

PK Antw KB 26: Session: 4: COACH evaluation sheet for TEAM: MOZKA

Coachinfo: Warming up from: 13:00 untill 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Beyens Sam

Coaches: Moors Joren

Coaches: Luyten Sjobbe HEADCOACH

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:1, starttime: 14:00
Heat: 1/11 Lane : 2 Athlete: HOEYBERGHS RYLEY					Q-time: 01:53:04
PB (25m pool): 01:53.04 MoI 28/12/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:53.27		01:53.04	
	00:53.27		00:59.77		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/11 Lane : 7 Athlete: WOUTERS FENNA					Q-time: 01:34:87
PB (25m pool): 01:34.87 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		00:45.38		01:34.87	
	00:45.38		00:49.49		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:13
Heat: 7/11 Lane : 4 Athlete: HACHED LINA					Q-time: 01:20:48
PB (25m pool): 01:19.20 MoI 29/12/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.55		01:19.20	
	00:35.55		00:43.65		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:15
Heat: 8/11 Lane : 6 Athlete: BAYGUNES DEFNE					Q-time: 01:17:54
PB (25m pool): 01:17.54 Heist Op Den Berg 11/01/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:17.54	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:15
Heat: 8/11 Lane : 8 Athlete: CEULEMANS LENA					Q-time: 01:20:30
PB (25m pool): 01:20.30 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		00:37.27		01:20.30	
	00:37.27		00:43.03		
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+					Heat:3, starttime: 14:28			
Heat: 3/9 Lane : 4 Athlete: VAN HOVE VICTOR					Q-time: 02:25:49			
PB (25m pool): 02:29.41 3500 Hasselt 23/11/2025					PB (50m pool): 02:25.49 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		01:11.01		01:51.53		02:29.41
	00:33.27		00:37.74		00:40.52		00:37.88	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+					Heat:5, starttime: 14:34			
Heat: 5/9 Lane : 2 Athlete: HUYSMANS SEPPE					Q-time: 02:12:86			
PB (25m pool): 02:12.86 3500 Hasselt 23/11/2025					PB (50m pool): 02:22.60 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		00:30.65		01:04.67		01:39.34		02:12.86
	00:30.65		00:34.02		00:34.67		00:33.52	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 14:37	
Heat: 6/9 Lane : 3 Athlete: HUYGENS ARNE							Q-time: 02:08:02	
PB (25m pool): 02:08.02 Antwerpen 12/10/2025				PB (50m pool): 02:20.66SB: 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		00:30.74		01:03.20		01:35.90		02:08.02
	00:30.74		00:32.46		00:32.70		00:32.12	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 14:40	
Heat: 7/9 Lane : 1 Athlete: VERACHTEN LOUIS							Q-time: 02:05:74	
PB (25m pool): 02:08.01 3500 Hasselt 23/11/2025				PB (50m pool): 02:05.74SB: 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		00:29.64		01:02.77		01:35.93		02:08.01
	00:29.64		00:33.13		00:33.16		00:32.08	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:8, starttime: 14:42	
Heat: 8/9 Lane : 7 Athlete: ZRIRAK WAEL							Q-time: 02:01:76	
PB (25m pool): no time			PB (50m pool): no time 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		no time
	no time							
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:1, starttime: 14:48
Heat: 1/4 Lane : 6 Athlete: LIEVENS NONA				Q-time: 01:58:86	
PB (25m pool): 02:01.65 Herentals 17/05/2025			PB (50m pool): 01:58.86SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:51.69		02:01.65	
	00:51.69		01:09.96		
					

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:50
Heat: 2/4 Lane : 6 Athlete: GEYPEN WIES					Q-time: 01:17:86
PB (25m pool): 01:21.92 Purmerend 20/05/2024			PB (50m pool): 01:17.86 SB: no time		
2 5 M	5 0 M	7 5 M	1 0 0 M		
PB	no time		01:21.92		
no time					
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Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:4, starttime: 14:54
Heat: 4/4 Lane : 8 Athlete: KEMPS ELIZE					Q-time: 01:09:58
PB (25m pool): 01:09.58 Mol 28/12/2025			PB (50m pool): 01:09.82 SB: no time		
2 5 M	5 0 M	7 5 M	1 0 0 M		
PB	00:32.34		01:09.58		
00:32.34		00:37.24			
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Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:1, starttime: 14:56
Heat: 1/4 Lane : 5 Athlete: VAN GORP THIJS					Q-time: 01:57:71
PB (25m pool): 01:53.77 Pelt 27/09/2026			PB (50m pool): 01:57.71 SB: 01:53.77 Pelt 27/09/2026		
2 5 M	5 0 M	7 5 M	1 0 0 M		
PB	00:54.17		01:53.77		
00:54.17		00:59.60			
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Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:4, starttime: 15:03
Heat: 4/4 Lane : 5 Athlete: VAN HOVE NAND					Q-time: 01:23:15
PB (25m pool): 01:28.64 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:23.15 SB: no time		
2 5 M	5 0 M	7 5 M	1 0 0 M		
PB	00:43.06		01:28.64		
00:43.06		00:45.58			
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Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:06
Heat: 1/14 Lane : 3 Athlete: STADTMAN MALAYKA					Q-time: 01:57:87
PB (25m pool): 01:45.83 Pelt 27/09/2026					PB (50m pool): 01:57.87 SB: 01:45.83 Pelt 27/09/2026
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:45.83	
	no time				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:1, starttime: 15:06
Heat: 1/14 Lane : 4 Athlete: HOEYBERGHS RYLEY					Q-time: 01:49:13
PB (25m pool): 01:49.13 Turnhout 01/03/2026					PB (50m pool): 01:49.59 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.64		01:49.13	
	00:50.64 00:58.49				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:09
Heat: 2/14 Lane : 2 Athlete: LIEVENS NONA					Q-time: 01:42:68
PB (25m pool): 01:42.68 Heist Op Den Berg 11/01/2025					PB (50m pool): 01:48.39 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.40		01:42.68	
	00:48.40 00:54.28				
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:11
Heat: 3/14 Lane : 8 Athlete: WOUTERS FENNA					Q-time: 01:37:35
PB (25m pool): 01:41.69 Arendonk 30/11/2025					PB (50m pool): 01:37.35 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:52.26		01:41.69	
	00:52.26 00:49.43				
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/14 Lane : 3 Athlete: DIRIX LILY					Q-time: 01:21:19
PB (25m pool): 01:21.19 Herentals 09/05/2026			PB (50m pool): 01:25.41 SB: 01:23.01 Pelt 27/09/2026		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:40.21		01:21.19	
	00:40.21		00:40.98		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:26
Heat: 9/14 Lane : 1 Athlete: HACHED LINA					Q-time: 01:16:89
PB (25m pool): 01:16.42 Mol 29/12/2024			PB (50m pool): 01:16.95 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.29		01:16.42	
	00:37.29		00:39.13		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:29
Heat: 10/14 Lane : 7 Athlete: BAYGUNES DEFNE					Q-time: 01:15:23
PB (25m pool): 01:15.23 Nijlen 16/11/2025			PB (50m pool): 01:19.06 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.34		01:15.23	
	00:36.34		00:38.89		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:12, starttime: 15:33
Heat: 12/14 Lane : 4 Athlete: VAN BAELEN YENTHE					Q-time: 01:10:67
PB (25m pool): 01:10.67 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 01:12.86 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.18		01:10.67	
	00:34.18		00:36.49		
					

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:1, starttime: 15:55	
Heat: 1/4 Lane : 3 Athlete: DE MESSEMAEKER ZYDRICH							Q-time: 03:26:99	
PB (25m pool): 03:49.16 Parklaan 58, Turnhout 30/03/2025							PB (50m pool): 03:26.99 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		00:51.16		01:49.16		no time		03:49.16
	00:51.16		00:58.00					
								

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 16:09	
Heat: 1/2 Lane : 4 Athlete: ADRIAENSEN LENA							Q-time: 06:05:12	
PB (25m pool): no time							PB (50m pool): 06:05.12 SB: no time	
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		no time
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:3, starttime: 16:26	
Heat: 3/10 Lane : 1 Athlete: HOOYBERGHS MIL							Q-time: 00:31:38	
PB (25m pool): 00:34.88 Herentals 17/05/2025							PB (50m pool): 00:31.38SB: no time	
	2 5 M		5 0 M					
PB			00:34.88					
			00:34.88					
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 16:27
Heat: 4/10 Lane : 2 Athlete: VAN HOVE VICTOR			Q-time: 00:29:60
PB (25m pool): 00:30.68 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:29.60 SB: no time			
	2 5 M	5 0 M	
PB		00:30.68	
		00:30.68	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:30
Heat: 8/10 Lane : 3 Athlete: ZRIRAK WAEL			Q-time: 00:25:18
PB (25m pool): no time PB (50m pool): no time SB: no time			
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:30
Heat: 8/10 Lane : 6 Athlete: MIHAILESCU STEFAN			Q-time: 00:25:33
PB (25m pool): 00:28.78 Nijlen 17/11/2024 PB (50m pool): 00:25.33 SB: no time			
	2 5 M	5 0 M	
PB		00:28.78	
		00:28.78	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 16:34
Heat: 1/5 Lane : 4 Athlete: DIRIX LILY			Q-time: 00:43:72
PB (25m pool): 00:43.72 Herentals 09/05/2026 PB (50m pool): 00:44.83 SB: no time			
	2 5 M	5 0 M	
PB		00:43.72	
		00:43.72	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+				Heat:2, starttime: 16:35	
Heat: 2/5 Lane : 5 Athlete: GEYPEN WIES				Q-time: 00:39:59	
PB (25m pool): 00:40.89 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:39.59SB: no time					
	2 5 M	5 0 M			
PB		00:40.89			
	00:40.89				
					

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+				Heat:3, starttime: 16:36	
Heat: 3/5 Lane : 6 Athlete: KEMPS ELIZE				Q-time: 00:37:74	
PB (25m pool): 00:37.74 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:38.63SB: no time					
	2 5 M	5 0 M			
PB		00:37.74			
	00:37.74				
					

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 7 Athlete: TEAM MOZKA 1							Q-time: 01:59:07	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback:

Event number: 38: 4x50M MEDLEY WOMEN 11+							Heat:1, starttime: 16:51	
Heat: 1/2 Lane : 4 Athlete: TEAM MOZKA 1							Q-time: 02:13:55	
PB (25m pool):			PB (50m pool):		SB:			
	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								
								

Coach feedback: