

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

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

Coaches: De Weerd Koen

Coaches: De Herdt Els HEADCOACH

Coaches: De Herdt An

Coaches: Van Campenhout Sigrid

Coaches: Gijsemans Liesbet

PB => Personal Best time

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

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:20
Heat: 8/17 Lane : 5 Athlete: GERAEDTS MARIA					Q-time: 01:09:22
PB (25m pool): 01:09.22 Herentals 09/05/2026					PB (50m pool): 01:09.27 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.91		01:09.22	
		00:33.91		00:35.31	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:8, starttime: 14:20
Heat: 8/17 Lane : 6 Athlete: SARMI SOFIA					Q-time: 01:09:54
PB (25m pool): 01:09.54 Herentals 09/05/2026					PB (50m pool): 01:08.24 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.48		01:09.54	
		00:33.48		00:36.06	
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:9, starttime: 14:22
Heat: 9/17 Lane : 2 Athlete: VAN BREEDAM LENA					Q-time: 01:08:96
PB (25m pool): 01:08.96 Herentals 09/05/2026					PB (50m pool): 01:08.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.60		01:08.96	
		00:33.60		00:35.36	
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:11, starttime: 14:25
Heat: 11/17 Lane : 3 Athlete: DE VOCHT LINNE					Q-time: 01:06:88
PB (25m pool): 01:06.88 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:08.45 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.68		01:06.88	
	00:31.68		00:35.20		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:12, starttime: 14:27
Heat: 12/17 Lane : 5 Athlete: VAN REETH LIEZE					Q-time: 01:05:38
PB (25m pool): 01:05.38 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:05.82 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.07		01:05.38	
	00:31.07		00:34.31		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:14, starttime: 14:30
Heat: 14/17 Lane : 7 Athlete: VERDOOD PIP					Q-time: 01:03:56
PB (25m pool): 01:03.56 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:03.62 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.55		01:03.56	
	00:30.55		00:33.01		
					

Coach feedback:

Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:32
Heat: 15/17 Lane : 1 Athlete: JACOBS LOTTE					Q-time: 01:02:65
PB (25m pool): 01:02.65 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:03.47 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.02		01:02.65	
	00:30.02		00:32.63		
					

Coach feedback:

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Event number: 10: 100M FREESTYLE WOMEN 11+					Heat:15, starttime: 14:32
Heat: 15/17 Lane : 7 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 01:02:62
PB (25m pool): 01:02.62 Antwerpen 12/10/2025					PB (50m pool): 01:02.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.29		01:02.62	
	00:30.29		00:32.33		
					

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 14:59	
Heat: 7/10 Lane : 3 Athlete: MERTENS GERBEN							Q-time: 02:30:52	
PB (25m pool): 02:30.52 Antwerpen 12/10/2025				PB (50m pool): 02:38.42 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		00:33.97		01:14.33		01:56.04		02:30.52
	00:33.97		00:40.36		00:41.71		00:34.48	
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:7, starttime: 14:59	
Heat: 7/10 Lane : 5 Athlete: JACOB QINGKUN							Q-time: 02:30:29	
PB (25m pool): 02:30.29 Arendonk 31/05/2026							PB (50m pool): 02:37.55 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		00:33.17		no time		no time		02:30.29
	00:33.17							
								

Coach feedback:

Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:05	
Heat: 9/10 Lane : 5 Athlete: DOOMEN MARNIX							Q-time: 02:23:24	
PB (25m pool): 02:23.24 Kapellen 01/06/2025			PB (50m pool): 02:27.87 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		00:31.13		no time		no time		02:23.24
	00:31.13							
								

Coach feedback:

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Event number: 11: 200M MEDLEY MEN 11+							Heat:9, starttime: 15:05	
Heat: 9/10 Lane : 7 Athlete: WIJSGEER VIKTOR							Q-time: 02:24:62	
PB (25m pool): 02:24.62 Antwerpen 12/10/2025				PB (50m pool): 02:24.14 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		00:33.48		01:11.39		01:49.42		02:24.62
	00:33.48		00:37.91		00:38.03		00:35.20	
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:2, starttime: 15:14
Heat: 2/7 Lane : 2 Athlete: GERAEDTS MARIA				Q-time: 01:33:54	
PB (25m pool): 01:33.54 Arendonk 30/11/2025			PB (50m pool): 01:30.78 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.08		01:33.54	
	00:44.08		00:49.46		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 15:16	
Heat: 3/7 Lane : 2 Athlete: VERDOOD PIP						Q-time: 01:28:60		
PB (25m pool): 01:28.60 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:31.89 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:41.52		01:28.60				
	00:41.52		00:47.08					
								

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:4, starttime: 15:18
Heat: 4/7 Lane : 8 Athlete: DALEMANS NEL				Q-time: 01:26:83	
PB (25m pool): 01:26.83 Heist-op-den-Berg 10/01/2026				PB (50m pool): 01:30.93SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.90		01:26.83	
	00:40.90		00:45.93		
					

Coach feedback:

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Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 15:20
Heat: 5/7 Lane : 1 Athlete: JACOBS LOTTE					Q-time: 01:23:08
PB (25m pool): 01:23.08 Nijlen 16/11/2025					PB (50m pool): 01:30.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.56		01:23.08	
	00:39.56		00:43.52		
					

Coach feedback:

Event number: 12: 100M BREASTSTROKE WOMEN 13+					Heat:5, starttime: 15:20
Heat: 5/7 Lane : 3 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 01:21:44
PB (25m pool): 01:21.44 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:25.12 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.84		01:21.44	
	00:38.84		00:42.60		
					

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+					Heat:1, starttime: 15:41			
Heat: 1/4 Lane : 4 Athlete: DE WEERDT BENT					Q-time: 02:56:74			
PB (25m pool): 02:56.74 Parklaan 58, Turnhout 30/03/2025					PB (50m pool): 02:57.80 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		00:44.12		01:29.36		no time		02:56.74
	00:44.12		00:45.24					
								

Coach feedback:

Event number: 13: 200M BACKSTROKE MEN 13+					Heat:3, starttime: 15:49			
Heat: 3/4 Lane : 7 Athlete: VERCAMMEN DAAN					Q-time: 02:37:81			
PB (25m pool): 02:37.81 Antwerpen 12/10/2025					PB (50m pool): 02:34.40 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		00:38.04		01:18.73		01:59.46		02:37.81
	00:38.04		00:40.69		00:40.73		00:38.35	
								

Coach feedback:

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Event number: 14: 400M FREESTYLE WOMEN 13+							Heat:2, starttime: 16:03	
Heat: 2/3 Lane : 6 Athlete: VAN REETH LIEZE							Q-time: 05:02:50	
PB (25m pool): 05:02.50 Arendonk 25/05/2025				PB (50m pool): 05:09.39SB: 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		01:10.96		no time		02:28.63
	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		05:02.50
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:7, starttime: 16:21	
Heat: 7/12 Lane : 8 Athlete: SLAETS CAZ							Q-time: 00:31:94	
PB (25m pool): 00:31.94 Nijlen 16/11/2025				PB (50m pool): 00:32.24 SB: no time				
	2 5 M		5 0 M					
PB			00:31.94					
			00:31.94					
								

Coach feedback:

Event number: 15: 50M BUTTERFLY MEN 11+							Heat:8, starttime: 16:22	
Heat: 8/12 Lane : 7 Athlete: JACOB QINGKUN							Q-time: 00:29:97	
PB (25m pool): 00:29.97 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:31.69 SB: no time								
	2 5 M		5 0 M					
PB			00:29.97					
			00:29.97					
								

Coach feedback:

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Event number: 15: 50M BUTTERFLY MEN 11+						Heat:10, starttime: 16:24	
Heat: 10/12 Lane : 3 Athlete: DOOMEN MARNIX						Q-time: 00:27:93	
PB (25m pool): 00:27.93 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:28.17 SB: no time							
	2 5 M		5 0 M				
PB			00:27.93				
	00:27.93						
							

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:2, starttime: 16:30	
Heat: 2/8 Lane : 3 Athlete: GERAEDTS MARIA							Q-time: 00:40:64	
PB (25m pool): 00:40.64 Herentals 09/05/2026							PB (50m pool): 00:42.39 SB: no time	
	2 5 M		5 0 M					
PB			00:40.64					
	00:40.64							
								

Coach feedback:

Event number: 16: 50M BACKSTROKE WOMEN 13+							Heat:5, starttime: 16:35	
Heat: 5/8 Lane : 3 Athlete: DE VOCHT LINNE							Q-time: 00:34:33	
PB (25m pool): 00:34.33 LEUVEN 23/11/2025							PB (50m pool): 00:35.58 SB: no time	
	2 5 M		5 0 M					
PB			00:34.33					
			00:34.33					
								

Coach feedback:

Event number: 17: 4x50M FREESTYLE MEN 11+							Heat:1, starttime: 16:46	
Heat: 1/2 Lane : 4 Athlete: TEAM ZVL 1							Q-time: 01:51:86	
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:1, starttime: 16:51	
Heat: 1/2 Lane : 3 Athlete: TEAM ZVL 2							Q-time: 02:07:58	
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 : 6 Athlete: TEAM ZVL 3							Q-time: 01:56:79	
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: