

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

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

Coaches: De Weerdt Koen

Coaches: De Herdt Els HEADCOACH

Coaches: De Herdt An

Coaches: Van Campenhout Sigrid

Coaches: Gijsemans Liesbet

PB => Personal Best time

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

Event number: 2: 100M FREESTYLE MEN 11+					Heat:5, starttime: 09:11
Heat: 5/14 Lane : 3 Athlete: DE WEERDT BENT					Q-time: 01:07:86
PB (25m pool): 01:07.86 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:07.96 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.53		01:07.86	
		00:32.53		00:35.33	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:16
Heat: 8/14 Lane : 3 Athlete: VERCAMMEN DAAN					Q-time: 01:03:19
PB (25m pool): 01:03.19 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:05.47 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.72		01:03.19	
		00:30.72		00:32.47	
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:9, starttime: 09:18
Heat: 9/14 Lane : 7 Athlete: SLAETS CAZ					Q-time: 01:01:62
PB (25m pool): 01:01.62 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:03.14 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.72		01:01.62	
		00:29.72		00:31.90	
					

Coach feedback:

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Event number: 2: 100M FREESTYLE MEN 11+					Heat:12, starttime: 09:22
Heat: 12/14 Lane : 3 Athlete: DOOMEN MARNIX					Q-time: 00:55:76
PB (25m pool): 00:55.76 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:56.74 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.86		00:55.76	
	00:26.86		00:28.90		
					

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 09:39	
Heat: 4/14 Lane : 7 Athlete: JORIS LINDE							Q-time: 03:12:43	
PB (25m pool): 03:12.43 Heist-op-den-Berg 10/01/2026							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		00:44.75		no time		no time		03:12.43
	00:44.75							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 09:47	
Heat: 6/14 Lane : 3 Athlete: VAN BREEDAM LENA							Q-time: 03:00:22	
PB (25m pool): 03:00.22 Heist-op-den-Berg 10/01/2026							PB (50m pool): 03:03.23 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		00:37.97		no time		no time		03:00.22
	00:37.97							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:6, starttime: 09:47	
Heat: 6/14 Lane : 6 Athlete: SARMI SOFIA							Q-time: 03:00:56	
PB (25m pool): 03:00.56 Lier 04/04/2026							PB (50m pool): 03:18.74SB: 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		00:40.01		no time		no time		03:00.56
	00:40.01							
								

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:9, starttime: 09:57	
Heat: 9/14 Lane : 2 Athlete: DALEMANS NEL							Q-time: 02:47:97	
PB (25m pool): 02:47.97 Aartselaar 01/11/2025				PB (50m pool): 02:56.82 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		00:36.50		no time		no time		02:47.97
	00:36.50							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:10, starttime: 10:01	
Heat: 10/14 Lane : 2 Athlete: VERDOOD PIP							Q-time: 02:44:10	
PB (25m pool): 02:44.10 Arendonk 25/05/2025				PB (50m pool): 02:46.72 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		00:35.20		no time		no time		02:44.10
	00:35.20							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:12, starttime: 10:07	
Heat: 12/14 Lane : 4 Athlete: VAN REETH LIEZE							Q-time: 02:36:71	
PB (25m pool): 02:36.71 Arendonk 31/05/2026				PB (50m pool): 02:41.05 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		00:35.49		no time		no time		02:36.71
	00:35.49							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:12, starttime: 10:07	
Heat: 12/14 Lane : 5 Athlete: SCHELLEMANS CHARLOTTE							Q-time: 02:36:91	
PB (25m pool): 02:36.91 Antwerpen 12/10/2025				PB (50m pool): 02:40.64 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		00:35.74		01:14.86		02:01.47		02:36.91
	00:35.74		00:39.12		00:46.61		00:35.44	
								

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:5, starttime: 10:25
Heat: 5/6 Lane : 5 Athlete: MERTENS GERBEN					Q-time: 01:12:22
PB (25m pool): 01:12.22 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:10.29 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.28		01:12.22	
	00:34.28		00:37.94		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:6, starttime: 10:27
Heat: 6/6 Lane : 1 Athlete: JACOB QINGKUN					Q-time: 01:10:91
PB (25m pool): 01:10.91 Nijlen 01/03/2026					PB (50m pool): 01:13.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.38		01:10.91	
	00:33.38		00:37.53		
					

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:6, starttime: 10:27
Heat: 6/6 Lane : 7 Athlete: WIJSGEER VIKTOR					Q-time: 01:08:73
PB (25m pool): 01:08.73 Nijlen 16/11/2025					PB (50m pool): 01:09.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.14		01:08.73	
	00:32.14		00:36.59		
					

Coach feedback:

Event number: 5: 200M BACKSTROKE WOMEN 13+							Heat:3, starttime: 10:53	
Heat: 3/6 Lane : 5 Athlete: DE VOCHT LINNE							Q-time: 02:43:38	
PB (25m pool): 02:43.38 Zaventem 15/07/2025				PB (50m pool): 02:48.48SB: 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		00:38.35		01:19.90		no time		02:43.38
	00:38.35		00:41.55					
								

Coach feedback:

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Event number: 6: 400M FREESTYLE MEN 13+							Heat:2, starttime: 11:14	
Heat: 2/3 Lane : 8 Athlete: MERTENS GERBEN							Q-time: 04:50:92	
PB (25m pool): 04:50.92 Herentals 04/10/2025				PB (50m pool): 05:08.11 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		00:34.02		01:11.16		01:48.51		02:25.46
	00:34.02		00:37.14		00:37.35		00:36.95	
								
	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		03:02.53		03:39.46		04:15.97		04:50.92
	00:37.07		00:36.93		00:36.51		00:34.95	
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:5, starttime: 11:30	
Heat: 5/14 Lane : 2 Athlete: JORIS LINDE							Q-time: 00:40:01	
PB (25m pool): 00:40.01 Herentals 09/05/2026				PB (50m pool): 00:40.33 SB: no time				
	2 5 M		5 0 M					
PB			00:40.01					
			00:40.01					
								

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+							Heat:5, starttime: 11:30	
Heat: 5/14 Lane : 5 Athlete: GERAEDTS MARIA							Q-time: 00:39:45	
PB (25m pool): 00:39.45 Herentals 09/05/2026				PB (50m pool): 00:38.14SB: no time				
	2 5 M		5 0 M					
PB			00:39.45					
			00:39.45					
								

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:8, starttime: 11:33
Heat: 8/14 Lane : 7 Athlete: DALEMANS NEL			Q-time: 00:35:57
PB (25m pool): 00:35.57 Hoogstraten 28/09/2025			PB (50m pool): 00:36.90 SB: no time
	2 5 M	5 0 M	
PB		00:35.57	
		00:35.57	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:9, starttime: 11:35
Heat: 9/14 Lane : 1 Athlete: VERDOOD PIP			Q-time: 00:34:68
PB (25m pool): 00:34.68 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:34.60 SB: no time
	2 5 M	5 0 M	
PB		00:34.68	
		00:34.68	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 11:36
Heat: 10/14 Lane : 1 Athlete: DE VOCHT LINNE			Q-time: 00:33:93
PB (25m pool): 00:33.93 Leuven 12/10/2025			PB (50m pool): 00:34.20 SB: no time
	2 5 M	5 0 M	
PB		00:33.93	
		00:33.93	
			

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:10, starttime: 11:36
Heat: 10/14 Lane : 6 Athlete: VAN BREEDAM LENA			Q-time: 00:33:58
PB (25m pool): 00:33.58 Herentals 09/05/2026			PB (50m pool): 00:34.32 SB: no time
	2 5 M	5 0 M	
PB		00:33.58	
		00:33.58	
			

Coach feedback:

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Event number: 7: 50M BUTTERFLY WOMEN 11+			Heat:14, starttime: 11:40
Heat: 14/14 Lane : 7 Athlete: JACOBS LOTTE			Q-time: 00:29:76
PB (25m pool): 00:29.76 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:30.34 SB: no time			
	2 5 M	5 0 M	
PB		00:29.76	
		00:29.76	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:1, starttime: 11:41
Heat: 1/6 Lane : 6 Athlete: DE WEERDT BENT			Q-time: 00:40:14
PB (25m pool): 00:39.48 Mol 20/10/2024 PB (50m pool): 00:36.98 SB: no time			
	2 5 M	5 0 M	
PB		00:39.48	
		00:39.48	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:3, starttime: 11:45
Heat: 3/6 Lane : 2 Athlete: VERCAMMEN DAAN			Q-time: 00:33:74
PB (25m pool): 00:33.74 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:34.09 SB: no time			
	2 5 M	5 0 M	
PB		00:33.74	
		00:33.74	
			

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+			Heat:5, starttime: 11:48
Heat: 5/6 Lane : 3 Athlete: DOOMEN MARNIX			Q-time: 00:29:14
PB (25m pool): 00:29.14 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:30.12 SB: no time			
	2 5 M	5 0 M	
PB		00:29.14	
		00:29.14	
			

Coach feedback: