

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

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

Coaches: Vereecken Sven

Coaches: Sluyts Stephanie HEADCOACH

Coaches: Dillen Toon

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:07
Heat: 1/17 Lane : 5 Athlete: VAN DE WEYER FOUKE					Q-time: 01:31:05
PB (25m pool): 01:26.65 Durmehal 27/09/2026					PB (50m pool): 01:31.05 SB: 01:26.65 Durmehal 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.47		01:26.65	
		00:41.47		00:45.18	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:1, starttime: 14:07
Heat: 1/17 Lane : 6 Athlete: MAERTENS HELENA					Q-time: 01:35:19
PB (25m pool): 01:31.74 Durmehal 27/09/2026					PB (50m pool): 01:35.93 SB: 01:31.74 Durmehal 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.96		01:31.74	
		00:43.96		00:47.78	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:10
Heat: 2/17 Lane : 2 Athlete: SCHEPERS LENTHE					Q-time: 01:23:49
PB (25m pool): 01:23.49 Herentals 09/05/2026					PB (50m pool): 01:26.30 SB: 01:25.15 Durmehal 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.05		01:23.49	
		00:41.05		00:42.44	
					

Coach feedback:

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:10
Heat: 2/17 Lane : 5 Athlete: VEREECKEN WANTER FELINE					Q-time: 01:21:04
PB (25m pool): 01:21.71 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:21.04 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.74		01:21.71	
	00:38.74		00:42.97		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:10
Heat: 2/17 Lane : 7 Athlete: AERTS SIEN					Q-time: 01:24:77
PB (25m pool): 01:25.12 Herentals 09/05/2026 PB (50m pool): 01:24.77 SB: 01:25.74 Durmechal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.23		01:25.12	
	00:40.23		00:44.89		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:17
Heat: 6/17 Lane : 2 Athlete: GOOSSENS MARTHE					Q-time: 01:13:62
PB (25m pool): 01:12.63 Durmechal 27/09/2026 PB (50m pool): 01:14.78 SB: 01:12.63 Durmechal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.81		01:12.63	
	00:35.81		00:36.82		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:17
Heat: 6/17 Lane : 3 Athlete: DJONOU IMBA ITZANA					Q-time: 01:13:37
PB (25m pool): 01:12.88 Durmechal 27/09/2026 PB (50m pool): 01:13.38 SB: 01:12.88 Durmechal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.40		01:12.88	
	00:35.40		00:37.48		
					

Coach feedback:

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:6, starttime: 14:17
Heat: 6/17 Lane : 7 Athlete: WOUTERS MIT					Q-time: 01:14:22
PB (25m pool): 01:14.22 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:18.28 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.58		01:14.22	
	00:35.58		00:38.64		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:19
Heat: 7/17 Lane : 4 Athlete: HUFKENS ELINA					Q-time: 01:11:40
PB (25m pool): 01:11.40 Turnhout 01/03/2026 PB (50m pool): 01:14.37 SB: 01:11.76 Durmehal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.98		01:11.40	
	00:33.98		00:37.42		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:19
Heat: 7/17 Lane : 5 Athlete: VALKENBORGHES YANNE					Q-time: 01:11:44
PB (25m pool): 01:11.44 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:12.29 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.30		01:11.44	
	00:34.30		00:37.14		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:19
Heat: 7/17 Lane : 6 Athlete: WOUTERS DORA					Q-time: 01:11:50
PB (25m pool): 01:11.50 Kapellen 30/05/2026 PB (50m pool): 01:13.10 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.62		01:11.50	
	00:34.62		00:36.88		
					

Coach feedback:

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:20
Heat: 8/17 Lane : 1 Athlete: DE RIDDER ROXANE					Q-time: 01:10:90
PB (25m pool): 01:11.30 TEMSE 23/11/2025					PB (50m pool): 01:10.90 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.12		01:11.30	
	00:34.12		00:37.18		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:20
Heat: 8/17 Lane : 3 Athlete: BOECKX PAULIEN					Q-time: 01:09:36
PB (25m pool): 01:09.36 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:13.92 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.82		01:09.36	
	00:32.82		00:36.54		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:20
Heat: 8/17 Lane : 7 Athlete: MOERKENS FIEN					Q-time: 01:10:49
PB (25m pool): 01:10.49 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:11.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.64		01:10.49	
	00:34.64		00:35.85		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:22
Heat: 9/17 Lane : 6 Athlete: VAN ASTEN RENÉE					Q-time: 01:08:83
PB (25m pool): 01:08.83 Kapellen 30/05/2026					PB (50m pool): 01:11.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.81		01:08.83	
	00:32.81		00:36.02		
					

Coach feedback:

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:25
Heat: 11/17 Lane : 7 Athlete: POELS NOMI					Q-time: 01:07:32
PB (25m pool): 01:07.32 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:10.68 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.29		01:07.32	
	00:32.29		00:35.03		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:27
Heat: 12/17 Lane : 7 Athlete: COOLS YELENA					Q-time: 01:06:35
PB (25m pool): 01:06.35 Nijlen 16/11/2025 PB (50m pool): 01:08.69 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.09		01:06.35	
	00:32.09		00:34.26		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:29
Heat: 13/17 Lane : 3 Athlete: MAES JULIE					Q-time: 01:04:26
PB (25m pool): 01:04.26 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:06.20 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.65		01:04.26	
	00:30.65		00:33.61		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:30
Heat: 14/17 Lane : 4 Athlete: VANLOMMEL LUISA VALENTINA					Q-time: 01:02:69
PB (25m pool): 01:02.69 Herentals 09/05/2026 PB (50m pool): 01:04.02 SB: 01:04.38 Durmechal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.29		01:02.69	
	00:30.29		00:32.40		
					

Coach feedback:

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:32
Heat: 15/17 Lane : 3 Athlete: VAN TILBURG FRAUKE					Q-time: 01:02:35
PB (25m pool): 01:02.99 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:02.35 SB: 01:04.27 Durmehal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.99		01:02.99	
	00:29.99		00:33.00		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:16, starttime: 14:33
Heat: 16/17 Lane : 7 Athlete: DRIES SIEN					Q-time: 01:00:77
PB (25m pool): 01:00.77 Turnhout 02/03/2025 PB (50m pool): 01:02.58 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.03		01:00.77	
	00:29.03		00:31.74		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:17, starttime: 14:35
Heat: 17/17 Lane : 8 Athlete: OOMS SARI					Q-time: 00:59:76
PB (25m pool): 00:59.34 Stedelijk Zwembad Geel 11/02/2024 PB (50m pool): 01:01.01 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.34	
	no time				
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:1, starttime: 14:37	
Heat: 1/10 Lane : 3 Athlete: VAN MEER RUNE							Q-time: 03:49:08	
PB (25m pool): 03:23.14 Durmehal 27/09/2026							PB (50m pool): no time SB: 03:23.14 Durmehal 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		00:44.18		01:38.25		02:37.63		03:23.14
	00:44.18		00:54.07		00:59.38		00:45.51	
								

Coach feedback:

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

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:41	
Heat: 2/10 Lane : 5 Athlete: DE FEYTER LUCAS							Q-time: 03:07:76	
PB (25m pool): 03:07.64 Durmehal 27/09/2026				PB (50m pool): 03:07.76SB: 03:07.64 Durmehal 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		00:43.02		01:29.99		02:25.54		03:07.64
	00:43.02		00:46.97		00:55.55		00:42.10	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:45	
Heat: 3/10 Lane : 4 Athlete: STERCKX DAAN							Q-time: 02:59:04	
PB (25m pool): 02:55.12 Durmehal 27/09/2026				PB (50m pool): 03:03.92 SB: 02:55.12 Durmehal 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		00:39.29		01:21.91		02:16.81		02:55.12
	00:39.29		00:42.62		00:54.90		00:38.31	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:3, starttime: 14:45	
Heat: 3/10 Lane : 7 Athlete: RAMSDONCK KRIS							Q-time: 03:02:55	
PB (25m pool): 03:02.55 Kapellen 30/05/2026			PB (50m pool): no time SB: 03:04.85 Durmehal 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		00:38.49		no time		no time		03:02.55
	00:38.49							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:49	
Heat: 4/10 Lane : 2 Athlete: AGTEN VALERIO ÁLVARO							Q-time: 02:57:59	
PB (25m pool): 02:51.14 Durmehal 27/09/2026				PB (50m pool): no time SB: 02:51.14 Durmehal 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		00:34.01		01:18.20		02:08.96		02:51.14
	00:34.01		00:44.19		00:50.76		00:42.18	
								

Coach feedback:

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

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:49	
Heat: 4/10 Lane : 7 Athlete: NEYRINCK RUBEN							Q-time: 02:57:76	
PB (25m pool): 02:49.70 Durmehal 27/09/2026				PB (50m pool): 03:05.19SB: 02:49.70 Durmehal 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		00:38.07		01:20.95		02:13.64		02:49.70
	00:38.07		00:42.88		00:52.69		00:36.06	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:5, starttime: 14:52	
Heat: 5/10 Lane : 6 Athlete: LIEVENS RUBE							Q-time: 02:51:82	
PB (25m pool): 02:51.82 Parklaan 58, Turnhout 29/03/2026							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		00:37.17		no time		no time		02:51.82
	00:37.17							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:6, starttime: 14:55	
Heat: 6/10 Lane : 2 Athlete: MAES MATHIJS							Q-time: 02:45:31	
PB (25m pool): 02:47.85 Pelt 05/10/2025				PB (50m pool): 02:45.31 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		00:37.93		no time		no time		02:47.85
	00:37.93							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:02	
Heat: 8/10 Lane : 6 Athlete: DILLEN FINN							Q-time: 02:27:74	
PB (25m pool): 02:29.89 Pelt 05/10/2025				PB (50m pool): 02:27.74 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		00:32.72		no time		no time		02:29.89
	00:32.72							
								

Coach feedback:

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

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:05	
Heat: 9/10 Lane : 2 Athlete: BEGUE MILANN							Q-time: 02:24:55	
PB (25m pool): 02:24.55 Kapellen 30/05/2026				PB (50m pool): 02:29.61 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		00:30.84		no time		no time		02:24.55
	00:30.84							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:10, starttime: 15:08	
Heat: 10/10 Lane : 2 Athlete: MICHOEL QUINTEN							Q-time: 02:16:34	
PB (25m pool): 02:16.34 Antwerpen 12/10/2025				PB (50m pool): 02:18.15SB: 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		00:27.57		01:03.58		01:44.94		02:16.34
	00:27.57		00:36.01		00:41.36		00:31.40	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:10, starttime: 15:08	
Heat: 10/10 Lane : 7 Athlete: VAN TILBURG MATTHIAS							Q-time: 02:18:78	
PB (25m pool): 02:18.78 Antwerpen 12/10/2025				PB (50m pool): 02:29.50SB: 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		00:29.62		01:03.20		01:46.42		02:18.78
	00:29.62		00:33.58		00:43.22		00:32.36	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:1, starttime: 15:11				
Heat: 1/7 Lane : 4 Athlete: GOOSSENS MARTHE					Q-time: 01:35:74				
PB (25m pool): 01:37.00 Herentals 09/05/2026					PB (50m pool): 01:35.74 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M					
PB		00:46.22		01:37.00					
	00:46.22		00:50.78						
									

Coach feedback:

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

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:14
Heat: 2/7 Lane : 1 Athlete: VAN ASTEN RENÉE					Q-time: 01:35:66
PB (25m pool): 01:43.79 Pelt 05/10/2025 PB (50m pool): 01:35.66 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.81		01:43.79	
	00:48.81		00:54.98		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:14
Heat: 2/7 Lane : 3 Athlete: DJONOU IMBA ITZANA					Q-time: 01:32:63
PB (25m pool): 01:32.63 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:35.49 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.88		01:32.63	
	00:43.88		00:48.75		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:16
Heat: 3/7 Lane : 7 Athlete: BOECKX PAULIEN					Q-time: 01:28:80
PB (25m pool): 01:28.80 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:36.13 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.10		01:28.80	
	00:42.10		00:46.70		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:16
Heat: 3/7 Lane : 8 Athlete: MOERKENS FIEN					Q-time: 01:29:75
PB (25m pool): 01:29.75 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:32.56 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.00		01:29.75	
	00:43.00		00:46.75		
					

Coach feedback:

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

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:18
Heat: 4/7 Lane : 7 Athlete: COOLS YELENA					Q-time: 01:25:14
PB (25m pool): 01:25.14 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:29.77 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.01		01:25.14	
	00:40.01		00:45.13		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:7, starttime: 15:24
Heat: 7/7 Lane : 5 Athlete: DILLEN NORAH					Q-time: 01:13:72
PB (25m pool): 01:13.72 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:16.04 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.75		01:13.72	
	00:34.75		00:38.97		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 15:45	
Heat: 2/4 Lane : 3 Athlete: STERCKX DAAN							Q-time: 02:47:81	
PB (25m pool): 02:47.81 Antwerpen 12/10/2025				PB (50m pool): 02:51.73 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		00:39.63		01:22.84		02:06.61		02:47.81
	00:39.63		00:43.21		00:43.77		00:41.20	
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:2, starttime: 15:45	
Heat: 2/4 Lane : 6 Athlete: NEYRINCK RUBEN							Q-time: 02:47:96	
PB (25m pool): 02:47.96 TEMSE 23/11/2025							PB (50m pool): 02:54.49 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		00:40.07		01:23.53		02:06.66		02:47.96
	00:40.07		00:43.46		00:43.13		00:41.30	
								

Coach feedback:

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

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 15:49	
Heat: 3/4 Lane : 8 Athlete: AGTEN VALERIO ÁLVARO							Q-time: 02:38:93	
PB (25m pool): 02:38.93 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:45.84 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		00:36.16		01:16.62		no time		02:38.93
	00:36.16		00:40.46					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:4, starttime: 15:53	
Heat: 4/4 Lane : 1 Athlete: VANTHOURNOUT XANDER							Q-time: 02:24:52	
PB (25m pool): 02:24.52 Mol 20/10/2024 PB (50m pool): 02:34.83 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		00:33.73		01:11.25		01:48.07		02:24.52
	00:33.73		00:37.52		00:36.82		00:36.45	
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:4, starttime: 15:53	
Heat: 4/4 Lane : 3 Athlete: VAN TILBURG MATTHIAS							Q-time: 02:10:76	
PB (25m pool): 02:10.76 Gent 09/11/2025 PB (50m pool): 02:16.00 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		00:29.28		01:01.32		01:35.94		02:10.76
	00:29.28		00:32.04		00:34.62		00:34.82	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:56	
Heat: 1/3 Lane : 1 Athlete: VALKENBORGHES YANNE							Q-time: 05:46:27	
PB (25m pool): 05:46.27 Pelt 05/10/2025 PB (50m pool): 06:09.98 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		01:23.07		no time		02:50.97
	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		05:46.27
								

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

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:56	
Heat: 1/3 Lane : 2 Athlete: BOECKX PAULIEN							Q-time: 05:40:63	
PB (25m pool): 05:32.65 Sint-Amandsberg 27/10/2024				PB (50m pool): 05:42.11SB: 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		00:37.16		01:19.69		02:02.75		02:45.56
	00:37.16		00:42.53		00:43.06		00:42.81	
								
	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		03:28.46		04:11.55		04:54.02		05:32.65
	00:42.90		00:43.09		00:42.47		00:38.63	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:56	
Heat: 1/3 Lane : 8 Athlete: GOOSSENS MARTHE							Q-time: 06:13:28	
PB (25m pool): 06:13.28 Kapellen 01/06/2025				PB (50m pool): 06:19.46SB: 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		01:32.04		no time		03:13.38
	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		06:13.28
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:03	
Heat: 2/3 Lane : 5 Athlete: BOOGERS NOOR							Q-time: 04:56:95	
PB (25m pool): 04:56.95 Kapellen 30/05/2026				PB (50m pool): 05:04.96SB: 04:57.05 Durmehal 27/09/2026				
	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		01:11.17		no time		02:26.53
	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		04:56.95
								

Coach feedback:

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

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:03	
Heat: 2/3 Lane : 8 Athlete: COOLS YELENA							Q-time: 05:13:62	
PB (25m pool): 05:13.62 Arendonk 30/11/2025				PB (50m pool): 05:27.83SB: 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		01:16.37		no time		02:37.72
	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		05:13.62
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:1, starttime: 16:14	
Heat: 1/12 Lane : 5 Athlete: VAN MEER RUNE							Q-time: 00:45:58	
PB (25m pool): 00:45.58 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:46.14 SB: no time								
	2 5 M		5 0 M					
PB			00:45.58					
	00:45.58							
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:2, starttime: 16:16		
Heat: 2/12 Lane : 6 Athlete: DE FEYTER LUCAS							Q-time: 00:41:61		
PB (25m pool): 00:42.14 Durmehal 27/09/2026				PB (50m pool): 00:41.61 SB: 00:42.14 Durmehal 27/09/2026					
	2 5 M		5 0 M						
PB			00:42.14						
			00:42.14						
									

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:17
Heat: 3/12 Lane : 7 Athlete: RAMSDONCK KRIS			Q-time: 00:38:99
PB (25m pool): 00:39.27 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:38.99 SB: 00:40.04 Durmehal 27/09/2026			
	2 5 M	5 0 M	
PB		00:39.27	
		00:39.27	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:17
Heat: 3/12 Lane : 8 Athlete: VANTHOURNOUT XENNE			Q-time: 00:40:17
PB (25m pool): no time PB (50m pool): 00:40.17 SB: no time			
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:5, starttime: 16:19
Heat: 5/12 Lane : 5 Athlete: MAES MATHIJS			Q-time: 00:34:65
PB (25m pool): 00:34.65 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:35.31 SB: no time			
	2 5 M	5 0 M	
PB		00:34.65	
		00:34.65	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:20
Heat: 6/12 Lane : 2 Athlete: GILLES NATHAN			Q-time: 00:33:20
PB (25m pool): 00:33.20 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:33.42 SB: no time			
	2 5 M	5 0 M	
PB		00:33.20	
		00:33.20	
			

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:24
Heat: 10/12 Lane : 1 Athlete: BEGUE MILANN			Q-time: 00:28:52
PB (25m pool): 00:28.52 Aarschot 27/07/2026			PB (50m pool): 00:29.03 SB: no time
	2 5 M	5 0 M	
PB		00:28.52	
		00:28.52	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:11, starttime: 16:25
Heat: 11/12 Lane : 7 Athlete: VANTHOURNOUT XANDER			Q-time: 00:27:27
PB (25m pool): 00:27.27 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:28.29 SB: no time
	2 5 M	5 0 M	
PB		00:27.27	
		00:27.27	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:12, starttime: 16:26
Heat: 12/12 Lane : 6 Athlete: MICHOEL QUINTEN			Q-time: 00:26:05
PB (25m pool): 00:26.01 Durmehal 27/09/2026			PB (50m pool): 00:26.16 SB: 00:26.01 Durmehal 27/09/2026
	2 5 M	5 0 M	
PB		00:26.01	
		00:26.01	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:30
Heat: 2/8 Lane : 5 Athlete: GOOSSENS MARTHE			Q-time: 00:40:18
PB (25m pool): 00:37.98 Durmehal 27/09/2026			PB (50m pool): 00:40.18 SB: 00:37.98 Durmehal 27/09/2026
	2 5 M	5 0 M	
PB		00:37.98	
		00:37.98	
			

Coach feedback:

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

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:30
Heat: 2/8 Lane : 6 Athlete: HUFKENS ELINA			Q-time: 00:41:56
PB (25m pool): 00:39.82 Durmehal 27/09/2026			PB (50m pool): 00:41.56 SB: 00:39.82 Durmehal 27/09/2026
	2 5 M	5 0 M	
PB		00:39.82	
		00:39.82	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:30
Heat: 2/8 Lane : 7 Athlete: WOUTERS DORA			Q-time: 00:42:81
PB (25m pool): 00:42.81 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:43.62 SB: no time
	2 5 M	5 0 M	
PB		00:42.81	
		00:42.81	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:31
Heat: 3/8 Lane : 3 Athlete: POELS NOMI			Q-time: 00:37:26
PB (25m pool): 00:37.26 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:38.44 SB: no time
	2 5 M	5 0 M	
PB		00:37.26	
		00:37.26	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:31
Heat: 3/8 Lane : 7 Athlete: WOUTERS MIT			Q-time: 00:38:17
PB (25m pool): 00:38.17 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:39.10 SB: no time
	2 5 M	5 0 M	
PB		00:38.17	
		00:38.17	
			

Coach feedback:

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

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:5, starttime: 16:35
Heat: 5/8 Lane : 6 Athlete: BOOGERS NOOR			Q-time: 00:34:39
PB (25m pool): 00:34.39 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:35.97 SB: no time			
	2 5 M	5 0 M	
PB		00:34.39	
		00:34.39	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 16:36
Heat: 6/8 Lane : 1 Athlete: VAN TILBURG FRAUKE			Q-time: 00:34:17
PB (25m pool): 00:34.17 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:34.70 SB: no time			
	2 5 M	5 0 M	
PB		00:34.17	
		00:34.17	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 16:36
Heat: 6/8 Lane : 3 Athlete: MAES JULIE			Q-time: 00:32:92
PB (25m pool): 00:33.95 Nijlen 16/11/2025 PB (50m pool): 00:35.00 SB: no time			
	2 5 M	5 0 M	
PB		00:33.95	
		00:33.95	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:6, starttime: 16:36
Heat: 6/8 Lane : 7 Athlete: VANLOMMEL LUISA VALENTINA			Q-time: 00:33:90
PB (25m pool): 00:34.49 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:35.73 SB: no time			
	2 5 M	5 0 M	
PB		00:34.49	
		00:34.49	
			

Coach feedback:

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

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:7, starttime: 16:38
Heat: 7/8 Lane : 2 Athlete: OOMS SARI			Q-time: 00:32:34
PB (25m pool): 00:32.19 Mol 20/10/2024			PB (50m pool): 00:32.87 SB: no time
	2 5 M	5 0 M	
PB		00:32.19	
		00:32.19	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:8, starttime: 16:39
Heat: 8/8 Lane : 6 Athlete: DRIES SIEN			Q-time: 00:30:55
PB (25m pool): 00:30.55 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:32.44 SB: no time
	2 5 M	5 0 M	
PB		00:30.55	
		00:30.55	
			

Coach feedback: