

PK Antw KB 26: Session: 2: COACH evaluation sheet for TEAM: MOZKA

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Beyens Sam

Coaches: Moors Joren

Coaches: Luyten Sjobbe HEADCOACH

PB => Personal Best time

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

Event number: 9: 200M BUTTERFLY MEN 13+							Heat:2, starttime: 14:04	
Heat: 2/2 Lane : 1 Athlete: HUYGENS ARNE							Q-time: 02:29:12	
PB (25m pool): 02:27.66 Mol 15/10/2023				PB (50m pool): 02:29.53SB: 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		02:27.66
	no time							
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:1, starttime: 14:07	
Heat: 1/17 Lane : 2 Athlete: STADTMAN MALAYKA							Q-time: 01:37:43	
PB (25m pool): 01:38.75 Pelt 27/09/2026				PB (50m pool): 01:37.43 SB: 01:38.75 Pelt 27/09/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:44.65		01:38.75				
	00:44.65		00:54.10					
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:1, starttime: 14:07	
Heat: 1/17 Lane : 3 Athlete: HOEYBERGHS RYLEY							Q-time: 01:32:40	
PB (25m pool): 01:38.51 Pelt 27/09/2026				PB (50m pool): 01:32.40 SB: 01:38.51 Pelt 27/09/2026				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:43.44		01:38.51				
	00:43.44		00:55.07					
								

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:10
Heat: 2/17 Lane : 1 Athlete: LIEVENS NONA					Q-time: 01:26:94
PB (25m pool): 01:26.94 Mol 28/12/2025					PB (50m pool): 01:30.05 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.28		01:26.94	
	00:43.28		00:43.66		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:13
Heat: 4/17 Lane : 6 Athlete: WOUTERS FENNA					Q-time: 01:17:07
PB (25m pool): 01:20.87 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:17.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.01		01:20.87	
	00:38.01		00:42.86		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:19
Heat: 7/17 Lane : 7 Athlete: DIRIX LILY					Q-time: 01:11:82
PB (25m pool): 01:11.82 Herentals 09/05/2026					PB (50m pool): 01:16.22 SB: 01:12.89 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.99		01:11.82	
	00:34.99		00:36.83		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:10, starttime: 14:24
Heat: 10/17 Lane : 8 Athlete: HACHED LINA					Q-time: 01:08:38
PB (25m pool): 01:08.38 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:10.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.64		01:08.38	
	00:32.64		00:35.74		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:29
Heat: 13/17 Lane : 4 Athlete: BAYGUNES DEFNE					Q-time: 01:04:23
PB (25m pool): 01:04.23 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:06.91 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.83		01:04.23	
	00:30.83		00:33.40		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:29
Heat: 13/17 Lane : 8 Athlete: KEMPS ELIZE					Q-time: 01:05:04
PB (25m pool): 01:04.24 Diksmuide 17/11/2024 PB (50m pool): 01:05.04 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.20		01:04.24	
	00:31.20		00:33.04		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:32
Heat: 15/17 Lane : 5 Athlete: GEYPEN WIES					Q-time: 01:02:32
PB (25m pool): 01:02.32 Antwerpen 12/10/2025 PB (50m pool): 01:03.04 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.49		01:02.32	
	00:30.49		00:31.83		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:32
Heat: 15/17 Lane : 6 Athlete: VAN BAELEN YENTHE					Q-time: 01:02:37
PB (25m pool): 01:02.37 Turnhout 01/03/2026 PB (50m pool): 01:03.93 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.02		01:02.37	
	00:30.02		00:32.35		
					

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:41	
Heat: 2/10 Lane : 4 Athlete: MOLS LEON							Q-time: 03:06:67	
PB (25m pool): 03:13.09 3500 Hasselt 23/11/2025				PB (50m pool): 03:06.67 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		00:44.72		01:33.61		02:30.85		03:13.09
	00:44.72		00:48.89		00:57.24		00:42.24	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:41	
Heat: 2/10 Lane : 8 Athlete: LECOMTE FLORENTIN							Q-time: 03:17:65	
PB (25m pool): 03:01.23 Pelt 27/09/2026				PB (50m pool): no time SB: 03:01.23 Pelt 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		00:39.52		no time		no time		03:01.23
	00:39.52							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:45	
Heat: 3/10 Lane : 6 Athlete: HOOYBERGHS MIL							Q-time: 03:00:80	
PB (25m pool): 03:09.27 3500 Hasselt 23/11/2025				PB (50m pool): 03:00.80 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		00:44.40		01:32.22		02:29.25		03:09.27
	00:44.40		00:47.82		00:57.03		00:40.02	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:49	
Heat: 4/10 Lane : 6 Athlete: VAN HOVE VICTOR							Q-time: 02:57:42	
PB (25m pool): 02:57.42 Antwerpen 12/10/2025				PB (50m pool): 02:57.68SB: 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		00:40.57		01:26.29		02:17.88		02:57.42
	00:40.57		00:45.72		00:51.59		00:39.54	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:49	
Heat: 4/10 Lane : 8 Athlete: DE MESSEMAEKER ZYDRICH							Q-time: 02:58:25	
PB (25m pool): 02:58.25 3500 Hasselt 23/11/2025				PB (50m pool): 02:59.37 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		00:38.06		01:22.92		02:18.88		02:58.25
	00:38.06		00:44.86		00:55.96		00:39.37	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 14:59	
Heat: 7/10 Lane : 8 Athlete: VAN HOVE NAND							Q-time: 02:39:89	
PB (25m pool): 02:57.12 3500 Hasselt 23/11/2025				PB (50m pool): 02:39.89SB: 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		00:39.19		01:25.51		02:17.23		02:57.12
	00:39.19		00:46.32		00:51.72		00:39.89	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:10, starttime: 15:08	
Heat: 10/10 Lane : 8 Athlete: VERACHTEN LOUIS							Q-time: 02:21:62	
PB (25m pool): 02:26.64 Temse 17/11/2025				PB (50m pool): 02:21.62SB: 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		00:32.46		01:08.98		01:52.82		02:26.64
	00:32.46		00:36.52		00:43.84		00:33.82	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:11
Heat: 1/7 Lane : 3 Athlete: LIEVENS NONA				Q-time: 02:17:19	
PB (25m pool): 02:10.95 Mol 29/12/2024			PB (50m pool): 02:23.98SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:02.15		02:10.95	
	01:02.15		01:08.80		
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:14
Heat: 2/7 Lane : 6 Athlete: ADRIAENSEN LENA					Q-time: 01:33:29
PB (25m pool): 01:34.36 Temse 17/11/2025					PB (50m pool): 01:33.29 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.41		01:34.36	
	00:43.41		00:50.95		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:18
Heat: 4/7 Lane : 1 Athlete: CEULEMANS LENA					Q-time: 01:25:91
PB (25m pool): 01:28.87 Antwerpen 12/10/2025					PB (50m pool): 01:25.91 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.19		01:28.87	
	00:42.19		00:46.68		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+						Heat:4, starttime: 15:53		
Heat: 4/4 Lane : 2 Athlete: HUYSMANS SEPPE						Q-time: 02:20:08		
PB (25m pool): 02:22.47 3500 Hasselt 23/11/2025						PB (50m pool): 02:20.08 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		00:32.39		01:07.32		01:44.60		02:22.47
	00:32.39		00:34.93		00:37.28		00:37.87	
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+						Heat:4, starttime: 15:53		
Heat: 4/4 Lane : 8 Athlete: HUYGENS ARNE						Q-time: 02:25:20		
PB (25m pool): 02:25.20 Mol 28/12/2025						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		00:35.21		01:12.09		01:48.70		02:25.20
	00:35.21		00:36.88		00:36.61		00:36.50	
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:56	
Heat: 1/3 Lane : 4 Athlete: ADRIAENSEN LENA							Q-time: 05:17:53	
PB (25m pool): 05:25.58 Herentals 04/10/2025				PB (50m pool): 05:17.53SB: 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		00:36.20		01:16.03		01:57.57		02:39.52
	00:36.20		00:39.83		00:41.54		00:41.95	
								
	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		03:22.20		04:04.15		04:46.18		05:25.58
	00:42.68		00:41.95		00:42.03		00:39.40	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:56	
Heat: 1/3 Lane : 7 Athlete: DIRIX LILY							Q-time: 05:45:20	
PB (25m pool): 06:41.51 Herentals 04/10/2025				PB (50m pool): 05:45.20SB: 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		00:43.51		01:33.88		02:26.14		03:19.89
	00:43.51		00:50.37		00:52.26		00:53.75	
								
	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		04:14.12		05:05.06		05:53.91		06:41.51
	00:54.23		00:50.94		00:48.85		00:47.60	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:03	
Heat: 2/3 Lane : 3 Athlete: KEMPS ELIZE							Q-time: 04:58:19	
PB (25m pool): 04:58.19 Heist Op Den Berg 11/01/2025				PB (50m pool): 05:05.57 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		01:09.84		no time		02:26.00
	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		04:58.19
	...	...	...	...	...	...	...	...

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 8 Athlete: VAN BAELEN YENTHE							Q-time: 04:54:64	
PB (25m pool): 04:55.17 Heist Op Den Berg 13/01/2024				PB (50m pool): 04:54.64SB: 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		04:55.17
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:1, starttime: 16:14		
Heat: 1/12 Lane : 3 Athlete: VAN GORP THIJS							Q-time: 00:52:55		
PB (25m pool): no time				PB (50m pool): 00:52.55				SB: no time	
	2 5 M		5 0 M						
PB			no time						
	no time								
									

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:3, starttime: 16:17	
Heat: 3/12 Lane : 2 Athlete: MOLS LEON							Q-time: 00:38:77	
PB (25m pool): 00:41.80 Temse 17/11/2025				PB (50m pool): 00:38.77 SB: no time				
	2 5 M		5 0 M					
PB			00:41.80					
			00:41.80					
								

Coach feedback:

PK Antw KB 26: Session: 2: COACH evaluation sheet for TEAM: MOZKA

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:18
Heat: 4/12 Lane : 7 Athlete: JACOBS JOB			Q-time: 00:37:14
PB (25m pool): 00:42.73 Herentals 17/05/2025			PB (50m pool): 00:37.14 SB: no time
	2 5 M	5 0 M	
PB		00:42.73	
		00:42.73	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:19
Heat: 5/12 Lane : 1 Athlete: HOOYBERGHS MIL			Q-time: 00:35:54
PB (25m pool): 00:35.94 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:35.54 SB: no time
	2 5 M	5 0 M	
PB		00:35.94	
		00:35.94	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:20
Heat: 6/12 Lane : 1 Athlete: VAN HOVE NAND			Q-time: 00:33:44
PB (25m pool): 00:34.03 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:33.44 SB: no time
	2 5 M	5 0 M	
PB		00:34.03	
		00:34.03	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:24
Heat: 10/12 Lane : 5 Athlete: ZRIRAK WAEAL			Q-time: 00:27:66
PB (25m pool): no time			PB (50m pool): no time SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:12, starttime: 16:26
Heat: 12/12 Lane : 2 Athlete: MIHAILESCU STEFAN			Q-time: 00:26:16
PB (25m pool): 00:28.88 Nijlen 16/11/2025			PB (50m pool): 00:26.16 SB: no time
	2 5 M	5 0 M	
PB		00:28.88	
		00:28.88	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:31
Heat: 3/8 Lane : 2 Athlete: CEULEMANS LENA			Q-time: 00:38:16
PB (25m pool): 00:38.16 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:40.29 SB: no time
	2 5 M	5 0 M	
PB		00:38.16	
		00:38.16	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:33
Heat: 4/8 Lane : 2 Athlete: HACHED LINA			Q-time: 00:36:04
PB (25m pool): 00:35.28 Stedelijk Zwembad Geel 11/02/2024			PB (50m pool): 00:35.97 SB: no time
	2 5 M	5 0 M	
PB		00:35.28	
		00:35.28	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:4, starttime: 16:33
Heat: 4/8 Lane : 4 Athlete: BAYGUNES DEFNE			Q-time: 00:35:39
PB (25m pool): 00:35.39 Nijlen 16/11/2025			PB (50m pool): 00:36.95 SB: no time
	2 5 M	5 0 M	
PB		00:35.39	
		00:35.39	
			

Coach feedback:

PK Antw KB 26: Session: 2: COACH evaluation sheet for TEAM: MOZKA

Event number: 16: 50M BACKSTROKE WOMEN 13+										Heat:5, starttime: 16:35	
Heat: 5/8 Lane : 5 Athlete: GEYPEN WIES										Q-time: 00:34:30	
PB (25m pool): 00:34.30 Antwerpen 12/10/2025										PB (50m pool): 00:34.63 SB: no time	
	2 5 M		5 0 M								
PB			00:34.30								
			00:34.30								
											

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+						Heat:2, starttime: 16:48		
Heat: 2/2 Lane : 2 Athlete: TEAM MOZKA 1						Q-time: 01:48:53		
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback:

Event number: 18: 4x50M FREESTYLE WOMEN 11+						Heat:2, starttime: 16:54		
Heat: 2/2 Lane : 7 Athlete: TEAM MOZKA 1						Q-time: 01:57:43		
PB (25m pool):			PB (50m pool):			SB:		
	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								
								

Coach feedback: