

# GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: TRUST

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

Coaches: Mattheus Ibe

Coaches: Deprez Lukas

Coaches: Van den Broek Cathy HEADCOACH

PB => Personal Best time

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

<b>Event number: 17: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:7, starttime: 09:10</b>
<b>Heat: 7/19 Lane : 5 Athlete: CLAESEN SARAH</b>		<b>Q-time: 00:38:61</b>
PB (50m pool): 00:38.61 Wezenberg 04/01/2026		PB (25m pool): 00:36.64 SB: 00:38.61 Wezenberg 04/01/2026
	<b>5 0 M</b>	
PB	00:38.61	
	00:38.61	
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Coach feedback:

<b>Event number: 17: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:11, starttime: 09:10</b>
<b>Heat: 11/19 Lane : 6 Athlete: REMANS ROSALIE</b>		<b>Q-time: 00:35:55</b>
PB (50m pool): 00:35.55 Antwerpen 15/03/2026		PB (25m pool): 00:34.28 SB: 00:35.55 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:35.55	
	00:35.55	
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Coach feedback:

<b>Event number: 17: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:15, starttime: 09:15</b>
<b>Heat: 15/19 Lane : 1 Athlete: MAES JULIE</b>		<b>Q-time: 00:32:84</b>
PB (50m pool): 00:32.84 Antwerpen 08/03/2026		PB (25m pool): 00:32.13 SB: 00:32.84 Antwerpen 08/03/2026
	<b>5 0 M</b>	
PB	00:32.84	
	00:32.84	
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Coach feedback:

# GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: TRUST

<b>Event number: 17: 50M BUTTERFLY WOMEN 11+</b>		<b>Heat:16, starttime: 09:20</b>
<b>Heat: 16/19 Lane : 6 Athlete: ROSKIN LOTTE</b>		<b>Q-time: 00:32:19</b>
PB (50m pool): 00:29.68 ANTWERPEN/ANVERS 01/08/2021 PB (25m pool): 00:29.84 SB: 00:32.19 Luxembourg 26/04/2026		
	<b>50 M</b>	
PB	00:29.68	
	00:29.68	
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Coach feedback:

<b>Event number: 18: 50M BUTTERFLY MEN 11+</b>		<b>Heat:3, starttime: 09:25</b>
<b>Heat: 3/19 Lane : 4 Athlete: LARDAUX LEON</b>		<b>Q-time: 00:44:56</b>
PB (50m pool): 00:44.56 Molenbeek 01/02/2026 PB (25m pool): 00:43.75 SB: 00:44.56 Molenbeek 01/02/2026		
	<b>50 M</b>	
PB	00:44.56	
	00:44.56	
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Coach feedback:

<b>Event number: 18: 50M BUTTERFLY MEN 11+</b>		<b>Heat:5, starttime: 09:30</b>
<b>Heat: 5/19 Lane : 5 Athlete: MAES TILL</b>		<b>Q-time: 00:39:99</b>
PB (50m pool): 00:39.99 Molenbeek 01/02/2026 PB (25m pool): 00:39.63 SB: 00:39.99 Molenbeek 01/02/2026		
	<b>50 M</b>	
PB	00:39.99	
	00:39.99	
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Coach feedback:

<b>Event number: 18: 50M BUTTERFLY MEN 11+</b>		<b>Heat:10, starttime: 09:35</b>
<b>Heat: 10/19 Lane : 5 Athlete: NIJS BAS</b>		<b>Q-time: 00:33:48</b>
PB (50m pool): 00:33.48 Luxembourg 26/04/2026 PB (25m pool): 00:32.10 SB: 00:33.48 Luxembourg 26/04/2026		
	<b>50 M</b>	
PB	00:33.48	
	00:33.48	
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Coach feedback:

# GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: TRUST

<b>Event number: 18: 50M BUTTERFLY MEN 11+</b>		<b>Heat:11, starttime: 09:35</b>
<b>Heat: 11/19 Lane : 6 Athlete: LEMMENS LUCA</b>		<b>Q-time: 00:33:03</b>
PB (50m pool): 00:33.03 Antwerpen 15/03/2026		PB (25m pool): 00:32.63 SB: 00:33.03 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:33.03	
	00:33.03	
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Coach feedback:

<b>Event number: 18: 50M BUTTERFLY MEN 11+</b>		<b>Heat:19, starttime: 09:45</b>
<b>Heat: 19/19 Lane : 8 Athlete: GYSEMBERG CEDRIC</b>		<b>Q-time: 00:27:04</b>
PB (50m pool): 00:26.69 Antwerpen 21/04/2024		PB (25m pool): 00:26.18 SB: 00:27.04 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:26.69	
	00:26.69	
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Coach feedback:

<b>Event number: 19: 50M BACKSTROKE WOMEN 11+</b>		<b>Heat:5, starttime: 09:50</b>
<b>Heat: 5/12 Lane : 2 Athlete: MAES JULIE</b>		<b>Q-time: 00:40:87</b>
PB (50m pool): 00:40.87 Wezenberg 05/01/2025		PB (25m pool): 00:35.24 SB: no time
	<b>5 0 M</b>	
PB	00:40.87	
	00:40.87	
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Coach feedback:

<b>Event number: 19: 50M BACKSTROKE WOMEN 11+</b>		<b>Heat:5, starttime: 09:50</b>
<b>Heat: 5/12 Lane : 7 Athlete: CLAESEN SARAH</b>		<b>Q-time: 00:41:01</b>
PB (50m pool): 00:41.01 Antwerpen 15/03/2026		PB (25m pool): 00:38.96 SB: 00:41.01 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:41.01	
	00:41.01	
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Coach feedback:

# GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: TRUST

<b>Event number: 19: 50M BACKSTROKE WOMEN 11+</b>		<b>Heat:6, starttime: 09:50</b>
<b>Heat: 6/12 Lane : 4 Athlete: REMANS ROSALIE</b>		<b>Q-time: 00:39:50</b>
PB (50m pool): 00:39.50 Antwerpen 15/03/2026		PB (25m pool): 00:37.38 SB: 00:39.50 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:39.50	
	<i>00:39.50</i>	
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Coach feedback:

<b>Event number: 20: 50M BACKSTROKE MEN 11+</b>		<b>Heat:3, starttime: 10:00</b>
<b>Heat: 3/12 Lane : 4 Athlete: MAES TILL</b>		<b>Q-time: 00:43:87</b>
PB (50m pool): 00:43.87 Wezenberg 04/01/2026		PB (25m pool): 00:41.22 SB: 00:43.87 Wezenberg 04/01/2026
	<b>5 0 M</b>	
PB	00:43.87	
	<i>00:43.87</i>	
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Coach feedback:

<b>Event number: 20: 50M BACKSTROKE MEN 11+</b>		<b>Heat:4, starttime: 10:05</b>
<b>Heat: 4/12 Lane : 1 Athlete: LARDAUX LEON</b>		<b>Q-time: 00:43:55</b>
PB (50m pool): 00:43.55 Wezenberg 04/01/2026		PB (25m pool): 00:41.90 SB: 00:43.55 Wezenberg 04/01/2026
	<b>5 0 M</b>	
PB	00:43.55	
	<i>00:43.55</i>	
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Coach feedback:

<b>Event number: 20: 50M BACKSTROKE MEN 11+</b>		<b>Heat:5, starttime: 10:05</b>
<b>Heat: 5/12 Lane : 4 Athlete: LEMMENS LUCA</b>		<b>Q-time: 00:38:11</b>
PB (50m pool): 00:38.11 Antwerpen 15/03/2026		PB (25m pool): 00:36.37 SB: 00:38.11 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:38.11	
	<i>00:38.11</i>	
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Coach feedback:

# GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: TRUST

<b>Event number: 20: 50M BACKSTROKE MEN 11+</b>		<b>Heat:7, starttime: 10:05</b>
<b>Heat: 7/12 Lane : 3 Athlete: NIJS BAS</b>		<b>Q-time: 00:34:59</b>
PB (50m pool): 00:34.59 Molenbeek 01/02/2026		PB (25m pool): 00:33.30 SB: 00:34.59 Molenbeek 01/02/2026
<b>50 M</b>		
PB 00:34.59		
00:34.59		
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Coach feedback:

<b>Event number: 20: 50M BACKSTROKE MEN 11+</b>		<b>Heat:12, starttime: 10:10</b>
<b>Heat: 12/12 Lane : 7 Athlete: GYSEMBERG CEDRIC</b>		<b>Q-time: 00:29:21</b>
PB (50m pool): 00:28.49 Antwerpen 21/04/2024		PB (25m pool): 00:27.22 SB: 00:29.21 Antwerpen 15/03/2026
<b>50 M</b>		
PB 00:28.49		
00:28.49		
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Coach feedback:

<b>Event number: 21: 4x50M MEDLEY WOMEN</b>				<b>Heat:3, starttime: 10:20</b>
<b>Heat: 3/4 Lane : 6 Athlete: TEAM TRUST 2</b>				<b>Q-time: 02:23:34</b>
PB (50m pool):		PB (25m pool):		SB:
<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB				
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Coach feedback:

<b>Event number: 22: 4x50M MEDLEY MEN</b>				<b>Heat:4, starttime: 10:35</b>
<b>Heat: 4/4 Lane : 7 Athlete: TEAM TRUST 1</b>				<b>Q-time: 02:06:80</b>
PB (50m pool):		PB (25m pool):		SB:
<b>50 M</b>	<b>100 M</b>	<b>150 M</b>	<b>200 M</b>	
PB				
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Coach feedback:

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<b>Event number: 23: 50M BREASTSTROKE WOMEN 11+</b>		<b>Heat:8, starttime: 11:00</b>
<b>Heat: 8/16 Lane : 4 Athlete: CLAESEN SARAH</b>		<b>Q-time: 00:43:98</b>
PB (50m pool): 00:43.98 Luxembourg 26/04/2026		PB (25m pool): 00:43.35 SB: 00:43.98 Luxembourg 26/04/2026
	<b>5 0 M</b>	
PB	00:43.98	
	<i>00:43.98</i>	
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Coach feedback:

<b>Event number: 23: 50M BREASTSTROKE WOMEN 11+</b>		<b>Heat:8, starttime: 11:00</b>
<b>Heat: 8/16 Lane : 6 Athlete: REMANS ROSALIE</b>		<b>Q-time: 00:44:19</b>
PB (50m pool): 00:44.19 Wezenberg 04/01/2026		PB (25m pool): 00:41.55 SB: 00:44.19 Wezenberg 04/01/2026
	<b>5 0 M</b>	
PB	00:44.19	
	<i>00:44.19</i>	
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Coach feedback:

<b>Event number: 23: 50M BREASTSTROKE WOMEN 11+</b>		<b>Heat:11, starttime: 11:00</b>
<b>Heat: 11/16 Lane : 2 Athlete: MAES JULIE</b>		<b>Q-time: 00:40:84</b>
PB (50m pool): 00:40.84 Wezenberg 04/01/2026		PB (25m pool): 00:38.94 SB: 00:40.84 Wezenberg 04/01/2026
	<b>5 0 M</b>	
PB	00:40.84	
	<i>00:40.84</i>	
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Coach feedback:

<b>Event number: 23: 50M BREASTSTROKE WOMEN 11+</b>		<b>Heat:15, starttime: 11:05</b>
<b>Heat: 15/16 Lane : 8 Athlete: ROSKIN LOTTE</b>		<b>Q-time: 00:37:77</b>
PB (50m pool): 00:36.67 Antwerpen 13/07/2025		PB (25m pool): 00:35.47 SB: 00:36.87 Antwerpen 17/05/2026
	<b>5 0 M</b>	
PB	00:36.67	
	<i>00:36.67</i>	
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Coach feedback:

# GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: TRUST

<b>Event number: 24: 50M BREASTSTROKE MEN 11+</b>		<b>Heat:4, starttime: 11:15</b>
<b>Heat: 4/14 Lane : 5 Athlete: MAES TILL</b>		<b>Q-time: 00:49:50</b>
PB (50m pool): no time		PB (25m pool): 00:49.50 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
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Coach feedback:

<b>Event number: 24: 50M BREASTSTROKE MEN 11+</b>		<b>Heat:5, starttime: 11:15</b>
<b>Heat: 5/14 Lane : 1 Athlete: LARDAUX LEON</b>		<b>Q-time: 00:47:78</b>
PB (50m pool): 00:53.15 SportinGenk Park 19/05/2024		PB (25m pool): 00:47.78 SB: no time
	<b>5 0 M</b>	
PB	00:53.15	
	<i>00:53.15</i>	
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Coach feedback:

<b>Event number: 24: 50M BREASTSTROKE MEN 11+</b>		<b>Heat:8, starttime: 11:20</b>
<b>Heat: 8/14 Lane : 3 Athlete: NIJS BAS</b>		<b>Q-time: 00:38:96</b>
PB (50m pool): 00:38.96 Antwerpen 08/03/2026		PB (25m pool): 00:37.41 SB: 00:38.96 Antwerpen 08/03/2026
	<b>5 0 M</b>	
PB	00:38.96	
	<i>00:38.96</i>	
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Coach feedback:

<b>Event number: 24: 50M BREASTSTROKE MEN 11+</b>		<b>Heat:8, starttime: 11:20</b>
<b>Heat: 8/14 Lane : 8 Athlete: LEMMENS LUCA</b>		<b>Q-time: 00:40:33</b>
PB (50m pool): 00:40.33 Antwerpen 15/03/2026		PB (25m pool): 00:39.93 SB: 00:40.33 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:40.33	
	<i>00:40.33</i>	
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Coach feedback:

# GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: TRUST

<b>Event number: 25: 50M FREESTYLE WOMEN 11+</b>		<b>Heat:11, starttime: 11:40</b>
<b>Heat: 11/22 Lane : 7 Athlete: CLAESEN SARAH</b>		<b>Q-time: 00:32:73</b>
PB (50m pool): 00:32.73 Luxembourg 26/04/2026		PB (25m pool): 00:31.79 SB: 00:32.73 Luxembourg 26/04/2026
	<b>5 0 M</b>	
PB	00:32.73	
	00:32.73	
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Coach feedback:

<b>Event number: 25: 50M FREESTYLE WOMEN 11+</b>		<b>Heat:12, starttime: 11:40</b>
<b>Heat: 12/22 Lane : 1 Athlete: REMANS ROSALIE</b>		<b>Q-time: 00:32:39</b>
PB (50m pool): 00:32.39 Antwerpen 15/03/2026		PB (25m pool): 00:31.28 SB: 00:32.39 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:32.39	
	00:32.39	
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Coach feedback:

<b>Event number: 25: 50M FREESTYLE WOMEN 11+</b>		<b>Heat:14, starttime: 11:45</b>
<b>Heat: 14/22 Lane : 2 Athlete: MAES JULIE</b>		<b>Q-time: 00:31:48</b>
PB (50m pool): 00:31.48 Luxembourg 26/04/2026		PB (25m pool): 00:30.06 SB: 00:31.48 Luxembourg 26/04/2026
	<b>5 0 M</b>	
PB	00:31.48	
	00:31.48	
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Coach feedback:

<b>Event number: 25: 50M FREESTYLE WOMEN 11+</b>		<b>Heat:21, starttime: 11:50</b>
<b>Heat: 21/22 Lane : 4 Athlete: ROSKIN LOTTE</b>		<b>Q-time: 00:28:72</b>
PB (50m pool): 00:27.81 ANTWERPEN/ANVERS 01/08/2021		PB (25m pool): 00:27.54 SB: 00:28.09 Antwerpen 17/05/2026
	<b>5 0 M</b>	
PB	00:27.81	
	00:27.81	
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Coach feedback:

# GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: TRUST

<b>Event number: 26: 50M FREESTYLE MEN 11+</b>		<b>Heat:6, starttime: 12:00</b>
<b>Heat: 6/20 Lane : 3 Athlete: LARDAUX LEON</b>		<b>Q-time: 00:35:08</b>
PB (50m pool): no time		PB (25m pool): 00:35.08 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
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Coach feedback:

<b>Event number: 26: 50M FREESTYLE MEN 11+</b>		<b>Heat:6, starttime: 12:00</b>
<b>Heat: 6/20 Lane : 6 Athlete: MAES TILL</b>		<b>Q-time: 00:35:18</b>
PB (50m pool): no time		PB (25m pool): 00:35.18 SB: no time
	<b>5 0 M</b>	
PB	no time	
	<i>no time</i>	
	. . . . .	

Coach feedback:

<b>Event number: 26: 50M FREESTYLE MEN 11+</b>		<b>Heat:10, starttime: 12:05</b>
<b>Heat: 10/20 Lane : 2 Athlete: LEMMENS LUCA</b>		<b>Q-time: 00:31:20</b>
PB (50m pool): 00:31.20 Antwerpen 15/03/2026		PB (25m pool): 00:30.26 SB: 00:31.20 Antwerpen 15/03/2026
	<b>5 0 M</b>	
PB	00:31.20	
	<i>00:31.20</i>	
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Coach feedback:

<b>Event number: 26: 50M FREESTYLE MEN 11+</b>		<b>Heat:13, starttime: 12:05</b>
<b>Heat: 13/20 Lane : 6 Athlete: NIJS BAS</b>		<b>Q-time: 00:29:05</b>
PB (50m pool): 00:29.05 Luxembourg 26/04/2026		PB (25m pool): 00:28.97 SB: 00:29.05 Luxembourg 26/04/2026
	<b>5 0 M</b>	
PB	00:29.05	
	<i>00:29.05</i>	
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Coach feedback:

# GP MOL 26: Session: 3: COACH evaluation sheet for TEAM: TRUST

<b>Event number: 26: 50M FREESTYLE MEN 11+</b>		<b>Heat:19, starttime: 12:10</b>
<b>Heat: 19/20 Lane : 2 Athlete: GYSEMBERG CEDRIC</b>		<b>Q-time: 00:25:80</b>
PB (50m pool): 00:25.80 Antwerp 02/02/2025 PB (25m pool): 00:24.68 SB: no time		
	<b>5 0 M</b>	
PB	00:25.80	
	00:25.80	
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Coach feedback: