

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

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

Coaches: Delissen Kim HEADCOACH

Coaches: Asselman Jasper

Coaches: Naegels Eli

PB => Personal Best time

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

Event number: 2: 100M BUTTERFLY WOMEN 11+ Heat:11, starttime: 09:30

Heat: 11/16 Lane : 8 Athlete: DE SCHEPPER LARA Q-time: 01:20:08

PB (50m pool): 01:20.08 Antwerpen 19/04/2026 PB (25m pool): 01:17.51 SB: 01:20.08 Antwerpen 19/04/2026

	50 M	100 M	
PB	00:37.50	01:20.08	
	00:37.50	00:42.58	
	

Coach feedback:

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

Heat: 1/15 Lane : 4 Athlete: VERDONCK STIJN 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:14, starttime: 10:05

Heat: 14/15 Lane : 8 Athlete: COGURCU ARDA Q-time: 01:05:21

PB (50m pool): 01:05.21 Sportoase De Watermolen 24/05/2026 PB (25m pool): 01:08.43 SB: 01:05.21 Sportoase De Watermolen 24/05/2026

	50 M	100 M	
PB	00:30.46	01:05.21	
	00:30.46	00:34.75	
	

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:4, starttime: 10:15	
Heat: 4/24 Lane : 6 Athlete: VANDE SOMPELE HASSE		Q-time: 01:24:46	
PB (50m pool): 01:23.99 Mol 22/06/2025		PB (25m pool): 01:21.96 SB: 01:24.46 Gent 08/02/2026	
	5 0 M	1 0 0 M	
PB	00:40.12	01:23.99	
	00:40.12	00:43.87	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:7, starttime: 10:20	
Heat: 7/24 Lane : 7 Athlete: NAGHIU MATIS IZOLDA		Q-time: 01:19:07	
PB (50m pool): 01:19.07 Sportoase De Watermolen 24/05/2026		PB (25m pool): 01:20.25 SB: 01:19.07 Sportoase De Watermolen 24/05/2026	
	5 0 M	1 0 0 M	
PB	00:38.33	01:19.07	
	00:38.33	00:40.74	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:12, starttime: 10:30	
Heat: 12/24 Lane : 6 Athlete: VAN DEN BOSSCHE LIA		Q-time: 01:12:71	
PB (50m pool): 01:10.51 Antwerpen 13/07/2025		PB (25m pool): 01:11.59 SB: 01:12.71 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:33.95	01:10.51	
	00:33.95	00:36.56	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:18, starttime: 10:40	
Heat: 18/24 Lane : 6 Athlete: VANDE SOMPELE JITS		Q-time: 01:06:74	
PB (50m pool): 01:06.74 Antwerpen 15/03/2026		PB (25m pool): 01:08.83 SB: 01:06.74 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:31.87	01:06.74	
	00:31.87	00:34.87	
	

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11+		Heat:2, starttime: 10:55	
Heat: 2/23 Lane : 1 Athlete: KAHKESHAN KYAN		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 : 7 Athlete: FONTANA ALESSANDRO MARIA NIC		Q-time: 99:99:99	
PB (50m pool): no time		PB (25m pool): 01:23.94 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:15, starttime: 11:20	
Heat: 15/23 Lane : 5 Athlete: LADEWIG SETH		Q-time: 01:02:84	
PB (50m pool): 01:02.84 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:03.27 SB: 01:02.84 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	00:30.24	01:02.84	
	<i>00:30.24</i>	<i>00:32.60</i>	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:16, starttime: 11:20	
Heat: 16/23 Lane : 5 Athlete: BETTENS LUCAS		Q-time: 01:01:62	
PB (50m pool): 01:01.62 Antwerpen 15/03/2026		PB (25m pool): 00:59.48 SB: 01:01.62 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:29.78	01:01.62	
	<i>00:29.78</i>	<i>00:31.84</i>	
	

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11+		Heat:16, starttime: 11:20	
Heat: 16/23 Lane : 7 Athlete: MESTARI ABDERRAHMANE		Q-time: 01:02:10	
PB (50m pool): 01:02.10 Lago Gent Rozebroeken 03/05/2026		PB (25m pool): 01:01.38 SB: 01:02.10 Lago Gent Rozebroeken 03/05/2026	
	50 M	100 M	
PB	00:28.90	01:02.10	
	00:28.90	00:33.20	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:17, starttime: 11:20	
Heat: 17/23 Lane : 3 Athlete: EL HADDOUCHI HAROUN		Q-time: 01:00:85	
PB (50m pool): 01:00.85 Wezenberg 01/02/2026		PB (25m pool): 00:59.92 SB: 01:00.85 Wezenberg 01/02/2026	
	50 M	100 M	
PB	00:28.77	01:00.85	
	00:28.77	00:32.08	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:17, starttime: 11:20	
Heat: 17/23 Lane : 7 Athlete: TSYBULNIAK KYRYL		Q-time: 01:01:23	
PB (50m pool): 01:01.23 Antwerpen 19/04/2026		PB (25m pool): no time SB: 01:01.23 Antwerpen 19/04/2026	
	50 M	100 M	
PB	00:28.79	01:01.23	
	00:28.79	00:32.44	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:18, starttime: 11:25	
Heat: 18/23 Lane : 1 Athlete: NAEGELS REZA		Q-time: 01:00:48	
PB (50m pool): 01:00.29 Antwerpen 27/07/2025		PB (25m pool): 00:59.41 SB: 01:00.48 Antwerpen 19/04/2026	
	50 M	100 M	
PB	no time	01:00.29	
	no time		
	

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11+			Heat:18, starttime: 11:25		
Heat: 18/23 Lane : 5 Athlete: VERDONCK MARIUS			Q-time: 00:59:77		
PB (50m pool): 00:59.77 Antwerpen 15/03/2026			PB (25m pool): 00:59.02 SB: 00:59.77 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M			
PB	no time	00:59.77			
	<i>no time</i>				
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+			Heat:23, starttime: 11:30		
Heat: 23/23 Lane : 2 Athlete: HOROVYI MYKYTA			Q-time: 00:55:92		
PB (50m pool): 00:55.92 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 00:54.61 SB: 00:55.92 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:26.38	00:55.92			
	<i>00:26.38</i>	<i>00:29.54</i>			
			

Coach feedback:

Event number: 8: 400M MEDLEY MEN 11+						Heat:2, starttime: 12:30		
Heat: 2/4 Lane : 8 Athlete: BETTENS STAN						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: