

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

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

Coaches: Scheveneels Judith HEADCOACH

Coaches: Meyers Sepp

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:3, starttime: 14:05
Heat: 3/11 Lane : 8 Athlete: VASQUEZ ANNA					Q-time: 01:35:34
PB (25m pool): 01:35.34 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		01:35.34	
	no time				
					

Coach feedback:

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:5, starttime: 14:09
Heat: 5/11 Lane : 2 Athlete: LYTVYNIUK-HUL SOFIA					Q-time: 01:29:48
PB (25m pool): 01:29.48 Kapellen 02/11/2025					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:29.48	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:25	
Heat: 2/9 Lane : 7 Athlete: PEETERS SAMUEL							Q-time: 02:36:55	
PB (25m pool): 02:42.26 Antwerpen 12/10/2025				PB (50m pool): 02:36.55SB: 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		00:36.50		01:17.89		02:01.03		02:42.26
	00:36.50		00:41.39		00:43.14		00:41.23	
								

Coach feedback:

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

Event number: 29: 200M FREESTYLE MEN 13+							Heat:9, starttime: 14:45	
Heat: 9/9 Lane : 5 Athlete: LAUREYSSSENS LUKAS							Q-time: 01:53:10	
PB (25m pool): 01:53.21 Antwerpen 12/10/2025				PB (50m pool): 01:53.10SB: 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		00:26.24		00:55.13		01:24.76		01:53.21
	00:26.24		00:28.89		00:29.63		00:28.45	
								

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:9, starttime: 14:45	
Heat: 9/9 Lane : 6 Athlete: DE RIDDER ARNE							Q-time: 01:57:39	
PB (25m pool): 01:57.39 Sportoase De Watermolen 21/07/2026 PB (50m pool): 02:00.65 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		00:28.09		00:57.81		01:27.83		01:57.39
	00:28.09		00:29.72		00:30.02		00:29.56	
								

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:52
Heat: 3/4 Lane : 1 Athlete: DE RIDDER STERRE				Q-time: 01:13:76	
PB (25m pool): 01:12.27 Nijlen 17/11/2024			PB (50m pool): 01:17.81 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.20		01:12.27	
	00:34.20		00:38.07		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+						Heat:4, starttime: 14:54	
Heat: 4/4 Lane : 1 Athlete: VERRET JULIE					Q-time: 01:09:40		
PB (25m pool): 01:09.41 Temse 17/11/2025				PB (50m pool): 01:09.40 SB: no time			
	2 5 M	5 0 M	7 5 M	1 0 0 M			
PB		00:33.06		01:09.41			
	00:33.06		00:36.35				
							

Coach feedback:

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

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:01
Heat: 3/4 Lane : 4 Athlete: VAN OOSTERWYCK ALEXANDER					Q-time: 01:34:76
PB (25m pool): 01:35.85 Nijlen 16/11/2025			PB (50m pool): 01:34.76 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.89		01:35.85	
	00:44.89		00:50.96		
					

Coach feedback:

Event number: 31: 100M BREASTSTROKE MEN 11-12					Heat:3, starttime: 15:01
Heat: 3/4 Lane : 6 Athlete: VLEEMING BIAGIO					Q-time: 01:37:38
PB (25m pool): 01:44.09 Nijlen 16/11/2025			PB (50m pool): 01:37.38 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:49.69		01:44.09	
	00:49.69		00:54.40		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:17
Heat: 5/14 Lane : 6 Athlete: VASQUEZ ANNA					Q-time: 01:28:50
PB (25m pool): 01:33.56 Arendonk 25/05/2025			PB (50m pool): 01:28.50 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:45.89		01:33.56	
	00:45.89		00:47.67		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:5, starttime: 15:17
Heat: 5/14 Lane : 8 Athlete: FLEERACKERS LAURA					Q-time: 01:30:45
PB (25m pool): 01:32.29 Nijlen 16/11/2025			PB (50m pool): 01:30.45 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.57		01:32.29	
	00:44.57		00:47.72		
					

Coach feedback:

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

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:24
Heat: 8/14 Lane : 1 Athlete: LYTVYNIUK-HUL SOFIA					Q-time: 01:20:34
PB (25m pool): 01:30.46 Herentals 17/05/2025					PB (50m pool): 01:20.34 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:44.32		01:30.46	
	00:44.32		00:46.14		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:8, starttime: 15:24
Heat: 8/14 Lane : 7 Athlete: DE VOCHT ANNE-JULIE					Q-time: 01:20:19
PB (25m pool): 01:20.19 Nijlen 16/11/2025					PB (50m pool): 01:20.69 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:38.80		01:20.19	
	00:38.80		00:41.39		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:26
Heat: 9/14 Lane : 8 Athlete: VERCAMMEN FLEUR					Q-time: 01:17:16
PB (25m pool): 01:13.91 Arendonk 22/12/2024					PB (50m pool): 01:18.25 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.06		01:13.91	
	00:36.06		00:37.85		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:29
Heat: 10/14 Lane : 8 Athlete: VAN DEN BERGH ANNA					Q-time: 01:15:55
PB (25m pool): 01:15.55 Herentals 09/05/2026					PB (50m pool): 01:18.88 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.60		01:15.55	
	00:36.60		00:38.95		
					

Coach feedback:

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

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:31
Heat: 11/14 Lane : 8 Athlete: VERNIERS NIME					Q-time: 01:13:65
PB (25m pool): 01:15.02 Temse 17/11/2025			PB (50m pool): 01:13.65 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.58		01:15.02	
	00:36.58		00:38.44		
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:4, starttime: 16:05	
Heat: 4/4 Lane : 2 Athlete: MENNEN RUBEN							Q-time: 02:30:75	
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: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 16:16	
Heat: 2/2 Lane : 5 Athlete: VERRET JULIE							Q-time: 05:34:03	
PB (25m pool): 05:34.03 Arendonk 30/11/2025				PB (50m pool): no time 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		01:15.86		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		05:34.03
								

Coach feedback:

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

Event number: 35: 50M FREESTYLE MEN 13+			Heat:1, starttime: 16:23
Heat: 1/10 Lane : 5 Athlete: PEETERS SAMUEL			Q-time: 00:32:80
PB (25m pool): 00:33.07 Herentals 09/05/2026			PB (50m pool): 00:32.80 SB: no time
	2 5 M	5 0 M	
PB		00:33.07	
		00:33.07	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:6, starttime: 16:29
Heat: 6/10 Lane : 8 Athlete: DE RIDDER ARNE			Q-time: 00:27:02
PB (25m pool): 00:27.88 Arendonk 25/05/2025			PB (50m pool): 00:27.02 SB: no time
	2 5 M	5 0 M	
PB		00:27.88	
		00:27.88	
			

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+			Heat:10, starttime: 16:32
Heat: 10/10 Lane : 3 Athlete: LAUREYSSSENS LUKAS			Q-time: 00:23:91
PB (25m pool): 00:23.91 Gent 09/11/2025			PB (50m pool): 00:24.16 SB: no time
	2 5 M	5 0 M	
PB		00:23.91	
		00:23.91	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:2, starttime: 16:35
Heat: 2/5 Lane : 8 Athlete: THEUNISSEN JOLIEN			Q-time: 00:43:30
PB (25m pool): 00:45.04 Kapellen 02/11/2025			PB (50m pool): 00:43.30 SB: no time
	2 5 M	5 0 M	
PB		00:45.04	
		00:45.04	
			

Coach feedback:

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

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:3, starttime: 16:36
Heat: 3/5 Lane : 8 Athlete: VERNIERS NIME			Q-time: 00:39:00
PB (25m pool): 00:39.46 Nijlen 16/11/2025			PB (50m pool): 00:39.00 SB: no time
	2 5 M	5 0 M	
PB		00:39.46	
		00:39.46	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:4, starttime: 16:37
Heat: 4/5 Lane : 8 Athlete: VAN DEN BERGH ANNA			Q-time: 00:37:27
PB (25m pool): 00:38.72 Nijlen 16/11/2025			PB (50m pool): 00:37.27 SB: no time
	2 5 M	5 0 M	
PB		00:38.72	
		00:38.72	
			

Coach feedback:

Event number: 36: 50M BREASTSTROKE WOMEN 13+			Heat:5, starttime: 16:38
Heat: 5/5 Lane : 6 Athlete: VERCAMMEN FLEUR			Q-time: 00:34:05
PB (25m pool): 00:34.08 Sportoase De Watermolen 21/07/2026			PB (50m pool): 00:34.05 SB: no time
	2 5 M	5 0 M	
PB		00:34.08	
		00:34.08	
			

Coach feedback: