

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

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

Coaches: Asselman Jasper

Coaches: Van Schoor Els

Coaches: Bettens Ben

Coaches: Delissen Kim HEADCOACH

Coaches: Driesen Inge

PB => Personal Best time

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

Event number: 19: 100M MEDLEY MEN 11+					Heat:5, starttime: 09:08
Heat: 5/8 Lane : 4 Athlete: EL HADDOUCHI HAROUN					Q-time: 01:09:27
PB (25m pool): 01:09.27 Tilburg 13/09/2026					PB (50m pool): no time SB: 01:09.27 Tilburg 13/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.68		01:09.27	
	00:31.68		00:37.59		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 09:48
Heat: 2/7 Lane : 5 Athlete: BETTENS LUCAS					Q-time: 01:16:68
PB (25m pool): 01:23.20 Stedelijk Zwembad Geel 11/02/2024					PB (50m pool): 01:16.68 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:23.20	
	no time				
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:2, starttime: 09:48
Heat: 2/7 Lane : 8 Athlete: BETTENS STAN					Q-time: 01:29:46
PB (25m pool): 01:29.46 Aartselaar 01/11/2025					PB (50m pool): 01:22.10 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.26		01:29.46	
	00:41.26		00:48.20		
					

Coach feedback:

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Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 09:52
Heat: 4/7 Lane : 1 Athlete: NAEGELS REZA					Q-time: 01:09:39
PB (25m pool): 01:09.39 Tilburg 13/09/2026					PB (50m pool): 01:15.12 SB: 01:09.39 Tilburg 13/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.76		01:09.39	
	00:30.76		00:38.63		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:7, starttime: 09:57
Heat: 7/7 Lane : 8 Athlete: HOROVYI MYKYTA					Q-time: 00:58:75
PB (25m pool): 00:58.37 Herentals 18/05/2024					PB (50m pool): 00:58.19 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		00:58.37	
	no time				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:1, starttime: 10:13
Heat: 1/9 Lane : 4 Athlete: FONTANA ALESSANDRO MARIA NIC					Q-time: 01:36:32
PB (25m pool): no time					PB (50m pool): 01:36.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:26
Heat: 6/9 Lane : 2 Athlete: TSYBULNIAK KYRYL					Q-time: 01:16:41
PB (25m pool): no time					PB (50m pool): 01:16.41 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		no time	
	no time				
					

Coach feedback:

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Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:28
Heat: 7/9 Lane : 2 Athlete: VERDONCK STIJN					Q-time: 01:13:03
PB (25m pool): 01:13.03 Kapellen 30/05/2026					PB (50m pool): 01:12.97 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.72		01:13.03	
	00:36.72		00:36.31		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:7, starttime: 10:28
Heat: 7/9 Lane : 4 Athlete: MESTARI ABDERRAHMANE					Q-time: 01:08:25
PB (25m pool): 01:08.25 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 01:09.79 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.72		01:08.25	
	00:32.72		00:35.53		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:3, starttime: 10:58	
Heat: 3/4 Lane : 2 Athlete: VANDE SOMPELE JITS							Q-time: 03:02:50	
PB (25m pool): 03:02.50 Antwerpen 12/10/2025				PB (50m pool): 02:56.48 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		00:41.77		01:28.43		02:15.75		03:02.50
	00:41.77		00:46.66		00:47.32		00:46.75	
								

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+					Heat:3, starttime: 11:14
Heat: 3/12 Lane : 7 Athlete: DE SCHEPPER LARA					Q-time: 00:32:97
PB (25m pool): 00:32.97 Stedelijk Zwembad Geel 16/02/2025					PB (50m pool): 00:30.64 SB: no time
	2 5 M	5 0 M			
PB		00:32.97			
	00:32.97				
					

Coach feedback:

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Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:15
Heat: 4/12 Lane : 8 Athlete: CORNEZ MAYLIE			Q-time: 00:32:10
PB (25m pool): 00:32.10 Tilburg 13/09/2026			PB (50m pool): 00:32.47 SB: 00:32.10 Tilburg 13/09/2026
	2 5 M	5 0 M	
PB		00:32.10	
		00:32.10	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:5, starttime: 11:16
Heat: 5/12 Lane : 2 Athlete: NULENS LILI			Q-time: 00:31:35
PB (25m pool): 00:31.35 Nijlen 16/11/2025			PB (50m pool): 00:30.89 SB: no time
	2 5 M	5 0 M	
PB		00:31.35	
		00:31.35	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:7, starttime: 11:19
Heat: 7/12 Lane : 7 Athlete: VAN DEN BOSSCHE LIA			Q-time: 00:30:52
PB (25m pool): 00:30.52 Tilburg 13/09/2026			PB (50m pool): 00:30.59 SB: 00:30.52 Tilburg 13/09/2026
	2 5 M	5 0 M	
PB		00:30.52	
		00:30.52	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:1, starttime: 11:25
Heat: 1/6 Lane : 6 Athlete: BETTENS STAN			Q-time: 00:42:93
PB (25m pool): 00:47.27 Hoogstraten 29/09/2024			PB (50m pool): 00:38.15 SB: no time
	2 5 M	5 0 M	
PB		00:47.27	
		00:47.27	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:2, starttime: 11:26
Heat: 2/6 Lane : 3 Athlete: NAEGELS ELI			Q-time: 00:37:44
PB (25m pool): 00:37.44 Tilburg 07/09/2025			PB (50m pool): no time SB: 00:37.68 Tilburg 13/09/2026
	2 5 M	5 0 M	
PB		00:37.44	
		00:37.44	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:27
Heat: 3/6 Lane : 3 Athlete: MESTARI ABDERRAHMANE			Q-time: 00:35:42
PB (25m pool): 00:35.42 Antwerpen 12/10/2025			PB (50m pool): 00:34.80 SB: no time
	2 5 M	5 0 M	
PB		00:35.42	
		00:35.42	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:27
Heat: 3/6 Lane : 4 Athlete: HOROVYI MYKYTA			Q-time: 00:34:89
PB (25m pool): 00:32.56 Herentals 18/05/2024			PB (50m pool): 00:36.82 SB: no time
	2 5 M	5 0 M	
PB		00:32.56	
		00:32.56	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:3, starttime: 11:27
Heat: 3/6 Lane : 8 Athlete: EL HADDOUCHI HAROUN			Q-time: 00:36:46
PB (25m pool): 00:36.43 Mol 20/10/2024			PB (50m pool): 00:36.45 SB: no time
	2 5 M	5 0 M	
PB		00:36.43	
		00:36.43	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 11:28
Heat: 4/6 Lane : 2 Athlete: TSYBULNIAK KYRYL			Q-time: 00:33:83
PB (25m pool): no time			PB (50m pool): 00:33.83 SB: no time
	2 5 M	5 0 M	
PB		no time	
	no time		
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 11:30
Heat: 5/6 Lane : 1 Athlete: LADEWIG SETH			Q-time: 00:32:91
PB (25m pool): 00:32.91 Tilburg 13/09/2026			PB (50m pool): 00:32.95 SB: 00:32.91 Tilburg 13/09/2026
	2 5 M	5 0 M	
PB		00:32.91	
	00:32.91		
			

Coach feedback: