANIE LIENE							Q-time: 02:39:52	
PB (25m pool): 02:39.52 Aarschot 26/04/2026				PB (50m pool): 02:42.66 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		00:34.39		01:14.88		02:01.25		02:39.52
	00:34.39		00:40.49		00:46.37		00:38.27	
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:3, starttime: 10:21	
Heat: 3/6 Lane : 4 Athlete: VAN DOOREN WARRE							Q-time: 01:19:90	
PB (25m pool): 01:19.90 Nijlen 01/03/2026				PB (50m pool): 01:24.48 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:37.40		01:19.90				
	00:37.40		00:42.50					
								

Coach feedback:

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

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:23
Heat: 4/6 Lane : 1 Athlete: SEYMUS AXEL					Q-time: 01:18:84
PB (25m pool): 01:18.88 Herentals 09/05/2026					PB (50m pool): 01:18.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.10		01:18.88	
	00:37.10		00:41.78		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:25
Heat: 5/6 Lane : 7 Athlete: VERDONCK STAN					Q-time: 01:15:24
PB (25m pool): 01:15.30 Kapellen 30/05/2026					PB (50m pool): 01:15.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.91		01:15.30	
	00:35.91		00:39.39		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+					Heat:3, starttime: 10:53			
Heat: 3/6 Lane : 4 Athlete: VAN BUGGENHOUT ISHANA					Q-time: 02:43:03			
PB (25m pool): 02:43.03 Kapellen 30/05/2026					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		00:39.43		01:20.27		no time		02:43.03
	00:39.43		00:40.84					
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+					Heat:5, starttime: 11:00			
Heat: 5/6 Lane : 8 Athlete: BASSTANIE LIENE					Q-time: 02:33:50			
PB (25m pool): 02:33.50 Temse 17/11/2025					PB (50m pool): 02:37.31 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		00:34.78		01:13.25		01:53.86		02:33.50
	00:34.78		00:38.47		00:40.61		00:39.64	
								

Coach feedback:

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

Event number: 6: 400M FREESTYLE MEN 13+							Heat:1, starttime: 11:07	
Heat: 1/3 Lane : 3 Athlete: THIJSBAERT NIO							Q-time: 05:07:13	
PB (25m pool): 05:07.13 Lier 04/04/2026				PB (50m pool): 05:12.57 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		01:09.16		no time		02:27.48
	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		05:07.13
								

Coach feedback:

Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:14	
Heat: 2/3 Lane : 5 Athlete: VAN DOOREN WARRE							Q-time: 04:36:57	
PB (25m pool): 04:36.57 Antwerpen 12/10/2025				PB (50m pool): 04:37.00SB: 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		00:30.24		01:04.00		01:39.73		02:14.97
	00:30.24		00:33.76		00:35.73		00:35.24	
								
	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		02:50.79		03:27.17		04:02.21		04:36.57
	00:35.82		00:36.38		00:35.04		00:34.36	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:1, starttime: 11:25	
Heat: 1/14 Lane : 3 Athlete: VAN REGEMORTER ILOUKA							Q-time: 01:02:33	
PB (25m pool): 01:04.69 Nijlen 01/03/2026				PB (50m pool): 01:02.33SB: no time				
PB	2 5 M		5 0 M					
			01:04.69					
			01:04.69					
								

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:26
Heat: 2/14 Lane : 4 Athlete: VAN GINKEL LOES			Q-time: 00:45:69
PB (25m pool): 00:48.77 Nijlen 16/11/2025			PB (50m pool): 00:45.69 SB: no time
	2 5 M	5 0 M	
PB		00:48.77	
		00:48.77	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 11:26
Heat: 2/14 Lane : 6 Athlete: VAN GINKEL KAAT			Q-time: 00:48:70
PB (25m pool): 00:52.07 Nijlen 16/11/2025			PB (50m pool): 00:48.70 SB: no time
	2 5 M	5 0 M	
PB		00:52.07	
		00:52.07	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 11:28
Heat: 3/14 Lane : 1 Athlete: CLAES SIEN			Q-time: 00:45:34
PB (25m pool): 00:45.44 Nijlen 16/11/2025			PB (50m pool): 00:45.34 SB: no time
	2 5 M	5 0 M	
PB		00:45.44	
		00:45.44	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:29
Heat: 4/14 Lane : 4 Athlete: DILLEN HANNE			Q-time: 00:41:00
PB (25m pool): 00:43.72 Nijlen 16/11/2025			PB (50m pool): 00:41.00 SB: no time
	2 5 M	5 0 M	
PB		00:43.72	
		00:43.72	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:4, starttime: 11:29
Heat: 4/14 Lane : 5 Athlete: DILLEN LOTTE			Q-time: 00:41:12
PB (25m pool): 00:45.77 Nijlen 16/11/2025			PB (50m pool): 00:41.12 SB: no time
	2 5 M	5 0 M	
PB		00:45.77	
		00:45.77	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:6, starttime: 11:31
Heat: 6/14 Lane : 3 Athlete: VAN BUGGENHOUT ISHANA			Q-time: 00:36:87
PB (25m pool): 00:36.87 Nijlen 16/11/2025			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		00:36.87	
		00:36.87	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:32
Heat: 7/14 Lane : 5 Athlete: NEUVILLE AXELLE			Q-time: 00:35:69
PB (25m pool): 00:36.02 Nijlen 01/03/2026			PB (50m pool): 00:35.69 SB: no time
	2 5 M	5 0 M	
PB		00:36.02	
		00:36.02	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:32
Heat: 7/14 Lane : 6 Athlete: NEUVILLE ALIZÉE			Q-time: 00:35:99
PB (25m pool): 00:36.02 Nijlen 01/03/2026			PB (50m pool): 00:35.99 SB: no time
	2 5 M	5 0 M	
PB		00:36.02	
		00:36.02	
			

Coach feedback:

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

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:33
Heat: 8/14 Lane : 8 Athlete: GEELEN GUUSJE			Q-time: 00:35:62
PB (25m pool): 00:36.71 Nijlen 01/03/2026			PB (50m pool): 00:35.62 SB: no time
	2 5 M	5 0 M	
PB		00:36.71	
		00:36.71	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:35
Heat: 9/14 Lane : 2 Athlete: LAUREYSENS JUTTA			Q-time: 00:34:48
PB (25m pool): 00:36.30 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:34.48 SB: no time
	2 5 M	5 0 M	
PB		00:36.30	
		00:36.30	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:35
Heat: 9/14 Lane : 3 Athlete: VERMAELEN MIYA			Q-time: 00:34:15
PB (25m pool): 00:34.15 Nijlen 01/03/2026			PB (50m pool): 00:34.77 SB: no time
	2 5 M	5 0 M	
PB		00:34.15	
		00:34.15	
			

Coach feedback: