

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

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

Coaches: De Weerd Koen

Coaches: De Herdt Els HEADCOACH

Coaches: De Herdt An

Coaches: Van Campenhout Sigrid

Coaches: Gijsemans Liesbet

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 : 3 Athlete: SLAETS CAZ					Q-time: 01:10:36
PB (25m pool): 01:10.36 Arendonk 31/05/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:10.36	
	no time				
					

Coach feedback:

Event number: 19: 100M MEDLEY MEN 11+					Heat:7, starttime: 09:12
Heat: 7/8 Lane : 7 Athlete: DOOMEN MARNIX					Q-time: 01:03:48
PB (25m pool): 01:03.48 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		00:29.32		01:03.48	
	00:29.32		00:34.16		
					

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:3, starttime: 09:22	
Heat: 3/10 Lane : 6 Athlete: SARMI SOFIA							Q-time: 02:36:21	
PB (25m pool): 02:36.21 Nijlen 01/03/2026				PB (50m pool): 02:35.88SB: 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		00:34.94		01:14.90		no time		02:36.21
	00:34.94		00:39.96					
								

Coach feedback:

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

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:4, starttime: 09:26	
Heat: 4/10 Lane : 4 Athlete: DE VOCHT LINNE							Q-time: 02:28:09	
PB (25m pool): 02:28.09 Leuven 12/10/2025				PB (50m pool): 02:29.72SB: 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		00:33.33		01:11.44		01:50.38		02:28.09
	00:33.33		00:38.11		00:38.94		00:37.71	
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:7, starttime: 09:34	
Heat: 7/10 Lane : 4 Athlete: VERDOOD PIP							Q-time: 02:18:60	
PB (25m pool): 02:18.60 Nijlen 01/03/2026				PB (50m pool): 02:18.96 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		00:31.99		01:07.46		no time		02:18.60
	00:31.99		00:35.47					
								

Coach feedback:

Event number: 20: 200M FREESTYLE WOMEN 13+							Heat:8, starttime: 09:37	
Heat: 8/10 Lane : 2 Athlete: SCHELLEMANS CHARLOTTE							Q-time: 02:16:83	
PB (25m pool): 02:16.83 Antwerpen 12/10/2025				PB (50m pool): 02:19.71 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		00:33.27		01:08.26		01:43.54		02:16.83
	00:33.27		00:34.99		00:35.28		00:33.29	
								

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:1, starttime: 09:46
Heat: 1/7 Lane : 5 Athlete: VERSTRAETE PEPIJN				Q-time: 01:39:32	
PB (25m pool): 01:39.32 Nijlen 16/11/2025			PB (50m pool): 01:37.22 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.91		01:39.32	
	00:45.91		00:53.41		
					

Coach feedback:

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

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:3, starttime: 09:50
Heat: 3/7 Lane : 3 Athlete: MERTENS GERBEN					Q-time: 01:12:68
PB (25m pool): 01:12.68 Temse 17/11/2025					PB (50m pool): 01:15.28 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.09		01:12.68	
	00:34.09		00:38.59		
					

Coach feedback:

Event number: 21: 100M BUTTERFLY MEN 13+					Heat:4, starttime: 09:52
Heat: 4/7 Lane : 2 Athlete: JACOB QINGKUN					Q-time: 01:09:31
PB (25m pool): 01:09.31 Nijlen 16/11/2025					PB (50m pool): 01:11.78 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.77		01:09.31	
	00:32.77		00:36.54		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:5, starttime: 10:23
Heat: 5/9 Lane : 7 Athlete: VERSTRAETE PEPIJN					Q-time: 01:18:76
PB (25m pool): 01:18.76 Nijlen 16/11/2025					PB (50m pool): 01:20.37 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.88		01:18.76	
	00:39.88		00:38.88		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:6, starttime: 10:26
Heat: 6/9 Lane : 6 Athlete: DE WEERDT BENT					Q-time: 01:16:14
PB (25m pool): 01:16.14 Herentals 09/05/2026					PB (50m pool): 01:18.04 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.33		01:16.14	
	00:37.33		00:38.81		
					

Coach feedback:

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

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:30
Heat: 8/9 Lane : 1 Athlete: WIJSGEER VIKTOR					Q-time: 01:07:51
PB (25m pool): 01:07.51 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:09.88 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.71		01:07.51	
	00:32.71		00:34.80		
					

Coach feedback:

Event number: 23: 100M BACKSTROKE MEN 11+					Heat:8, starttime: 10:30
Heat: 8/9 Lane : 3 Athlete: DOOMEN MARNIX					Q-time: 01:03:59
PB (25m pool): 01:03.59 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:05.61 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:30.70		01:03.59	
	00:30.70		00:32.89		
					

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:54	
Heat: 2/4 Lane : 3 Athlete: VAN REETH LIEZE							Q-time: 03:09:63	
PB (25m pool): 03:12.87 Hoogstraten 05/05/2024							PB (50m pool): 03:09.63SB: 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		03:12.87
	no time							
								

Coach feedback:

Event number: 24: 200M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 10:54	
Heat: 2/4 Lane : 5 Athlete: DALEMANS NEL							Q-time: 03:08:85	
PB (25m pool): 03:08.85 Antwerpen 12/10/2025							PB (50m pool): 03:14.84SB: 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		00:42.29		01:30.88		02:20.45		03:08.85
	00:42.29		00:48.59		00:49.57		00:48.40	
								

Coach feedback:

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

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:2, starttime: 11:13
Heat: 2/12 Lane : 2 Athlete: JORIS LINDE			Q-time: 00:34:89
PB (25m pool): 00:34.89 Arendonk 31/05/2026			PB (50m pool): 00:34.69 SB: no time
	2 5 M	5 0 M	
PB		00:34.89	
		00:34.89	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:4, starttime: 11:15
Heat: 4/12 Lane : 4 Athlete: SARMI SOFIA			Q-time: 00:31:53
PB (25m pool): 00:31.53 Arendonk 31/05/2026			PB (50m pool): 00:33.02 SB: no time
	2 5 M	5 0 M	
PB		00:31.53	
		00:31.53	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:6, starttime: 11:18
Heat: 6/12 Lane : 5 Athlete: DE VOCHT LINNE			Q-time: 00:30:90
PB (25m pool): 00:30.90 Leuven 12/10/2025			PB (50m pool): 00:31.51 SB: no time
	2 5 M	5 0 M	
PB		00:30.90	
		00:30.90	
			

Coach feedback:

Event number: 26: 50M FREESTYLE WOMEN 13+			Heat:11, starttime: 11:23
Heat: 11/12 Lane : 7 Athlete: JACOBS LOTTE			Q-time: 00:28:27
PB (25m pool): 00:28.27 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:28.98 SB: no time
	2 5 M	5 0 M	
PB		00:28.27	
		00:28.27	
			

Coach feedback:

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Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 11:28
Heat: 4/6 Lane : 1 Athlete: MERTENS GERBEN			Q-time: 00:34:81
PB (25m pool): 00:34.81 Antwerpen 12/10/2025			PB (50m pool): 00:32.83 SB: no time
	2 5 M	5 0 M	
PB		00:34.81	
		00:34.81	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:4, starttime: 11:28
Heat: 4/6 Lane : 3 Athlete: SLAETS CAZ			Q-time: 00:33:67
PB (25m pool): 00:33.67 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:33.44 SB: no time
	2 5 M	5 0 M	
PB		00:33.67	
		00:33.67	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:5, starttime: 11:30
Heat: 5/6 Lane : 3 Athlete: JACOB QINGKUN			Q-time: 00:32:43
PB (25m pool): 00:32.43 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:32.93 SB: no time
	2 5 M	5 0 M	
PB		00:32.43	
		00:32.43	
			

Coach feedback:

Event number: 27: 50M BREASTSTROKE MEN 13+			Heat:6, starttime: 11:31
Heat: 6/6 Lane : 1 Athlete: WIJSGEER VIKTOR			Q-time: 00:31:16
PB (25m pool): 00:31.16 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:31.43 SB: no time
	2 5 M	5 0 M	
PB		00:31.16	
		00:31.16	
			

Coach feedback: