

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

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

Coaches: De Weerd Koen

Coaches: De Herdt Els HEADCOACH

Coaches: De Herdt An

Coaches: Van Campenhout Sigrid

Coaches: Gijsemans Liesbet

PB => Personal Best time

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

Event number: 28: 100M MEDLEY WOMEN 11+					Heat:4, starttime: 14:07
Heat: 4/11 Lane : 8 Athlete: JORIS LINDE					Q-time: 01:31:41
PB (25m pool): 01:31.41 Heist-op-den-Berg 10/01/2026					PB (50m pool): no time SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		no time		01:31.41	
	no time				
					

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:2, starttime: 14:25
Heat: 2/9 Lane : 8 Athlete: VERSTRAETE PEPIJN							Q-time: 02:41:47
PB (25m pool): 02:41.47 Antwerpen 12/10/2025							PB (50m pool): 02:39.28 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		00:37.59		01:19.75		02:01.94	02:41.47
	00:37.59		00:42.16		00:42.19		00:39.53
							

Coach feedback:

Event number: 29: 200M FREESTYLE MEN 13+							Heat:3, starttime: 14:28
Heat: 3/9 Lane : 2 Athlete: DE WEERDT BENT							Q-time: 02:29:12
PB (25m pool): 02:29.12 Antwerpen 12/10/2025							PB (50m pool): 02:30.22 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		00:35.44		01:13.66		01:52.09	02:29.12
	00:35.44		00:38.22		00:38.43		00:37.03
							

Coach feedback:

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Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:2, starttime: 14:50
Heat: 2/4 Lane : 2 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 01:18:63
PB (25m pool): 01:18.63 Nijlen 16/11/2025 PB (50m pool): 01:16.80 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.94		01:18.63	
	00:35.94		00:42.69		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:52
Heat: 3/4 Lane : 3 Athlete: JACOBS LOTTE					Q-time: 01:10:65
PB (25m pool): 01:10.65 Heist-op-den-Berg 10/01/2026 PB (50m pool): 01:12.32 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.83		01:10.65	
	00:32.83		00:37.82		
					

Coach feedback:

Event number: 30: 100M BUTTERFLY WOMEN 13+					Heat:3, starttime: 14:52
Heat: 3/4 Lane : 6 Athlete: VAN REETH LIEZE					Q-time: 01:12:22
PB (25m pool): 01:12.22 Arendonk 30/11/2025 PB (50m pool): 01:12.56 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.03		01:12.22	
	00:34.03		00:38.19		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:9, starttime: 15:26
Heat: 9/14 Lane : 5 Athlete: VERDOOD PIP					Q-time: 01:16:17
PB (25m pool): 01:16.17 Stedelijk Zwembad Geel 15/02/2026 PB (50m pool): 01:18.07 SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:36.49		01:16.17	
	00:36.49		00:39.68		
					

Coach feedback:

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Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:10, starttime: 15:29
Heat: 10/14 Lane : 1 Athlete: DE VOCHT LINNE					Q-time: 01:15:42
PB (25m pool): 01:15.42 Herentals 09/05/2026					PB (50m pool): 01:17.38 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:37.14		01:15.42	
	00:37.14		00:38.28		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:11, starttime: 15:31
Heat: 11/14 Lane : 6 Athlete: SCHELLEMANS CHARLOTTE					Q-time: 01:13:06
PB (25m pool): 01:13.06 Antwerpen 12/10/2025					PB (50m pool): 01:14.07 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:35.52		01:13.06	
	00:35.52		00:37.54		
					

Coach feedback:

Event number: 32: 100M BACKSTROKE WOMEN 11+					Heat:12, starttime: 15:33
Heat: 12/14 Lane : 1 Athlete: JACOBS LOTTE					Q-time: 01:11:96
PB (25m pool): 01:11.96 Stedelijk Zwembad Geel 15/02/2026					PB (50m pool): 01:17.47 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:34.56		01:11.96	
	00:34.56		00:37.40		
					

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 16:02	
Heat: 3/4 Lane : 3 Athlete: JACOB QINGKUN							Q-time: 02:41:80	
PB (25m pool): 02:41.80 Heist-op-den-Berg 10/01/2026							PB (50m pool): 02:42.97 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		00:36.23		01:18.28		no time		02:41.80
	00:36.23		00:42.05					
								

Coach feedback:

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Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 16:02	
Heat: 3/4 Lane : 4 Athlete: MERTENS GERBEN							Q-time: 02:39:77	
PB (25m pool): 02:39.77 Temse 17/11/2025				PB (50m pool): 02:37.60SB: 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		00:36.40		01:17.67		01:59.05		02:39.77
	00:36.40		00:41.27		00:41.38		00:40.72	
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:3, starttime: 16:02	
Heat: 3/4 Lane : 7 Athlete: SLAETS CAZ							Q-time: 02:49:92	
PB (25m pool): 02:49.92 Heist-op-den-Berg 10/01/2026				PB (50m pool): 02:45.56SB: 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		00:38.41		01:22.35		no time		02:49.92
	00:38.41		00:43.94					
								

Coach feedback:

Event number: 33: 200M BREASTSTROKE MEN 13+							Heat:4, starttime: 16:05	
Heat: 4/4 Lane : 7 Athlete: WIJSGEER VIKTOR							Q-time: 02:31:33	
PB (25m pool): 02:31.33 Aartselaar 01/11/2025				PB (50m pool): 02:31.04SB: 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		00:34.33		01:12.72		no time		02:31.33
	00:34.33		00:38.39					
								

Coach feedback:

Event number: 34: 400M MEDLEY WOMEN 13+							Heat:1, starttime: 16:09	
Heat: 1/2 Lane : 3 Athlete: JORIS LINDE							Q-time: 06:42:52	
PB (25m pool): no time			PB (50m pool): 06:42.52SB: 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
								

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Event number: 34: 400M MEDLEY WOMEN 13+							Heat:2, starttime: 16:16	
Heat: 2/2 Lane : 6 Athlete: VAN REETH LIEZE							Q-time: 05:42:67	
PB (25m pool): no time			PB (50m pool): 05:42.67 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:2, starttime: 16:24	
Heat: 2/10 Lane : 1 Athlete: VERSTRAETE PEPIJN							Q-time: 00:32:23	
PB (25m pool): 00:32.23 Nijlen 16/11/2025			PB (50m pool): 00:32.86 SB: no time					
	2 5 M	5 0 M						
PB		00:32.23						
	00:32.23							
								

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+							Heat:3, starttime: 16:26	
Heat: 3/10 Lane : 6 Athlete: DE WEERDT BENT							Q-time: 00:30:92	
PB (25m pool): 00:30.92 Arendonk 31/05/2026			PB (50m pool): 00:31.13 SB: no time					
	2 5 M	5 0 M						
PB		00:30.92						
	00:30.92							
								

Coach feedback:

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Event number: 35: 50M FREESTYLE MEN 13+										Heat:5, starttime: 16:28	
Heat: 5/10 Lane : 3 Athlete: SLAETS CAZ										Q-time: 00:27:34	
PB (25m pool): 00:27.34 Arendonk 31/05/2026										PB (50m pool): 00:27.88SB: no time	
	2 5 M		5 0 M								
PB			00:27.34								
			00:27.34								
											

Coach feedback:

Event number: 35: 50M FREESTYLE MEN 13+										Heat:8, starttime: 16:30																			
Heat: 8/10 Lane : 1 Athlete: DOOMEN MARNIX																				Q-time: 00:25:57									
PB (25m pool): 00:25.57 Stedelijk Zwembad Geel 15/02/2026																				PB (50m pool): 00:25.64SB: no time									
	2 5 M					5 0 M																							
PB						00:25.57																							
	00:25.57																												
																													

Coach feedback:

Event number: 37: 4x50M MEDLEY MEN 11+						Heat:1, starttime: 16:45		
Heat: 1/2 Lane : 3 Athlete: TEAM ZVL 4						Q-time: 02:20:51		
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 : 7 Athlete: TEAM ZVL 5						Q-time: 02:11:72		
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: