

Memoreal Anteonis 26: Session: 3: COACH evaluation sheet for TEAM: 06-030

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ 08:45 The listed starttimes are indicative!
PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 19: 200M BREASTSTROKE WOMEN 11-17 Heat:6, starttime: 09:21

Heat: 6/9 Lane : 9 Athlete: HOFSTRA KOYUKI Q-time: 03:16:46

PB (25m pool): 3:16.46 Veenendaal 3 okt 2026 PB (50m pool): No time 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		44.98		1:35.00				3:16.46
	44.98		50.02				1:41.46	
								

Coach feedback:

Event number: 19: 200M BREASTSTROKE WOMEN 11-17 Heat:8, starttime: 09:28

Heat: 8/9 Lane : 2 Athlete: KOKSAL ADEN Q-time: 03:00:04

PB (25m pool): 3:00.04 Veenendaal 3 okt 2026 PB (50m pool): 3:08.92 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		39.99		1:25.41				3:00.04
	39.99		45.42				1:34.63	
								

Coach feedback:

Event number: 19: 200M BREASTSTROKE WOMEN 11-17 Heat:9, starttime: 09:32

Heat: 9/9 Lane : 6 Athlete: STOLK FIEN Q-time: 02:52:31

PB (25m pool): 2:56.10 Veenendaal 7 feb 2026 PB (50m pool): 2:52.31 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		40.18		1:25.61				2:56.10
	40.18		45.43				1:30.49	
								

Coach feedback:

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Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:2, starttime: 09:40	
Heat: 2/9 Lane : 1 Athlete: JENA ARAV							Q-time: 04:00:19	
PB (25m pool): 4:00.19 Driebergen 15 mrt 2025				PB (50m pool): No time 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		52.27		1:53.87				4:00.19
	52.27		1:01.60			2:06.32		
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:2, starttime: 09:40	
Heat: 2/9 Lane : 2 Athlete: ZIVKOVIC VIKTOR							Q-time: 03:55:70	
PB (25m pool): 3:55.70 Soest 9 mei 2026				PB (50m pool): No time 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		55.72		1:57.29				3:55.70
	55.72		1:01.57			1:58.41		
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:2, starttime: 09:40	
Heat: 2/9 Lane : 4 Athlete: BAPAT MIHIR							Q-time: 03:48:78	
PB (25m pool): 3:48.78 Driebergen 15 mrt 2025				PB (50m pool): No time 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		51.61		1:50.51				3:48.78
	51.61		58.90				1:58.27	
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:2, starttime: 09:40	
Heat: 2/9 Lane : 5 Athlete: ALGANAD HOSSAM							Q-time: 03:50:00	
PB (25m pool):			PB (50m pool): No time 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:

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Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:5, starttime: 09:53	
Heat: 5/9 Lane : 4 Athlete: FAREA MUTASEM							Q-time: 03:05:77	
PB (25m pool): 3:05.77 Veenendaal 3 okt 2026							PB (50m pool): No time 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		42.35		1:30.02				3:05.77
	42.35		47.67				1:35.75	
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:8, starttime: 10:03	
Heat: 8/9 Lane : 8 Athlete: STURKENBOOM LARS							Q-time: 02:48:57	
PB (25m pool): 2:48.57 Veenendaal 3 okt 2026							PB (50m pool): 3:11.38 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		36.43		1:19.54				2:48.57
	36.43		43.11				1:29.03	
								

Coach feedback:

Event number: 20: 200M BREASTSTROKE MEN 11-17							Heat:9, starttime: 10:07	
Heat: 9/9 Lane : 4 Athlete: DE VRIES MEES							Q-time: 02:20:94	
PB (25m pool): 2:20.94 Veenendaal 11 apr 2026							PB (50m pool): 2:23.42 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		31.57		1:07.10				2:20.94
	31.57		35.53				1:13.84	
								

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:5, starttime: 10:28	
Heat: 5/11 Lane : 1 Athlete: POOT ELIZE							Q-time: 03:00:00	
PB (25m pool): 3:00.00 Veenendaal 3 okt 2026							PB (50m pool): 3:15.64 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		41.15		1:26.78				3:00.00
	41.15		45.63				1:33.22	
								

Coach feedback:

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Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:6, starttime: 10:32	
Heat: 6/11 Lane : 3 Athlete: HOVENS FLORE							Q-time: 02:50:31	
PB (25m pool): 2:46.31 Sint-Amandsberg 19 okt 2025 PB (50m pool): 2:47.29 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		38.89		1:21.25		2:03.77		2:46.31
	38.89		0:81.25		1:23.77		1:66.31	
								

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:6, starttime: 10:32	
Heat: 6/11 Lane : 5 Athlete: VAN WIJLAND YNTHE							Q-time: 02:49:53	
PB (25m pool): 2:49.53 Amsterdam 9 nov 2025							PB (50m pool): 2:54.62 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		39.47		1:22.84		2:07.47		2:49.53
	39.47		43.37		44.63		42.06	
								

Coach feedback:

Event number: 21: 200M BACKSTROKE WOMEN 11-17							Heat:11, starttime: 10:50	
Heat: 11/11 Lane : 3 Athlete: HOGENHUIS METTE							Q-time: 02:26:27	
PB (25m pool): 2:26.27 Veenendaal 7 feb 2026							PB (50m pool): 2:31.45 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		34.06		1:11.08				2:26.27
	34.06		37.02				1:15.19	
								

Coach feedback:

Event number: 22: 200M BACKSTROKE MEN 11-17							Heat:1, starttime: 10:53	
Heat: 1/8 Lane : 4 Athlete: MUHREN LEONARDO							Q-time: 03:30:00	
PB (25m pool):			PB (50m pool): No time 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:

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Event number: 22: 200M BACKSTROKE MEN 11-17							Heat:1, starttime: 10:53	
Heat: 1/8 Lane : 5 Athlete: ZIVKOVIC FILIP							Q-time: 03:40:81	
PB (25m pool): 3:40.81 Driebergen 15 mrt 2025				PB (50m pool): No time 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		52.28		1:48.57				3:40.81
	52.28		56.29					1:52.24
								

Coach feedback:

Event number: 22: 200M BACKSTROKE MEN 11-17							Heat:6, starttime: 11:13	
Heat: 6/8 Lane : 1 Athlete: ZEEMAN TEUN							Q-time: 02:35:23	
PB (25m pool): 2:35.23 Utrecht 1 feb 2025				PB (50m pool): 2:42.76 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		35.51		1:14.27				2:35.23
	35.51		38.76					1:20.96
								

Coach feedback:

Event number: 22: 200M BACKSTROKE MEN 11-17							Heat:6, starttime: 11:13	
Heat: 6/8 Lane : 3 Athlete: HOOGEVEEN THIJS							Q-time: 02:32:28	
PB (25m pool): 2:32.28 Woerden 22 mrt 2026				PB (50m pool): 2:49.34 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		34.35		1:12.46				2:32.28
	34.35		38.11				1:19.82	
								

Coach feedback:

Event number: 24: 200M BUTTERFLY MEN 11-17							Heat:1, starttime: 11:29	
Heat: 1/2 Lane : 4 Athlete: DE VRIES MEES							Q-time: 03:12:13	
PB (25m pool): 3:14.58 Utrecht 11 feb 2023				PB (50m pool): 3:12.13 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		42.38		1:32.75				3:14.58
	42.38		50.37				1:41.83	
								

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:2, starttime: 11:41	
Heat: 2/19 Lane : 0 Athlete: KNELANGE NORAH							Q-time: 03:40:00	
PB (25m pool):			PB (50m pool): No time 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: 25: 200M FREESTYLE WOMEN 11-17							Heat:5, starttime: 11:52	
Heat: 5/19 Lane : 5 Athlete: HOFSTRA KOYUKI							Q-time: 02:45:33	
PB (25m pool): 2:45.33 Veenendaal 3 okt 2026				PB (50m pool): 2:59.31 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		36.60		1:19.14				2:45.33
	36.60		42.54			1:26.19		
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:7, starttime: 11:58	
Heat: 7/19 Lane : 4 Athlete: POOT ELIZE							Q-time: 02:39:47	
PB (25m pool): 2:39.47 Veenendaal 11 apr 2026				PB (50m pool): 2:41.90 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		35.40		1:16.33				2:39.47
	35.40		40.93			1:23.14		
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:10, starttime: 12:07	
Heat: 10/19 Lane : 2 Athlete: KOKSAL ADEN							Q-time: 02:31:55	
PB (25m pool): 2:31.55 Veenendaal 3 okt 2026				PB (50m pool): 2:38.86 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		34.08		1:12.65				2:31.55
	34.08		38.57			1:18.90		
								

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:12, starttime: 12:13	
Heat: 12/19 Lane : 3 Athlete: STOLK FIEN							Q-time: 02:26:65	
PB (25m pool): 2:34.79 Driebergen 17 jan 2026				PB (50m pool): 2:26.65 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		36.10		1:16.58				2:34.79
	36.10		40.48				1:18.21	
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:12, starttime: 12:13	
Heat: 12/19 Lane : 9 Athlete: HOVENS FLORE							Q-time: 02:28:06	
PB (25m pool): 2:23.64 Harderwijk 15 nov 2025				PB (50m pool): 2:28.04 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		32.81		1:09.42		1:46.45		2:23.64
	32.81		36.61		37.03		37.19	
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:13, starttime: 12:16	
Heat: 13/19 Lane : 7 Athlete: RIJKEN HANNA							Q-time: 02:25:80	
PB (25m pool): 2:26.02 Utrecht 23 nov 2025				PB (50m pool): 2:25.80 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		32.72		1:09.47				2:26.02
	32.72		36.75				1:16.55	
								

Coach feedback:

Event number: 25: 200M FREESTYLE WOMEN 11-17							Heat:13, starttime: 12:16	
Heat: 13/19 Lane : 9 Athlete: VAN WIJLAND YNTHE							Q-time: 02:26:29	
PB (25m pool): 2:26.29 Veenendaal 3 okt 2026				PB (50m pool): 2:33.17 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		33.28		1:09.85				2:26.29
	33.28		36.57				1:16.44	
								

Coach feedback:

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Event number: 26: 200M FREESTYLE MEN 11-17							Heat:2, starttime: 12:39	
Heat: 2/16 Lane : 0 Athlete: BAPAT MIHIR							Q-time: 03:08:88	
PB (25m pool): 3:08.88 Soest 4 apr 2026				PB (50m pool): No time 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		40.67		1:28.32				3:08.88
	40.67		47.65			1:40.56		
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:2, starttime: 12:39	
Heat: 2/16 Lane : 2 Athlete: MUHREN LEONARDO							Q-time: 03:05:00	
PB (25m pool):			PB (50m pool): No time 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: 26: 200M FREESTYLE MEN 11-17							Heat:2, starttime: 12:39	
Heat: 2/16 Lane : 6 Athlete: ZIVKOVIC VIKTOR							Q-time: 03:04:93	
PB (25m pool): 3:04.93 De Meern 18 apr 2026				PB (50m pool): No time 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		42.64		1:29.14				3:04.93
	42.64		46.50			1:35.79		
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:3, starttime: 12:43	
Heat: 3/16 Lane : 0 Athlete: ZIVKOVIC FILIP							Q-time: 02:56:78	
PB (25m pool): 2:56.78 Soest 4 apr 2026				PB (50m pool): No time 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		41.07		1:26.45				2:56.78
	41.07		45.38			1:30.33		
								

Coach feedback:

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Event number: 26: 200M FREESTYLE MEN 11-17							Heat:3, starttime: 12:43	
Heat: 3/16 Lane : 9 Athlete: JENA ARAV							Q-time: 02:57:70	
PB (25m pool): 2:57.70 Soest 4 apr 2026				PB (50m pool): No time 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		39.68		1:25.44				2:57.70
	39.68		45.76			1:32.26		
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:6, starttime: 12:52	
Heat: 6/16 Lane : 4 Athlete: FAREA MUTASEM							Q-time: 02:27:68	
PB (25m pool): 2:27.68 Veenendaal 3 okt 2026				PB (50m pool): 2:37.78 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		34.66		1:12.26				2:27.68
	34.66		37.60			1:15.42		
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:11, starttime: 13:07	
Heat: 11/16 Lane : 6 Athlete: RIJKEN PIM							Q-time: 02:15:64	
PB (25m pool): 2:15.64 Utrecht 23 nov 2025				PB (50m pool): 2:16.02 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		31.20		1:05.00				2:15.64
	31.20		33.80				1:10.64	
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:12, starttime: 13:09	
Heat: 12/16 Lane : 1 Athlete: STURKENBOOM LARS							Q-time: 02:13:83	
PB (25m pool): 2:13.83 Veenendaal 3 okt 2026				PB (50m pool): 2:25.75 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		30.39		1:04.37				2:13.83
	30.39		33.98				1:09.46	
								

Coach feedback:

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Event number: 26: 200M FREESTYLE MEN 11-17							Heat:13, starttime: 13:12	
Heat: 13/16 Lane : 1 Athlete: HOFMAN QUINTEN							Q-time: 02:11:52	
PB (25m pool): 2:13.23 Amsterdam 6 jul 2025				PB (50m pool): 2:11.52 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		29.94		1:04.32		1:39.62		2:13.23
	29.94		34.38		35.30		33.61	
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:13, starttime: 13:12	
Heat: 13/16 Lane : 8 Athlete: HOOGEVEEN THIJS							Q-time: 02:11:56	
PB (25m pool): 2:11.56 Veenendaal 3 okt 2026				PB (50m pool): 2:19.93 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		29.15		1:02.11				2:11.56
	29.15		32.96			1:09.45		
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:14, starttime: 13:15	
Heat: 14/16 Lane : 7 Athlete: BOKMA GWEE							Q-time: 02:08:01	
PB (25m pool): 2:08.01 Sint-Amandsberg 19 okt 2025 PB (50m pool): 2:11.54 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		29.10		1:01.21		1:34.55		2:08.01
	29.10		32.11		33.34		33.46	
								

Coach feedback:

Event number: 26: 200M FREESTYLE MEN 11-17							Heat:16, starttime: 13:20	
Heat: 16/16 Lane : 4 Athlete: ELGERSMA BINK							Q-time: 01:54:85	
PB (25m pool): 1:54.85 Amsterdam 23 jan 2026				PB (50m pool): 1:57.79 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		26.01		55.25		1:25.04		1:54.85
	26.01		29.24		29.79		29.81	
								

Coach feedback: