

# PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZS

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

The listed starttimes are indicative!

Coaches: Scheveneels Judith

Coaches: Meyers Sepp HEADCOACH

PB => Personal Best time

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

## Event number: 30: 100M BREASTSTROKE MEN 11-12

Heat:3, starttime: 14:06

| Heat: 3/5 Lane : 1 Athlete: VLEEMING BIAGIO |          |          | Q-time: 01:47:48                    |
|---|----------|----------|-------------------------------------|
| PB (50m pool): 01:47.48 Aalst 11/05/2025    |          |          | PB (25m pool): 01:44.09 SB: no time |
| 5 0 M                                       | 1 0 0 M  |          |                                     |
| PB  | 00:51.60 | 01:47.48 |                                     |
|   | 00:51.60 | 00:55.88 |                                     |
| .....                                       | .....    |          |                                     |

Coach feedback:

## Event number: 30: 100M BREASTSTROKE MEN 11-12

Heat:5, starttime: 14:11

| Heat: 5/5 Lane : 7 Athlete: VAN OOSTERWYCK ALEXANDER |         |         | Q-time: 01:35:85                    |
|--|---------|---------|-------------------------------------|
| PB (50m pool): no time                               |         |         | PB (25m pool): 01:35.85 SB: no time |
| 5 0 M  | 1 0 0 M |         |                                     |
| PB   | no time | no time |                                     |
|  | no time |         |                                     |
| .....  | .....   |         |                                     |

Coach feedback:

## Event number: 31: 50M FREESTYLE MEN 13+

Heat:1, starttime: 14:13

| Heat: 1/11 Lane : 3 Athlete: PEETERS SAMUEL |          |  | Q-time: 00:35:27                    |
|---|----------|--|-------------------------------------|
| PB (50m pool): 00:35.27 Aalst 11/05/2025    |          |  | PB (25m pool): 00:35.41 SB: no time |
| 5 0 M                                       |          |  |                                     |
| PB  | 00:35.27 |  |                                     |
|   | 00:35.27 |  |                                     |
| .....                                       | .....    |  |                                     |

Coach feedback:

# PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZS

Event number: 31: 50M FREESTYLE MEN 13+

Heat:6, starttime: 14:20

Heat: 6/11 Lane : 6 Athlete: DE RIDDER ARNE

Q-time: 00:28:17

PB (50m pool): 00:28.17 Aalst 11/05/2025

PB (25m pool): 00:27.88 SB: no time

| 50 M |          |
|------|----------|
| PB   | 00:28.17 |
|      | 00:28.17 |
|      | .....    |

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+

Heat:9, starttime: 14:23

Heat: 9/11 Lane : 1 Athlete: MATHIEU JACK

Q-time: 00:26:10

PB (50m pool): 00:26.10 Antwerpen 20/04/2025

PB (25m pool): 00:25.31 SB: no time

| 50 M |          |
|------|----------|
| PB   | 00:26.10 |
|      | 00:26.10 |
|      | .....    |

Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+

Heat:11, starttime: 14:26

Heat: 11/11 Lane : 1 Athlete: LAUREYSSENS LUKAS

Q-time: 00:24:27

PB (50m pool): 00:24.27 Antwerpen 27/07/2025

PB (25m pool): 00:23.91 SB: no time

| 50 M |          |
|------|----------|
| PB   | 00:24.27 |
|      | 00:24.27 |
|      | .....    |

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+

Heat:2, starttime: 14:29

Heat: 2/14 Lane : 6 Athlete: THEUNISSEN JOLIEN

Q-time: 00:36:76

PB (50m pool): 00:36.76 Aalst 11/05/2025

PB (25m pool): 00:36.04 SB: no time

| 50 M |          |
|------|----------|
| PB   | 00:36.76 |
|      | 00:36.76 |
|      | .....    |

Coach feedback:

# PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZS

Event number: 32: 50M FREESTYLE WOMEN 13+

Heat:3, starttime: 14:30

Heat: 3/14 Lane : 6 Athlete: LESSELIERS EMILY

Q-time: 00:34:21

PB (50m pool): 00:34.21 Antwerpen 20/04/2025

PB (25m pool): 00:33.10 SB: no time

| 50 M |          |
|------|----------|
| PB   | 00:34.21 |
|      | 00:34.21 |
|      | .....    |

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+

Heat:7, starttime: 14:35

Heat: 7/14 Lane : 6 Athlete: DE VOCHT ANNE-JULIE

Q-time: 00:31:43

PB (50m pool): 00:31.43 Antwerpen 20/04/2025

PB (25m pool): 00:31.19 SB: no time

| 50 M |          |
|------|----------|
| PB   | 00:31.43 |
|      | 00:31.43 |
|      | .....    |

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+

Heat:8, starttime: 14:36

Heat: 8/14 Lane : 2 Athlete: DE RIDDER STERRE

Q-time: 00:31:09

PB (50m pool): 00:31.09 Aalst 11/05/2025

PB (25m pool): 00:30.15 SB: no time

| 50 M |          |
|------|----------|
| PB   | 00:31.09 |
|      | 00:31.09 |
|      | .....    |

Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+

Heat:9, starttime: 14:38

Heat: 9/14 Lane : 7 Athlete: VAN HOOF SARA

Q-time: 00:30:54

PB (50m pool): 00:30.54 Antwerp 02/02/2025

PB (25m pool): 00:30.22 SB: no time

| 50 M |          |
|------|----------|
| PB   | 00:30.54 |
|      | 00:30.54 |
|      | .....    |

Coach feedback:

# PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZS

Event number: 32: 50M FREESTYLE WOMEN 13+

Heat:10, starttime: 14:39

Heat: 10/14 Lane : 8 Athlete: VERRET JULIE

Q-time: 00:30:33

PB (50m pool): 00:30.33 Antwerpen 20/04/2025

PB (25m pool): 00:29.56 SB: no time

| 50 M |          |
|------|----------|
| PB   | 00:30.33 |
|      | 00:30.33 |
|      | .....    |

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+

Heat:1, starttime: 15:01

Heat: 1/4 Lane : 3 Athlete: LESSELIERS EMILY

Q-time: 03:33:42

PB (50m pool): 03:33.42 Antwerpen 20/04/2025

PB (25m pool): 03:29.35 SB: no time

| 50 M |          | 100 M    | 150 M    | 200 M    |  |
|------|----------|----------|----------|----------|--|
| PB   | 00:48.53 | 01:42.04 | 02:37.33 | 03:33.42 |  |
|      | 00:48.53 | 00:53.51 | 00:55.29 | 00:56.09 |  |
|      | .....    | .....    | .....    | .....    |  |

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+

Heat:3, starttime: 15:10

Heat: 3/4 Lane : 4 Athlete: VAN DEN BERGH ANNA

Q-time: 02:58:01

PB (50m pool): 02:58.01 Antwerpen 27/07/2025

PB (25m pool): 03:16.78 SB: 03:00.21 Aalst 20/12/2025

| 50 M |          | 100 M    | 150 M    | 200 M    |  |
|------|----------|----------|----------|----------|--|
| PB   | 00:40.19 | 01:25.40 | 02:11.38 | 02:58.01 |  |
|      | 00:40.19 | 00:45.21 | 00:45.98 | 00:46.63 |  |
|      | .....    | .....    | .....    | .....    |  |

Coach feedback:

Event number: 34: 200M BREASTSTROKE WOMEN 13+

Heat:3, starttime: 15:10

Heat: 3/4 Lane : 5 Athlete: VERNIERS NIME

Q-time: 02:58:51

PB (50m pool): 02:58.51 Aalst 11/05/2025

PB (25m pool): 02:51.82 SB: no time

| 50 M |          | 100 M    | 150 M    | 200 M    |  |
|------|----------|----------|----------|----------|--|
| PB   | 00:41.31 | 01:27.44 | 02:13.27 | 02:58.51 |  |
|      | 00:41.31 | 00:46.13 | 00:45.83 | 00:45.24 |  |
|      | .....    | .....    | .....    | .....    |  |

Coach feedback:

# PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZS

Event number: 34: 200M BREASTSTROKE WOMEN 13+

Heat:4, starttime: 15:14

Heat: 4/4 Lane : 5 Athlete: VAN OSTA NOMI

Q-time: 02:45:68

PB (50m pool): 02:45.68 Antwerpen 27/07/2025

PB (25m pool): 02:44.25 SB: no time

|    | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |  |
|----|----------|----------|----------|----------|--|
| PB | 00:36.87 | 01:18.29 | 02:01.70 | 02:45.68 |  |
|    | 00:36.87 | 00:41.42 | 00:43.41 | 00:43.98 |  |
|    | .....    | .....    | .....    | .....    |  |

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+

Heat:3, starttime: 15:39

Heat: 3/12 Lane : 5 Athlete: VAN OOSTERWYCK ALEXANDER

Q-time: 01:29:80

PB (50m pool): 01:28.33 Wezenberg 04/01/2026

PB (25m pool): 01:28.75 SB: 01:28.33 Wezenberg 04/01/2026

|    | 5 0 M    | 1 0 0 M  |  |
|----|----------|----------|--|
| PB | 00:42.62 | 01:28.33 |  |
|    | 00:42.62 | 00:45.71 |  |
|    | .....    | .....    |  |

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+

Heat:5, starttime: 15:44

Heat: 5/12 Lane : 6 Athlete: VLEEMING BIAGIO

Q-time: 01:24:00

PB (50m pool): no time

PB (25m pool): 01:24.00 SB: no time

|    | 5 0 M   | 1 0 0 M |  |
|----|---------|---------|--|
| PB | no time | no time |  |
|    | no time |         |  |
|    | .....   | .....   |  |

Coach feedback:

Event number: 35: 100M BACKSTROKE MEN 11+

Heat:10, starttime: 15:57

Heat: 10/12 Lane : 3 Athlete: DE RIDDER ARNE

Q-time: 01:06:05

PB (50m pool): 01:05.74 Wezenberg 04/01/2026

PB (25m pool): 01:03.55 SB: 01:05.74 Wezenberg 04/01/2026

|    | 5 0 M    | 1 0 0 M  |  |
|----|----------|----------|--|
| PB | 00:32.25 | 01:05.74 |  |
|    | 00:32.25 | 00:33.49 |  |
|    | .....    | .....    |  |

Coach feedback:

# PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZS

Event number: 36: 100M BACKSTROKE WOMEN 13+

Heat:5, starttime: 16:15

Heat: 5/11 Lane : 4 Athlete: DE RIDDER STERRE

Q-time: 01:19:68

PB (50m pool): 01:18.86 Wezenberg 03/01/2026

PB (25m pool): 01:16.93 SB: 01:18.86 Wezenberg 03/01/2026

| 5 0 M |          | 1 0 0 M  |  |
|-------|----------|----------|--|
| PB    | 00:38.58 | 01:18.86 |  |
|       | 00:38.58 | 00:40.28 |  |
|       | .....    | .....    |  |

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+

Heat:6, starttime: 16:18

Heat: 6/11 Lane : 6 Athlete: VERNIERS NIME

Q-time: 01:17:76

PB (50m pool): 01:13.65 Wezenberg 03/01/2026

PB (25m pool): 01:15.02 SB: 01:13.65 Wezenberg 03/01/2026

| 5 0 M |          | 1 0 0 M  |  |
|-------|----------|----------|--|
| PB    | 00:36.28 | 01:13.65 |  |
|       | 00:36.28 | 00:37.37 |  |
|       | .....    | .....    |  |

Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+

Heat:6, starttime: 16:18

Heat: 6/11 Lane : 7 Athlete: VAN HOOF SARA

Q-time: 01:18:56

PB (50m pool): 01:18.04 Wezenberg Antwerpen 07/01/2024

PB (25m pool): 01:16.50 SB: 01:19.20 Wezenberg 03/01/2026

| 5 0 M |          | 1 0 0 M  |  |
|-------|----------|----------|--|
| PB    | 00:37.53 | 01:18.04 |  |
|       | 00:37.53 | 00:40.51 |  |
|       | .....    | .....    |  |

Coach feedback:

Event number: 37: 200M MEDLEY MEN 13+

Heat:1, starttime: 16:32

Heat: 1/5 Lane : 3 Athlete: PEETERS SAMUEL

Q-time: 03:10:04

PB (50m pool): 03:10.04 Aalst 11/05/2025

PB (25m pool): 03:01.35 SB: no time

| 5 0 M |          | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |  |
|-------|----------|----------|----------|----------|--|
| PB    | 00:42.33 | 01:29.71 | 02:28.48 | 03:10.04 |  |
|       | 00:42.33 | 00:47.38 | 00:58.77 | 00:41.56 |  |
|       | .....    | .....    | .....    | .....    |  |

Coach feedback:

# PK 50m bad Antw: Session: 4: COACH evaluation sheet for TEAM: ZS

Event number: 37: 200M MEDLEY MEN 13+

Heat:5, startime: 16:47

Heat: 5/5 Lane : 4 Athlete: LAUREYSSENS LUKAS

Q-time: 02:14:63

PB (50m pool): 02:14.63 Aalst 11/05/2025

PB (25m pool): 02:07.39 SB: 02:15.25 Aalst 20/12/2025

|    | 5 0 M    | 1 0 0 M  | 1 5 0 M  | 2 0 0 M  |  |
|----|----------|----------|----------|----------|--|
| PB | 00:28.42 | 01:03.59 | 01:44.92 | 02:14.63 |  |
|    | 00:28.42 | 00:35.17 | 00:41.33 | 00:29.71 |  |
|    | .....    | .....    | .....    | .....    |  |

Coach feedback: