Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: SHARK

Coachinfo: Warming up from: 08:00 untill 08:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Wouters Maxim

Coaches: Goossens Mirka

Coaches: Moeskops Kathleen HEADCOACH

Coaches: Feyten Anne

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

Event number: 1: 100M BREASTSTROKE MEN 11-14 — Heat:1, starttime: 09:00

Heat: 1/4 Lane : 3 Athlete: GOOLAERTS KLAAS — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11-14 — Heat:2, starttime: 09:03

Heat: 2/4 Lane : 4 Athlete: SERNEELS ROAN — **Q-time: 01:49:75**

PB (50m pool): 01:49.75 SportinGenk Park 06/04/2026 **PB (25m pool):** no time **SB:** no time

	50M	100M	
PB	00:50.48	01:49.75	
	00:50.48	*00:59.27*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11-14 — Heat:3, starttime: 09:06

Heat: 3/4 Lane : 5 Athlete: WILMS BRAM — **Q-time: 01:44:20**

PB (50m pool): 01:45.65 Antwerpen 12/07/2026 **PB (25m pool):** 01:44.20 **SB:** no time

	50M	100M	
PB	00:49.30	01:45.65	
	00:49.30	*00:56.35*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 1: 100M BREASTSTROKE MEN 11-14 — Heat:4, starttime: 09:08

Heat: 4/4 Lane : 1 Athlete: JANSSENS ALEXANDER — **Q-time: 01:34:06**

PB (50m pool): 01:39.38 Antwerpen 12/07/2026 **PB (25m pool):** 01:34.06 **SB:** no time

	50 M	100 M	
PB	00:47.41	01:39.38	
	00:47.41	*00:51.97*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11-14 — Heat:4, starttime: 09:08

Heat: 4/4 Lane : 4 Athlete: VAN GORP TUUR — **Q-time: 01:21:33**

PB (50m pool): 01:25.07 Antwerpen 15/03/2026 **PB (25m pool):** 01:21.33 **SB:** no time

	50 M	100 M	
PB	00:40.12	01:25.07	
	00:40.12	*00:44.95*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 1: 100M BREASTSTROKE MEN 11-14 — Heat:4, starttime: 09:08

Heat: 4/4 Lane : 5 Athlete: MERTENS DIETER — **Q-time: 01:26:72**

PB (50m pool): 01:31.67 Antwerpen 19/07/2026 **PB (25m pool):** 01:26.72 **SB:** no time

	50 M	100 M	
PB	00:43.23	01:31.67	
	00:43.23	*00:48.44*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11-14 — Heat:2, starttime: 09:13

Heat: 2/4 Lane : 4 Athlete: LAMBRECHTS JADE — **Q-time: 01:46:84**

PB (50m pool): 01:46.84 Antwerpen 12/07/2026 **PB (25m pool):** 01:51.50 **SB:** no time

	50 M	100 M	
PB	00:49.70	01:46.84	
	00:49.70	*00:57.14*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 2: 100M BREASTSTROKE WOMEN 11-14 — Heat:3, starttime: 09:16

Heat: 3/4 Lane : 3 Athlete: KENIS LOLA — **Q-time: 01:39:63**

PB (50m pool): 01:39.63 Antwerpen 15/03/2026 **PB (25m pool):** 01:32.99 **SB:** no time

	50 M	100 M	
PB	00:46.92	01:39.63	
	00:46.92	*00:52.71*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11-14 — Heat:3, starttime: 09:16

Heat: 3/4 Lane : 5 Athlete: KENIS JOSEPHINE — **Q-time: 01:38:73**

PB (50m pool): 01:42.20 Wezenberg 01/02/2026 **PB (25m pool):** 01:38.73 **SB:** no time

	50 M	100 M	
PB	00:47.92	01:42.20	
	00:47.92	*00:54.28*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 2: 100M BREASTSTROKE WOMEN 11-14 — Heat:4, starttime: 09:18

Heat: 4/4 Lane : 4 Athlete: BIERINCKX MIE — **Q-time: 01:20:38**

PB (50m pool): 01:24.26 Antwerpen 21/07/2024 **PB (25m pool):** 01:20.38 **SB:** no time

	50 M	100 M	
PB	no time	01:24.26	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 4: 100M BACKSTROKE MEN 11-14 — Heat:2, starttime: 09:40

Heat: 2/3 Lane : 5 Athlete: VAN STEENBERGEN ARON — **Q-time: 01:31:70**

PB (50m pool): 01:33.67 Antwerpen 12/07/2026 **PB (25m pool):** 01:31.70 **SB:** no time

	50 M	100 M	
PB	00:43.79	01:33.67	
	00:43.79	*00:49.88*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 4: 100M BACKSTROKE MEN 11-14 — Heat:3, starttime: 09:43

Heat: 3/3 Lane : 7 Athlete: BELLENS PIETER — **Q-time: 01:27:13**

PB (50m pool): 01:31.51 SportinGenk Park 11/11/2025 **PB (25m pool):** 01:27.13 **SB:** no time

	50M	100M	
PB	no time	01:31.51	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 6: 100M BACKSTROKE MIXED 10-9 — Heat:1, starttime: 09:53

Heat: 1/1 Lane : 5 Athlete: VAN GORP FéLINE — **Q-time: 01:34:32**

PB (50m pool): 01:40.27 SportinGenk Park 06/04/2026 **PB (25m pool):** 01:34.32 **SB:** no time

	50M	100M	
PB	00:49.14	01:40.27	
	00:49.14	*00:51.13*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 8: 100M BUTTERFLY WOMEN 11-14 — Heat:2, starttime: 10:02

Heat: 2/2 Lane : 3 Athlete: VAN LOMMEL ANTHE — **Q-time: 01:18:66**

PB (50m pool): 01:18.66 Antwerpen 12/07/2026 **PB (25m pool):** 01:20.29 **SB:** no time

	50M	100M	
PB	00:35.95	01:18.66	
	00:35.95	*00:42.71*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 9: 50M BUTTERFLY MIXED 10-9 — Heat:1, starttime: 10:05

Heat: 1/3 Lane : 5 Athlete: MERTENS CHARLOTTE — **Q-time: 99:99:99**

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

	50M	
PB	no time	
	no time	
	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 9: 50M BUTTERFLY MIXED 10-9 — Heat:2, starttime: 10:06

Heat: 2/3 Lane : 4 Athlete: DE BIE APOLLINE — **Q-time: 00:52:27**

PB (50m pool): 00:52.27 SportinGenk Park 06/04/2026 **PB (25m pool):** no time **SB:** no time

	50 M
PB	00:52.27
	00:52.27
	. . : . . : . .

Coach feedback:

Event number: 9: 50M BUTTERFLY MIXED 10-9 — Heat:2, starttime: 10:06

Heat: 2/3 Lane : 8 Athlete: VAN DE VEL FERRE — **Q-time: 99:99:99**

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

	50 M
PB	no time
	no time
	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11-14 — Heat:2, starttime: 10:29

Heat: 2/2 Lane : 4 Athlete: MERTENS DIETER — **Q-time: 02:38:33**

PB (50m pool): 02:38.58 Antwerpen 19/07/2026 **PB (25m pool):** 02:37.65 **SB:** no time

	50 M	100 M	150 M	200 M
PB	00:34.56	01:16.28	02:03.84	02:38.58
	00:34.56	*00:41.72*	*00:47.56*	*00:34.74*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Event number: 10: 200M MEDLEY MEN 11-14 — Heat:2, starttime: 10:29

Heat: 2/2 Lane : 8 Athlete: WILMS BRAM — **Q-time: 03:18:91**

PB (50m pool): 03:20.18 Antwerpen 12/07/2026 **PB (25m pool):** 03:18.91 **SB:** no time

	50 M	100 M	150 M	200 M
PB	00:47.29	01:42.34	02:36.80	03:20.18
	00:47.29	*00:55.05*	*00:54.46*	*00:43.38*
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 11: 200M MEDLEY WOMEN 11-14 — Heat:3, starttime: 10:41

Heat: 3/3 Lane : 2 Athlete: KENIS LOLA — **Q-time: 03:01:34**

PB (50m pool): 03:06.33 Olympic Pool Wezenberg, Antwer 29/03/2025 **PB (25m pool):** 03:01.34 **SB:** no time

	50M	100M	150M	200M	
PB	00:41.58	01:32.09	02:24.32	03:06.33	
	00:41.58	*00:50.51*	*00:52.23*	*00:42.01*	
	. . : . . : . .	. . : . . : . .	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9 — Heat:3, starttime: 10:50

Heat: 3/7 Lane : 5 Athlete: MERTENS CHARLOTTE — **Q-time: 01:44:16**

PB (50m pool): 01:44.16 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** no time **SB:** no time

	50M	100M	
PB	00:47.83	01:44.16	
	00:47.83	*00:56.33*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9 — Heat:5, starttime: 10:55

Heat: 5/7 Lane : 6 Athlete: VAN DE VEL FERRE — **Q-time: 01:38:08**

PB (50m pool): no time **PB (25m pool):** 01:38.08 **SB:** no time

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

Coach feedback:

Event number: 12: 100M FREESTYLE MIXED 10-9 — Heat:6, starttime: 10:58

Heat: 6/7 Lane : 5 Athlete: VAN GORP FéLINE — **Q-time: 01:29:47**

PB (50m pool): 01:30.72 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:29.47 **SB:** no time

	50M	100M	
PB	00:42.09	01:30.72	
	00:42.09	*00:48.63*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 12: 100M FREESTYLE MIXED 10-9 — Heat:7, starttime: 11:00

Heat: 7/7 Lane : 3 Athlete: DE BIE APOLLINE — **Q-time: 01:20:35**

PB (50m pool): 01:26.50 SportinGenk Park 06/04/2026 **PB (25m pool):** 01:20.35 **SB:** no time

	50 M	100 M	
PB	00:41.63	01:26.50	
	00:41.63	*00:44.87*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:1, starttime: 11:02

Heat: 1/4 Lane : 2 Athlete: GOOLAERTS KLAAS — **Q-time: 99:99:99**

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

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

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:3, starttime: 11:07

Heat: 3/4 Lane : 5 Athlete: JANSSENS ALEXANDER — **Q-time: 01:15:00**

PB (50m pool): 01:16.55 Antwerpen 12/07/2026 **PB (25m pool):** 01:15.00 **SB:** no time

	50 M	100 M	
PB	00:36.90	01:16.55	
	00:36.90	*00:39.65*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:3, starttime: 11:07

Heat: 3/4 Lane : 6 Athlete: VAN STEENBERGEN ARON — **Q-time: 01:18:29**

PB (50m pool): 01:18.96 Antwerpen 12/07/2026 **PB (25m pool):** 01:18.29 **SB:** no time

	50 M	100 M	
PB	00:37.20	01:18.96	
	00:37.20	*00:41.76*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:4, starttime: 11:09

Heat: 4/4 Lane : 1 Athlete: BELLENS PIETER — **Q-time: 01:12:33**

PB (50m pool): 01:15.80 SportinGenk Park 11/11/2025 **PB (25m pool):** 01:12.33 **SB:** no time

	50M	100M	
PB	no time	01:15.80	
	no time		
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:4, starttime: 11:09

Heat: 4/4 Lane : 4 Athlete: VAN GORP TUUR — **Q-time: 01:03:91**

PB (50m pool): 01:06.11 Zwembad Brigitte Becue 26/04/2026 **PB (25m pool):** 01:03.91 **SB:** no time

	50M	100M	
PB	00:31.61	01:06.11	
	00:31.61	*00:34.50*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 13: 100M FREESTYLE MEN 11-14 — Heat:4, starttime: 11:09

Heat: 4/4 Lane : 7 Athlete: SERNEELS ROAN — **Q-time: 01:09:97**

PB (50m pool): 01:10.76 Antwerpen 12/07/2026 **PB (25m pool):** 01:09.97 **SB:** no time

	50M	100M	
PB	00:34.39	01:10.76	
	00:34.39	*00:36.37*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11-14 — Heat:3, starttime: 11:16

Heat: 3/5 Lane : 7 Athlete: KENIS JOSEPHINE — **Q-time: 01:17:96**

PB (50m pool): 01:18.94 Antwerpen 13/07/2025 **PB (25m pool):** 01:17.96 **SB:** no time

	50M	100M	
PB	00:36.99	01:18.94	
	00:36.99	*00:41.95*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Jeugdcriterium GZVN: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 14: 100M FREESTYLE WOMEN 11-14 — Heat:4, starttime: 11:18

Heat: 4/5 Lane : 7 Athlete: LAMBRECHTS JADE — **Q-time: 01:14:91**

PB (50m pool): 01:16.90 Antwerpen 12/07/2026 **PB (25m pool):** 01:14.91 **SB:** no time

	50 M	100 M	
PB	00:38.10	01:16.90	
	00:38.10	*00:38.80*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11-14 — Heat:5, starttime: 11:20

Heat: 5/5 Lane : 3 Athlete: VAN LOMMEL ANTHE — **Q-time: 01:06:54**

PB (50m pool): 01:09.00 Olympic Pool Wezenberg, Antwer 29/03/2025 **PB (25m pool):** 01:06.54 **SB:** no time

	50 M	100 M	
PB	00:32.63	01:09.00	
	00:32.63	*00:36.37*	
	. . : . . : . .	. . : . . : . .	

Coach feedback:

Event number: 14: 100M FREESTYLE WOMEN 11-14 — Heat:5, starttime: 11:20

Heat: 5/5 Lane : 4 Athlete: BIERINCKX MIE — **Q-time: 01:01:77**

PB (50m pool): 01:03.38 Antwerpen 19/07/2026 **PB (25m pool):** 01:01.77 **SB:** no time

	50 M	100 M	
PB	00:30.48	01:03.38	
	00:30.48	*00:32.90*	
	. . : . . : . .	. . : . . : . .	

Coach feedback: