

# GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: ZDKB

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

Coaches: Reyskens Sven HEADCOACH

Coaches: Derison Noor

PB => Personal Best time

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

**Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:11, starttime: 14:30**

**Heat: 11/20 Lane : 6 Athlete: VANDEVENNE FEBE Q-time: 01:32:51**

**PB (50m pool): 01:32.51 SportinGenk Park 24/05/2026 PB (25m pool): 01:29.88 SB: 01:32.51 SportinGenk Park 24/05/2026**

	<b>50 M</b>	<b>100 M</b>	
PB	00:41.89	01:32.51	
	00:41.89	00:50.62	
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Coach feedback:

**Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:14, starttime: 14:40**

**Heat: 14/20 Lane : 4 Athlete: JANSSEN LORE Q-time: 01:27:59**

**PB (50m pool): 01:24.91 Eindhoven 16/02/2025 PB (25m pool): 01:20.89 SB: 01:27.59 Genk 01/02/2026**

	<b>50 M</b>	<b>100 M</b>	
PB	00:39.70	01:24.91	
	00:39.70	00:45.21	
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Coach feedback:

**Event number: 10: 100M BREASTSTROKE WOMEN 11+ Heat:14, starttime: 14:40**

**Heat: 14/20 Lane : 6 Athlete: COEMANS KAAT Q-time: 01:28:14**

**PB (50m pool): 01:28.14 SportinGenk Park 06/04/2026 PB (25m pool): 01:28.36 SB: 01:28.14 SportinGenk Park 06/04/2026**

	<b>50 M</b>	<b>100 M</b>	
PB	00:41.98	01:28.14	
	00:41.98	00:46.16	
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Coach feedback:

# GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: ZDKB

<b>Event number: 10: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:15, starttime: 14:40</b>
<b>Heat: 15/20 Lane : 5 Athlete: COEMANS HANNE</b>		<b>Q-time: 01:26:72</b>
PB (50m pool): 01:26.72 Antwerpen 13/07/2025		PB (25m pool): 01:23.59 SB: no time
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:41.12	01:26.72
	<i>00:41.12</i>	<i>00:45.60</i>
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Coach feedback:

<b>Event number: 10: 100M BREASTSTROKE WOMEN 11+</b>		<b>Heat:17, starttime: 14:45</b>
<b>Heat: 17/20 Lane : 5 Athlete: ROOX AMÉLIE</b>		<b>Q-time: 01:24:42</b>
PB (50m pool): 01:24.42 SportinGenk Park 06/04/2026		PB (25m pool): 01:20.77 SB: 01:24.42 SportinGenk Park 06/04/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:38.82	01:24.42
	<i>00:38.82</i>	<i>00:45.60</i>
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Coach feedback:

<b>Event number: 11: 100M BREASTSTROKE MEN 11+</b>		<b>Heat:9, starttime: 15:10</b>
<b>Heat: 9/19 Lane : 3 Athlete: SWENNEN JARNE</b>		<b>Q-time: 01:32:72</b>
PB (50m pool): 01:32.72 SportinGenk Park 24/05/2026		PB (25m pool): 01:34.75 SB: 01:32.72 SportinGenk Park 24/05/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:43.10	01:32.72
	<i>00:43.10</i>	<i>00:49.62</i>
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Coach feedback:

<b>Event number: 11: 100M BREASTSTROKE MEN 11+</b>		<b>Heat:13, starttime: 15:20</b>
<b>Heat: 13/19 Lane : 3 Athlete: REPRIELS ARTHUR</b>		<b>Q-time: 01:22:08</b>
PB (50m pool): 01:22.08 SportinGenk Park 06/04/2026		PB (25m pool): 01:17.97 SB: 01:22.08 SportinGenk Park 06/04/2026
	<b>5 0 M</b>	<b>1 0 0 M</b>
PB	00:38.28	01:22.08
	<i>00:38.28</i>	<i>00:43.80</i>
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Coach feedback:

# GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: ZDKB

<b>Event number: 11: 100M BREASTSTROKE MEN 11+</b>			<b>Heat:15, starttime: 15:25</b>		
<b>Heat: 15/19 Lane : 8 Athlete: JANS SEN</b>			<b>Q-time: 01:19:71</b>		
PB (50m pool): 01:19.71 SportinGenk Park 24/05/2026			PB (25m pool): 01:16.50 SB: 01:19.71 SportinGenk Park 24/05/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:37.70	01:19.71			
	<i>00:37.70</i>	<i>00:42.01</i>			
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Coach feedback:

<b>Event number: 11: 100M BREASTSTROKE MEN 11+</b>			<b>Heat:17, starttime: 15:25</b>		
<b>Heat: 17/19 Lane : 6 Athlete: MOERMANS TIJMEN</b>			<b>Q-time: 01:12:84</b>		
PB (50m pool): 01:12.84 SportinGenk Park 06/04/2026			PB (25m pool): 01:10.69 SB: 01:12.84 SportinGenk Park 06/04/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:33.96	01:12.84			
	<i>00:33.96</i>	<i>00:38.88</i>			
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Coach feedback:

<b>Event number: 11: 100M BREASTSTROKE MEN 11+</b>			<b>Heat:17, starttime: 15:25</b>		
<b>Heat: 17/19 Lane : 8 Athlete: SWENNEN LARS</b>			<b>Q-time: 01:15:86</b>		
PB (50m pool): 01:15.02 Antwerpen 27/07/2025			PB (25m pool): 01:12.41 SB: 01:15.86 SportinGenk Park 24/05/2026		
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:36.02	01:15.02			
	<i>00:36.02</i>	<i>00:39.00</i>			
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Coach feedback:

<b>Event number: 13: 400M FREESTYLE WOMEN 11+</b>							<b>Heat:1, starttime: 15:50</b>	
<b>Heat: 1/6 Lane : 2 Athlete: VANHAEREN RENéE</b>							<b>Q-time: 99:99:99</b>	
PB (50m pool): 06:12.24 Mol 23/06/2024				PB (25m pool): 07:14.55 SB: no time				
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	no time	no time	no time	no time	no time	no time	no time	06:12.24
	<i>no time</i>							
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Coach feedback:

# GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: ZDKB

<b>Event number: 13: 400M FREESTYLE WOMEN 11+</b>							<b>Heat:3, starttime: 16:05</b>	
<b>Heat: 3/6 Lane : 1 Athlete: WOLFS LOLA</b>							<b>Q-time: 06:12:80</b>	
PB (50m pool): 06:12.80 Genk 01/02/2026				PB (25m pool): 06:09.95 SB: 06:12.80 Genk 01/02/2026				
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	00:39.96	01:25.01	02:12.47	03:00.38	03:50.10	04:38.62	05:27.34	06:12.80
	00:39.96	00:45.05	00:47.46	00:47.91	00:49.72	00:48.52	00:48.72	00:45.46
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Coach feedback:

<b>Event number: 14: 400M FREESTYLE MEN 11+</b>							<b>Heat:1, starttime: 16:30</b>	
<b>Heat: 1/6 Lane : 1 Athlete: LYSENS SIEBE</b>							<b>Q-time: 99:99:99</b>	
PB (50m pool): no time				PB (25m pool): no time SB: no time				
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
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Coach feedback:

<b>Event number: 14: 400M FREESTYLE MEN 11+</b>							<b>Heat:3, starttime: 16:45</b>	
<b>Heat: 3/6 Lane : 6 Athlete: PROSMANS Gé</b>							<b>Q-time: 05:21:45</b>	
PB (50m pool): 05:21.45 Genk 01/02/2026				PB (25m pool): 05:11.15 SB: 05:21.45 Genk 01/02/2026				
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	00:35.30	01:15.72	01:56.60	02:37.48	03:18.67	03:59.59	04:41.07	05:21.45
	00:35.30	00:40.42	00:40.88	00:40.88	00:41.19	00:40.92	00:41.48	00:40.38
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Coach feedback:

<b>Event number: 14: 400M FREESTYLE MEN 11+</b>							<b>Heat:4, starttime: 16:50</b>	
<b>Heat: 4/6 Lane : 3 Athlete: MOERMANS TIJMEN</b>							<b>Q-time: 04:47:37</b>	
PB (50m pool): no time				PB (25m pool): 04:47.37 SB: no time				
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	no time	no time	no time	no time	no time	no time	no time	no time
	no time							
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Coach feedback:

# GP MOL 26: Session: 2: COACH evaluation sheet for TEAM: ZDKB

<b>Event number: 14: 400M FREESTYLE MEN 11+</b>							<b>Heat:5, starttime: 16:55</b>	
<b>Heat: 5/6 Lane : 4 Athlete: THEUWIS TIJL</b>							<b>Q-time: 04:34:75</b>	
PB (50m pool): 04:34.75 SportinGenk Park 24/05/2026				PB (25m pool): 04:34.75 SB: 04:34.75 SportinGenk Park 24/05/2026				
	<b>5 0 M</b>	<b>1 0 0 M</b>	<b>1 5 0 M</b>	<b>2 0 0 M</b>	<b>2 5 0 M</b>	<b>3 0 0 M</b>	<b>3 5 0 M</b>	<b>4 0 0 M</b>
PB	00:31.77	01:06.08	01:40.91	02:16.01	02:51.27	03:26.93	04:01.70	04:34.75
	<i>00:31.77</i>	<i>00:34.31</i>	<i>00:34.83</i>	<i>00:35.10</i>	<i>00:35.26</i>	<i>00:35.66</i>	<i>00:34.77</i>	<i>00:33.05</i>
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Coach feedback:

<b>Event number: 15: 100M BACKSTROKE WOMEN 11+</b>			<b>Heat:7, starttime: 17:20</b>		
<b>Heat: 7/17 Lane : 1 Athlete: LIESENS MIET</b>			<b>Q-time: 01:26:89</b>		
PB (50m pool): 01:26.89 SportinGenk Park 08/03/2025		PB (25m pool): 01:20.45 SB: no time			
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	no time	01:26.89			
	<i>no time</i>				
	.....	.....			

Coach feedback:

<b>Event number: 15: 100M BACKSTROKE WOMEN 11+</b>			<b>Heat:17, starttime: 17:35</b>		
<b>Heat: 17/17 Lane : 3 Athlete: ROOX AMÉLIE</b>			<b>Q-time: 01:10:07</b>		
PB (50m pool): 01:09.87 Antwerpen 21/04/2024		PB (25m pool): 01:07.47 SB: 01:10.07 Antwerpen 22/03/2026			
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	no time	01:09.87			
	<i>no time</i>				
	.....	.....			

Coach feedback:

<b>Event number: 16: 100M BACKSTROKE MEN 11+</b>			<b>Heat:4, starttime: 17:45</b>		
<b>Heat: 4/15 Lane : 4 Athlete: ERNOTS JOPPE</b>			<b>Q-time: 01:28:75</b>		
PB (50m pool): 01:28.75 SportinGenk Park 24/05/2026		PB (25m pool): 01:26.42 SB: 01:28.75 SportinGenk Park 24/05/2026			
	<b>5 0 M</b>	<b>1 0 0 M</b>			
PB	00:43.47	01:28.75			
	<i>00:43.47</i>	<i>00:45.28</i>			
	.....	.....			

Coach feedback: