

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

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Scheveneels Judith HEADCOACH

Coaches: Meyers Sepp

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 : 4 Athlete: VAN OOSTERWYCK ALEXANDER

Q-time: 01:27:18

PB (25m pool): 01:27.18 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   |           | 01:27.18  |  |
|    | no time   |           |           |           |  |
|    | . . . . . | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+

Heat:8, starttime: 09:13

Heat: 8/8 Lane : 6 Athlete: LAUREYSSSENS LUKAS

Q-time: 00:59:65

PB (25m pool): 00:59.65 Gent 09/11/2025

PB (50m pool): no time SB: no time

|    | 2 5 M             | 5 0 M     | 7 5 M     | 1 0 0 M   |  |
|----|-------------------|-----------|-----------|-----------|--|
| PB |                   | 00:27.19  |           | 00:59.65  |  |
|    | 00:27.19 00:32.46 |           |           |           |  |
|    | . . . . .         | . . . . . | . . . . . | . . . . . |  |

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+

Heat:2, starttime: 09:19

Heat: 2/10 Lane : 7 Athlete: THEUNISSEN JOLIEN

Q-time: 02:44:77

PB (25m pool): 03:03.23 Gemeentelijk sportcentrum Nijl 17/03/2024

PB (50m pool): 02:44.77 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 |           | no time   |           | no time   |           | no time   |           | 03:03.23  |
|    | no time   |           |           |           |           |           |           |           |
|    | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . |

Coach feedback:

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

| Event number: 20: 200M FREESTYLE WOMEN 13+             |           |           |           |                                     |           |           | Heat:4, starttime: 09:26 |           |
|--------------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 4/10    Lane : 3    Athlete: DE VOCHT ANNE-JULIE |           |           |           |                                     |           |           | Q-time: 02:29:06         |           |
| PB (25m pool): 02:30.71    Aarschot 28/04/2024         |           |           |           | PB (50m pool): 02:29.06 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                                                     |           | no time   |           | no time                             |           | no time   |                          | 02:30.71  |
|                                                        | no time   |           |           |                                     |           |           |                          |           |
|                                                        | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 20: 200M FREESTYLE WOMEN 13+                                                          |           |           |           |           |           |           | Heat:6, starttime: 09:32 |           |
|-----------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 6/10    Lane : 5    Athlete: VAN DEN BERGH ANNA                                               |           |           |           |           |           |           | Q-time: 02:22:11         |           |
| PB (25m pool): 02:22.11    Sportoase De Watermolen 21/07/2026    PB (50m pool): 02:27.16SB: 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                                                                                                  |           | 00:32.84  |           | 01:08.82  |           | 01:45.91  |                          | 02:22.11  |
|                                                                                                     | 00:32.84  |           | 00:35.98  |           | 00:37.09  |           | 00:36.20                 |           |
|                                                                                                     | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 20: 200M FREESTYLE WOMEN 13+       |           |           |           |                                     |           |           | Heat:8, starttime: 09:37 |           |
|--------------------------------------------------|-----------|-----------|-----------|-------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/10    Lane : 3    Athlete: VERNIERS NIME |           |           |           |                                     |           |           | Q-time: 02:15:86         |           |
| PB (25m pool): 02:15.86    Mol 28/12/2025        |           |           |           | PB (50m pool): 02:17.27 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                                               |           | 00:32.03  |           | 01:06.67                            |           | 01:41.69  |                          | 02:15.86  |
|                                                  | 00:32.03  |           | 00:34.64  |                                     | 00:35.02  |           | 00:34.17                 |           |
|                                                  | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 20: 200M FREESTYLE WOMEN 13+      |           |           |           |                                    |           |           | Heat:8, starttime: 09:37 |           |
|-------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 8/10    Lane : 7    Athlete: VERRET JULIE |           |           |           |                                    |           |           | Q-time: 02:17:46         |           |
| PB (25m pool): 02:17.46    Temse 17/11/2025     |           |           |           | PB (50m pool): 02:22.56SB: 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                                              |           | 00:32.06  |           | 01:07.83                           |           | 01:43.65  |                          | 02:17.46  |
|                                                 | 00:32.06  |           | 00:35.77  |                                    | 00:35.82  |           | 00:33.81                 |           |
|                                                 | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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| Event number: 20: 200M FREESTYLE WOMEN 13+                                                          |           |           |           |           |           |           | Heat:9, starttime: 09:40 |           |
|-----------------------------------------------------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 9/10    Lane : 7    Athlete: DE RIDDER STERRE                                                 |           |           |           |           |           |           | Q-time: 02:14:12         |           |
| PB (25m pool): 02:14.12    Sportoase De Watermolen 21/07/2026    PB (50m pool): 02:17.23SB: 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                                                                                                  |           | 00:32.26  |           | 01:06.10  |           | 01:40.31  |                          | 02:14.12  |
|                                                                                                     | 00:32.26  |           | 00:33.84  |           | 00:34.21  |           | 00:33.81                 |           |
|                                                                                                     | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 13+                                               |           |           |           |                  | Heat:6, starttime: 09:55 |
|----------------------------------------------------------------------------------------|-----------|-----------|-----------|------------------|--------------------------|
| Heat: 6/7    Lane : 1    Athlete: DE RIDDER ARNE                                       |           |           |           | Q-time: 01:02:24 |                          |
| PB (25m pool): 01:03.52    Herentals 09/05/2026    PB (50m pool): 01:02.24 SB: no time |           |           |           |                  |                          |
|                                                                                        | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M          |                          |
| PB                                                                                     |           | 00:30.21  |           | 01:03.52         |                          |
|                                                                                        | 00:30.21  |           | 00:33.31  |                  |                          |
|                                                                                        | . . . . . | . . . . . | . . . . . | . . . . .        |                          |

Coach feedback:

| Event number: 21: 100M BUTTERFLY MEN 13+                                               |           |           |           |                  | Heat:7, starttime: 09:57 |
|----------------------------------------------------------------------------------------|-----------|-----------|-----------|------------------|--------------------------|
| Heat: 7/7    Lane : 5    Athlete: LAUREYSSSENS LUKAS                                   |           |           |           | Q-time: 00:56:64 |                          |
| PB (25m pool): 00:56.64    Antwerpen 12/10/2025    PB (50m pool): 00:56.72 SB: no time |           |           |           |                  |                          |
|                                                                                        | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M          |                          |
| PB                                                                                     |           | 00:26.55  |           | 00:56.64         |                          |
|                                                                                        | 00:26.55  |           | 00:30.09  |                  |                          |
|                                                                                        | . . . . . | . . . . . | . . . . . | . . . . .        |                          |

Coach feedback:

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12     |           |           |           |                  | Heat:3, starttime: 10:04            |
|-----------------------------------------------------|-----------|-----------|-----------|------------------|-------------------------------------|
| Heat: 3/6    Lane : 2    Athlete: FLEERACKERS LAURA |           |           |           | Q-time: 01:46:20 |                                     |
| PB (25m pool): 01:50.94    Mol 28/12/2025           |           |           |           |                  | PB (50m pool): 01:46.20 SB: no time |
|                                                     | 2 5 M     | 5 0 M     | 7 5 M     | 1 0 0 M          |                                     |
| PB                                                  |           | 00:52.69  |           | 01:50.94         |                                     |
|                                                     | 00:52.69  |           | 00:58.25  |                  |                                     |
|                                                     | . . . . . | . . . . . | . . . . . | . . . . .        |                                     |

Coach feedback:

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| Event number: 22: 100M BREASTSTROKE WOMEN 11-12 |          |          |          |          | Heat:4, starttime: 10:06            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/6 Lane : 3 Athlete: VASQUEZ ANNA        |          |          |          |          | Q-time: 01:38:58                    |
| PB (25m pool): 01:48.20 Mol 29/12/2024          |          |          |          |          | PB (50m pool): 01:38.58 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:51.44 |          | 01:48.20 |                                     |
|                                                 | 00:51.44 |          | 00:56.76 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12 |          |          |          |          | Heat:5, starttime: 10:09            |
|-------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 5/6 Lane : 6 Athlete: LYTVYNIUK-HUL SOFIA |          |          |          |          | Q-time: 01:35:64                    |
| PB (25m pool): 01:41.29 Nijlen 16/11/2025       |          |          |          |          | PB (50m pool): 01:35.64 SB: no time |
|                                                 | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                              |          | 00:47.31 |          | 01:41.29 |                                     |
|                                                 | 00:47.31 |          | 00:53.98 |          |                                     |
|                                                 | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+            |          |          |          |          | Heat:3, starttime: 10:19            |
|------------------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 3/9 Lane : 2 Athlete: VAN OOSTERWYCK ALEXANDER |          |          |          |          | Q-time: 01:25:79                    |
| PB (25m pool): 01:26.42 Herentals 09/05/2026         |          |          |          |          | PB (50m pool): 01:25.79 SB: no time |
|                                                      | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                                   |          | 00:42.43 |          | 01:26.42 |                                     |
|                                                      | 00:42.43 |          | 00:43.99 |          |                                     |
|                                                      | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 23: 100M BACKSTROKE MEN 11+   |          |          |          |          | Heat:4, starttime: 10:21            |
|---------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/9 Lane : 4 Athlete: VLEEMING BIAGIO |          |          |          |          | Q-time: 01:20:45                    |
| PB (25m pool): 01:24.00 Arendonk 30/11/2025 |          |          |          |          | PB (50m pool): 01:20.45 SB: no time |
|                                             | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                          |          | 00:39.78 |          | 01:24.00 |                                     |
|                                             | 00:39.78 |          | 00:44.22 |          |                                     |
|                                             | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

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

| Event number: 23: 100M BACKSTROKE MEN 11+    |          |          |          |          | Heat:4, starttime: 10:21            |
|----------------------------------------------|----------|----------|----------|----------|-------------------------------------|
| Heat: 4/9 Lane : 7 Athlete: PEETERS SAMUEL   |          |          |          |          | Q-time: 01:21:22                    |
| PB (25m pool): 01:21.22 Herentals 09/05/2026 |          |          |          |          | PB (50m pool): 01:22.94 SB: no time |
|                                              | 2 5 M    | 5 0 M    | 7 5 M    | 1 0 0 M  |                                     |
| PB                                           |          | 00:39.46 |          | 01:21.22 |                                     |
|                                              | 00:39.46 |          | 00:41.76 |          |                                     |
|                                              | .....    | .....    | .....    | .....    |                                     |

Coach feedback:

| Event number: 24: 200M BREASTSTROKE WOMEN 13+         |           |           |           |                                    |           |           | Heat:2, starttime: 10:54 |           |
|-------------------------------------------------------|-----------|-----------|-----------|------------------------------------|-----------|-----------|--------------------------|-----------|
| Heat: 2/4    Lane : 6    Athlete: THEUNISSEN JOLIEN   |           |           |           |                                    |           |           | Q-time: 03:19:90         |           |
| PB (25m pool): 03:45.17    3500 Hasselt    24/11/2024 |           |           |           | PB (50m pool): 03:19.90SB: 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                                                    |           | 00:54.17  |           | 01:52.40                           |           | 02:49.08  |                          | 03:45.17  |
|                                                       | 00:54.17  |           | 00:58.23  |                                    | 00:56.68  |           | 00:56.09                 |           |
|                                                       | . . . . . | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 24: 200M BREASTSTROKE WOMEN 13+        |           |           |           |           |           |           | Heat:3, starttime: 10:58            |           |
|------------------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-------------------------------------|-----------|
| Heat: 3/4    Lane : 3    Athlete: VAN DEN BERGH ANNA |           |           |           |           |           |           | Q-time: 02:58:01                    |           |
| PB (25m pool): 03:16.78    Arendonk 30/10/2022       |           |           |           |           |           |           | PB (50m pool): 02:58.01 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                                                   |           | no time   |           | no time   |           | no time   |                                     | 03:16.78  |
|                                                      | no time   |           |           |           |           |           |                                     |           |
|                                                      | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . . | . . . . .                           | . . . . . |

Coach feedback:

| Event number: 24: 200M BREASTSTROKE WOMEN 13+   |           |           |                                    |           |           |           | Heat:4, starttime: 11:02 |           |
|-------------------------------------------------|-----------|-----------|------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 4/4    Lane : 2    Athlete: VERNIERS NIME |           |           |                                    |           |           |           | Q-time: 02:51:82         |           |
| PB (25m pool): 02:51.82    Temse 17/11/2025     |           |           | PB (50m pool): 02:54.05SB: 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                                              |           | 00:39.76  |                                    | 01:23.48  |           | 02:07.89  |                          | 02:51.82  |
|                                                 | 00:39.76  |           | 00:43.72                           |           | 00:44.41  |           | 00:43.93                 |           |
|                                                 | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

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

| Event number: 26: 50M FREESTYLE WOMEN 13+        |       |          | Heat:6, starttime: 11:18            |
|--------------------------------------------------|-------|----------|-------------------------------------|
| Heat: 6/12 Lane : 8 Athlete: DE VOCHT ANNE-JULIE |       |          | Q-time: 00:31:19                    |
| PB (25m pool): 00:31.19 Kapellen 02/11/2025      |       |          | PB (50m pool): 00:31.43 SB: no time |
|                                                  | 2 5 M | 5 0 M    |                                     |
| PB                                               |       | 00:31.19 |                                     |
|                                                  |       | 00:31.19 |                                     |
|                                                  | ..... | .....    |                                     |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+     |       |          | Heat:7, starttime: 11:19            |
|-----------------------------------------------|-------|----------|-------------------------------------|
| Heat: 7/12 Lane : 1 Athlete: DE RIDDER STERRE |       |          | Q-time: 00:30:64                    |
| PB (25m pool): 00:30.15 Mol 20/10/2024        |       |          | PB (50m pool): 00:30.64 SB: no time |
|                                               | 2 5 M | 5 0 M    |                                     |
| PB                                            |       | 00:30.15 |                                     |
|                                               |       | 00:30.15 |                                     |
|                                               | ..... | .....    |                                     |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+    |       |          | Heat:8, starttime: 11:20            |
|----------------------------------------------|-------|----------|-------------------------------------|
| Heat: 8/12 Lane : 3 Athlete: VERCAMMEN FLEUR |       |          | Q-time: 00:29:61                    |
| PB (25m pool): 00:29.40 Kapellen 03/11/2024  |       |          | PB (50m pool): 00:29.61 SB: no time |
|                                              | 2 5 M | 5 0 M    |                                     |
| PB                                           |       | 00:29.40 |                                     |
|                                              |       | 00:29.40 |                                     |
|                                              | ..... | .....    |                                     |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+    |       |          | Heat:9, starttime: 11:21            |
|----------------------------------------------|-------|----------|-------------------------------------|
| Heat: 9/12 Lane : 8 Athlete: VERRET JULIE    |       |          | Q-time: 00:29:56                    |
| PB (25m pool): 00:29.56 Antwerpen 12/10/2025 |       |          | PB (50m pool): 00:29.69 SB: no time |
|                                              | 2 5 M | 5 0 M    |                                     |
| PB                                           |       | 00:29.56 |                                     |
|                                              |       | 00:29.56 |                                     |
|                                              | ..... | .....    |                                     |

Coach feedback:

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|                                            |         |                                    |  |
|--------------------------------------------|---------|------------------------------------|--|
| Event number: 27: 50M BREASTSTROKE MEN 13+ |         | Heat:6, starttime: 11:31           |  |
| Heat: 6/6 Lane : 4 Athlete: MENNEN RUBEN   |         | Q-time: 00:28:00                   |  |
| PB (25m pool): no time                     |         | PB (50m pool): no time SB: no time |  |
|                                            | 25 M    | 50 M                               |  |
| PB                                         |         | no time                            |  |
|                                            | no time |                                    |  |
|                                            | .....   | .....                              |  |

Coach feedback: