

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

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

Coaches: Luyten Sjobbe HEADCOACH

Coaches: Moors Joren

PB => Personal Best time

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

Event number: 1: 100M BACKSTROKE MIXED 10-9 **Heat:1, starttime: 09:00**

Heat: 1/3 Lane : 4 Athlete: VANHAM CAS **Q-time: 99:99:99**

PB (50m pool): no time **PB (25m pool): no time** **SB: no time**

	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 1: 100M BACKSTROKE MIXED 10-9 **Heat:3, starttime: 09:05**

Heat: 3/3 Lane : 4 Athlete: COOLS VINCE **Q-time: 01:34:47**

PB (50m pool): 01:34.47 SportinGenk Park 06/04/2026 **PB (25m pool): 01:41.99** **SB: 01:34.47 SportinGenk Park 06/04/2026**

	5 0 M	1 0 0 M	
PB	00:46.42	01:34.47	
	<i>00:46.42</i>	<i>00:48.05</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ **Heat:2, starttime: 09:10**

Heat: 2/16 Lane : 1 Athlete: MEEKERS RANIA **Q-time: 99:99:99**

PB (50m pool): no time **PB (25m pool): no time** **SB: no time**

	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:2, starttime: 09:10	
Heat: 2/16 Lane : 4 Athlete: LIEVENS NONA		Q-time: 01:58:86	
PB (50m pool): 01:58.86 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 02:01.65 SB: 01:58.86 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:50.58	01:58.86	
	<i>00:50.58</i>	<i>01:08.28</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:2, starttime: 09:10	
Heat: 2/16 Lane : 5 Athlete: VREYSEN JANA		Q-time: 02:02:29	
PB (50m pool): no time		PB (25m pool): 02:02.29 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:4, starttime: 09:15	
Heat: 4/16 Lane : 1 Athlete: EMBRECHTS OLIVIA		Q-time: 01:43:60	
PB (50m pool): 01:43.60 Lago Kortrijk Weide 03/05/2026		PB (25m pool): no time SB: 01:43.60 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:44.32	01:43.60	
	<i>00:44.32</i>	<i>00:59.28</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:4, starttime: 09:15	
Heat: 4/16 Lane : 4 Athlete: KEMPS AMELIA		Q-time: 01:39:51	
PB (50m pool): 01:39.51 SportinGenk Park 06/04/2026		PB (25m pool): no time SB: 01:39.51 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M	
PB	00:42.70	01:39.51	
	<i>00:42.70</i>	<i>00:56.81</i>	
	

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:5, starttime: 09:20
Heat: 5/16 Lane : 3 Athlete: WOUTERS FENNA		Q-time: 01:36:29
PB (50m pool): 01:36.29 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:36.40 SB: 01:36.29 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M
PB	00:44.58	01:36.29
	<i>00:44.58</i>	<i>00:51.71</i>

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:7, starttime: 09:20
Heat: 7/16 Lane : 1 Athlete: HACHED LINA		Q-time: 01:31:77
PB (50m pool): 01:26.86 Antwerp 02/02/2025		PB (25m pool): 01:26.20 SB: 01:31.77 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M
PB	00:40.22	01:26.86
	<i>00:40.22</i>	<i>00:46.64</i>

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:12, starttime: 09:30
Heat: 12/16 Lane : 1 Athlete: BAYGUNES DEFNE		Q-time: 01:17:89
PB (50m pool): 01:12.97 Antwerp 02/02/2025		PB (25m pool): 01:13.90 SB: 01:17.89 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M
PB	00:34.15	01:12.97
	<i>00:34.15</i>	<i>00:38.82</i>

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:15, starttime: 09:35
Heat: 15/16 Lane : 3 Athlete: SPRANGERS KATO		Q-time: 01:09:22
PB (50m pool): 01:10.16 Kortrijk 04/05/2025		PB (25m pool): 01:07.05 SB: 01:10.54 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M
PB	00:32.60	01:10.16
	<i>00:32.60</i>	<i>00:37.56</i>

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 2: 100M BUTTERFLY WOMEN 11+ Heat:15, starttime: 09:35

Heat: 15/16 Lane : 6 Athlete: KEMPS ELIZE Q-time: 01:09:58

PB (50m pool): 01:09.82 Lago Kortrijk Weide 03/05/2026 **PB (25m pool): 01:09.58 SB: 01:09.82** Lago Kortrijk Weide 03/05/2026

	50 M	100 M	
PB	00:32.48	01:09.82	
	00:32.48	00:37.34	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+ Heat:1, starttime: 09:40

Heat: 1/15 Lane : 3 Athlete: MEEKERS CARSTEN Q-time: 99:99:99

PB (50m pool): no time **PB (25m pool): no time SB: no time**

	50 M	100 M	
PB	no time	no time	
	no time		
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+ Heat:2, starttime: 09:45

Heat: 2/15 Lane : 6 Athlete: LECOMTE FLORENTIN Q-time: 01:45:76

PB (50m pool): 02:02.10 Mol 22/06/2025 **PB (25m pool): 01:45.76 SB: no time**

	50 M	100 M	
PB	00:55.76	02:02.10	
	00:55.76	01:06.34	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+ Heat:4, starttime: 09:50

Heat: 4/15 Lane : 7 Athlete: HERMANS PIETER-JAN Q-time: 01:32:53

PB (50m pool): 01:32.53 Mol 22/06/2025 **PB (25m pool): no time SB: no time**

	50 M	100 M	
PB	00:40.85	01:32.53	
	00:40.85	00:51.68	
	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:5, starttime: 09:50	
Heat: 5/15 Lane : 6 Athlete: VAN HOVE VICTOR		Q-time: 01:29:09	
PB (50m pool): 01:30.80 Antwerpen 13/07/2025		PB (25m pool): 01:29.09 SB: no time	
	5 0 M	1 0 0 M	
PB	00:41.07	01:30.80	
	<i>00:41.07</i>	<i>00:49.73</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:5, starttime: 09:50	
Heat: 5/15 Lane : 8 Athlete: MOLS LEON		Q-time: 01:30:38	
PB (50m pool): 01:30.38 Lago Kortrijk Weide 03/05/2026		PB (25m pool): no time SB: 01:30.38 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:41.03	01:30.38	
	<i>00:41.03</i>	<i>00:49.35</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:6, starttime: 09:50	
Heat: 6/15 Lane : 2 Athlete: DE MESSEMAEKER ZYDRICH		Q-time: 01:24:87	
PB (50m pool): 01:24.87 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:25.88 SB: 01:24.87 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:38.90	01:24.87	
	<i>00:38.90</i>	<i>00:45.97</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:6, starttime: 09:50	
Heat: 6/15 Lane : 4 Athlete: GEUDENS THOR		Q-time: 01:22:62	
PB (50m pool): no time		PB (25m pool): 01:22.62 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+		Heat:6, starttime: 09:50	
Heat: 6/15 Lane : 7 Athlete: JACOBS JOB		Q-time: 01:25:59	
PB (50m pool): 01:36.20 Antwerpen 13/07/2025		PB (25m pool): 01:25.59 SB: no time	
	5 0 M	1 0 0 M	
PB	00:44.94	01:36.20	
	00:44.94	00:51.26	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:7, starttime: 09:55	
Heat: 7/15 Lane : 4 Athlete: HOOYBERGHS MIL		Q-time: 01:20:06	
PB (50m pool): 01:22.76 Antwerpen 15/03/2026		PB (25m pool): 01:20.06 SB: 01:22.76 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:38.42	01:22.76	
	00:38.42	00:44.34	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:7, starttime: 09:55	
Heat: 7/15 Lane : 5 Athlete: NIJS LENNERT		Q-time: 01:20:56	
PB (50m pool): 01:20.56 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:24.96 SB: 01:20.56 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:36.90	01:20.56	
	00:36.90	00:43.66	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:8, starttime: 09:55	
Heat: 8/15 Lane : 7 Athlete: VAN HOVE NAND		Q-time: 01:18:39	
PB (50m pool): 01:27.55 Antwerpen 20/07/2025		PB (25m pool): 01:18.39 SB: no time	
	5 0 M	1 0 0 M	
PB	00:41.49	01:27.55	
	00:41.49	00:46.06	
	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:10, starttime: 10:00	
Heat: 10/15 Lane : 4 Athlete: HUYSMANS SEPPE		Q-time: 01:11:16	
PB (50m pool): 01:16.26 Kortrijk 04/05/2025		PB (25m pool): 01:11.16 SB: 01:17.90 Lago Kortrijk Weide 03/05/2026	
	50 M	100 M	
PB	00:35.28	01:16.26	
	<i>00:35.28</i>	<i>00:40.98</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:14, starttime: 10:05	
Heat: 14/15 Lane : 7 Athlete: MIHAILESCU STEFAN		Q-time: 01:03:83	
PB (50m pool): 01:05.61 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:03.83 SB: 01:05.61 Lago Kortrijk Weide 03/05/2026	
	50 M	100 M	
PB	00:29.67	01:05.61	
	<i>00:29.67</i>	<i>00:35.94</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:1, starttime: 10:10	
Heat: 1/24 Lane : 3 Athlete: PEELAERS ELISE		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:1, starttime: 10:10	
Heat: 1/24 Lane : 5 Athlete: STADTMAN MALAYKA		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:2, starttime: 10:10	
Heat: 2/24 Lane : 6 Athlete: HOEYBERGHS RYLEY		Q-time: 01:41:91	
PB (50m pool): 01:41.91 SportinGenk Park 06/04/2026		PB (25m pool): 01:43.32 SB: 01:41.91 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M	
PB	00:46.68	01:41.91	
	<i>00:46.68</i>	<i>00:55.23</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:3, starttime: 10:15	
Heat: 3/24 Lane : 1 Athlete: VREYSEN JANA		Q-time: 01:30:57	
PB (50m pool): 01:30.27 Kortrijk 04/05/2025		PB (25m pool): 01:30.57 SB: 01:32.44 Lago Kortrijk Weide 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:41.94	01:30.27	
	<i>00:41.94</i>	<i>00:48.33</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:3, starttime: 10:15	
Heat: 3/24 Lane : 3 Athlete: LIEVENS NONA		Q-time: 01:26:94	
PB (50m pool): 01:34.51 Kortrijk 04/05/2025		PB (25m pool): 01:26.94 SB: no time	
	5 0 M	1 0 0 M	
PB	00:42.94	01:34.51	
	<i>00:42.94</i>	<i>00:51.57</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:3, starttime: 10:15	
Heat: 3/24 Lane : 6 Athlete: HUYSMANS ILIANA		Q-time: 01:27:11	
PB (50m pool): no time		PB (25m pool): 01:27.11 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:6, starttime: 10:20	
Heat: 6/24 Lane : 8 Athlete: WOUTERS FENNA		Q-time: 01:20:87	
PB (50m pool): 01:30.65 Mol 22/06/2025		PB (25m pool): 01:20.87 SB: no time	
	50 M	100 M	
PB	00:43.82	01:30.65	
	00:43.82	00:46.83	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:7, starttime: 10:20	
Heat: 7/24 Lane : 4 Athlete: KEMPS AMELIA		Q-time: 01:18:01	
PB (50m pool): 01:19.22 Wezenberg 01/02/2026		PB (25m pool): 01:18.01 SB: 01:19.22 Wezenberg 01/02/2026	
	50 M	100 M	
PB	00:37.60	01:19.22	
	00:37.60	00:41.62	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:11, starttime: 10:30	
Heat: 11/24 Lane : 4 Athlete: MEEKERS RANIA		Q-time: 01:13:17	
PB (50m pool): 01:13.34 Antwerpen 13/07/2025		PB (25m pool): 01:13.17 SB: no time	
	50 M	100 M	
PB	00:34.14	01:13.34	
	00:34.14	00:39.20	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:12, starttime: 10:30	
Heat: 12/24 Lane : 8 Athlete: EMBRECHTS OLIVIA		Q-time: 01:13:16	
PB (50m pool): 01:21.04 Antwerpen 13/07/2025		PB (25m pool): 01:13.16 SB: no time	
	50 M	100 M	
PB	00:38.21	01:21.04	
	00:38.21	00:42.83	
	

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:13, starttime: 10:30
Heat: 13/24 Lane : 2 Athlete: DIRIX LILY		Q-time: 01:11:82
PB (50m pool): 01:16.22 Antwerpen 15/03/2026		PB (25m pool): 01:11.82 SB: 01:16.22 Antwerpen 15/03/2026
	5 0 M	1 0 0 M
PB	00:37.22	01:16.22
	<i>00:37.22</i>	<i>00:39.00</i>

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:14, starttime: 10:35
Heat: 14/24 Lane : 5 Athlete: HACHED LINA		Q-time: 01:09:80
PB (50m pool): 01:10.53 Antwerpen 13/07/2025		PB (25m pool): 01:08.38 SB: no time
	5 0 M	1 0 0 M
PB	00:33.73	01:10.53
	<i>00:33.73</i>	<i>00:36.80</i>

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:19, starttime: 10:40
Heat: 19/24 Lane : 6 Athlete: KEMPS ELIZE		Q-time: 01:05:99
PB (50m pool): 01:05.04 Antwerpen 20/07/2025		PB (25m pool): 01:04.24 SB: 01:05.99 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M
PB	00:31.07	01:05.04
	<i>00:31.07</i>	<i>00:33.97</i>

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:20, starttime: 10:45
Heat: 20/24 Lane : 3 Athlete: BAYGUNES DEFNE		Q-time: 01:05:28
PB (50m pool): 01:06.91 Antwerp 02/02/2025		PB (25m pool): 01:04.23 SB: 01:09.23 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M
PB	00:31.93	01:06.91
	<i>00:31.93</i>	<i>00:34.98</i>

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:24, starttime: 10:50	
Heat: 24/24 Lane : 6 Athlete: SPRANGERS KATO		Q-time: 01:01:44	
PB (50m pool): 01:02.53 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:01.44 SB: 01:02.53 Lago Kortrijk Weide 03/05/2026	
	50 M	100 M	
PB	00:30.27	01:02.53	
	<i>00:30.27</i>	<i>00:32.26</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:24, starttime: 10:50	
Heat: 24/24 Lane : 7 Athlete: VAN BAELEN YENTHE		Q-time: 01:02:37	
PB (50m pool): 01:03.93 Antwerpen 15/03/2026		PB (25m pool): 01:02.37 SB: 01:03.93 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:30.51	01:03.93	
	<i>00:30.51</i>	<i>00:33.42</i>	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:1, starttime: 10:50	
Heat: 1/23 Lane : 2 Athlete: ROMANYUK MYKHAYLO		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:1, starttime: 10:50	
Heat: 1/23 Lane : 3 Athlete: CEULEMANS WARD		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11+		Heat:1, starttime: 10:50	
Heat: 1/23 Lane : 6 Athlete: GISSEMÉ BERTEN		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): no time SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:2, starttime: 10:55	
Heat: 2/23 Lane : 5 Athlete: VAN DEN BROEK LAURENS		Q-time: 01:45:16	
PB (50m pool): no time		PB (25m pool): 01:45.16 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:3, starttime: 10:55	
Heat: 3/23 Lane : 8 Athlete: VAN GORP THIJS		Q-time: 01:38:74	
PB (50m pool): no time		PB (25m pool): 01:38.74 SB: no time	
	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:5, starttime: 11:00	
Heat: 5/23 Lane : 4 Athlete: LECOMTE FLORENTIN		Q-time: 01:19:23	
PB (50m pool): 01:25.26 Mol 22/06/2025		PB (25m pool): 01:19.23 SB: no time	
	50 M	100 M	
PB	00:40.07	01:25.26	
	<i>00:40.07</i>	<i>00:45.19</i>	
	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 5: 100M FREESTYLE MEN 11+		Heat:6, starttime: 11:05	
Heat: 6/23 Lane : 3 Athlete: MOLS LEON		Q-time: 01:16:88	
PB (50m pool): 01:17.56 Wezenberg 01/02/2026		PB (25m pool): 01:16.88 SB: 01:17.56 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:36.39	01:17.56	
	<i>00:36.39</i>	<i>00:41.17</i>	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:8, starttime: 11:05	
Heat: 8/23 Lane : 5 Athlete: MEEKERS CARSTEN		Q-time: 01:12:76	
PB (50m pool): 01:23.88 SportinGenk Park 21/04/2025		PB (25m pool): 01:12.76 SB: no time	
	5 0 M	1 0 0 M	
PB	00:37.02	01:23.88	
	<i>00:37.02</i>	<i>00:46.86</i>	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:10, starttime: 11:10	
Heat: 10/23 Lane : 3 Athlete: DE MESSEMAEKER ZYDRICH		Q-time: 01:08:98	
PB (50m pool): 01:08.98 Antwerpen 15/03/2026		PB (25m pool): 01:10.48 SB: 01:08.98 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:32.59	01:08.98	
	<i>00:32.59</i>	<i>00:36.39</i>	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:11, starttime: 11:10	
Heat: 11/23 Lane : 1 Athlete: GEUDENS THOR		Q-time: 01:08:62	
PB (50m pool): 01:08.62 SportinGenk Park 06/04/2026		PB (25m pool): 01:07.74 SB: 01:08.62 SportinGenk Park 06/04/2026	
	5 0 M	1 0 0 M	
PB	00:33.41	01:08.62	
	<i>00:33.41</i>	<i>00:35.21</i>	
	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 5: 100M FREESTYLE MEN 11+		Heat:11, starttime: 11:10	
Heat: 11/23 Lane : 2 Athlete: JACOBS JOB		Q-time: 01:08:47	
PB (50m pool): 01:14.80 Antwerpen 13/07/2025		PB (25m pool): 01:08.47 SB: no time	
	50 M	100 M	
PB	00:35.97	01:14.80	
	00:35.97	00:38.83	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:11, starttime: 11:10	
Heat: 11/23 Lane : 7 Athlete: VAN HOVE NAND		Q-time: 01:08:48	
PB (50m pool): 01:09.95 Antwerpen 08/03/2026		PB (25m pool): 01:08.48 SB: 01:09.95 Antwerpen 08/03/2026	
	50 M	100 M	
PB	00:33.76	01:09.95	
	00:33.76	00:36.19	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:12, starttime: 11:15	
Heat: 12/23 Lane : 5 Athlete: VAN HOVE VICTOR		Q-time: 01:06:61	
PB (50m pool): 01:06.61 Antwerpen 15/03/2026		PB (25m pool): 01:06.95 SB: 01:06.61 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:31.60	01:06.61	
	00:31.60	00:35.01	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:12, starttime: 11:15	
Heat: 12/23 Lane : 8 Athlete: HOOYBERGHS MIL		Q-time: 01:07:87	
PB (50m pool): 01:17.18 Mol 22/06/2025		PB (25m pool): 01:07.87 SB: no time	
	50 M	100 M	
PB	00:36.33	01:17.18	
	00:36.33	00:40.85	
	

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 5: 100M FREESTYLE MEN 11+		Heat:13, starttime: 11:15
Heat: 13/23 Lane : 3 Athlete: KEMPS VINCE		Q-time: 01:05:77
PB (50m pool): 01:05.77 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:05.80 SB: 01:05.77 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M
PB	00:31.69	01:05.77
	<i>00:31.69</i>	<i>00:34.08</i>

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:13, starttime: 11:15
Heat: 13/23 Lane : 6 Athlete: NIJS LENNERT		Q-time: 01:05:87
PB (50m pool): 01:07.19 Lago Kortrijk Weide 03/05/2026		PB (25m pool): 01:05.87 SB: 01:07.19 Lago Kortrijk Weide 03/05/2026
	5 0 M	1 0 0 M
PB	00:32.07	01:07.19
	<i>00:32.07</i>	<i>00:35.12</i>

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:15, starttime: 11:20
Heat: 15/23 Lane : 2 Athlete: HERMANS PIETER-JAN		Q-time: 01:03:21
PB (50m pool): 01:08.90 Mol 22/06/2025		PB (25m pool): 01:03.21 SB: no time
	5 0 M	1 0 0 M
PB	00:33.21	01:08.90
	<i>00:33.21</i>	<i>00:35.69</i>

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:19, starttime: 11:25
Heat: 19/23 Lane : 4 Athlete: MIHAILESCU STEFAN		Q-time: 00:58:19
PB (50m pool): 00:58.94 Antwerpen 15/03/2026		PB (25m pool): 00:58.19 SB: 00:58.94 Antwerpen 15/03/2026
	5 0 M	1 0 0 M
PB	00:27.69	00:58.94
	<i>00:27.69</i>	<i>00:31.25</i>

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 5: 100M FREESTYLE MEN 11+ Heat:20, starttime: 11:25

Heat: 20/23 Lane : 2 Athlete: HUYSMANS SEPPE Q-time: 00:57:81

PB (50m pool): 00:58.69 SportinGenk Park 06/04/2026 PB (25m pool): 00:57.81 SB: 00:58.69 SportinGenk Park 06/04/2026

	5 0 M	1 0 0 M	
PB	00:28.67	00:58.69	
	<i>00:28.67</i>	<i>00:30.02</i>	
	

Coach feedback:

Event number: 6: 200M FREESTYLE MIXED 10-9 Heat:1, starttime: 11:30

Heat: 1/3 Lane : 5 Athlete: VANHAM CAS Q-time: 99:99:99

PB (50m pool): no time PB (25m pool): no time SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 6: 200M FREESTYLE MIXED 10-9 Heat:3, starttime: 11:40

Heat: 3/3 Lane : 3 Athlete: COOLS VINCE Q-time: 03:14:62

PB (50m pool): no time PB (25m pool): 03:14.62 SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	no time	no time	no time	no time	
	<i>no time</i>				
	

Coach feedback:

Event number: 7: 400M MEDLEY WOMEN 11+ Heat:1, starttime: 11:55

Heat: 1/4 Lane : 6 Athlete: CEULEMANS LENA Q-time: 99:99:99

PB (50m pool): no time PB (25m pool): no time SB: no time

	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	<i>no time</i>							

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 7: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 12:10	
Heat: 3/4 Lane : 1 Athlete: ADRIAENSEN LENA							Q-time: 06:05:12	
PB (50m pool): 06:05.12 Lago Kortrijk Weide 03/05/2026			PB (25m pool): no time			SB: 06:05.12 Lago Kortrijk Weide 03/05/2026		
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:37.63	01:23.34	02:09.85	02:54.48	03:48.63	04:43.41	05:25.48	06:05.12
	00:37.63	00:45.71	00:46.51	00:44.63	00:54.15	00:54.78	00:42.07	00:39.64

Coach feedback:

Event number: 7: 400M MEDLEY WOMEN 11+							Heat:4, starttime: 12:20	
Heat: 4/4 Lane : 6 Athlete: SPRANGERS KATO							Q-time: 05:22:85	
PB (50m pool): 05:24.16 GENK 24/07/2022			PB (25m pool): 05:16.81			SB: no time		
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	05:24.16
	no time							

Coach feedback:

Event number: 8: 400M MEDLEY MEN 11+							Heat:1, starttime: 12:25	
Heat: 1/4 Lane : 6 Athlete: KEMPS VINCE							Q-time: 99:99:99	
PB (50m pool): no time			PB (25m pool): no time			SB: no time		
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							

Coach feedback:

Event number: 8: 400M MEDLEY MEN 11+							Heat:3, starttime: 12:40	
Heat: 3/4 Lane : 4 Athlete: VERACHTEN LOUIS							Q-time: 05:12:24	
PB (50m pool): 05:12.24 Lago Kortrijk Weide 03/05/2026			PB (25m pool): no time			SB: 05:12.24 Lago Kortrijk Weide 03/05/2026		
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.73	01:11.62	01:51.61	02:32.08	03:17.34	04:02.67	04:38.91	05:12.24
	00:32.73	00:38.89	00:39.99	00:40.47	00:45.26	00:45.33	00:36.24	00:33.33

Coach feedback:

GP MOL 26: Session: 1: COACH evaluation sheet for TEAM: MOZKA

Event number: 8: 400M MEDLEY MEN 11+							Heat:4, starttime: 12:45	
Heat: 4/4 Lane : 1 Athlete: HUYGENS ARNE							Q-time: 05:04:34	
PB (50m pool): 05:21.83 Wezenberg 01/02/2026			PB (25m pool): 05:01.94 SB: 05:21.83 Wezenberg 01/02/2026					
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:33.70	01:11.93	01:53.80	02:34.95	03:23.92	04:11.96	04:47.80	05:21.83
	<i>00:33.70</i>	<i>00:38.23</i>	<i>00:41.87</i>	<i>00:41.15</i>	<i>00:48.97</i>	<i>00:48.04</i>	<i>00:35.84</i>	<i>00:34.03</i>

Coach feedback: