

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Coachinfo: Warming up from: 13:00 until 13:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Courier Erik HEADCOACH

PB => Personal Best time

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

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:3, starttime: 14:15

Heat: 3/20 Lane : 1 Athlete: KUSHNIR MILANA Q-time: 01:53:46

PB (50m pool): 01:53.46 Wezenberg 04/01/2026 PB (25m pool): 01:53.21 SB: 01:53.46 Wezenberg 04/01/2026

	5 0 M	1 0 0 M
PB	00:53.28	01:53.46
	00:53.28	01:00.18

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:3, starttime: 14:15

Heat: 3/20 Lane : 6 Athlete: BRAEKMANS ELLA Q-time: 01:50:65

PB (50m pool): 01:50.65 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 01:50.65 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M
PB	00:52.27	01:50.65
	00:52.27	00:58.38

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:4, starttime: 14:15

Heat: 4/20 Lane : 7 Athlete: BOLSIUS CAROLINE Q-time: 01:48:10

PB (50m pool): 01:48.10 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:47.75 SB: 01:48.10 Zwembad Brigitte Becue 26/04/2026

	5 0 M	1 0 0 M
PB	00:52.38	01:48.10
	00:52.38	00:55.72

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:5, starttime: 14:20
Heat: 5/20 Lane : 1 Athlete: BOUQUET JULIETTE		Q-time: 01:46:19
PB (50m pool): 01:46.19 Wezenberg 04/01/2026		PB (25m pool): 01:48.06 SB: 01:46.19 Wezenberg 04/01/2026
	5 0 M	1 0 0 M
PB	00:50.76	01:46.19
	<i>00:50.76</i>	<i>00:55.43</i>

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:5, starttime: 14:20
Heat: 5/20 Lane : 2 Athlete: HERMANS MORI		Q-time: 01:45:42
PB (50m pool): 01:45.42 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:48.66 SB: 01:45.42 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M
PB	00:50.52	01:45.42
	<i>00:50.52</i>	<i>00:54.90</i>

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:5, starttime: 14:20
Heat: 5/20 Lane : 3 Athlete: MAESEN AMÉLIE		Q-time: 01:44:28
PB (50m pool): 01:44.28 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 02:00.50 SB: 01:44.28 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M
PB	00:47.97	01:44.28
	<i>00:47.97</i>	<i>00:56.31</i>

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:5, starttime: 14:20
Heat: 5/20 Lane : 4 Athlete: LACROIX MERIN		Q-time: 01:44:10
PB (50m pool): 01:44.10 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:52.88 SB: 01:44.10 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M
PB	00:50.57	01:44.10
	<i>00:50.57</i>	<i>00:53.53</i>

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:5, starttime: 14:20
Heat: 5/20 Lane : 8 Athlete: BLOCK OLIVIA		Q-time: 01:46:90
PB (50m pool): 01:46.90 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:48.56 SB: 01:46.90 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M
PB	00:51.71	01:46.90
	<i>00:51.71</i>	<i>00:55.19</i>

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:6, starttime: 14:20
Heat: 6/20 Lane : 8 Athlete: JANSEN RENÉE		Q-time: 01:43:57
PB (50m pool): 01:43.57 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:43.97 SB: 01:43.57 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M
PB	00:49.25	01:43.57
	<i>00:49.25</i>	<i>00:54.32</i>

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:8, starttime: 14:25
Heat: 8/20 Lane : 3 Athlete: ZONNEKEYN CARO LINA		Q-time: 01:37:02
PB (50m pool): 01:37.02 Antwerpen 15/03/2026 PB (25m pool): 01:37.71 SB: 01:37.02 Antwerpen 15/03/2026		
	5 0 M	1 0 0 M
PB	00:45.14	01:37.02
	<i>00:45.14</i>	<i>00:51.88</i>

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:9, starttime: 14:30
Heat: 9/20 Lane : 5 Athlete: DE WIT FLORE		Q-time: 01:35:68
PB (50m pool): 01:35.68 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:51.69 SB: 01:35.68 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M
PB	00:45.14	01:35.68
	<i>00:45.14</i>	<i>00:50.54</i>

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:10, starttime: 14:30	
Heat: 10/20 Lane : 4 Athlete: SCHOofs ELISE		Q-time: 01:33:12	
PB (50m pool): 01:33.12 Wezenberg 01/02/2026		PB (25m pool): 01:48.57 SB: 01:33.12 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:44.40	01:33.12	
	<i>00:44.40</i>	<i>00:48.72</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:12, starttime: 14:35	
Heat: 12/20 Lane : 3 Athlete: KEBERS AMÉLIE		Q-time: 01:31:33	
PB (50m pool): 01:31.33 Wezenberg 01/02/2026		PB (25m pool): 01:31.71 SB: 01:31.33 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:42.20	01:31.33	
	<i>00:42.20</i>	<i>00:49.13</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:12, starttime: 14:35	
Heat: 12/20 Lane : 6 Athlete: BAHLOULA ANISSA		Q-time: 01:31:35	
PB (50m pool): 01:31.21 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:30.02 SB: no time	
	5 0 M	1 0 0 M	
PB	00:42.95	01:31.21	
	<i>00:42.95</i>	<i>00:48.26</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:12, starttime: 14:35	
Heat: 12/20 Lane : 8 Athlete: VANDENVEN SAAR		Q-time: 01:31:95	
PB (50m pool): 01:31.95 Antwerpen 08/03/2026		PB (25m pool): 01:31.72 SB: 01:31.95 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:43.73	01:31.95	
	<i>00:43.73</i>	<i>00:48.22</i>	
	

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:13, starttime: 14:35	
Heat: 13/20 Lane : 1 Athlete: CROISIAU MARIE-LISE		Q-time: 01:30:03	
PB (50m pool): 01:30.03 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:28.27 SB: 01:30.03 Zwembad Brigitte Becue 26/04/2026	
	50 M	100 M	
PB	00:42.22	01:30.03	
	00:42.22	00:47.81	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:16, starttime: 14:40	
Heat: 16/20 Lane : 7 Athlete: MOONEN KARLIJN		Q-time: 01:25:62	
PB (50m pool): 01:20.91 Antwerp 09/02/2025		PB (25m pool): 01:19.57 SB: 01:25.62 Olympic Pool Wezenberg, Antwer 29	
	50 M	100 M	
PB	00:37.97	01:20.91	
	00:37.97	00:42.94	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:18, starttime: 14:45	
Heat: 18/20 Lane : 7 Athlete: TALBOOM LIES		Q-time: 01:22:29	
PB (50m pool): 01:22.29 Antwerpen 22/03/2026		PB (25m pool): 01:19.21 SB: 01:22.29 Antwerpen 22/03/2026	
	50 M	100 M	
PB	00:37.96	01:22.29	
	00:37.96	00:44.33	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:18, starttime: 14:45	
Heat: 18/20 Lane : 8 Athlete: VAN DEN BOSCH ELISE		Q-time: 01:24:00	
PB (50m pool): 01:24.00 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:22.03 SB: 01:24.00 Zwembad Brigitte Becue 26/04/2026	
	50 M	100 M	
PB	00:39.45	01:24.00	
	00:39.45	00:44.55	
	

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:20, starttime: 14:50

Heat: 20/20 Lane : 2 Athlete: TALBOOM MAJA Q-time: 01:20:35

PB (50m pool): 01:20.35 Antwerpen 08/03/2026 PB (25m pool): 01:21.00 SB: 01:20.35 Antwerpen 08/03/2026

	5 0 M	1 0 0 M	
PB	00:38.01	01:20.35	
	<i>00:38.01</i>	<i>00:42.34</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:20, starttime: 14:50

Heat: 20/20 Lane : 3 Athlete: MOR IRIS Q-time: 01:17:49

PB (50m pool): 01:17.49 Antwerpen 22/03/2026 PB (25m pool): 01:17.47 SB: 01:17.49 Antwerpen 22/03/2026

	5 0 M	1 0 0 M	
PB	00:36.52	01:17.49	
	<i>00:36.52</i>	<i>00:40.97</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+ Heat:1, starttime: 14:50

Heat: 1/19 Lane : 4 Athlete: LAMMENS SEPPE Q-time: 99:99:99

PB (50m pool): 01:19.36 Zwembad Brigitte Becue Oostend 19/05/2025 PB (25m pool): 01:17.13 SB: no time

	5 0 M	1 0 0 M	
PB	no time	01:19.36	
	<i>no time</i>		
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+ Heat:1, starttime: 14:50

Heat: 1/19 Lane : 5 Athlete: EGGERMONT TYGO Q-time: 99:99:99

PB (50m pool): no time PB (25m pool): 01:25.04 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: 11: 100M BREASTSTROKE MEN 11+		Heat:1, starttime: 14:50	
Heat: 1/19 Lane : 6 Athlete: HEYRMAN TIGO		Q-time: 99:99:99	
PB (50m pool): 01:11.12 Lago Gent Rozebroeken 01/05/2022 PB (25m pool): 01:07.71 SB: no time			
	5 0 M	1 0 0 M	
PB	no time	01:11.12	
	<i>no time</i>		
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:3, starttime: 14:55	
Heat: 3/19 Lane : 4 Athlete: APERS NACER		Q-time: 01:54:60	
PB (50m pool): 01:54.60 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): no time SB: 01:54.60 Olympic Pool Wezenberg, Antwer 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:54.85	01:54.60	
	<i>00:54.85</i>	<i>00:59.75</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:4, starttime: 15:00	
Heat: 4/19 Lane : 2 Athlete: TSERING WANGCHUK LHAKSAM		Q-time: 01:51:68	
PB (50m pool): 01:49.37 Olympic Pool Wezenberg, Antwer 30/03/2026 PB (25m pool): 01:42.90 SB: 01:51.68 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:52.84	01:49.37	
	<i>00:52.84</i>	<i>00:56.53</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:4, starttime: 15:00	
Heat: 4/19 Lane : 3 Athlete: DELFS REMY		Q-time: 01:48:85	
PB (50m pool): 01:48.85 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 01:44.37 SB: 01:48.85 Olympic Pool Wezenberg, Antwer 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:50.90	01:48.85	
	<i>00:50.90</i>	<i>00:57.95</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:5, starttime: 15:00	
Heat: 5/19 Lane : 1 Athlete: RAES DAMON		Q-time: 01:46:28	
PB (50m pool): 01:46.28 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): no time SB: 01:46.28 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M	
PB	00:50.54	01:46.28	
	<i>00:50.54</i>	<i>00:55.74</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:5, starttime: 15:00	
Heat: 5/19 Lane : 7 Athlete: EGGERMONT OLIVER		Q-time: 01:46:17	
PB (50m pool): 01:46.17 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:51.65 SB: 01:46.17 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:51.65	01:46.17	
	<i>00:51.65</i>	<i>00:54.52</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:6, starttime: 15:05	
Heat: 6/19 Lane : 6 Athlete: BOGAERS LEON		Q-time: 01:41:46	
PB (50m pool): 01:41.46 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:51.21 SB: 01:41.46 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:48.98	01:41.46	
	<i>00:48.98</i>	<i>00:52.48</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:6, starttime: 15:05	
Heat: 6/19 Lane : 8 Athlete: VERSCHEURE LARS		Q-time: 01:42:90	
PB (50m pool): 01:47.42 Antwerpen 08/03/2026		PB (25m pool): 01:42.90 SB: 01:47.42 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:51.60	01:47.42	
	<i>00:51.60</i>	<i>00:55.82</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:7, starttime: 15:05	
Heat: 7/19 Lane : 4 Athlete: VAN CRAENENBROECK VIK		Q-time: 01:38:48	
PB (50m pool): 01:38.48 Antwerpen 15/03/2026		PB (25m pool): 01:42.63 SB: 01:38.48 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:46.90	01:38.48	
	<i>00:46.90</i>	<i>00:51.58</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:7, starttime: 15:05	
Heat: 7/19 Lane : 7 Athlete: VERSCHEURE SAM		Q-time: 01:39:15	
PB (50m pool): 01:39.15 Antwerpen 15/03/2026		PB (25m pool): 01:38.85 SB: 01:39.15 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:46.74	01:39.15	
	<i>00:46.74</i>	<i>00:52.41</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:9, starttime: 15:10	
Heat: 9/19 Lane : 2 Athlete: TIEST FALCO		Q-time: 01:33:05	
PB (50m pool): 01:33.05 Wezenberg 04/01/2026		PB (25m pool): 01:28.07 SB: 01:33.05 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:43.44	01:33.05	
	<i>00:43.44</i>	<i>00:49.61</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:10, starttime: 15:15	
Heat: 10/19 Lane : 5 Athlete: BORKOVSKYI MARK		Q-time: 01:29:79	
PB (50m pool): 01:33.55 Antwerpen 13/07/2025		PB (25m pool): 01:29.79 SB: no time	
	5 0 M	1 0 0 M	
PB	00:44.62	01:33.55	
	<i>00:44.62</i>	<i>00:48.93</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:11, starttime: 15:15
Heat: 11/19 Lane : 8 Athlete: LENAERTS JOPPE		Q-time: 01:28:72
PB (50m pool): 01:28.72 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:26.73 SB: 01:28.72 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M
PB	00:41.54	01:28.72
	<i>00:41.54</i>	<i>00:47.18</i>

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:12, starttime: 15:15
Heat: 12/19 Lane : 3 Athlete: APERS REDA		Q-time: 01:24:06
PB (50m pool): 01:24.06 Antwerpen 08/03/2026 PB (25m pool): 01:18.12 SB: 01:24.06 Antwerpen 08/03/2026		
	5 0 M	1 0 0 M
PB	00:39.26	01:24.06
	<i>00:39.26</i>	<i>00:44.80</i>

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:14, starttime: 15:20
Heat: 14/19 Lane : 8 Athlete: KERSTENS BAVO		Q-time: 01:21:46
PB (50m pool): 01:21.46 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:17.82 SB: 01:21.46 Zwembad Brigitte Becue 26/04/2026		
	5 0 M	1 0 0 M
PB	00:38.06	01:21.46
	<i>00:38.06</i>	<i>00:43.40</i>

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:15, starttime: 15:25
Heat: 15/19 Lane : 4 Athlete: VAN BRUSSEL DYLANO		Q-time: 01:17:66
PB (50m pool): 01:14.74 Zwembad Brigitte Becue 30/05/2025 PB (25m pool): 01:12.18 SB: 01:17.66 Antwerpen 19/04/2026		
	5 0 M	1 0 0 M
PB	00:35.00	01:14.74
	<i>00:35.00</i>	<i>00:39.74</i>

Coach feedback:

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Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:15, starttime: 15:25	
Heat: 15/19 Lane : 5 Athlete: CRISTIAN DAMIAN IANIS		Q-time: 01:19:01	
PB (50m pool): 01:19.01 Wezenberg 04/01/2026		PB (25m pool): 01:15.85 SB: 01:19.01 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:36.83	01:19.01	
	<i>00:36.83</i>	<i>00:42.18</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:15, starttime: 15:25	
Heat: 15/19 Lane : 7 Athlete: GORIS RUBEN		Q-time: 01:19:70	
PB (50m pool): 01:17.88 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:14.51 SB: 01:19.70 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:36.58	01:17.88	
	<i>00:36.58</i>	<i>00:41.30</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:17, starttime: 15:25	
Heat: 17/19 Lane : 4 Athlete: CALLEWAERT NIELS		Q-time: 01:07:61	
PB (50m pool): 01:04.03 Antwerpen 23/02/2020		PB (25m pool): 01:03.01 SB: 01:07.61 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M	
PB	no time	01:04.03	
	<i>no time</i>		
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:18, starttime: 15:30	
Heat: 18/19 Lane : 4 Athlete: DESPALLIER DAAN		Q-time: 01:05:40	
PB (50m pool): 01:05.40 Antwerpen 22/03/2026		PB (25m pool): 01:04.10 SB: 01:05.40 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	
PB	00:30.54	01:05.40	
	<i>00:30.54</i>	<i>00:34.86</i>	
	

Coach feedback:

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Event number: 11: 100M BREASTSTROKE MEN 11+			Heat:19, starttime: 15:30		
Heat: 19/19 Lane : 3 Athlete: DE BODT DAAN			Q-time: 01:11:14		
PB (50m pool): 01:09.37 Antwerpen 27/07/2025			PB (25m pool): 01:08.30 SB: 01:11.14 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M			
PB	00:32.57	01:09.37			
	<i>00:32.57</i>	<i>00:36.80</i>			
			

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+			Heat:19, starttime: 15:30		
Heat: 19/19 Lane : 4 Athlete: MENNEN RUBEN			Q-time: 01:05:32		
PB (50m pool): 01:05.32 Antwerpen 22/03/2026			PB (25m pool): 01:03.76 SB: 01:05.32 Antwerpen 22/03/2026		
	5 0 M	1 0 0 M			
PB	00:29.87	01:05.32			
	<i>00:29.87</i>	<i>00:35.45</i>			
			

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN 11+						Heat:1, starttime: 15:50		
Heat: 1/6 Lane : 5 Athlete: MOONEN KARLIJN						Q-time: 99:99:99		
PB (50m pool): no time			PB (25m pool): 05:07.05 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:

Event number: 13: 400M FREESTYLE WOMEN 11+						Heat:2, starttime: 15:55		
Heat: 2/6 Lane : 1 Athlete: SCHELFAUT PIPPA						Q-time: 99:99:99		
PB (50m pool): 05:44.86 Antwerpen 14/07/2024			PB (25m pool): 05:36.96 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	05:44.86
	<i>no time</i>							

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 13: 400M FREESTYLE WOMEN 11+							Heat:3, starttime: 16:05	
Heat: 3/6 Lane : 6 Athlete: BLOCK OLIVIA							Q-time: 05:57:95	
PB (50m pool): no time			PB (25m pool): 05:57.95 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:

Event number: 13: 400M FREESTYLE WOMEN 11+							Heat:4, starttime: 16:10	
Heat: 4/6 Lane : 5 Athlete: CORTEN ELENA							Q-time: 05:30:39	
PB (50m pool): no time			PB (25m pool): 05:30.39 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:

Event number: 13: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:25	
Heat: 6/6 Lane : 5 Athlete: VAN DEN WYNGAERT ELIZABETH							Q-time: 04:35:01	
PB (50m pool): 04:52.98 ANTWERPEN 23/07/2023			PB (25m pool): 04:35.01 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	04:52.98
	<i>no time</i>							

Coach feedback:

Event number: 13: 400M FREESTYLE WOMEN 11+							Heat:6, starttime: 16:25	
Heat: 6/6 Lane : 8 Athlete: VAN DEN BOSCH ELISE							Q-time: 05:06:42	
PB (50m pool): 05:06.42 Wezenberg 01/02/2026			PB (25m pool): 04:56.88 SB: 05:06.42 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	00:34.31	01:12.54	01:51.87	02:31.99	03:11.69	03:51.48	04:29.79	05:06.42
	<i>00:34.31</i>	<i>00:38.23</i>	<i>00:39.33</i>	<i>00:40.12</i>	<i>00:39.70</i>	<i>00:39.79</i>	<i>00:38.31</i>	<i>00:36.63</i>

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 14: 400M FREESTYLE MEN 11+							Heat:3, starttime: 16:45	
Heat: 3/6 Lane : 4 Athlete: VERCAMMEN MAGNUS							Q-time: 05:09:29	
PB (50m pool): 05:09.29 Wezenberg 01/02/2026				PB (25m pool): 05:08.98 SB: 05:09.29 Wezenberg 01/02/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:34.42	01:12.38	01:52.00	02:31.74	03:11.93	03:51.79	04:31.59	05:09.29
	00:34.42	00:37.96	00:39.62	00:39.74	00:40.19	00:39.86	00:39.80	00:37.70

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:55	
Heat: 5/6 Lane : 1 Athlete: SHIRVILL CASPER							Q-time: 04:42:83	
PB (50m pool): 04:42.83 Sportoase De Watermolen 24/05/2026				PB (25m pool): 05:01.55 SB: 04:42.83 Sportoase De Watermolen 24/05/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:32.26	01:08.39	01:44.72	02:20.99	02:56.88	03:32.68	04:08.39	04:42.83
	00:32.26	00:36.13	00:36.33	00:36.27	00:35.89	00:35.80	00:35.71	00:34.44

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:5, starttime: 16:55	
Heat: 5/6 Lane : 5 Athlete: OTTEVAERE ALEXANDER							Q-time: 04:35:70	
PB (50m pool): 04:35.70 Olympic Pool Wezenberg, Antwer 29/03/2025				PB (25m pool): 04:23.70 SB: 04:35.70 Olympic Pool Wezenberg, Antwer 29/03/2025				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:29.51	01:02.63	01:37.52	02:13.33	02:48.93	03:24.73	04:01.51	04:35.70
	00:29.51	00:33.12	00:34.89	00:35.81	00:35.60	00:35.80	00:36.78	00:34.19

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:00	
Heat: 6/6 Lane : 8 Athlete: ESHUIS THOM							Q-time: 04:34:33	
PB (50m pool): 04:34.33 Antwerpen 19/04/2026				PB (25m pool): 04:30.99 SB: 04:34.33 Antwerpen 19/04/2026				
	50 M	100 M	150 M	200 M	250 M	300 M	350 M	400 M
PB	00:30.69	01:04.51	01:39.42	02:14.94	02:50.91	03:26.15	04:01.71	04:34.33
	00:30.69	00:33.82	00:34.91	00:35.52	00:35.97	00:35.24	00:35.56	00:32.62

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:2, starttime: 17:10	
Heat: 2/17 Lane : 1 Athlete: ZONNEKEYN CARO LINA		Q-time: 01:43:65	
PB (50m pool): 01:43.65 Wezenberg 04/01/2026		PB (25m pool): 01:34.61 SB: 01:43.65 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:51.57	01:43.65	
	<i>00:51.57</i>	<i>00:52.08</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:2, starttime: 17:10	
Heat: 2/17 Lane : 5 Athlete: JANSEN RENÉE		Q-time: 01:38:89	
PB (50m pool): 01:38.89 Wezenberg 01/02/2026		PB (25m pool): 01:39.79 SB: 01:38.89 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:47.01	01:38.89	
	<i>00:47.01</i>	<i>00:51.88</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:3, starttime: 17:10	
Heat: 3/17 Lane : 1 Athlete: BOLSIUS CAROLINE		Q-time: 01:37:69	
PB (50m pool): 01:37.69 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:34.64 SB: 01:37.69 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:47.54	01:37.69	
	<i>00:47.54</i>	<i>00:50.15</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:4, starttime: 17:15	
Heat: 4/17 Lane : 6 Athlete: HERMANS MORI		Q-time: 01:33:05	
PB (50m pool): 01:33.05 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:32.78 SB: 01:33.05 Zwembad Brigitte Becue 26/04/2026	
	5 0 M	1 0 0 M	
PB	00:45.11	01:33.05	
	<i>00:45.11</i>	<i>00:47.94</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:5, starttime: 17:15
Heat: 5/17 Lane : 3 Athlete: BOUQUET JULIETTE		Q-time: 01:30:26
PB (50m pool): 01:32.07 Wezenberg 04/01/2026		PB (25m pool): 01:30.24 SB: 01:32.07 Wezenberg 04/01/2026
	5 0 M	1 0 0 M
PB	00:45.14	01:32.07
	<i>00:45.14</i>	<i>00:46.93</i>

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:5, starttime: 17:15
Heat: 5/17 Lane : 4 Athlete: MAESEN AMÉLIE		Q-time: 01:29:49
PB (50m pool): 01:29.49 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:26.67 SB: 01:29.49 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M
PB	00:42.25	01:29.49
	<i>00:42.25</i>	<i>00:47.24</i>

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:5, starttime: 17:15
Heat: 5/17 Lane : 8 Athlete: KUSHNIR MILANA		Q-time: 01:32:12
PB (50m pool): 01:32.12 Wezenberg 04/01/2026		PB (25m pool): 01:30.50 SB: 01:32.12 Wezenberg 04/01/2026
	5 0 M	1 0 0 M
PB	00:45.07	01:32.12
	<i>00:45.07</i>	<i>00:47.05</i>

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:7, starttime: 17:20
Heat: 7/17 Lane : 2 Athlete: VANDENVEN SAAR		Q-time: 01:26:80
PB (50m pool): 01:26.80 Zwembad Brigitte Becue 26/04/2026		PB (25m pool): 01:26.31 SB: 01:26.80 Zwembad Brigitte Becue 26/04/2026
	5 0 M	1 0 0 M
PB	00:41.69	01:26.80
	<i>00:41.69</i>	<i>00:45.11</i>

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:7, starttime: 17:20	
Heat: 7/17 Lane : 7 Athlete: BRAEKMANS ELLA		Q-time: 01:26:82	
PB (50m pool): 01:26.82 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): no time SB: 01:26.82 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:42.75	01:26.82	
	<i>00:42.75</i>	<i>00:44.07</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:9, starttime: 17:25	
Heat: 9/17 Lane : 1 Athlete: DE WIT FLORE		Q-time: 01:24:40	
PB (50m pool): 01:24.40 Antwerpen 08/03/2026 PB (25m pool): 01:21.27 SB: 01:24.40 Antwerpen 08/03/2026			
	5 0 M	1 0 0 M	
PB	00:41.66	01:24.40	
	<i>00:41.66</i>	<i>00:42.74</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:9, starttime: 17:25	
Heat: 9/17 Lane : 8 Athlete: KEBERS AMÉLIE		Q-time: 01:24:57	
PB (50m pool): 01:24.57 Wezenberg 01/02/2026 PB (25m pool): 01:22.62 SB: 01:24.57 Wezenberg 01/02/2026			
	5 0 M	1 0 0 M	
PB	00:41.83	01:24.57	
	<i>00:41.83</i>	<i>00:42.74</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:10, starttime: 17:25	
Heat: 10/17 Lane : 3 Athlete: SCHELFAUT PIPPA		Q-time: 01:19:81	
PB (50m pool): 01:19.81 Olympic Pool Wezenberg, Antwer 29/03/2026 PB (25m pool): 01:16.60 SB: 01:19.81 Olympic Pool Wezenberg, Antwer 29/03/2026			
	5 0 M	1 0 0 M	
PB	00:39.06	01:19.81	
	<i>00:39.06</i>	<i>00:40.75</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:13, starttime: 17:30	
Heat: 13/17 Lane : 7 Athlete: TALBOOM MAJA		Q-time: 01:16:61	
PB (50m pool): 01:16.61 Antwerpen 08/03/2026		PB (25m pool): 01:12.73 SB: 01:16.61 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:37.34	01:16.61	
	<i>00:37.34</i>	<i>00:39.27</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:13, starttime: 17:30	
Heat: 13/17 Lane : 8 Athlete: BAHLOULA ANISSA		Q-time: 01:16:91	
PB (50m pool): 01:16.10 Antwerpen 20/07/2025		PB (25m pool): 01:15.11 SB: 01:16.91 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:37.26	01:16.10	
	<i>00:37.26</i>	<i>00:38.84</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:14, starttime: 17:30	
Heat: 14/17 Lane : 2 Athlete: MOR IRIS		Q-time: 01:14:63	
PB (50m pool): 01:14.63 Wezenberg 04/01/2026		PB (25m pool): 01:12.86 SB: 01:14.63 Wezenberg 04/01/2026	
	5 0 M	1 0 0 M	
PB	00:36.94	01:14.63	
	<i>00:36.94</i>	<i>00:37.69</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:14, starttime: 17:30	
Heat: 14/17 Lane : 7 Athlete: VERMEIRE SIEN		Q-time: 01:14:73	
PB (50m pool): 01:14.73 Sportoase De Watermolen 24/05/2026		PB (25m pool): 01:13.96 SB: 01:14.73 Sportoase De Watermolen 24/05/2026	
	5 0 M	1 0 0 M	
PB	00:36.53	01:14.73	
	<i>00:36.53</i>	<i>00:38.20</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:15, starttime: 17:35	
Heat: 15/17 Lane : 5 Athlete: VAN DEN WYNGAERT ELIZABETH		Q-time: 01:09:51	
PB (50m pool): 01:09.51 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:05.74 SB: 01:09.51 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:33.42	01:09.51	
	<i>00:33.42</i>	<i>00:36.09</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:15, starttime: 17:35	
Heat: 15/17 Lane : 6 Athlete: BROECKAERT NOA		Q-time: 01:11:23	
PB (50m pool): 01:11.23 Zwembad Brigitte Becue 26/04/2026 PB (25m pool): 01:09.68 SB: 01:11.23 Zwembad Brigitte Becue 26/04/2026			
	5 0 M	1 0 0 M	
PB	00:34.29	01:11.23	
	<i>00:34.29</i>	<i>00:36.94</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:16, starttime: 17:35	
Heat: 16/17 Lane : 1 Athlete: GENBRUGGE ÉLÉA		Q-time: 01:12:80	
PB (50m pool): 01:12.80 Antwerpen 19/04/2026 PB (25m pool): 01:08.74 SB: 01:12.80 Antwerpen 19/04/2026			
	5 0 M	1 0 0 M	
PB	00:35.09	01:12.80	
	<i>00:35.09</i>	<i>00:37.71</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:16, starttime: 17:35	
Heat: 16/17 Lane : 6 Athlete: VAN LAARHOVEN ALESSIA		Q-time: 01:11:03	
PB (50m pool): 01:10.35 Antwerpen 28/07/2024 PB (25m pool): 01:08.96 SB: 01:11.03 Antwerpen 17/05/2026			
	5 0 M	1 0 0 M	
PB	no time	01:10.35	
	<i>no time</i>		
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:1, starttime: 17:40	
Heat: 1/15 Lane : 3 Athlete: RAES DAMON		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: 16: 100M BACKSTROKE MEN 11+		Heat:1, starttime: 17:40	
Heat: 1/15 Lane : 5 Athlete: DELFS REMY		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: 16: 100M BACKSTROKE MEN 11+		Heat:2, starttime: 17:40	
Heat: 2/15 Lane : 8 Athlete: EGGERMONT TYGO		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: 16: 100M BACKSTROKE MEN 11+		Heat:3, starttime: 17:45	
Heat: 3/15 Lane : 1 Athlete: APERS NACER		Q-time: 01:42:38	
PB (50m pool): 01:42.38 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): no time SB: 01:42.38 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M	
PB	00:49.90	01:42.38	
	<i>00:49.90</i>	<i>00:52.48</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:4, starttime: 17:45	
Heat: 4/15 Lane : 7 Athlete: VAN CRAENENBROECK VIK		Q-time: 01:33:71	
PB (50m pool): 01:33.71 Antwerpen 15/03/2026		PB (25m pool): 01:35.94 SB: 01:33.71 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:44.03	01:33.71	
	<i>00:44.03</i>	<i>00:49.68</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:5, starttime: 17:50	
Heat: 5/15 Lane : 1 Athlete: VERSCHEURE LARS		Q-time: 01:28:04	
PB (50m pool): 01:28.04 Antwerpen 08/03/2026		PB (25m pool): 01:27.41 SB: 01:28.04 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:42.83	01:28.04	
	<i>00:42.83</i>	<i>00:45.21</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:5, starttime: 17:50	
Heat: 5/15 Lane : 3 Athlete: ARTEMOV FYODOR		Q-time: 01:26:85	
PB (50m pool): 01:26.85 Antwerpen 15/03/2026		PB (25m pool): 01:28.44 SB: 01:26.85 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:42.31	01:26.85	
	<i>00:42.31</i>	<i>00:44.54</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:5, starttime: 17:50	
Heat: 5/15 Lane : 4 Athlete: VERSCHEURE SAM		Q-time: 01:25:65	
PB (50m pool): 01:25.65 Antwerpen 15/03/2026		PB (25m pool): 01:31.34 SB: 01:25.65 Antwerpen 15/03/2026	
	5 0 M	1 0 0 M	
PB	00:41.32	01:25.65	
	<i>00:41.32</i>	<i>00:44.33</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:5, starttime: 17:50	
Heat: 5/15 Lane : 8 Athlete: EGGERMONT OLIVER		Q-time: 01:28:18	
PB (50m pool): 01:28.18 Wezenberg 01/02/2026		PB (25m pool): 01:22.56 SB: 01:28.18 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:43.50	01:28.18	
	<i>00:43.50</i>	<i>00:44.68</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:6, starttime: 17:50	
Heat: 6/15 Lane : 8 Athlete: TSERING WANGCHUK LHAKSAM		Q-time: 01:24:93	
PB (50m pool): 01:24.93 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): 01:26.77 SB: 01:24.93 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M	
PB	00:41.68	01:24.93	
	<i>00:41.68</i>	<i>00:43.25</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:8, starttime: 17:55	
Heat: 8/15 Lane : 8 Athlete: IMBERT OTIS		Q-time: 01:19:59	
PB (50m pool): 01:19.59 Antwerpen 19/04/2026		PB (25m pool): 01:17.97 SB: 01:19.59 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	
PB	00:38.86	01:19.59	
	<i>00:38.86</i>	<i>00:40.73</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:10, starttime: 18:00	
Heat: 10/15 Lane : 7 Athlete: APERS REDA		Q-time: 01:14:77	
PB (50m pool): 01:14.77 Antwerpen 08/03/2026		PB (25m pool): 01:14.52 SB: 01:14.77 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:36.24	01:14.77	
	<i>00:36.24</i>	<i>00:38.53</i>	
	

Coach feedback:

GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: BRABO

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:13, starttime: 18:05	
Heat: 13/15 Lane : 2 Athlete: LAMMENS SEPPE		Q-time: 01:04:81	
PB (50m pool): 01:05.58 Antwerpen 12/02/2023		PB (25m pool): 01:02.00 SB: 01:06.24 Lago Gent Rozebroeken 03/05/2026	
	5 0 M	1 0 0 M	
PB	no time	01:05.58	
	<i>no time</i>		
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:14, starttime: 18:05	
Heat: 14/15 Lane : 1 Athlete: KERSTENS BAVO		Q-time: 01:07:73	
PB (50m pool): 01:07.73 Wezenberg 01/02/2026		PB (25m pool): 01:05.97 SB: 01:07.73 Wezenberg 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:32.19	01:07.73	
	<i>00:32.19</i>	<i>00:35.54</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:14, starttime: 18:05	
Heat: 14/15 Lane : 4 Athlete: GORIS RUBEN		Q-time: 01:00:62	
PB (50m pool): 01:00.62 Antwerpen 22/03/2026		PB (25m pool): 00:59.51 SB: 01:00.62 Antwerpen 22/03/2026	
	5 0 M	1 0 0 M	
PB	00:29.38	01:00.62	
	<i>00:29.38</i>	<i>00:31.24</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:15, starttime: 18:05	
Heat: 15/15 Lane : 4 Athlete: HEYRMAN TIGO		Q-time: 01:00:62	
PB (50m pool): 01:00.62 Olympic Pool Wezenberg, Antwer 29/03/2026		PB (25m pool): 00:58.69 SB: 01:00.62 Olympic Pool Wezenberg, Antwer 29/03/2026	
	5 0 M	1 0 0 M	
PB	00:29.24	01:00.62	
	<i>00:29.24</i>	<i>00:31.38</i>	
	

Coach feedback: