

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

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

Coaches: Sterckx Yannick HEADCOACH

Coaches: Vets Birgit

Coaches: Dillen Toon

Coaches: Vereecken Sven

Coaches: De Ridder Roxane

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 : 3 Athlete: MEEUS FIEN **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:1, starttime: 09:00**

Heat: 1/3 Lane : 5 Athlete: LAENEN LINS **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 : 2 Athlete: PEETERS LOUISE **Q-time: 01:42:69**

PB (50m pool): 01:42.69 Lago Gent Rozebroeken 03/05/2026 **PB (25m pool): no time** **SB: 01:42.69** Lago Gent Rozebroeken 03/05/2026

	5 0 M	1 0 0 M	
PB	00:49.96	01:42.69	
	<i>00:49.96</i>	<i>00:52.73</i>	
	

Coach feedback:

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

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:1, starttime: 09:10	
Heat: 1/16 Lane : 1 Athlete: CORNELIS KAAT		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: 2: 100M BUTTERFLY WOMEN 11+		Heat:3, starttime: 09:15	
Heat: 3/16 Lane : 4 Athlete: NIEUWENHUIS ZOë		Q-time: 01:44:64	
PB (50m pool): 01:44.64 Wezenberg 04/01/2026		PB (25m pool): 01:32.21 SB: 01:44.64 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:45.65	01:44.64	
	<i>00:45.65</i>	<i>00:58.99</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:3, starttime: 09:15	
Heat: 3/16 Lane : 6 Athlete: VERECKEN WANTER FELINE		Q-time: 01:47:35	
PB (50m pool): 01:47.35 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): no time SB: 01:47.35 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:46.72	01:47.35	
	<i>00:46.72</i>	<i>01:00.63</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:4, starttime: 09:15	
Heat: 4/16 Lane : 2 Athlete: WOUTERS MIT		Q-time: 01:40:96	
PB (50m pool): 01:36.36 Wezenberg Antwerpen 07/01/2024		PB (25m pool): 01:32.92 SB: 01:40.96 Eindhoven 22/03/2026	
	5 0 M	1 0 0 M	
PB	00:45.33	01:36.36	
	<i>00:45.33</i>	<i>00:51.03</i>	
	

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:4, starttime: 09:15	
Heat: 4/16 Lane : 7 Athlete: DJONOU IMBA ITZANA		Q-time: 01:41:76	
PB (50m pool): 01:41.76 Wezenberg 04/01/2026		PB (25m pool): 01:35.62 SB: 01:41.76 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:43.77	01:41.76	
	<i>00:43.77</i>	<i>00:57.99</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:6, starttime: 09:20	
Heat: 6/16 Lane : 5 Athlete: WOUTERS DORA		Q-time: 01:33:66	
PB (50m pool): 01:33.66 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:31.42 SB: 01:33.66 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:42.00	01:33.66	
	<i>00:42.00</i>	<i>00:51.66</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:6, starttime: 09:20	
Heat: 6/16 Lane : 8 Athlete: VAN ASTEN RENÉ		Q-time: 01:34:94	
PB (50m pool): 01:42.13 Wezenberg 04/01/2026		PB (25m pool): 01:34.94 SB: 01:42.13 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:45.95	01:42.13	
	<i>00:45.95</i>	<i>00:56.18</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:7, starttime: 09:20	
Heat: 7/16 Lane : 4 Athlete: HUFKENS ELINA		Q-time: 01:29:32	
PB (50m pool): 01:29.32 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:25.21 SB: 01:29.32 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:38.50	01:29.32	
	<i>00:38.50</i>	<i>00:50.82</i>	
	

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:7, starttime: 09:20	
Heat: 7/16 Lane : 5 Athlete: MOERKENS FIEN		Q-time: 01:29:34	
PB (50m pool): 01:29.34 Antwerpen 15/03/2026		PB (25m pool): 01:25.04 SB: 01:29.34 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:41.43	01:29.34	
	00:41.43	00:47.91	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:8, starttime: 09:25	
Heat: 8/16 Lane : 6 Athlete: DE RIDDER ROXANE		Q-time: 01:27:36	
PB (50m pool): 01:27.36 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:25.39 SB: 01:27.36 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:40.14	01:27.36	
	00:40.14	00:47.22	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:8, starttime: 09:25	
Heat: 8/16 Lane : 8 Athlete: GOOSSENS MARTHE		Q-time: 01:29:08	
PB (50m pool): 01:36.12 Wezenberg 04/01/2026		PB (25m pool): 01:29.08 SB: 01:36.12 Wezenberg 04/01/2026	
	50 M	100 M	
PB	00:45.01	01:36.12	
	00:45.01	00:51.11	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:9, starttime: 09:25	
Heat: 9/16 Lane : 1 Athlete: VALKENBORGHES YANNE		Q-time: 01:24:52	
PB (50m pool): 01:23.88 Antwerp 02/02/2025		PB (25m pool): 01:22.07 SB: 01:24.52 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:36.76	01:23.88	
	00:36.76	00:47.12	
	

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:9, starttime: 09:25	
Heat: 9/16 Lane : 5 Athlete: LEYSEN IMKE		Q-time: 01:23:14	
PB (50m pool): 01:20.36 Antwerp 02/02/2025		PB (25m pool): 01:18.86 SB: 01:23.14 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M	
PB	00:37.51	01:20.36	
	<i>00:37.51</i>	<i>00:42.85</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:12, starttime: 09:30	
Heat: 12/16 Lane : 2 Athlete: VAN TILBURG FRAUKE		Q-time: 01:17:61	
PB (50m pool): 01:17.61 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:13.39 SB: 01:17.61 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:35.10	01:17.61	
	<i>00:35.10</i>	<i>00:42.51</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:12, starttime: 09:30	
Heat: 12/16 Lane : 4 Athlete: VANLOMME LUISA VALENTINA		Q-time: 01:16:32	
PB (50m pool): 01:16.32 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:17.36 SB: 01:16.32 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:35.86	01:16.32	
	<i>00:35.86</i>	<i>00:40.46</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:13, starttime: 09:35	
Heat: 13/16 Lane : 1 Athlete: BOOGERS NOOR		Q-time: 01:15:33	
PB (50m pool): 01:15.33 Wezenberg 01/02/2026		PB (25m pool): 01:13.29 SB: 01:15.33 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:35.06	01:15.33	
	<i>00:35.06</i>	<i>00:40.27</i>	
	

Coach feedback:

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Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:13, starttime: 09:35	
Heat: 13/16 Lane : 2 Athlete: BRAEKEN CHARLOTTE		Q-time: 01:15:23	
PB (50m pool): 01:18.46 Antwerp 02/02/2025		PB (25m pool): 01:14.84 SB: 01:20.00 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:36.01	01:18.46	
	<i>00:36.01</i>	<i>00:42.45</i>	
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:13, starttime: 09:35	
Heat: 13/16 Lane : 3 Athlete: DILLEN NORAH		Q-time: 01:14:60	
PB (50m pool): 01:13.45 Mol 23/06/2024		PB (25m pool): 01:11.04 SB: 01:14.60 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	no time	01:13.45	
	<i>no time</i>		
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+		Heat:13, starttime: 09:35	
Heat: 13/16 Lane : 7 Athlete: MAES JULIE		Q-time: 01:15:26	
PB (50m pool): 01:15.26 Antwerpen 15/03/2026		PB (25m pool): 01:12.80 SB: 01:15.26 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:34.86	01:15.26	
	<i>00:34.86</i>	<i>00:40.40</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:4, starttime: 09:50	
Heat: 4/15 Lane : 4 Athlete: STERCKX DAAN		Q-time: 01:30:90	
PB (50m pool): no time		PB (25m pool): 01:30.90 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:5, starttime: 09:50	
Heat: 5/15 Lane : 3 Athlete: RAMSDONCK KRIS		Q-time: 01:28:95	
PB (50m pool): 01:28.95 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:27.31 SB: 01:28.95 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:39.87	01:28.95	
	<i>00:39.87</i>	<i>00:49.08</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:5, starttime: 09:50	
Heat: 5/15 Lane : 5 Athlete: NEYRINCK RUBEN		Q-time: 01:28:09	
PB (50m pool): 01:28.09 Wezenberg 04/01/2026		PB (25m pool): 01:26.43 SB: 01:28.09 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:41.23	01:28.09	
	<i>00:41.23</i>	<i>00:46.86</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:5, starttime: 09:50	
Heat: 5/15 Lane : 7 Athlete: AGTEN VALERIO ÁLVARO		Q-time: 01:29:68	
PB (50m pool): 01:29.68 Antwerpen 15/03/2026		PB (25m pool): 01:25.13 SB: 01:29.68 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:40.51	01:29.68	
	<i>00:40.51</i>	<i>00:49.17</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:6, starttime: 09:50	
Heat: 6/15 Lane : 5 Athlete: LIEVENS RUBE		Q-time: 01:23:68	
PB (50m pool): 01:23.68 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:29.99 SB: 01:23.68 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:38.85	01:23.68	
	<i>00:38.85</i>	<i>00:44.83</i>	
	

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:7, starttime: 09:55	
Heat: 7/15 Lane : 8 Athlete: MAES MATHIJS		Q-time: 01:22:56	
PB (50m pool): 01:28.62 Wezenberg 04/01/2026		PB (25m pool): 01:22.56 SB: 01:28.62 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:39.75	01:28.62	
	<i>00:39.75</i>	<i>00:48.87</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:10, starttime: 10:00	
Heat: 10/15 Lane : 2 Athlete: HUFKENS ILIAN		Q-time: 01:11:57	
PB (50m pool): 01:11.57 Wezenberg 03/01/2026		PB (25m pool): 01:09.37 SB: 01:11.57 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M	
PB	00:31.91	01:11.57	
	<i>00:31.91</i>	<i>00:39.66</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:11, starttime: 10:00	
Heat: 11/15 Lane : 4 Athlete: BEGUE MILANN		Q-time: 01:08:44	
PB (50m pool): 01:08.44 Antwerpen 08/03/2026		PB (25m pool): 01:05.97 SB: 01:08.44 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:31.30	01:08.44	
	<i>00:31.30</i>	<i>00:37.14</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:11, starttime: 10:00	
Heat: 11/15 Lane : 7 Athlete: DILLEN FINN		Q-time: 01:10:24	
PB (50m pool): 01:10.24 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:08.37 SB: 01:10.24 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:32.43	01:10.24	
	<i>00:32.43</i>	<i>00:37.81</i>	
	

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:12, starttime: 10:05
Heat: 12/15 Lane : 4 Athlete: DRIES KLAAS		Q-time: 01:05:90
PB (50m pool): 01:08.67 Lago Gent Rozebroeken 04/05/2025 PB (25m pool): 01:04.62 SB: no time		
	5 0 M	1 0 0 M
PB	00:30.56	01:08.67
	<i>00:30.56</i>	<i>00:38.11</i>

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:13, starttime: 10:05
Heat: 13/15 Lane : 8 Athlete: VAN TILBURG MATTHIAS		Q-time: 01:05:88
PB (50m pool): 01:09.61 Wezenberg 05/01/2025 PB (25m pool): 01:05.88 SB: no time		
	5 0 M	1 0 0 M
PB	00:31.12	01:09.61
	<i>00:31.12</i>	<i>00:38.49</i>

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:14, starttime: 10:05
Heat: 14/15 Lane : 6 Athlete: HAESENDONCKX JARNE		Q-time: 01:02:32
PB (50m pool): 01:02.32 Antwerpen 19/04/2026 PB (25m pool): 01:01.73 SB: 01:02.32 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M
PB	00:28.51	01:02.32
	<i>00:28.51</i>	<i>00:33.81</i>

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:15, starttime: 10:05
Heat: 15/15 Lane : 5 Athlete: MICHOEL QUINTEN		Q-time: 00:58:26
PB (50m pool): 00:58.26 Antwerpen 17/05/2026 PB (25m pool): 00:57.25 SB: 00:58.26 Antwerpen 17/05/2026		
	5 0 M	1 0 0 M
PB	00:26.68	00:58.26
	<i>00:26.68</i>	<i>00:31.58</i>

Coach feedback:

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

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:15, starttime: 10:05
Heat: 15/15 Lane : 8 Athlete: VANTHOURNOUT XANDER		Q-time: 01:05:15
PB (50m pool): 01:05.15 Wezenberg 01/02/2026		PB (25m pool): 01:02.42 SB: 01:05.15 Wezenberg 01/02/2026
	5 0 M	1 0 0 M
PB	00:30.31	01:05.15
	<i>00:30.31</i>	<i>00:34.84</i>

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:2, starttime: 10:10
Heat: 2/24 Lane : 3 Athlete: MAERTENS HELENA		Q-time: 01:36:62
PB (50m pool): 01:36.62 Antwerpen 15/03/2026		PB (25m pool): 01:35.19 SB: 01:36.62 Antwerpen 15/03/2026
	5 0 M	1 0 0 M
PB	00:45.10	01:36.62
	<i>00:45.10</i>	<i>00:51.52</i>

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:3, starttime: 10:15
Heat: 3/24 Lane : 2 Athlete: SCHEPERS LENTHE		Q-time: 01:27:24
PB (50m pool): 01:27.24 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:23.49 SB: 01:27.24 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M
PB	00:43.62	01:27.24
	<i>00:43.62</i>	<i>00:43.62</i>

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:3, starttime: 10:15
Heat: 3/24 Lane : 4 Athlete: AERTS SIEN		Q-time: 01:26:53
PB (50m pool): 01:26.53 Antwerpen 15/03/2026		PB (25m pool): 01:25.12 SB: 01:26.53 Antwerpen 15/03/2026
	5 0 M	1 0 0 M
PB	00:40.50	01:26.53
	<i>00:40.50</i>	<i>00:46.03</i>

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:3, starttime: 10:15	
Heat: 3/24 Lane : 5 Athlete: SEGERS EMMA		Q-time: 01:26:59	
PB (50m pool): 01:26.59 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:23.32 SB: 01:26.59 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:42.35	01:26.59	
	00:42.35	00:44.24	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:3, starttime: 10:15	
Heat: 3/24 Lane : 8 Athlete: VAN DE WEYER FOUKE		Q-time: 01:31:71	
PB (50m pool): 01:36.69 Wezenberg 01/02/2026		PB (25m pool): 01:31.71 SB: 01:36.69 Wezenberg 01/02/2026	
	50 M	100 M	
PB	00:47.21	01:36.69	
	00:47.21	00:49.48	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:5, starttime: 10:20	
Heat: 5/24 Lane : 2 Athlete: WOUTERS MIT		Q-time: 01:22:37	
PB (50m pool): 01:18.28 Antwerp 02/02/2025		PB (25m pool): 01:14.22 SB: 01:22.37 Eindhoven 22/03/2026	
	50 M	100 M	
PB	00:38.12	01:18.28	
	00:38.12	00:40.16	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:5, starttime: 10:20	
Heat: 5/24 Lane : 3 Athlete: VERECKEN WANTER FELINE		Q-time: 01:22:06	
PB (50m pool): 01:22.06 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:21.71 SB: 01:22.06 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:39.07	01:22.06	
	00:39.07	00:42.99	
	

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:9, starttime: 10:25	
Heat: 9/24 Lane : 4 Athlete: DJONOU IMBA ITZANA		Q-time: 01:14:76	
PB (50m pool): 01:14.76 Antwerpen 19/04/2026		PB (25m pool): 01:13.37 SB: 01:14.76 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	
PB	00:35.99	01:14.76	
	00:35.99	00:38.77	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:9, starttime: 10:25	
Heat: 9/24 Lane : 7 Athlete: NIEUWENHUIS ZOë		Q-time: 01:15:62	
PB (50m pool): 01:15.62 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:12.80 SB: 01:15.62 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:35.77	01:15.62	
	00:35.77	00:39.85	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:10, starttime: 10:25	
Heat: 10/24 Lane : 2 Athlete: HUFKENS ELINA		Q-time: 01:14:37	
PB (50m pool): 01:14.37 Antwerpen 15/03/2026		PB (25m pool): 01:11.40 SB: 01:14.37 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:35.15	01:14.37	
	00:35.15	00:39.22	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:10, starttime: 10:25	
Heat: 10/24 Lane : 7 Athlete: VALKENBORGHES YANNE		Q-time: 01:14:53	
PB (50m pool): 01:12.29 Wezenberg 05/01/2025		PB (25m pool): 01:11.44 SB: 01:14.53 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:34.63	01:12.29	
	00:34.63	00:37.66	
	

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:11, starttime: 10:30	
Heat: 11/24 Lane : 1 Athlete: MOERKENS FIEN		Q-time: 01:13:70	
PB (50m pool): 01:13.70 Antwerpen 19/04/2026		PB (25m pool): 01:10.49 SB: 01:13.70 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	
PB	00:35.81	01:13.70	
	00:35.81	00:37.89	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:11, starttime: 10:30	
Heat: 11/24 Lane : 6 Athlete: GOOSSENS MARTHE		Q-time: 01:13:62	
PB (50m pool): 01:19.54 Wezenberg 04/01/2026		PB (25m pool): 01:13.62 SB: 01:19.54 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:39.30	01:19.54	
	00:39.30	00:40.24	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:12, starttime: 10:30	
Heat: 12/24 Lane : 1 Athlete: WOUTERS DORA		Q-time: 01:13:10	
PB (50m pool): 01:13.10 Antwerpen 15/03/2026		PB (25m pool): 01:11.50 SB: 01:13.10 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:35.06	01:13.10	
	00:35.06	00:38.04	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:12, starttime: 10:30	
Heat: 12/24 Lane : 3 Athlete: VAN ASTEN RENÉE		Q-time: 01:12:62	
PB (50m pool): 01:12.62 Antwerpen 15/03/2026		PB (25m pool): 01:08.83 SB: 01:12.62 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:34.72	01:12.62	
	00:34.72	00:37.90	
	

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:12, starttime: 10:30

Heat: 12/24 Lane : 7 Athlete: DE RIDDER ROXANE Q-time: 01:12:99

PB (50m pool): 01:12.99 Wezenberg 01/02/2026 PB (25m pool): 01:11.30 SB: 01:12.99 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:35.07	01:12.99	
	00:35.07	00:37.92	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:14, starttime: 10:35

Heat: 14/24 Lane : 8 Athlete: LEYSEN IMKE Q-time: 01:10:85

PB (50m pool): 01:09.34 Antwerp 02/02/2025 PB (25m pool): 01:08.04 SB: 01:10.85 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:33.16	01:09.34	
	00:33.16	00:36.18	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:16, starttime: 10:35

Heat: 16/24 Lane : 2 Athlete: COOLS YELENA Q-time: 01:08:69

PB (50m pool): 01:08.69 Wezenberg 03/01/2026 PB (25m pool): 01:06.35 SB: 01:08.69 Wezenberg 03/01/2026

	5 0 M	1 0 0 M	
PB	00:33.34	01:08.69	
	00:33.34	00:35.35	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+ Heat:17, starttime: 10:40

Heat: 17/24 Lane : 3 Athlete: BRAEKEN CHARLOTTE Q-time: 01:07:72

PB (50m pool): 01:07.72 Eindhoven 22/03/2026 PB (25m pool): 01:05.46 SB: 01:07.72 Eindhoven 22/03/2026

	5 0 M	1 0 0 M	
PB	00:32.56	01:07.72	
	00:32.56	00:35.16	
	

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:19, starttime: 10:40	
Heat: 19/24 Lane : 8 Athlete: MAES JULIE		Q-time: 01:06:20	
PB (50m pool): 01:06.20 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:04.26 SB: 01:06.20 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:31.44	01:06.20	
	<i>00:31.44</i>	<i>00:34.76</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:21, starttime: 10:45	
Heat: 21/24 Lane : 1 Athlete: DRIES SIEN		Q-time: 01:04:64	
PB (50m pool): 01:02.58 Wezenberg 05/01/2025		PB (25m pool): 01:00.77 SB: 01:04.64 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:30.13	01:02.58	
	<i>00:30.13</i>	<i>00:32.45</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:21, starttime: 10:45	
Heat: 21/24 Lane : 2 Athlete: OOMS SARI		Q-time: 01:04:56	
PB (50m pool): 01:01.01 ANTWERPEN 30/07/2023		PB (25m pool): 00:59.34 SB: 01:04.56 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	
PB	no time	01:01.01	
	<i>no time</i>		
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:21, starttime: 10:45	
Heat: 21/24 Lane : 5 Athlete: VAN TILBURG FRAUKE		Q-time: 01:04:32	
PB (50m pool): 01:04.32 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:02.99 SB: 01:04.32 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:31.10	01:04.32	
	<i>00:31.10</i>	<i>00:33.22</i>	
	

Coach feedback:

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

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:21, starttime: 10:45
Heat: 21/24 Lane : 6 Athlete: DILLEN NORAH		Q-time: 01:04:53
PB (50m pool): 01:04.04 Antwerp 14/04/2024		PB (25m pool): 01:02.84 SB: no time
	5 0 M	1 0 0 M
PB	no time	01:04.04
	<i>no time</i>	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:22, starttime: 10:45
Heat: 22/24 Lane : 1 Athlete: VANLOMMEL LUISA VALENTINA		Q-time: 01:04:02
PB (50m pool): 01:04.02 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:02.69 SB: 01:04.02 Lago Gent Rozebroeken 03/05/2026
	5 0 M	1 0 0 M
PB	00:30.87	01:04.02
	<i>00:30.87</i>	<i>00:33.15</i>

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:1, starttime: 10:50
Heat: 1/23 Lane : 4 Athlete: STIJNEN JEF		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: 5: 100M FREESTYLE MEN 11+		Heat:2, starttime: 10:55
Heat: 2/23 Lane : 2 Athlete: VANTHOURNOUT XENNE		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:

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

Event number: 5: 100M FREESTYLE MEN 11+		Heat:2, starttime: 10:55	
Heat: 2/23 Lane : 4 Athlete: NIEUWENHUIS ISAAC		Q-time: 01:43:67	
PB (50m pool): 01:43.67 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:44.10 SB: 01:43.67 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:49.36	01:43.67	
	<i>00:49.36</i>	<i>00:54.31</i>	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:3, starttime: 10:55	
Heat: 3/23 Lane : 6 Athlete: VAN MEER RUNE		Q-time: 01:27:66	
PB (50m pool): 01:27.66 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:27.50 SB: 01:27.66 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:41.59	01:27.66	
	<i>00:41.59</i>	<i>00:46.07</i>	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:4, starttime: 11:00	
Heat: 4/23 Lane : 4 Athlete: GOOSSENS FERRE		Q-time: 01:23:08	
PB (50m pool): no time		PB (25m pool): 01:23.08 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:4, starttime: 11:00	
Heat: 4/23 Lane : 7 Athlete: CORREIA DE OLIVEIRA TIAGO		Q-time: 01:25:53	
PB (50m pool): 01:25.53 Antwerpen 15/03/2026		PB (25m pool): 01:27.33 SB: 01:25.53 Antwerpen 15/03/2026	
	50 M	100 M	
PB	00:39.91	01:25.53	
	<i>00:39.91</i>	<i>00:45.62</i>	
	

Coach feedback:

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

Event number: 5: 100M FREESTYLE MEN 11+		Heat:4, starttime: 11:00	
Heat: 4/23 Lane : 8 Athlete: DE FEYTER LUCAS		Q-time: 01:25:75	
PB (50m pool): 01:25.75 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:22.89 SB: 01:25.75 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	00:40.70	01:25.75	
	00:40.70	00:45.05	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:7, starttime: 11:05	
Heat: 7/23 Lane : 6 Athlete: RAMSDONCK KRIS		Q-time: 01:14:33	
PB (50m pool): 01:14.33 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:13.93 SB: 01:14.33 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	00:34.94	01:14.33	
	00:34.94	00:39.39	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:9, starttime: 11:10	
Heat: 9/23 Lane : 4 Athlete: STERCKX DAAN		Q-time: 01:10:78	
PB (50m pool): 01:10.78 Antwerpen 19/04/2026 PB (25m pool): 01:09.65 SB: 01:10.78 Antwerpen 19/04/2026			
	50 M	100 M	
PB	00:34.23	01:10.78	
	00:34.23	00:36.55	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:10, starttime: 11:10	
Heat: 10/23 Lane : 6 Athlete: LIEVENS RUBE		Q-time: 01:09:04	
PB (50m pool): 01:09.04 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:09.95 SB: 01:09.04 Lago Gent Rozebroeken 03/05/2026			
	50 M	100 M	
PB	00:32.89	01:09.04	
	00:32.89	00:36.15	
	

Coach feedback:

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

Event number: 5: 100M FREESTYLE MEN 11+ Heat:10, starttime: 11:10

Heat: 10/23 Lane : 7 Athlete: NEYRINCK RUBEN Q-time: 01:09:47

PB (50m pool): 01:09.47 Wezenberg 04/01/2026 PB (25m pool): 01:06.46 SB: 01:09.47 Wezenberg 04/01/2026

	50 M	100 M	
PB	00:34.16	01:09.47	
	00:34.16	00:35.31	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ Heat:12, starttime: 11:15

Heat: 12/23 Lane : 6 Athlete: AGTEN VALERIO ÁLVARO Q-time: 01:06:88

PB (50m pool): 01:06.88 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:05.60 SB: 01:06.88 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:31.64	01:06.88	
	00:31.64	00:35.24	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ Heat:12, starttime: 11:15

Heat: 12/23 Lane : 7 Athlete: MAES MATHIJS Q-time: 01:07:17

PB (50m pool): 01:07.17 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:07.44 SB: 01:07.17 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:32.16	01:07.17	
	00:32.16	00:35.01	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ Heat:19, starttime: 11:25

Heat: 19/23 Lane : 7 Athlete: DILLEN FINN Q-time: 00:59:16

PB (50m pool): 00:59.16 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 00:58.71 SB: 00:59.16 Lago Gent Rozebroeken 03/05/2026

	50 M	100 M	
PB	00:28.25	00:59.16	
	00:28.25	00:30.91	
	

Coach feedback:

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

Event number: 5: 100M FREESTYLE MEN 11+		Heat:20, starttime: 11:25	
Heat: 20/23 Lane : 1 Athlete: HUFKENS ILIAN		Q-time: 00:58:03	
PB (50m pool): 00:58.03 Antwerpen 08/03/2026		PB (25m pool): 00:57.29 SB: 00:58.03 Antwerpen 08/03/2026	
	50 M	100 M	
PB	00:27.93	00:58.03	
	00:27.93	00:30.10	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:20, starttime: 11:25	
Heat: 20/23 Lane : 8 Athlete: DRIES KLAAS		Q-time: 00:58:03	
PB (50m pool): 00:57.59 Lago Gent Rozebroeken 04/05/2025		PB (25m pool): 00:55.83 SB: 00:58.03 Wezenberg 01/02/2026	
	50 M	100 M	
PB	00:27.59	00:57.59	
	00:27.59	00:30.00	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:21, starttime: 11:25	
Heat: 21/23 Lane : 5 Athlete: MICHOEL QUINTEN		Q-time: 00:54:35	
PB (50m pool): 00:54.35 Antwerpen 17/05/2026		PB (25m pool): 00:52.82 SB: 00:54.35 Antwerpen 17/05/2026	
	50 M	100 M	
PB	00:26.17	00:54.35	
	00:26.17	00:28.18	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:21, starttime: 11:25	
Heat: 21/23 Lane : 6 Athlete: HUFKENS IBEN		Q-time: 00:55:84	
PB (50m pool): 00:58.53 Antwerpen 13/07/2025		PB (25m pool): 00:55.84 SB: no time	
	50 M	100 M	
PB	00:27.86	00:58.53	
	00:27.86	00:30.67	
	

Coach feedback:

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

Event number: 5: 100M FREESTYLE MEN 11+ Heat:21, starttime: 11:25

Heat: 21/23 Lane : 8 Athlete: BEGUE MILANN Q-time: 00:57:18

PB (50m pool): 00:57.18 Antwerpen 08/03/2026 PB (25m pool): 00:56.38 SB: 00:57.18 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:27.33	00:57.18	
	00:27.33	00:29.85	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ Heat:22, starttime: 11:30

Heat: 22/23 Lane : 2 Athlete: VANTHOURNOUT XANDER Q-time: 00:55:98

PB (50m pool): 00:55.54 Antwerp 09/02/2025 PB (25m pool): 00:54.16 SB: 00:55.98 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:26.75	00:55.54	
	00:26.75	00:28.79	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ Heat:22, starttime: 11:30

Heat: 22/23 Lane : 6 Athlete: VAN TILBURG MATTHIAS Q-time: 00:55:75

PB (50m pool): 00:54.98 Antwerpen 27/07/2025 PB (25m pool): 00:52.86 SB: 00:55.75 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:26.41	00:54.98	
	00:26.41	00:28.57	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+ Heat:23, starttime: 11:30

Heat: 23/23 Lane : 7 Athlete: HAESSENDONCKX JARNE Q-time: 00:56:19

PB (50m pool): 00:55.56 Antwerpen 27/07/2025 PB (25m pool): 00:54.21 SB: 00:56.19 Wezenberg 01/02/2026

	5 0 M	1 0 0 M	
PB	00:26.34	00:55.56	
	00:26.34	00:29.22	
	

Coach feedback:

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

Event number: 6: 200M FREESTYLE MIXED 10-9					Heat:2, starttime: 11:35				
Heat: 2/3 Lane : 3 Athlete: MEEUS FIEN					Q-time: 04:05:92				
PB (50m pool): no time					PB (25m pool): 04:05.92 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 : 1 Athlete: LAENEN LINS					Q-time: 03:31:95				
PB (50m pool): no time					PB (25m pool): 03:31.95 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 : 2 Athlete: PEETERS LOUISE					Q-time: 03:20:63				
PB (50m pool): no time					PB (25m pool): 03:20.63 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:2, starttime: 12:05	
Heat: 2/4 Lane : 8 Athlete: BOOGERS NOOR							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: ZGEEL

Event number: 8: 400M MEDLEY MEN 11+							Heat:1, starttime: 12:25	
Heat: 1/4 Lane : 5 Athlete: DE VISSER SAM							Q-time: 99:99:99	
PB (50m pool): 05:11.78 Mol 23/06/2024				PB (25m pool): 04:50.27 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	05:11.78
	<i>no time</i>							

Coach feedback:

Event number: 8: 400M MEDLEY MEN 11+							Heat:4, starttime: 12:45	
Heat: 4/4 Lane : 2 Athlete: MICHOEL QUINTEN							Q-time: 04:52:67	
PB (50m pool): 05:09.81 Lago Gent Rozebroeken 05/05/2024				PB (25m pool): 04:52.67 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	05:09.81
	<i>no time</i>							

Coach feedback: