

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

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

Coaches: Faes Sandra

Coaches: Vanhaesebroeck Nicolas

Coaches: Neiryndck Jan

Coaches: Wouters Ivan

Coaches: Van Dooren Glenn

Coaches: Dekker Tamiko

Coaches: Blaton Joke

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 : 6 Athlete: VAN HASSEL FEMKE					Q-time: 01:49:33
PB (25m pool): 01:49.33 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		00:55.12		01:49.33	
		00:55.12		00:54.21	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:02
Heat: 2/11 Lane : 4 Athlete: VAN GINKEL LOES					Q-time: 01:36:81
PB (25m pool): 01:36.81 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		00:44.06		01:36.81	
		00:44.06		00:52.75	
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:2, starttime: 14:02
Heat: 2/11 Lane : 6 Athlete: VAN GINKEL KAAAT					Q-time: 01:38:71
PB (25m pool): 01:38.71 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		00:45.31		01:38.71	
		00:45.31		00:53.40	
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:07
Heat: 4/11 Lane : 4 Athlete: CLAES SIEN					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		00:43.15		01:29.84	
	00:43.15		00:46.69		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:07
Heat: 4/11 Lane : 5 Athlete: DILLEN HANNE					Q-time: 01:30:08
PB (25m pool): 01:30.08 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		00:40.64		01:30.08	
	00:40.64		00:49.44		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:6, starttime: 14:11
Heat: 6/11 Lane : 5 Athlete: WYNANTS FRé					Q-time: 01:24:71
PB (25m pool): 01:24.71 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		00:39.62		01:24.71	
	00:39.62		00:45.09		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:13
Heat: 7/11 Lane : 1 Athlete: NEUVILLE ALIZÉE					Q-time: 01:22:97
PB (25m pool): 01:22.97 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		00:38.28		01:22.97	
	00:38.28		00:44.69		
					

Coach feedback:

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Event number: 28: 100M MEDLEY WOMEN 11+					Heat:8, starttime: 14:15
Heat: 8/11 Lane : 1 Athlete: NEUVILLE AXELLE					Q-time: 01:20:28
PB (25m pool): 01:20.28 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		00:38.03		01:20.28	
	00:38.03		00:42.25		
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:4, starttime: 14:31	
Heat: 4/9 Lane : 3 Athlete: SEYMUS AXEL							Q-time: 02:18:90	
PB (25m pool): 02:18.90 Nijlen 01/03/2026							PB (50m pool): 02:26.22 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		00:31.61		01:07.90		no time		02:18.90
	00:31.61		00:36.29					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 14:34	
Heat: 5/9 Lane : 1 Athlete: VERDONCK STAN							Q-time: 02:15:98	
PB (25m pool): 02:15.98 Nijlen 01/03/2026							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		00:30.45		01:05.31		no time		02:15.98
	00:30.45		00:34.86					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:5, starttime: 14:34	
Heat: 5/9 Lane : 6 Athlete: WYNANTS WARD							Q-time: 02:11:34	
PB (25m pool): 02:11.34 TEMSE 23/11/2025							PB (50m pool): 02:47.61 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		00:30.05		01:03.50		01:37.84		02:11.34
	00:30.05		00:33.45		00:34.34		00:33.50	
								

Coach feedback:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:7, starttime: 14:40	
Heat: 7/9 Lane : 7 Athlete: VAN DOOREN WARRE							Q-time: 02:05:56	
PB (25m pool): 02:05.56 Kapellen 30/05/2026				PB (50m pool): 02:12.73 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		00:28.53		01:00.50		no time		02:05.56
	00:28.53		00:31.97					
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+							Heat:2, starttime: 14:50	
Heat: 2/4 Lane : 7 Athlete: VERMAELEN MIYA							Q-time: 01:19:60	
PB (25m pool): 01:19.60 Aarschot 26/04/2026				PB (50m pool): 01:20.93SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:35.82		01:19.60				
	00:35.82		00:43.78					
								

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:01
Heat: 3/4 Lane : 3 Athlete: CAMBRé ARTHUR					Q-time: 01:37:16
PB (25m pool): 01:37.16 Nijlen 01/03/2026					PB (50m pool): 01:40.08SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.11		01:37.16	
	00:46.11		00:51.05		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:2, starttime: 15:09
Heat: 2/14 Lane : 1 Athlete: VAN REGEMORTER ILOUKA					Q-time: 01:46:75
PB (25m pool): 01:46.75 Mol 28/12/2025			PB (50m pool): 01:49.21 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:50.98		01:46.75	
	00:50.98		00:55.77		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:11
Heat: 3/14 Lane : 4 Athlete: VAN GINKEL KAAT					Q-time: 01:32:84
PB (25m pool): 01:35.58 Aarschot 26/04/2026					PB (50m pool): 01:32.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:47.03		01:35.58	
	00:47.03		00:48.55		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:3, starttime: 15:11
Heat: 3/14 Lane : 5 Athlete: CLAES SIEN					Q-time: 01:32:88
PB (25m pool): 01:35.72 Sint-Niklaas 11/01/2026					PB (50m pool): 01:32.88 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:46.84		01:35.72	
	00:46.84		00:48.88		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:14
Heat: 4/14 Lane : 3 Athlete: DILLEN LOTTE					Q-time: 01:31:22
PB (25m pool): 01:36.82 Herentals 17/05/2025					PB (50m pool): 01:31.22 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:48.44		01:36.82	
	00:48.44		00:48.38		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:4, starttime: 15:14
Heat: 4/14 Lane : 8 Athlete: VAN GINKEL LOES					Q-time: 01:32:69
PB (25m pool): 01:35.70 Nijlen 16/11/2025					PB (50m pool): 01:32.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.61		01:35.70	
	00:45.61		00:50.09		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:19
Heat: 6/14 Lane : 1 Athlete: WYNANTS FRÉ					Q-time: 01:26:84
PB (25m pool): 01:26.84 Temse 17/11/2025					PB (50m pool): 01:31.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.64		01:26.84	
	00:42.64		00:44.20		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:19
Heat: 6/14 Lane : 2 Athlete: DILLEN HANNE					Q-time: 01:26:27
PB (25m pool): 01:26.27 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:30.85 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.65		01:26.27	
	00:41.65		00:44.62		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:6, starttime: 15:19
Heat: 6/14 Lane : 4 Athlete: NEUVILLE ALIZÉE					Q-time: 01:25:25
PB (25m pool): 01:26.95 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:25.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:41.82		01:26.95	
	00:41.82		00:45.13		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/14 Lane : 8 Athlete: NEUVILLE AXELLE					Q-time: 01:24:82
PB (25m pool): 01:25.59 Heist-op-den-Berg 10/01/2026					PB (50m pool): 01:24.82 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:42.48		01:25.59	
	00:42.48		00:43.11		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:26
Heat: 9/14 Lane : 3 Athlete: LEMBRECHTS SOPHIE					Q-time: 01:16:44
PB (25m pool): 01:12.78 Diksmuide 17/11/2024					PB (50m pool): 01:19.18 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.85		01:12.78	
	00:35.85		00:36.93		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:26
Heat: 9/14 Lane : 7 Athlete: CLAES JADE					Q-time: 01:16:77
PB (25m pool): 01:16.77 Kapellen 30/05/2026					PB (50m pool): 01:17.74 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.28		01:16.77	
	00:37.28		00:39.49		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:29
Heat: 10/14 Lane : 6 Athlete: LAUREYSENS JUTTA					Q-time: 01:14:49
PB (25m pool): 01:15.27 Aarschot 26/04/2026					PB (50m pool): 01:14.49 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.02		01:15.27	
	00:37.02		00:38.25		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:31
Heat: 11/14 Lane : 3 Athlete: BASSTANIE LIENE					Q-time: 01:12:85
PB (25m pool): 01:12.85 Antwerpen 12/10/2025					PB (50m pool): 01:14.84 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.84		01:12.85	
	00:35.84		00:37.01		
					

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:58	
Heat: 2/4 Lane : 1 Athlete: THIJSBAERT NIO							Q-time: 03:03:13	
PB (25m pool): 03:03.13 Mol 28/12/2025				PB (50m pool): 03:07.49SB: 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		00:40.96		01:26.98		02:14.92		03:03.13
	00:40.96		00:46.02		00:47.94		00:48.21	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:58	
Heat: 2/4 Lane : 5 Athlete: SEYMUS AXEL							Q-time: 02:55:79	
PB (25m pool): 03:03.87 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:55.79 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		00:40.97		01:29.30		no time		03:03.87
	00:40.97		00:48.33					
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 16:02	
Heat: 3/4 Lane : 2 Athlete: VERDONCK STAN							Q-time: 02:42:96	
PB (25m pool): 02:42.96 Aarschot 26/04/2026				PB (50m pool): 02:44.59 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		00:37.09		01:19.70		02:02.08		02:42.96
	00:37.09		00:42.61		00:42.38		00:40.88	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 16:02	
Heat: 3/4 Lane : 6 Athlete: WYNANTS WARD							Q-time: 02:42:13	
PB (25m pool): 02:42.13 Antwerpen 12/10/2025				PB (50m pool): 02:48.28 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		00:36.48		01:18.03		02:00.65		02:42.13
	00:36.48		00:41.55		00:42.62		00:41.48	
								

Coach feedback:

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Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 16:16	
Heat: 2/2 Lane : 3 Athlete: BASSTANIE LIENE							Q-time: 05:35:54	
PB (25m pool): 05:35.54 Aarschot 26/04/2026				PB (50m pool): 05:50.36SB: 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		01:17.52		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		05:35.54
								

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:2, starttime: 16:35	
Heat: 2/5 Lane : 4 Athlete: VERMAELEN MIYA						Q-time: 00:39:21		
PB (25m pool): 00:39.21 Herentals 17/05/2025				PB (50m pool): 00:39.82 SB: no time				
	2 5 M		5 0 M					
PB			00:39.21					
			00:39.21					
								

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+							Heat:5, starttime: 16:38	
Heat: 5/5 Lane : 7 Athlete: LEMBRECHTS SOPHIE							Q-time: 00:34:45	
PB (25m pool): 00:34.45 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 00:36.36SB: no time								
PB	2 5 M		5 0 M					
			00:34.45					
			00:34.45					
								

Coach feedback: