

ZC 2026: Session: 3: COACH evaluation sheet for TEAM: SHARK

Coachinfo: Warming up from: 07:15 untill 08:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Goossens Mirka

Coaches: Moeskops Kathleen

Coaches: Van Loy Dirk

Coaches: Bertels Guy

Coaches: Dierckx Davy HEADCOACH

Coaches: Wouters Maxim

PB => Personal Best time

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

Event number: 19: 100M BACKSTROKE MEN 11-12

Heat:3, starttime: 08:36

Heat: 3/10 Lane : 2 Athlete: WILMS BRAM

Q-time: 01:41:55

PB (50m pool): 01:42.79 Antwerpen 15/03/2026

PB (25m pool): 01:41.55 SB: 01:42.79 Antwerpen 15/03/2026

	5 0 M	1 0 0 M	
PB	00:51.58	01:42.79	
	00:51.58	00:51.21	
			

Coach feedback:

Event number: 19: 100M BACKSTROKE MEN 11-12

Heat:9, starttime: 08:51

Heat: 9/10 Lane : 6 Athlete: JANSSENS ALEXANDER

Q-time: 01:26:02

PB (50m pool): 01:32.50 SportinGenk Park 06/04/2026

PB (25m pool): 01:26.02 SB: 01:32.50 SportinGenk Park 06/04/2026

	5 0 M	1 0 0 M	
PB	00:45.00	01:32.50	
	00:45.00	00:47.50	
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14

Heat:2, starttime: 08:57

Heat: 2/6 Lane : 5 Athlete: VAN STEENBERGEN ARON

Q-time: 00:48:12

PB (50m pool): 00:54.02 SportinGenk Park 21/04/2025

PB (25m pool): 00:48.12 SB: no time

	5 0 M	
PB	00:54.02	
	00:54.02	
		

Coach feedback:

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Event number: 20: 50M BREASTSTROKE MEN 13-14					Heat:3, starttime: 08:59				
Heat: 3/6 Lane : 7 Athlete: SERNEELS ROAN					Q-time: 00:46:83				
PB (50m pool): 00:47.52 Antwerpen 15/03/2026					PB (25m pool): 00:46.83SB: 00:47.52 Antwerpen 15/03/2026				
	5 0 M								
PB	00:47.52								
	00:47.52								
									

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 13-14				Heat:4, starttime: 09:00	
Heat: 4/6 Lane : 1 Athlete: BROUNS PRYAM				Q-time: 00:45:12	
PB (50m pool): no time				PB (25m pool): 00:45.12SB: no time	
	5 0 M				
PB	no time				
	no time				
					

Coach feedback:

Event number: 21: 200M FREESTYLE WOMEN 13-14					Heat:13, starttime: 09:45	
Heat: 13/14 Lane : 2 Athlete: VAN LOMMEL ANTHE					Q-time: 02:35:13	
PB (50m pool): 02:37.79 Wezenberg 01/02/2026			PB (25m pool): 02:35.13SB: 02:37.79 Wezenberg 01/02/2026			
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M		
PB	00:35.42	01:15.98	01:58.35	02:37.79		
	00:35.42	00:40.56	00:42.37	00:39.44		
						

Coach feedback:

Event number: 22: 50M FREESTYLE MEN 15+					Heat:15, starttime: 10:06																													
Heat: 15/15					Lane : 4					Athlete: WOUTERS MAXIM					Q-time: 00:25:58																			
PB (50m pool): 00:26.25					Antwerpen					13/07/2025					PB (25m pool): 00:25.58					SB: 00:26.68					Antwerpen					15/03/2026				
	5 0 M																																	
PB	00:26.25																																	
	00:26.25																																	
																																		

Coach feedback:

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Event number: 22: 50M FREESTYLE MEN 15+			Heat:15, starttime: 10:06
Heat: 15/15 Lane : 7 Athlete: BERTELS QUILLAN			Q-time: 00:26:59
PB (50m pool): 00:27.02 Wezenberg 03/01/2026			PB (25m pool): 00:26.59 SB: 00:27.02 Wezenberg 03/01/2026
	5 0 M		
PB	00:27.02		
	00:27.02		
			

Coach feedback:

Event number: 23: 100M FREESTYLE WOMEN 11-12			Heat:11, starttime: 10:27
Heat: 11/12 Lane : 2 Athlete: LAMBRECHTS JADE			Q-time: 01:17:35
PB (50m pool): 01:18.22 Antwerpen 15/03/2026			PB (25m pool): 01:17.35 SB: 01:18.22 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:38.50	01:18.22	
	00:38.50	00:39.72	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:8, starttime: 10:48
Heat: 8/11 Lane : 3 Athlete: WILMS BRAM			Q-time: 01:44:20
PB (50m pool): 01:47.90 SportinGenk Park 06/04/2026			PB (25m pool): 01:44.20 SB: 01:47.90 SportinGenk Park 06/04/2026
	5 0 M	1 0 0 M	
PB	00:51.38	01:47.90	
	00:51.38	00:56.52	
			

Coach feedback:

Event number: 24: 100M BREASTSTROKE MEN 11-12			Heat:10, starttime: 10:53
Heat: 10/11 Lane : 5 Athlete: JANSSENS ALEXANDER			Q-time: 01:37:42
PB (50m pool): 01:46.99 Wezenberg 01/02/2026			PB (25m pool): 01:37.42 SB: 01:46.99 Wezenberg 01/02/2026
	5 0 M	1 0 0 M	
PB	00:50.94	01:46.99	
	00:50.94	00:56.05	
			

Coach feedback:

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Event number: 25: 200M FREESTYLE WOMEN 15+					Heat:7, starttime: 11:17
Heat: 7/12 Lane : 6 Athlete: DIERCKX FEMKE					Q-time: 02:29:75
PB (50m pool): 02:37.37 Antwerpen 13/07/2025			PB (25m pool): 02:29.75 SB: 02:39.39 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:35.17	01:15.72	01:57.36	02:37.37	
	00:35.17	00:40.55	00:41.64	00:40.01	
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14					Heat:2, starttime: 11:38
Heat: 2/10 Lane : 3 Athlete: VAN STEENBERGEN ARON					Q-time: 01:33:26
PB (50m pool): 01:44.07 SportinGenk Park 11/11/2025			PB (25m pool): 01:33.26 SB: 01:44.07 SportinGenk Park 11/11/2025		
	5 0 M	1 0 0 M			
PB	no time	01:44.07			
	no time				
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14					Heat:3, starttime: 11:41
Heat: 3/10 Lane : 7 Athlete: SERNEELS ROAN					Q-time: 01:30:99
PB (50m pool): 01:30.99 SportinGenk Park 11/11/2025			PB (25m pool): 01:32.13 SB: 01:30.99 SportinGenk Park 11/11/2025		
	5 0 M	1 0 0 M			
PB	no time	01:30.99			
	no time				
					

Coach feedback:

Event number: 26: 100M BACKSTROKE MEN 13-14					Heat:9, starttime: 11:55
Heat: 9/10 Lane : 1 Athlete: BROUNS PRYAM					Q-time: 01:18:69
PB (50m pool): 01:22.79 Wezenberg 01/02/2026			PB (25m pool): 01:18.69 SB: 01:22.79 Wezenberg 01/02/2026		
	5 0 M	1 0 0 M			
PB	00:40.32	01:22.79			
	00:40.32	00:42.47			
					

Coach feedback:

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Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:4, starttime: 12:03
Heat: 4/12 Lane : 4 Athlete: KENIS JOSEPHINE			Q-time: 00:35:18
PB (50m pool): 00:35.99 Wezenberg 04/01/2026			PB (25m pool): 00:35.18 SB: 00:35.99 Wezenberg 04/01/2026
	5 0 M		
PB	00:35.99		
	00:35.99		
			

Coach feedback:

Event number: 27: 50M FREESTYLE WOMEN 13-14			Heat:12, starttime: 12:12
Heat: 12/12 Lane : 3 Athlete: VAN LOMMEL ANTHE			Q-time: 00:31:03
PB (50m pool): 00:31.48 SportinGenk Park 06/04/2026			PB (25m pool): 00:31.03 SB: 00:31.48 SportinGenk Park 06/04/2026
	5 0 M		
PB	00:31.48		
	00:31.48		
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:10, starttime: 12:30
Heat: 10/10 Lane : 1 Athlete: BERTELS QUILLAN			Q-time: 01:05:42
PB (50m pool): 01:09.89 Antwerpen 15/03/2026			PB (25m pool): 01:05.42 SB: 01:09.89 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:30.62	01:09.89	
	00:30.62	00:39.27	
			

Coach feedback:

Event number: 28: 100M BUTTERFLY MEN 15+			Heat:10, starttime: 12:30
Heat: 10/10 Lane : 4 Athlete: WOUTERS MAXIM			Q-time: 01:03:69
PB (50m pool): 01:05.36 Antwerpen 15/03/2026			PB (25m pool): 01:04.95 SB: 01:05.36 Antwerpen 15/03/2026
	5 0 M	1 0 0 M	
PB	00:29.33	01:05.36	
	00:29.33	00:36.03	
			

Coach feedback: