

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

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

Coaches: Asselman Jasper

Coaches: Van Schoor Els

Coaches: Bettens Ben

Coaches: Delissen Kim HEADCOACH

Coaches: Driesen Inge

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 : 6 Athlete: HOROVYI MYKYTA							Q-time: 02:11:94	
PB (25m pool): 02:13.71 Mol 29/12/2024				PB (50m pool): 02:11.94SB: 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		00:29.09		01:03.20		01:38.25		02:13.71
	00:29.09		00:34.11		00:35.05		00:35.46	
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:7, starttime: 14:19	
Heat: 7/17 Lane : 2 Athlete: VAN DEN BOSSCHE LIA							Q-time: 01:11:59	
PB (25m pool): 01:11.59 2370 Arendonk 21/12/2025							PB (50m pool): 01:10.36 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.76		01:11.59				
	00:34.76		00:36.83					
								

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+							Heat:8, starttime: 14:20	
Heat: 8/17 Lane : 8 Athlete: CORNEZ MAYLIE							Q-time: 01:11:25	
PB (25m pool): 01:10.83 Herentals 18/05/2024				PB (50m pool): 01:12.06SB: no time				
PB	2 5 M		5 0 M		7 5 M		1 0 0 M	
			no time				01:10.83	
			no time					
								

Coach feedback:

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:25
Heat: 11/17 Lane : 1 Athlete: DE SCHEPPER LARA					Q-time: 01:07:53
PB (25m pool): 01:07.53 Tilburg 13/09/2026					PB (50m pool): 01:07.57 SB: 01:07.53 Tilburg 13/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.15		01:07.53	
	00:32.15		00:35.38		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:2, starttime: 14:41	
Heat: 2/10 Lane : 6 Athlete: FONTANA ALESSANDRO MARIA NIC							Q-time: 03:08:48	
PB (25m pool): 03:08.48 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		00:42.52		no time		no time		03:08.48
	00:42.52							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:4, starttime: 14:49	
Heat: 4/10 Lane : 3 Athlete: TSYBULNIAK KYRYL							Q-time: 02:56:52	
PB (25m pool): no time			PB (50m pool): 02:56.52 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		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 14:59	
Heat: 7/10 Lane : 4 Athlete: NAEGELS REZA							Q-time: 02:29:98	
PB (25m pool): 02:29.98 Antwerpen 12/10/2025				PB (50m pool): 02:41.93SB: 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		00:31.60		01:11.60		01:55.70		02:29.98
	00:31.60		00:40.00		00:44.10		00:34.28	
								

Coach feedback:

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

Event number: 11: 200M MEDLEY MEN 11+							Heat:8, starttime: 15:02	
Heat: 8/10 Lane : 7 Athlete: BETTENS LUCAS							Q-time: 02:28:32	
PB (25m pool): 02:28.32 2370 Arendonk 21/12/2025				PB (50m pool): 02:33.08SB: 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		00:34.02		no time		no time		02:28.32
	00:34.02							
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:16
Heat: 3/7 Lane : 1 Athlete: NULENS LILI				Q-time: 01:29:23	
PB (25m pool): 01:29.23 Nijlen 16/11/2025			PB (50m pool): 01:30.61SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.51		01:29.23	
	00:41.51		00:47.72		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:3, starttime: 15:16
Heat: 3/7 Lane : 4 Athlete: VANDE SOMPELE JITS				Q-time: 01:26:87	
PB (25m pool): 01:26.87 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:23.90 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.90		01:26.87	
	00:40.90		00:45.97		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:18
Heat: 4/7 Lane : 4 Athlete: JOPPE SHANNA				Q-time: 01:23:33	
PB (25m pool): 01:20.67 Kapellen 02/06/2024			PB (50m pool): 01:22.68SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:20.67	
	no time				
					

Coach feedback:

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

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 15:49	
Heat: 3/4 Lane : 1 Athlete: VERDONCK STIJN							Q-time: 02:37:92	
PB (25m pool): 02:37.92 Kapellen 30/05/2026				PB (50m pool): 02:40.04SB: 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		01:18.78		no time		02:37.92
	00:39.00		00:39.78					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+							Heat:3, starttime: 15:49	
Heat: 3/4 Lane : 2 Athlete: BETTENS STAN							Q-time: 02:34:53	
PB (25m pool): 02:34.53 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 02:35.83SB: 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		00:36.48		01:15.92		no time		02:34.53
	00:36.48		00:39.44					
								

Coach feedback:

Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:1, starttime: 15:56	
Heat: 1/3 Lane : 3 Athlete: DE SCHEPPER LARA							Q-time: 05:23:35	
PB (25m pool): 05:23.35 Herentals 04/10/2025				PB (50m pool): 05:20.35SB: 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		00:37.10		01:17.69		01:59.67		02:42.31
	00:37.10		00:40.59		00:41.98		00:42.64	
								
	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		03:24.29		04:06.47		04:45.70		05:23.35
	00:41.98		00:42.18		00:39.23		00:37.65	
								

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:21
Heat: 7/12 Lane : 4 Athlete: NAEGELS REZA			Q-time: 00:30:38
PB (25m pool): 00:30.38 Nijlen 16/11/2025			PB (50m pool): 00:30.04 SB: no time
	2 5 M	5 0 M	
PB		00:30.38	
		00:30.38	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:7, starttime: 16:21
Heat: 7/12 Lane : 7 Athlete: LADEWIG SETH			Q-time: 00:31:58
PB (25m pool): 00:31.58 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:32.27 SB: no time
	2 5 M	5 0 M	
PB		00:31.58	
		00:31.58	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:22
Heat: 8/12 Lane : 1 Athlete: MESTARI ABDERRAHMANE			Q-time: 00:30:05
PB (25m pool): 00:30.05 Nijlen 16/11/2025			PB (50m pool): 00:28.77 SB: no time
	2 5 M	5 0 M	
PB		00:30.05	
		00:30.05	
			

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:8, starttime: 16:22
Heat: 8/12 Lane : 3 Athlete: TSYBULNIAK KYRYL			Q-time: 00:29:35
PB (25m pool): no time			PB (50m pool): 00:29.35 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

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

Event number: 15: 50M BUTTERFLY MEN 11+			Heat:10, starttime: 16:24
Heat: 10/12 Lane : 8 Athlete: EL HADDOUCHI HAROUN			Q-time: 00:28:53
PB (25m pool): 00:28.53 Tilburg 13/09/2026			PB (50m pool): 00:28.07 SB: 00:28.53 Tilburg 13/09/2026
	2 5 M	5 0 M	
PB		00:28.53	
		00:28.53	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:1, starttime: 16:28
Heat: 1/8 Lane : 4 Athlete: NULENS LILI			Q-time: 00:43:36
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:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:31
Heat: 3/8 Lane : 1 Athlete: VAN DEN BOSSCHE LIA			Q-time: 00:39:29
PB (25m pool): 00:39.29 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:39.28 SB: no time
	2 5 M	5 0 M	
PB		00:39.29	
		00:39.29	
			

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+			Heat:3, starttime: 16:31
Heat: 3/8 Lane : 5 Athlete: CORNEZ MAYLIE			Q-time: 00:36:99
PB (25m pool): 00:36.99 Nijlen 16/11/2025			PB (50m pool): 00:37.77 SB: 00:38.92 Tilburg 13/09/2026
	2 5 M	5 0 M	
PB		00:36.99	
		00:36.99	
			

Coach feedback:

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

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 7 Athlete: TEAM ZOLA 1							Q-time: 01:51:22	
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:1, starttime: 16:51	
Heat: 1/2 Lane : 5 Athlete: TEAM ZOLA 1							Q-time: 02:06:16	
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: