

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

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Scheveneels Judith HEADCOACH

Coaches: Meyers Sepp

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 : 4 Athlete: LAUREYSSSENS LUKAS

Q-time: 02:07:70

PB (25m pool): 02:09.23 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:07.70 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 |           | 00:28.33  |           | 01:01.67  |           | 01:35.49  |           | 02:09.23  |
|    | 00:28.33  |           | 00:33.34  |           | 00:33.82  |           | 00:33.74  |           |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |

Coach feedback:

## Event number: 9: 200M BUTTERFLY MEN 13+

Heat:2, starttime: 14:04

Heat: 2/2 Lane : 7 Athlete: DE RIDDER ARNE

Q-time: 02:25:18

PB (25m pool): 02:28.51 Kapellen 30/05/2026

PB (50m pool): 02:25.18 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 |           | 00:33.01  |           | 01:10.90  |           | no time   |           | 02:28.51  |
|    | 00:33.01  |           | 00:37.89  |           |           |           |           |           |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |

Coach feedback:

## Event number: 10: 100M FREESTYLE WOMEN 11+

Heat:3, starttime: 14:12

Heat: 3/17 Lane : 4 Athlete: VASQUEZ ANNA

Q-time: 01:17:99

PB (25m pool): 01:18.81 Herentals 09/05/2026

PB (50m pool): 01:17.99 SB: no time

|    | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |
|----|-----------|-----------|-----------|-----------|--|
| PB |           | 00:38.20  |           | 01:18.81  |  |
|    | 00:38.20  |           | 00:40.61  |           |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

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

| Event number: 10: 100M FREESTYLE WOMEN 11+     |          |          |          |          | Heat:5, starttime: 14:15            |
|------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 5/17 Lane : 3 Athlete: THEUNISSEN JOLIEN |          |          |          |          | Q-time: 01:15:21                    |
| PB (25m pool): 01:15.21 Herentals 09/05/2026   |          |          |          |          | PB (50m pool): 01:15.27 SB: no time |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                             |          | 00:36.22 |          | 01:15.21 |                                     |
|                                                | 00:36.22 |          | 00:38.99 |          |                                     |
|                                                | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 10: 100M FREESTYLE WOMEN 11+     |          |          |          |          | Heat:5, starttime: 14:15            |
|------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 5/17 Lane : 8 Athlete: FLEERACKERS LAURA |          |          |          |          | Q-time: 01:16:29                    |
| PB (25m pool): 01:16.29 Herentals 09/05/2026   |          |          |          |          | PB (50m pool): 01:18.67 SB: no time |
|                                                | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                             |          | 00:36.76 |          | 01:16.29 |                                     |
|                                                | 00:36.76 |          | 00:39.53 |          |                                     |
|                                                | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 10: 100M FREESTYLE WOMEN 11+       |          |          |          |          | Heat:7, starttime: 14:19            |
|--------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 7/17 Lane : 8 Athlete: LYTVYNIUK-HUL SOFIA |          |          |          |          | Q-time: 01:12:36                    |
| PB (25m pool): 01:21.55 Antwerpen 12/10/2025     |          |          |          |          | PB (50m pool): 01:12.36 SB: no time |
|                                                  | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                               |          | 00:38.39 |          | 01:21.55 |                                     |
|                                                  | 00:38.39 |          | 00:43.16 |          |                                     |
|                                                  | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 10: 100M FREESTYLE WOMEN 11+        |          |          |          |          | Heat:10, starttime: 14:24           |
|---------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 10/17 Lane : 6 Athlete: DE VOCHT ANNE-JULIE |          |          |          |          | Q-time: 01:07:83                    |
| PB (25m pool): 01:06.86 Mol 29/12/2024            |          |          |          |          | PB (50m pool): 01:08.21 SB: no time |
|                                                   | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                |          | 00:32.07 |          | 01:06.86 |                                     |
|                                                   | 00:32.07 |          | 00:34.79 |          |                                     |
|                                                   | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

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

| Event number: 10: 100M FREESTYLE WOMEN 11+ |          |          |                                     |          | Heat:14, starttime: 14:30 |
|--------------------------------------------|----------|----------|-------------------------------------|----------|---------------------------|
| Heat: 14/17 Lane : 6 Athlete: VERRET JULIE |          |          |                                     |          | Q-time: 01:03:19          |
| PB (25m pool): 01:03.19 Nijlen 16/11/2025  |          |          | PB (50m pool): 01:03.81 SB: no time |          |                           |
|                                            | 2 5 M    | 5 0 M    | 7 5 M                               | 1 0 0 M  |                           |
| PB                                         |          | 00:30.61 |                                     | 01:03.19 |                           |
|                                            | 00:30.61 |          | 00:32.58                            |          |                           |
|                                            | .....    | .....    | .....                               | .....    |                           |

Coach feedback:

| Event number: 10: 100M FREESTYLE WOMEN 11+     |          |          |                                     |          | Heat:14, starttime: 14:30 |
|------------------------------------------------|----------|----------|-------------------------------------|----------|---------------------------|
| Heat: 14/17 Lane : 8 Athlete: DE RIDDER STERRE |          |          |                                     |          | Q-time: 01:03:91          |
| PB (25m pool): 01:03.38 Nijlen 17/11/2024      |          |          | PB (50m pool): 01:04.93 SB: no time |          |                           |
|                                                | 2 5 M    | 5 0 M    | 7 5 M                               | 1 0 0 M  |                           |
| PB                                             |          | 00:30.81 |                                     | 01:03.38 |                           |
|                                                | 00:30.81 |          | 00:32.57                            |          |                           |
|                                                | .....    | .....    | .....                               | .....    |                           |

Coach feedback:

| Event number: 11: 200M MEDLEY MEN 11+             |           |           |           |                                     |           |           | Heat:3, starttime: 14:45 |           |
|---------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 3/10    Lane : 2    Athlete: PEETERS SAMUEL |           |           |           |                                     |           |           | Q-time: 03:01:35         |           |
| PB (25m pool): 03:01.35    Arendonk 30/11/2025    |           |           |           | PB (50m pool): 03:02.57 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                                                |           | 00:41.43  |           | no time                             |           | no time   |                          | 03:01.35  |
|                                                   | 00:41.43  |           |           |                                     |           |           |                          |           |
|                                                   | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 11: 200M MEDLEY MEN 11+              |         |         |                                     |         |       |         | Heat:3, starttime: 14:45 |         |
|----------------------------------------------------|---------|---------|-------------------------------------|---------|-------|---------|--------------------------|---------|
| Heat: 3/10    Lane : 8    Athlete: VLEEMING BIAGIO |         |         |                                     |         |       |         | Q-time: 03:05:37         |         |
| PB (25m pool): no time                             |         |         | PB (50m pool): 03:05.37 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                                                 |         | no time |                                     | no time |       | no time |                          | no time |
|                                                    | no time |         |                                     |         |       |         |                          |         |
|                                                    | .....   | .....   | .....                               | .....   | ..... | .....   | .....                    | .....   |

Coach feedback:

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

| Event number: 11: 200M MEDLEY MEN 11+                 |          |          |       |         |       |         | Heat:5, starttime: 14:52            |          |
|-------------------------------------------------------|----------|----------|-------|---------|-------|---------|-------------------------------------|----------|
| Heat: 5/10 Lane : 1 Athlete: VAN OOSTERWYCK ALEXANDER |          |          |       |         |       |         | Q-time: 02:54:72                    |          |
| PB (25m pool): 02:58.95 Heist-op-den-Berg 10/01/2026  |          |          |       |         |       |         | PB (50m pool): 02:54.72 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                                                    |          | 00:39.04 |       | no time |       | no time |                                     | 02:58.95 |
|                                                       | 00:39.04 |          |       |         |       |         |                                     |          |
|                                                       | .....    | .....    | ..... | .....   | ..... | .....   | .....                               | .....    |

Coach feedback:

| Event number: 12: 100M BREASTSTROKE WOMEN 13+       |           |           |           |           |  |  | Heat:2, starttime: 15:14            |  |
|-----------------------------------------------------|-----------|-----------|-----------|-----------|--|--|-------------------------------------|--|
| Heat: 2/7    Lane : 4    Athlete: THEUNISSEN JOLIEN |           |           |           |           |  |  | Q-time: 01:31:38                    |  |
| PB (25m pool): 01:31.38    Kapellen 30/05/2026      |           |           |           |           |  |  | PB (50m pool): 01:33.50 SB: no time |  |
|                                                     | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M   |  |  |                                     |  |
| PB                                                  |           | 00:43.21  |           | 01:31.38  |  |  |                                     |  |
|                                                     | 00:43.21  |           | 00:48.17  |           |  |  |                                     |  |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . . |  |  |                                     |  |

Coach feedback:

| Event number: 12: 100M BREASTSTROKE WOMEN 13+                                                        |           |  |           |          |                  | Heat:6, starttime: 15:22 |           |  |
|------------------------------------------------------------------------------------------------------|-----------|--|-----------|----------|------------------|--------------------------|-----------|--|
| Heat: 6/7    Lane : 6    Athlete: VAN DEN BERGH ANNA                                                 |           |  |           |          | Q-time: 01:18:79 |                          |           |  |
| PB (25m pool): 01:18.79    Sportoase De Watermolen 21/07/2026    PB (50m pool): 01:21.54 SB: no time |           |  |           |          |                  |                          |           |  |
|                                                                                                      | 2 5 M     |  | 5 0 M     |          | 7 5 M            |                          | 1 0 0 M   |  |
| PB                                                                                                   |           |  | 00:37.27  |          |                  |                          | 01:18.79  |  |
|                                                                                                      | 00:37.27  |  |           | 00:41.52 |                  |                          |           |  |
|                                                                                                      | . . . . . |  | . . . . . |          | . . . . .        |                          | . . . . . |  |

Coach feedback:

| Event number: 12: 100M BREASTSTROKE WOMEN 13+                                                        |           |  |           |          |                  | Heat:6, starttime: 15:22 |           |  |
|------------------------------------------------------------------------------------------------------|-----------|--|-----------|----------|------------------|--------------------------|-----------|--|
| Heat: 6/7    Lane : 7    Athlete: VERNIERS NIME                                                      |           |  |           |          | Q-time: 01:19:38 |                          |           |  |
| PB (25m pool): 01:19.38    Sportoase De Watermolen 21/07/2026    PB (50m pool): 01:22.42 SB: no time |           |  |           |          |                  |                          |           |  |
|                                                                                                      | 2 5 M     |  | 5 0 M     |          | 7 5 M            |                          | 1 0 0 M   |  |
| PB                                                                                                   |           |  | 00:37.96  |          |                  |                          | 01:19.38  |  |
|                                                                                                      | 00:37.96  |  |           | 00:41.42 |                  |                          |           |  |
|                                                                                                      | . . . . . |  | . . . . . |          | . . . . .        |                          | . . . . . |  |

Coach feedback:

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

| Event number: 13: 200M BACKSTROKE MEN 13+        |           |           |           |                                     |           |           | Heat:2, starttime: 15:45 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/4    Lane : 2    Athlete: PEETERS SAMUEL |           |           |           |                                     |           |           | Q-time: 02:48:10         |           |
| PB (25m pool): 02:48.10    Mol 28/12/2025        |           |           |           | PB (50m pool): 02:51.91 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                                               |           | 00:39.40  |           | 01:22.59                            |           | 02:06.10  |                          | 02:48.10  |
|                                                  | 00:39.40  |           | 00:43.19  |                                     | 00:43.51  |           | 00:42.00                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 13: 200M BACKSTROKE MEN 13+            |           |           |           |                                     |           |           | Heat:4, starttime: 15:53 |           |
|------------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 4    Athlete: LAUREYSSSENS LUKAS |           |           |           |                                     |           |           | Q-time: 02:08:79         |           |
| PB (25m pool): 02:08.79    Mol 28/12/2025            |           |           |           | PB (50m pool): 02:14.47 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                                                   |           | 00:29.94  |           | 01:02.65                            |           | 01:36.08  |                          | 02:08.79  |
|                                                      | 00:29.94  |           | 00:32.71  |                                     | 00:33.43  |           | 00:32.71                 |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 14: 400M FREESTYLE WOMEN 13+         |          |          |          |                                    |         |         | Heat:3, starttime: 16:08 |          |
|----------------------------------------------------|----------|----------|----------|------------------------------------|---------|---------|--------------------------|----------|
| Heat: 3/3    Lane : 2    Athlete: DE RIDDER STERRE |          |          |          |                                    |         |         | Q-time: 04:40:00         |          |
| PB (25m pool): 04:40.00    Aarschot 27/07/2026     |          |          |          | PB (50m pool): 04:48.48SB: 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                                                 |          | 00:33.27 |          | 01:08.38                           |         | no time |                          | 02:19.29 |
|                                                    | 00:33.27 |          | 00:35.11 |                                    |         |         |                          |          |
|                                                    | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |
|                                                    | 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 |                          | 04:40.00 |
|                                                    |          |          |          |                                    |         |         |                          |          |
|                                                    | .....    | .....    | .....    | .....                              | .....   | .....   | .....                    | .....    |

Coach feedback:

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

| Event number: 15: 50M BUTTERFLY MEN 11+      |       |          | Heat:3, starttime: 16:17            |
|----------------------------------------------|-------|----------|-------------------------------------|
| Heat: 3/12 Lane : 3 Athlete: VLEEMING BIAGIO |       |          | Q-time: 00:38:18                    |
| PB (25m pool): 00:47.65 Kapellen 03/11/2024  |       |          | PB (50m pool): 00:38.18 SB: no time |
|                                              | 2 5 M | 5 0 M    |                                     |
| PB                                           |       | 00:47.65 |                                     |
|                                              |       | 00:47.65 |                                     |
|                                              | ..... | .....    |                                     |

Coach feedback:

| Event number: 15: 50M BUTTERFLY MEN 11+               |       |          | Heat:4, starttime: 16:18            |
|-------------------------------------------------------|-------|----------|-------------------------------------|
| Heat: 4/12 Lane : 5 Athlete: VAN OOSTERWYCK ALEXANDER |       |          | Q-time: 00:35:97                    |
| PB (25m pool): 00:38.96 Arendonk 30/11/2025           |       |          | PB (50m pool): 00:35.97 SB: no time |
|                                                       | 2 5 M | 5 0 M    |                                     |
| PB                                                    |       | 00:38.96 |                                     |
|                                                       |       | 00:38.96 |                                     |
|                                                       | ..... | .....    |                                     |

Coach feedback:

| Event number: 15: 50M BUTTERFLY MEN 11+     |       |          | Heat:9, starttime: 16:23            |
|---------------------------------------------|-------|----------|-------------------------------------|
| Heat: 9/12 Lane : 3 Athlete: DE RIDDER ARNE |       |          | Q-time: 00:28:92                    |
| PB (25m pool): 00:29.77 Nijlen 16/11/2025   |       |          | PB (50m pool): 00:28.92 SB: no time |
|                                             | 2 5 M | 5 0 M    |                                     |
| PB                                          |       | 00:29.77 |                                     |
|                                             |       | 00:29.77 |                                     |
|                                             | ..... | .....    |                                     |

Coach feedback:

| Event number: 16: 50M BACKSTROKE WOMEN 13+    |       |          | Heat:2, starttime: 16:30            |
|-----------------------------------------------|-------|----------|-------------------------------------|
| Heat: 2/8 Lane : 2 Athlete: THEUNISSEN JOLIEN |       |          | Q-time: 00:41:94                    |
| PB (25m pool): 00:41.94 Kapellen 02/11/2025   |       |          | PB (50m pool): 00:42.85 SB: no time |
|                                               | 2 5 M | 5 0 M    |                                     |
| PB                                            |       | 00:41.94 |                                     |
|                                               |       | 00:41.94 |                                     |
|                                               | ..... | .....    |                                     |

Coach feedback:

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

| Event number: 16: 50M BACKSTROKE WOMEN 13+     |       |          | Heat:4, starttime: 16:33            |
|------------------------------------------------|-------|----------|-------------------------------------|
| Heat: 4/8 Lane : 1 Athlete: VAN DEN BERGH ANNA |       |          | Q-time: 00:36:20                    |
| PB (25m pool): 00:35.87 Kapellen 03/11/2024    |       |          | PB (50m pool): 00:36.20 SB: no time |
|                                                | 2 5 M | 5 0 M    |                                     |
| PB                                             |       | 00:35.87 |                                     |
|                                                |       | 00:35.87 |                                     |
|                                                | ..... | .....    |                                     |

Coach feedback:

| Event number: 16: 50M BACKSTROKE WOMEN 13+  |       |          | Heat:4, starttime: 16:33            |
|---------------------------------------------|-------|----------|-------------------------------------|
| Heat: 4/8 Lane : 3 Athlete: VERNIERS NIME   |       |          | Q-time: 00:35:55                    |
| PB (25m pool): 00:35.55 Kapellen 02/11/2025 |       |          | PB (50m pool): 00:36.49 SB: no time |
|                                             | 2 5 M | 5 0 M    |                                     |
| PB                                          |       | 00:35.55 |                                     |
|                                             |       | 00:35.55 |                                     |
|                                             | ..... | .....    |                                     |

Coach feedback:

| Event number: 16: 50M BACKSTROKE WOMEN 13+      |       |          | Heat:4, starttime: 16:33            |
|-------------------------------------------------|-------|----------|-------------------------------------|
| Heat: 4/8 Lane : 7 Athlete: DE VOCHT ANNE-JULIE |       |          | Q-time: 00:36:08                    |
| PB (25m pool): 00:36.08 Kapellen 02/11/2025     |       |          | PB (50m pool): 00:37.85 SB: no time |
|                                                 | 2 5 M | 5 0 M    |                                     |
| PB                                              |       | 00:36.08 |                                     |
|                                                 |       | 00:36.08 |                                     |
|                                                 | ..... | .....    |                                     |

Coach feedback:

| Event number: 16: 50M BACKSTROKE WOMEN 13+  |       |          | Heat:5, starttime: 16:35            |
|---------------------------------------------|-------|----------|-------------------------------------|
| Heat: 5/8 Lane : 2 Athlete: VERRET JULIE    |       |          | Q-time: 00:34:53                    |
| PB (25m pool): 00:34.53 Kapellen 02/11/2025 |       |          | PB (50m pool): 00:34.76 SB: no time |
|                                             | 2 5 M | 5 0 M    |                                     |
| PB                                          |       | 00:34.53 |                                     |
|                                             |       | 00:34.53 |                                     |
|                                             | ..... | .....    |                                     |

Coach feedback: