

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

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

Coaches: Maes Koen

Coaches: Fransen David

Coaches: Vanchaze Kathleen

Coaches: Beerten Ine HEADCOACH

Coaches: Dekoninck Nicole

Coaches: Tisson Fabienne

PB => Personal Best time

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

Event number: 9: 100M BREASTSTROKE MIXED 10-9 **Heat:2, starttime: 14:05**

Heat: 2/3 Lane : 1 Athlete: MEYLAERS ZOë **Q-time: 02:16:68**

PB (50m pool): 02:16.68 SportinGenk Park 24/05/2026 **PB (25m pool): 02:18.71 SB: 02:16.68 SportinGenk Park 24/05/2026**

	50 M	100 M	
PB	01:05.40	02:16.68	
	<i>01:05.40</i>	<i>01:11.28</i>	
	

Coach feedback:

Event number: 9: 100M BREASTSTROKE MIXED 10-9 **Heat:2, starttime: 14:05**

Heat: 2/3 Lane : 4 Athlete: DAENS NORE **Q-time: 01:57:11**

PB (50m pool): 01:57.11 SportinGenk Park 24/05/2026 **PB (25m pool): 02:01.04 SB: 01:57.11 SportinGenk Park 24/05/2026**

	50 M	100 M	
PB	00:56.17	01:57.11	
	<i>00:56.17</i>	<i>01:00.94</i>	
	

Coach feedback:

Event number: 9: 100M BREASTSTROKE MIXED 10-9 **Heat:3, starttime: 14:05**

Heat: 3/3 Lane : 1 Athlete: BOLLEN CLEO **Q-time: 01:51:47**

PB (50m pool): 01:51.47 SportinGenk Park 24/05/2026 **PB (25m pool): 01:53.52 SB: 01:51.47 SportinGenk Park 24/05/2026**

	50 M	100 M	
PB	00:54.78	01:51.47	
	<i>00:54.78</i>	<i>00:56.69</i>	
	

Coach feedback:

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Event number: 9: 100M BREASTSTROKE MIXED 10-9		Heat:3, starttime: 14:05
Heat: 3/3 Lane : 8 Athlete: NACKAERTS LYNN		Q-time: 01:54:67
PB (50m pool): 01:54.67 SportinGenk Park 24/05/2026		PB (25m pool): 01:55.39 SB: 01:54.67 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M
PB	00:54.95	01:54.67
	<i>00:54.95</i>	<i>00:59.72</i>

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:7, starttime: 14:25
Heat: 7/20 Lane : 5 Athlete: BEYLEMANS KATHO		Q-time: 01:40:51
PB (50m pool): 01:36.65 Antwerpen 14/07/2024		PB (25m pool): 01:34.78 SB: 01:40.51 Genk 01/02/2026
	5 0 M	1 0 0 M
PB	no time	01:36.65
	<i>no time</i>	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:8, starttime: 14:25
Heat: 8/20 Lane : 2 Athlete: CYPERS DE LANDRECY JOZEFIEN		Q-time: 01:38:31
PB (50m pool): 01:38.31 Zwembad Brigitte Becue 30/05/2025		PB (25m pool): 01:43.16 SB: 01:43.28 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M
PB	00:44.88	01:38.31
	<i>00:44.88</i>	<i>00:53.43</i>

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:9, starttime: 14:30
Heat: 9/20 Lane : 6 Athlete: VLASSAKS LENA		Q-time: 01:35:88
PB (50m pool): 01:34.07 Antwerp 04/02/2024		PB (25m pool): 01:31.26 SB: no time
	5 0 M	1 0 0 M
PB	no time	01:34.07
	<i>no time</i>	

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:9, starttime: 14:30	
Heat: 9/20 Lane : 8 Athlete: TEKAY SEDEF		Q-time: 01:36:91	
PB (50m pool): 01:36.91 <small>Seraing 25/01/2026</small>		PB (25m pool): 01:37.04 SB: 01:36.91 <small>Seraing 25/01/2026</small>	
	5 0 M	1 0 0 M	
PB	00:45.54	01:36.91	
	<i>00:45.54</i>	<i>00:51.37</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:10, starttime: 14:30	
Heat: 10/20 Lane : 1 Athlete: VLASSAKS ROSALIE		Q-time: 01:34:90	
PB (50m pool): 01:34.90 <small>Antwerpen 20/07/2025</small>		PB (25m pool): 01:29.26 SB: 01:36.06 <small>SportinGenk Park 06/04/2026</small>	
	5 0 M	1 0 0 M	
PB	00:45.34	01:34.90	
	<i>00:45.34</i>	<i>00:49.56</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:10, starttime: 14:30	
Heat: 10/20 Lane : 3 Athlete: BEYLEMANS EMMA		Q-time: 01:33:66	
PB (50m pool): 01:33.66 <small>Antwerpen 13/07/2025</small>		PB (25m pool): 01:32.30 SB: 01:37.62 <small>Seraing 25/01/2026</small>	
	5 0 M	1 0 0 M	
PB	00:44.13	01:33.66	
	<i>00:44.13</i>	<i>00:49.53</i>	
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:10, starttime: 14:30	
Heat: 10/20 Lane : 5 Athlete: MAES LEONIE		Q-time: 01:33:57	
PB (50m pool): 01:33.57 <small>Mol 22/06/2025</small>		PB (25m pool): 01:24.71 SB: 01:33.62 <small>Antwerpen 08/03/2026</small>	
	5 0 M	1 0 0 M	
PB	00:44.38	01:33.57	
	<i>00:44.38</i>	<i>00:49.19</i>	
	

Coach feedback:

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Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:13, starttime: 14:35	
Heat: 13/20 Lane : 4 Athlete: BOLLEN GITTE		Q-time: 01:29:34	
PB (50m pool): 01:29.34 SportinGenk Park 11/11/2025		PB (25m pool): 01:26.73 SB: 01:29.34 SportinGenk Park 11/11/2025	
	5 0 M	1 0 0 M	
PB	no time	01:29.34	
	<i>no time</i>		
	

Coach feedback:

Event number: 10: 100M BREASTSTROKE WOMEN 11+		Heat:19, starttime: 14:50	
Heat: 19/20 Lane : 3 Athlete: JANSEN ELINE		Q-time: 01:18:71	
PB (50m pool): 01:18.71 Antwerpen 20/07/2025		PB (25m pool): 01:19.66 SB: 01:22.46 SportinGenk Park 11/11/2025	
	5 0 M	1 0 0 M	
PB	00:37.04	01:18.71	
	<i>00:37.04</i>	<i>00:41.67</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:3, starttime: 14:55	
Heat: 3/19 Lane : 7 Athlete: HAVERBEKE TUUR		Q-time: 02:00:10	
PB (50m pool): 02:00.10 SportinGenk Park 24/05/2026		PB (25m pool): 02:06.47 SB: 02:00.10 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M	
PB	00:55.06	02:00.10	
	<i>00:55.06</i>	<i>01:05.04</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:4, starttime: 15:00	
Heat: 4/19 Lane : 1 Athlete: VAN DE POLDER KOBE		Q-time: 01:52:33	
PB (50m pool): 01:52.33 Genk 01/02/2026		PB (25m pool): 01:53.16 SB: 01:52.33 Genk 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:53.63	01:52.33	
	<i>00:53.63</i>	<i>00:58.70</i>	
	

Coach feedback:

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Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:4, starttime: 15:00	
Heat: 4/19 Lane : 4 Athlete: VOSSSEN NOAH		Q-time: 01:47:17	
PB (50m pool): 01:47.17 SportinGenk Park 11/11/2025		PB (25m pool): 01:46.41 SB: 01:47.17 SportinGenk Park 11/11/2025	
	5 0 M	1 0 0 M	
PB	no time	01:47.17	
	<i>no time</i>		
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:4, starttime: 15:00	
Heat: 4/19 Lane : 5 Athlete: FRANSEN LUCIANO		Q-time: 01:47:58	
PB (50m pool): 01:47.58 Antwerpen 13/07/2025		PB (25m pool): 01:45.47 SB: 01:51.66 Genk 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:50.52	01:47.58	
	<i>00:50.52</i>	<i>00:57.06</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:6, starttime: 15:05	
Heat: 6/19 Lane : 1 Athlete: MEYLAERS SEPPE		Q-time: 01:42:28	
PB (50m pool): 01:42.28 Seraing 25/01/2026		PB (25m pool): 01:40.73 SB: 01:42.28 Seraing 25/01/2026	
	5 0 M	1 0 0 M	
PB	00:50.41	01:42.28	
	<i>00:50.41</i>	<i>00:51.87</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:8, starttime: 15:10	
Heat: 8/19 Lane : 3 Athlete: BOLLEN WARRE		Q-time: 01:36:29	
PB (50m pool): 01:36.29 Mol 22/06/2025		PB (25m pool): 01:33.99 SB: 01:37.08 Antwerpen 08/03/2026	
	5 0 M	1 0 0 M	
PB	00:46.02	01:36.29	
	<i>00:46.02</i>	<i>00:50.27</i>	
	

Coach feedback:

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Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:8, starttime: 15:10	
Heat: 8/19 Lane : 5 Athlete: BEYLEMANS LOWIE		Q-time: 01:34:32	
PB (50m pool): 01:34.32 Genk 01/02/2026		PB (25m pool): 01:31.84 SB: 01:34.32 Genk 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:44.39	01:34.32	
	<i>00:44.39</i>	<i>00:49.93</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:11, starttime: 15:15	
Heat: 11/19 Lane : 2 Athlete: FRANSEN DYLANO		Q-time: 01:28:15	
PB (50m pool): 01:28.15 Genk 01/02/2026		PB (25m pool): 01:38.78 SB: 01:28.15 Genk 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:40.89	01:28.15	
	<i>00:40.89</i>	<i>00:47.26</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:12, starttime: 15:15	
Heat: 12/19 Lane : 2 Athlete: LEYSSEN WARRE		Q-time: 01:24:43	
PB (50m pool): 01:24.43 Antwerpen 19/04/2026		PB (25m pool): 01:23.82 SB: 01:24.43 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	
PB	00:39.23	01:24.43	
	<i>00:39.23</i>	<i>00:45.20</i>	
	

Coach feedback:

Event number: 11: 100M BREASTSTROKE MEN 11+		Heat:16, starttime: 15:25	
Heat: 16/19 Lane : 4 Athlete: DANILOV MICHAËL		Q-time: 01:16:07	
PB (50m pool): 01:16.07 Seraing 26/01/2025		PB (25m pool): 01:14.35 SB: 01:16.80 Seraing 25/01/2026	
	5 0 M	1 0 0 M	
PB	00:36.34	01:16.07	
	<i>00:36.34</i>	<i>00:39.73</i>	
	

Coach feedback:

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

Event number: 12: 100M FREESTYLE MIXED 10-9		Heat:1, starttime: 15:30
Heat: 1/3 Lane : 4 Athlete: MEYLAERS ZOë		Q-time: 01:48:40
PB (50m pool): 01:48.40 SportinGenk Park 24/05/2026		PB (25m pool): 01:44.64 SB: 01:48.40 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M
PB	00:50.63	01:48.40
	<i>00:50.63</i>	<i>00:57.77</i>

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9		Heat:2, starttime: 15:35
Heat: 2/3 Lane : 4 Athlete: BOLLEN CLEO		Q-time: 01:27:56
PB (50m pool): 01:27.56 Mol 22/06/2025		PB (25m pool): 01:21.21 SB: 01:34.70 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M
PB	00:41.03	01:27.56
	<i>00:41.03</i>	<i>00:46.53</i>

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9		Heat:2, starttime: 15:35
Heat: 2/3 Lane : 5 Athlete: NACKAERTS LYNN		Q-time: 01:30:71
PB (50m pool): 01:30.71 SportinGenk Park 11/11/2025		PB (25m pool): 01:27.76 SB: 01:30.71 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M
PB	no time	01:30.71
	<i>no time</i>	

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9		Heat:2, starttime: 15:35
Heat: 2/3 Lane : 6 Athlete: DAENS NORE		Q-time: 01:39:60
PB (50m pool): 01:39.60 SportinGenk Park 24/05/2026		PB (25m pool): 01:35.25 SB: 01:39.60 SportinGenk Park 24/05/2026
	5 0 M	1 0 0 M
PB	00:47.25	01:39.60
	<i>00:47.25</i>	<i>00:52.35</i>

Coach feedback:

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

Event number: 13: 400M FREESTYLE WOMEN 11+							Heat:1, starttime: 15:50	
Heat: 1/6 Lane : 3 Athlete: BEYLEMANS KATHO							Q-time: 99:99:99	
PB (50m pool): 05:33.43 SportinGenk Park 19/05/2024				PB (25m pool): 05:15.03 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	05:33.43
	<i>no time</i>							

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:30	
Heat: 1/6 Lane : 2 Athlete: VOSSEN NOAH							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:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:1, starttime: 16:30	
Heat: 1/6 Lane : 3 Athlete: HAVERBEKE TUUR							Q-time: 07:16:59	
PB (50m pool): 07:16.59 SportinGenk Park 24/05/2026				PB (25m pool): no time SB: 07:16.59 SportinGenk Park 24/05/2026				
	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	00:47.65	01:41.88	02:39.19	03:36.61	04:34.62	05:31.71	06:27.15	07:16.59
	<i>00:47.65</i>	<i>00:54.23</i>	<i>00:57.31</i>	<i>00:57.42</i>	<i>00:58.01</i>	<i>00:57.09</i>	<i>00:55.44</i>	<i>00:49.44</i>

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:2, starttime: 16:35	
Heat: 2/6 Lane : 2 Athlete: MEYLAERS SEPPE							Q-time: 05:57:85	
PB (50m pool): 05:57.85 SportinGenk Park 24/05/2026				PB (25m pool): 06:04.40 SB: 05:57.85 SportinGenk Park 24/05/2026				
	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	00:40.90	01:27.75	02:13.98	02:59.09	03:46.87	04:31.57	05:15.88	05:57.85
	<i>00:40.90</i>	<i>00:46.85</i>	<i>00:46.23</i>	<i>00:45.11</i>	<i>00:47.78</i>	<i>00:44.70</i>	<i>00:44.31</i>	<i>00:41.97</i>

Coach feedback:

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

Event number: 14: 400M FREESTYLE MEN 11+							Heat:4, starttime: 16:50	
Heat: 4/6 Lane : 8 Athlete: BOLLEN WARRE							Q-time: 05:06:74	
PB (50m pool): 05:06.74 Antwerpen 19/04/2026			PB (25m pool): 05:10.97 SB: 05:06.74 Antwerpen 19/04/2026					
	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	00:32.94	01:11.06	01:50.92	02:31.06	03:10.82	03:51.09	04:31.32	05:06.74
	<i>00:32.94</i>	<i>00:38.12</i>	<i>00:39.86</i>	<i>00:40.14</i>	<i>00:39.76</i>	<i>00:40.27</i>	<i>00:40.23</i>	<i>00:35.42</i>

Coach feedback:

Event number: 14: 400M FREESTYLE MEN 11+							Heat:6, starttime: 17:00	
Heat: 6/6 Lane : 7 Athlete: LEYSSEN WARRE							Q-time: 04:31:29	
PB (50m pool): 04:31.29 Antwerpen 19/04/2026			PB (25m pool): 04:29.70 SB: 04:31.29 Antwerpen 19/04/2026					
	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	00:31.13	01:05.75	01:41.58	02:16.60	02:51.43	03:26.19	03:59.72	04:31.29
	<i>00:31.13</i>	<i>00:34.62</i>	<i>00:35.83</i>	<i>00:35.02</i>	<i>00:34.83</i>	<i>00:34.76</i>	<i>00:33.53</i>	<i>00:31.57</i>

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+							Heat:6, starttime: 17:15	
Heat: 6/17 Lane : 1 Athlete: TEKAY SEDEF							Q-time: 01:29:12	
PB (50m pool): 01:29.12 Seraing 26/01/2025			PB (25m pool): 01:24.00 SB: no time					
	5 0 M	1 0 0 M						
PB	00:43.12	01:29.12						
	<i>00:43.12</i>	<i>00:46.00</i>						
						

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+							Heat:6, starttime: 17:15	
Heat: 6/17 Lane : 5 Athlete: BEYLEMANS EMMA							Q-time: 01:28:59	
PB (50m pool): 01:28.59 Mol 22/06/2025			PB (25m pool): 01:22.87 SB: no time					
	5 0 M	1 0 0 M						
PB	no time	01:28.59						
	<i>no time</i>							
						

Coach feedback:

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Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:6, starttime: 17:15	
Heat: 6/17 Lane : 6 Athlete: BEYLEMANS ANNE		Q-time: 01:28:72	
PB (50m pool): 01:24.30 Antwerp 04/02/2024		PB (25m pool): 01:20.27 SB: 01:28.72 Genk 01/02/2026	
	5 0 M	1 0 0 M	
PB	no time	01:24.30	
	<i>no time</i>		
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:9, starttime: 17:25	
Heat: 9/17 Lane : 3 Athlete: CYPERS DE LANDRECY JOZEFIEN		Q-time: 01:22:78	
PB (50m pool): 01:22.78 SportinGenk Park 24/05/2026		PB (25m pool): 01:21.81 SB: 01:22.78 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M	
PB	00:39.79	01:22.78	
	<i>00:39.79</i>	<i>00:42.99</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:9, starttime: 17:25	
Heat: 9/17 Lane : 7 Athlete: VLASSAKS ROSALIE		Q-time: 01:23:77	
PB (50m pool): 01:23.77 Genk 01/02/2026		PB (25m pool): 01:21.46 SB: 01:23.77 Genk 01/02/2026	
	5 0 M	1 0 0 M	
PB	00:41.06	01:23.77	
	<i>00:41.06</i>	<i>00:42.71</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:11, starttime: 17:25	
Heat: 11/17 Lane : 2 Athlete: MAES LEONIE		Q-time: 01:18:57	
PB (50m pool): 01:18.57 Seraing 25/01/2026		PB (25m pool): 01:15.02 SB: 01:18.57 Seraing 25/01/2026	
	5 0 M	1 0 0 M	
PB	00:37.94	01:18.57	
	<i>00:37.94</i>	<i>00:40.63</i>	
	

Coach feedback:

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

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:12, starttime: 17:30	
Heat: 12/17 Lane : 5 Athlete: MAES HELENE		Q-time: 01:17:32	
PB (50m pool): 01:17.32 Antwerpen 13/07/2025		PB (25m pool): 01:14.60 SB: 01:19.68 Antwerpen 19/04/2026	
	5 0 M	1 0 0 M	
PB	00:37.84	01:17.32	
	<i>00:37.84</i>	<i>00:39.48</i>	
	

Coach feedback:

Event number: 15: 100M BACKSTROKE WOMEN 11+		Heat:12, starttime: 17:30	
Heat: 12/17 Lane : 8 Athlete: VLASSAKS LENA		Q-time: 01:17:81	
PB (50m pool): 01:17.81 Antwerpen 13/07/2025		PB (25m pool): 01:16.01 SB: 01:19.56 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M	
PB	00:38.05	01:17.81	
	<i>00:38.05</i>	<i>00:39.76</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:4, starttime: 17:45	
Heat: 4/15 Lane : 2 Athlete: BEYLEMANS LOWIE		Q-time: 01:31:56	
PB (50m pool): 01:31.56 Mol 22/06/2025		PB (25m pool): 01:23.42 SB: no time	
	5 0 M	1 0 0 M	
PB	00:45.84	01:31.56	
	<i>00:45.84</i>	<i>00:45.72</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:4, starttime: 17:45	
Heat: 4/15 Lane : 3 Athlete: VAN DE POLDER KOBE		Q-time: 01:28:94	
PB (50m pool): 01:28.94 SportinGenk Park 11/11/2025		PB (25m pool): 01:28.75 SB: 01:28.94 SportinGenk Park 11/11/2025	
	5 0 M	1 0 0 M	
PB	no time	01:28.94	
	<i>no time</i>		
	

Coach feedback:

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

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:5, starttime: 17:50	
Heat: 5/15 Lane : 7 Athlete: FRANSEN LUCIANO		Q-time: 01:27:46	
PB (50m pool): 01:27.46 SportinGenk Park 24/05/2026		PB (25m pool): 01:28.11 SB: 01:27.46 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M	
PB	00:44.41	01:27.46	
	<i>00:44.41</i>	<i>00:43.05</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:9, starttime: 17:55	
Heat: 9/15 Lane : 6 Athlete: FRANSEN DYLANO		Q-time: 01:17:07	
PB (50m pool): 01:17.07 Antwerpen 13/07/2025		PB (25m pool): 01:12.37 SB: 01:17.61 SportinGenk Park 24/05/2026	
	5 0 M	1 0 0 M	
PB	00:37.38	01:17.07	
	<i>00:37.38</i>	<i>00:39.69</i>	
	

Coach feedback:

Event number: 16: 100M BACKSTROKE MEN 11+		Heat:14, starttime: 18:05	
Heat: 14/15 Lane : 2 Athlete: BEISHUIZEN TOM		Q-time: 01:04:55	
PB (50m pool): 01:04.55 Antwerpen 17/05/2026		PB (25m pool): 01:01.41 SB: 01:04.55 Antwerpen 17/05/2026	
	5 0 M	1 0 0 M	
PB	00:31.51	01:04.55	
	<i>00:31.51</i>	<i>00:33.04</i>	
	

Coach feedback: