

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Gijsemans Liesbet

Coaches: De Herdt Els HEADCOACH

Coaches: Jacob Sven

Coaches: De Herdt An

Coaches: Vanuytven Diane

Coaches: De Weerd Koen

PB => Personal Best time

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

## Event number: 1: 100M BREASTSTROKE WOMEN 11+

Heat:8, starttime: 09:19

Heat: 8/15 Lane : 5 Athlete: VAN BREEDAM LENA			Q-time: 01:34:58
PB (50m pool): 01:41.30 Mol 22/06/2025			PB (25m pool): 01:34.58 SB: no time
5 0 M	1 0 0 M		
PB	00:47.62	01:41.30	
	00:47.62	00:53.68	
.....	.....		

Coach feedback:

## Event number: 1: 100M BREASTSTROKE WOMEN 11+

Heat:8, starttime: 09:19

Heat: 8/15 Lane : 6 Athlete: SARMI SOFIA			Q-time: 01:35:62
PB (50m pool): 01:42.82 Mol 22/06/2025			PB (25m pool): 01:35.62 SB: 01:42.88 Wezenberg 04/01/2026
5 0 M	1 0 0 M		
PB	00:48.37	01:42.82	
	00:48.37	00:54.45	
.....	.....		

Coach feedback:

## Event number: 1: 100M BREASTSTROKE WOMEN 11+

Heat:9, starttime: 09:21

Heat: 9/15 Lane : 5 Athlete: GERAEDTS MARIA			Q-time: 01:33:54
PB (50m pool): 01:38.74 Wezenberg 04/01/2026			PB (25m pool): 01:33.54 SB: 01:38.74 Wezenberg 04/01/2026
5 0 M	1 0 0 M		
PB	00:47.05	01:38.74	
	00:47.05	00:51.69	
.....	.....		

Coach feedback:

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 1: 100M BREASTSTROKE WOMEN 11+

Heat:10, starttime: 09:23

Heat: 10/15 Lane : 5 Athlete: VERHOEVEN LIESE

Q-time: 01:31:13

PB (50m pool): 01:34.11 Antwerpen 13/07/2025

PB (25m pool): 01:31.13 SB: 01:37.11 Wezenberg 03/01/2026

50 M		100 M	
PB	00:43.74	01:34.11	
	00:43.74	00:50.37	
	.....	.....	

Coach feedback:

Event number: 1: 100M BREASTSTROKE WOMEN 11+

Heat:12, starttime: 09:28

Heat: 12/15 Lane : 6 Athlete: DALEMANS NEL

Q-time: 01:26:83

PB (50m pool): 01:30.93 Antwerpen 13/07/2025

PB (25m pool): 01:26.83 SB: 01:32.68 Wezenberg 04/01/2026

50 M		100 M	
PB	00:42.80	01:30.93	
	00:42.80	00:48.13	
	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:1, starttime: 09:37

Heat: 1/6 Lane : 1 Athlete: GILLIS BAS

Q-time: 01:45:91

PB (50m pool): 01:49.10 Wezenberg 04/01/2026

PB (25m pool): 01:45.91 SB: 01:49.10 Wezenberg 04/01/2026

50 M		100 M	
PB	00:49.52	01:49.10	
	00:49.52	00:59.58	
	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:1, starttime: 09:37

Heat: 1/6 Lane : 3 Athlete: MARIN ALEXANDRU

Q-time: 01:32:30

PB (50m pool): 01:32.30 Wezenberg 04/01/2026

PB (25m pool): 01:32.95 SB: 01:32.30 Wezenberg 04/01/2026

50 M		100 M	
PB	00:43.71	01:32.30	
	00:43.71	00:48.59	
	.....	.....	

Coach feedback:

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:1, starttime: 09:37

Heat: 1/6 Lane : 5 Athlete: VERMEIREN STAN

Q-time: 01:32:05

PB (50m pool): 01:34.20 SportinGenk Park 21/04/2025

PB (25m pool): 01:32.05 SB: 01:40.84 Wezenberg 03/01/2026

5 0 M		1 0 0 M	
PB	no time	01:34.20	
	no time		
	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:3, starttime: 09:42

Heat: 3/6 Lane : 2 Athlete: VERCAMMEN DAAN

Q-time: 01:21:62

PB (50m pool): 01:23.76 Wezenberg 03/01/2026

PB (25m pool): 01:21.62 SB: 01:23.76 Wezenberg 03/01/2026

5 0 M		1 0 0 M	
PB	00:39.32	01:23.76	
	00:39.32	00:44.44	
	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:4, starttime: 09:44

Heat: 4/6 Lane : 5 Athlete: SLAETS CAZ

Q-time: 01:17:28

PB (50m pool): 01:19.48 Antwerpen 20/04/2025

PB (25m pool): 01:17.28 SB: no time

5 0 M		1 0 0 M	
PB	00:37.34	01:19.48	
	00:37.34	00:42.14	
	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:5, starttime: 09:46

Heat: 5/6 Lane : 5 Athlete: MERTENS GERBEN

Q-time: 01:12:22

PB (50m pool): 01:17.04 Antwerpen 20/07/2025

PB (25m pool): 01:12.22 SB: 01:17.20 Wezenberg 03/01/2026

5 0 M		1 0 0 M	
PB	00:36.69	01:17.04	
	00:36.69	00:40.35	
	.....	.....	

Coach feedback:

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:6, starttime: 09:48

Heat: 6/6 Lane : 7 Athlete: WIJSGEER VIKTOR

Q-time: 01:08:73

PB (50m pool): 01:12.75 Antwerpen 27/07/2025

PB (25m pool): 01:08.73 SB: no time

50 M		100 M	
PB	00:32.82	01:12.75	
	00:32.82	00:39.93	
	.....	.....	

Coach feedback:

Event number: 2: 100M BREASTSTROKE MEN 13+

Heat:6, starttime: 09:48

Heat: 6/6 Lane : 8 Athlete: JACOB QINGKUN

Q-time: 01:12:13

PB (50m pool): 01:15.83 Wezenberg 03/01/2026

PB (25m pool): 01:12.13 SB: 01:15.83 Wezenberg 03/01/2026

50 M		100 M	
PB	00:35.95	01:15.83	
	00:35.95	00:39.88	
	.....	.....	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+

Heat:1, starttime: 09:50

Heat: 1/8 Lane : 2 Athlete: BOURGUIGNON NENA

Q-time: 00:44:95

PB (50m pool): no time

PB (25m pool): 00:44.95 SB: no time

50 M		
PB	no time	
	no time	
	.....	

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+

Heat:1, starttime: 09:50

Heat: 1/8 Lane : 6 Athlete: JORIS LINDE

Q-time: 00:44:31

PB (50m pool): no time

PB (25m pool): 00:44.31 SB: no time

50 M		
PB	no time	
	no time	
	.....	

Coach feedback:

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 3: 50M BACKSTROKE WOMEN 13+

Heat:2, starttime: 09:52

Heat: 2/8 Lane : 3 Athlete: VOLDERS ELLA

Q-time: 00:39:21

PB (50m pool): 00:41.83 Mol 22/06/2025

PB (25m pool): 00:39.21 SB: no time

50 M	
PB	00:41.83
	00:41.83
	.....

Coach feedback:

Event number: 3: 50M BACKSTROKE WOMEN 13+

Heat:6, starttime: 10:00

Heat: 6/8 Lane : 5 Athlete: SCHELLEMANS CHARLOTTE

Q-time: 00:33:40

PB (50m pool): 00:34.41 Antwerpen 20/04/2025

PB (25m pool): 00:33.40 SB: 00:35.10 Wezenberg 03/01/2026

50 M	
PB	00:34.41
	00:34.41
	.....

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+

Heat:2, starttime: 10:07

Heat: 2/8 Lane : 6 Athlete: VERSTRAETE PEPIJN

Q-time: 00:39:06

PB (50m pool): no time

PB (25m pool): 00:39.06 SB: no time

50 M	
PB	no time
	no time
	.....

Coach feedback:

Event number: 4: 50M BACKSTROKE MEN 13+

Heat:5, starttime: 10:12

Heat: 5/8 Lane : 6 Athlete: JANSSENS TIJS

Q-time: 00:31:79

PB (50m pool): 00:32.70 Antwerpen 13/07/2025

PB (25m pool): 00:31.79 SB: no time

50 M	
PB	00:32.70
	00:32.70
	.....

Coach feedback:

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 4: 50M BACKSTROKE MEN 13+

Heat:7, starttime: 10:16

Heat: 7/8 Lane : 8 Athlete: DOOMEN MARNIX

Q-time: 00:30:29

PB (50m pool): 00:31.27 Antwerpen 20/04/2025

PB (25m pool): 00:30.29 SB: no time

50 M	
PB	00:31.27
	00:31.27
	.....

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+

Heat:1, starttime: 10:34

Heat: 1/16 Lane : 5 Athlete: VAN BREEDAM LENA

Q-time: 99:99:99

PB (50m pool): no time

PB (25m pool): no time SB: no time

50 M	
PB	no time
	no time
	.....

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+

Heat:7, starttime: 10:44

Heat: 7/16 Lane : 8 Athlete: VERHOEVEN LIESE

Q-time: 00:40:56

PB (50m pool): 00:40.56 Antwerpen 13/07/2025

PB (25m pool): 00:41.83 SB: 00:43.36 Wezenberg 03/01/2026

50 M	
PB	00:40.56
	00:40.56
	.....

Coach feedback:

Event number: 5: 50M BUTTERFLY WOMEN 11+

Heat:12, starttime: 10:51

Heat: 12/16 Lane : 5 Athlete: VAN REETH LIEZE

Q-time: 00:33:53

PB (50m pool): 00:33.99 Mol 22/06/2025

PB (25m pool): 00:33.53 SB: no time

50 M	
PB	00:33.99
	00:33.99
	.....

Coach feedback:

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 5: 50M BUTTERFLY WOMEN 11+

Heat:16, starttime: 10:56

Heat: 16/16 Lane : 7 Athlete: JACOBS LOTTE

Q-time: 00:30:82

PB (50m pool): 00:31.22 Antwerpen 27/07/2025

PB (25m pool): 00:30.82 SB: no time

5 0 M	
PB	00:31.22
	00:31.22
	.....

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:1, starttime: 10:57

Heat: 1/10 Lane : 2 Athlete: GILLIS BAS

Q-time: 00:46:84

PB (50m pool): no time

PB (25m pool): 00:46.84 SB: no time

5 0 M	
PB	no time
	no time
	.....

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:1, starttime: 10:57

Heat: 1/10 Lane : 5 Athlete: VERMEIREN STAN

Q-time: 00:41:48

PB (50m pool): 00:41.48 SportinGenk Park 21/04/2025

PB (25m pool): 00:41.62 SB: no time

5 0 M	
PB	00:41.48
	00:41.48
	.....

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:2, starttime: 10:59

Heat: 2/10 Lane : 4 Athlete: MARIN ALEXANDRU

Q-time: 00:36:72

PB (50m pool): 00:37.93 Mol 22/06/2025

PB (25m pool): 00:36.72 SB: no time

5 0 M	
PB	00:37.93
	00:37.93
	.....

Coach feedback:

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:3, starttime: 11:00

Heat: 3/10 Lane : 7 Athlete: DE WEERDT BENT

Q-time: 00:35:42

PB (50m pool): 00:36.20 Wezenberg 04/01/2026

PB (25m pool): 00:35.42 SB: 00:36.20 Wezenberg 04/01/2026

50 M	
PB	00:36.20
	00:36.20
	.....

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:4, starttime: 11:02

Heat: 4/10 Lane : 4 Athlete: WIJSGEER VIKTOR

Q-time: 00:32:52

PB (50m pool): 00:35.01 Mol 22/06/2025

PB (25m pool): 00:32.52 SB: no time

50 M	
PB	00:35.01
	00:35.01
	.....

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:4, starttime: 11:02

Heat: 4/10 Lane : 5 Athlete: MERTENS GERBEN

Q-time: 00:32:61

PB (50m pool): 00:34.58 Mol 22/06/2025

PB (25m pool): 00:32.61 SB: no time

50 M	
PB	00:34.58
	00:34.58
	.....

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:5, starttime: 11:03

Heat: 5/10 Lane : 8 Athlete: SLAETS CAZ

Q-time: 00:31:94

PB (50m pool): 00:32.73 Wezenberg 03/01/2026

PB (25m pool): 00:31.94 SB: 00:32.73 Wezenberg 03/01/2026

50 M	
PB	00:32.73
	00:32.73
	.....

Coach feedback:

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:6, starttime: 11:04

Heat: 6/10 Lane : 1 Athlete: JACOB QINGKUN

Q-time: 00:30:35

PB (50m pool): 00:33.38 Wezenberg 05/01/2025

PB (25m pool): 00:30.35 SB: no time

50 M	
PB	00:33.38
	00:33.38
	.....

Coach feedback:

Event number: 6: 50M BUTTERFLY MEN 13+

Heat:8, starttime: 11:07

Heat: 8/10 Lane : 6 Athlete: DOOMEN MARNIX

Q-time: 00:28:53

PB (50m pool): 00:28.65 Antwerpen 27/07/2025

PB (25m pool): 00:28.53 SB: 00:28.76 Wezenberg 03/01/2026

50 M	
PB	00:28.65
	00:28.65
	.....

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+

Heat:2, starttime: 11:18

Heat: 2/6 Lane : 2 Athlete: SARMI SOFIA

Q-time: 05:37:64

PB (50m pool): no time

PB (25m pool): 05:37.64 SB: no time

50 M		100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time							
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+

Heat:2, starttime: 11:18

Heat: 2/6 Lane : 4 Athlete: GERAEDTS MARIA

Q-time: 05:30:88

PB (50m pool): no time

PB (25m pool): 05:30.88 SB: no time

50 M		100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time							
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

# PK 50m bad Antw: Session: 1: COACH evaluation sheet for TEAM: ZVL

Event number: 7: 400M FREESTYLE WOMEN 13+

Heat:3, starttime: 11:25

Heat: 3/6 Lane : 6 Athlete: DALEMANS NEL

Q-time: 05:18:88

PB (50m pool): 05:52.90 Antwerpen 14/07/2024

PB (25m pool): 05:18.88 SB: no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	05:52.90						
	no time							
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+

Heat:4, starttime: 11:31

Heat: 4/6 Lane : 3 Athlete: VOLDERS ELLA

Q-time: 05:07:63

PB (50m pool): 05:16.18 Antwerpen 20/07/2025

PB (25m pool): 05:07.63 SB: no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:35.18	01:14.02	01:54.80	02:35.25	03:16.23	03:57.03	04:38.04	05:16.18
	00:35.18	00:38.84	00:40.78	00:40.45	00:40.98	00:40.80	00:41.01	00:38.14
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 7: 400M FREESTYLE WOMEN 13+

Heat:6, starttime: 11:43

Heat: 6/6 Lane : 8 Athlete: VERDOOD PIP

Q-time: 04:53:97

PB (50m pool): 04:55.48 Antwerpen 20/07/2025

PB (25m pool): 04:53.97 SB: no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:33.15	01:10.07	01:48.25	02:26.30	03:04.39	03:42.29	04:20.17	04:55.48
	00:33.15	00:36.92	00:38.18	00:38.05	00:38.09	00:37.90	00:37.88	00:35.31
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback:

Event number: 8: 400M FREESTYLE MEN 13+

Heat:4, starttime: 12:08

Heat: 4/6 Lane : 8 Athlete: VERCAMMEN DAAN

Q-time: 04:56:79

PB (50m pool): 05:05.00 Mol 22/06/2025

PB (25m pool): 04:56.79 SB: no time

	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.20	01:13.07	01:51.99	02:31.84	03:10.92	03:50.40	04:28.75	05:05.00
	00:34.20	00:38.87	00:38.92	00:39.85	00:39.08	00:39.48	00:38.35	00:36.25
	.....	.....	.....	.....	.....	.....	.....	.....

Coach feedback: