

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

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

Coaches: Asselman Jasper

Coaches: Van Schoor Els

Coaches: Bettens Ben

Coaches: Delissen Kim HEADCOACH

Coaches: Driesen Inge

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:13
Heat: 7/11 Lane : 6 Athlete: VAN DEN BOSSCHE LIA					Q-time: 01:21:19
PB (25m pool): 01:21.19 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.29		01:21.19	
	00:38.29		00:42.90		
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:7, starttime: 14:13
Heat: 7/11 Lane : 7 Athlete: CORNEZ MAYLIE					Q-time: 01:21:70
PB (25m pool): 01:21.70 Kapellen 02/06/2024 PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:21.70	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:22	
Heat: 1/9 Lane : 3 Athlete: FONTANA ALESSANDRO MARIA NIC							Q-time: 02:47:95	
PB (25m pool): no time			PB (50m pool): 02:47.95 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:

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Event number: 29: 200M FREESTYLE MEN 13+							Heat:1, starttime: 14:22	
Heat: 1/9 Lane : 5 Athlete: VERDONCK STIJN							Q-time: 02:46:06	
PB (25m pool): no time			PB (50m pool): 02:29.53SB: 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: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 14:37	
Heat: 6/9 Lane : 1 Athlete: NAEGELS REZA							Q-time: 02:09:93	
PB (25m pool): 02:09.93 Aartselaar 01/11/2025				PB (50m pool): 02:12.32SB: 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		00:29.91		01:02.60		no time		02:09.93
	00:29.91		00:32.69					
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:6, starttime: 14:37	
Heat: 6/9 Lane : 8 Athlete: BETTENS LUCAS							Q-time: 02:10:60	
PB (25m pool): 02:10.60 Antwerpen 12/10/2025				PB (50m pool): 02:12.12SB: 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		00:30.23		01:03.20		01:37.20		02:10.60
	00:30.23		00:32.97		00:34.00		00:33.40	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+							Heat:1, starttime: 14:48	
Heat: 1/4 Lane : 3 Athlete: VANDE SOMPELE JITS							Q-time: 01:29:34	
PB (25m pool): 01:29.34 Kapellen 01/06/2025				PB (50m pool): 01:30.89SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:41.62		01:29.34				
	00:41.62		00:47.72					
								

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:1, starttime: 14:48
Heat: 1/4 Lane : 4 Athlete: NULENS LILI					Q-time: 01:21:64
PB (25m pool): 01:21.64 Nijlen 16/11/2025					PB (50m pool): 01:17.94 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.64		01:21.64	
	00:37.64		00:44.00		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:50
Heat: 2/4 Lane : 3 Athlete: DE SCHEPPER LARA					Q-time: 01:17:51
PB (25m pool): 01:17.51 2370 Arendonk 21/12/2025					PB (50m pool): 01:20.08 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.78		01:17.51	
	00:35.78		00:41.73		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:7, starttime: 15:22
Heat: 7/14 Lane : 5 Athlete: CORNEZ MAYLIE					Q-time: 01:21:10
PB (25m pool): 01:21.10 Gent 23/02/2025					PB (50m pool): 01:21.32 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:39.40		01:21.10	
	00:39.40		00:41.70		
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:1, starttime: 15:55	
Heat: 1/4 Lane : 5 Athlete: FONTANA ALESSANDRO MARIA NIC							Q-time: 03:23:78	
PB (25m pool): 03:23.78 Parklaan 58, Turnhout 29/03/2026							PB (50m pool): 03:22.25SB: 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		00:47.34		01:40.06		no time		03:23.78
	00:47.34		00:52.72					
								

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:2, starttime: 15:58	
Heat: 2/4 Lane : 8 Athlete: BETTENS STAN							Q-time: 03:08:59	
PB (25m pool): 03:08.59 Antwerpen 12/10/2025				PB (50m pool): 03:02.63SB: 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		00:42.18		01:30.27		02:20.37		03:08.59
	00:42.18		00:48.09		00:50.10		00:48.22	
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:3, starttime: 16:26		
Heat: 3/10 Lane : 2 Athlete: VERDONCK STIJN							Q-time: 00:31:15		
PB (25m pool): no time				PB (50m pool): 00:29.16				SB: no time	
	2 5 M		5 0 M						
PB			no time						
	no time								
									

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:4, starttime: 16:27	
Heat: 4/10 Lane : 5 Athlete: EL HADDOUCHI HAROUN										Q-time: 00:29:22	
PB (25m pool): 00:28.83 Mol 20/10/2024										PB (50m pool): 00:27.64SB: no time	
PB	2 5 M		5 0 M								
			00:28.83								
			00:28.83								
											

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:5, starttime: 16:28	
Heat: 5/10 Lane : 2 Athlete: NAEGELS REZA							Q-time: 00:27:50	
PB (25m pool): 00:27.50 Antwerpen 12/10/2025				PB (50m pool): 00:27.74SB: no time				
PB	2 5 M		5 0 M					
			00:27.50					
			00:27.50					
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+			Heat:5, starttime: 16:28
Heat: 5/10 Lane : 7 Athlete: LADEWIG SETH			Q-time: 00:27:93
PB (25m pool): 00:27.93 Antwerpen 12/10/2025			PB (50m pool): 00:28.79 SB: no time
	2 5 M	5 0 M	
PB		00:27.93	
		00:27.93	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:29
Heat: 6/10 Lane : 5 Athlete: TSYBULNIAK KYRYL			Q-time: 00:26:82
PB (25m pool): no time			PB (50m pool): 00:26.82 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:29
Heat: 6/10 Lane : 7 Athlete: MESTARI ABDERRAHMANE			Q-time: 00:27:00
PB (25m pool): 00:27.00 Antwerpen 12/10/2025			PB (50m pool): 00:26.84 SB: no time
	2 5 M	5 0 M	
PB		00:27.00	
		00:27.00	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:8, starttime: 16:30
Heat: 8/10 Lane : 7 Athlete: HOROVYI MYKYTA			Q-time: 00:25:45
PB (25m pool): 00:25.22 Gent(Sint-Amandsberg) 11/11/2024			PB (50m pool): 00:25.24 SB: no time
	2 5 M	5 0 M	
PB		00:25.22	
		00:25.22	
			

Coach feedback:

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Event number: 36: 50M BREASTSTROKE WOMEN 13+						Heat:2, starttime: 16:35	
Heat: 2/5 Lane : 7 Athlete: VAN DEN BOSSCHE LIA						Q-time: 00:42:14	
PB (25m pool): 00:42.14 Stedelijk Zwembad Geel 16/02/2025 PB (50m pool): 00:41.04 SB: no time							
	2 5 M		5 0 M				
PB			00:42.14				
	00:42.14						
							

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+							Heat:1, starttime: 16:45	
Heat: 1/2 Lane : 4 Athlete: TEAM ZOLA 2							Q-time: 02:05:41	
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 : 4 Athlete: TEAM ZOLA 2							Q-time: 01:50:48	
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: