

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Coachinfo: Warming up from: 07:45 untill . Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Vereecken Sven

Coaches: Dillen Toon

Coaches: Willems Joyce HEADCOACH

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

Event number: 5: 400M FREESTYLE WOMEN 11+ Heat:4, starttime: 09:44

Heat: 4/6 Lane : 3 Athlete: VAN TILBURG FRAUKE Q-time: 05:12:58

PB (25m pool): 05:12.58 Kapellen 30/05/2026 PB (50m pool): 05:31.14 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		01:13.09		no time		02:31.95
	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		05:12.58
								

Coach feedback:

Event number: 5: 400M FREESTYLE WOMEN 11+ Heat:5, starttime: 09:50

Heat: 5/6 Lane : 2 Athlete: BOOGERS NOOR Q-time: 04:56:95

PB (25m pool): 04:56.95 Kapellen 30/05/2026 PB (50m pool): 05:04.96 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		01:11.17		no time		02:26.53
	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		04:56.95
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 5: 400M FREESTYLE WOMEN 11+							Heat:5, starttime: 09:50	
Heat: 5/6 Lane : 5 Athlete: VANLOMMEL LUISA VALENTINA							Q-time: 05:08:94	
PB (25m pool): 05:08.94 Pelt 05/10/2025				PB (50m pool): 05:09.23 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		01:11.89		no time		02:30.81
	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		05:08.94
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:4, starttime: 10:43	
Heat: 4/5 Lane : 4 Athlete: DILLEN FINN							Q-time: 04:53:43	
PB (25m pool): 04:54.02 Mol 20/10/2024				PB (50m pool): 04:53.43 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		00:34.11		01:11.82		01:49.73		02:27.77
	00:34.11		00:37.71		00:37.91		00:38.04	
								
	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		03:05.42		03:42.44		04:19.31		04:54.02
	00:37.65		00:37.02		00:36.87		00:34.71	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:5, starttime: 10:48	
Heat: 5/5 Lane : 3 Athlete: MICHOEL QUINTEN							Q-time: 04:11:88	
PB (25m pool): 04:11.88 Pelt 05/10/2025				PB (50m pool): 04:23.90 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		01:00.58		no time		02:04.75
	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		04:11.88
	...	...	...	...	...	...	...	...

Coach feedback:

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 8: 400M FREESTYLE MEN 11+							Heat:5, starttime: 10:48	
Heat: 5/5 Lane : 5 Athlete: BEGUE MILANN							Q-time: 04:39:58	
PB (25m pool): 04:39.58 Antwerpen 12/10/2025				PB (50m pool): 04:42.66SB: 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		00:30.67		01:05.33		01:40.06		02:15.51
	00:30.67		00:34.66		00:34.73		00:35.45	
								
	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		02:51.17		03:27.21		04:03.90		04:39.58
	00:35.66		00:36.04		00:36.69		00:35.68	
								

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 11+							Heat:5, starttime: 10:48	
Heat: 5/5 Lane : 6 Athlete: HUFKENS ILIAN							Q-time: 04:42:86	
PB (25m pool): 04:45.24 Arendonk 01/12/2024				PB (50m pool): 04:42.86SB: 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		01:07.41		no time		02:20.59
	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		04:45.24
	...	...	...	...	...	...	...	...

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:2, starttime: 10:58	
Heat: 2/6 Lane : 2 Athlete: WOUTERS MIT							Q-time: 02:53:31	
PB (25m pool): 02:46.33 Sint-Amandsberg 27/10/2024				PB (50m pool): 02:52.47 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		00:37.96		01:21.02		02:05.34		02:46.33
	00:37.96		00:43.06		00:44.32		00:40.99	
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:3, starttime: 11:01	
Heat: 3/6 Lane : 4 Athlete: NIEUWENHUIS ZOë							Q-time: 02:42:05	
PB (25m pool): 02:50.03 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:42.05 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		00:39.20		01:23.31		no time		02:50.03
	00:39.20		00:44.11					
								

Coach feedback:

Event number: 9: 200M FREESTYLE WOMEN 11+							Heat:4, starttime: 11:05	
Heat: 4/6 Lane : 6 Athlete: WOUTERS DORA							Q-time: 02:35:69	
PB (25m pool): 02:35.69 Parklaan 58, Turnhout 29/03/2026 PB (50m pool): 02:41.00 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		00:36.38		01:16.76		no time		02:35.69
	00:36.38		00:40.38					
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:1, starttime: 11:14	
Heat: 1/7 Lane : 4 Athlete: STIJNEN JEF							Q-time: 99:99:99	
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: 10: 200M FREESTYLE MEN 11+							Heat:2, starttime: 11:18	
Heat: 2/7 Lane : 1 Athlete: GOOSSENS FERRE							Q-time: 03:18:48	
PB (25m pool): 03:31.07 Pelt 05/10/2025							PB (50m pool): 03:18.48 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		00:45.40		01:41.13		no time		03:31.07
	00:45.40		00:55.73					
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 10: 200M FREESTYLE MEN 11+							Heat:3, starttime: 11:22	
Heat: 3/7 Lane : 4 Athlete: LIEVENS RUBE							Q-time: 02:32:51	
PB (25m pool): 02:42.65 TEMSE 23/11/2025				PB (50m pool): 02:32.51SB: 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		00:35.98		01:18.33		02:02.19		02:42.65
	00:35.98		00:42.35		00:43.86		00:40.46	
								

Coach feedback:

Event number: 10: 200M FREESTYLE MEN 11+							Heat:4, starttime: 11:25	
Heat: 4/7 Lane : 6 Athlete: GILLES NATHAN							Q-time: 02:29:72	
PB (25m pool): 02:29.72 TEMSE 23/11/2025				PB (50m pool): 02:42.12 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		01:09.45		01:50.03		02:29.72
	00:31.97		00:37.48		00:40.58		00:39.69	
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:1, starttime: 11:37	
Heat: 1/5 Lane : 3 Athlete: VERDONCK JULIE							Q-time: 99:99:99	
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: 11: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 11:41	
Heat: 2/5 Lane : 2 Athlete: BOECKX LISA							Q-time: 99:99:99	
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:

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 11:41	
Heat: 2/5 Lane : 3 Athlete: VAN DE WEYER FOUKE							Q-time: 99:99:99	
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: 11: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 11:41	
Heat: 2/5 Lane : 4 Athlete: SEGERS EMMA							Q-time: 99:99:99	
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: 11: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 11:41	
Heat: 2/5 Lane : 5 Athlete: CORNELIS KAAT							Q-time: 99:99:99	
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: 11: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 11:46	
Heat: 3/5 Lane : 3 Athlete: SCHEPERS LENTHE							Q-time: 03:20:58	
PB (25m pool): 03:20.58 Kapellen 30/05/2026				PB (50m pool): 03:28.15SB: 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		00:47.76		no time		no time		03:20.58
	00:47.76							
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:3, starttime: 11:46	
Heat: 3/5 Lane : 5 Athlete: MAERTENS HELENA							Q-time: 03:33:59	
PB (25m pool): 03:33.59 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		00:51.15		no time		no time		03:33.59
	00:51.15							
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 11:50	
Heat: 4/5 Lane : 2 Athlete: AERTS SIEN							Q-time: 03:13:30	
PB (25m pool): 03:13.30 Kapellen 30/05/2026				PB (50m pool): 03:22.25 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		00:42.48		no time		no time		03:13.30
	00:42.48							
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 11:50	
Heat: 4/5 Lane : 3 Athlete: HUFKENS ELINA							Q-time: 03:07:82	
PB (25m pool): 03:13.80 Pelt 05/10/2025								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 11:50	
Heat: 4/5 Lane : 4 Athlete: DJONOU IMBA ITZANA							Q-time: 03:10:49	
PB (25m pool): no time			PB (50m pool): 03:10.49 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:

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 11:50	
Heat: 4/5 Lane : 6 Athlete: GOOSSENS MARTHE							Q-time: 03:19:17	
PB (25m pool): 03:19.17 Kapellen 01/06/2025				PB (50m pool): 03:18.16 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		00:45.12		no time		no time		03:19.17
	00:45.12							
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 11:54	
Heat: 5/5 Lane : 1 Athlete: VAN ASTEN RENÉE							Q-time: 03:03:51	
PB (25m pool): 03:03.51 Parklaan 58, Turnhout 29/03/2026				PB (50m pool): 03:12.57 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		00:41.76		no time		no time		03:03.51
	00:41.76							
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 11:54	
Heat: 5/5 Lane : 3 Athlete: DILLEN NORAH							Q-time: 02:32:28	
PB (25m pool): 02:32.09 Gent(Sint-Amandsberg) 11/11/2024 PB (50m pool): 02:34.89 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		00:33.19		01:14.20		01:56.68		02:32.09
	00:33.19		00:41.01		00:42.48		00:35.41	
								

Coach feedback:

Event number: 11: 200M MEDLEY WOMEN 11+							Heat:5, starttime: 11:54	
Heat: 5/5 Lane : 5 Athlete: DE RIDDER ROXANE							Q-time: 02:58:16	
PB (25m pool): 02:58.16 Antwerpen 12/10/2025				PB (50m pool): 02:55.78SB: 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		00:40.05		01:24.18		02:18.13		02:58.16
	00:40.05		00:44.13		00:53.95		00:40.03	
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 12: 200M MEDLEY MEN 11+							Heat:1, starttime: 11:58	
Heat: 1/3 Lane : 2 Athlete: VAN MEER RUNE							Q-time: 03:49:08	
PB (25m pool): 03:49.08 Bree 21/12/2025				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		00:54.68		no time		no time		03:49.08
	00:54.68							
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:2, starttime: 12:03	
Heat: 2/3 Lane : 2 Athlete: STERCKX DAAN							Q-time: 02:59:04	
PB (25m pool): 02:59.04 Kapellen 30/05/2026				PB (50m pool): 03:03.92 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		00:40.65		no time		no time		02:59.04
	00:40.65							
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:2, starttime: 12:03	
Heat: 2/3 Lane : 3 Athlete: AGTEN VALERIO ÁLVARO							Q-time: 02:57:59	
PB (25m pool): 02:57.59 Pelt 05/10/2025				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		00:37.03		no time		no time		02:57.59
	00:37.03							
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:2, starttime: 12:03	
Heat: 2/3 Lane : 4 Athlete: NEYRINCK RUBEN							Q-time: 02:57:76	
PB (25m pool): 02:57.76 Kapellen 01/06/2025				PB (50m pool): 03:05.19SB: 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		00:40.31		no time		no time		02:57.76
	00:40.31							
								

Coach feedback:

Herstmeeting LZV: Session: 1: COACH evaluation sheet for TEAM: ZGEEL

Event number: 12: 200M MEDLEY MEN 11+							Heat:2, starttime: 12:03	
Heat: 2/3 Lane : 5 Athlete: RAMSDONCK KRIS							Q-time: 03:02:55	
PB (25m pool): 03:02.55 Kapellen 30/05/2026				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		00:38.49		no time		no time		03:02.55
	00:38.49							
								

Coach feedback:

Event number: 12: 200M MEDLEY MEN 11+							Heat:2, starttime: 12:03	
Heat: 2/3 Lane : 6 Athlete: DE FEYTER LUCAS							Q-time: 03:10:09	
PB (25m pool): 03:10.09 Kapellen 30/05/2026				PB (50m pool): 03:07.76 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		00:44.35		no time		no time		03:10.09
	00:44.35							
								

Coach feedback: