

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Coachinfo: Warming up from: 13:00 untill 14:00. Teamleadmeeting @

The listed starttimes are indicative!

Coaches: Wouters Maxim

Coaches: Moeskops Kathleen

Coaches: Dierckx Davy HEADCOACH

Coaches: Verbeek Mats

Coaches: Feyten Anne

PB => Personal Best time

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

Event number: 10: 200M BUTTERFLY WOMEN 13+

Heat:2, starttime: 14:04

Heat: 2/2 Lane : 3 Athlete: BELLENS LORE

Q-time: 02:31:67

PB (50m pool): 02:41.56 Antwerpen 20/07/2025

PB (25m pool): 02:31.67 SB: no time

5 0 M		1 0 0 M		1 5 0 M		2 0 0 M	
PB	00:34.13	01:14.46	01:57.14	02:41.56			
	00:34.13	00:40.33	00:42.68	00:44.42			
			

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:6, starttime: 14:27

Heat: 6/20 Lane : 7 Athlete: KENIS JOSEPHINE

Q-time: 01:18:94

PB (50m pool): 01:18.94 Antwerpen 13/07/2025

PB (25m pool): 01:19.35 SB: 01:22.31 SportinGenk Park 11/11/2025

5 0 M		1 0 0 M	
PB	00:36.99	01:18.94	
	00:36.99	00:41.95	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:7, starttime: 14:29

Heat: 7/20 Lane : 4 Athlete: KENIS LOLA

Q-time: 01:15:81

PB (50m pool): 01:20.09 SportinGenk Park 11/11/2025

PB (25m pool): 01:15.81 SB: 01:20.09 SportinGenk Park 11/11/2025

5 0 M		1 0 0 M	
PB	no time	01:20.09	
	no time		
	

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:13, starttime: 14:41

Heat: 13/20 Lane : 6 Athlete: DIERCKX FEMKE

Q-time: 01:08:15

PB (50m pool): 01:10.23 Antwerp 04/02/2024

PB (25m pool): 01:08.15 SB: 01:12.49 Wezenberg 03/01/2026

5 0 M		1 0 0 M	
PB	no time	01:10.23	
	no time		
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:16, starttime: 14:47

Heat: 16/20 Lane : 2 Athlete: DURT REINE

Q-time: 01:05:34

PB (50m pool): 01:06.28 Antwerpen 21/07/2024

PB (25m pool): 01:05.34 SB: 01:08.59 Wezenberg 03/01/2026

5 0 M		1 0 0 M	
PB	no time	01:06.28	
	no time		
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:17, starttime: 14:48

Heat: 17/20 Lane : 5 Athlete: JANSSENS ELISABETH

Q-time: 01:03:77

PB (50m pool): 01:05.64 Wezenberg 03/01/2026

PB (25m pool): 01:03.77 SB: 01:05.64 Wezenberg 03/01/2026

5 0 M		1 0 0 M	
PB	00:31.86	01:05.64	
	00:31.86	00:33.78	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:19, starttime: 14:52

Heat: 19/20 Lane : 3 Athlete: MERTENS FEMKE

Q-time: 01:01:23

PB (50m pool): 01:03.34 Antwerpen 20/07/2025

PB (25m pool): 01:01.23 SB: 01:03.91 SportinGenk Park 11/11/2025

5 0 M		1 0 0 M	
PB	00:30.22	01:03.34	
	00:30.22	00:33.12	
	

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:19, starttime: 14:52

Heat: 19/20 Lane : 7 Athlete: BIERINCKX MIE

Q-time: 01:01:77

PB (50m pool): 01:04.15 Wezenberg 04/01/2026

PB (25m pool): 01:01.77 SB: 01:04.15 Wezenberg 04/01/2026

50 M		100 M	
PB	00:30.27	01:04.15	
	00:30.27	00:33.88	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:20, starttime: 14:54

Heat: 20/20 Lane : 1 Athlete: MERTENS HELENA

Q-time: 01:00:41

PB (50m pool): 01:01.70 SportinGenk Park 21/04/2025

PB (25m pool): 01:00.41 SB: 01:05.54 Wezenberg 03/01/2026

50 M		100 M	
PB	00:30.12	01:01.70	
	00:30.12	00:31.58	
	

Coach feedback:

Event number: 12: 100M FREESTYLE WOMEN 11+

Heat:20, starttime: 14:54

Heat: 20/20 Lane : 7 Athlete: BOVEN AXELLE

Q-time: 01:00:33

PB (50m pool): 01:02.33 Wezenberg 03/01/2026

PB (25m pool): 01:00.33 SB: 01:02.33 Wezenberg 03/01/2026

50 M		100 M	
PB	00:29.75	01:02.33	
	00:29.75	00:32.58	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+

Heat:3, starttime: 15:00

Heat: 3/12 Lane : 5 Athlete: VAN GORP TUUR

Q-time: 01:07:72

PB (50m pool): 01:07.72 Wezenberg 04/01/2026

PB (25m pool): 01:10.17 SB: 01:07.72 Wezenberg 04/01/2026

50 M		100 M	
PB	00:32.36	01:07.72	
	00:32.36	00:35.36	
	

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 13: 100M FREESTYLE MEN 13+

Heat:4, starttime: 15:02

Heat: 4/12 Lane : 7 Athlete: FEYEN AEDEN

Q-time: 01:06:94

PB (50m pool): 01:12.83 SportinGenk Park 21/04/2025

PB (25m pool): 01:05.87 SB: no time

5 0 M		1 0 0 M	
PB	00:33.88	01:12.83	
	00:33.88	00:38.95	
	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 13+

Heat:11, starttime: 15:14

Heat: 11/12 Lane : 5 Athlete: VERBEEK SEM

Q-time: 00:54:91

PB (50m pool): 00:55.19 ANTWERPEN 31/07/2022

PB (25m pool): 00:53.48 SB: no time

5 0 M		1 0 0 M	
PB	no time	00:55.19	
	no time		
	

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+

Heat:2, starttime: 15:35

Heat: 2/6 Lane : 1 Athlete: VAN LOMMEL ANTHE

Q-time: 00:44:45

PB (50m pool): 00:46.95 Wezenberg 05/01/2025

PB (25m pool): 00:44.45 SB: no time

5 0 M			
PB	00:46.95		
	00:46.95		
		

Coach feedback:

Event number: 14: 50M BREASTSTROKE WOMEN 13+

Heat:5, starttime: 15:39

Heat: 5/6 Lane : 3 Athlete: MERTENS HELENA

Q-time: 00:37:80

PB (50m pool): 00:38.68 SportinGenk Park 21/04/2025

PB (25m pool): 00:37.80 SB: no time

5 0 M			
PB	00:38.68		
	00:38.68		
		

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 15: 50M BREASTSTROKE MEN 13+

Heat:2, starttime: 15:44

Heat: 2/8 Lane : 5 Athlete: VAN GORP TUUR

Q-time: 00:39:84

PB (50m pool): 00:39.84 Wezenberg 04/01/2026

PB (25m pool): 00:42.25 SB: 00:39.84 Wezenberg 04/01/2026

5 0 M	
PB	00:39.84
	00:39.84

Coach feedback:

Event number: 15: 50M BREASTSTROKE MEN 13+

Heat:3, starttime: 15:45

Heat: 3/8 Lane : 5 Athlete: FEYEN AEDEN

Q-time: 00:36:98

PB (50m pool): 00:36.98 Wezenberg 03/01/2026

PB (25m pool): 00:38.36 SB: 00:36.98 Wezenberg 03/01/2026

5 0 M	
PB	00:36.98
	00:36.98

Coach feedback:

Event number: 16: 100M BACKSTROKE WOMEN 11-12

Heat:4, starttime: 16:02

Heat: 4/6 Lane : 2 Athlete: KENIS LOLA

Q-time: 01:32:37

PB (50m pool): no time

PB (25m pool): 01:32.37 SB: no time

	5 0 M	1 0 0 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+

Heat:3, starttime: 16:32

Heat: 3/8 Lane : 2 Athlete: VAN LOMMEL ANTHE

Q-time: 02:57:03

PB (50m pool): 03:01.78 SportinGenk Park 11/11/2025

PB (25m pool): 02:57.03 SB: 03:01.78 SportinGenk Park 11/11/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	03:01.78	
	no time				
	

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK

Event number: 18: 200M MEDLEY WOMEN 13+

Heat:5, starttime: 16:40

Heat: 5/8 Lane : 4 Athlete: DIERCKX FEMKE

Q-time: 02:47:17

PB (50m pool): 02:55.00 Aalst 28/06/2025

PB (25m pool): 02:47.17 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.98	01:23.48	02:15.83	02:55.00	
	00:36.98	00:46.50	00:52.35	00:39.17	
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+

Heat:7, starttime: 16:47

Heat: 7/8 Lane : 7 Athlete: DURT REINE

Q-time: 02:38:10

PB (50m pool): 02:42.29 Antwerpen 21/07/2024

PB (25m pool): 02:38.10 SB: 02:49.52 SportinGenk Park 11/11/2025

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	02:42.29	
	no time				
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+

Heat:8, starttime: 16:50

Heat: 8/8 Lane : 1 Athlete: JANSSENS ELISABETH

Q-time: 02:34:77

PB (50m pool): 02:40.89 Antwerpen 27/07/2025

PB (25m pool): 02:34.77 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.62	01:16.02	02:02.49	02:40.89	
	00:34.62	00:41.40	00:46.47	00:38.40	
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+

Heat:8, starttime: 16:50

Heat: 8/8 Lane : 2 Athlete: BELLENS LORE

Q-time: 02:32:09

PB (50m pool): 02:41.21 Antwerp 26/01/2025

PB (25m pool): 02:32.09 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.06	01:16.09	02:04.30	02:41.21	
	00:34.06	00:42.03	00:48.21	00:36.91	
	

Coach feedback:

PK 50m bad Antw: Session: 2: COACH evaluation sheet for TEAM: SHARK**Event number: 18: 200M MEDLEY WOMEN 13+****Heat:8, starttime: 16:50****Heat: 8/8 Lane : 5 Athlete: MERTENS FEMKE****Q-time: 02:30:63**

PB (50m pool): 02:36.38 Antwerpen 20/07/2025

PB (25m pool): 02:30.63 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:34.49	01:13.44	02:01.20	02:36.38	
	00:34.49	00:38.95	00:47.76	00:35.18	
	

Coach feedback:

Event number: 18: 200M MEDLEY WOMEN 13+**Heat:8, starttime: 16:50****Heat: 8/8 Lane : 6 Athlete: BOVEN AXELLE****Q-time: 02:31:50**

PB (50m pool): 02:32.02 Antwerpen 27/07/2025

PB (25m pool): 02:28.32 SB: 02:33.81 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:32.78	01:12.98	01:56.72	02:32.02	
	00:32.78	00:40.20	00:43.74	00:35.30	
	

Coach feedback: