

# 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
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	00:51.60	01:47.48	
	00:51.60	00:55.88	
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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
	<b>5 0 M</b>	<b>1 0 0 M</b>	
PB	no time	no time	
	no time		
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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
	<b>5 0 M</b>		
PB	00:35.27		
	00:35.27		
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Coach feedback:

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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
	5 0 M	
PB	00:28.17	
	00:28.17	
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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
	5 0 M	
PB	00:26.10	
	00:26.10	
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Coach feedback:

Event number: 31: 50M FREESTYLE MEN 13+		Heat:11, starttime: 14:26
Heat: 11/11 Lane : 1 Athlete: LAUREYSSSENS 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
	5 0 M	
PB	00:24.27	
	00:24.27	
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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
	5 0 M	
PB	00:36.76	
	00:36.76	
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Coach feedback:

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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
	5 0 M	
PB	00:34.21	
	00:34.21	
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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
	5 0 M	
PB	00:31.43	
	00:31.43	
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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
	5 0 M	
PB	00:31.09	
	00:31.09	
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Coach feedback:

Event number: 32: 50M FREESTYLE WOMEN 13+		Heat:9, starttime: 14:38
Heat: 9/14 Lane : 7 Athlete: VAN HOOFF 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
	5 0 M	
PB	00:30.54	
	00:30.54	
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Coach feedback:

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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
	5 0 M			
PB	00:30.33			
	00:30.33			
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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
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 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	
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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
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 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	
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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
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 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	
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Coach feedback:

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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	
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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			
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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				
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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			
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Coach feedback:

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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			
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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			
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Coach feedback:

Event number: 36: 100M BACKSTROKE WOMEN 13+				Heat:6, starttime: 16:18	
Heat: 6/11 Lane : 7 Athlete: VAN HOOFF 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			
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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		
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Coach feedback:

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

Event number: 37: 200M MEDLEY MEN 13+				Heat:5, starttime: 16:47	
Heat: 5/5 Lane : 4 Athlete: LAUREYSSSENS 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	
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Coach feedback: