

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

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

Coaches: Jacob Sven

Coaches: De Herdt An

Coaches: De Bakker Eden

Coaches: Van Campenhout Sigrid

Coaches: De Boo Helge

Coaches: Vanuytven Diane

Coaches: Gijsemans Liesbet HEADCOACH

Coaches: De Herdt Els

Coaches: De Weerd Koen

PB => Personal Best time

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

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

Heat: 3/3 Lane : 8 Athlete: SOMERS BESS Q-time: 01:48:60

PB (50m pool): no time PB (25m pool): 01:48.60 SB: no time

	50 M	100 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 2: 100M BUTTERFLY WOMEN 11+ Heat:1, starttime: 09:10

Heat: 1/16 Lane : 6 Athlete: VAN BREEDAM LENA 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: 2: 100M BUTTERFLY WOMEN 11+ Heat:15, starttime: 09:35

Heat: 15/16 Lane : 1 Athlete: VAN REETH LIEZE Q-time: 01:12:56

PB (50m pool): 01:12.56 Antwerpen 19/04/2026 PB (25m pool): 01:12.22 SB: 01:12.56 Antwerpen 19/04/2026

	50 M	100 M	
PB	00:33.45	01:12.56	
	<i>00:33.45</i>	<i>00:39.11</i>	
	

Coach feedback:

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Event number: 3: 100M BUTTERFLY MEN 11+		Heat:8, starttime: 09:55	
Heat: 8/15 Lane : 3 Athlete: MARIN ALEXANDRU		Q-time: 01:17:59	
PB (50m pool): 01:17.59 Wezenberg 01/02/2026		PB (25m pool): 01:18.97 SB: 01:17.59 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:34.99	01:17.59	
	<i>00:34.99</i>	<i>00:42.60</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:10, starttime: 10:00	
Heat: 10/15 Lane : 1 Athlete: JACOB QINGKUN		Q-time: 01:11:78	
PB (50m pool): 01:11.78 Wezenberg 01/02/2026		PB (25m pool): 01:09.31 SB: 01:11.78 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:32.01	01:11.78	
	<i>00:32.01</i>	<i>00:39.77</i>	
	

Coach feedback:

Event number: 3: 100M BUTTERFLY MEN 11+		Heat:13, starttime: 10:05	
Heat: 13/15 Lane : 1 Athlete: DOOMEN MARNIX		Q-time: 01:04:62	
PB (50m pool): 01:07.07 Antwerpen 13/07/2025		PB (25m pool): 01:04.62 SB: no time	
	5 0 M	1 0 0 M	
PB	00:30.94	01:07.07	
	<i>00:30.94</i>	<i>00:36.13</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:2, starttime: 10:10	
Heat: 2/24 Lane : 1 Athlete: VLUYMANS JULIE		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: 4: 100M FREESTYLE WOMEN 11+		Heat:4, starttime: 10:15	
Heat: 4/24 Lane : 4 Athlete: HERREMANS ELIEN		Q-time: 01:23:35	
PB (50m pool): no time		PB (25m pool): 01:23.35 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:4, starttime: 10:15	
Heat: 4/24 Lane : 5 Athlete: BOURGUIGNON NENA		Q-time: 01:23:39	
PB (50m pool): 01:23.39 Wezenberg 01/02/2026		PB (25m pool): 01:26.41 SB: 01:23.39 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:40.21	01:23.39	
	<i>00:40.21</i>	<i>00:43.18</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:6, starttime: 10:20	
Heat: 6/24 Lane : 7 Athlete: VAN REETH LILIANA		Q-time: 01:20:60	
PB (50m pool): no time		PB (25m pool): 01:20.60 SB: no time	
	5 0 M	1 0 0 M	
PB	no time	no time	
	<i>no time</i>		
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:13, starttime: 10:30	
Heat: 13/24 Lane : 1 Athlete: DALEMANS NEL		Q-time: 01:12:45	
PB (50m pool): 01:12.16 Antwerpen 13/07/2025		PB (25m pool): 01:10.31 SB: 01:12.45 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:34.21	01:12.16	
	<i>00:34.21</i>	<i>00:37.95</i>	
	

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:13, starttime: 10:30	
Heat: 13/24 Lane : 6 Athlete: SARMI SOFIA		Q-time: 01:11:54	
PB (50m pool): 01:11.54 Antwerpen 19/04/2026		PB (25m pool): 01:09.54 SB: 01:11.54 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	
PB	00:34.17	01:11.54	
	<i>00:34.17</i>	<i>00:37.37</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:13, starttime: 10:30	
Heat: 13/24 Lane : 7 Athlete: GERAEDTS MARIA		Q-time: 01:11:88	
PB (50m pool): 01:11.88 Wezenberg 01/02/2026		PB (25m pool): 01:09.22 SB: 01:11.88 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:36.07	01:11.88	
	<i>00:36.07</i>	<i>00:35.81</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:13, starttime: 10:30	
Heat: 13/24 Lane : 8 Athlete: VAN BREEDAM LENA		Q-time: 01:12:49	
PB (50m pool): 01:12.49 Wezenberg 01/02/2026		PB (25m pool): 01:08.96 SB: 01:12.49 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:34.47	01:12.49	
	<i>00:34.47</i>	<i>00:38.02</i>	
	

Coach feedback:

Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:24, starttime: 10:50	
Heat: 24/24 Lane : 1 Athlete: SCHELLEMANS CHARLOTTE		Q-time: 01:03:86	
PB (50m pool): 01:02.68 Antwerpen 27/07/2025		PB (25m pool): 01:02.62 SB: 01:03.86 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:30.19	01:02.68	
	<i>00:30.19</i>	<i>00:32.49</i>	
	

Coach feedback:

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Event number: 4: 100M FREESTYLE WOMEN 11+		Heat:24, starttime: 10:50
Heat: 24/24 Lane : 8 Athlete: VERDOOD PIP		Q-time: 01:04:04
PB (50m pool): 01:04.04 Lago Gent Rozebroeken 03/05/2026 PB (25m pool): 01:03.56 SB: 01:04.04 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M
PB	00:30.63	01:04.04
	<i>00:30.63</i>	<i>00:33.41</i>

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:3, starttime: 10:55
Heat: 3/23 Lane : 3 Athlete: GILLIS BAS		Q-time: 01:27:36
PB (50m pool): 01:27.36 Wezenberg 01/02/2026 PB (25m pool): 01:25.21 SB: 01:27.36 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M
PB	00:40.70	01:27.36
	<i>00:40.70</i>	<i>00:46.66</i>

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:4, starttime: 11:00
Heat: 4/23 Lane : 2 Athlete: DE PUYDT ARTHUR		Q-time: 01:24:93
PB (50m pool): 01:24.93 Wezenberg 01/02/2026 PB (25m pool): 01:24.79 SB: 01:24.93 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M
PB	00:40.80	01:24.93
	<i>00:40.80</i>	<i>00:44.13</i>

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:6, starttime: 11:05
Heat: 6/23 Lane : 1 Athlete: VERMEIREN STAN		Q-time: 01:18:72
PB (50m pool): 01:18.72 Wezenberg 03/01/2026 PB (25m pool): 01:14.40 SB: 01:18.72 Wezenberg 03/01/2026		
	5 0 M	1 0 0 M
PB	00:36.57	01:18.72
	<i>00:36.57</i>	<i>00:42.15</i>

Coach feedback:

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Event number: 5: 100M FREESTYLE MEN 11+		Heat:6, starttime: 11:05	
Heat: 6/23 Lane : 5 Athlete: GILLIS MATTHIJS		Q-time: 01:16:37	
PB (50m pool): no time		PB (25m pool): 01:16.37 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:8, starttime: 11:05	
Heat: 8/23 Lane : 2 Athlete: VERSTRAETE PEPIJN		Q-time: 01:13:22	
PB (50m pool): 01:13.22 Wezenberg 01/02/2026		PB (25m pool): 01:10.50 SB: 01:13.22 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:35.54	01:13.22	
	<i>00:35.54</i>	<i>00:37.68</i>	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:11, starttime: 11:10	
Heat: 11/23 Lane : 6 Athlete: DE WEERDT BENT		Q-time: 01:08:38	
PB (50m pool): 01:08.38 Antwerpen 19/04/2026		PB (25m pool): 01:07.86 SB: 01:08.38 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	
PB	00:32.86	01:08.38	
	<i>00:32.86</i>	<i>00:35.52</i>	
	

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+		Heat:13, starttime: 11:15	
Heat: 13/23 Lane : 7 Athlete: VERCAMMEN DAAN		Q-time: 01:05:98	
PB (50m pool): 01:05.98 Wezenberg 03/01/2026		PB (25m pool): 01:03.19 SB: 01:05.98 Wezenberg 03/01/2026	
	5 0 M	1 0 0 M	
PB	00:31.21	01:05.98	
	<i>00:31.21</i>	<i>00:34.77</i>	
	

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Event number: 5: 100M FREESTYLE MEN 11+			Heat:15, starttime: 11:20		
Heat: 15/23 Lane : 7 Athlete: SLAETS CAZ			Q-time: 01:03:31		
PB (50m pool): 01:03.30 Antwerpen 13/07/2025			PB (25m pool): 01:01.62 SB: 01:03.31 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:30.25	01:03.30			
	<i>00:30.25</i>	<i>00:33.05</i>			
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+			Heat:17, starttime: 11:20		
Heat: 17/23 Lane : 4 Athlete: MERTENS GERBEN			Q-time: 01:00:65		
PB (50m pool): 01:00.65 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 01:00.97 SB: 01:00.65 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:29.41	01:00.65			
	<i>00:29.41</i>	<i>00:31.24</i>			
			

Coach feedback:

Event number: 5: 100M FREESTYLE MEN 11+			Heat:18, starttime: 11:25		
Heat: 18/23 Lane : 7 Athlete: WIJSGEER VIKTOR			Q-time: 01:00:29		
PB (50m pool): 01:00.29 Lago Gent Rozebroeken 03/05/2026			PB (25m pool): 00:58.67 SB: 01:00.29 Lago Gent Rozebroeken 03/05/2026		
	5 0 M	1 0 0 M			
PB	00:28.64	01:00.29			
	<i>00:28.64</i>	<i>00:31.65</i>			
			

Coach feedback:

Event number: 6: 200M FREESTYLE MIXED 10-9				Heat:2, starttime: 11:35	
Heat: 2/3 Lane : 8 Athlete: SOMERS BESS				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:

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Event number: 7: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 12:05	
Heat: 2/4 Lane : 7 Athlete: JORIS LINDE							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
	<i>no time</i>							

Coach feedback:

Event number: 7: 400M MEDLEY WOMEN 11+							Heat:3, starttime: 12:10	
Heat: 3/4 Lane : 4 Athlete: VAN REETH LIEZE							Q-time: 05:42:67	
PB (50m pool): 05:42.67 Aalst 20/12/2025			PB (25m pool): no time			SB: 05:42.67 Aalst 20/12/2025		
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:37.17	01:21.70	02:05.66	02:48.38	03:35.97	04:25.84	05:04.14	05:42.67
	<i>00:37.17</i>	<i>00:44.53</i>	<i>00:43.96</i>	<i>00:42.72</i>	<i>00:47.59</i>	<i>00:49.87</i>	<i>00:38.30</i>	<i>00:38.53</i>

Coach feedback:

Event number: 8: 400M MEDLEY MEN 11+							Heat:3, starttime: 12:40	
Heat: 3/4 Lane : 3 Athlete: JACOB QINGKUN							Q-time: 05:26:81	
PB (50m pool): no time			PB (25m pool): 05:26.81			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	no time
	<i>no time</i>							

Coach feedback: