

PK Antw KB 26: Session: 3: COACH evaluation sheet for TEAM: SHARK

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Dierckx Davy

Coaches: Feyten Anne

Coaches: Vissers Ann

Coaches: Moeskops Kathleen HEADCOACH

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:00
Heat: 1/8 Lane : 2 Athlete: WILMS BRAM					Q-time: 01:42:51
PB (25m pool): 01:42.51 Nijlen 16/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:42.51	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:1, starttime: 09:00
Heat: 1/8 Lane : 7 Athlete: JANSSENS ALEXANDER					Q-time: 01:43:76
PB (25m pool): 01:43.76 Heist Op Den Berg 11/01/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:43.76	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:08
Heat: 5/8 Lane : 6 Athlete: FEYEN AEDEN					Q-time: 01:12:33
PB (25m pool): 01:12.33 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.45		01:12.33	
	00:33.45		00:38.88		
					

Coach feedback:

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Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:08
Heat: 5/8 Lane : 8 Athlete: MERTENS DIETER					Q-time: 01:15:04
PB (25m pool): 01:15.04 Herentals 09/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.37		01:15.04	
	00:35.37		00:39.67		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:10
Heat: 6/8 Lane : 1 Athlete: BERTELS QUILLAN					Q-time: 01:07:83
PB (25m pool): 01:07.83 Mol 28/12/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.05		01:07.83	
	00:30.05		00:37.78		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:10
Heat: 6/8 Lane : 2 Athlete: LAEREMANS SEBASTIAAN					Q-time: 01:07:07
PB (25m pool): 01:07.07 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.01		01:07.07	
	00:30.01		00:37.06		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:13
Heat: 8/8 Lane : 2 Athlete: VERBEEK SEM					Q-time: 00:59:86
PB (25m pool): 00:59.31 Herentals 27/05/2023					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:59.31	
	no time				
					

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:26	
Heat: 4/10 Lane : 2 Athlete: VAN LOMMEL ANTHE							Q-time: 02:30:32	
PB (25m pool): 02:35.13 Mol 28/12/2025				PB (50m pool): 02:30.32SB: 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		00:35.64		01:15.24		01:55.29		02:35.13
	00:35.64		00:39.60		00:40.05		00:39.84	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:26	
Heat: 4/10 Lane : 6 Athlete: DIERCKX FEMKE							Q-time: 02:29:75	
PB (25m pool): 02:29.75 Antwerpen 12/10/2025				PB (50m pool): 02:33.67 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		00:33.05		01:11.06		01:50.87		02:29.75
	00:33.05		00:38.01		00:39.81		00:38.88	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:37	
Heat: 8/10 Lane : 6 Athlete: BELLENS LORE							Q-time: 02:16:71	
PB (25m pool): 02:16.71 Temse 17/11/2025				PB (50m pool): 02:22.14SB: 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		00:31.20		01:05.87		01:41.41		02:16.71
	00:31.20		00:34.67		00:35.54		00:35.30	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:9, starttime: 09:40	
Heat: 9/10 Lane : 2 Athlete: BIERINCKX MIE							Q-time: 02:14:09	
PB (25m pool): 02:14.09 Temse 17/11/2025				PB (50m pool): 02:17.71 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		00:30.24		01:03.87		01:39.40		02:14.09
	00:30.24		00:33.63		00:35.53		00:34.69	
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:9, starttime: 09:40	
Heat: 9/10 Lane : 5 Athlete: MERTENS FEMKE							Q-time: 02:12:67	
PB (25m pool): 02:12.67 Antwerpen 12/10/2025				PB (50m pool): 02:15.49SB: 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		00:30.18		01:03.92		01:39.00		02:12.67
	00:30.18		00:33.74		00:35.08		00:33.67	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:9, starttime: 09:40	
Heat: 9/10 Lane : 6 Athlete: BOVEN AXELLE							Q-time: 02:13:85	
PB (25m pool): 02:13.85 Antwerpen 12/10/2025				PB (50m pool): 02:16.15SB: 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		00:30.43		01:04.36		01:39.18		02:13.85
	00:30.43		00:33.93		00:34.82		00:34.67	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:10, starttime: 09:43	
Heat: 10/10 Lane : 7 Athlete: MERTENS HELENA							Q-time: 02:10:32	
PB (25m pool): 02:09.35 3500 Hasselt 24/11/2024				PB (50m pool): 02:12.49 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		00:30.46		01:03.55		01:36.83		02:09.35
	00:30.46		00:33.09		00:33.28		00:32.52	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+							Heat:1, starttime: 09:46	
Heat: 1/7 Lane : 4 Athlete: BELLENS PIETER							Q-time: 01:34:90	
PB (25m pool): 01:34.90 Herentals 09/05/2026							PB (50m pool): 01:38.81SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:43.49		01:34.90				
	00:43.49		00:51.41					
								

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:5, starttime: 09:54
Heat: 5/7 Lane : 5 Athlete: BERTELS QUILLAN					Q-time: 01:05:42
PB (25m pool): 01:05.42 Nijlen 16/11/2025					PB (50m pool): 01:06.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.62		01:05.42	
	00:30.62		00:34.80		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:7, starttime: 09:57
Heat: 7/7 Lane : 7 Athlete: VERBEEK SEM					Q-time: 00:58:21
PB (25m pool): 00:57.43 Herentals 27/05/2023					PB (50m pool): 00:59.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:57.43	
	no time				
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 10:09
Heat: 5/6 Lane : 1 Athlete: KENIS LOLA					Q-time: 01:36:72
PB (25m pool): 01:36.72 Nijlen 16/11/2025					PB (50m pool): 01:39.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.78		01:36.72	
	00:45.78		00:50.94		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 10:13
Heat: 1/9 Lane : 3 Athlete: WILMS BRAM					Q-time: 01:41:08
PB (25m pool): 01:41.55 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:41.08 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.56		01:41.55	
	00:50.56		00:50.99		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:19
Heat: 3/9 Lane : 7 Athlete: JANSSENS ALEXANDER					Q-time: 01:26:02
PB (25m pool): 01:26.02 Herentals 09/05/2026					PB (50m pool): 01:28.66 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.41		01:26.02	
	00:42.41		00:43.61		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:19
Heat: 3/9 Lane : 8 Athlete: BELLENS PIETER					Q-time: 01:27:96
PB (25m pool): 01:27.96 Arendonk 30/11/2025					PB (50m pool): 01:31.51 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.41		01:27.96	
	00:43.41		00:44.55		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:23
Heat: 5/9 Lane : 6 Athlete: FEYEN AEDEN					Q-time: 01:18:23
PB (25m pool): 01:18.23 Turnhout 01/03/2026					PB (50m pool): 01:19.70 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.57		01:18.23	
	00:37.57		00:40.66		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:26
Heat: 6/9 Lane : 3 Athlete: MERTENS DIETER					Q-time: 01:15:61
PB (25m pool): 01:15.61 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:16.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.91		01:15.61	
	00:36.91		00:38.70		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 10:32
Heat: 9/9 Lane : 8 Athlete: LAEREMANS SEBASTIAAN					Q-time: 01:03:28
PB (25m pool): 01:03.28 Mol 28/12/2025					PB (50m pool): 01:08.33 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.93		01:03.28	
	00:30.93		00:32.35		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:49	
Heat: 1/4 Lane : 5 Athlete: KENIS JOSEPHINE							Q-time: 03:31:04	
PB (25m pool): 03:31.04 3500 Hasselt 23/11/2025				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		00:47.11		01:40.77		02:36.01		03:31.04
	00:47.11		00:53.66		00:55.24		00:55.03	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:54	
Heat: 2/4 Lane : 4 Athlete: VAN LOMMEL ANTHE							Q-time: 03:06:27	
PB (25m pool): 03:19.61 LEUVEN 21/12/2025				PB (50m pool): 03:06.27 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		00:43.80		01:35.37		02:27.57		03:19.61
	00:43.80		00:51.57		00:52.20		00:52.04	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:02	
Heat: 4/4 Lane : 3 Athlete: MERTENS HELENA							Q-time: 02:48:15	
PB (25m pool): 02:48.15 Parklaan 58, Turnhout 30/03/2025 PB (50m pool): 02:58.22 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		00:37.33		01:19.54		no time		02:48.15
	00:37.33		00:42.21					
								

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:02	
Heat: 4/4 Lane : 5 Athlete: BOVEN AXELLE							Q-time: 02:43:95	
PB (25m pool): 02:47.43 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:43.95 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		00:36.47		01:18.32		no time		02:47.43
	00:36.47		00:41.85					
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:4, starttime: 11:02	
Heat: 4/4 Lane : 7 Athlete: DURT REINE							Q-time: 02:51:96	
PB (25m pool): 02:50.12 Mol 29/12/2024				PB (50m pool): 02:54.61SB: 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		00:39.46		01:22.29		02:05.93		02:50.12
	00:39.46		00:42.83		00:43.64		00:44.19	
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+										Heat:2, starttime: 11:13	
Heat: 2/12 Lane : 7 Athlete: KENIS JOSEPHINE										Q-time: 00:35:18	
PB (25m pool): 00:35.18 Herentals 09/05/2026										PB (50m pool): 00:35.99SB: no time	
	2 5 M		5 0 M								
PB			00:35.18								
			00:35.18								
											

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:5, starttime: 11:16	
Heat: 5/12 Lane : 6 Athlete: DIERCKX FEMKE							Q-time: 00:31:33	
PB (25m pool): 00:31.33 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:31.56 SB: no time								
	2 5 M		5 0 M					
PB			00:31.33					
			00:31.33					
								

Coach feedback:

PK Antw KB 26: Session: 3: COACH evaluation sheet for TEAM: SHARK

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:19
Heat: 7/12 Lane : 3 Athlete: VAN LOMMEL ANTHE			Q-time: 00:30:03
PB (25m pool): 00:31.03 Herentals 09/05/2026			PB (50m pool): 00:30.03 SB: no time
	2 5 M	5 0 M	
PB		00:31.03	
		00:31.03	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:20
Heat: 8/12 Lane : 4 Athlete: BELLENS LORE			Q-time: 00:29:59
PB (25m pool): 00:29.59 Antwerpen 12/10/2025			PB (50m pool): 00:30.09 SB: no time
	2 5 M	5 0 M	
PB		00:29.59	
		00:29.59	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:9, starttime: 11:21
Heat: 9/12 Lane : 7 Athlete: BIERINCKX MIE			Q-time: 00:29:31
PB (25m pool): 00:29.31 Antwerpen 12/10/2025			PB (50m pool): 00:29.94 SB: no time
	2 5 M	5 0 M	
PB		00:29.31	
		00:29.31	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:11, starttime: 11:23
Heat: 11/12 Lane : 8 Athlete: MERTENS FEMKE			Q-time: 00:28:37
PB (25m pool): 00:28.37 Herentals 09/05/2026			PB (50m pool): 00:28.55 SB: no time
	2 5 M	5 0 M	
PB		00:28.37	
		00:28.37	
			

Coach feedback:

PK Antw KB 26: Session: 3: COACH evaluation sheet for TEAM: SHARK

Event number: 27: 50M BREASTSTROKE MEN 13+		Heat:4, starttime: 11:28	
Heat: 4/6 Lane : 6 Athlete: DIRICKX PEPIJN		Q-time: 00:33:70	
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: