

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

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

Coaches: Vereecken Sven

Coaches: Sluyts Stephanie HEADCOACH

Coaches: Dillen Toon

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 : 3 Athlete: VAN MEER RUNE					Q-time: 01:40:57
PB (25m pool): 01:40.57 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		00:47.36		01:40.57	
	00:47.36		00:53.21		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:2, starttime: 09:03
Heat: 2/8 Lane : 7 Athlete: DE FEYTER LUCAS					Q-time: 01:33:62
PB (25m pool): 01:33.62 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		00:44.89		01:33.62	
	00:44.89		00:48.73		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:3, starttime: 09:05
Heat: 3/8 Lane : 1 Athlete: RAMSDONCK KRIS					Q-time: 01:26:21
PB (25m pool): 01:26.21 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		00:38.26		01:26.21	
	00:38.26		00:47.95		
					

Coach feedback:

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:3, starttime: 09:05
Heat: 3/8 Lane : 2 Athlete: NEYRINCK RUBEN					Q-time: 01:23:54
PB (25m pool): 01:23.54 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		00:37.72		01:23.54	
	00:37.72		00:45.82		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:3, starttime: 09:05
Heat: 3/8 Lane : 8 Athlete: STERCKX DAAN					Q-time: 01:26:28
PB (25m pool): 01:26.28 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		00:40.27		01:26.28	
	00:40.27		00:46.01		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:07
Heat: 4/8 Lane : 5 Athlete: GILLES NATHAN					Q-time: 01:16:51
PB (25m pool): 01:16.51 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		00:36.63		01:16.51	
	00:36.63		00:39.88		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:4, starttime: 09:07
Heat: 4/8 Lane : 7 Athlete: AGTEN VALERIO ÁLVARO					Q-time: 01:19:73
PB (25m pool): 01:19.73 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.30		01:19.73	
	00:35.30		00:44.43		
					

Coach feedback:

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:08
Heat: 5/8 Lane : 1 Athlete: MAES MATHIJS					Q-time: 01:14:04
PB (25m pool): 01:14.04 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		00:35.16		01:14.04	
	00:35.16		00:38.88		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:6, starttime: 09:10
Heat: 6/8 Lane : 6 Athlete: DILLEN FINN					Q-time: 01:06:56
PB (25m pool): 01:06.56 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		00:31.77		01:06.56	
	00:31.77		00:34.79		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:12
Heat: 7/8 Lane : 3 Athlete: DRIES KLAAS					Q-time: 01:02:02
PB (25m pool): 01:02.02 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.83		01:02.02	
	00:28.83		00:33.19		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:12
Heat: 7/8 Lane : 5 Athlete: VAN TILBURG MATTHIAS					Q-time: 01:01:71
PB (25m pool): 01:01.71 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		00:27.09		01:01.71	
	00:27.09		00:34.62		
					

Coach feedback:

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:13
Heat: 8/8 Lane : 3 Athlete: VAN BALLAER VIKTOR					Q-time: 00:58:78
PB (25m pool): 00:58.78 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		00:27.86		00:58.78	
	00:27.86		00:30.92		
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:8, starttime: 09:13
Heat: 8/8 Lane : 8 Athlete: MICHOEL QUINTEN					Q-time: 01:00:43
PB (25m pool): 01:00.43 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		00:27.87		01:00.43	
	00:27.87		00:32.56		
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:1, starttime: 09:15	
Heat: 1/10 Lane : 4 Athlete: WOUTERS MIT							Q-time: 02:52:47	
PB (25m pool): 02:46.33 Sint-Amandsberg 27/10/2024							PB (50m pool): 02:52.47 SB: 02:52.73 Durmechal 27/09/2026	
	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		00:37.96		01:21.02		02:05.34		02:46.33
	00:37.96		00:43.06		00:44.32		00:40.99	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:19	
Heat: 2/10 Lane : 1 Athlete: GOOSSENS MARTHE							Q-time: 02:47:30	
PB (25m pool): 02:55.74 Pelt 05/10/2025							PB (50m pool): 02:47.30 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		00:41.11		01:26.60		no time		02:55.74
	00:41.11		00:45.49					
								

Coach feedback:

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:19	
Heat: 2/10 Lane : 4 Athlete: VALKENBORGHES YANNE							Q-time: 02:39:77	
PB (25m pool): 02:39.95 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:39.77 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		00:36.55		01:17.21		01:59.01		02:39.95
	00:36.55		00:40.66		00:41.80		00:40.94	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:19	
Heat: 2/10 Lane : 5 Athlete: BOECKX PAULIEN							Q-time: 02:40:36	
PB (25m pool): 02:36.67 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:41.68SB: 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		00:35.68		01:16.09		01:57.58		02:36.67
	00:35.68		00:40.41		00:41.49		00:39.09	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:2, starttime: 09:19	
Heat: 2/10 Lane : 6 Athlete: MOERKENS FIEN							Q-time: 02:42:23	
PB (25m pool): 02:42.32 TEMSE 23/11/2025				PB (50m pool): 02:42.23SB: 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		00:37.10		01:18.87		02:01.57		02:42.32
	00:37.10		00:41.77		00:42.70		00:40.75	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:22	
Heat: 3/10 Lane : 3 Athlete: WOUTERS DORA							Q-time: 02:35:69	
PB (25m pool): 02:35.69 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:41.00SB: 02:40.21 Durmechal 27/09/2026				
	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		00:36.38		01:16.76		no time		02:35.69
	00:36.38		00:40.38					
								

Coach feedback:

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:22	
Heat: 3/10 Lane : 5 Athlete: VAN ASTEN RENÉE							Q-time: 02:35:07	
PB (25m pool): 02:37.03 Kapellen 30/05/2026				PB (50m pool): 02:35.07 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		00:36.92		01:17.38		no time		02:37.03
	00:36.92		00:40.46					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:22	
Heat: 3/10 Lane : 7 Athlete: DJONOU IMBA ITZANA							Q-time: 02:38:33	
PB (25m pool): 02:46.72 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 02:38.33SB: 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		00:40.40		01:24.59		no time		02:46.72
	00:40.40		00:44.19					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:22	
Heat: 3/10 Lane : 8 Athlete: HUFKENS ELINA							Q-time: 02:39:77	
PB (25m pool): 02:39.77 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 02:41.08SB: 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		00:36.63		01:17.19		no time		02:39.77
	00:36.63		00:40.56					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:29	
Heat: 5/10 Lane : 1 Athlete: COOLS YELENA							Q-time: 02:27:98	
PB (25m pool): 02:27.98 TEMSE 23/11/2025				PB (50m pool): 02:31.09SB: 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		00:34.17		01:12.72		01:52.19		02:27.98
	00:34.17		00:38.55		00:39.47		00:35.79	
								

Coach feedback:

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:5, starttime: 09:29	
Heat: 5/10 Lane : 4 Athlete: VAN TILBURG FRAUKE							Q-time: 02:24:75	
PB (25m pool): 02:24.75 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 02:25.40 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		00:34.15		01:11.36		no time		02:24.75
	00:34.15		00:37.21					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 09:32	
Heat: 6/10 Lane : 4 Athlete: MAES JULIE							Q-time: 02:22:07	
PB (25m pool): 02:22.07 Antwerpen 12/10/2025							PB (50m pool): 02:24.85 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		00:33.11		01:09.52		01:46.38		02:22.07
	00:33.11		00:36.41		00:36.86		00:35.69	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:7, starttime: 09:34	
Heat: 7/10 Lane : 5 Athlete: OOMS SARI							Q-time: 02:18:74	
PB (25m pool): 02:15.10 Gent(Sint-Amandsberg) 11/11/2024							PB (50m pool): 02:16.76 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		00:31.80		01:06.58		01:41.67		02:15.10
	00:31.80		00:34.78		00:35.09		00:33.43	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:7, starttime: 09:34	
Heat: 7/10 Lane : 6 Athlete: VANLOMMEL LUISA VALENTINA							Q-time: 02:20:14	
PB (25m pool): 02:20.14 TEMSE 23/11/2025							PB (50m pool): 02:23.36 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		00:31.52		01:07.88		01:44.60		02:20.14
	00:31.52		00:36.36		00:36.72		00:35.54	
								

Coach feedback:

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:7, starttime: 09:34	
Heat: 7/10 Lane : 8 Athlete: BOOGERS NOOR							Q-time: 02:21:98	
PB (25m pool): 02:21.98 TEMSE 23/11/2025				PB (50m pool): 02:25.02SB: 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		00:32.58		01:08.73		01:45.97		02:21.98
	00:32.58		00:36.15		00:37.24		00:36.01	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:9, starttime: 09:40	
Heat: 9/10 Lane : 8 Athlete: DRIES SIEN							Q-time: 02:14:63	
PB (25m pool): 02:12.89 TEMSE 24/11/2024				PB (50m pool): 02:16.08SB: 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		00:31.34		01:05.26		01:39.34		02:12.89
	00:31.34		00:33.92		00:34.08		00:33.55	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 09:50	
Heat: 3/7 Lane : 2 Athlete: GILLES NATHAN				Q-time: 01:13:44		
PB (25m pool): 01:13.44 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:19.36SB: 01:21.42 Durmechal 27/09/2026	
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:33.34		01:13.44		
	00:33.34		00:40.10			
						

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:5, starttime: 09:54	
Heat: 5/7 Lane : 2 Athlete: BEGUE MILANN					Q-time: 01:05:97	
PB (25m pool): 01:05.97 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:08.44SB: 01:06.09 Durmechal 27/09/2026						
	2 5 M	5 0 M	7 5 M	1 0 0 M		
PB		00:30.44		01:05.97		
	00:30.44		00:35.53			
						

Coach feedback:

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

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:6, starttime: 09:55
Heat: 6/7 Lane : 8 Athlete: VANTHOURNOUT XANDER					Q-time: 01:02:42
PB (25m pool): 01:02.42 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:05.15 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:28.84		01:02.42	
	00:28.84		00:33.58		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:7, starttime: 09:57
Heat: 7/7 Lane : 6 Athlete: MICHOEL QUINTEN					Q-time: 00:57:25
PB (25m pool): 00:57.25 Herentals 09/05/2026 PB (50m pool): 00:58.26 SB: 00:58.64 Durmehal 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.43		00:57.25	
	00:26.43		00:30.82		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 09:59
Heat: 1/6 Lane : 4 Athlete: VAN DE WEYER FOUKE					Q-time: 02:02:68
PB (25m pool): 02:05.58 Nijlen 16/11/2025 PB (50m pool): 02:02.68 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:58.75		02:05.58	
	00:58.75		01:06.83		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:01
Heat: 2/6 Lane : 6 Athlete: SCHEPERS LENTHE					Q-time: 01:54:21
PB (25m pool): 01:57.67 Pelt 05/10/2025 PB (50m pool): 01:54.21 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:56.97		01:57.67	
	00:56.97		01:00.70		
					

Coach feedback:

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

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:01
Heat: 2/6 Lane : 8 Athlete: VEREECKEN WANTER FELINE					Q-time: 02:01:27
PB (25m pool): 02:09.52 Pelt 05/10/2025					PB (50m pool): 02:01.27 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		01:00.89		02:09.52	
	01:00.89		01:08.63		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 10:04
Heat: 3/6 Lane : 3 Athlete: AERTS SIEN					Q-time: 01:45:53
PB (25m pool): 01:45.53 Herentals 09/05/2026					PB (50m pool): 01:45.55 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.41		01:45.53	
	00:49.41		00:56.12		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:4, starttime: 10:06
Heat: 4/6 Lane : 7 Athlete: MAERTENS HELENA					Q-time: 01:39:64
PB (25m pool): 01:39.64 Turnhout 01/03/2026					PB (50m pool): 01:41.17 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.80		01:39.64	
	00:46.80		00:52.84		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 10:09
Heat: 5/6 Lane : 5 Athlete: DE RIDDER ROXANE					Q-time: 01:33:84
PB (25m pool): 01:33.84 Temse 17/11/2025					PB (50m pool): 01:39.52 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.04		01:33.84	
	00:44.04		00:49.80		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:16
Heat: 2/9 Lane : 2 Athlete: DE FEYTER LUCAS					Q-time: 01:31:32
PB (25m pool): 01:31.37 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:31.32 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.30		01:31.37	
	00:45.30		00:46.07		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:16
Heat: 2/9 Lane : 8 Athlete: VAN MEER RUNE					Q-time: 01:34:71
PB (25m pool): 01:34.71 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:36.35 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.85		01:34.71	
	00:46.85		00:47.86		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:4, starttime: 10:21
Heat: 4/9 Lane : 6 Athlete: RAMSDONCK KRIS					Q-time: 01:20:96
PB (25m pool): 01:20.96 Turnhout 01/03/2026 PB (50m pool): 01:22.39 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.08		01:20.96	
	00:39.08		00:41.88		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:23
Heat: 5/9 Lane : 3 Athlete: STERCKX DAAN					Q-time: 01:18:14
PB (25m pool): 01:18.14 Kapellen 30/05/2026 PB (50m pool): 01:21.38 SB: 01:19.44 Durmeval 27/09/2026					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.93		01:18.14	
	00:36.93		00:41.21		
					

Coach feedback:

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

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:26
Heat: 6/9 Lane : 1 Athlete: NEYRINCK RUBEN					Q-time: 01:16:96
PB (25m pool): 01:16.96 Temse 17/11/2025					PB (50m pool): 01:20.70 SB: 01:21.83 Durmehal 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.22		01:16.96	
	00:38.22		00:38.74		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:26
Heat: 6/9 Lane : 4 Athlete: MAES MATHIJS					Q-time: 01:15:06
PB (25m pool): 01:15.06 Herentals 09/05/2026					PB (50m pool): 01:18.39 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.42		01:15.06	
	00:36.42		00:38.64		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:28
Heat: 7/9 Lane : 1 Athlete: AGTEN VALERIO ÁLVARO					Q-time: 01:13:87
PB (25m pool): 01:13.87 Herentals 09/05/2026					PB (50m pool): 01:15.72 SB: 01:15.56 Durmehal 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.38		01:13.87	
	00:35.38		00:38.49		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:30
Heat: 8/9 Lane : 6 Athlete: VANTHOURNOUT XANDER					Q-time: 01:04:89
PB (25m pool): 01:04.89 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:10.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.55		01:04.89	
	00:30.55		00:34.34		
					

Coach feedback:

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

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:30
Heat: 8/9 Lane : 7 Athlete: BEGUE MILANN					Q-time: 01:07:03
PB (25m pool): 01:07.03 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:10.63 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.24		01:07.03	
	00:32.24		00:34.79		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 10:32
Heat: 9/9 Lane : 5 Athlete: VAN TILBURG MATTHIAS					Q-time: 00:58:02
PB (25m pool): 00:58.02 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:01.36 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.81		00:58.02	
	00:27.81		00:30.21		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:9, starttime: 10:32
Heat: 9/9 Lane : 6 Athlete: DRIES KLAAS					Q-time: 01:01:32
PB (25m pool): 01:01.32 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 01:03.33 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:29.56		01:01.32	
	00:29.56		00:31.76		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:1, starttime: 10:49	
Heat: 1/4 Lane : 4 Athlete: VAN ASTEN RENÉE							Q-time: 03:26:27	
PB (25m pool): 04:12.29 TEMSE 24/11/2024							PB (50m pool): 03:26.27 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		00:58.91		02:03.84		03:09.85		04:12.29
	00:58.91		01:04.93		01:06.01		01:02.44	
								

Coach feedback:

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

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:54	
Heat: 2/4 Lane : 1 Athlete: MOERKENS FIEN							Q-time: 03:25:65	
PB (25m pool): 03:25.65 TEMSE 23/11/2025				PB (50m pool): 03:36.16SB: 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		00:47.52		01:39.29		02:33.95		03:25.65
	00:47.52		00:51.77		00:54.66		00:51.70	
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:54	
Heat: 2/4 Lane : 7 Athlete: DJONOU IMBA ITZANA							Q-time: 03:24:12	
PB (25m pool): no time			PB (50m pool): 03:24.12SB: 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: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:58	
Heat: 3/4 Lane : 1 Athlete: COOLS YELENA							Q-time: 03:04:88	
PB (25m pool): 03:04.88 TEMSE 23/11/2025				PB (50m pool): 03:11.45SB: 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		00:41.09		01:27.72		02:16.18		03:04.88
	00:41.09		00:46.63		00:48.46		00:48.70	
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:2, starttime: 11:13		
Heat: 2/12 Lane : 3 Athlete: WOUTERS MIT							Q-time: 00:33:80		
PB (25m pool): 00:33.80 Turnhout 01/03/2026				PB (50m pool): 00:34.23SB: 00:35.30 Durmechal 27/09/2026					
	2 5 M		5 0 M						
PB			00:33.80						
			00:33.80						
									

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 11:13
Heat: 2/12 Lane : 4 Athlete: WOUTERS DORA			Q-time: 00:33:44
PB (25m pool): 00:33.44 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:34.06 SB: 00:33.54 Durmehal 27/09/2026			
	2 5 M	5 0 M	
PB		00:33.44	
		00:33.44	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 11:13
Heat: 2/12 Lane : 5 Athlete: DJONOU IMBA ITZANA			Q-time: 00:33:48
PB (25m pool): 00:34.75 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:33.48 SB: no time			
	2 5 M	5 0 M	
PB		00:34.75	
		00:34.75	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:14
Heat: 3/12 Lane : 1 Athlete: HUFKENS ELINA			Q-time: 00:33:16
PB (25m pool): 00:33.16 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:33.54 SB: no time			
	2 5 M	5 0 M	
PB		00:33.16	
		00:33.16	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:14
Heat: 3/12 Lane : 2 Athlete: VAN ASTEN RENéE			Q-time: 00:32:74
PB (25m pool): 00:31.82 Durmehal 27/09/2026 PB (50m pool): 00:32.74 SB: 00:31.82 Durmehal 27/09/2026			
	2 5 M	5 0 M	
PB		00:31.82	
		00:31.82	
			

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:14
Heat: 3/12 Lane : 4 Athlete: BOECKX PAULIEN			Q-time: 00:32:44
PB (25m pool): 00:32.44 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:33.68 SB: no time			
	2 5 M	5 0 M	
PB		00:32.44	
		00:32.44	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:14
Heat: 3/12 Lane : 6 Athlete: VALKENBORGH YANNE			Q-time: 00:32:72
PB (25m pool): 00:32.72 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:33.25 SB: no time			
	2 5 M	5 0 M	
PB		00:32.72	
		00:32.72	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:3, starttime: 11:14
Heat: 3/12 Lane : 8 Athlete: GOOSSENS MARTHE			Q-time: 00:33:40
PB (25m pool): 00:37.91 Turnhout 02/03/2025 PB (50m pool): 00:33.40 SB: no time			
	2 5 M	5 0 M	
PB		00:37.91	
		00:37.91	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:15
Heat: 4/12 Lane : 1 Athlete: MOERKENS FIEN			Q-time: 00:31:91
PB (25m pool): 00:32.17 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:31.91 SB: no time			
	2 5 M	5 0 M	
PB		00:32.17	
		00:32.17	
			

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 11:18
Heat: 6/12 Lane : 3 Athlete: COOLS YELENA			Q-time: 00:30:97
PB (25m pool): 00:30.97 Nijlen 16/11/2025			PB (50m pool): 00:31.53 SB: no time
	2 5 M	5 0 M	
PB		00:30.97	
		00:30.97	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:20
Heat: 8/12 Lane : 5 Athlete: VANLOMMEL LUISA VALENTINA			Q-time: 00:29:61
PB (25m pool): 00:29.34 Durmehal 27/09/2026			PB (50m pool): 00:29.80 SB: 00:29.34 Durmehal 27/09/2026
	2 5 M	5 0 M	
PB		00:29.34	
		00:29.34	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:8, starttime: 11:20
Heat: 8/12 Lane : 8 Athlete: MAES JULIE			Q-time: 00:29:90
PB (25m pool): 00:29.90 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:30.36 SB: no time
	2 5 M	5 0 M	
PB		00:29.90	
		00:29.90	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:10, starttime: 11:22
Heat: 10/12 Lane : 2 Athlete: VAN TILBURG FRAUKE			Q-time: 00:28:78
PB (25m pool): 00:28.78 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:28.89 SB: 00:28.98 Durmehal 27/09/2026
	2 5 M	5 0 M	
PB		00:28.78	
		00:28.78	
			

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:11, starttime: 11:23
Heat: 11/12 Lane : 1 Athlete: DRIES SIEN			Q-time: 00:28:32
PB (25m pool): 00:28.32 Turnhout 02/03/2025			PB (50m pool): 00:29.28 SB: no time
	2 5 M	5 0 M	
PB		00:28.32	
		00:28.32	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:11, starttime: 11:23
Heat: 11/12 Lane : 5 Athlete: OOMS SARI			Q-time: 00:27:66
PB (25m pool): 00:27.66 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:28.19 SB: no time
	2 5 M	5 0 M	
PB		00:27.66	
		00:27.66	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 11:25
Heat: 1/6 Lane : 1 Athlete: VANTHOURNOUT XENNE			Q-time: 00:45:81
PB (25m pool): no time			PB (50m pool): 00:45.81 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:26
Heat: 2/6 Lane : 4 Athlete: GILLES NATHAN			Q-time: 00:37:22
PB (25m pool): 00:37.22 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:39.93 SB: no time
	2 5 M	5 0 M	
PB		00:37.22	
		00:37.22	
			

Coach feedback:

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

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:26
Heat: 2/6 Lane : 7 Athlete: LIEVENS RUBE			Q-time: 00:39:36
PB (25m pool): 00:42.35 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:39.36 SB: no time			
	2 5 M	5 0 M	
PB		00:42.35	
		00:42.35	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 11:30
Heat: 5/6 Lane : 4 Athlete: DRIES KLAAS			Q-time: 00:31:60
PB (25m pool): 00:31.60 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:33.37 SB: no time			
	2 5 M	5 0 M	
PB		00:31.60	
		00:31.60	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 11:30
Heat: 5/6 Lane : 6 Athlete: DILLEN FINN			Q-time: 00:32:64
PB (25m pool): 00:31.41 Durmehal 27/09/2026 PB (50m pool): 00:33.44 SB: 00:31.41 Durmehal 27/09/2026			
	2 5 M	5 0 M	
PB		00:31.41	
		00:31.41	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 11:31
Heat: 6/6 Lane : 3 Athlete: VAN BALLAER VIKTOR			Q-time: 00:29:66
PB (25m pool): 00:29.66 Gent 09/11/2025 PB (50m pool): 00:31.39 SB: no time			
	2 5 M	5 0 M	
PB		00:29.66	
		00:29.66	
			

Coach feedback: