Bokkerijder 2026: Session: 1: COACH Evaluation sheet for TEAM: BEST

Coachinfo: Warming up from: 07:30 untill 08:25. Teamleadmeeting @ The listed starttimes are indicative!

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

Event number: 3: 100M BACKSTROKE MIXED 10-9 — Heat:5, starttime: 09:44

Heat: 5/8 Lane : 5 Athlete: GHOOS DORIEN — **Q-time: 01:47:67**

PB (25m pool): 01:49.48 Tremelo 24/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:53.76		01:49.48	
		00:53.76		*00:55.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+ — Heat:4, starttime: 10:02

Heat: 4/12 Lane : 1 Athlete: BERTOLAZZI MONA — **Q-time: 01:33:46**

PB (25m pool): 01:46.91 Tienen 26/10/2025 **PB (50m pool):** 01:33.46 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		01:46.91	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+ — Heat:4, starttime: 10:02

Heat: 4/12 Lane : 5 Athlete: VANMECHELEN KATO — **Q-time: 01:32:86**

PB (25m pool): 01:33.02 Aarschot 26/04/2026 **PB (50m pool):** 01:32.86 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.57		01:33.02	
		00:46.57		*00:46.45*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH Evaluation sheet for TEAM: BEST

Event number: 4: 100M BACKSTROKE WOMEN 11+ — Heat:4, starttime: 10:02

Heat: 4/12 Lane : 6 Athlete: DE BRIER ROSALIE — **Q-time: 01:33:74**

PB (25m pool): 01:41.78 Tienen 26/10/2025 **PB (50m pool):** 01:33.74 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.53		01:41.78	
		00:50.53		*00:51.25*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+ — Heat:5, starttime: 10:04

Heat: 5/12 Lane : 6 Athlete: VANGENECHTEN ANNA — **Q-time: 01:29:99**

PB (25m pool): 01:31.07 Aarschot 26/04/2026 **PB (50m pool):** 01:29.99 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:46.32		01:31.07	
		00:46.32		*00:44.75*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+ — Heat:6, starttime: 10:06

Heat: 6/12 Lane : 5 Athlete: SMEETS LOU — **Q-time: 01:26:20**

PB (25m pool): 01:28.76 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:26.20 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.61		01:28.76	
		00:44.61		*00:44.15*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE WOMEN 11+ — Heat:8, starttime: 10:11

Heat: 8/12 Lane : 5 Athlete: GHOOS KATO — **Q-time: 01:21:57**

PB (25m pool): 01:21.59 Temse 17/11/2025 **PB (50m pool):** 01:21.57 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.85		01:21.59	
		00:39.85		*00:41.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH Evaluation sheet for TEAM: BEST

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:2, starttime: 10:24

Heat: 2/8 Lane : 2 Athlete: KHAN RAJA BALAJ — **Q-time: 01:56:09**

PB (25m pool): no time **PB (50m pool):** 01:56.09 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:3, starttime: 10:26

Heat: 3/8 Lane : 2 Athlete: JAMAR JONATHAN — **Q-time: 01:43:78**

PB (25m pool): 01:43.78 Tremelo 24/05/2026 **PB (50m pool):** 01:43.84 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.81		01:43.78	
		00:49.81		*00:53.97*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:5, starttime: 10:31

Heat: 5/8 Lane : 5 Athlete: JAMAR ALEXANDER — **Q-time: 01:27:78**

PB (25m pool): 01:30.80 Mol 28/12/2025 **PB (50m pool):** 01:27.78 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:45.79		01:30.80	
		00:45.79		*00:45.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:6, starttime: 10:34

Heat: 6/8 Lane : 2 Athlete: VANGENECHTEN MATTHIAS — **Q-time: 01:23:34**

PB (25m pool): 01:24.55 Aarschot 26/04/2026 **PB (50m pool):** 01:23.34 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.57		01:24.55	
		00:41.57		*00:42.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH Evaluation sheet for TEAM: BEST

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:6, starttime: 10:34

Heat: 6/8 Lane : 6 Athlete: VANINBROUKX TOON — **Q-time: 01:26:44**

PB (25m pool): 01:26.44 **Stedelijk Zwembad Geel 15/02/2026** **PB (50m pool):** 01:33.97 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:41.96		01:26.44	
		00:41.96		*00:44.48*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:7, starttime: 10:36

Heat: 7/8 Lane : 3 Athlete: PROUVé VIKTOR — **Q-time: 01:11:01**

PB (25m pool): 01:11.01 **Stedelijk Zwembad Geel 15/02/2026** **PB (50m pool):** 01:12.45 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:34.27		01:11.01	
		00:34.27		*00:36.74*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:7, starttime: 10:36

Heat: 7/8 Lane : 6 Athlete: SCHEEPERS ELIAZ — **Q-time: 01:20:54**

PB (25m pool): 01:20.54 **Aarschot 26/04/2026** **PB (50m pool):** 01:21.64 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:39.94		01:20.54	
		00:39.94		*00:40.60*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 5: 100M BACKSTROKE MEN 11+ — Heat:8, starttime: 10:38

Heat: 8/8 Lane : 1 Athlete: VAN HOOF COBE — **Q-time: 01:08:53**

PB (25m pool): 01:08.53 **Stedelijk Zwembad Geel 15/02/2026** **PB (50m pool):** 01:12.54 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.06		01:08.53	
		00:33.06		*00:35.47*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH Evaluation sheet for TEAM: BEST

Event number: 8: 100M BREASTSTROKE MIXED 10-9 — Heat:4, starttime: 11:18

Heat: 4/8 Lane : 4 Athlete: GHOOS DORIEN — **Q-time: 01:58:67**

PB (25m pool): 01:58.67 Tremelo 24/05/2026 **PB (50m pool):** no time **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:57.14		01:58.67	
		00:57.14		*01:01.53*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:3, starttime: 11:35

Heat: 3/12 Lane : 2 Athlete: DE BRIER ROSALIE — **Q-time: 01:52:38**

PB (25m pool): 01:57.56 Pelt 05/10/2025 **PB (50m pool):** 01:52.38 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:57.70		01:57.56	
		00:57.70		*00:59.86*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 11:38

Heat: 4/12 Lane : 1 Athlete: SMEETS LOU — **Q-time: 01:51:10**

PB (25m pool): 01:54.72 Pelt 05/10/2025 **PB (50m pool):** 01:51.10 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:55.30		01:54.72	
		00:55.30		*00:59.42*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:4, starttime: 11:38

Heat: 4/12 Lane : 3 Athlete: BERTOLAZZI MONA — **Q-time: 01:47:35**

PB (25m pool): 01:55.11 Pelt 05/10/2025 **PB (50m pool):** 01:47.35 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:54.57		01:55.11	
		00:54.57		*01:00.54*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH Evaluation sheet for TEAM: BEST

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:5, starttime: 11:40

Heat: 5/12 Lane : 5 Athlete: VANMECHELEN KATO — **Q-time: 01:46:26**

PB (25m pool): 01:46.26 Aarschot 26/04/2026 **PB (50m pool):** 01:47.30 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:50.28		01:46.26	
		00:50.28		*00:55.98*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:6, starttime: 11:42

Heat: 6/12 Lane : 5 Athlete: VANGENECHTEN ANNA — **Q-time: 01:42:53**

PB (25m pool): 01:46.25 Tremelo 25/05/2025 **PB (50m pool):** 01:42.53 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:51.11		01:46.25	
		00:51.11		*00:55.14*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 100M BREASTSTROKE WOMEN 11+ — Heat:10, starttime: 11:51

Heat: 10/12 Lane : 3 Athlete: GHOOS KATO — **Q-time: 01:31:53**

PB (25m pool): 01:31.53 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:31.53 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:44.14		01:31.53	
		00:44.14		*00:47.39*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 12:00

Heat: 2/8 Lane : 2 Athlete: JAMAR JONATHAN — **Q-time: 02:13:86**

PB (25m pool): 02:13.86 Tremelo 24/05/2026 **PB (50m pool):** 02:17.83 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		01:02.01		02:13.86	
		01:02.01		*01:11.85*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH Evaluation sheet for TEAM: BEST

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:2, starttime: 12:00

Heat: 2/8 Lane : 3 Athlete: KHAN RAJA BALAJ — **Q-time: 02:04:13**

PB (25m pool): no time **PB (50m pool):** 02:04.13 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		no time		no time	
		no time			
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:4, starttime: 12:05

Heat: 4/8 Lane : 5 Athlete: VANINBROUKX TOON — **Q-time: 01:48:05**

PB (25m pool): 01:48.05 Aarschot 26/04/2026 **PB (50m pool):** 01:54.74 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:51.83		01:48.05	
		00:51.83		*00:56.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:5, starttime: 12:08

Heat: 5/8 Lane : 2 Athlete: SCHEEPERS ELIAZ — **Q-time: 01:39:78**

PB (25m pool): 01:39.78 Tienen 26/10/2025 **PB (50m pool):** 01:55.53 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:47.65		01:39.78	
		00:47.65		*00:52.13*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:5, starttime: 12:08

Heat: 5/8 Lane : 6 Athlete: VANGENECHTEN MATTHIAS — **Q-time: 01:44:62**

PB (25m pool): 01:44.62 Aarschot 26/04/2026 **PB (50m pool):** 01:46.86 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:49.40		01:44.62	
		00:49.40		*00:55.22*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Bokkerijder 2026: Session: 1: COACH Evaluation sheet for TEAM: BEST

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:6, starttime: 12:10

Heat: 6/8 Lane : 3 Athlete: JAMAR ALEXANDER — **Q-time: 01:29:39**

PB (25m pool): 01:29.39 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:32.24 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:42.83		01:29.39	
		00:42.83		*00:46.56*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:7, starttime: 12:12

Heat: 7/8 Lane : 1 Athlete: PROUVé VIKTOR — **Q-time: 01:25:78**

PB (25m pool): 01:25.78 Stedelijk Zwembad Geel 15/02/2026 **PB (50m pool):** 01:29.95 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:40.06		01:25.78	
		00:40.06		*00:45.72*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 10: 100M BREASTSTROKE MEN 11+ — Heat:8, starttime: 12:14

Heat: 8/8 Lane : 4 Athlete: VAN HOOF COBE — **Q-time: 01:11:01**

PB (25m pool): 01:11.01 LEUVEN 23/11/2025 **PB (50m pool):** 01:13.81 **SB:** no time

	25 M	50 M	75 M	100 M	
PB		00:33.17		01:11.01	
		00:33.17		*00:37.84*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 11: 4x50M FREESTYLE WOMEN 11+ — Heat:1, starttime: 12:16

Heat: 1/2 Lane : 6 Athlete: TEAM BEST 1 — **Q-time: 99:99:99**

PB (25m pool): **PB (50m pool):** **SB:**

	25 M	50 M	75 M	100	125	150	175	200 M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Bokkerijder 2026: Session: 1: COACH Evaluation sheet for TEAM: BEST

Event number: 12: 4x50M FREESTYLE MEN 11+ **Heat:1, starttime: 12:23**

Heat: 1/2 Lane : 2 Athlete: TEAM BEST 1 **Q-time: 99:99:99**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 4x50M FREESTYLE MEN 11+ **Heat:1, starttime: 12:23**

Heat: 1/2 Lane : 4 Athlete: TEAM BEST 2 **Q-time: 99:99:99**

PB (25m pool): **PB (50m pool):** **SB:**

	25M	50M	75M	100	125	150	175	200M
PB								
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: