

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

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

Coaches: Asselman Jasper

Coaches: Van Schoor Els

Coaches: Bettens Ben

Coaches: Delissen Kim HEADCOACH

Coaches: Driesen Inge

PB => Personal Best time

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

| Event number: 2: 100M FREESTYLE MEN 11+          |           |           |           |           | Heat:9, starttime: 09:18            |
|--------------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 9/14 Lane : 3 Athlete: EL HADDOUCHI HAROUN |           |           |           |           | Q-time: 00:59:92                    |
| PB (25m pool): 00:59.92 2370 Arendonk 21/12/2025 |           |           |           |           | PB (50m pool): 01:00.85 SB: no time |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                               |           | 00:28.59  |           | 00:59.92  |                                     |
|                                                  | 00:28.59  |           | 00:31.33  |           |                                     |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 100M FREESTYLE MEN 11+   |           |           |           |           | Heat:9, starttime: 09:18            |
|-------------------------------------------|-----------|-----------|-----------|-----------|-------------------------------------|
| Heat: 9/14 Lane : 4 Athlete: NAEGELS REZA |           |           |           |           | Q-time: 00:59:67                    |
| PB (25m pool): 00:59.41 Mol 29/12/2024    |           |           |           |           | PB (50m pool): 01:00.29 SB: no time |
|                                           | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                     |
| PB                                        |           | 00:28.44  |           | 00:59.41  |                                     |
|                                           | 00:28.44  |           | 00:30.97  |           |                                     |
|                                           | . . . . . | . . . . . | . . . . . | . . . . . |                                     |

Coach feedback:

| Event number: 2: 100M FREESTYLE MEN 11+      |           |           |           |           | Heat:13, starttime: 09:24                               |
|----------------------------------------------|-----------|-----------|-----------|-----------|---------------------------------------------------------|
| Heat: 13/14 Lane : 1 Athlete: HOROVYI MYKYTA |           |           |           |           | Q-time: 00:55:03                                        |
| PB (25m pool): 00:54.61 Geel 19/02/2023      |           |           |           |           | PB (50m pool): 00:55.92 SB: 00:56.05 Tilburg 13/09/2026 |
|                                              | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |                                                         |
| PB                                           |           | no time   |           | 00:54.61  |                                                         |
|                                              | no time   |           |           |           |                                                         |
|                                              | . . . . . | . . . . . | . . . . . | . . . . . |                                                         |

Coach feedback:

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

| Event number: 3: 200M MEDLEY WOMEN 11+              |           |           |           |                                    |           |           | Heat:8, starttime: 09:54 |           |
|-----------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/14    Lane : 2    Athlete: DE SCHEPPER LARA |           |           |           |                                    |           |           | Q-time: 02:53:30         |           |
| PB (25m pool): 02:53.30    Kapellen 01/06/2025      |           |           |           | PB (50m pool): 02:52.14SB: 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                                                  |           | 00:37.69  |           | no time                            |           | no time   |                          | 02:53.30  |
|                                                     | 00:37.69  |           |           |                                    |           |           |                          |           |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 3: 200M MEDLEY WOMEN 11+              |          |          |       |                                    |       |         | Heat:8, starttime: 09:54 |          |
|-----------------------------------------------------|----------|----------|-------|------------------------------------|-------|---------|--------------------------|----------|
| Heat: 8/14    Lane : 8    Athlete: NULENS LILI      |          |          |       |                                    |       |         | Q-time: 02:54:76         |          |
| PB (25m pool): 02:54.76    Aartselaar    01/11/2025 |          |          |       | PB (50m pool): 02:55.14SB: 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                                                  |          | 00:37.73 |       | no time                            |       | no time |                          | 02:54.76 |
|                                                     | 00:37.73 |          |       |                                    |       |         |                          |          |
|                                                     | .....    | .....    | ..... | .....                              | ..... | .....   | .....                    | .....    |

Coach feedback:

| Event number: 3: 200M MEDLEY WOMEN 11+                |           |           |           |                                    |           |           | Heat:9, starttime: 09:57 |           |
|-------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 9/14    Lane : 3    Athlete: VANDE SOMPELE JITS |           |           |           |                                    |           |           | Q-time: 02:47:66         |           |
| PB (25m pool): 02:47.66    Aartselaar 01/11/2025      |           |           |           | PB (50m pool): 02:44.29SB: 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                                                    |           | 00:38.73  |           | no time                            |           | no time   |                          | 02:47.66  |
|                                                       | 00:38.73  |           |           |                                    |           |           |                          |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 4: 100M BREASTSTROKE MEN 13+       |           |           |           |                                     |  |  | Heat:1, starttime: 10:17 |  |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|--|--|--------------------------|--|
| Heat: 1/6    Lane : 3    Athlete: VERDONCK STIJN |           |           |           |                                     |  |  | Q-time: 01:43:91         |  |
| PB (25m pool): no time                           |           |           |           | PB (50m pool): 01:43.91 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:

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

| Event number: 4: 100M BREASTSTROKE MEN 13+               |          |          |          |          | Heat:1, starttime: 10:17                                |
|----------------------------------------------------------|----------|----------|----------|----------|---------------------------------------------------------|
| Heat: 1/6 Lane : 4 Athlete: FONTANA ALESSANDRO MARIA NIC |          |          |          |          | Q-time: 01:35:94                                        |
| PB (25m pool): 01:35.94 Tilburg 13/09/2026               |          |          |          |          | PB (50m pool): 01:34.26 SB: 01:35.94 Tilburg 13/09/2026 |
|                                                          | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                                         |
| PB                                                       |          | 00:46.60 |          | 01:35.94 |                                                         |
|                                                          | 00:46.60 |          | 00:49.34 |          |                                                         |
|                                                          | .....    | .....    | .....    | .....    |                                                         |

Coach feedback:

| Event number: 4: 100M BREASTSTROKE MEN 13+   |          |          |          |          | Heat:2, starttime: 10:19            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 2/6 Lane : 3 Athlete: BETTENS STAN     |          |          |          |          | Q-time: 01:30:11                    |
| PB (25m pool): 01:30.11 Antwerpen 12/10/2025 |          |          |          |          | PB (50m pool): 01:25.38 SB: no time |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                           |          | 00:42.83 |          | 01:30.11 |                                     |
|                                              | 00:42.83 |          | 00:47.28 |          |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 4: 100M BREASTSTROKE MEN 13+ |          |          |          |          | Heat:3, starttime: 10:21            |
|--------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/6 Lane : 5 Athlete: BETTENS LUCAS  |          |          |          |          | Q-time: 01:20:12                    |
| PB (25m pool): 01:19.36 Mol 29/12/2024     |          |          |          |          | PB (50m pool): 01:19.61 SB: no time |
|                                            | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                         |          | 00:37.33 |          | 01:19.36 |                                     |
|                                            | 00:37.33 |          | 00:42.03 |          |                                     |
|                                            | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 4: 100M BREASTSTROKE MEN 13+   |         |         |       |         | Heat:4, starttime: 10:23            |
|----------------------------------------------|---------|---------|-------|---------|-------------------------------------|
| Heat: 4/6 Lane : 5 Athlete: TSYBULNIAK KYRYL |         |         |       |         | Q-time: 01:16:69                    |
| PB (25m pool): no time                       |         |         |       |         | PB (50m pool): 01:16.69 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:

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

| Event number: 4: 100M BREASTSTROKE MEN 13+                                                    |          |          |          |          | Heat:5, starttime: 10:25 |
|-----------------------------------------------------------------------------------------------|----------|----------|----------|----------|--------------------------|
| Heat: 5/6 Lane : 4 Athlete: LADEWIG SETH                                                      |          |          |          |          | Q-time: 01:12:18         |
| PB (25m pool): 01:12.18 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:14.80 SB: no time |          |          |          |          |                          |
|                                                                                               | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                          |
| PB                                                                                            |          | 00:33.81 |          | 01:12.18 |                          |
|                                                                                               | 00:33.81 |          | 00:38.37 |          |                          |
|                                                                                               | .....    | .....    | .....    | .....    |                          |

Coach feedback:

| Event number: 7: 50M BUTTERFLY WOMEN 11+                                      |          |          |  |  | Heat:7, starttime: 11:32 |
|-------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 7/14 Lane : 7 Athlete: CORNEZ MAYLIE                                    |          |          |  |  | Q-time: 00:36:22         |
| PB (25m pool): 00:36.22 Nijlen 16/11/2025 PB (50m pool): 00:36.36 SB: no time |          |          |  |  |                          |
|                                                                               | 2 5 M    | 5 0 M    |  |  |                          |
| PB                                                                            |          | 00:36.22 |  |  |                          |
|                                                                               | 00:36.22 |          |  |  |                          |
|                                                                               | .....    | .....    |  |  |                          |

Coach feedback:

| Event number: 7: 50M BUTTERFLY WOMEN 11+                                      |          |          |  |  | Heat:8, starttime: 11:33 |
|-------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 8/14 Lane : 2 Athlete: NULENS LILI                                      |          |          |  |  | Q-time: 00:35:39         |
| PB (25m pool): 00:35.39 Nijlen 16/11/2025 PB (50m pool): 00:32.41 SB: no time |          |          |  |  |                          |
|                                                                               | 2 5 M    | 5 0 M    |  |  |                          |
| PB                                                                            |          | 00:35.39 |  |  |                          |
|                                                                               | 00:35.39 |          |  |  |                          |
|                                                                               | .....    | .....    |  |  |                          |

Coach feedback:

| Event number: 7: 50M BUTTERFLY WOMEN 11+                                                      |          |          |  |  | Heat:8, starttime: 11:33 |
|-----------------------------------------------------------------------------------------------|----------|----------|--|--|--------------------------|
| Heat: 8/14 Lane : 3 Athlete: JOPPE SHANNA                                                     |          |          |  |  | Q-time: 00:35:23         |
| PB (25m pool): 00:34.33 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 00:35.02 SB: no time |          |          |  |  |                          |
|                                                                                               | 2 5 M    | 5 0 M    |  |  |                          |
| PB                                                                                            |          | 00:34.33 |  |  |                          |
|                                                                                               | 00:34.33 |          |  |  |                          |
|                                                                                               | .....    | .....    |  |  |                          |

Coach feedback:

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

| Event number: 7: 50M BUTTERFLY WOMEN 11+         |       |          | Heat:9, starttime: 11:35                                |
|--------------------------------------------------|-------|----------|---------------------------------------------------------|
| Heat: 9/14 Lane : 6 Athlete: VAN DEN BOSSCHE LIA |       |          | Q-time: 00:34:25                                        |
| PB (25m pool): 00:34.25 Tilburg 13/09/2026       |       |          | PB (50m pool): 00:34.40 SB: 00:34.25 Tilburg 13/09/2026 |
|                                                  | 2 5 M | 5 0 M    |                                                         |
| PB                                               |       | 00:34.25 |                                                         |
|                                                  |       | 00:34.25 |                                                         |
|                                                  | ..... | .....    |                                                         |

Coach feedback:

| Event number: 7: 50M BUTTERFLY WOMEN 11+         |       |         | Heat:10, starttime: 11:36           |
|--------------------------------------------------|-------|---------|-------------------------------------|
| Heat: 10/14 Lane : 4 Athlete: VANDE SOMPELE JITS |       |         | Q-time: 00:33:02                    |
| PB (25m pool): no time                           |       |         | PB (50m pool): 00:33.02 SB: no time |
|                                                  | 2 5 M | 5 0 M   |                                     |
| PB                                               |       | no time |                                     |
|                                                  |       | no time |                                     |
|                                                  | ..... | .....   |                                     |

Coach feedback:

| Event number: 7: 50M BUTTERFLY WOMEN 11+       |       |          | Heat:10, starttime: 11:36                               |
|------------------------------------------------|-------|----------|---------------------------------------------------------|
| Heat: 10/14 Lane : 8 Athlete: DE SCHEPPER LARA |       |          | Q-time: 00:33:97                                        |
| PB (25m pool): 00:33.97 Tilburg 13/09/2026     |       |          | PB (50m pool): 00:33.64 SB: 00:33.97 Tilburg 13/09/2026 |
|                                                | 2 5 M | 5 0 M    |                                                         |
| PB                                             |       | 00:33.97 |                                                         |
|                                                |       | 00:33.97 |                                                         |
|                                                | ..... | .....    |                                                         |

Coach feedback: