

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

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

Coaches: Dierckx Davy

Coaches: Feyten Anne

Coaches: Vissers Ann

Coaches: Moeskops Kathleen HEADCOACH

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:12
Heat: 3/17 Lane : 6 Athlete: KENIS JOSEPHINE					Q-time: 01:18:64
PB (25m pool): 01:18.64 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:18.94 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.46		01:18.64	
	00:36.46		00:42.18		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:17
Heat: 6/17 Lane : 1 Athlete: KENIS LOLA					Q-time: 01:14:36
PB (25m pool): 01:14.36 Herentals 09/05/2026 PB (50m pool): 01:16.21 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.02		01:14.36	
	00:36.02		00:38.34		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:22
Heat: 9/17 Lane : 1 Athlete: VAN LOMMEL ANTHE					Q-time: 01:09:00
PB (25m pool): 01:09.27 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:09.00 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.72		01:09.27	
	00:32.72		00:36.55		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:25
Heat: 11/17 Lane : 6 Athlete: DIERCKX FEMKE					Q-time: 01:07:04
PB (25m pool): 01:07.04 Herentals 09/05/2026			PB (50m pool): 01:09.07 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.95		01:07.04	
	00:31.95		00:35.09		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:29
Heat: 13/17 Lane : 1 Athlete: DURT REINE					Q-time: 01:05:02
PB (25m pool): 01:05.02 Herentals 09/05/2026			PB (50m pool): 01:06.28 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.56		01:05.02	
	00:31.56		00:33.46		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:30
Heat: 14/17 Lane : 2 Athlete: BELLENS LORE					Q-time: 01:03:45
PB (25m pool): 01:03.45 Heist-op-den-Berg 10/01/2026			PB (50m pool): 01:05.76 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.07		01:03.45	
	00:30.07		00:33.38		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:30
Heat: 14/17 Lane : 5 Athlete: JANSSENS ELISABETH					Q-time: 01:02:74
PB (25m pool): 01:02.74 Herentals 09/05/2026			PB (50m pool): 01:04.63 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.49		01:02.74	
	00:30.49		00:32.25		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:32
Heat: 15/17 Lane : 4 Athlete: BIERINCKX MIE					Q-time: 01:01:77
PB (25m pool): 01:01.77 Mol 28/12/2025 PB (50m pool): 01:03.38 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.40		01:01.77	
	00:29.40		00:32.37		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 14:33
Heat: 16/17 Lane : 1 Athlete: MERTENS FEMKE					Q-time: 01:01:23
PB (25m pool): 01:01.23 Antwerpen 12/10/2025 PB (50m pool): 01:03.08 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.07		01:01.23	
	00:29.07		00:32.16		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 14:33
Heat: 16/17 Lane : 2 Athlete: MERTENS HELENA					Q-time: 01:00:37
PB (25m pool): 01:00.37 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:01.70 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.88		01:00.37	
	00:28.88		00:31.49		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:17, starttime: 14:35
Heat: 17/17 Lane : 1 Athlete: BOVEN AXELLE					Q-time: 00:59:50
PB (25m pool): 00:59.50 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:00.92 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.60		00:59.50	
	00:28.60		00:30.90		
					

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:37	
Heat: 1/10 Lane : 5 Athlete: WILMS BRAM							Q-time: 03:20:18	
PB (25m pool): 03:24.28 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 03:20.18 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		00:47.43		no time		no time		03:24.28
	00:47.43							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:41	
Heat: 2/10 Lane : 7 Athlete: JANSSENS ALEXANDER							Q-time: 03:10:55	
PB (25m pool): 03:10.55 Mol 28/12/2025				PB (50m pool): 03:12.48 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		00:45.69		01:32.76		02:27.84		03:10.55
	00:45.69		00:47.07		00:55.08		00:42.71	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:45	
Heat: 3/10 Lane : 3 Athlete: BROUNS PRYAM							Q-time: 03:00:50	
PB (25m pool): 03:00.50 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		00:44.58		01:28.45		02:22.27		03:00.50
	00:44.58		00:43.87		00:53.82		00:38.23	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:55	
Heat: 6/10 Lane : 7 Athlete: VAN GORP TUUR							Q-time: 02:45:91	
PB (25m pool): 03:02.31 Aarschot 04/05/2025							PB (50m pool): 02:45.91 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		00:46.38		no time		no time		03:02.31
	00:46.38							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 14:59	
Heat: 7/10 Lane : 2 Athlete: BERTELS QUILLAN							Q-time: 02:33:29	
PB (25m pool): 02:32.70 3500 Hasselt 24/11/2024				PB (50m pool): 02:33.29SB: 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		00:31.18		01:10.74		01:59.79		02:32.70
	00:31.18		00:39.56		00:49.05		00:32.91	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 14:59	
Heat: 7/10 Lane : 7 Athlete: MERTENS DIETER							Q-time: 02:38:58	
PB (25m pool): 02:42.24 LEUVEN 21/12/2025				PB (50m pool): 02:38.58SB: 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		00:36.39		01:17.75		02:06.46		02:42.24
	00:36.39		00:41.36		00:48.71		00:35.78	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:02	
Heat: 8/10 Lane : 4 Athlete: LAEREMANS SEBASTIAAN							Q-time: 02:26:66	
PB (25m pool): 02:26.66 3500 Hasselt 23/11/2025				PB (50m pool): 02:46.11SB: 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		00:30.49		01:07.71		01:53.42		02:26.66
	00:30.49		00:37.22		00:45.71		00:33.24	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:16			
Heat: 3/7 Lane : 3 Athlete: VAN LOMMEL ANTHE					Q-time: 01:28:04			
PB (25m pool): 01:28.96 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:28.04 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:41.73		01:28.96				
	00:41.73		00:47.23					
								

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:16
Heat: 3/7 Lane : 6 Athlete: DIERCKX FEMKE					Q-time: 01:28:42
PB (25m pool): 01:28.42 Herentals 09/05/2026					PB (50m pool): 01:32.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.68		01:28.42	
	00:41.68		00:46.74		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 15:20
Heat: 5/7 Lane : 4 Athlete: BELLENS LORE					Q-time: 01:20:83
PB (25m pool): 01:20.83 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:24.89 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.33		01:20.83	
	00:38.33		00:42.50		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:6, starttime: 15:22
Heat: 6/7 Lane : 2 Athlete: DURT REINE					Q-time: 01:19:11
PB (25m pool): 01:19.11 Herentals 09/05/2026					PB (50m pool): 01:20.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.07		01:19.11	
	00:37.07		00:42.04		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 15:24
Heat: 7/7 Lane : 2 Athlete: BOVEN AXELLE					Q-time: 01:14:85
PB (25m pool): 01:14.85 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:15.48 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.24		01:14.85	
	00:35.24		00:39.61		
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 15:24
Heat: 7/7 Lane : 8 Athlete: MERTENS FEMKE					Q-time: 01:17:27
PB (25m pool): 01:17.27 Turnhout 01/03/2026					PB (50m pool): 01:18.60 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.28		01:17.27	
	00:36.28		00:40.99		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:1, starttime: 15:41	
Heat: 1/4 Lane : 3 Athlete: BELLENS PIETER							Q-time: 03:03:46	
PB (25m pool): 03:03.46 Parklaan 58, Turnhout 30/03/2025							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		00:44.04		01:31.05		no time		03:03.46
	00:44.04		00:47.01					
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:3, starttime: 16:08	
Heat: 3/3 Lane : 5 Athlete: MERTENS HELENA							Q-time: 04:38:58	
PB (25m pool): 04:32.27 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 04:38.58SB: 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		00:30.54		01:03.78		01:37.84		02:12.59
	00:30.54		00:33.24		00:34.06		00:34.75	
								
	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		02:47.47		03:22.61		03:58.23		04:32.27
	00:34.88		00:35.14		00:35.62		00:34.04	
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:1, starttime: 16:14
Heat: 1/12 Lane : 4 Athlete: WILMS BRAM			Q-time: 00:44:86
PB (25m pool): 00:48.66 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:44.86 SB: no time			
	2 5 M	5 0 M	
PB		00:48.66	
		00:48.66	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 16:16
Heat: 2/12 Lane : 7 Athlete: BELLENS PIETER			Q-time: 00:43:91
PB (25m pool): 00:45.07 Nijlen 16/11/2025 PB (50m pool): 00:43.91 SB: no time			
	2 5 M	5 0 M	
PB		00:45.07	
		00:45.07	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:2, starttime: 16:16
Heat: 2/12 Lane : 8 Athlete: JANSSENS ALEXANDER			Q-time: 00:44:54
PB (25m pool): 00:46.81 Herentals 17/05/2025 PB (50m pool): 00:44.54 SB: no time			
	2 5 M	5 0 M	
PB		00:46.81	
		00:46.81	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:18
Heat: 4/12 Lane : 2 Athlete: BROUNS PRYAM			Q-time: 00:37:13
PB (25m pool): 00:37.13 Herentals 09/05/2026 PB (50m pool): 00:40.17 SB: no time			
	2 5 M	5 0 M	
PB		00:37.13	
		00:37.13	
			

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:19
Heat: 5/12 Lane : 7 Athlete: VAN GORP TUUR			Q-time: 00:35:51
PB (25m pool): 00:35.51 Herentals 09/05/2026			PB (50m pool): 00:40.16 SB: no time
	2 5 M	5 0 M	
PB		00:35.51	
		00:35.51	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:20
Heat: 6/12 Lane : 6 Athlete: FEYEN AEDEN			Q-time: 00:32:90
PB (25m pool): 00:33.92 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:32.90 SB: no time
	2 5 M	5 0 M	
PB		00:33.92	
		00:33.92	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:20
Heat: 6/12 Lane : 7 Athlete: MERTENS DIETER			Q-time: 00:33:23
PB (25m pool): 00:33.23 Herentals 09/05/2026			PB (50m pool): 00:34.58 SB: no time
	2 5 M	5 0 M	
PB		00:33.23	
		00:33.23	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:22
Heat: 8/12 Lane : 4 Athlete: LAEREMANS SEBASTIAAN			Q-time: 00:29:22
PB (25m pool): 00:29.22 Nijlen 16/11/2025			PB (50m pool): 00:29.83 SB: no time
	2 5 M	5 0 M	
PB		00:29.22	
		00:29.22	
			

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:9, starttime: 16:23
Heat: 9/12 Lane : 1 Athlete: BERTELS QUILLAN			Q-time: 00:29:10
PB (25m pool): 00:29.25 Nijlen 16/11/2025			PB (50m pool): 00:29.10 SB: no time
	2 5 M	5 0 M	
PB		00:29.25	
		00:29.25	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:12, starttime: 16:26
Heat: 12/12 Lane : 7 Athlete: VERBEEK SEM			Q-time: 00:26:19
PB (25m pool): 00:26.19 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:26.44 SB: no time
	2 5 M	5 0 M	
PB		00:26.19	
		00:26.19	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 16:28
Heat: 1/8 Lane : 5 Athlete: KENIS JOSEPHINE			Q-time: 00:44:00
PB (25m pool): 00:44.00 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:47.50 SB: no time
	2 5 M	5 0 M	
PB		00:44.00	
		00:44.00	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 16:36
Heat: 6/8 Lane : 5 Athlete: BIERINCKX MIE			Q-time: 00:32:69
PB (25m pool): 00:32.69 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:33.25 SB: no time
	2 5 M	5 0 M	
PB		00:32.69	
		00:32.69	
			

Coach feedback:

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Event number: 16: 50M BACKSTROKE WOMEN 13+						Heat:7, starttime: 16:38	
Heat: 7/8 Lane : 1 Athlete: JANSSENS ELISABETH						Q-time: 00:32:53	
PB (25m pool): 00:33.91 Mol 20/10/2024				PB (50m pool): 00:33.30 SB: no time			
	2 5 M		5 0 M				
PB			00:33.91				
	00:33.91						
							

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:1, starttime: 16:46	
Heat: 1/2 Lane : 5 Athlete: TEAM SHARK 2							Q-time: 01:58:63	
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: 17: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 6 Athlete: TEAM SHARK 1							Q-time: 01:48:32	
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 : 5 Athlete: TEAM SHARK 1							Q-time: 01:53:94	
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:

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Event number: 18: 4x50M FREESTYLE WOMEN 11+							Heat:2, starttime: 16:54	
Heat: 2/2 Lane : 8 Athlete: TEAM SHARK 2							Q-time: 02:00:97	
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: