

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

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

Coaches: Dierckx Davy

Coaches: Feyten Anne

Coaches: Vissers Ann

Coaches: Moeskops Kathleen HEADCOACH

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:09
Heat: 5/11 Lane : 8 Athlete: KENIS JOSEPHINE					Q-time: 01:29:84
PB (25m pool): 01:29.84 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		00:43.00		01:29.84	
	00:43.00		00:46.84		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:11
Heat: 6/11 Lane : 3 Athlete: KENIS LOLA					Q-time: 01:25:30
PB (25m pool): 01:25.30 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		01:25.30	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:15
Heat: 8/11 Lane : 3 Athlete: VAN LOMMEL ANTHE					Q-time: 01:17:36
PB (25m pool): 01:17.36 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		00:36.12		01:17.36	
	00:36.12		00:41.24		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:9, starttime: 14:16
Heat: 9/11 Lane : 1 Athlete: DIERCKX FEMKE					Q-time: 01:16:25
PB (25m pool): 01:16.25 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		00:35.58		01:16.25	
	00:35.58		00:40.67		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/11 Lane : 1 Athlete: BIERINCKX MIE					Q-time: 01:11:09
PB (25m pool): 01:11.09 Herentals 09/05/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.49		01:11.09	
	00:32.49		00:38.60		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:10, starttime: 14:18
Heat: 10/11 Lane : 5 Athlete: MERTENS FEMKE					Q-time: 01:09:02
PB (25m pool): 01:09.02 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		00:31.75		01:09.02	
	00:31.75		00:37.27		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:11, starttime: 14:20
Heat: 11/11 Lane : 3 Athlete: BOVEN AXELLE					Q-time: 01:06:63
PB (25m pool): 01:06.63 Herentals 09/05/2026 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.34		01:06.63	
	00:31.34		00:35.29		
					

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:22	
Heat: 1/9 Lane : 4 Athlete: BELLENS PIETER							Q-time: 02:42:64	
PB (25m pool): 02:42.64 Antwerpen 12/10/2025				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		00:36.69		01:19.50		02:02.60		02:42.64
	00:36.69		00:42.81		00:43.10		00:40.04	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:28	
Heat: 3/9 Lane : 5 Athlete: FEYEN AEDEN							Q-time: 02:25:58	
PB (25m pool): 02:25.58 3500 Hasselt 23/11/2025				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		00:33.71		01:10.92		01:49.41		02:25.58
	00:33.71		00:37.21		00:38.49		00:36.17	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:31	
Heat: 4/9 Lane : 2 Athlete: VAN GORP TUUR							Q-time: 02:21:89	
PB (25m pool): 02:21.89 Parklaan 58, Turnhout 29/03/2026 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		00:31.97		01:08.53		no time		02:21.89
	00:31.97		00:36.56					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 14:34	
Heat: 5/9 Lane : 3 Athlete: LAEREMANS SEBASTIAAN							Q-time: 02:10:65	
PB (25m pool): 02:10.65 3500 Hasselt 23/11/2025				PB (50m pool): 02:27.92 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		00:30.07		01:03.84		01:38.06		02:10.65
	00:30.07		00:33.77		00:34.22		00:32.59	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 14:34	
Heat: 5/9 Lane : 5 Athlete: BERTELS QUILLAN							Q-time: 02:10:63	
PB (25m pool): 02:12.09 3500 Hasselt 23/11/2025				PB (50m pool): 02:10.63 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		00:29.54		01:03.16		01:37.78		02:12.09
	00:29.54		00:33.62		00:34.62		00:34.31	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:8, starttime: 14:42	
Heat: 8/9 Lane : 1 Athlete: VERBEEK SEM							Q-time: 02:02:14	
PB (25m pool): 02:00.23 Hasselt 28/11/2021				PB (50m pool): 02:02.83SB: 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		02:00.23
	no time							
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+							Heat:2, starttime: 14:50	
Heat: 2/4 Lane : 4 Athlete: DIERCKX FEMKE							Q-time: 01:15:97	
PB (25m pool): 01:15.97 Herentals 09/05/2026				PB (50m pool): 01:19.93SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:34.25		01:15.97				
	00:34.25		00:41.72					
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:50
Heat: 2/4 Lane : 8 Athlete: JANSSENS ELISABETH					Q-time: 01:19:95
PB (25m pool): 01:19.95 Mol 28/12/2025			PB (50m pool): 01:24.42 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.01		01:19.95	
	00:36.01		00:43.94		
					

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:52
Heat: 3/4 Lane : 2 Athlete: DURT REINE					Q-time: 01:12:40
PB (25m pool): 01:12.40 Herentals 17/05/2025			PB (50m pool): 01:13.27 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.64		01:12.40	
	00:33.64		00:38.76		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:4, starttime: 14:54
Heat: 4/4 Lane : 6 Athlete: MERTENS HELENA					Q-time: 01:09:01
PB (25m pool): 01:09.01 Herentals 17/05/2025			PB (50m pool): 01:11.31 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.34		01:09.01	
	00:32.34		00:36.67		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:4, starttime: 14:54
Heat: 4/4 Lane : 7 Athlete: BELLENS LORE					Q-time: 01:09:11
PB (25m pool): 01:09.11 Heist-op-den-Berg 10/01/2026			PB (50m pool): 01:10.15 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.17		01:09.11	
	00:32.17		00:36.94		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:2, starttime: 14:59
Heat: 2/4 Lane : 2 Athlete: WILMS BRAM					Q-time: 01:44:20
PB (25m pool): 01:44.20 Herentals 09/05/2026			PB (50m pool): 01:45.65 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.11		01:44.20	
	00:49.11		00:55.09		
					

Coach feedback:

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Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:01
Heat: 3/4 Lane : 2 Athlete: JANSSENS ALEXANDER					Q-time: 01:37:42
PB (25m pool): 01:37.42 Herentals 09/05/2026					PB (50m pool): 01:39.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.94		01:37.42	
	00:46.94		00:50.48		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:4, starttime: 15:03
Heat: 4/4 Lane : 2 Athlete: MERTENS DIETER					Q-time: 01:28:25
PB (25m pool): 01:28.25 Herentals 09/05/2026					PB (50m pool): 01:31.67 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.07		01:28.25	
	00:42.07		00:46.18		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:12, starttime: 15:33
Heat: 12/14 Lane : 7 Athlete: BELLENS LORE					Q-time: 01:11:81
PB (25m pool): 01:11.81 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:14.93 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.96		01:11.81	
	00:34.96		00:36.85		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 15:35
Heat: 13/14 Lane : 1 Athlete: JANSSENS ELISABETH					Q-time: 01:09:81
PB (25m pool): 01:09.81 Herentals 09/05/2026					PB (50m pool): 01:12.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.68		01:09.81	
	00:33.68		00:36.13		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 15:35
Heat: 13/14 Lane : 2 Athlete: BIERINCKX MIE					Q-time: 01:09:45
PB (25m pool): 01:09.45 Herentals 09/05/2026					PB (50m pool): 01:12.12 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:33.47		01:09.45	
	00:33.47		00:35.98		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:13, starttime: 15:35
Heat: 13/14 Lane : 3 Athlete: MERTENS FEMKE					Q-time: 01:08:39
PB (25m pool): 01:08.39 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:10.39 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.88		01:08.39	
	00:32.88		00:35.51		
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:58	
Heat: 2/4 Lane : 6 Athlete: FEYEN AEDEN							Q-time: 02:59:55	
PB (25m pool): 02:59.55 3500 Hasselt 23/11/2025				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		00:39.93		01:25.10		02:12.65		02:59.55
	00:39.93		00:45.17		00:47.55		00:46.90	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+					Heat:1, starttime: 16:23
Heat: 1/10 Lane : 3 Athlete: BELLENS PIETER					Q-time: 00:35:87
PB (25m pool): 00:36.10 Antwerpen 12/10/2025					PB (50m pool): 00:35.87 SB: no time
	2 5 M	5 0 M			
PB		00:36.10			
	00:36.10				
					

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:4, starttime: 16:27
Heat: 4/10 Lane : 7 Athlete: VAN GORP TUUR			Q-time: 00:29:65
PB (25m pool): 00:29.65 Herentals 09/05/2026			PB (50m pool): 00:35.33 SB: no time
	2 5 M	5 0 M	
PB		00:29.65	
		00:29.65	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 16:28
Heat: 5/10 Lane : 6 Athlete: LAEREMANS SEBASTIAAN			Q-time: 00:27:40
PB (25m pool): 00:27.40 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:27.94 SB: no time
	2 5 M	5 0 M	
PB		00:27.40	
		00:27.40	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:7, starttime: 16:29
Heat: 7/10 Lane : 1 Athlete: BERTELS QUILLAN			Q-time: 00:26:59
PB (25m pool): 00:26.59 Arendonk 30/11/2025			PB (50m pool): 00:27.02 SB: no time
	2 5 M	5 0 M	
PB		00:26.59	
		00:26.59	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:1, starttime: 16:34
Heat: 1/5 Lane : 7 Athlete: KENIS JOSEPHINE			Q-time: 00:45:82
PB (25m pool): 00:46.39 Nijlen 16/11/2025			PB (50m pool): 00:45.82 SB: no time
	2 5 M	5 0 M	
PB		00:46.39	
		00:46.39	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:35
Heat: 2/5 Lane : 3 Athlete: VAN LOMMEL ANTHE			Q-time: 00:39:75
PB (25m pool): 00:39.75 Herentals 09/05/2026			PB (50m pool): 00:41.94 SB: no time
	2 5 M	5 0 M	
PB		00:39.75	
		00:39.75	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:36
Heat: 3/5 Lane : 3 Athlete: MERTENS HELENA			Q-time: 00:37:71
PB (25m pool): 00:37.71 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:38.68 SB: no time
	2 5 M	5 0 M	
PB		00:37.71	
		00:37.71	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 16:37
Heat: 4/5 Lane : 1 Athlete: DURT REINE			Q-time: 00:36:48
PB (25m pool): 00:36.48 Stedelijk Zwembad Geel 16/02/2025			PB (50m pool): 00:37.13 SB: no time
	2 5 M	5 0 M	
PB		00:36.48	
		00:36.48	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:5, starttime: 16:38
Heat: 5/5 Lane : 1 Athlete: BOVEN AXELLE			Q-time: 00:35:32
PB (25m pool): 00:35.35 Stedelijk Zwembad Geel 15/02/2026			PB (50m pool): 00:35.32 SB: no time
	2 5 M	5 0 M	
PB		00:35.35	
		00:35.35	
			

Coach feedback:

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Event number: 37: 4x50M MEDLEY MEN 11+							Heat:2, starttime: 16:48	
Heat: 2/2 Lane : 6 Athlete: TEAM SHARK 3							Q-time: 01:56:42	
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:2, starttime: 16:54	
Heat: 2/2 Lane : 1 Athlete: TEAM SHARK 4							Q-time: 02:13:14	
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:2, starttime: 16:54	
Heat: 2/2 Lane : 3 Athlete: TEAM SHARK 3							Q-time: 02:07:36	
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: