

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

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

Coaches: Faes Sandra

Coaches: Vanhaesebroeck Nicolas

Coaches: Neiryndck Jan

Coaches: Wouters Ivan

Coaches: Van Dooren Glenn

Coaches: Dekker Tamiko

Coaches: Blaton Joke

PB => Personal Best time

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

Event number: 9: 200M BUTTERFLY MEN 13+							Heat:1, starttime: 14:00	
Heat: 1/2 Lane : 3 Athlete: SEYMUS AXEL							Q-time: 02:53:22	
PB (25m pool): 02:53.22 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 03:06.99 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		00:37.70		01:24.22		no time		02:53.22
	00:37.70		00:46.52					
								

Coach feedback:

Event number: 9: 200M BUTTERFLY MEN 13+							Heat:2, starttime: 14:04	
Heat: 2/2 Lane : 8 Athlete: THIJSBAERT NIO							Q-time: 02:34:30	
PB (25m pool): 02:41.55 Aarschot 26/04/2026							PB (50m pool): 02:34.30 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		00:34.73		01:15.03		01:57.89		02:41.55
	00:34.73		00:40.30		00:42.86		00:43.66	
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:1, starttime: 14:07		
Heat: 1/17 Lane : 4 Athlete: VAN REGEMORTER ILOUKA							Q-time: 01:30:88		
PB (25m pool): 01:34.43 Stedelijk Zwembad Geel 15/02/2026							PB (50m pool): 01:30.88 SB: no time		
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:44.05				01:34.43		
	00:44.05				00:50.38				
									

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:10
Heat: 2/17 Lane : 3 Athlete: VAN GINKEL LOES					Q-time: 01:22:57
PB (25m pool): 01:26.52 Nijlen 16/11/2025			PB (50m pool): 01:22.57 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.87		01:26.52	
	00:39.87		00:46.65		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:2, starttime: 14:10
Heat: 2/17 Lane : 8 Athlete: VAN HASSEL FEMKE					Q-time: 01:30:00
PB (25m pool): 01:35.15 Aarschot 26/04/2026			PB (50m pool): 01:30.00 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.70		01:35.15	
	00:45.70		00:49.45		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:3, starttime: 14:12
Heat: 3/17 Lane : 7 Athlete: VAN GINKEL KAAAT					Q-time: 01:19:79
PB (25m pool): 01:23.94 Nijlen 16/11/2025			PB (50m pool): 01:19.79 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.60		01:23.94	
	00:38.60		00:45.34		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:4, starttime: 14:13
Heat: 4/17 Lane : 2 Athlete: CLAES SIEN					Q-time: 01:17:08
PB (25m pool): 01:17.08 Kapellen 30/05/2026			PB (50m pool): 01:18.88 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.28		01:17.08	
	00:37.28		00:39.80		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:5, starttime: 14:15
Heat: 5/17 Lane : 1 Athlete: WYNANTS FRÉ					Q-time: 01:16:26
PB (25m pool): 01:16.26 Arendonk 30/11/2025					PB (50m pool): 01:18.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.72		01:16.26	
	00:36.72		00:39.54		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:7, starttime: 14:19
Heat: 7/17 Lane : 1 Athlete: NEUVILLE ALIZÉE					Q-time: 01:12:19
PB (25m pool): 01:12.19 Aarschot 26/04/2026					PB (50m pool): 01:09.20 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.19		01:12.19	
	00:34.19		00:38.00		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:25
Heat: 11/17 Lane : 8 Athlete: NEUVILLE AXELLE					Q-time: 01:07:55
PB (25m pool): 01:07.55 Kapellen 30/05/2026					PB (50m pool): 01:08.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.97		01:07.55	
	00:31.97		00:35.58		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:27
Heat: 12/17 Lane : 4 Athlete: LAUREYSENS JUTTA					Q-time: 01:05:17
PB (25m pool): 01:05.17 Aarschot 26/04/2026					PB (50m pool): 01:05.76 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.31		01:05.17	
	00:31.31		00:33.86		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:13, starttime: 14:29
Heat: 13/17 Lane : 5 Athlete: CLAES JADE					Q-time: 01:04:26
PB (25m pool): 01:04.59 Kapellen 30/05/2026			PB (50m pool): 01:04.26 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.02		01:04.59	
	00:31.02		00:33.57		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:49	
Heat: 4/10 Lane : 1 Athlete: CAMBRé ARTHUR							Q-time: 02:58:22	
PB (25m pool): 02:58.22 Kapellen 30/05/2026				PB (50m pool): 03:02.38SB: 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		00:39.00		no time		no time		02:58.22
	00:39.00							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:02	
Heat: 8/10 Lane : 3 Athlete: VERDONCK STAN							Q-time: 02:27:60	
PB (25m pool): 02:27.60 Aarschot 26/04/2026				PB (50m pool): 02:31.17 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		00:31.68		01:10.80		01:52.84		02:27.60
	00:31.68		00:39.12		00:42.04		00:34.76	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:05	
Heat: 9/10 Lane : 1 Athlete: WYNANTS WARD							Q-time: 02:25:60	
PB (25m pool): 02:25.60 Mol 28/12/2025			PB (50m pool): 02:34.29SB: 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		00:30.47		01:07.53		01:51.74		02:25.60
	00:30.47		00:37.06		00:44.21		00:33.86	
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:05	
Heat: 9/10 Lane : 3 Athlete: VAN DOOREN WARRE							Q-time: 02:23:38	
PB (25m pool): 02:23.38 Aarschot 26/04/2026							PB (50m pool): 02:28.47 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		00:31.07		01:05.48		01:51.64		02:23.38
	00:31.07		00:34.41		00:46.16		00:31.74	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:14				
Heat: 2/7 Lane : 5 Athlete: GEELEN GUUSJE					Q-time: 01:32:12				
PB (25m pool): 01:32.12 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:33.09SB: no time									
	2 5 M		5 0 M		7 5 M		1 0 0 M		
PB			00:42.90				01:32.12		
	00:42.90			00:49.22					
									

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:18	
Heat: 4/7 Lane : 5 Athlete: VERMAELEN MIYA					Q-time: 01:23:81	
PB (25m pool): 01:23.81 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:25.34SB: no time						
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:39.54		01:23.81		
	00:39.54		00:44.27			
						

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+										Heat:7, starttime: 15:24	
Heat: 7/7 Lane : 7 Athlete: LEMBRECHTS SOPHIE										Q-time: 01:16:30	
PB (25m pool): 01:16.30 Nijlen 01/03/2026										PB (50m pool): 01:21.61 SB: no time	
PB	2 5 M		5 0 M		7 5 M		1 0 0 M				
			00:35.22				01:16.30				
			00:35.22				00:41.08				
											

Coach feedback:

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Event number: 13: 200M BACKSTROKE MEN 13+							Heat:4, starttime: 15:53	
Heat: 4/4 Lane : 6 Athlete: VAN DOOREN WARRE							Q-time: 02:17:91	
PB (25m pool): 02:17.91 TEMSE 23/11/2025				PB (50m pool): 02:21.30SB: 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		00:31.68		01:06.87		01:42.93		02:17.91
	00:31.68		00:35.19		00:36.06		00:34.98	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:56	
Heat: 1/3 Lane : 5 Athlete: VAN BUGGENHOUT ISHANA							Q-time: 05:17:82	
PB (25m pool): 05:17.82 Aarschot 26/04/2026				PB (50m pool): no time 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		00:35.99		01:16.14		01:57.01		02:38.50
	00:35.99		00:40.15		00:40.87		00:41.49	
								
	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		03:19.62		04:00.66		04:41.32		05:17.82
	00:41.12		00:41.04		00:40.66		00:36.50	
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:03	
Heat: 2/3 Lane : 2 Athlete: LEMBRECHTS SOPHIE							Q-time: 05:02:73	
PB (25m pool): 05:05.24 Arendonk 02/06/2024				PB (50m pool): 05:14.06 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		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		05:05.24
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:17
Heat: 3/12 Lane : 6 Athlete: CAMBRÉ ARTHUR			Q-time: 00:38:45
PB (25m pool): 00:40.21 Aarschot 26/04/2026			PB (50m pool): 00:38.45 SB: no time
	2 5 M	5 0 M	
PB		00:40.21	
		00:40.21	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:6, starttime: 16:20
Heat: 6/12 Lane : 5 Athlete: THIJSBAERT NIO			Q-time: 00:32:50
PB (25m pool): 00:32.50 Aarschot 26/04/2026			PB (50m pool): 00:32.85 SB: no time
	2 5 M	5 0 M	
PB		00:32.50	
		00:32.50	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:21
Heat: 7/12 Lane : 3 Athlete: VERDONCK STAN			Q-time: 00:30:93
PB (25m pool): 00:30.93 Temse 17/11/2025			PB (50m pool): 00:31.16 SB: no time
	2 5 M	5 0 M	
PB		00:30.93	
		00:30.93	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:21
Heat: 7/12 Lane : 6 Athlete: SEYMUS AXEL			Q-time: 00:31:11
PB (25m pool): 00:31.11 Herentals 09/05/2026			PB (50m pool): 00:33.03 SB: no time
	2 5 M	5 0 M	
PB		00:31.11	
		00:31.11	
			

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+			Heat:9, starttime: 16:23
Heat: 9/12 Lane : 4 Athlete: WYNANTS WARD			Q-time: 00:28:64
PB (25m pool): 00:28.64 Aarschot 26/04/2026			PB (50m pool): 00:29.14 SB: no time
	2 5 M	5 0 M	
PB		00:28.64	
		00:28.64	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:2, starttime: 16:30
Heat: 2/8 Lane : 4 Athlete: GEELEN GUUSJE			Q-time: 00:39:77
PB (25m pool): 00:40.39 Nijlen 16/11/2025			PB (50m pool): 00:39.77 SB: no time
	2 5 M	5 0 M	
PB		00:40.39	
		00:40.39	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:31
Heat: 3/8 Lane : 4 Athlete: CLAES JADE			Q-time: 00:36:82
PB (25m pool): 00:36.82 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:37.35 SB: no time
	2 5 M	5 0 M	
PB		00:36.82	
		00:36.82	
			

Coach feedback: