

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

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

Coaches: Faes Sandra

Coaches: Vanhaesebroeck Nicolas

Coaches: Neiryndck Jan

Coaches: Wouters Ivan

Coaches: Van Dooren Glenn

Coaches: Dekker Tamiko

Coaches: Blaton Joke

PB => Personal Best time

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

Event number: 19: 100M MEDLEY MEN 11+

Heat:2, starttime: 09:03

Heat: 2/8 Lane : 1 Athlete: LENAERTS RUBEN

Q-time: 01:36:24

PB (25m pool): 01:36.24 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		00:44.63		01:36.24	
		00:44.63		00:51.61	
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+

Heat:3, starttime: 09:05

Heat: 3/8 Lane : 7 Athlete: CAMBRÉ ARTHUR

Q-time: 01:25:40

PB (25m pool): 01:25.40 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		00:39.86		01:25.40	
		00:39.86		00:45.54	
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+

Heat:6, starttime: 09:32

Heat: 6/10 Lane : 3 Athlete: CLAES JADE

Q-time: 02:22:66

PB (25m pool): 02:22.66 Nijlen 01/03/2026 PB (50m pool): 02:24.59 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		00:32.68		01:08.39		no time		02:22.66
		00:32.68		00:35.71				
								

Coach feedback:

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Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:6, starttime: 09:32	
Heat: 6/10 Lane : 6 Athlete: VANHAESEBROECK MARIE-ELINE							Q-time: 02:23:22	
PB (25m pool): 02:21.85 Mol 20/10/2024				PB (50m pool): 02:26.47 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		00:32.71		01:08.99		01:45.54		02:21.85
	00:32.71		00:36.28		00:36.55		00:36.31	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 09:50
Heat: 3/7 Lane : 5 Athlete: THIJSBAERT NIO				Q-time: 01:11:81	
PB (25m pool): 01:12.80 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:11.81 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.29		01:12.80	
	00:33.29		00:39.51		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 09:52
Heat: 4/7 Lane : 3 Athlete: SEYMUS AXEL				Q-time: 01:09:03	
PB (25m pool): 01:09.03 Kapellen 30/05/2026			PB (50m pool): 01:09.25 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.02		01:09.03	
	00:32.02		00:37.01		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:5, starttime: 09:54
Heat: 5/7 Lane : 3 Athlete: WYNANTS WARD				Q-time: 01:05:46	
PB (25m pool): 01:05.46 TEMSE 23/11/2025			PB (50m pool): 01:06.70 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.22		01:05.46	
	00:30.22		00:35.24		
					

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:5, starttime: 09:54
Heat: 5/7 Lane : 8 Athlete: VAN DOOREN WARRE					Q-time: 01:08:12
PB (25m pool): 01:08.12 Aarschot 26/04/2026					PB (50m pool): 01:09.42 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.65		01:08.12	
	00:31.65		00:36.47		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:1, starttime: 09:59
Heat: 1/6 Lane : 5 Athlete: VAN REGEMORTER ILOUKA					Q-time: 02:03:62
PB (25m pool): 02:06.13 Sint-Niklaas 11/01/2026					PB (50m pool): 02:03.62 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:59.86		02:06.13	
	00:59.86		01:06.27		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:01
Heat: 2/6 Lane : 2 Athlete: DILLEN LOTTE					Q-time: 01:55:36
PB (25m pool): 01:55.36 Sint-Niklaas 11/01/2026					PB (50m pool): 01:59.45 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.32		01:55.36	
	00:53.32		01:02.04		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:01
Heat: 2/6 Lane : 5 Athlete: VAN GINKEL KAAT					Q-time: 01:51:85
PB (25m pool): 01:51.85 Nijlen 01/03/2026					PB (50m pool): 01:59.96 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.53		01:51.85	
	00:51.53		01:00.32		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:2, starttime: 10:01
Heat: 2/6 Lane : 7 Athlete: VAN HASSEL FEMKE					Q-time: 01:57:09
PB (25m pool): 01:53.73 Nijlen 01/03/2026					PB (50m pool): 01:57.09 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.60		01:53.73	
	00:53.60		01:00.13		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:3, starttime: 10:04
Heat: 3/6 Lane : 1 Athlete: VAN GINKEL LOES					Q-time: 01:48:02
PB (25m pool): 01:48.02 Nijlen 01/03/2026					PB (50m pool): 01:51.72 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.95		01:48.02	
	00:50.95		00:57.07		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:5, starttime: 10:09
Heat: 5/6 Lane : 8 Athlete: CLAES SIEN					Q-time: 01:37:20
PB (25m pool): 01:37.20 Nijlen 01/03/2026					PB (50m pool): 01:39.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.54		01:37.20	
	00:45.54		00:51.66		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:6, starttime: 10:11
Heat: 6/6 Lane : 2 Athlete: WYNANTS FRé					Q-time: 01:31:40
PB (25m pool): 01:31.40 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:33.40 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.43		01:31.40	
	00:43.43		00:47.97		
					

Coach feedback:

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Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:6, starttime: 10:11
Heat: 6/6 Lane : 5 Athlete: LAUREYSENS JUTTA					Q-time: 01:27:13
PB (25m pool): 01:27.13 Kapellen 30/05/2026					PB (50m pool): 01:29.43 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.20		01:27.13	
	00:41.20		00:45.93		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:6, starttime: 10:11
Heat: 6/6 Lane : 7 Athlete: NEUVILLE AXELLE					Q-time: 01:31:63
PB (25m pool): 01:31.97 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:31.63 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.59		01:31.97	
	00:43.59		00:48.38		
					

Coach feedback:

Event number: 22: 100M BREASTSTROKE WOMEN 11-12					Heat:6, starttime: 10:11
Heat: 6/6 Lane : 8 Athlete: NEUVILLE ALIZÉE					Q-time: 01:32:72
PB (25m pool): 01:35.07 Kapellen 30/05/2026					PB (50m pool): 01:32.72 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:43.65		01:35.07	
	00:43.65		00:51.42		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:16
Heat: 2/9 Lane : 3 Athlete: VANHAESEBROECK LOUIS-EMILE					Q-time: 01:30:16
PB (25m pool): 01:32.61 TEMSE 23/11/2025					PB (50m pool): 01:30.16 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.90		01:32.61	
	00:44.90		00:47.71		
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:2, starttime: 10:16
Heat: 2/9 Lane : 6 Athlete: LENAERTS RUBEN					Q-time: 01:30:92
PB (25m pool): 01:32.26 Nijlen 01/03/2026 PB (50m pool): 01:30.92 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.86		01:32.26	
	00:44.86		00:47.40		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:3, starttime: 10:19
Heat: 3/9 Lane : 3 Athlete: CAMBRé ARTHUR					Q-time: 01:23:89
PB (25m pool): 01:23.89 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:26.03 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.83		01:23.89	
	00:40.83		00:43.06		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:28
Heat: 7/9 Lane : 6 Athlete: VERDONCK STAN					Q-time: 01:12:72
PB (25m pool): 01:12.72 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:13.61 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.16		01:12.72	
	00:34.16		00:38.56		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:30
Heat: 8/9 Lane : 5 Athlete: VAN DOOREN WARRE					Q-time: 01:03:57
PB (25m pool): 01:03.57 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:04.70 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.53		01:03.57	
	00:30.53		00:33.04		
					

Coach feedback:

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Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:58	
Heat: 3/4 Lane : 5 Athlete: VERMAELEN MIYA							Q-time: 02:57:98	
PB (25m pool): 02:57.98 Heist Op Den Berg 11/01/2025				PB (50m pool): 02:59.53SB: 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		00:41.13		no time		no time		02:57.98
	00:41.13							
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:6, starttime: 11:18	
Heat: 6/12 Lane : 2 Athlete: CLAES JADE							Q-time: 00:31:02	
PB (25m pool): 00:31.47 Nijlen 16/11/2025				PB (50m pool): 00:31.02 SB: no time				
	2 5 M		5 0 M					
PB			00:31.47					
			00:31.47					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:8, starttime: 11:20	
Heat: 8/12 Lane : 7 Athlete: VANHAESEBROECK MARIE-ELINE							Q-time: 00:29:76	
PB (25m pool): 00:29.91 Antwerpen 12/10/2025				PB (50m pool): 00:29.76 SB: no time				
	2 5 M		5 0 M					
PB			00:29.91					
			00:29.91					
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+							Heat:10, starttime: 11:22	
Heat: 10/12 Lane : 8 Athlete: LEMBRECHTS SOPHIE							Q-time: 00:28:93	
PB (25m pool): 00:28.93 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:29.55SB: no time								
	2 5 M		5 0 M					
PB			00:28.93					
	00:28.93							
								

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:26
Heat: 2/6 Lane : 1 Athlete: THIJSBAERT NIO			Q-time: 00:39:44
PB (25m pool): 00:39.81 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:39.52 SB: no time			
	2 5 M	5 0 M	
PB		00:39.81	
	00:39.81		
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:26
Heat: 2/6 Lane : 6 Athlete: SEYMUS AXEL			Q-time: 00:37:50
PB (25m pool): 00:37.69 LEUVEN 23/11/2025 PB (50m pool): 00:37.50 SB: no time			
	2 5 M	5 0 M	
PB		00:37.69	
	00:37.69		
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 11:28
Heat: 4/6 Lane : 8 Athlete: VERDONCK STAN			Q-time: 00:34:87
PB (25m pool): 00:34.87 Aarschot 26/04/2026 PB (50m pool): 00:35.56 SB: no time			
	2 5 M	5 0 M	
PB		00:34.87	
	00:34.87		
			

Coach feedback: