

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

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

Coaches: Scheveneels Judith HEADCOACH

Coaches: Meyers Sepp

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 : 7 Athlete: DE VOCHT ANNE-JULIE Q-time: 03:04:30

PB (25m pool): 03:04.30 Mol 28/12/2025 PB (50m pool): 03:09.28 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		00:39.68		01:27.37		02:17.59		03:04.30
		00:39.68		00:47.69		00:50.22		00:46.71
								

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+ Heat:3, starttime: 09:08

Heat: 3/14 Lane : 4 Athlete: VLEEMING BIAGIO Q-time: 01:10:90

PB (25m pool): 01:20.22 Nijlen 17/11/2024 PB (50m pool): 01:10.90 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.98		01:20.22	
		00:39.98		00:40.24	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+ Heat:3, starttime: 09:08

Heat: 3/14 Lane : 6 Athlete: VAN OOSTERWYCK ALEXANDER Q-time: 01:11:84

PB (25m pool): 01:11.84 Herentals 09/05/2026 PB (50m pool): 01:12.26 SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.79		01:11.84	
		00:34.79		00:37.05	
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:10
Heat: 4/14 Lane : 1 Athlete: PEETERS SAMUEL					Q-time: 01:10:75
PB (25m pool): 01:10.76 Mol 28/12/2025					PB (50m pool): 01:10.75 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.14		01:10.76	
	00:34.14		00:36.62		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:22
Heat: 12/14 Lane : 8 Athlete: DE RIDDER ARNE					Q-time: 00:56:25
PB (25m pool): 00:56.25 Herentals 09/05/2026					PB (50m pool): 00:56.56 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.37		00:56.25	
	00:27.37		00:28.88		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:14, starttime: 09:25
Heat: 14/14 Lane : 4 Athlete: LAUREYSSSENS LUKAS					Q-time: 00:51:27
PB (25m pool): 00:51.27 Gent 09/11/2025					PB (50m pool): 00:52.91 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:24.70		00:51.27	
	00:24.70		00:26.57		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 09:36	
Heat: 3/14 Lane : 1 Athlete: FLEERACKERS LAURA							Q-time: 03:18:54	
PB (25m pool): 03:31.74 Mol 28/12/2025				PB (50m pool): 03:18.54 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		00:51.04		01:43.13		02:45.89		03:31.74
	00:51.04		00:52.09		01:02.76		00:45.85	
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 09:43	
Heat: 5/14 Lane : 7 Athlete: VASQUEZ ANNA							Q-time: 03:07:93	
PB (25m pool): no time			PB (50m pool): 03:07.93SB: 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		no time
	no time							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 09:47	
Heat: 6/14 Lane : 4 Athlete: THEUNISSEN JOLIEN							Q-time: 02:58:88	
PB (25m pool): 02:58.88 Heist-op-den-Berg 10/01/2026				PB (50m pool): 03:03.86 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		00:42.66		no time		no time		02:58.88
	00:42.66							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:7, starttime: 09:50	
Heat: 7/14 Lane : 8 Athlete: LYTVYNIUK-HUL SOFIA							Q-time: 02:58:64	
PB (25m pool): 02:58.64 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:58.64SB: 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		00:40.94		no time		no time		02:58.64
	00:40.94							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:12, starttime: 10:07	
Heat: 12/14 Lane : 3 Athlete: DE RIDDER STERRE							Q-time: 02:37:19	
PB (25m pool): 02:37.19 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:48.64SB: 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		00:33.22		no time		no time		02:37.19
	00:33.22							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:12, starttime: 10:07	
Heat: 12/14 Lane : 7 Athlete: VAN DEN BERGH ANNA							Q-time: 02:38:81	
PB (25m pool): 02:38.81 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:43.35 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		00:37.71		no time		no time		02:38.81
	00:37.71							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:10	
Heat: 13/14 Lane : 1 Athlete: VERRET JULIE							Q-time: 02:34:83	
PB (25m pool): 02:36.77 Antwerpen 12/10/2025				PB (50m pool): 02:34.83SB: 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		00:33.28		01:13.42		02:00.40		02:36.77
	00:33.28		00:40.14		00:46.98		00:36.37	
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:13, starttime: 10:10	
Heat: 13/14 Lane : 5 Athlete: VERNIERS NIME							Q-time: 02:33:70	
PB (25m pool): 02:33.70 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:37.24 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		00:34.77		no time		no time		02:33.70
	00:34.77							
								

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:5, starttime: 11:00	
Heat: 5/6 Lane : 7 Athlete: VERNIERS NIME							Q-time: 02:33:23	
PB (25m pool): 02:33.23 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:36.88SB: 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		00:36.67		01:15.62		01:55.19		02:33.23
	00:36.67		00:38.95		00:39.57		00:38.04	
								

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:3, starttime: 11:19	
Heat: 3/3 Lane : 6 Athlete: DE RIDDER ARNE							Q-time: 04:15:41	
PB (25m pool): 04:41.99 Arendonk 01/12/2024				PB (50m pool): 04:15.41 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		01:06.92		no time		02:18.52
	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		04:41.99
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:2, starttime: 11:26	
Heat: 2/14 Lane : 3 Athlete: FLEERACKERS LAURA							Q-time: 00:47:33	
PB (25m pool): 00:47.33 Herentals 09/05/2026				PB (50m pool): 00:47.48 SB: no time				
	2 5 M		5 0 M					
PB			00:47.33					
			00:47.33					
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:3, starttime: 11:28	
Heat: 3/14 Lane : 5 Athlete: VASQUEZ ANNA							Q-time: 00:43:22	
PB (25m pool): 00:44.81 Herentals 09/05/2026				PB (50m pool): 00:43.22 SB: no time				
	2 5 M		5 0 M					
PB			00:44.81					
			00:44.81					
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:7, starttime: 11:32
Heat: 7/14 Lane : 3 Athlete: LYTVYNIUK-HUL SOFIA			Q-time: 00:35:79
PB (25m pool): 00:35.79 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:36.03 SB: no time			
	2 5 M	5 0 M	
PB		00:35.79	
		00:35.79	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 11:36
Heat: 10/14 Lane : 5 Athlete: DE VOCHT ANNE-JULIE			Q-time: 00:33:11
PB (25m pool): 00:33.11 Kapellen 02/11/2025 PB (50m pool): 00:33.72 SB: no time			
	2 5 M	5 0 M	
PB		00:33.11	
		00:33.11	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:13, starttime: 11:39
Heat: 13/14 Lane : 1 Athlete: VERRET JULIE			Q-time: 00:30:44
PB (25m pool): 00:30.51 Sportoase De Watermolen 21/07/2026 PB (50m pool): 00:30.44 SB: no time			
	2 5 M	5 0 M	
PB		00:30.51	
		00:30.51	
			

Coach feedback: