Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: WST

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

Coaches: Van de Weyer Rune

Coaches: Mertens Wenke

Coaches: Fobelets Jos

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

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:1, starttime: 14:00

Heat: 1/12 Lane : 5 Athlete: VERHEYEN LEONIE **Q-time: 99:99:99**

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

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:9, starttime: 14:29

Heat: 9/12 Lane : 1 Athlete: FIQI ALEXIA **Q-time: 02:29:68**

PB (25m pool): 02:29.68 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:32.74 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.78		01:13.23		01:52.14		02:29.68
		00:34.78		*00:38.45*		*00:38.91*		*00:37.54*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ Heat:10, starttime: 14:32

Heat: 10/12 Lane : 8 Athlete: VAN AERSCHOT NEL **Q-time: 02:24:04**

PB (25m pool): 02:24.04 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:32.46 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:32.50		01:08.89		01:46.79		02:24.04
		00:32.50		*00:36.39*		*00:37.90*		*00:37.25*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: WST

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:11, starttime: 14:35

Heat: 11/12 Lane : 7 Athlete: LEMMENS FEBE — **Q-time: 02:19:73**

PB (25m pool): 02:19.73 Temse 17/11/2025 **PB (50m pool):** 02:29.31 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:31.23		01:06.86		01:44.16		02:19.73
		00:31.23		*00:35.63*		*00:37.30*		*00:35.57*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 7: 200M FREESTYLE WOMEN 11+ — Heat:12, starttime: 14:38

Heat: 12/12 Lane : 3 Athlete: VINGERHOETS MADELIEF — **Q-time: 02:12:10**

PB (25m pool): 02:12.10 Nijlen 01/03/2026 **PB (50m pool):** 02:15.88 **SB:** 02:14.00 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:30.96		01:04.91		no time		02:12.10
		00:30.96		*00:33.95*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:2, starttime: 14:46

Heat: 2/11 Lane : 7 Athlete: DOUWEN MON — **Q-time: 99:99:99**

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

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
		no time						
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:3, starttime: 14:50

Heat: 3/11 Lane : 4 Athlete: DE FLEURQUIN LOWIE — **Q-time: 03:02:46**

PB (25m pool): 03:02.46 Mol 28/12/2025 **PB (50m pool):** 03:33.65 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:41.76		01:29.66		02:17.94		03:02.46
		00:41.76		*00:47.90*		*00:48.28*		*00:44.52*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: WST

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:4, starttime: 14:54

Heat: 4/11 Lane : 8 Athlete: VAN WAELDEREN KAREL — **Q-time: 02:59:98**

PB (25m pool): 02:59.98 3500 Hasselt 23/11/2025 **PB (50m pool):** 03:03.18 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:42.65		01:28.38		02:15.92		02:59.98
		00:42.65		*00:45.73*		*00:47.54*		*00:44.06*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:5, starttime: 14:58

Heat: 5/11 Lane : 1 Athlete: MERTENS GIJS — **Q-time: 02:50:49**

PB (25m pool): 02:50.49 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:50.02 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:39.00		01:22.74		02:07.88		02:50.49
		00:39.00		*00:43.74*		*00:45.14*		*00:42.61*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:6, starttime: 15:01

Heat: 6/11 Lane : 4 Athlete: MEULEMANS LARS — **Q-time: 02:29:09**

PB (25m pool): 02:29.09 3500 Hasselt 23/11/2025 **PB (50m pool):** 02:30.55 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.01		01:12.41		01:51.78		02:29.09
		00:34.01		*00:38.40*		*00:39.37*		*00:37.31*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:9, starttime: 15:10

Heat: 9/11 Lane : 3 Athlete: SLUYTS TIBE — **Q-time: 02:09:61**

PB (25m pool): 02:04.68 Mol 04/10/2026 **PB (50m pool):** 02:09.90 **SB:** 02:04.68 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:29.70		01:02.38		01:34.31		02:04.68
		00:29.70		*00:32.68*		*00:31.93*		*00:30.37*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: WST

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:9, starttime: 15:10

Heat: 9/11 Lane : 4 Athlete: SLUYTS JENNE — **Q-time: 02:08:10**

PB (25m pool): 02:06.28 Mol 04/10/2026 — **PB (50m pool):** 02:08.86 **SB:** 02:06.28 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:28.74		01:01.42		01:34.21		02:06.28
		00:28.74		*00:32.68*		*00:32.79*		*00:32.07*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:10, starttime: 15:13

Heat: 10/11 Lane : 1 Athlete: GYULNAZARYAN MAX — **Q-time: 02:07:75**

PB (25m pool): 02:04.92 Mol 04/10/2026 — **PB (50m pool):** 02:08.75 **SB:** 02:04.92 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:30.04		01:02.16		01:34.28		02:04.92
		00:30.04		*00:32.12*		*00:32.12*		*00:30.64*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:11, starttime: 15:15

Heat: 11/11 Lane : 3 Athlete: JARNE HAESENDONCKX — **Q-time: 02:01:15**

PB (25m pool): 02:01.15 TEMSE 23/11/2025 — **PB (50m pool):** 02:05.11 **SB:** 02:06.30 Mol 04/10/2026

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.56		00:58.12		01:29.52		02:01.15
		00:27.56		*00:30.56*		*00:31.40*		*00:31.63*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 8: 200M FREESTYLE MEN 11+ — Heat:11, starttime: 15:15

Heat: 11/11 Lane : 5 Athlete: VAN WAELDEREN THOMAS — **Q-time: 01:57:69**

PB (25m pool): 01:57.69 3500 Hasselt 23/11/2025 — **PB (50m pool):** 01:59.63 **SB:** no time

	25 M	50 M	75 M	100	125	150	175	200 M
PB		00:27.41		00:56.62		01:27.21		01:57.69
		00:27.41		*00:29.21*		*00:30.59*		*00:30.48*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: WST

Event number: 11: 200M BACKSTROKE WOMEN 11+ — Heat:6, starttime: 16:11

Heat: 6/8 Lane : 7 Athlete: VINGERHOETS MADELIEF — **Q-time: 02:43:22**

PB (25m pool): 02:35.62 Mol 30/12/2023 **PB (50m pool):** 02:43.22 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		02:35.62
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 11: 200M BACKSTROKE WOMEN 11+ — Heat:7, starttime: 16:15

Heat: 7/8 Lane : 5 Athlete: VAN AERSCHOT NEL — **Q-time: 02:35:52**

PB (25m pool): 02:35.52 Temse 17/11/2025 **PB (50m pool):** 02:42.17 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:35.74		01:15.19		01:55.52		02:35.52
	00:35.74		*00:39.45*		*00:40.33*		*00:40.00*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ — Heat:1, starttime: 16:22

Heat: 1/8 Lane : 6 Athlete: DOUWEN MON — **Q-time: 99:99:99**

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

	25M	50M	75M	100	125	150	175	200M
PB		no time		no time		no time		no time
	no time							
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ — Heat:2, starttime: 16:27

Heat: 2/8 Lane : 5 Athlete: DE FLEURQUIN LOWIE — **Q-time: 03:20:50**

PB (25m pool): 03:20.50 Mol 28/12/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:46.86		01:36.42		02:28.12		03:20.50
	00:46.86		*00:49.56*		*00:51.70*		*00:52.38*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: WST

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:3, starttime: 16:32

Heat: 3/8 Lane : 8 Athlete: MERTENS GIJS **Q-time: 03:16:64**

PB (25m pool): 03:16.64 Heist-op-den-Berg 10/01/2026 **PB (50m pool):** 03:30.21 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:47.72		01:38.42		no time		03:16.64
		00:47.72		*00:50.70*				
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:4, starttime: 16:36

Heat: 4/8 Lane : 8 Athlete: MEULEMANS LARS **Q-time: 02:50:90**

PB (25m pool): 02:50.90 3500 Hasselt 23/11/2025 **PB (50m pool):** no time **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:40.29		01:23.99		02:09.21		02:50.90
		00:40.29		*00:43.70*		*00:45.22*		*00:41.69*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:6, starttime: 16:43

Heat: 6/8 Lane : 3 Athlete: SLUYTS TIBE **Q-time: 02:26:96**

PB (25m pool): 02:20.85 Mol 04/10/2026 **PB (50m pool):** 02:24.74 **SB:** 02:20.85 Mol 04/10/2026

	25M	50M	75M	100	125	150	175	200M
PB		00:32.53		01:09.12		01:46.01		02:20.85
		00:32.53		*00:36.59*		*00:36.89*		*00:34.84*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 12: 200M BACKSTROKE MEN 11+ Heat:7, starttime: 16:47

Heat: 7/8 Lane : 1 Athlete: SLUYTS JENNE **Q-time: 02:25:51**

PB (25m pool): 02:25.51 Antwerpen 12/10/2025 **PB (50m pool):** 02:32.14 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:34.54		01:12.55		01:49.17		02:25.51
		00:34.54		*00:38.01*		*00:36.62*		*00:36.34*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Hasseltse 200m 2026: Session: 2: COACH evaluation sheet for TEAM: WST

Event number: 12: 200M BACKSTROKE MEN 11+ **Heat:8, starttime: 16:50**

Heat: 8/8 Lane : 5 Athlete: JARNE HAESENDONCKX **Q-time: 02:14:19**

PB (25m pool): 02:14.19 Gent 09/11/2025 **PB (50m pool):** 02:18.21 **SB:** no time

	25M	50M	75M	100	125	150	175	200M
PB		00:30.43		01:04.20		01:39.36		02:14.19
		00:30.43		*00:33.77*		*00:35.16*		*00:34.83*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback: